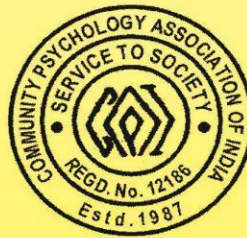


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Role of Sex Education on odd Sexual and Problem Behaviour: A Study on Adolescents with Autism

Mallika Banerjee, Pragna Ray** and Amrita Panda****

With the onset of adolescence, all individuals including disability have to confront with various challenges in life. Sex education is a necessity for all teens including disability. But, due to the superstitious attitude in India, very few people have shown positive attitude towards sex education. The need for sex education for the individuals with disability is still under research. Autism is a kind of disability, which is characterized by severe and pervasive impairment in the areas of socialization, communication and presence of stereotype behavior. To deal with this problem present researcher has felt the necessity to develop a sex and health education curriculum based on Indian culture for reducing problem behavior and odd sexual behavior of individuals with autism. The constructed Sex and health education curriculum consists of five domains i.e. Biology and Personal appearance, Privacy/modesty (about sexual expression), Health/Hygiene / Personal Care, Recognition of Emotion and Social behavior. 45 individuals with diagnosed autism and onset of adolescence characteristics, along with their parents were taken as samples from specialized schools of Kolkata. Each individual was given 40 Sex and Health Education Curriculum sessions for 40 – 60 minutes once a week. The result showed sex education curriculum has positive effect in reducing odd sexual behavior and problem behavior, indicating that imparting education regarding handling of expression of sexual urge in a socially acceptable way has immense positive effect both on odd sexual behavior and problem behavior of the individuals with autism.

Key Words: Sex education, autism, odd sexual behavior, problem behavior

Beck Anxiety Inventory: Hindi Translation and Revalidation for Students of Higher Education

Jitendra Kumar Kushwaha*

The aim of study is to translate the Beck Anxiety Inventory (BAI) into Hindi in order to facilitate the assessment of anxiety level among the Hindi speaking students of higher education. Original BAI was developed by Dr. Aron T. Beck (1988) in English. Translation and back translation method has been adapted for refining and lucidity of language. 22 post-graduate students, well verse in Hindi language and 35 post-graduate students' well verse in English language have been assigned for providing their judgement about the relevance of each item in Indian culture respectively in Hindi and English version of BAI and hence the content validity is computed. The coefficient is 0.614 ($r = 0.614$). Final sample consist of 540 under-graduate and post-graduate students of traditional and general education from three state universities of Uttar Pradesh. The statistical analyses shows that the internal consistency (Cronbach alpha) is 0.882 for Hindi BAI and all the items of inventory are highly reliable as well as valid for the students of higher education.

Key Words : An xiety, An xiety Inventory, Higher Education

Effect of Caste Category and Sex on Personality Dimensions of Students: A Pilot Study

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

The caste system is still socially relevant in India. The Government of India has officially documented castes and sub-castes, primarily to determine those deserving reservation (positive discrimination in education and jobs) through the census. A caste system is a process of placing people in occupational groups. The Government lists consist of scheduled castes (16% of the total population of India, around 160 million), scheduled tribes (7% of the total population of India i.e. around 70 million) and other backward classes (52% of the total population of India). This paper is an attempt to explore an effect of caste category and sex on personality dimensions of students. Data were collected on one hundred twenty graduate students, aged 19- 24 years. The subjects were divided into six groups according to their caste category i.e. general (Gen), other backward classes (OBC) and scheduled caste (SC) and sex i.e. male and female. A self developed biographical sheet and Multi Dimensional Assessment of Personality - A (MAP-A) were used for the purpose of data collection. In order to find out the significant difference among the groups analysis of variance was used. The dimensions, which were found to be significantly affected between the groups of students, were academic motivation, imagination, leadership, maturity, mental health, self-control, social warmth and tension. It was found that general and OBC student scored higher on leadership dimension than the SC students. Sex also effected some dimensions i.e. academic motivation, maturity, mental health, social warmth and tension. On imagination, mental health and self- control dimension, caste category and sex both were producing significant difference.

Gender and Mental Health Problems: Stories from the Communities

N.Janardha and C.E. Guru Raghavendra***

It is well researched and documented by professionals engaged in mental health work that mental health problems contribute to the global burden of illness and disability. According to the estimate of WHO in the year 2000, mental and neurological conditions account for 12.3% of disability adjusted life years (DALYs) lost globally and 31% of all years lived with disability at all ages and in both sexes. The socially constructed differences in the roles and responsibilities of women and men, their status and power relations contribute to mental health problems. Further, the behaviour of the affected persons and their families seeking succor, the response of the health sector and the society as a whole being inadequate and not encouraging add to the enormity of the burden. In the present study authors would like to share their experiences related to gender issues while working in the community. Case study method been used to described the views with case study example.

Trustworthiness and Ethical Behavior of Adolescents

Pranati Satapathy^{*} and *G. K. Nanda*^{**}

The study examined and analyzed the nature and characteristics of ethical behavior and trustworthiness of 250 students from 5 different grades of both sexes. Equal number of male and female students from each grade comprising 25 number each was selected. All the subjects were individually administered two questionnaires such as (i). How Does Your Ethical Behaviour Rate? And (ii) Do Other See You as Trustworthy? With the objective to analyse the nature and trend of ethical behaviour and trustworthiness exhibited by the school and college going students of various grades and sex.

The result were analysed and it was found that – in ethical behaviour pattern boys and girls of 5 different grades do not differ significantly, though a mild difference between the mean scores of the two sexes exists. Present investigator is of the opinion that, for ethical behaviour, age acts as a crucial determinant than sex. The score of the boys was found to be higher than girls in the matter of trustworthiness.

Keywords : *Trustworthiness, Ethical Behaviour, Distancers, Integrators, Rationaliser*

Shyness, Self-Esteem and Subjective Well-Being Among University Students

Ajai Pratap Singh and Subhas Chandra Singh***

This study tries to examine the relationship between shyness, self-esteem and subjective well-being. Present study was conducted on a sample of 160 post graduate students (80 male and 80 female students). Results indicate that shyness was significantly correlated with self-esteem and negative affect, and self-esteem was significantly correlated with shyness, life satisfaction, positive affect and negative affect. The implications of these findings for students and educationists are discussed.

Looking beyond Environmental factors : an Examination of some personal factors as predictors of suicidal ideation among college students

Sreeparna Dutta* and Sadhan Das Gupta**

Suicidal ideations are more common than complete suicide, and although most patients with suicidal ideations do not ultimately commit suicide, it may be taken as a tendency towards negative coping and increased risk towards self-mutilating behaviour. To find the extent to which suicidal ideation is predicted by emotional intelligence, other personality factors and different self concept dimensions data was collected from 354 undergraduate college students (263 males & 91 females) aged between 19 and 21. Tools used included the Adult Suicidal Ideation Questionnaire (ASIQ), the NEO 5 Factor Inventory, the Emotional Intelligence Scale and the Tennessee Self Concept Scale (TSCS:2). Data was collected using the technique of purposive sampling. Significant negative correlations were found between ASIQ scores and levels of conscientiousness ($r = -0.203$) and ASIQ scores and level of emotional intelligence ($r = -0.305$), ASIQ scores and moral self concept ($r = -0.205$), personal self concept ($r = -0.305$), family self concept ($r = -0.305$), social self concept ($r = -0.305$). Significant positive correlations were found between ASIQ scores and levels of neuroticism ($r = -0.275$). Regression revealed that the following variables were significant predictors of suicidal ideation: emotional intelligence (.059), conscientiousness (.040), family self concept (.000), personal self concept (.000) and social self concept (.016). The results provide insight into the factors that predict suicidal ideation among youths. Several need-based interventions are suggested.

Internet Addiction : A Pathogenic Cyberspace Behaviour among Adolescence

Kiran Bala Verma *

Internet addiction is immerging as a global problem related with the impulsive abuse of internet. Internet Addiction Disorder (IAD) satisfies the criteria of addiction and it involves all the characteristics of addictive behaviour except intoxication. To diagnose IAD criteria of pathological gambling is used. Aim of this study was to explore the IAD in adolescent students belonging to different socio-economic classes. 74 students participated in the study out of which 39 were male and 35 were female between age group of 13 to 19 years. These participants were from lower, middle and upper socio-economic class. Internet Addiction Test (Widyanto and McMurran, 2003) was administered to diagnose IAD. Out of 39 male students 17 were diagnosed as addicted, whereas among females 14 students out of 35 were diagnosed as internet addicted. In lower and upper socio-economic class occurrence of IAD in females is found more prevalent than males whereas, in middle socio-economic class males are more addicted than females. ANOVA and t-test was applied to observe the effect of gender and socio-economic class along with the addiction status on the scores of internet addiction test. Results indicated that gender difference influence significantly the level of addiction. Interaction of internet addiction with gender also has a determining effect on the addiction level and severity. Findings of the study are sufficient to warrant that significantly a higher percentage of adolescent students are at greater risk for developing IAD. Gender specific findings also suggest for a role of socio-economic factors.

Hope and Well-Being among Students of Professional Courses

Akhilendra K. Singh*, Sadhana Singh**, A. P. Singh***
and Aakanchha Srivastava ****

Mental health has often focused on negative health like depression and anxiety. However in recent past, there is an increasing desire to examine positive as well negative aspects of mental health. Much of this research has drawn from the rich psychological literature on well-being. By using scale of the Hope, the Psychological Well-Being and the Beck Depression Inventory (BDI) we endeavor to identify role of hope (agency and pathway) in well being (depression and psychological well-being) among students. The study was conducted on 200 students' sample. The result of correlation reveals that pathway dimension of hope significantly and positively correlated with psychological well-being whereas agency dimension was significantly and negatively correlated with depression. Results of regression analysis supported the findings of correlation.

Keywords: Hope, Psychological well-being, and Depression.

Measurement and Management of Stress by Cognitive Behavior Therapy in Adolescents

Ruchi Kacker^{*} and Vijaya Shrivastava^{}**

Stress is the term used to describe the physical, emotional, cognitive and behavioral responses to events that are appraised as threatening or challenging. In the current Indian scenario stress has become the part and parcel of our lives where even school students are no more shielded and they as well are exposed to the stressful situations. The present study investigates the existence of stress in adolescents (age group: 13-18 years) and role of cognitive behavior therapy (CBT) in managing stress and its related problems. The General Anxiety Test for Children (GASC) and PGI health questionnaire followed by specific tool like Bisht Battery of Stress Scale (BBSS) were used as tools of measurement. The stress borne students were subdivided into experimental (n=35) and control group (n=45). Experimental Group students were administered Cognitive Behavior Therapy, whereas control group students were not. Post-CBT stress measurements in Experimental Group students presented significant reduction in stress levels of students suggesting a pivotal role of CBT in management of stress and its related problems. The researcher expects the work will benefit the society in understanding stress in adolescents in the current competitive scenario, thereby suggesting the scope of cognitive behavior therapy in subsiding stress and stress borne problems in school students.

Role of Counselling in Marital Adjustment

Shivani Kant* and S.K.Srivastava**

Marriage in India is more between family than individuals. Marriage decisions are mostly taken by the family. Traditionally, Indian society does not keenly approve of seeking help outside the family for family matters. They are to be kept within the family and it's well wishers. Couple approach counsellors, if at all as a last resort. Mutual adjustment between husbands and wives and understanding each other in the family is very important for maintaining a homogenous nurturing atmosphere in the family. Lack of understanding, the language used by partners and in laws, subtle comments of behaviours, tone movement style of walking and gestures shift the mood of the couple. Many a time the members refers to the past and line in the past rather than respond to the present. Therefore, it is the role of the counsellor that they should identify the nature of the person by noticing the language and type of the words used; by them. While human rights may not be focal point of a family counsellor's intervention, in many cases directly or indirectly, it touches upon the issue and sometime even takes care of it. The most commonly cited theory to explain violation of human rights is the theory of power and control at the base of human functioning. The theory postulates that it is always the conscious or unconscious desire of human beings to gain control and exercise power over others.

A Study of Home-Environment of Professional College Students

Madhu Nayal* and Pushplata Fartiyal**

In the present study the difference on the home-environment of professional and non professional college students has been measured. For this purpose data collection has been done through stratified random sampling from different institutions or colleges of district Ghaziabad. In the given data there were 150 professional and 150 non professional subjects in which there were 75 male and 75 female. Home-environment questionnaire developed by Sanwal and singh (2003) was administered on the user. For this purpose t- test was used and the results were seen on .05 level. The result shows that professional and non-professional college students were differed significantly on togetherness and total scores on home-environment.

Organizational role stress in women bankers: interplay with age and socio economic status

Pallavi Sachdeva*, Arti Bakhshi** and Ruby Charak***

The aim of the present investigation was to study the organizational role stress experienced by the women bank employees. Total 120 working women from the banking sector were selected as the subjects for the investigation, 60 working women were of the age group (25-40yrs) and other 60 were of the age group (41-55yrs), which were further divided into two socio economic status groups high and low, both the age groups further divided into 30 women of the low socio economic status and 30 of the high socio economic status. The SES scale by Shyam, Singh, and Kumar, was used to study SES and ORS by Udai Pareek was used to study the stress. Results indicated that there is no significant difference in the organizational role stress among the working women of different age groups, whereas there was a significant difference of organizational role stress among the working women of different socio economic status.

Personality Dimensions as Predictors of Academic Stress

Abha Singh* and Archana Upadhyay **

Academic stress and personality dimensions are salient factors of academic performance. These factors are major components of student achievement. Aim of the present study is to examine relationship of academic stress and personality traits among college students. Result reveals neuroticism positively predicts academic stress.

Role of Internal and External Resources in Mental Health of College Students in India

Kirti Chaurasia*

Mental health is a central determinant to decide the quality of life. In the present competitive scenario college, students feel stress and face problems like mental illness and mental disorders. In developing countries like India, this is becoming a serious issue as resulting in increased suicide rate in last 10 years. Mental health may include an individual's ability to enjoy life and procure a balance between life activities and efforts to cope with stress and adversity.

Mental health depends on both internal and external resources of an individual. Internal resources are the personal characteristics of an individual as self esteem, self efficacy and coping abilities while external resources are the resources which are related to our environment and culture such as social support from family, friends and significant others. Since internal resources vary with individual differences but by providing a healthy and strong social support we can reduce the problems like mental disorders and frequency of suicide cases. In this study, we have tried to explore the contributions of internal resources and external resources as determinants of mental health status among college students.

This paper tries to fill the gap between the personal characteristics of a person, his interaction with his/ her environment in terms of social support from his family, friends and significant others and the behavior of a person in terms of mental health. If a person is mentally healthy he / she will always have a positive attitude towards life.

Key words: Mental Health, Self Esteem, Self-efficacy, Coping abilities and Social support.

Leadership Styles and Organizational Climate dimensions of Executives

Sameer J. Limbare * and Sucheta H. Kochargaonkar **

Organizations in the 21st century are facing more challenges than ever before. These challenges are not unique to any specific organization or industry but affect all organizations, regardless of their structure or size. Leadership and organizational climate are persistently challenged by changes impacting organizations today. To survive and outdo their competitors organization and leaders are constantly seeking to improve their performance. This motivated the researcher to investigate the relationship between leadership styles and organizational climate dimensions among executives. Leadership style and organizational climate scales were used for the data collection. The study was conducted on 67 executives from top level to middle level managers from large scale industries of Nashik industrial area. The results indicated that the missionary leadership style is the most prominently preferred style by the executives followed by the developer leadership style. The results also indicated that the autocratic and deserter leadership styles are rejected styles by the executives. In the organizational climate dimensions, achievement organizational climate was the most experienced and perceived climate among executives and organization. Control organizational climate was the least perceived or rejected climate by the executives.

The findings will help the executives and the organization to think over of their styles of leadership and the organizational climate they experience. Overall the result has supported all the positive aspects of leadership style and motivational dimensions of the organizational climate.

Key words: leadership style and organizational climate

Effect of Nutrition on Cognitive Development of Adolescent

*Suneeta Pant *and Madhu Nayal***

Nutrition can have a significant impact on human behavior. During the past decade, the idea that nutrition can affect cognitive behavior, that is, the capacity of an individual to think, reason, remember and attend to information effectively, has gained popular acceptance. Dietary quality, as opposed to the quantity of food energy and protein consumed, was a significant predictor of children's cognitive and motor development. The effect was apparent even among children whose energy intakes were adequate, suggesting that the micronutrient composition of animal source foods was of primary importance to optimal development. Animal source foods are nutrient dense and provide protein of high biological value, energy, fat and micronutrients. Meat in particular is rich in heme iron, zinc, riboflavin, vitamin B-12 and other micronutrients essential for normal growth and function, yet is low in vitamin A and folate. Milk is a good source of vitamin A, calcium, vitamin B-12, riboflavin and folate, yet is low in zinc and iron. Although adding milk to the diets of children in developing countries has been shown to increase growth, milk does not support iron and zinc status. Food intake is a crucial factor contributing to the cognitive development of children in developing countries. Examining the associations between nutrition and cognitive development effect of different nutrients will be discussed in this paper .

Relationship between Personality Factors and Quality of Life of College Teachers

B. A. Naik*

Personality is the relatively stable organization of person's motivational dispositions, arising from the interaction between biological drives, social and physical environment (Eysenck, 1967). According to Costa and McCrae (1994) there are five key or central dimensions of personality. These are sometimes labeled as the Big Five: viz: Agreeableness, Conscientiousness, Extroversion, Neuroticism (sometimes labeled emotional stability), and Openness to experience:

Effect of Gender and Inhabitation on Intelligence in College Students

Mittal J Barot* and L R yagnik**

The present study aimed to explore the effect of inhabitation and gender on intelligence of college students. The sample consisted of 160 college students in which 80 were selected from the rural area and 80 from the urban area with equal number of male and female. To measure the intelligence A Group Test of General Mental Ability by S.S. Jalota (1972) was used. To attain the objectives of the present study, 2 x 2 factorial design was employed. Result revealed that Students belonging to urban community were found to score significantly higher on their intelligence as compared to those students belonging to rural community. Further gender had no significant effect on students' intelligence. Interaction effect of gender and inhabitation was also not found to be significant on intelligence of college students.

Optimism and Quality of Life in Coronary Heart Disease Patients

Avita Maurya*, Anand Kumar and Preeti Gupta*****

This study explored the association of optimism and quality of life with coronary heart disease patients. 2 x 2 factorial design with two groups (CHD patients and Control group) and 2 genders (Male and Female) was planned. Sample consisted of 50 male and 50 female CHD patients of the age range 25 to 50 years, education at least up to high school and suffering from CHD at least for the preceding one year. Only those patients were selected who fulfilled the diagnostic criteria of CHD, diagnosed by the cardiologists. Patients with a history of psychiatric or any other psychosomatic disorders were excluded from the sample. Another group of 50 male and 50 female controls of the same age range and education was included in the sample who did not have any history of psychiatric or any other psychosomatic disorders. Hindi adaptation of optimism scale (Parashar, 1986) and Hindi adaptation of P.G.I quality of life scale (Moudgil, Verma and Kaur, 1998) were administered to the CHD patients as well as control group. The findings revealed that CHD patients exhibit high pessimistic attitude and thinking towards their life. They describe themselves, the future and the world in negative terms as compared to the control group. Quality of life of CHD patients was found to be significantly impaired which indicates that CHD attack may undermine individual's self-confidence and sense of wellbeing. It may repeatedly disrupt their normal routine work.

Study of Family Environment and Mental Health of Tribal and Urban Secondary Students

Dilip Shivane*

The aim of the study was to find out difference in mental health and family environment of tribal and urban Secondary school subjects. 150 urban and 150 tribal Secondary students were administered Family environment scale and mental health battery. It was found that Tribal students scored significantly low on expressiveness, conflict, acceptance, active, independence, and organization and control variables of family environment as compared to urban students. They scored significantly high on autonomy, self-concept and intelligence factor of mental health as compared to their urban counterparts. The tribal secondary students have significant lower scores on emotional stability, over all adjustment and security – insecurity factors of mental health as compared to urban secondary students.

Management of Examination Phobia with Brief Behaviour Technology

Rajesh Ganesan*

Examination Phobia is a major psychological malady that haunts a considerable proportion of the student population from school to college to university. In some cases it may lead to even suicide.

A Brief Behaviour Technology is presented in this paper that has both temporal and practical efficacy. A 'Five-Days Programme' is to be used by the students, who suffer from the Examination Phobia.

Apart from relieving the student from the phobia, the application of this Brief Behaviour Technology will also result in:

- 1. Gradual increase in Academic Achievement in each and every subject of study*
- 2. Reduction in overall anxiety level*
- 3. Development of Positive Self Concept*
- 4. Development of Extra-Curricular Interests and Activities.*

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

INSTRUCTIONS TO CONTRIBUTORS

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

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

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

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

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

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

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

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

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

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

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

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

1. **Books :**

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

2. **Chapter in Cited Book :**

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

3. **Journal Article :**

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

Declaration :

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

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