

ISSN - 0974-2719

Indian Journal of Community Psychology



An official Publication of the
Community Psychology Association of India

Volume 13

Issue I

March, 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	Reeta 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.

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 I

March, 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

Volume 13

Issue I

March, 2017

Indian Journal of Community Psychology

CONTENTS

- **World Health Day 2017 : Depression-Let's talk** i-ii
- **Role of Couple's Personality Traits in Domestic Violence** 1-12
BabaieE.,SavadkohlF.,JainS.,NazoktabarH.,EntazeriS.
- **Big Five Factors and Suicidal Ideation among Adolescents** 13-23
R. N. Singh and Neha Pathak
- **Flourishing among Postgraduate Students: The role of Resilience, Meaningfulness and Grit** 24-37
Aswini S and Amrita Deb
- **Distress, Psychosomatic and Self-Restraint among Staff Nurses in Kerala** 38-42
Masoomah Kohan Sahlabadi and A. Basheer Kutty
- **Comparative Study into the Personality Orientations of Adolescents Having Homemaker, Non-Corporate and Corporate Mothers** 43-52
Abanti Bhattacharya, Nilanjana Sanyal and Manisha Dasgupta
- **Adolescent Aggression in relation to Attachment and Maternal Personality: A Factor Analytic Study** 53-61
Shelly Kapoor and Suninder Tung
- **Problematic use of Internet, Depression and Anxiety among Indian College Students** 62-66
Saeideh Havashemi and R. Sreedevi Ammal
- **Effect of Age and Gender on Psychological correlates of peer Pressure in Adolescents** 67-81
Sayantani Chatterjee, Aastha Sehgal, Angana Kundu, Debopriya Ghatak, Noel Datta, Padmini Patla and Poulami Sengupta
- **Metacognition and Cognitive Insight in Schizophrenia** 82-90
Kiran Srivastava and Rakesh Kumar
- **Interrelationship among Emotional Intelligence and Stress of Senior Secondary Students** 91-94
Masoud Mahdizadeh and Monireh Mansouri
- **Effect of Age and Gender on Psychosocial Correlates of Self Identity in Adolescents** 95-110
Sayantani Chatterjee and Snehasree Neogy

- **Feelings of Inadequacy and Suicidal Ideation of Patients with Epilepsy**
S.Gopal Jee

111-117
- **Role of Cross-Cultural Marriage of Parents on Personality Dimensions of Secondary School Students of Kolkata**
Debasrita Banik and Subrata Dasgupta

118-131
- **Predictors of Mood States Among Adolescents: A Multivariate Study**
Neeraj Chaudhary

132-141
- **Women's Quality of Life and Perceived Stress: Role of Joint and Nuclear Family**
Vachaspati Dubey

142-148
- **Perceived Stress, Depression and Coping Strategies in Adolescents: A Gender Perspective**
Mehak Arora and Rupan Dhillon

149-155
- **Collective Play, Development of Subjectivity and Positive Behaviour**
Vijith K

156-160
- **Defense Mechanisms Pattern in Normal Female Adolescents**
Richa Rani Yadav

161-168
- **A Comparative study on the use of TV and Internet among Undergraduate Students**
Mary A.O. and Gandharva R. Joshi

169-174
- **Development of a Gender Role Inventory for Indian Adolescents**
Raj Bahadur Chaudhary and Reeta Kumar

175-179
- **A Positive Psychology Framework for Chronic Physical Illness**
Anindita Ghosh and Amrita Deb

180-189
- **School Teachers' Teaching Experience on Self-efficacy and Life Satisfaction**
Rituparna Basak

190-195

World Health Day 2017

Depression-Let's talk

Key messages:

*Depression is a common mental disorder that affects all.
The risk is increased by poverty, unemployment, life events such as the death of a loved one or a relationship break-up, physical illness and problems caused by alcohol and drug use.
Depression causes mental anguish and can impact on people's ability to carry out even the simplest everyday tasks, with sometimes devastating consequences for relationships with family and friends.
Untreated depression can prevent people from working and participating in family and community life.
At worst, depression can lead to suicide, now the second leading cause of death among 15-29-year olds globally.
Depression can be effectively prevented and treated. Treatment usually involves either psychotherapy or antidepressant medication or a combination of these.
Overcoming the stigma often associated with depression will lead to more people seeking help.
Talking with people you trust can be a first step towards recovery from depression.*

World Health Day, celebrated on 7 April every year to mark the anniversary of the founding of the World Health Organization, provides a unique opportunity to mobilize action around a specific health topic of concern to people all over the world. The theme of our 2017 World Health Day campaign is **depression**.

What is depression?

Depression is an illness characterized by persistent sadness and a loss of interest in activities that you normally enjoy, accompanied by an inability to carry out daily activities, for at least two weeks.

In addition, people with depression normally have several of the following symptoms:

<ul style="list-style-type: none"> • Loss of energy; • Change in appetite; • Sleeping more or less; • Anxiety; • Reduced concentration; 	<ul style="list-style-type: none"> • Indecisiveness; • Restlessness; • Feelings of worthlessness, guilt, or hopelessness; • Thoughts of self-harm or suicide.
--	---

What is the burden of depression?

- **Globally:**

- WHO estimates that one in four people in the world will be affected by mental or neurological disorders at some point in their lives. Around 450 million people currently suffer from such conditions.
- An estimated 350 million people are affected with depression. At its worst, it can lead to suicide, over 800,000 people die due to suicide every year.
- **In India:**
 - In India, the National Mental Health Survey 2015-16 data reveals that nearly 15% Indian adults need active intervention for one or more mental health issues.
 - One in 20 Indians suffers from depression. It is estimated that in 2012, India had over 258,000 suicides, with the age-group of 15-29 years being most affected.

What is the campaign?

The *overall goal* of this one-year campaign is that more people with depression, in all countries, seek and get help.

More *specifically*, it is aimed at creating a better informed general public on depression, its causes and possible consequences, including suicide, and help available for prevention and treatment; encouraging people with depression to seek help; and facilitating family, friends and colleagues of people living with depression, to provide support.

At the core of the campaign is the importance of talking about depression as a vital component of recovery. The stigma surrounding mental illness, including depression, remains a barrier to people seeking help throughout the world.

Talking about depression, whether with a family member, friend or medical professional; in larger groups, for example in schools, the workplace and social settings; or in the public domain, in the news media, blogs or on social media, helps break down this stigma, ultimately leading to more people seeking help.

What is the slogan?

The campaign slogan is: Depression: let's talk.

Who are we reaching out?

Depression can affect anyone, this campaign is for everyone, whatever your age, sex, or social status.

While the World Health Day 2017 campaign will be broad-based, the focus will be on vulnerable population, including demographic vulnerability (young people, women, elderly), geographical and financial vulnerability etc.

Further details can be accessed at http://www.searo.who.int/india/mediacentre/events/world_health_day/whd_2017/en/

Role of Couple's Personality Traits in Domestic Violence

BabaieE.*,SavatkohiF.**,*JainS.***,NazoktabarH.****,EntazeriS.*****

The present research aims to determine the role of couple's personality traits in domestic violence. Descriptive-correlative analysis was used on couples referred to a Sari based Forensic Medicine Organization in the 2nd semester of 2014 and 1st semester of 2015. Proportionate with the referrals size during the mentioned period,100 individuals randomly selected from the convenient sampling pool, and couples have responded to Five Personality Traits Assessment (NEO). Data analysis has been done by SPSS-20 and using Spearman correlation coefficient. It was found that Neuroticism is strongly associated with violence", and provide a r^2 value. The results highlighted the role of the personality trait known as neuroticism in domestic violence outbreak.

Key words: personality traits, Domestic violence, Forensic medicine

INTRODUCTION

Pathology refers to a branch of knowledge whose goal is to recognize psychological, individual and social disorders and to understand their development and evolutionary transformation (Sarokhani, 1991). A possible alternative, "Consistent with a pathology perspective, a discussion about contributing factors to social traumas will occur. Emphasis is placed on the etiology of factors that threaten the well-being and stability of family health. Traumas within troubled families bring about some socially traumatic consequences such as addiction, prostitution, running away from home, poverty, divorce, vagrancy and domestic violence. This results in the disruption of psychological functioning and introduces a host of mental health issues.

The reports and studies indicated that today, domestic violence is one of the main concerns in the field of public. Due to the presented statistics worldwide, it can be stated that domestic violence is a global issue.

Domestic violence (spouse abuse, spouse misconduct, battery and aggressive behavior with family) is a pattern of violence in which aggression or abuse is committed against another person in a family framework. This can occur in marriages, unregistered cohabitants, or by other family members. Domestic violence is also not gender specific, and can be perpetrated by opposite sex partners and those of the same gender.

The 2016 WHO report noted that approximately 1 in 3 (35%) women globally report experiencing physical or sexual violence by a partner or sexual violence by a non partner in their lifetime. Within relationships

*Assistant professor, psychology department.Payame Noor University,Iran**Psychiatrist, legal medicine organization,Sari,Mazandaranfarzad, Iran***PhD, NCC, LPC,Oakland University, Rochester, MI, USA,****Assistant professor, Sociology department.Payame Noor University, Iran *****Clinical psychologist, Iran.

Big Five Factors and Suicidal Ideation among Adolescents

R. N. Singh* and Neha Pathak**

Approximately one million people commit suicides every year in world and adolescents constitute the most vulnerable group (WHO, 2012). There may be many risk factors including personality for suicidal ideation and acts. In view of the above, this study was conducted to examine the effects of big five factors of personality on suicidal ideation. 315 adolescents enrolled in some of the Intermediate colleges of Jaunpur (U.P.), aging between 14 to 19 years with mean age of 16.36 years constituted the sample. Hindi version of Big Five personality scale (Singh, 2013) was administered to assess their personality in term of extraversion, neuroticism, agreeableness, open to experience and conscientiousness. Its reliability ranges from.78 to.88 and validity from.79 to .89. TS-Suicidal Ideation Scale (Singh and Thakur, 2004) was used to ascertain the suicidal tendency among them. Its reliability by odd-even method is 0.78 and by spilt-half method is 0.82 while the validity is 0.78. The analyses of the data revealed that adolescents with higher level of extraversion, agreeableness, open to experience and conscientiousness are significantly less indulged in suicidal ideation in comparison to the adolescents scoring low on the above dimensions The low level on the above factors indicates high risks for suicidal ideation. The higher level of neuroticism was found to be a major risk factor in inducing the feeling of suicidal ideation. The proposed hypothesis was approved. The findings are discussed in the light of related previous researches and implications, suggestions and limitations are also highlighted.

Keywords: Suicidal ideation, Personality, Big five factors, Adolescents

INTRODUCTION

The suicidal tendency has been declared as a major health problem all over the globe. In India situation is even more grave. It has been estimated that more than one lac people kill themselves in India every year and there has been noticed an increasing tendency in it (NCRB-2000). There may be a number of reasons behind it, but psychopathological problems, like depression, are said to be the strongest predictors of suicidal deaths (ICMR-2006). The poverty and family related problem are also said to play important role in suicidal ideation and suicidal deaths. This problem has been studied from different points of views, but no conclusive view could be presented so far. The causal variable of suicidal ideation and death may be many and there may be interaction also between them. This makes the task of identification relatively more difficult. The occurrence of suicide may be related with either of the several factors and they can be classified as

*Professor of Psychology, Banaras Hindu University, Varanasi, India **Guest Faculty, Department of Psychology, T. D. College, Jaunpur, India.

Flourishing among Postgraduate Students: The role of Resilience, Meaningfulness and Grit

Aswini S* and Amrita Deb**

The abundance of investigations conducted on psychological distresses and abnormal behaviors suggests that the deficit-based approach has been generally regarded as more important than the strength-based approach among psychology researchers. However in recent times, with positive psychology gaining popularity, there has been a shift in approach towards studying positive outcomes along with negative ones. Positive psychology has been defined as the scientific study of optimal human functioning which aims to discover and promote factors that allow individuals and communities to thrive (Seligman & Csikszentmihalyi, 2000, p.5). This study based on the strength based approach, explores the role of meaningfulness, resilience and grit on flourishing among postgraduate students in India. Participants included 101 postgraduate students (female=51; male=50) who were enrolled in master's and doctoral programs in India. Snow ball sampling method was used for data collection. Participants reported having experienced both positive and negative events in the past year and also their level of adjustment to those events. The results show that females display higher levels of meaningfulness, flourishing and grit as compared to males whereas, males score slightly higher on resilience as compared to their female counterparts. Furthermore, meaningfulness, resilience and grit emerged as strong predictors of flourishing among males as compared to females. The findings were discussed in the light of available literature and directions for future research have been outlined.

Keywords: flourishing; resilience; meaningfulness; grit; positive psychology

INTRODUCTION

Research in psychology has focused extensively on human distress and maladaptive behaviors while human strengths have generally been a less researched topic. However in recent times, with positive psychology gaining popularity, there has been a shift in approach towards studying positive outcomes along with negative ones. Seligman & Csikszentmihalyi (2000) defined positive psychology as the “scientific study of optimal human functioning which aims to discover and promote the factors that allow individuals and communities to thrive” (p.5). They add that the field of positive psychology focuses on three related topics: the study of positive subjective experiences, the study of positive individual traits and the study of institutions that enable positive experiences and positive traits. In general, positive psychology is about uncovering people's strengths and promoting positive functioning. The positive dimension of mental health is highlighted in World Health

*M.Phil.+Ph.D. Scholar Psychology, **Assistant Professor of Psychology, Department of Liberal Arts, Indian Institute of Technology Hyderabad, India

Distress, Psychosomatic and Self-Restraint among Staff Nurses in Kerala

Masoomeh Kohan Sahlabadi* and A. Basheer Kutty**

Health care workers have often to face suffering and death. Although nurses have been taught to prevent, care for and relieve pain, they are not always capable of tackling death and pain as components of life (Field 1984, Garc a Aguilar et al. 1995). Stress in nurses is an endemic problem. It contributes to health problems in nurses and decreases their efficiency. Nurses who work in hospitals face heavy workloads, occupational stress, ethical dilemmas, and conflicting demands as part of their everyday life. Those may result in psychological stress, psychiatric morbidity. This study aimed to explore the distress, psychosomatic and self-restraint condition among staff nurses in four district of Kerala. A cross-sectional design with randomized sampling was used: 450 staff nurses were recruited from several government hospitals in Kerala. Data were collected using the questionnaires. The result revealed that there was no correlation between distress and self-restraint among staff nurses, there was positive correlation between distress and psychosomatic among staff nurses, there was negative correlation between self-restraint and psychosomatic among staff nurses, there was no significant difference between single staff nurses and married staff nurses on distress variable, there was no significant difference between single staff nurses and married staff nurses on psychosomatic variable and there was no significant difference between single staff nurses and married staff nurses on self-restraint variable. Recommendations: suitable strategy in health care organization to investigate stress and the psychological disease like distress, psychosomatic, depression and the other symptoms in health care settings is recommended.

Key Word: Staff Nurses, distress, psychosomatic, self-restraint.

INTRODUCTION

Nurses often provide care for patients and families who are suffering and where emotions are heightened. Compassion is an essential component of the care that nurses provide. Emotions play an important role in the relationship and communication between nurses. Emotionally intelligent persons perceive themselves as confident, better able to understand, control and manage their emotions. According to Folkman et al. (1986) the use of self-restraint in the work place may facilitate problem solving by allowing employees to concentrate on the task. The task of providing information to relatives of seriously ill patients is hard for nurses they need self-restraint and communication skills, skills as behaviours that in a given situation optimism positive results in the short and long term. Most definitions characterize distress as an aversive, negative state in which coping and adaptation processes fail to return an organism to

*Research scholar in psychology, Kerala University., **Associate Professor in Clinical Psychology, Department of Psychiatry, Medical College. Thiruvananthapuram, India

Comparative Study into the Personality Orientations of Adolescents Having Homemaker, Non-Corporate and Corporate Mothers

Abanti Bhattacharya*, Nilanjana Sanyal** and Manisha Dasgupta***

The comparative study examines the personality factors such as Emotional Intelligence, Achievement Motivation, Cognitive Emotion Regulation and Self-esteem among adolescents having homemaker mothers, teacher mothers and mothers working in corporate sector and assesses whether there are any differences among the three occupational groups with respect to the above mentioned variables. It further tries to assess whether there is any gender difference with respect to the aforesaid variables and the interaction between group and gender. Data were collected from 14 adolescent boys and 14 adolescent girls for the corporate working group of mothers; from 15 adolescent boys and 22 adolescent girls of non-corporate or teaching group of mothers and finally from 26 boys and 23 girls of homemaker mothers. The age-range of the sample was 13-18 years. Wong and Law Emotional Intelligence Scale (WLEIS), Deo-Mohan Achievement Motivation (N-Ach) Scale, Cognitive Emotion Regulation Questionnaire (CERQ) and Self-esteem Questionnaire (SEQ) were administered and comparison was drawn among the different groups. Statistics in the form of Mean, Standard Deviation and two-way Analysis of Variance (ANOVA) (F) test and Post-Hoc Tukey (HSD) tests were conducted.

Results indicated that children of corporate mothers when compared to children of homemaker mothers were found to have significantly higher score on the factor of emotional intelligence i.e. higher self-emotions appraisal. Significant gender difference was found with respect to one dimension of emotional intelligence. Girls have significantly higher score on emotion regulation than boys. With respect to the dimension of cognitive emotion regulation, other-blame, boys scored significantly higher than girls.

Key words: *personality orientation, adolescents, homemaker mothers, corporate mothers, non-corporate mothers.*

INTRODUCTION

Mothers are the primary source of nurturance for children in the developmental trajectory. The positive fragrance of quality of mothering offers children the first platter of sensing trust and feeling secured in life. Psychodynamic view point (Erikson, 1982) highlights the warm, trusting mothering being available to children by dint of consistent mothering. Initially the time the mother spends to be with the child is also an added positive line-bearing factor in life. In the jet-set speedy era of achievement and identity-seeking, mothers are to a great extent involved in external work. Their engagements are

*Assistant Professor, Government Degree College, Singur, Jalaghata, Singur, Hoogly India**Professor and Former Head, Department of Psychology, ***Assistant Professor, Department of Psychology, University of Calcutta, Kolkata, India

Adolescent Aggression in relation to Attachment and Maternal Personality: A Factor Analytic Study

Shelly Kapoor and Suninder Tung***

The aim of this study is to investigate the tendency to perpetrate aggressive behavior among adolescents influenced by the attachment and parental personality. For this purpose, the sample comprised of 300 adolescents (150 boys and 150 girls) and their mothers (150 mothers of boys & 150 mothers of girls) from different schools of Amritsar and Jalandhar district of Punjab. Factor analysis was applied to analyse the different dimensions of attachment (trust, communication alienation) and parental personality traits. The factors extracted revealed that parent-peer attachment foster appropriate behaviour and leads to lesser tendency of aggressive behavior. The maternal personality traits of Agreeableness, Conscientiousness, Openness and Extraversion are inversely related to aggression whereas neuroticism in mother's is positively related to aggressive tendencies.

Keywords : Aggression, attachment, personality, parent – child relationship.

INTRODUCTION

Aggression is perceived as major public health problem which is tearing the structure of community and eroding the well being of society. These problems appear in form of fighting, bullying, verbal abuse, alcoholism, drug abuse, destruction of school and public properties, cheating in examinations etc.

Sadock and Sadock (2007) state that “Aggression implies the intent to harm or otherwise injure another person, an implication inferred from events preceding or following the act of aggression.” Behaviour can be aggressive even if it does not cause any physical injury. Aggression can be verbal, coercion and intimidation which cause harmful psychological effects on others. Sadock (2007) revealed that aggression affects individuals self esteem, social status and happiness negatively. It may be directed outward against others or inward against the self, leading to self destruction (suicide). It may be driven by emotional arousal from frustrating situation or it may be instrumental (to secure a reward). The threatening increase in aggression has intensified the search for aggressive behaviours. To understand how aggressiveness manifests is really complex. It stems from a wide spectrum of factors such as familial, social, personal beliefs and cognitive factors. Children establish their first social relations with parental figures and the nature of those parent-child relationships and the context in which they are sustained may determine the social skills and social relations the child will develop with others later in life. This is done through the attachment behavior which they form with the caregiving figures. “Attachment is a close emotional bond between the infant and caregiver” (Bowlby 1982,

*Research Scholar, **Professor, Department of Psychology, G.N.D University, Amritsar, India.

Problematic use of Internet, Depression and Anxiety among Indian College Students

Saeideh Havashemi and R. Sreedevi Ammal***

Certainly, the computer and the Internet provide tremendous educational and professional benefits including access to information about wide ranging topics and enhanced communication between students, teachers, and colleagues. However, the Information Revolution, as with all technological advances, carries unforeseeable costs. In particular, significant health hazards are associated with various information technology portals. Specifically, problematic or pathological computer use has been implicated in decreased performance at work and school, straining of family and other interpersonal relationships, and the development or exacerbation of mental health illness. In addition, a spectrum of other conditions related to excessive computer use have been documented. This study aimed to find out the problematic use of internet, depression and anxiety among Indian college students in Kerala. The result revealed that there was correlation between problematic use of internet and depression among Indian college students, there was correlation between problematic use of internet and anxiety among Indian college students, there was correlation between depression and anxiety among Indian college students. There was significant difference between Indian male and female college students on the problematic use of internet. There was significant difference between Indian male and female college students on the depression variable. There was significance between Indian male and female college students on the anxiety variable.

INTRODUCTION

Depression is one of the most common mental health disorders and is diagnosed when individuals experience a depressed mood most of the day, show a diminished interest in pleasurable activities, report changes in appetite, and in levels of concentration, and have feelings of worthlessness or guilt (American Psychiatric Association, 2000; Young, Weinberger, & Beck, 2001).

Depression is a serious mental health problem affecting a large segment of society today, and particularly college students.

Depression is a mental health problem affecting a large population of college students. Since college students are active users of the Internet today, investigating associations between symptoms of depression and Internet usage has been an active area of research.

In correlation analysis, internet addiction was found positively related to depression, anxiety, and stress. According to path analysis results, depression, anxiety, and stress were predicted positively by internet addiction. This research shows that internet addiction has a direct impact on depression, anxiety, and stress.

The aim of the present research is to examine the relationships between

**Research Scholar in Psychology Kerala University, Library Research Centre, Thiruvananthapuram, India, **Research Guide*

Effect of Age and Gender on Psychological correlates of peer Pressure in Adolescents

Sayantani Chatterjee*, Aastha Sehgal**, Angana Kundu**,
Debopriya Ghatak**, Noel Datta**, Padmini Patla** and
Poulami Sengupta**

Adolescent years are pivotal to success in the adult years. During these vital years the adolescents mental health gets defined by varied changes like increased responsibility of self-direction in areas like socialization, independent living, education, employment.. However, since adolescence is a period of transition encompassing every dimension of an individual's life, one noteworthy characteristic change is observed in group belongingness from childhood to adulthood which may in turn contribute both positively and negatively to one's mental functioning and subsequent reflection in behavior. Thus since peer influence is of significance as this age level, hence the present study aims to determine whether age and gender difference patterns in peer pressure and its correlates influences the mental health of an adolescent. Age difference revealed that early adolescents were higher on peer pressure, happiness, different aspects of aggression and achievement motivation whereas late adolescents were higher on hostility. Gender difference profile revealed males scoring higher on peer pressure and hostility, whereas females scored higher on happiness, different dimensions of aggression and achievement motivation. Thus it highlights the significant role played by peer groups in shaping an adolescent's life.

Key words: Peer Pressure, Psychological Correlates, Age, Gender, Adolescents

INTRODUCTION

Adolescence is a time of rapid physiological and psychological changes occurring within the context of socio cultural factors (Larsen and McKinley, 1995). Adults often complain about the defiance, moodiness, and unconventional subculture (for example, clothing, music, and hairstyles) of teens. However, these adult frustrations usually stem from a lack of understanding of the normal developmental events that occur during adolescence and the importance and purpose of these changes (Henry, Reed and McAllister, 1995) as they produce an impact on the mental framework of the growing adolescent. Adults may portray today's adolescents as more troubled, less respectful, more self-centered, more assertive, and more adventurous than they were. However, in matters of taste and manners, the young people of every generation have seemed unnervingly radical and different from adults different in how they look, in how they behave, in the music they enjoy, in their hairstyles, and in the clothing they choose. This reflects a deflection in the mental health substrate in an adolescent in comparison to a child. There is a moderate amount of outrageous behavior with hostility toward parental and

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

Metacognition and Cognitive Insight in Schizophrenia

Kiran Srivastava* and Rakesh Kumar**

To live with other human beings involves expressing about one's own thoughts, feelings and desires and a comprehension of others mental states and intentions reflecting our interaction with the environment is based. A faulty functioning in these abilities negatively deteriorates the quality of life and personal well-being. It is also accompanied by severe psychological problems (Perris & Skagerlind, 1998). It is clear, however, that impaired insight plays a role in the origin of psychotic phenomena. In the creation and continuation of delusions the aberrant false beliefs are adequately severe to supersede the typical processes of reality testing which are already attenuated in psychosis. The present study focused on the association of metacognition and cognitive insight in schizophrenia. Thirty patients with schizophrenia diagnosed as per ICD-10 criteria were drawn from I.M.H.H, Agra. Beck Cognitive Insight Scale (BCIS) and Metacognition assessment scale (MAS) were administered. Mean, S.D. pearson product moment correlation were computed for BCIS and scored variables on WCST. Detailed results will be presented.

Keywords: Schizophrenia, metacognition, Cognitive Insight, MAS, BCIS.

INTRODUCTION

Deficit in insight has been acknowledged as one of the most important features of schizophrenia. Previously, insight in psychosis had been regarded as a definite concept where patient may possess or lack insight. However, more recent authors define insight as a multidimensional model that occurs on a range. (Amador XF et al, 1991; cooke MA et al, 2005). Namely cognitive insight proposed by Beck AT et al, 2004; Pedrelli P, McQuaid JR & Granholm E et al, 2004.

Schizophrenic patients especially deluded ones, are likely to have limited capacity for evaluation of their incorrect inferences and they seem to be relatively opposed to corrective feedback..

Cognitive insight is about distancing from and reassessing disintegrated and wrong beliefs. Even though patients may accept an illness explanation for their manifestation and be in agreement that this justification make sense (intellectual insight), however may not produce any noteworthy change in their causal belief system cognitive insight (Beck AT, and Warman DM, 2004) This higher-level cognition was labeled as metacognition by American developmental psychologist John Flavell (1979). Flavell defined metacognition as knowledge about cognition and control of cognition.

Metacognition comes from the word "meta" which means beyond. (Metcalf, J., & Shimamura, A. P. 1994) It can take many forms like understanding about when and how to exercise specific strategies for

*Research Scholar, ** Visiting Expert, Mewar University, Gangrar, Chittorgarh, India.

Interrelationship among Emotional Intelligence and Stress of Senior Secondary Students

Masoud Mahdizadeh and Monireh Mansouri***

The purpose of this study is to study any relations of emotional intelligence on the stress of senior secondary have a high emotional intelligence level. The sample for this study was 200 Senior Secondary Students. The sample comprised of the school selected from different schools in Trivandrum (India), the concept of Emotional Intelligence, there was Intelligence Quotient or IQ, it was said in the past that the person who is more intelligent or the person who has more IQ can adjust himself or herself in the environment easily. But in recent years, it also comes into light that the students who are more intelligent also leads to some kind or stress. So, we can say that the Intelligence Quotient (IQ) does not wholly account for an individual's success or failure in the world. It is easy to interact with the person with normal emotions but to deal with the person who is emotional imbalance is very difficult. Today, the whole students have become the center of concern, not only his reasoning capacities but also his creativity, emotion, and interpersonal skills.

Keywords: *Emotional Intelligence, Stress, Senior Secondary Students.*

INTRODUCTION

The whole students have become the center of concern, not only his reasoning capacities but also his creativity, emotion, and interpersonal skills. The multiple intelligence theory has been introduced by Howard Gardner (1983) and the emotional intelligence theory by Mayer and Solvay (1990) then Goleman (1995). IQ alone is no more the only measure for success, emotional intelligence; social intelligence and luck also play a big role in the person success and adjustment Goleman (1995). The purpose of this study is to study whether there are any relations of emotional intelligence on the stress of senior secondary students. Mayer and Salovey (1993) assert that emotional intelligence is the ability to monitor one's own and others feelings and emotions to discriminate among them and to use this information to guide one's thinking and action and promote emotion and intellectual growth. Adolescent is the period of rapid changes in terms of physical, emotional and social aspects of life. One of the major and serious problems of adolescents is of aggression which forces them to do destructive things like, taking drugs, homicidal and suicidal tendencies. The source of such acts is an emotional disturbance, lack of good interpersonal relationship, unhappy, relationship with parents, family and school. Therefore, it was thought to study emotional intelligence of the teenage groups.

Mayer and Salovey (1993) explain five domains:

*Research Scholar in Psychology, Kerala University, Library Research Centre, Thiruvananthapuram, India

Effect of Age and Gender on Psychosocial Correlates of Self Identity in Adolescents

Sayantani Chatterjee* and Snehasree Neogy**

Adolescents in the period of storm and stress try to establish themselves like adults in every avenue of life yet retain some of the immaturities of previous years. There exists a constant struggle to establish oneself as an adult even before the legal age of maturity is reached. The struggle and crisis points of the adolescent years influences their mental health. Self Identity forms and stabilizes during adolescence in order to enhance their self worth, self esteem, self regard. Identity formation has identity crisis as its counterpart. A failure to achieve a sense of identity produces a detrimental impact on the mental health of adolescents. The constant preoccupation with one's identity affects emotional, cognitive and behavioural resources which as a whole formulate one's mental health. It is therefore essential to probe into the etiological dynamics of self identity at this significant stage of adolescence. Thus the present study aims to determine impact of age and gender difference on self identity and its psychosocial correlates. Age differences revealed that early adolescents scored higher on Normative Orientation, Diffuse Orientation of self identity, Body Image, Extraversion, Conscientiousness, Parental Attachment and Achievement Motivation. Late adolescents scored higher on Information Orientation of self identity, Commitment, Agreeableness, Neuroticism and Openness. Gender differences revealed that Males scored higher on Normative Orientation, Diffuse Orientation of self identity, and Conscientiousness. Females scored higher on Information Orientation of self identity, Commitment, Body Image, Extraversion, Agreeableness, Neuroticism, Openness, Parental Attachment and Achievement Motivation. Thus self identity as a developmental task influences multidimensional aspects of mental health and physical health as well in terms of physical image.

Key words: Self Identity, Psychosocial Correlates, Age and Gender, Adolescents

INTRODUCTION

All human beings try to achieve a synthesis between resources and demands so as to cherish a smoothly functioning body and mind. Throughout life there are different points of turmoil, unique to each period which one has to overcome. Adolescence as a developmental phase is also unique in this respect. the varied demands they face, predispose them to different vulnerabilities and cognitive distortions thereby influencing their mental health. they are constantly struggling between identity formation and identity crisis with different phases interspersed between them. according to adamson (2003), self concept consistency is lower among adolescents (16-20 years) in comparison to adults. Inconsistency was significantly related to a number of negative

*Ph.D, Assistant Professor and Head,**Final Year Graduation Student, Department of Psychology, Loreto College, 7, Sir William Jones Sarani, Kolkata,India.

Feelings of Inadequacy and Suicidal Ideation of Patients with Epilepsy

S.Gopal Jee *

Epilepsy is a chronic disorder, the hallmark of which is recurrent, unprovoked seizures. Many people with epilepsy have more than one type of seizure and may have other symptoms of neurological problems as well. Epilepsy and inadequacy feelings are interlinked and lead to an increased risk of suicidal ideation. The aim of the study was to identify variables related to feelings of inadequacy and suicidal ideation in person with epilepsy. Demographic data and clinical history were obtained while suicidal ideation was determined using the Modified Scale for Suicidal Ideation (Miller et al., 1986) and Hindi version of Feelings of Inadequacy Scale was used to identify presence of incapability. The sample comprised of 45 diagnosed patients of epilepsy and 45 of control by using the purposive sampling. The epileptic patients were taken from S.S. Hospital, B.H.U. Varanasi. All patients were interviewed for demographic and personal history. Epilepsy patients were more likely to be felt inadequacy with a mean score of 109.58 ± 11.99 compared to controls that has a mean score of 116.98 ± 8.43 . Lower score denotes more inadequacy. To find out the impact of demographic and clinical variable on inadequacy feeling and suicidal ideation, t test, ANOVA and step wise regression analysis were applied. The results indicate that the epileptic patients scored higher on all domains of suicidal ideation and inadequacy test in that case male participant scored high (mean=117.09, SD= 9.58) in comparison to female (mean=108.53, SD= 10.93) on feelings of inadequacy scale and Female scored high on suicidal ideation scale. In order to determine the significance of treatment conditions in predicting their suicidal ideation step-wise multiple regression analysis was done. It is clear that total treatment condition factor emerged as the best predictor of suicidal ideation contributing 35 percent in the total variance. Examination of β revealed that the said predictors contributed positively ($\beta = -0.594$) to suicidal ideation.

Key words: Epilepsy, Seizures, Feelings of inadequacy, Suicidal ideation.

INTRODUCTION

Epilepsy is the world's most common neurological disorder affecting 50 million people worldwide with three-quarters of them living in poor countries, and more than 80% living in the tropics (World Health Organization 2001, Lee et al., 2005). Factors contributing negatively to psychological well being include a sense of not being in control of one's life, feeling stigmatized, having problems related to quality of life such as co morbid depression and anxiety and problems connected with work, financial situation and stress inducing events in life (Fisher et al., 2005, Jacoby et al 1994, Baker et al 2000 and Baker et al.

**Department of Psychology, DAV PG College (Banaras Hindu University), Varanasi, India

Role of Cross-Cultural Marriage of Parents on Personality Dimensions of Secondary School Students of Kolkata

Debasrita Banik* and Subrata Dasgupta**

This study investigates the impact of cross-cultural marriage of parents on the personality dimensions of secondary school students. A sample of 80 (40 males & 40 females) students was selected from different schools of Kolkata. The students were screened using GHQ and then they were asked to fill in the NEO-PI-3, which is a measure of the five dimensions of personality (neuroticism, extraversion, openness, agreeableness and conscientiousness). Personality is the individual's relatively distinct and consistent manner of perceiving, thinking, feeling and behaving. The data were compared on the basis of gender and the type of marriage of the parents i.e., same or cross-cultural marriage. Mean, standard deviation, 2X4 factorial analysis of variance reveal that there are differences on the basis of gender and cross cultural marriage of parents, though not all are significant. Results reveal that extraversion, openness, agreeableness varies significantly both for gender and cross-cultural marriage of students. Conscientiousness varies only for cross-cultural marriage of parents and not on the basis of gender. However, neuroticism does not vary for both.

Keywords: Cross-Cultural Marriage, Personality Dimensions, Secondary School Students.

INTRODUCTION

Culture remains an important factor-shaping individual through customized set of attitudes, beliefs, and values shared by a large population of region (Shiarev and Levy, 2010). As Triandis put it "culture is to society what memory is to individuals" (Kluckhohn, 1954). The goal of cultural psychology is to uncover significant relationships between culture and the psychological phenomenon in relation to individuals living in the particular region (Shirav and Levy, 2010). Opposing as cultural psychology focuses on the interaction of behavior and the specific environmental influence, cross-cultural psychology focuses on the psychological diversity amongst varying cultures. Cross-cultural psychology places emphasis on the critical thinking and comparative aspects of study, demonstrating the ways human activity is impacted by cultural forces (Shirav and Levy, 2010). The cross-cultural approach treats culture and personality as relatively distinct entities and sees culture as an independent variable "outside" the individual (e.g., ecology, economic structure, value system) that influence personality and behavior (Triandis, 1996). In today's society, the face of intimate relationships is changing. Deep bonds between persons of diverse cultures are becoming more common and intercultural marriages are on the rise (Waldman and Rubalcava, 2005; Frame, 2004). For this study, the intercultural marriages are defined as marriages composed of two culturally diverse individuals who independently possess distinct cultures that

*Research Fellow, **Associate Professor, Department of Applied Psychology, University of Calcutta, Kolkata, India

Predictors of Mood States Among Adolescents: A Multivariate Study

Neeraj Chaudhary*

The present study aimed to find out predictors of mood states among adolescents. For this purpose a sample of 200 students age ranging from 16-18 years were selected with the help of stratified random sampling from Western U.P. (Meerut, Baghpat Baraut Shamli). The data were collected by the mood states scale by Dr. M. Kapoor and Dr. Mahesh Bhargava , Family pathology scale by V.V. Raghwan and Archana Dogra, Self-concept scale by Saraswat (1997). The data were analyzed by using Pearson's Product moment method to see the correlation among these variables. The data was also analyzed by regression analysis. The equation revealed that in predicting mood states of adolescents only three independent variables family pathology, academic achievement and self concept were found to be significant predictors contributing 63.25% of total variance.

Keywords : Mood- States, Adolescents, Family- Pathology, Academic-Achievement, Self-Concept, Birth-Order, Working Status of Mother, and Educational Status of Mother.

INTRODUCTION

Modern psychology interprets adolescence as a phase of an individual's continuous growth and development. It is the most important and crucial period of human life, in which the adolescents should be given every opportunity to develop a wholesome personality satisfying and socially acceptable physical and mental status, emotional and social adjustment. Adolescent development and adjustment are matters of serious concern, not only to the parents, but also to the persons concerned with school education and to all those who are interested in youth psychosocial well-being, as well as in the future progress of the nation and society.

Adolescents are strength of the present and hope of the future. It is imperative, therefore, that educators and parents should get as much understanding as is possible, concerning the various characteristics, needs, interest and growth potentialities of maturing adolescents. For a potential growth and development of the nation, what is urgently needed is the best utilization of all the available human resources. Adolescents are rightly said to be the richest national resources. To the extent the diverse talents and potentialities and prosperity of the nation are fostered. Proper development of the potentiality of the adolescent is possible only when there is an all-around awareness of the personality hazards of this crucial period. It is imperative that clinical hazards of adolescent's personality are recognized and their magnitude ascertained. Only then we can suggest some intervention programmes for the adolescents. The present investigation has, therefore, attempted to study the psychosocial correlates of mood states among adolescents. Early investigations have tried to study the role of different variables on mood states but the field is

*Assistant Professor, Department. of Psychology, D.J.College Baraut, Baghpat ,India

Women's Quality of Life and Perceived Stress: Role of Joint and Nuclear Family

Vachaspati Dubey*

This cross-sectional study was done on 200 (General-N=100 and SC-N=100) women of Varanasi belongs to joint and nuclear family. They were chosen according to the stratified sampling method. Data collection tool was Perceived Stress Scale: 14 items (Cohen, Kamarck and mermelstain 1983) and Quality of Life was developed by THE WHOQOL GROUP in 1991. Data was analyzed with the help of Mean, S.D. and t-ratio. Findings explores that women of nuclear family perceived more stress in comparison to joint and having poor quality of life.

Keywords: Perceived stress, Quality of life, Joint and nuclear family.

INTRODUCTION

The word "family" comes from the Latin word "familia", which means household. In India the family is so much more than the basic, nuclear family. In India, cousins are considered siblings, biological aunts and uncles are like parents and strangers are referred to as auntie and uncle. The family is the most important institution that has survived through the ages. This was truly applicable to a joint family in India. Living together under the same roof with grandparents, their sons and grandsons, with their wives and children, is indeed a unique experience, especially in Indian villages.

Family is one of the universal and permanent institutions of mankind. In every society and at every stage of development we found some sort of family. As a result we found different types of family all over the world. But in India we found a peculiar family system which deserves special attention. The family in India does not consist only of husband, wife and their children but also of uncles, aunts and cousins and grandsons. This system is called joint family or extended family system. This joint family system is a peculiar characteristic of the Indian social life. Usually a son after marriage does not separate himself from the parents but continue to live under the same roof eating food cooked at one hearth participating in common worship and holding property in common and every person has share in it. All the members of joint family keep their earnings in a common fund out of which family expenses are met. Accordingly Indian Joint family system is like a socialistic community in which every member earns according to his capacity and receives according to his needs. This joint family or extended family is organized on close blood relationships. It normally consists of member of three to four generations.

* Assistant Professor, Department of Psychology, Jagatpur P.G. College, Jagatpur, Varanasi, India.

Perceived Stress, Depression and Coping Strategies in Adolescents: A Gender Perspective

Mehak Arora* and Rupam Dhillon**

Depression in adolescents has been increasing at a rampant pace since the past few years. Parental expectations, pressures from the peer group, social background, etc. are the major reasons that lead to the increase in depression. Responses to stress and approaches for mastering, tolerating, reducing or minimizing stressful events are under the influences of our global meaning such as our purpose and goals. In order to decrease their distress, adolescents must adjust use effective coping strategies. The present paper highlights the differences in the coping strategies of male and female adolescents and also in their depressive tendencies and perception of stress. t-ratios have been used in order to study gender differences. The results show that there are significant gender differences on perceived stress with females obtaining higher mean scores. Positive reappraisal is the only dimension of coping strategies which has shown significant gender differences, females having higher mean scores. There are no significant gender differences on depression. The results are interpreted accordingly.

Keywords: Perceived Stress, Depression, Coping Strategies

INTRODUCTION

“Depression” comes from the latin word “depressio”, which means to press down. Many researchers assume that the term refers not simply to a state of depressed mood, but to a syndrome comprising mood disorder, psychomotor changes and a variety of somatic disturbances. Depression is a psychological condition that changes how we think and feel and also affects our social behavior and sense of physical well being.

DeRubies et al. (2008) stated that, “Depression can be defined as both a syndrome and a disorder. As a syndrome it involves episodes of sadness, loss of interest, pessimism, negative beliefs about the self, decreased motivation, behavioral passivity, changes in sleep, appetite and sexual interest and suicidal thoughts and impulses”.

Deb and Bhattacharjee (2009) stated that the term ‘depression’ is used to describe a range of experiences from a slightly noticeable and temporary mood decrease to a profoundly impaired and even life-threatening disorder. Basically depression refers to a constellation of experiences including not only mood but also physical, mental and behavioral experiences that define more prolonged impairing and severe conditions that may be clinically diagnosable as the syndrome of depression”

Depression is a mood disorder characterized by a range of symptoms that may include feeling depressed most of the time, loss of pleasure, feelings of worthlessness, and suicidal thoughts, as well as physical states that may affect eating and sleeping and other activities. The American

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

Collective Play, Development of Subjectivity and Positive Behaviour

Vijith K*

This theoretical paper attempts to explain the role of children's collective play to foster the development of positive behaviour based on the perspective of cultural-historical psychology. Accordingly, development of behaviour is conceptualized as a product of individual's engagement in various collective activities. By engaging in collective play, children undergo the process of internalization of rules and externalization of the imagination which form their subjectivity with the co-evolving pleasurable experience. This subjectivity eventually turns out to be the prototype of the agentive role endowed with the capacity to participate constructively, which is a positive behaviour, in other collective activities in the future course. The paper concludes that by creating a prototype of the agentive nature of subjectivity, collective play fosters the development of positive behaviour in children.

Keywords: Collective Play, Subjectivity, Positive Behaviour

INTRODUCTION

This theoretical paper tries to explain the role of children's collective play to form the prototype of agentive role of subjectivity in a voluntary and pleasurable way which would develop as a positive behaviour in the future occurrences of other collective activities based on the perspectives of cultural-historical psychology. In the current scenario of children spending long hours in the virtual play world, collective play owes much for their socio-cultural development as they would engage in a collective activity in the real world. The present paper makes its importance when placing it against this ongoing scenario. In the beginning, the formation of subjectivity has been explained in the first part of this paper. In the second part, development of subjectivity and the co-evolving positive experience in play has been described, and further discussed in the last part.

Play is an important activity of an individual's childhood life. It marks the beginning of the collective engagement of a child and transforms the individual's imaginary world to a collectively made pleasurable activity. Hence play stands as the elemental form of child's future engagement in socio-cultural practices. Cultural historical tradition in psychology uses the concept of activity which is understood as the goal-directed collective behaviour to study the learning and development in play and other forms of cultural activity. Vygotsky writes, "A child's greatest achievements are possible in play" (1987, p. 100). The unique feature of free play, according to him, is the creation of an imaginary situation in which meaning dominates action. He identifies two defining characteristics

*Assistant Professor, Department of Psychology, Govt. Arts and Science College Mankada, Malappuram, India

Defense Mechanisms Pattern in Normal Female Adolescents

Richa Rani Yadav*

The present study has been carried out with purpose of reviewing the difference pattern of defense mechanisms used by rural and urban female adolescents of Varanasi district. In order to test the hypothesis 60 subjects (30 rural female and 30 urban females) were selected by purposive random sampling. The device of the research is Defense Mechanism Inventory (DMI) has been developed by N.R. Mrinal & Uma Mrinal (1997). After collecting questionnaires, analysis was done by using descriptive statistical methods, Mean, S.D. and t-test. The results of this research after analyzing the data were obtained in a way that rural female adolescents seems to use more, the defense mechanism like Turning against object (TAO), Principalisation (PRN), Turning against self (TAS) and Reversal (REV) than female adolescents of urban area whereas, female adolescents from both the areas were observed using equally the defense mechanism dimensions like Projection (PRO) and full scale of defense mechanism.

Keywords: Mental Health, Defense mechanisms, female adolescents.

INTRODUCTION

Mental health depends on the various cultural, social, psychological, economic and family variables. Immature defense styles are the part of psychological variables that have been studied in this research. Several studies have shown that physical and mental health of people is related significantly with their defense mechanisms. The study conducted by Bond and Perry (2004) showed that immature defense mechanisms are correlated with anxiety, depression, and eating disorder, and this proves the importance of other defense styles.

Freud coined the concept of defense mechanisms in 1926 for the first time (Freud, 1905/1953) and his daughter Anna Freud improved the concept later on. Anna Freud brought about the first comprehensive and systematic study on defense mechanisms in her book *The Ego and the Mechanisms of Defense* in 1936 (Holmes, 1994). Although defense mechanisms are adaptive and everyone uses them, they could lead to obsessive compulsive and neurotic behavior if being used in extreme manner (Freud, 1905/1953). In psychoanalysis, each mental disorder is accompanied by certain maladaptive defense mechanisms (Bond & Perry, 2004). Defenses play a significant role in people's mental health.

When defense mechanisms are used frequently, they can be very harmful. For example, frequent use of denial and paranoid projects may cause the individual in question to stop associating with actual world and other people, leading to the isolation of the related individual, who prefers to live in world he created for him (Nemat, 2008).

* Assistant Professor, Department of Psychology, D.A.V. P.G. College, B.H.U., Varanasi, India

A Comparative study on the use of TV and Internet among Undergraduate Students

Mary A.O. and Gandharva R. Joshi***

A Comparative study was conducted on the use of TV & Internet among 56 undergraduate students both male and female of age between 18 – 20 years from one of the colleges in Rajkot. A self made questionnaire was used to collect the data. The results of the study showed that 93.4% of undergraduates use internet whereas 71.1% use TV. Among undergraduate females 83.2% use internet as compared to 50.3% of males who use internet. TV is being watched by 12.6% of male and 11.0% of female undergraduate students. The percent of use of TV among male was higher than female which may be because of the cultural taboo existing in the society where the girls are expected to do household work in their free hours. The result of the use of internet indicated that the female use the internet more than that of males which can be attributed to that nowadays each hand is carrying at least one Smartphone so it is easy to access internet.

Key Words: *Use of TV, Internet, Undergraduate Males, Females.*

INTRODUCTION

A television commonly referred to as TV, telly or the tube is a telecommunication medium used for transmitting sound with moving images in monochrome (black and white) or in colour, and in two or three dimensions. It can refer to a television set, a television program, or the medium of television transmission. It is a mass medium, for entertainment, education, news and advertising. T.V became available in crude experimental form since late 1920s. After World War II an improved form became popular in the US and Britain, and TV sets became commonplace in homes, businesses and institution.

According to 2005 Pew Internet and American Life project survey young adults (18 – 24 years) were using social networks more than the older adults (Lenhart, 2009). That being the case, it is appropriate to assess the uses and gratifications of Internet among students, the dominant users of Internet as has been done by most researchers elsewhere.

As one observer has noted, “Historically, each new medium of mass communication has, within a few years of its introduction, been condemned as a threat to the young people who use it most.” Comic books, radio, movies, phones, and, of course, television in their time have all been blamed for “corrupting values,” “wasting time,” and “causing a decline in taste, morality, self-discipline, learning, and socialization” among children Anderson (2001). A 2005 survey conducted in India by Internet firm Wesra showed that teenagers were spending more time online than anyone else, it was the youth in the age group of 20-27 who hogged maximum Internet time (Natu, 2005). Such a trend appears to be universal. For instance, in USA, 86.7 percent

*Assistant professor, Christ College, Vidya Niketan, P. B. No.5,** Professor, Department of Psychology, Saurashtra University, Rajkot, India

Development of a Gender Role Inventory for Indian Adolescents

Raj Bahadur Chaudhary* and Reeta Kumar**

The gender role identity is an important aspect of an individual's personality development as it influences not only the self-concept but also has an impact on the way the individual will think, behave, feel and, in general, conduct his or her social life. A gender role is a set of societal norms dictating the types of behaviors which are generally considered acceptable, appropriate, or desirable for people based on their actual or perceived sex or sexuality. Gender roles are usually centered on conceptions of femininity and masculinity, although there are exceptions and variations. In the recent literature, however, the bipolar concept of masculinity and femininity has been questioned and replaced by addition of another type of identity namely androgynous identity. The specifics regarding the gendered expectations may vary substantially among cultures, while other characteristics may be common throughout a range of cultures. Even though, there is ongoing debate as to what extent gender roles and their variations are biologically determined, and to what extent they are socially constructed, but, in general, the phrase "gender role" is more likely to describe male/female activities that the culture defines, e.g., who should be the breadwinner, who should clean the house, who is the aggressive one. "Sex role" is more likely to describe functions that are dictated by biology, e.g., who bears the baby. It is important to assess the gender role identity in order to understand its impact on a number of psychological processes especially for the adolescents for whom the gender role identity plays a significant role in their overall development. Considering the fact that gender role prescription are culturally anchored, the gender role inventories developed in western culture may not be a very appropriate for the assessment of the gender role identity of Indian adolescents. The present study reports the development of a gender role inventory "Samajik Bhoomika Mapni" (Social Role Scale) for Indian adolescents. The main feature of the scale is that even though the procedure for its development is based on that of the famous Bem Sex Role Inventory but the items were not drawn from the inventory but have been empirically generated in the Indian cultural context, making it a more suitable and appropriate measure of the gender role identity of the Indian adolescents.

Keyword: Gender Role Inventory, Indian Adolescents

INTRODUCTION

Gender roles are the collection of behaviours and responsibilities that a given society holds as appropriate to members of a specific sex: that is sex roles are socially shared expectations (Eagly, 1987). In psychology as well as in society at large, masculinity and femininity have long been conceptualized as bipolar ends of a single continuum; accordingly, a person has to be either masculine or feminine, but not both. The gender

* Assistant Professor, Department of Psychology, Lal Bahadur Shastri P.G. College, Gonda
,** Professor, Department of Psychology, F.S.S., Banaras Hindu University, Varanasi, India

A Positive Psychology Framework for Chronic Physical Illness

Anindita Ghosh* and Amrita Deb**

Positive health is an emerging area of investigation which focuses on achieving optimal health. In this endeavor, psychologists have administered positive psychology interventions on patients suffering from chronic physical diseases with the aim of improving overall health and well-being. This paper introduces a theoretical framework that presents how positive psychology interventions can increase health and well-being by affecting physical and psychological factors. The framework, based on the information gathered from a systematic review conducted previously by the authors is a comprehensive approach. It describes the moderators, mediators and outcomes of positive psychology interventions in the area of chronic physical illnesses. Other than variables related to the patient, this framework also introduces the factor of community level influences. Additionally, since this framework addresses a wide range of variables, it can be used as a check list like the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) by future researchers; this will help to maintain consistency across studies while reporting findings. Finally, it is hoped that this framework will promote positive interventions by researchers and practitioners in chronic health related areas at the grass root levels, which will finally contribute to the formation of a positively oriented community.

Keywords: positive psychology; positive psychology intervention(s); behavioural interventions; mental health; chronic physical illness; chronic illness management

INTRODUCTION

Individuals diagnosed with physical illness may often experience mental distresses that are serious enough to require professional intervention. These interventions addressing mental health issues may be used as a supplement to drug therapy, but are not always practiced in most medical institutions. While it is natural to turn to medicinal remedies for the treatment for physical illnesses, it is also important to consider how psychological issues caused by the illness might be a hindrance to treatment. The pertinence of this added measure of behavioral interventions becomes amplified when the physical condition to be dealt with is chronic in nature. Chronic diseases are irreversible conditions which can be managed but not cured, generally lasting throughout life (Ghosh & Deb, 2016). Their physical manifestations often lead to further disability - both physical and psychological. For instance, the patient may experience symptoms and emotions such as depression, anxiety, denial, anger, fear which could result in outcomes such as unwillingness to seek treatment among others (Ghosh & Deb, 2016). This is supported

*Ph.D. Scholar, Indian Council of Medical Research SRF, **Assistant Professor, Department of Liberal Arts, Indian Institute of Technology Hyderabad, Kandi, Sangareddy, India

School Teachers' Teaching Experience on Self-efficacy and Life Satisfaction

Rituparna Basak*

The purpose of this study was to explore how much teachers, selected from different school of Kolkata, are satisfied with their life and belief on their own capability on the basis of experience in their job. 300 data were obtained from the school teachers of Kolkata. Satisfaction with Life developed by Diener et. al. (1985), Teacher Self-efficacy Scale developed by Schwarzer & Schmitz (1999) and data collected on teaching experience were used in this study.

Findings revealed that self-efficacy is significantly and positively correlated with life satisfaction. This study highlighted that teachers in early stages of teaching career are characterized as having significant positive relation between life satisfaction and self-efficacy where as teachers in last phases of career showed no significant correlation between these two variables. This study showed a detailed picture of life satisfaction and self-efficacy among different teacher groups based on teaching experience.

Key Words: Teaching experience, life satisfaction, self-efficacy, school teachers.

INTRODUCTION

Teachers are the main yardstick of the school as well as the whole educational system because they make the future of the country. They spend maximum ours in the schools and they are the main practitioners of educational principles and policies (Jia, Eslami, & Burlbaw, 2006). Teachers' experiences also increase with the passage of time. Huberman.s (1989) teacher career continuum research indicates that while individual teacher experiences vary, generalized phases can be identified, with various career stages related to differing professional development needs (Huberman, 1992). Besides job satisfaction, satisfaction with life is another primary goal of every individual in the society. It is found that self-efficacy plays an important role to increase life satisfaction (Suldo & Huebner, 2006). It is necessary to examine the factors regarding life satisfaction and self-efficacy of school teachers because, it is possible for them to experience simultaneous changes in many fields and it is possible for their life satisfaction to be affected by many factors while they are trying to fulfill their important task of teaching such as taking classes and making decisions, taking part in administrative meeting and responsibilities. Therefore, in teaching, the factors that help teachers trusting in their abilities to succeed through their high self-efficacy beliefs, lead them to taking more satisfaction from their life. Shin and Johnspn (1978) define life satisfaction as "a global assessment of a person's quality of life according to his chosen criteria". Teacher self-efficacy was described as the realization of one's self-judgment and capabilities to create and organize instruction

*Assistant Professor, Department of Psychology, Muralidhar Girls' College, Kolkata, 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 drsurendra_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.

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 ofCPAI 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.