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Indian Journal of Community Psychology**CONTENTS**

- **Indian health care delivery system: role of spiritual healing and path of divinity** 192-201
Sushil Kumar Goel
- **Loneliness, social anxiety, social influence and addiction that contributes to online social networking: A study among adolescent in Malaysia** 202-215
Balan Rathakrishnan, Azizi Yahaya, Ismail Maakip, Peter Voo Su Kiong, Soon Singh Bikar Singh, Mohammad Rahim Kamaluddin and Mohammad Amin Wani
- **STEM(ming) of girls' orientation in academia: A Psycho-Social narrative** 216-227
Suruchi Bhatia
- **Development of standardized test on emotional expression based on Bengali population** 228-237
Payel Dey Ghosh, Anwesha Chakrabarti, Kunal Chanda, Soma Mitra and Mallika Banerjee
- **Pubertal timing and externalizing problem behaviors in adolescents: A review of literature** 238-250
Rupan Dhillon and Palak Kanwar
- **Yoga: A complete transformation from burnout towards being healthy** 251-260
Amit Kumar Vishwakarma, Rohit Kumar Maurya and Sandeep Kumar
- **A study of gender differences among invulnerable children** 261-272
Gopal Krishna Nanda and Ashok Kumar Biswal
- **Family-to-work interface and job performance: The moderating influence of conscientiousness** 273-291
Shamini Srivastava
- **Depression and death anxiety among HIV positive persons in relation to self efficacy** 292-303
Lalita, Sandeep Singh and Amit
- **Perceived stress among female adolescents** 304-308
Rasmita Behera
- **Emotion identification, discrimination and expression in encephalitis survivor children** 309-320
Nisha Kumari

- **Mobile phone dependence and psychological well-being among young adults** 321-332
Rageshwari Munderia and Rajbala Singh
- **Role of creative writing on creative personality, quality of life, meaning in life and affect balance of male and female creative writers** 333-346
Praiti Chakraborty and Subrata Dasgupta
- **Developing and validating PSG emotional maturity scale** 347-372
Ancilla Correya and Naachimuthu KP
- **Self control: The strength of restricted life** 373-380
Dnyaneshwar P. Pawar
- **Parent education and child rearing** 381-392
Pranati Satapathy
- **Impact of economic status and occupation on social capital** 393-401
Swarupa Lakshmi
- **Internet use among postgraduate students with reference to type of faculty** 402-408
Parmar Jaydipsinh M and Desai Minakshi D
- **Importance of self esteem & self efficacy for college students** 409-419
Sandhya Bhatt and Anshubhi Bahadur
- **Migration and mental health of tribal in Dumka district of Jharkhand** 420-428
Vinod Kumar Sharma
- **Expertise research by Rubik's cube** 429-442
Viveka Nand Tripathi and Anurag Upadhyay
- **Study on stress and psychological well being among medical professionals** 443-454
Rajendra Singh and Reena Singh

A Tribute to Professor A. K. Sen



Professor A. K. Sen (Former Professor and Head, Department of Psychology, Delhi University) is no more with us. As I learnt, he passed away on February 26th. Professor Sen was a great scholar, academician and researcher. He has obtained his M. Sc. from Kolkata and Ph. D. from Hull. He was a Commonwealth Scholar in Psychology (U. K.), Fulbright-Hayes Senior Visiting Fellow (U.S.A.), National Lecturer, University Grants Commission. Being a distinguished psychologist of such high eminence, he became the President,

Psychology and Educational Sciences, Indian Science Congress Association, 88th session, New Delhi. He was a mentor and Consultant editor of India Journal of Community Psychology. In addition to writing several research papers and popular material on Psychology, he also edited the journal Disabilities and Impairments. He is author/editor of large number of books. This is a Great Loss to the Psychology Fraternity. I am terribly shocked to learn about the sad demise of my beloved professor Dr AK SEN. He was my teacher in Department Of Psychology, Delhi University. I did my MA (Psy) & PhD (Psy) thesis under his guidance. I had close and intimate contact with him since 1971. Prof Sen was an excellent academician, a very popular teacher and above all, he was a very good human being. His grit and humbleness has inspired all of us and it is a great loss to Psychology fraternity.

This tribute is about a professor who went above and beyond his call of duty to reach out to thousands of students. His simple acts of kindness and genuine interest in students is really praiseworthy. The sun causes the lotus to bloom. The moon on its own makes the lily to bloom. The cloud too, without being asked, gives water. Great souls are always taking the initiative to do well to others. We are proud to be guided by your thoughts and philosophy. For us you will always be there, you will always lead and we will always follow. You will always remain our guiding light. Thank you for changing millions of lives with your devotion and dedication. You were a precious gift from God, so much grace, love and patience you possessed. You touched my heart in so many ways, your strength and smile even on dark days made me realize I have an angel beside me. I will forever salute you Sir, because you have been all I ever needed in my life. God gave me the best teacher in the world! You taught me to never give up on my dreams but to persevere no

matter how hard the storms may be. I miss you! Today, we remember you with warm thoughts, intense grief, and of course tears.

My wife, Kalpana, and I are indeed greatly saddened by the belated news that Professor Dr. AK Sen had passed away on 26 Feb 2018. With the passing of Prof. Sen, Psychology has lost one of its foremost visionary scientists who had the greatest knowledge in breadth and depth. Apart from being a truly eminent scholar, a great educator, a man of vision, scientific integrity, extraordinary leadership and tremendous energy, Prof. Sen had a sensitive and warm approach to people and took a personal and keen interest in his students' welfare and work. I have the privilege and honour of being his Ph.D. student. I can still vividly remember the time I spent with him in his home and his office discussing my research work as well as other scientific matters. Prof. Sen's enormous capacity for synthesis, fertile imagination and great enthusiasm for inquiry is beyond imagination. As a 'young student', I was awestruck by his boundless energy but somehow I managed to keep up with him. Both Mrs Anima Sen and Prof. AK Sen treated me a part of their family. For this, I am indeed very grateful and I did enjoy the numerous occasions in their home. He indeed had a decisive influence on my life and career. I salute you, Professor. With his passing, my wife and I felt that we have lost a beloved family member. We have maintained close and intimate relations for more than 47 years. Today I am feeling like an orphan. I cannot bear the loss of passing away of my beloved teacher and my mentor. For the last few months, I have been remembering him quite a lot. I sent a few SMS messages which were not delivered and came back. I urgently need E-Mail ID of dear Dolan and Rangan who are in USA. I pray to the almighty for the departed soul to rest in peace and solace. Though professor may have left this world, his legacies and contributions to Psychology will live forever. It is a strong, beautiful and vibrant legacy. And Sir, please do convey our heart-felt greetings and warmest regards to our beloved teacher Dr Anima Sen. We very much wish to see you together once again. As Prof GG Prabhu said in his condolence message," Arun, adieu my friend. The past tells me that you will now be in peace with Anima. Wherever you are, both of you will be in peace together. Om Shanthi.. Shanthi...Shanthi. Prabhu."

This photo of my beloved professor Dr AK Sen was taken in his Pritampura house during the last week of Dec 1995 when I had gone to write the biography of Prof Anima Sen.

I am standing with Prof AK Sen. This photo of my beloved professor Dr AK Sen was taken in his Pritampura house during the last week of Dec 1995 when I had gone to write the biography of Prof Anima Sen.

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Indian health care delivery system: role of spiritual healing and path of divinity

*Sushil Kumar Goel **

The Indian Health Care Delivery System is so strong and powerful that spiritual healing and path of divinity are followed to cure the patients. "Each soul is potentially divine" proclaims Swami Vivekananda and says that the goal of life is to manifest that divinity within us. Vigour, forgiveness, fortitude, purity, absence of hatred, and absence of overweening pride-these belong to the one who is born with Divine treasures. (Bhagavad Gita 16:3). The spiritual life stimulates vitality not only in the mind and soul but also in the body. If the mind thinks healthy thoughts and the soul is morally clean, we become healthy to that extent only. A clean soul sends continuous messages of good health in the entire system. Health is the real wealth. Every human being in the world wants to be happy, healthy and holy, which is possible only under the benign care of Almighty.

Keywords: *Indian Health Care Delivery System, spiritual healing, path of divinity, Ancient Indian education, Spiritual Lifestyle, Happiness & Harmony*

**Loneliness, social anxiety, social influence and addiction
that contributes to online social networking: A study
among adolescent in Malaysia**

Balan Rathakrishnan*, Azizi Yahaya, Ismail Maakip**, Peter Voo Su Kiong**, Soon
Singh Bikar Singh**, Mohammad Rahim Kamaluddin*** and Mohammad Amin
Wani******

The present study aimed to identify the contribution of loneliness, social anxiety, social influence and addiction on online social networking. In the study 220 students from different seven schools in Johor Bahru district of Malaysia were taken as sample. The obtained data was statistically analyzed by descriptive statistics through SPSS 17 version. Results demonstrated that social influence is an influential variable and has great contribution on online social networking. Further the study also revealed that loneliness was found to be the weakest factor in online social networking.

Keyword: Social Networking, Loneliness, Social Anxiety, Social Influence and Addiction

STEM(ming) of girls' orientation in academia: A Psycho-Social narrative

*Suruchi Bhatia**

Girls' health, education, empowerment, and their quality of life are some of the important challenges that are relevant in today's world across the nations. Enhancing girls' mental health and their quality of life is one of the challenges for the "World Health Organization", which is influenced in a major way by the kind of education and career they are part of. Girls' education and their entry into workforce have been the central reference point of women empowerment and equality. Though, they are part of the work force in the organized setup since few decades. In the present work we are trying to elucidate the reasons for girls opting for certain courses and hence becoming a part of specific work force. In particular, factors that contribute to these choices and further impact of the choices have been reviewed. Existing research data has been studied to analyse the trends. It is alarming to see the impact of socialization through parents, as well as society at large, on the career choices made by girls. The deliberation highlights the role of collaborative participation of parents and girls, and holistic counselling.

Keywords: *Career, education, gender segregation, parenting, self-concept, self-efficacy.*

Development of standardized test on emotional expression based on Bengali population

Payel Dey Ghosh*, Anwesha Chakrabarti*, Kunal Chanda,
Soma Mitra** and Mallika Banerjee***.**

Present study aims to develop standardized videos of four basic emotional expressions – happy, sad, anger, fear. For this purpose, initially four expressions of two professional actors (one male and one female) were obtained. A pilot study was conducted on 21 participants, (mean age- 22.6 years; range 18- 27 years) both male and female University students, to select appropriateness of expressed emotions. In the next step the six professional actors (3 male and 3 female) were selected. Based on the performance evaluated through Automatic Facial Expression Recognition Software finally four videos from 2 male actors and four from 2 female actors for each of the four basic expressions were selected. These final sets of videos were rated by 1022 individuals, -male (mean age 25.46, SD 11.11) and -female (mean age 21.9, SD 8.55) participated in the study from different parts of Kolkata covering a large range of developmental age. Participants were instructed to identify and name the expressed emotion as well as rate the intensity of expressed emotion in a five point scale. The mean of the intensity of expression was compared with the computer generated judgment score. Videos for final set were selected on the basis of two criteria a) difference between human generated and computer generated score below 1.5. b) Percentage of recognition above 90%. This study is an attempt to develop a standardized test based on Bengali population in context to present society.

Keywords: basic emotion emotional expression videos standardization Bengali population

Pubertal timing and externalizing problem behaviors in adolescents: A review of literature

Rupan Dhillon and Palak Kanwar***

Puberty is a normative process that involves hormonal changes but simply advancing through puberty does not necessarily mean that all individuals would develop behavior problems but it becomes important to identify as what aspects of puberty will be more influential in effecting the adjustment of adolescents. Hence, the present review of literature throws light on how pubertal timing along with other context influences externalizing problem behaviors in adolescents

Keywords: *pubertal timing, Externalizing problem behaviors.*

Yoga: A complete transformation from burnout towards being healthy

Amit Kumar Vishwakarma*, Rohit Kumar Maurya and Sandeep Kumar*****

This study explored the impact of a regular practice of yoga in professional lives of the different organizational employee. Previous research and experiences about yoga have shown that effective yoga training program significantly reducing the job burnout and their arising burnout and other clinical conditions of the employee. Through a lot of literature review and personal experience and understanding of employee, the paper provides a physiological mechanism and their process. The promotion of organization and the prevention of job burnout of organizational employee is a global priority. The evident support that effective yoga training practices improve physical, mental health, the vital and emotional personality of the employee despite having many suggested coping skills and stress-reducing strategy. The purpose of this study is how yoga significantly associated with job burnout. After having an important part of mental health and well-being, United Nations general assembly (UNGO) has decided that 21 June will be celebrated as the international day of yoga day annually since 2015.

Keywords: Yoga, job burnout, physiological mechanism, mental-health, well-being.

A study of gender differences among invulnerable children

Gopal Krishna Nanda* and Ashok Kumar Biswal**

The present study aimed at identifying gender differences among invulnerable children and their coping ability and competence. The sample comprised of 200 school children of grade 8th and 9th standard formed four major groups and eight sub-groups (with N-25 in each group) were selected through screening test from a population of 2200 students in rural Odisha. These sub-groups of children showed significant differences in the coping style and competence. The invulnerable children were found to have more personal control over the problem situation and seek social support. Gender differences were more prominent among the advantaged group than among the disadvantaged group. Social support play a measure role in development of competence and invulnerability. More clearly the performance of invulnerable children were much better than the advantaged incompetent and disadvantage incompetent children in all the psychometric measures.

Keywords : Invulnerable, coping competence, social support.

Family-to-work interface and job performance: The moderating influence of conscientiousness

*Shamini Srivastava**

Home and work lives are two important domains of life which affected each other and a growing number of studies have examined the intersection between work and family life. Studies addressing the work-family interface have predominantly focused on dark side of the work-family interface i.e. on work-family conflict. While the bright side of work-family interface i.e. work-family facilitation has recently been investigated, consequently received limited attention by the investigators. Extant studies on work-family interface have revealed that work-family interface has been associated with many positive and negative outcomes in both work and family domains. But these studies have not been focused their attention on the concept how these relationship between work-family interface and their outcomes has been altered by dispositional or personality factors. Therefore, based on the aforesaid background of the past researches, the purpose of the present study was to examine the moderating role of conscientiousness in the relationship between family-to-work interface and job performance. The present study was conducted on the 250 married IT sector employees working in different software organization in Delhi, Noida and Nasik. The respondent is asked to fill up the self-report measures of work-family conflict, work-family facilitation, job performance and one personality dimension of NEO-PIR i.e. conscientiousness. The results of the moderated regression analysis indicated that the person having high level of conscientiousness dimension of personality has experienced less negative relationship between work-family conflict and job performance in comparison to the person with low level of conscientiousness. The findings further indicated that person with high level of conscientiousness experienced more positive relationship between family-to-work facilitation and job performance than the person with low level of conscientiousness.

Keywords: work-family interface, family-to-work conflict, family-to-work facilitation, job performance, personality, conscientiousness.

Depression and death anxiety among HIV positive persons in relation to self efficacy

Lalita, Sandeep Singh** and Amit****

HIV is a chronic and fatal disease that continues to make immune system of infected person very weak day by day. Persons having HIV have to live with uncertainty towards life. This continuous uncertainty may depress the person and make him/her anxious related to death. Therefore the present study was conducted to explore the role of self efficacy on depression and death anxiety among persons having HIV. The sample of the present study consisted of 159 persons with HIV diagnosed before six months. A General Health Questionnaire was applied for screening persons having HIV. After that, Perceived Self-Efficacy Questionnaire, Beck Depression Inventory and Death Anxiety Scale were applied to measure self efficacy, depression and Death anxiety of the persons. Descriptive Analysis and Pearson Product Moment Correlation were employed for the analysis of data. Data analysis showed that there was negative correlation between Depression and self efficacy ($r=-0.41$). Further negative correlation between Death Anxiety and self efficacy ($r=-0.79$) was also found. Persons having HIV with high self efficacy tend to be less depressed and experienced less death anxiety as compared to persons with low self efficacy.

Keywords: *Self- efficacy, Depression, Death anxiety, Persons diagnosed with HIV.*

Perceived stress among female adolescents

*Rasmita Behera**

The study was conducted to assess the perceived stress of female adolescents who continued their under graduate study in a women's college (Dhenkanal Women's College, Dhenkanal, Odisha, India). The sample consisted of 100 students (50 senior and 50 junior females) in the age range 17 to 19 years from all SES level. The results indicated that the senior female students experience more stress than the junior female students. The primary source of academic stress include examination, career secure, academic work load, economic changes in the family in addition to environmental, psychological and social functions seemed to be responsible for stressful situation. During academic session middle SES female students face some difficulty due to academic pressure, lack of family support, self esteem and economic change. Further conflict between career planning, higher study after graduation, future job security etc. also contribute to count for stressful life situation among adolescent females.

Keywords : stress, psychological and social function, self-esteem,

Emotion identification, discrimination and expression in encephalitis survivor children

*Nisha Kumari**

Emotion discrimination, regulation, and cognitive control are three associated, however distinguishable processes that appear over the course of development. The present study had tried to investigate the patterns of emotion identification, discrimination and expression in encephalitis survivor children. A total of 60 children aged between 5-15 years had participated in the study. Amongst them 30 were affected with encephalitis and 30 were not (normal children). Six emotion based faces and videotapes were used to understand the three dimensions of emotions i.e. identification, discrimination and expression. The findings suggested that there were significant differences in encephalitis affected and normal children on the performances of three emotion based tasks. Particularly the encephalitis survivors were unable to express emotions properly; however, they use to identify happiness, sadness, and anger but not fear, surprise and disgust. Such children also had problems in discrimination and expression of emotions depending on the level of cognitive impairment caused by encephalitis.

Keywords: Encephalitis, Emotion identification, emotion discrimination and expressions

Mobile phone dependence and psychological well-being among young adults

Rageshwari Munderia and Rajbala Singh***

The advancement of technology is progressing by leaps and bound and mobile phones are leading in this process. The usage of mobile phone offers connectivity, convenience and comfort. However, it's excessive usage may adversely impact individuals psychological well-being. Thus, in this regard the present study examines the relationship between mobile phone dependence and psychological well-being. Sample of the present study comprised of 243 students. All the participants were requested to fill the measure of mobile phone dependence and psychological well-being. Pearson's product moment correlation coefficient (r) was used to assess the relationship between different dimensions of mobile phone dependence and psychological well-being. The findings revealed that higher mobile phone dependence negatively affects psychological well-being. The results may impart an important message to the young adults that an excessive mobile phone may result in its dependence which in turn may cause a detrimental impact on daily life activities.

Keywords: *Mobile phone dependence, psychological well-being, managing daily life events.*

Role of creative writing on creative personality, quality of life, meaning in life and affect balance of male and female creative writers.

Praiti Chakraborty and Subrata Dasgupta***

Creative writers have an indirect role in the society to teach a lesson for moral, intellectual, idealistic reasons. It is thought important to investigate the effects of types of creative writing on the creative writers as they act to keep their era alive for the future generations. The present study is aimed to assess the impact of different types of creative writing and gender on the Creative Personality, Quality of Life, Meaning in Life, and Affect Balance of the Creative writers. The sample consisted of 120 creative writers (60 males and 60 females). The sample is further subdivided into 3 groups on the basis of types of writing (20 poets, 20 writers, and 20 both poem and prose writers). A detailed Information Schedule, Gough Creative Personality Scale for adjective check list (Gough, 1979), WHO quality of life scale BREF (WHO, 1991), The Meaning in Life questionnaire (MLQ) (Steger, 2006) and Bradburn scale of Affect Balance (Bradburn, 1969) were administered to the subjects individually. The results revealed that types of writing as well as gender of the writers influenced their Creative Personality, Quality of Life, Meaning in life and Affect Balance.

Keywords: *Creative Personality, Creative writing, Quality of Life*

Developing and validating PSG emotional maturity scale

Ancilla Correya* and Naachimuthu KP**

Emotional maturity is a process through which the personality continuously strives for greater sense of emotional health, intra physically and intra personality (Smiston WD, 1974). A matured person views life as a learning experience, so is able to view any negative outcomes as a step for further development. These persons can also withstand delay in gratification of needs, effective adjustment with family members, peer groups, society and culture. The present study is an attempt to develop and validate PSG Emotional Maturity scale. The target population for this study was people of the age group 18-30. From the total population, about 300 students randomly chosen for the present study (sample size was determined based on the number of predictors using G3 statistical software). The age range of the participants was 17 to 25 years, with a mean age (21.0 years). To explore the underlying factor structure of the PSG Emotional Maturity scale, exploratory factor analysis (EFA) was performed on the dataset. This is used to reduce a relatively large number of variables into a parsimonious set of factors (DeVellis, 2003), and to ensure the construct validity of the scale. Reliability analysis were also done, the PSG Emotional Maturity scale was found to be reliable and valid.

Keywords: Self concept, Parenting style, Self awareness, Emotional regulation

Self control: The strength of restricted life

Dnyaneshwar P. Pawar*

The road to self victory begins with self control. The present paper discusses the nature and implications of self control as a means to achieve long lasting happiness and purpose in life. It also discusses the importance of teaching self control in schools so that children, the author believes, can tackle most of their personal problems. There are views among psychologists pertaining to developing human strengths among children in place of focusing attention on reducing their negative traits. Encouraging a single character trait can give rise to many other positive traits at the same time reducing the negative trait that the teacher and parents wish to reduce. The author discusses the possibility of improving self control, as the most important character strength to develop among children. Importance of self control in reducing many of the problems including smoking, overeating, impulsive spending, poor performance in school, lying etc is discussed with the help of recent research. Relevant literature in the field of self control is reviewed.

Keywords: self control, temptations, immediate gratification, exercises, self-distancing.

Parent education and child rearing

Pranati Satapathy*

The main objective of this study was to empirically drive a set of independent factors of parental behaviours attitudes, interactions, and involvement and home environment, and family effectiveness. Six scales were administered on the parents of 175, 3-5 year old Pre-school children. The data were first inter-correlated, then factor analyzed. The results revealed three orthogonally rotated varimax factors: (a) Socio- economic status factor mainly consisting of home environment, (b) Parental child rearing factor, and (c) family effectiveness factor. These factors contribute more in nurturing and rearing children.

Keywords: Socio- Economic status, Parental Child-rearing, family effectiveness.

Impact of economic status and occupation on social capital

Swarupa Lakshmi*

The purpose of the study was to examine the impact of economic and occupational status of father of an individual on different components of his or her social capital. Sample comprised of 200 students as respondents drawn randomly from semi-urban degree colleges located in Vaishali district of Bihar (India). For measuring social capital, Lakshmi (2015) scale was used. Five factors namely; bonding with friends, acceptance of system, support & cooperation, selfishness and harmony were found reliable. The findings revealed that the respondents belonging to different economic groups differed significantly on bonding with friends, harmony and selfishness dimensions of social capital. However, they did not differ significantly in terms of their scores on acceptance of system and support & cooperation factors of social capital. The findings also revealed that respondents whose fathers came from different occupational groups did not differ significantly in terms of their scores on different factors of social capital such as bonding with friends, acceptance of system, support & cooperation, selfishness and harmony.

Keywords: Social capital, Economic status, Occupation, Factor analysis

Internet use among postgraduate students with reference to type of faculty

Parmar Jaydipsinh M and Desai Minakshi D***

The main purpose of this study was to find out the difference in internet use with reference to type of faculty among postgraduate students. The sample consisted of 180 students from various departments of Saurashtra University, Rajkot. Equal number (60) of arts, commerce and science students were selected in the sample. Personal data sheet was administered to the subjects to get some personal information's and weekly hours of internet use by the students. To check the significant differences between type of faculty on internet use t-test was applied. The result of t-test revealed that type of faculty had significant impact on the amount of internet use by the students. The internet use among students of science stream have scored higher than commerce and arts students.

Keywords: Type of Faculty, Internet Use and Postgraduate Students

Importance of self esteem & self efficacy for college students

Sandhya Bhatt* and Anshubhi Bahadur**

The main objective of the study is to find the correlation between self esteem & self efficacy among college students. For this purpose, data from 400 students of four different colleges of Lucknow were taken. Among the colleges, two colleges were from the private sector, whereas two were government colleges. 200 students from B.Tech Courses and 200 students from B.A, BSc., and B.Com were selected for data collection. Two tests were administered, General Self Efficacy Scale to measure self efficacy and Rosenberg self esteem scale to measure self esteem. Results indicate a very strong correlation between students self efficacy and self esteem.

Keywords: self esteem, self efficacy, college students

Migration and mental health of tribal in Dumka district of Jharkhand

Vinod Kumar Sharma*

Migration is one of the burning issues of the state like Jharkhand. Be it pull factors (high wages, city life, better opportunity etc) or push factors (like unemployment, poverty, pathogenic home environment, uneven land distribution, etc) the tribals which include both Sarna and Christian are compelled to leave their native place in search of their better livelihood prospect. The present study aimed to know the mental health problem faced by tribals during migration out of Dumka district of Jharkhand. Total 200 samples were taken of migrant and non-migrant who include both male and female tribal groups. The stratified random technique was used to collect the data. Descriptive analysis was made to find out the result. The findings show that the migrant group is having more anxiety in compared to non-migrant groups of tribal people. Migrant male group of people are showing more psychopathic deviation, repression sensitization, anxiety, depression and hysterical symptoms, whereas female migrant group was found the psychiatric symptoms like anxiety, repression sensitization, depression and hysterical behavior.

Keywords: migration, tribals, mental health.

Expertise research by Rubik's cube

Viveka Nand Tripathi* and Anurag Upadhyay**

In expertise research literature, chess was considered to be the best suited model of expertise research. Chess without an opponent is unimaginable. Unfortunately that's makes this model confounded. Hence, demands a new model having similar characteristics like chess, with least confounding aspects. Rubik's cube can be an alternative model for expertise research, having similar characteristics not only in psychological aspects but also in mathematical aspects too. Thus, the researchers from wide range of discipline can use Rubik's cube as a model to vindicate mysteries of experts' performance and expertise. However, in Rubik's cube solving skills, we found significant evidence for the difference in observation time (OT) and solving time (ST) between experts and novices of Rubik's cube, in a group of Rubik's cube players ($n = 25$, 10 experts and 15 novices). That showed, the experts exceed novices in solving cubes. Whereas, novices have higher OT than the experts, which signifies that they need more time to understand the problem space due to lacking the efficient encoding, and searching skills, leads to low solving speed. To the best of our knowledge, this study is in its kind to challenge the model of chess as well as to understand more about the expertise of Rubik's cube. We believe it is too early to say anything more about Rubik's cube expertise in.

Keywords: Rubik's cube, expertise research

Study on stress and psychological well being among medical professionals

Rajendra Singh* and Reena Singh**

Present paper examines the pattern of stress and psychological wellbeing experienced by medical professionals working in private and government organizations. The duty of health care professionals is becoming very challenging and demanding although they are expected to give unconditional services with dedication and commitment to the people. Hence they are involved in performing their duties without considering their other personal and social responsibilities Health care practitioners are expected to give selfless services with continual devotion, but the demand of the family and society stretches the daily routine. Stress has become one of the major life style problem caused by changes in nature of work, breakdown in traditional family structure and many other features of contemporary urban environment. On the other hand Well-being is a combination of feeling good as well as actually having meaning good relationship and accomplishment. A total of 200 male and female doctors practicing in government and private clinic /hospital of Bhopal city participated in the study. With the help of structured questionnaires stress and psychological Well-being were measured. The results of the study indicated inter group difference in the experience of stress. Results are discussed in the light of contextual variables.

Keywords- Stress & Psychological Wellbeing

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