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All the Editorial Correspondence should be addressed to:

Dr. S. N. Dubey, Editor
Indian Journal of Community Psychology
New Colony, Bachhara Road,
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Secretariat: Department of Applied Psychology

Purvanchal University, Jaunpur – 222002 (U.P.)

Mobile: +91-9452261436

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Indian Journal of Community Psychology

CONTENTS

- **Decision Making Behaviour of Higher Secondary Students in Relation to their Dimensions of Information Seeking, Career Stress and Social Adjustment**
Anjali Ray, Rubina Pradhan, Urbi Mukherjee and Bishakha Majumdar 1-15
- **Need for a Pluralistic Framework in India**
Pallavi Bhatnagar 16-19
- **Some Psychological Correlates of Happiness among Young Adults Pursuing their Post Graduation under University of Calcutta**
Sadhan Das Gupta and Pamela Banerjee 20-27
- **Psycho-Social Problems of Female Working Teachers in Varanasi and Environs**
S. Gopal Jee 28-35
- **Hindi Adaptation of Ruminative Thought Style Questionnaire**
Harikesh Kumar Yadav and Purnima Awasthi 36-47
- **Self Image of Slum Adolscnt Girls**
Archana Shukla and Danish Zaidi 48-52
- **Anxiety: A Comparative Study of Employed and Unemployed Women**
Geeta Pandey and Azra Parveen 53-57
- **Living Apart Together: A Study on Marital Adjustment**
RP Madana Gopal and V. Ramaprabou 58-65
- **University and Educational Leadership: Shared Social Identity, Collective Participation and Academic Excellence**
Chetan Sinha 66-79

- **Quality of Life and the Marginalized Groups**

Megha Singh, Pallavi Bhatnagar, Anupama
Srivastava, Yamini Kumari and Maya Bajpai 80-92
- **Adolescents' Satisfaction from Communication with
Parents in Relation to their Trait and State Aggression**

Sebanti Mitra and Indrani Mukherjee 93-99
- **Effects of Multiple Psychotherapeutic Interventions in
The Treatment of Adjustment Disorder with Prolonged
Depressive Reaction in a Teenaged Girl**

Sudarshan R Kottai 100-112
- **Significance of Metacognition in Academic Achievement**

Reshma Khan and Vijaya Shrivastava 113-117
- **Psychological Resilience In Socially Disadvantaged
Fraternal Polyandrous People Of Kinnaur**

Sunder Kala Negi & Roshan Lal Zinta 118-133
- **The Misinformation Effect and Fate of Witnessed Minutiae**

Gyanesh Kumar Tiwari 134-142
- **The Role of Psychological Factors in The Sustainance of
Romantic Relationships**

Sadhan Dasgupta and Ushnaa Mazumder 143-153
- **Role of Work Rehabilitation in Treatment of Psychiatric
Condition**

Sanjay Kumar and Arun Kumar 154-158
- **A Comparative Study of type-D personality and
Depression of C.H.D. Patients.**

Krushansinh J. Zala and Tarlika L. Zalawadiya 159-162
- **Measurement of Vocational Interest Among S.S.C.
and H.S.C. Students**

Subhash S. Sharma and Haresh D. Pancholi 163-171

- **Current Research on Emotional Intelligence and Assessment Technique**

Shubha Maheshwari 172-182
- **A Comparative Study of Values among Rural and Urban Adolescents**

Uma Joshi and Gunjan Raghav 183-187
- **Yoga and Happiness Increasing Positive Self**

Garima Bisht and Aradhana Shukla 188-198
- **Study Of Anasakti and Mental Health in Specific Context of Women**

Richa Rani Yadav 199-206
- **Environmental Preferences of Children across Nuclear and Joint Families**

Amit Kumar Tripathi and K N Tripathi 207-213

Decision Making Behaviour of Higher Secondary Students in Relation to their Dimensions of Information Seeking, Career Stress and Social Adjustment

Anjali Ray, Rubina Pradhan**, Urbi Mukherjee*** and Bishakha Majumdar****

The present study aimed to find out the nature of decision making behaviour of the Higher Secondary students and to specify the nature of decision making behaviour of students with respect to their dimensions of information seeking, career stress and social adjustment. Data was collected from a randomly selected sample of 300 students (150 Males and 150 Females) of Higher Secondary schools of Kolkata by using six tools: General Information Schedule, Decision Making Need Assessment Inventory, Decision Making Style Inventory, Information Seeking Behaviour Inventory, Career Stress Indicator Scale and Social Adjustment Inventory. Responses as collected were treated for qualitative and quantitative analysis. It was revealed that the level of consultative decision making style was relatively stronger among the Higher Secondary students and it was followed by their trend of collaborative and individualistic style of decision making. This profile has indicated uniqueness with respect to the sex of the students. The nature of decision making behaviour of the students indicated Indian Journal of Community Psychology, 2012, 8(1), 1-12 marked specificity with respect to their dimensions of information seeking, level of career stress indicators and social adjustment status. The consultative and collaborative decision making style have acted as a moderator and inhibitor of career stress of higher secondary students.

Key Words: Decision Making Behaviour, Information Seeking Behaviour, career Stress and Social Adjustment.

Need for a Pluralistic Framework in India

*Pallavi Bhatnagar**

Pluralistic approach to counselling tends to imbibe in it a robust approach to creating well being focusing on the fact that a single therapy is not always suitable for various clients. The pluralistic framework has been discussed in the context of Indian Mental Health with experiential insights of Counselling in two settings of forensic sample and sexually abused sample.

Keywords: Pluralism, therapeutic goal of counselling, health beliefs.

Some Psychological Correlates of Happiness among Young Adults Pursuing their Post Graduation under University of Calcutta

Sadhan Das Gupta^{} and Pamela Banerjee^{**}*

The present study was an attempt to evaluate different correlates of happiness in a group of young adults from different Post-Graduate Departments in Calcutta University. Attempts were made to assess their 'life events', 'Level of Well Being' and 'Attributional Style' and its relation to their feeling of happiness. Totally 138 PG students (both male and female) aged between 22-25 participated in the present cross sectional study. All the three variables were found to be correlated with happiness in case of both male and female subjects.

Psycho-Social Problems of Female Working Teachers in Varanasi and Environs

*S. Gopal Jee**

This paper is a study of the psycho-social problems of educated female teachers due to institution (school/college), area (rural/urban) and age (<40 years and > 40 years) in the Varanasi district. Out of the sample of 500 women teachers, 250 (125 rural and 125 urban) were from schools and 250 (125 rural and 125 urban) from colleges. The data were subjected to statistical analysis and the results revealed that no significant difference existed in psycho-social problems of female teachers working in schools and colleges, in rural and urban areas of Varanasi. Significant difference existed in psycho-social problems of school teachers of age < 40 years and > 40 years.

Hindi Adaptation of Ruminative Thought Style Questionnaire

Harikesh Kumar Yadav* and Purnima Awasthi**

The aim of this research paper is to adapt Ruminative Thought Style Questionnaire (RTSQ) in Hindi. This questionnaire is developed by Brinker and Dozois (2009) to measure the ruminative thought style of people whose mother tongue was English. Translation and back-translation method was attempted. The sample consisted of 288 participants coming from the rural and urban areas of North India. The age range of participants was 32 to 65 years. Data analyses show that all the items of the translated scale have excellent reliability and validity.

Keywords: Rumination, Rumination of Thoughts, Depression, Hindi Version

Self Image of Slum Adolscent Girls

Archana Shukla and Danish Zaidi***

The present study endeavor to cast a glance at the self image of adolescent girls of slum. An ex post facto study with an explanatory orientation was conducted on 40 female adolescents of slum. In order to gain insight into the “self image” of the adolescent girls as well as their perception regarding their openness the “Who am I” (Arkoff 1985) technique has been used. Results revealed dominance of “Negativity about their self image.”

Anxiety: A Comparative Study of Employed and Unemployed Women

Geeta Pandey* and Azra Parveen**

The aim of this study was attempt to make a comparison of employed and unemployed women on anxiety. A sample was drawn of 150 employed and 150 unemployed women from district of Pithoragarh. These was educated and living in urban area of Pithoragarh. Sinha's comprehensive Anxiety Test (A. K. P Sinha & L.N. R. Sinha) was administered on them. It was found that unemployed women have more anxiety than employed women.

Living Apart Together: A Study on Marital Adjustment

RP Madana Gopal and V. Ramaprabou***

The present study was designed to find out the level of marital adjustment among the couples who are living together and the couple who are living apart together. For this purpose 32 couples who are living together and 31 couples who are living apart together were approached and administered The Marital Adjustment Questionnaire constructed and standardized by Promod Kumar and Kanchana Rahatgi. The results of the study revealed that couples who are living together have higher marital adjustment than the couples who are living apart together.

Key words: Living Apart Together, Sexual Social and Emotional Adjustment

**University and Educational Leadership:
Shared Social Identity, Collective Participation
and Academic Excellence**

*Chetan Sinha**

From the time primordial learning centers were place for developing critical thinking among students and producing global leaders. These leaders participated and contributed in bringing social change in society. However presently, universities are coming out as more displayer of discipline rather than nurturer and thus reluctant in moving out for social change efforts. Also, University has become progenitor and progeniture of status quo thwarting any radical activity on the part of student for social cause. Present article discuss how units of university collaborate together for collective struggles and participations by generating new social identity.

Keywords: University, educational leadership, social identity, collective participation, academic excellence

Quality of Life and the Marginalized Groups

Megha Singh^{*}, Pallavi Bhatnagar^{**}, Anupama Srivastava^{***},
Yamini Kumari^{****} and Maya Bajpai^{*****}

The author's serious concern over the stupendous increase in the marginalized population specially those living in difficult circumstances are culminated in a series of studies on quality of life of the groups living below poverty line. The special focus of the present research paper is to share the empirical insights of the rural poor living below poverty line. The research paper gives a cumulative account of perceived quality of life of below poverty line villages (Jahanabad and Sherpur), construction labourers of Lucknow migrating from Chattisgarh and Bihar to Uttar Pradesh and slum dwellers.

Among the results what stands out is a poorer quality of life of females across all the studies (with the help of Quality of Life Scale) for all the three dimensions of personal quality of life, work quality of life and socio-economic status, besides, total quality of life. The health status, education, self-esteem, power position seems to be rather poor. The long hours of work and inadequate wages are a call for attention.

Keywords: Quality of Life, Marginalized Groups, Below Poverty Line, Rural Poor.

Adolescents' Satisfaction from Communication with Parents in Relation to their Trait and State Aggression

Sebanti Mitra and Indrani Mukherjee***

Satisfaction from communication from parents is a positive emotion which equips the individual with happiness & better adjustment. Furthermore it builds up necessary biological psychological & social resources coming to the aid of the individual in later adaptational encounters with the environment. Aggression being a negative emotion does just the opposite. It restricts the field of thinking promotes bodily & mental discomfort & is a causal agent of cardio vascular distress. Therefore it is very natural to assume that satisfaction from communication with parents and aggression would be negatively correlated with each other i.e if one increases and the other decreases. Not only that a child gets better equipped in life as he or she feels loved & understood by the parent which is of prime importance. This would occur irrespective of whether the child is a normal achiever in school or an underachiever. The present paper confirmed these assumptions by the researcher. In this investigation Perception of Communication Satisfaction Questionnaire along with State Trait Anger Expression Inventory was administered to 60 adolescents (girls) of class eight & nine. 30 were identified to be achievers in academics & remaining 30 students as underachievers. Pearson's r was calculated and findings were discussed in the light of academic achievement.

Effects of Multiple Psychotherapeutic Interventions in The Treatment of Adjustment Disorder with Prolonged Depressive Reaction in a Teenaged Girl

*Sudarshan R Kottai**

A number of psychotherapies have evolved as an alternative to psychoanalysis to counter the criticism that psychoanalysis seemed too long drawn out and time consuming and often unaffordable. There is research evidence indicating the effectiveness of these different psychotherapies when used independently. However research literature is not too voluminous on the effectiveness of multiple psychotherapies in the treatment of depression over a short period. Employing multiple psychotherapeutic interventions is a debatable topic. Nevertheless a therapist must invent novel strategies with each new case he takes up as has been done in this particular case. Multiple psychotherapeutic intervention has been proved to be successful in ameliorating the distress of an adolescent client suffering from adjustment disorder with prolonged depressive reaction as is evident from the present case study. The psychotherapeutic intervention consisted of 5 sessions spanning 3 months and 6 days. The psychotherapies included supportive psychotherapy, cognitive behavioural therapy, family therapy, psychoeducation, existential psychotherapy and interpersonal psychotherapy. Under the cognitive behavioural therapy 4 specific techniques were employed. They are cognitive restructuring, relaxation training, behavioural activation and self monitoring. All these techniques when administered in combination are particularly effective in busting symptoms of depression particularly in adolescent girls as this case study reveals.

Significance of Metacognition in Academic Achievement

Reshma Khan* and Vijaya Shrivastava**

The study was conducted on a sample of 100 students (of B.Com) purposively drawn from Maharaja College, Chhattarpur (M.P.). Metacognition Inventory (M.C.I.) constructed by Dr. Punita Govil (2003) was used to assess the metacognitive level of the sample. Sample was divided into two G1 and G2. G1 were the students who received more than 65% in their senior secondary class and G2 students acquired less than 55%. Results reveal that there is significant effect of metacognition on academic performance. Student's performance increased with the level of metacognition. Metacognition enables a person not only to plan out administer or regulate a task but it also helps in when, which strategy is to be used for a task. On gender-wise comparison, it was found that there was no difference between groups on the basis of gender but the scores differ with the performance in academics. Hence, if the students are instructed to increase their metacognitive level with the help of experts; an increase in academics can also be seen.

Psychological Resilience In Socially Disadvantaged Fraternal Polyandrous People Of Kinnaur

Sunder Kala Negi & Roshan Lal Zinta***

In every human group, tribal or non-tribal, marriage occupy an important place in a society is certainly an important event in the life cycle of human being. Customary practice of polygamy in the form of polyandry and polygyny in general as well fraternal and non-fraternal polyandry in particular although are only .06% in the world yet its practice in Himalayan regions of India, such as in District Kinnaur of Himachal Pradesh is at colossal level. In the present study a pioneer attempt has been made to explore the psychological resilience in socially disadvantaged fraternal polyandrous people of district Kinnaur. For accomplishing the objectives eight case studies (four of polyandrous scheduled castes and scheduled tribe men and women as well as four of non-polyandrous scheduled caste and scheduled tribe men and women) have been studied qualitatively through Observation, Interview, and Fuzzy Cognitive Mapping techniques in order to record the major themes from the narratives of the subjects under study. The result revealed that the polyandrous people reported poor resilience compared to their monogamous counterpart. Beside this the scheduled caste polyandrous people reported very poor psychological resilience and life style than to their tribal counterpart. Further, the females of the scheduled caste polyandrous in particular and the tribal non-scheduled caste in general reported poor psychological resilience and showed their helplessness in bouncing back the stressors.

The Misinformation Effect and Fate of Witnessed Minutiae

Gyanesh Kumar Tiwari*

The study endeavored to examine the effects of suggestibility, emotional arousal and types of detail on the accuracy of recall of witnessed events in 40 adolescents (20 males and 20 females) aged 15 to 17 years. Through two video-clipped events and two corresponding written passages, low and high levels of emotional arousal were induced in the subjects and their accuracy of recall for central and peripheral details were assessed. The results indicate that types of post-event information significantly affected the subjects' accuracy of recall. Subjects showed higher recall accuracy under consistent post-event information condition as compared to those who were misled. In addition, emotional arousal and types of detail also moderated the recall accuracy of the subjects. It was observed that recall accuracy was higher in high emotional arousal and for central details as compared to low emotional arousal and peripheral details.

Keywords: Eyewitness memory, Suggestibility, Accuracy of recall, Emotional arousal, Types of detail.

The Role of Psychological Factors in The Sustenance of Romantic Relationships

Sadhan Dasgupta and Ushnaa Mazumder***

The present study is an attempt to investigate the role of Sense of humour, Big-five personality factors, Adult attachment styles, Emotional Intelligence and Relationship factors in the sustenance of romantic relationships. The sample comprised 120 females from colleges of South and North Kolkata, who were either committed in a romantic relationship for at least three years or who had “broken up” after at least three years of being in the relationship. The statistical analysis of the data included mean, standard deviation and ‘t’ test. The results indicated that there was a significant role of conscientiousness (NEO-Five Inventory), intimacy, romantic attitudes & behaviour, assertive conflict resolution and equality of decision-making in the sustenance of romantic relationships.

Role of Work Rehabilitation in Treatment of Psychiatric Condition

Sanjay Kumar and Arun Kumar***

Positive psychology is study of factors and conditions in life that lead to pleasurable and satisfying outcomes for individuals. Practical application of positive psychology include helping individuals and organizations identify their strengths, potentials and use them to increase and sustain their respective levels of psychological well being to make their life more fulfilling and satisfying. Work and occupation play a critical role in an individual's sense of identity, self esteem, and psychological well being. Work may have intrinsic value, instrumental value as well. The intrinsic value of work is the value individuals find in performing the work itself whereas; the instrumental value of work for individuals is in providing the necessities of life and serving as a channel for their talent and abilities. The recent researches investigated the beneficial effects of work rehabilitation on psychiatric condition when the patients were optimally engaged with their preferred jobs. It can be concluded that Work rehabilitation may be a potential treatment component in a complete therapeutic management plan of psychiatric disorders.

Keywords: Positive Psychology; Work Rehabilitation; Psychiatric Disorder.

A Comparative Study of type-D personality and Depression of C.H.D. Patients.

Krushansinh J. Zala* and Tarlika L. Zalawadiya **

The main purpose of the present study was to investigate differences between Male & Female of C.H.D. patients on type-D personality and Depression. The total sample consisted of 200 among 100 are male patients and 100 are female patients were selected to different hospitals of Rajkot city. The research tool for type-D personality was measured by Denollet. J. (2005) and Depression tool was measured by Lonards & Deragratis. Here "t" test was applied to check significance difference and "r" was applied to check correlation. The finding of the study revealed that there was a significance different between male and female of C.H.D. patients on type-D personality and Depression.

Measurement of Vocational Interest Among S.S.C. and H.S.C. Students

Subhash S. Sharma and Haresh D. Pancholi***

The present study was measurement of vocational interest among S.S.C and H.S.C students. The scale constructed by Dr. J. H. Shah and Dr. S. Amin (1994) Vocational Interest Inventory was used for data collection. Total 60 samples were randomly selected from various Schools in Bhavnagar city, Bhavnagar, among them 30 SSC (Boys=15, Girls=15) students and 30 HSC (Boys=15, Girls=15) students. The statistical analysis of 'W' test was used. Result showed that there was difference in vocational interest preference (i) There is significant relation among std.10 Boys reference to they have been given preference about vocational interest. (W=0.48). (ii) There is significant relation among std.12 Boys reference to they have been given preference about vocational interest. (W=0.71). (iii) There is significant relation among std.10 Girls reference to they have been given preference about vocational interest. (W=0.75). (iv) There is significant relation among std.12 Girls reference to they have been given preference about vocational interest. (W=0.98).

Current Research on Emotional Intelligence and Assessment Technique

Shubha Maheshwari*

Emotional intelligence refers to the ability to perceive control and evaluate emotion. Since 1990, Peter Salovey and John D Mayer have been the leading researchers on emotional intelligence. In their influential article 'Emotional Intelligence' they define emotional intelligence as 'the subset of social intelligence that involves the ability to monitor one's own and others' feelings and emotions to discriminate among them and to use this information to guide one's thinking and actions' (1990). Mayer proposed a model that identified four different factors of emotional intelligence: The perception of emotion, The ability to reason using emotion, The ability to understand emotion and the ability to manage emotion. In regard to measuring emotional intelligence that criterion-reports is the only adequate method to employ but according to Mayer emotional intelligence is an ability and is directly measured only by having people answer questions and evaluating the correctness of these answers. But there are some other methods: Reuven Bar-On's eq, Multifactor emotional intelligence scales (MEIS), Seligman attributional style questionnaire (SASQ) and Emotional competence inventory (ECI).

A Comparative Study of Values among Rural and Urban Adolescents

Uma Joshi and Gunjan Raghav***

Personal Value Questionnaire was administered on 50 rural and 50 urban adolescents to compare their values. It was found that Urban adolescents higher in social, democratic, aesthetic, economic, knowledge, hedonistic, power and health values while rural adolescents possessed significantly higher religious and family prestige values.

Yoga and Happiness Increasing Positive Self

Garima Bisht* and Aradhana Shukla**

In this study an attempt was made to find out the pattern of happiness in people performing various forms of yogic exercises, age and sex. It was contended that (i) variation in yogic exercisers would cause variation in the level of experiential happiness, (ii) differentials in experiential happiness would be caused by variation in levels of chronological age, and (iii) males and females would differ in relation to the extent of their experiential happiness. Three hundred and twenty participants ranging between 15-65 years of age served as participants and they were arranged according to the requirement of 3 way factorial design with 4 types of yogic exercisers (institutionalized, at institutes, at home and seldom yogic exercisers), 4 levels of age (15-20,30-35,45-50,60-65) and 2 sex (male and female). In order to measure the pattern of experiential happiness, the happiness scale (Shukla, 2006) was used. It was found that, (i) institutionalized participants presented more experiential happiness as compared to exercisers at institutions, at home and seldom exercisers, (ii) highest level of experiential happiness was evinced by the 45-50 years compared with 15-20 years, 30-35 years and 60-65 years participants, and (iii) males and females were almost equal in relation to their scores on experiential happiness.

Keywords: Yoga, happiness

Study Of Anasakti and Mental Health in Specific Context of Women

Richa Rani Yadav*

Present study considered a sample of three types of women , house-wives, working-women and leader women . Three groups of women when compared revealed that working-women and leader-women did not differ on anasakti but they scored higher on this variable in comparison to house- wives. Mental-health was more sound in working-women. Leader-women showed relatively poor mental-health. Working-women and women- leaders did not differ on masculinity. However, all the three groups were similar on femininity. It was found that higher anasakti was associated with better mental-health. Both the masculinity and femininity correlated positively with anasakti. Interestingly, a strong positive correlation was obtained between masculinity and femininity.

Key-words: anasakti(non-attachment), mental health, working women, traditional and non-traditional jobs of women

Environmental Preferences of Children across Nuclear and Joint Families

Amit Kumar Tripathi and K N Tripathi***

The study examined children participated the effect of different types of ecology (Rural/ Semi-urban/ Urban) and two types of Family (Joint and Nuclear) on aspects of family environment (Social interaction, Affective interaction, Work orientation, Negative affect and criticism, Planning in effort and Motivation) (N=45). Children (Joint and Nuclear) were participated in the study from different types of ecological perspective. The results revealed that the significant effect of family setting on social interaction, affective interaction, work orientation and motivation. However, ecological perspectives were not significant. The interaction of ecology and family were significant for social interaction and work orientation. The overall pattern of results evinced that environmental setting of social interaction, rural and urban participant of nuclear family scored higher than joint family groups, but in the semi-urban joint family participants scored higher than the nuclear family participants. In the joint family participants more work oriented nature as compared to nuclear family participants in among rural, semi-urban and urban ecological perspective.

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INSTRUCTIONS TO CONTRIBUTORS

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

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

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

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

All articles should comply with the following guidelines:

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

Manuscripts should be prepared in accordance with the format prescribed by the American Psychological Association. They should not exceed 30 double spaced typed pages. Authors will receive the decision on their manuscripts within 3 months 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 on separate pages having their intended position clearly indicated 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.