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Silent mental stress experienced by caretakers of autistic children

Mini Kurian*

The current research examines the stress experienced by caretakers of autistic children, with social interaction due to communication, copying strategies and the management support. After having explored various relevant literature reviews concerning the above topic, and having come to a realization that not many outstanding researches were done, in the issues of stress experienced by caretakers and also due to passion the researcher has in this field, the current study was executed. The study employed a qualitative approach with an in-depth semi structured interview, which was further analyzed using a thematic approach, in ten professional caretakers to address this issue in an autistic special community. The study was done in Macintyre special school in Wingrave in the UK. The study included 5 males, and 5 females, the mean age (36), SD(11.00) and working hours per week (Mean=35.95). The investigator examined the various contributing factors of stress in the caretaker. It was well established from this study that social interaction due to communication was found to be the major cause, contributing to 80 percent. The findings of the research reveal that caretakers of autistic children experience burn-out due to frustration. Furthermore, this study highlights that caretakers employ various methods for coping, and men were found to have more confidence than the women, it was also interesting to note that although carers were experiencing challenging behaviour, most of them were satisfied with their job. However, half of them seemed, dissatisfied due to the lack of support from the organization.

This study suggests that future studies could concentrate on carers, to identify their problems in the early stage and interventions and training be provided. The student ratio must be 1:1, so as to make the caring less stressful. Service providers could support the staff and weekly feedback could be taken so as to identify the problem.

Key words: Autism, Mental stress, communication problems, behavioural changes, outburst of behaviour, coping strategies.

Extending self efficacy from prediction to execution

H.K. Chhabra* and Heena Parveen **

Self efficacy is an individual's self assessment of his competence and capabilities of performing a given task or carry out a given action (Schunk, 1991). Herein, error prediction has been explored for its useful link with task performance. Probing the role of self efficacy with regard to predicted error and actual error in a conflict task viz. Stroop task performance has been the aim of the study in hand. As is known, the Stroop task measures how the individual performs under the pressure of cognitive conflict. A mixed sample comprising of 89 randomly selected students (46 girls and 43 boys) in the age range of 14 to 18 years (Mean age= 15.9yrs) from the Government schools of Chandigarh were taken for the purpose. Self efficacy is a useful tool to understand the gap between predicted and executed performance.

Key Words : *Self efficacy, Stroop, Cognitive conflict, Performance*

Buying impulsiveness in female central government officers

Payel Mazumder and Indrani Mukherjee***

The present study investigated the impact of age on Impulse Buying of Female Central Government officers. It also tried to predict how far non clinical depression, self esteem and emotional intelligence could predict Impulse Purchase among the same sample. For this purpose, 200 female central Government officers were chosen randomly from two age groups, young (30-45 years) and elderly (46-60 years). However, instead of measuring Impulse Buying directly, a questionnaire on Buying Impulsiveness (a trait that consistently predicted Impulse Buying) was administered along with questionnaires on non clinical depression, self esteem and emotional intelligence. After That, One Way Anova was done to see the effect of age on buying impulsiveness. Since age could not create any impact on buying impulsiveness, the two groups were treated together and a multiple regression analysis was done to find the predictive power of non-clinical depression, self esteem and emotional intelligence. Results indicated that none of the variables could predict impulse buying significantly. The present research could help design better and cost effective Marketing Strategy for the government officers' population who due to their increased purchasing capacity after 6th pay commission revision, might prove to be a lucrative segment for the marketers.

Keywords: *Buying Impulsiveness, Emotional Intelligence, Government Officers, Impulse Purchase, Non-Clinical Depression, Self Esteem*

General mental health issues in relation with job satisfaction among nurses

Harjinder Kaur* and Nalini Malhotra**

The present research aims to study the general mental health issues in relation with job satisfaction among nurses. Sample comprised 100 nurses within the age range of 20-30 years selected randomly from Govt. Rajindra Hospital, Patiala. The participants were administered the General health questionnaire (GHQ-28) by David Goldberg (1981) and Job Satisfaction scale by Amar Singh (1999). The data was analyzed using SPSS software with the computation of correlation coefficient for the variables under study. The results revealed that basic issues of general mental health viz; somatic symptoms, anxiety, insomnia, social dysfunction and severe depression were found to be negatively correlated with job satisfaction in a significant manner. The implication for future research were discussed

Key words: Mental health, job satisfaction and nursing

Coping strategies as a predictor of marital adjustment

Rashmi Rani*

Marriage occupies a preponderant role in the societies. The partners involved in a marital relationship are usually devoting time and energy to develop a satisfying relationship. Well-adjusted marriages are expected to last for a long time, while poorly adjusted ones end in divorce. Many factors like maturity, mental health, communication skills, Physical health, wellbeing, social support etc. play a vital role in marital adjustment and coping strategies one of these factors. In view of the significance of the above, the present study was an attempt to understand marital adjustment and coping strategies in Indian cultural context. For this purpose hundred (100) couples (husband and wife) with at least graduation qualification from Varanasi district of Uttar Pradesh were randomly sampled to check the predictability of the various facets of quality of marital life (marital consensus, affection expression, marital satisfaction, marital cohesion, and overall marital adjustment), each measure at a time as criterion (dependent variable), by coping strategies (behavioral approach, cognitive approach, cognitive behavioral approach, behavioral avoidance, Cognitive avoidance) as predictors (independent variables). Step – wise (back ward) regression analysis applied and results revealed various faced of coping especially behavioral approach, behavioral avoidance substantially predict marital adjustment.

Keywords: *Coping strategies,marital adjustment*

Efficacy of yoga and meditation in managing hassles and anxiety among angina pectoris patients

Pooja Varma and Waheeda Khan***

Coronary heart disease (CHD) is found to be the leading cause of mortality worldwide. Currently, the Angina pectoris (AP) incidence in India is much higher than Western industrialized countries. One of the factors associated with an increased risk of AP are chronic every day hassles and persistent anxiety that aggravate incident of CHD and cardiac mortality. Presently, prevention and management of chest pain is the best option considering the Indian scenario through control and/or avoiding risk factors of chest pain. This study aimed to examine efficiency of a yoga program to vanquish or bring down their tendency to perceive in a stressful and anxious manner toward situations. Thirty AP patients aged 28–65 years mostly working men and women participated in management program based on yoga nidra (deep relaxation technique), pranayama (breathing technique) and meditation for ten consecutive days. The assessments pre and post yoga and meditation sessions ameliorate anxiety and hassles scores in ten days to a great extent. Results unveil and uncover the effectiveness of yoga nidra in decreasing physiological sensations of anxiety by enabling patients to observe these anxiety-laden sensations in a non-judgmental way without avoiding them. In addition, meditation succoured them in recognizing stress inducing or negative thought patterns and redirecting attention to things that occurred in the present via peaceful silence. The paper thus, reiterates the beneficial effects of regular practice of yoga and meditation to revamp the physiological, emotional and psychological health.

Key words: Angina pectoris. Hassles. Anxiety. Meditation. Yoga

Alexithymia and emotion regulation among individuals with epilepsy and psychogenic non-epileptic seizures (PNES)

Priyesh Kumar Singh, Tara Singh** and Vijay Nath Mishra ****

Psychogenic non-epileptic seizures (PNES) are epilepsy like episodes which have an emotional rather than organic origin. PNES is thought as result of tension/distress which piles up in an individuals and show physical symptoms in form of seizures. Individuals with PNES can neither process, perceive or communicate their emotional problem nor modulate their emotional state. However, the psychopathology of PNES is poorly understood. Research on etiology of PNES suggests the role of multiple psychiatric and neurological factors. Present study aimed at examining alexithymia and emotional regulation in epilepsy and PNES patient group. For this purpose thirty participants out of which PNES (n = 15) and epilepsy (n = 15) were selected from Sir Sunder Lal Hospital, BHU. Participants were administered with Toronto Alexithymia Scale which measure emotional identification/recognition problem in patients and Difficulties in Emotional Regulation Scale (DERS) to measure emotion regulation difficulties and responses were obtained on two separate administration. Mean score, standard deviation and t-test was calculated which was significant which shows that PNES patient were more alexithymic and emotionally dysregulated than epileptic group.

Key words: *personality traits, Domestic violence, Forensic medicine*

The wings of moral judgment and dark triad: gender differences

Devdeep Roy Chowdhury and Sadhan Das Gupta***

The main aim of the study was to assess whether there were any significant gender differences in terms of Dark Triad of Personality and Moral Judgment among the young adults. Total 160 undergraduate individuals (18 - 24 years of age) were selected for the study by purposive sampling. The Short Dark Triad (SD3), and The Moral Judgment Test were used to obtain necessary data. Obtained results revealed males to be scoring significantly higher in terms of Psychopathy and Machiavellianism, while females were found to score significantly higher in terms of Narcissism and Moral Judgement. The present study gives a quick review on the gender differences relating to the dark triad variables and moral judgment in a section of young adult population of Kolkata.

Key Words: Moral judgment, Dark triad, Gender differences

Role of emotion regulation in health and well-being of adult students

Surjeet Singh and Novrattan Sharma***

Feelings of wellbeing provides a strong base for Healthy and successful life. Level of Well-being enabling people to successfully overcome difficulties and achieve what they want out of life. When we talk about wellbeing, we are not only speaking of being joyful, although this is part of wellbeing. Well-being is individual's multi-dimensional state which includes physical, mental health, knowledge understanding, work freedom, utility and healthy relationship. Health is a state of being with physical, cultural, psychosocial, economic and spiritual attributes, not simply the absence of illness. There may be many groups of factors which affect the outcome on health and wellbeing of individuals. Emotion Regulation is an important personal factor which plays a significant role in enhancing and optimization of psychological well-being. Emotion regulation includes all processes that are involved in changing current or expected emotional states regarding their intensity, quality, duration, speed of elicitation, and recovery in the service of adaptation. The present study attempts to examine the role of emotion regulation in psychological well-being. The sample of 100 college students of mixed gender was selected for the present study. Emotion Regulation Questionnaire (Gross and John, 2003), General Health Questionnaire (GHQ; Goldberg, 1978) and General Well-Being Index (GWBI) by Dupuy (1984) tools were used for this study. Results showed that emotion regulation plays important role in health and well-being, especially cognitive reappraisal an emotion regulation strategy positively associated with one's health and well-being.

Key words: Emotion regulation, health and well-being

Marble game for decision making – Is individual and or group decision closer to the truth

Pradeep BS*, Swati Shahane **, GururajGopalakrishna*,
MadaiahMadegowda**** and Gananatha Shetty Yekkaru*******

In biological and behavioural sciences, the opportunity to test agreement of an attribute to absolute truth is rare. The marble game for decision making during the facilitation workshops under the Life Skills Training and Counselling Services Program provides this unique opportunity to assess the agreement between mean marble count of individuals, group decision and absolute truth. One sample t test and Intraclass correlation coefficient were used for data analysis to test this agreement. There were 384 participants (mean age=39.24 years). The mean marble count of individuals was statistically similar to group decision in 12 occasions; mean marble count of individuals was statistically similar to absolute truth in 8 occasions; and group decision and truth were similar in 7 occasions. Mean marble count of individuals and the absolute truth has poor agreement. There was a good agreement between group decision and absolute truth. Hence group decision making is much closer to the truth than individual decision making.

Key words: Decision making; Absolute truth; Life skills; Marble game

Role of personality and narcissism in facebook addiction among male and female college students

Ankita Ghos*, Subrata Dasgupta and Jayanti Basu *****

According to current statistics, Indians are the leading users of facebook. However, the popularity has turned in to a matter of concern, with it taking the form of addiction in many. This makes research essential for the identification of psychological risk factors in this population. Accordingly, the present study investigated the role of personality and narcissism in facebook addiction, among 232 male and female college students, using Bergen Facebook Addiction Scale (Andreassen, Torsheim, Brunborg and Pallesen, 2012), Bergen Social Media Addiction Scale (Andreassen, Torsheim, Brunborg and Pallesen, 2012), NEO-five factor inventory (Costa and McCrae 1992) and Narcissistic Personality Inventory (Ames, Rose and Anderson, 2004). The results revealed that extraversion was a positive predictor of facebook addiction in both male and females. However, conscientiousness was a significant predictor only for males and narcissism only for females.

Key words: *personality traits, Domestic violence, Forensic medicine*

Socio-economic variables: a contributing factor for the development of aggressive behaviour among the students with type A and type B personality

*Bharati Roy**

The aim of the present study was to explore the relationship between the Personality types and different dimensions of aggression of high school students. One hundred seventy six male students in the age range of 16 to 18 years residing in Ranchi town constituted the sample for the study. They were equally divided into high and low SES groups and were selected by random sampling method. Aggression Inventory of Sultania and Type A/B Personality Pattern (ABBPS) Scale developed by Dhar and Jain were used for data collection. Subjects were classified as either Type A or Type B based on their scores on Type A/B Behavioural Pattern Scale. The results of this study indicate that a relationship exists between Personality types and different dimensions of aggressive behaviour. It was found that Type A personality was positively and significantly correlated to different dimension of aggression on the other hand Type B personality was negatively correlated with different dimensions of aggression. Some evidence of the moderating effect of socio-economic status on the level of aggression expressed by personality Type A was observed. No relationship between aggression and Type B personality. High and Low Socio-economic group was found.

Key words: Type A and Type B personality, Aggression, Socio-economic Status.

Mental health and duration of marital life among husband and wife in single and dual employee married couples

*Santosh Bhikaji Gaikwad**

The concept of mental health includes subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence, and self-actualization of ones intellectual and emotional potential among others. The present study aimed to investigate the interaction effect of duration of marital life on mental health among single and dual employee married couples. This study was conducted on 300 married couples (150 single and 150 dual employees) through random sampling technique. Mithila Mental Health Status Inventory was used to collect data. Data were analyzed by using F-test. Results show that there is notable interaction effect among duration of marital life and type of couples in the all areas of mental health among husband and wife in the single and dual employee married couples.

Key words: *Mental health, duration of marital life, husband and wife, single and dual employee married couples.*

Self esteem and depression among living with HIV positive patients

V.N.Pathak* and Priyanka Singh**

The study aims to highlight self – esteem and depression among HIV positive patients. Hundred clinically diagnosed HIV positive patients (50 men and 50 women) belonging to 25 to 55 years of age group were sampled from hospitals and community care centers of Varanasi District. A well equated matched control group of 50 men and 50 women, having no history of psychiatric problems, were sampled to serve as respondents for comparison purposes. Hindi Version of Beck Depression Inventory (Inam & Singh, 2010) and Hindi adaptation of Canadian Self – Esteem Inventory (Pandey, 1993) were individually administered. 2 x 2 ANOVA (2 groups x 2 gender) and post hoc mean comparisons revealed that (i) HIV positive patients exhibit significantly lower self-esteem as compared to the control respondents, and significantly lower self – esteem among men than in women ($M = 17.13$), and (ii) HIV positive patients revealed significantly more depression as compared to the control respondent, and significantly more depression among men than in women. Furthermore, results revealed significant interaction between ‘groups x gender’ variables on depression measure. Post hoc mean comparisons mean comparisons revealed that significantly more in control men than in their counter women, and no such difference in HIV positive men and women moderated the interaction variance.

Key words: Depression, Self – Esteem, and HIV Positive patients

Modernization and social marital adjustment of earning women

Ekta Soni*, Rakesh Kumar Behmaniand Sunita Rani*****

Marital adjustment is a necessary part of people's life. But in the changing society, modernization in people may affect their marital adjustment. This study is aimed to find the relation between social marital adjustment and modernization. Marital adjustment Scale by Kumar and Rohatgi (1976) and modernization scale by Singh, Tripathi and Lal (1979) were used to accomplish the objective of the study. Results revealed a positive correlation between modernized beliefs in aspects of education, marriage, socio-religious and social marital adjustment. Additionally it was found that with increasing age modernized beliefs tend to decline.

Key words: Social Marital Adjustment, Modernization

Psycho-physiological status of young and middle aged diabetic patients

K. Lalitha*and Shaik Inthiyaz**

Positive psychological health is considered as very significant factor to protect patients health from affective and emotional disorders particularly in diabetic patients . By the time of diagnosis itself their psychological well-being is affected. Thus, diabetes may compound the risk for psychological problems in young and middle aged diabetic patients. The sample of the present study consists of 78 of young and middle aged diabetic subjects. The sample was selected by using purposive sampling technique in Kadapa town of Y.S.R district of Andhra Pradesh. The selected tool psycho-physiological state inventory was used to collect the data. The finding of the study showed significant differences among gender, age, and occupation in their psycho-physiological state of health among the diabetic patients. The correlation data related to physical status shows that no significant association was found with other sub-group variables where as psychological status was significantly correlated age and gender among young and middle aged diabetic patients.

Key words: Diabetic, Adolescence, Psycho-physiological state..

Dimensions of personality, depression and aggression among male bodybuilders

Ivan Das* and Soheli Datta**

People in the field of bodybuilding are always known to be violent, short-tempered and possessing different aggressive traits. This notion was put to test in this study, as the data on a sample of 30 non-bodybuilders, 30 bodybuilders without any supplement intake and 30 bodybuilders with supplement intake were obtained, employing purposive sampling technique. Also the aggressive tendency was correlated with dimensions of depression and their personality type, that sheds more light about the psyche of bodybuilders. Twelve hypotheses were framed to fulfill the aim of the present study. Dimensions of aggression was measured by State Trait Anger Expression Inventory-2 (Form HS), devised by Spielberger (1978). The scale used to measure Depression is Beck's Depression Inventory-II, devised by Beck (1961). The scale used to assess Personality is NEO Five Factor Inventory (Form S) devised by Costa and McCrae (1992). For verification of hypotheses, independent, equal sample t-test and Pearson's Product Moment Correlation were done. Findings indicate that, with reference to the experience and expression of anger, bodybuilders with supplement intake group differs significantly from bodybuilders without supplement intake group and also with the non-bodybuilders group. Bodybuilders taking supplements were found to be the most prone to aggression expression, followed by non-bodybuilders, then the least, being natural bodybuilders.

With reference to the dimension of depression, significant difference exists between all the three groups. Again, bodybuilders taking supplements were the most prone to depression; natural bodybuilders being the least. With reference to the N, E, O, A and C factors of personality, no significant difference has been noted between non-bodybuilders group and bodybuilders without supplement intake group. However, bodybuilders taking supplements were found to score the highest in 'Agreeableness', 'Conscientiousness' and 'Neuroticism' scales. Correlational studies show, for non-bodybuilders, depression is significantly, highly and positively correlated to 'Neuroticism'. For bodybuilders, who do not take supplements, 'Depression' and 'Trait Anger' have significant negative relationship with 'Openness to Experience'. And, for bodybuilders, on supplements, 'Anger Control' is negatively and significantly correlated to 'Openness to Experience'.

Key words: Personality, Depression, Aggression, Bodybuilders

Depression and quality of life in homosexual and heterosexual youth

Lalit Kumar Singh*and Kiran Srivastava**

In terms of mental health Lesbian, gay, and bisexual (LGB) youth experience elevated levels of depressive symptoms compared to heterosexual youth. This study examined differences in depressive symptoms between Homosexual (Gay), heterosexual youth. Identification as gay or homosexual is related to poorer mental health. People have started raising voices and submit their inclination towards Homosexuals. The quality of life (QOL) of men who have sex with men (MSM) has received increasing attention in recent years. Our study surveyed the Depression and its effect on QOL in Indian Gay Youth and heterosexual Youth . Total 30 sample size was taken 30 men were interviewed out of them 15 were homosexuals and the rest were heterosexuals. Results of analysis showed that higher QOL scores were associated with less depressive features Among the latent factors, social support, with a factor load had greater impact on QOL than demographic characteristics. Within social support, the role of psychosocial counselling and health education were found beneficial respectively. These findings suggest that strengthening social support, especially for Youth and older and married individuals, would improve QOL in MSM in India.

Key words: Depression, Mental Health, Gay, Homosexuals.

Autism myths and facts

*Mini Kurian**

Sixty or more years ago, if you had a child with autism, you had most likely be told to put him in a mental health institution and move on with your life. There was just isolation, and that unfortunately continued for a long period of time. Children with the most severe autism symptoms – obsessively spinning in circles, unable to verbalize clearly ,throwing tantrums and shrieking at small changes in their daily routines-baffled physicians and researchers alike. There was no treatment says Susan Wilczynski, executive director of Randolph-based National Autism Centre. In the 1950s and '60s, schools dedicated to teaching children with an ASD began cropping up in different parts of the country; some founded by parents themselves, with dedicated teachers and therapists working to help these children cope with this disorder.

Keywords : Autism,myths, facts

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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.

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