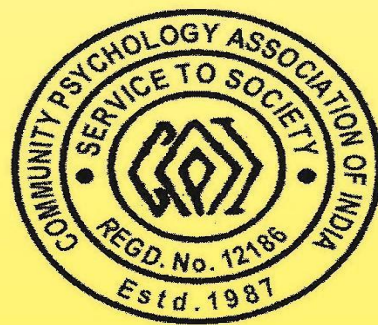


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Efficacy of Psychoeducation in Primary Caregivers of Individuals with Mental Retardation

*D. Nag**; *N. Sanyal*** and *S. Basu****

Mental retardation is a life-long impairment that affects not only the individual with mental retardation but also the primary caregivers. There is increasing recognition about the importance of taking into account both child and family needs when treating mental retardation. The caregivers are exposed to high level of stress. Therefore, probably the family's primary need is to initiate psychosocial intervention through psychoeducation. The aim of the present study is to examine the effectiveness of psychoeducation on the perceived stress, locus of control and coping strategies in primary caregivers (mothers) of children with mental retardation in the community. The study was conducted on a sample comprised of 14 mothers (N=14, age 30-40 years) of mentally retarded children. They were assessed on the Parental Stress Scale, Internal-External Locus of Control Scale and Coping Checklist and were provided with the interventions consisting of three sessions and then post-study assessments were conducted. Wilcoxon signed rank tests were computed between pre-study and post-study measures. The result showed significant reduction of caregivers' level of stress, change in use of coping strategies and more use of internal locus of control after the psychoeducational intervention. Thus, it may be assumed that with decline of stress, improvement of using coping strategies within the family and increase in the use of internal locus of control helped to improve the level of functioning of the primary caregivers of the mentally retarded individuals.

Key words: *Mental Retardation, Parental Stress, Coping, Locus of Control, Psychoeducation*

Effect of Family Therapy on Physical and Psychological Distress and Personality of Adolescents

Marina Joseph and S.N.Dubey***

A sample of 50 adolescents with physical and psychological distress was taken from the Department of Psychology, a Unit of the Psychiatry Department of Zulekha Hospitals, Sharjah, U.A.E as the experimental group. Another 50 adolescents without any problems were selected from general population from Sharjah to serve as control group. The sample included both males and females, whose age ranged from 11 to 18 years. The adolescents were selected on the basis of their scores on PGI Health Questionnaire and report of the parents about their adolescent children having some sort of problems; e.g. aggression, poor academic achievement, lack of assertiveness and confidence, delinquency, low self-concept, hypersensitivity, feelings of inhibition, attention deficit, conduct disorder, oppositional defiant disorder etc. The problem group of subjects was applied psychological intervention techniques including family therapy. It was concluded that the subjects were benefited with the intervention programme if applied for a longer duration with the positive involvement of the family members.

Self Esteem as a Correlate of Anger among Institutionalized Male Delinquents

Ramanathan, S. and Swaminathan, V.D. ***

The main aim of the study was to ascertain the relationship between self esteem and anger among institutionalized male delinquents randomly chosen from two districts in Tamil Nadu. Totally there were 104 male delinquents of whom 64 were drawn from Chengalpattu and the rest from Chennai. Age ranged from 12 years to 18 years (mean age was 14 years and 6 months). Rosenberg Self Esteem Scale (RSES) and Spielberger State and Trait Anger Expression Inventory (STAXI) were administered along with an interview schedule which was used to get certain personal, familial and such other details important for the study. After testing the data for linearity, Pearson's product moment method was employed to compute correlation coefficients between self esteem and each of the eight dimensions of anger. Results revealed that there was significant inverse relationship between self esteem and all the dimensions of anger except anger control which had significant positive relationship with self esteem.

Impact of Tv Programme on Social Environment and Need Fulfilment of Viewers – A Study on Urban and Rural Areas

*Swaha Bhattacharya **

Permanent dwellers of a locality generally live together in such a way that they share the basic conditions of a community life and develop a strong positive feeling for the locality concerned. Now-a days TV is considered one of the best audio-visual lucrative media which is trying to “catch up” with the western model of development and that media is the best barometer of the transformation taking place in our society. Viewers of both urban and rural areas perceive the program in various ways. The aim of the present investigation is to study the impact of TV program on social environment and also the need fulfillment of the viewers. Accordingly, a group of 240 viewers from urban areas and 240 viewers from rural areas were selected as sample in this investigation. A General Information Schedule, Impact of TV Program on Social Environment Questionnaire and Need Fulfillment Questionnaire were administered to them by giving proper instruction. The findings revealed a significant difference between the two groups in terms of impact of TV program on social environment and also the need fulfillment as opined by the viewers. Besides this, age and gender difference took an important role in this regard. As TV is the greatest entertainment media than any other media, so findings of the study may help to create more positive impact on social environment and also to fulfill the desirable need of the viewers belonging to urban and rural areas which may ultimately help the society at large.

Key Words : *Impact of TV Program, Social Environment, Need Fulfillment, Positive Attitude.*

Examining the Multi- Dimensionality of Leader-Member Exchange (Lmx) Construct: A Qualitative Study

*Urmila Rani Srivastava **

The major objective of this study was to advocate the research on multidimensionality of LMX construct by examining how subordinates perceive and experience their working relationships with their supervisor/ immediate officer especially in the Indian context. This study is based on qualitative enquiry with a body of pre knowledge about contemporary research on LMX with an interest to obtain further description from the subordinate's perspective. The participants for the present study included 60 full- time, paid, married middle level managerial employees from different organizations such as DLW, Reliance Telecom, ICICI Bank, and HDFC Bank situated at Varanasi. The purposive sampling strategy was used to identify each participant to obtain their various meanings and perspectives. On the basis of their quality of LMX relationships participants were categorized in "high quality" (N=38) and "low quality" (N= 24) LMX relationships. In the present study, two major themes were emerged - the kinds of relationships and the kind of work-related resources exchanged. It is evident from the findings that participants' descriptions of relationship with their supervisor/ immediate officer included affect, loyalty, perceived contribution, professional respect dimensions as proposed by Liden & Maslyn (1998). The results supported the LMX dimensions proposed by Liden & Maslyn, (1998) and other scholars (Diensch, & Liden, 1986; Liden, Sparrowe, & Wayne, 1997). Thus, it is recommended that future studies should also be conducted to examine the ways through which high quality LMX can be developed. This understanding can be adequately utilized in efforts to encourage the development of high quality LMX relationships that will lead to positive outcomes for both individuals and the organization.

Effect of personal variables on Psychological well Being of Police Personnel

*Anjana S. Chauhan * and Gandharva R. Joshi ***

The study was designed to investigate the impact of certain personal variables on psychological well being of police personnel. The sample consisted of 200 police personnel (Constable/Head Constable) selected randomly from various branches of Rajkot and Junagarh districts. Ryff's psychological well being scale was administered to the selected responds. Results revealed that police are not emotionally intelligent when they were tested on the following variables: age education qualification, work experience area of residence, marital status, and family status, type of family and job status. whereas, gender and monthly income have significant effect on psychological well being of police personnel.

Assessment of Family Status and Self-Control Ability of Emotionally Deviant Adolescents

Farha Bano and Anjana Mukhopadhyay***

Aim of the present study was to screen out the emotionally deviant adolescents from the school population and check their familial atmosphere thoroughly. The initial sample included 300- students (both males & females) of 9th to 12th graders, age ranging from 15-19 years studying in various schools of Varanasi. Behaviour deviance scale was rated by the class-teachers of the respective groups and then the self-control scale was administered on students. In all 20 adolescents were finally chosen for study, out of which 10 belonged to emotionally deviant group and 10 belonged to emotionally non-deviant group served as the sample of study. Parents of emotionally deviant (N=10) and emotionally non-deviant (N=10) groups were also included in the sample groups. Family environment scale was administered on parents. The result revealed that emotionally deviant adolescents had lower levels of self-control ability than emotionally non-deviant adolescents. The family status reported significantly low mean scores for expressiveness both by mother and fathers of emotionally deviant adolescents. While mothers reported low intellectual cultural orientation and fathers reported low active recreational orientation for their emotionally deviant adolescents.

Effectiveness of Psychological and Relaxation Training Programme to Reduce Depression among Institutionalized Senior Citizens

Shine. V. Mathew Fr. Sarah Manickaraj***

The present research was an attempt to study the effectiveness of psychological and relaxation training to reduce depression among institutionalized senior citizens. Data were collected from 30 senior citizens each for demographic variables of age, gender, educational status, occupation, marital status, economic status and geographic area. The Beck's Depression Inventory (1985) was used for collecting the data. Karl Pearson's correlation coefficient, Student 't' test and Paired 't' test were used to analyze the data. The results revealed significant relationship between, depression and selected demographic variables. The psychological and relaxation training programme found to be effective to reduce depression of the institutionalized senior citizens

Perceived Role of Psychiatrists and Psychologists among the Urban Adult : A Preliminary Survey

Sreeparna Dutta and Jayanti Basu***

The study purported to (1) explore the perception of the participants towards psychiatrists and psychologists regarding their role in mental health care, (2) examine the relative preference of psychiatrists and psychologists in case of mental illness, and (3) determine the difference, if any, with respect to sex (male and female) and age (18-30 and 35-50) in the perception and preferences stated above. Based on an initial open ended survey with 20 individuals, ten statements (5 regarding knowledge about psychiatrists and psychologists and 5 regarding relative preference for psychiatrists and psychologists) were prepared. The sample consisted of 60 male and 69 females belonging to two age groups (18-30 years and 35-50 years). The respondents gave opinion on a three point scale on those items. Frequency and percentage of responses in each category were calculated and interpreted. The respondents revealed more or less correct knowledge about the different mental health professionals and the type of work carried out by them. The respondents were reluctant to see a psychiatrist when facing a mental problem; they seemed to rely more on psychologists. No considerable difference was found between the two sexes and between the two age groups.

Psychological Well-being: A Comparative Study of Arts and Science College students

*Pankaj S. Suvera **

The purpose of the present study was to investigate the impact of sex, type of faculty and residential status of the college students on Psychological Well-being. The sample for the study comprised of 120 male and 120 female college student from Ahmedabad city selected from various arts and science colleges. Personal data sheet and Bhogle and Prakash (1995), Psychological Well-being scale were used to collect the required data. A2x2x2 factorial design was planned where type of faculty, sex and residential status were considered as independent variables and Psychological Well-being as dependent variables. Accordingly data were analysed with 2x2x2 ANOVA. Results revealed no significant difference between the male and female students. There was higher level of Psychological Well-being among the students of science stream and students residing at their homes as compared to the students of arts stream and students residing at hostels respectively.

Psychological Contract and Organizational Performance: An Overview

*Sandeep Kumar **

Psychological contract consist of the beliefs employees hold regarding the terms and conditions of the exchange relationship between themselves and their organizations. It is defined as, "what individuals expect to contribute to the organization and what they expect to receive in return." Researchers have identified the six key features of psychological contract: voluntary choice, belief in mutual agreement, incompleteness, multiple contract makers, and managing losses when contract fails. Employees and employers must focus both on fulfilling commitments of their psychological contract as well as on managing losses when existing commitments are difficult to keep. There are basically three types of psychological contracts: relational, transactional and hybrid. Psychological contract if properly managed and kept works as a motivator for the employees. It fill employee with energy to perform the job in the best possible manner; so that the organizations objectives are achieved. An organizations performance and resulting productivity are directly related to quantity and quality of its human resources. Therefore, management attempts to enhance employees' performance and productivity by using different methods, such as efficient work designing, financial and non-financial incentives, changing the supervisory style to more democratic and participatory, and sometimes by using coercive techniques. Personality and work culture play the role of antecedent of psychological contract and the psychological contract in turn affects the performance of the employees. Psychological contract has been found to be positively related to the in-role and extra-role performances.

Villagers Time Management: A Psychological analysis

P.S.N. Tiwari, J.P. Tripathi**and Krishna Sharma****

The study examined the time management of rural people. Two hundred villagers varying along the dimension of development (developed and undeveloped), educational level (low, medium, high) and land holding (low, medium high) drawn from Kushinagar and Gorakhpur district of eastern Uttar Pradesh. Subjects were subjected to measure of time management. Result revealed that villagers from developed villages were given their time for social work than undeveloped villages and percentage of different activity have been found differently. The implications of the present study have been discussed.

Key words- *time management, villagers*

Management of Depression

*Sushma Sarraf**

A sample of 40 patients of the psychogenic depression was selected from various psychiatric treatment centers and divided in two groups of 20 subjects each. One group was treated by psychological techniques and the other by combination of psychological techniques with GSR biofeedback for a month. The subjects were similar in age, sex educational qualification, economic and social status and duration of illness. Hamilton Depression Rating Scale was used to collect the data before and after treatment of the patients suffering from psychogenic depression. It was found that treatment with psychological techniques with GSR biofeedback has produced little better results but it was not significantly more effective.

A comparative study of adjustment, anxiety and religiosity of institutionalized and non-institutionalized elderly

*Rashmi Mishra **

Old age can be a satisfying period of life if the problem of the aging process is dealt with. Community, and state as well as family could play important roles in reducing social isolation by increasing social support and companionship for aging individual. Religion is one of the most sought after social institution providing important physical and psychological support to people especially the elderly. Several researchers have reported that a large section of old men and women badly need counseling service to cope with concomitant stress for overcoming anxiety, sense of isolation, feeling social deprivation due to negligence, feeling of disability, dependency, low self esteem and lethargic feelings. The present study aims at studying four objectives, (1) To see whether religiosity and adjustment of institutionalized and non-institutionalized elderly are related to each other and (2) To see whether religiosity and anxiety of institutionalized and non-institutionalized elderly are related to each other. (3) To see whether adjustment and anxiety of institutionalized and non-institutionalized elderly are related to each other. (4) To see whether institutionalized and non institutionalized elderly differ significantly on religiosity, anxiety and adjustment (area-wise). The study was conducted upon a sample of 50 elderly living in old age homes and 50 elderly living with their families. Religiosity scale developed by L.I. Bhushan, old age adjustment inventory (SJOAI) Developed by Shamshad Hussain and Jasbeer Kaur and Sinha comprehensive anxiety test developed by A.K.P.Sinha and L.N.K.Sinha were administered. The results indicated that religiosity, adjustment and anxiety are correlated and the two groups (Institutionalized and non-institutionalized elderly) under study were found to be significantly different in adjustment but not found to be significantly different in anxiety and religiosity.

A Study of Separation-Individuation and Mutuality of Autonomy in narcotic and alcohol dependents

*Poonam Singh**

Present study is an attempt to examine the separation-individuation and mutuality of autonomy in drug abusers. This in turn will help in devising preventive and therapeutic strategies. This study was aimed for assessing the level of separation-individuation by Separation-Individuation theme scale and mutuality of autonomy by Mutuality of Autonomy (MOA) scale among 15 narcotic and 15 alcohol dependents. The samples were collected involving male drug abusers of age range from 20-50 years. The samples were taken from Nirvana Neuropsychiatry center, Haldwani, Uttarakhand. High occurrence of pre-separation-individuation phase among drug abusers was observed which reflected a lack of awareness about the boundary limitations between self and other. The significant difference was found between the two groups on MOA score.

Mental Health : A Gender Perspective

Sabiha Yunus and C.P. Pathak***

Mental Health Problems are among the most important contributors to the global burden of disease and disability. Gender is a critical determinant of mental health and mental illness. The gender specific determinants and mechanism that promote and protect mental health and foster resilience to stress and adversity have received very little attention as compared to the morbidity associated with mental illness. Against this backdrop the paper examines the relationship between gender and mental health – correlates and consequences. It starts with an introduction to the field of mental health and the concept of gender. This is followed by a description of significant mental disorders and problems faced by women as there are marked male/female differentials in the prevalence of specific disorder; especially depression and eating disorders exhibit a marked female excess, while in men, substance abuse disorders are more prevalent. In analyzing the role played by gender in shaping these prevalence patterns, an attempt is also made to explore how gender factors might interact to influence certain risk factors, help seeking behaviour treatment care and finally their social consequences. Recommendation regarding prevention and interventions targeted for a particular gender conclude the paper. Mental health is a term used to describe either a level of cognitive or emotional well being or an absence of a mental disorder. From perspective of the discipline of positive psychology or holism mental health may include an individual's ability to enjoy life and procure a balance between life activities and efforts to achieve psychological resilience.

Mental health is an expression of our emotions and signifies a successful adaptation to a range of demands. The World Health Organization defines mental health as a being of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community. Most recently, the field of Global Mental Health has emerged, which has been defined as “the area of study research and practice that places a priority on improving mental health and achieving equity in mental Health for all people worldwide.”

Role of Family Environment in Drug Addiction

Deepti Sareen and Rajinder Kaur* **

The present investigation is an attempt to examine the differences between drug addicts and non-addicts with respect to their family environment. A purposive and incidental sample of 250 male subjects (125 addicts and 125 non-addicts) participated in the study. The Family Environment Scale and the personal information schedule was administered on the sample. The results obtained through comparison of means and discriminant analysis clearly reveal significant differences in the family environment of the two groups. The comparison of means suggests that the family environment of drug addicts is characterized by conflict and control as compared to the families of non-addicts which is characterized by independence, achievement orientation and family cohesion. Discriminant analysis further supports the above results and clearly classifies the two groups on the basis of discriminant coefficients obtained on the family environment scale.

Academic Achievement of High School Students in Relation to Non-cognitive Variables

*Surjit Singh Puar**

The present study has been designed to investigate the non-cognitive variables like anxiety, emotional maturity and social maturity and their relationship with academic achievement and also to see the gender differences on the basis of their anxiety, emotional maturity and social maturity. The study was conducted over a sample of 400 (200 boys and 200 girls) high school students studying in Xth class in 8 different schools (4 urban and 4 rural) affiliated to CBSE, New Delhi. Nalini Rao's Social maturity scale, Singh & Bhargava's Emotional maturity scale and Sharma's general anxiety scale for children, were employed to measure students' social maturity, emotional maturity and anxiety. The aggregate score of the selected students in the C.B.S.E. board examinations was taken to show their level of academic achievement. The results reported that there exists a significant relationship between social maturity and academic achievement as well as between anxiety and academic achievement. No significant relationship is observed between emotional maturity and academic achievement. Boys and girls differ significantly in their level of anxiety whereas no significant difference was found between them on the variables of emotional and social maturity.

Attitudes towards Environmental Preservation among the Tribal students

T.J.M.S. Raju and D. Ramesh***

The present study focused on the attitude towards environmental preservation among the tribal students in Vizianagaram District of Andhra Pradesh, India. The scientists and the persons interested in the welfare of the universe directed their attention fully to maintain the existing ecological balances and to their living. Nowadays the awareness to keep the environment system clean and balanced gains momentum. It is a must to preserve the environment clean and unpolluted. As the students are the masters of tomorrow, the awareness should be created at student level itself. Then only fourth coming generation will try to have a clean universe and preserve the existing environment.

The data were collected from 200 tribal secondary school students by an attitude scale constructed and standardized by Rao, (1998). The data were analyzed with the help of means, standard deviations and critical ratios for testing various hypotheses framed for the study. Later the results were discussed and certain conclusions were drawn. On overall observation, some educational implications were given.

Gender Differences in Trigunakmak Prakriti

Nitu Jain *, Nov Rattan Sharma** and Amrita Yadava**

Modern influences are affecting the younger generations, in those parts of India, where girls are beginning to forgo the more traditional ways of Indian life and break gender stereotypes. The country is still severely male-dominant and unwelcoming to such movements that go against sex and gender traditions in India. In the Hindu religion, there has been partial success in terms of gender equality reform laws and family law. Ayurvedic concepts such as triguna prakriti are applicable to all human beings irrespective of caste, colour, sex or race. A comprehensive personality picture can be generated, which can have implications for health, career, education and many other dimensions of life. In present study the main objective is to compare male and female participants on Indigenous approach of typology which is based on three-dimensional aspects of Prakriti (Sattva, Rajas and Tamas). For this purpose, a sample of 250 subjects (125 male and 125 female, aged 35-50 years) was selected from the general population. For this purpose a Trigunatmak Vyaktitva Anushuchi was used as a measures. The findings indicated significant gender differences. Findings reveal that males are more Rajasic and Tamsic than females. These results also suggest that male group is more active and lethargic than female group.

Types of Tensions Among Aganwadi workers: A Psychological study

*Varshaben Dholriya**

The present study is about the women working at the pre-primary level. These women are called Aganwadi Workers. They are mainly engaged in the programme of the development of the small children. During their work they under go various types of tensions. In the Present study an attempt was made to examine these tensions. The sample was of 160 Aganwadi Workers selected from Jetpur Taluka. They were selected randomly. Personal Data Sheet and Mental Tension Inventory were used to collect the data. The scoring was done on the Five point rating scale. The results showed that there was no mean difference between Rural and Semi-rural area in Family Tension, there was a mean difference between Rural and Semi-rural area in Economic Tension, there was no mean difference between Rural and Semi-rural area in Educational Tension and there was a mean difference between Rural and Semi-rural in Administrative Tension among Aganwadi Workers.

A Comparative Study of Tribal and Non-Tribal Students with reference to Memory

*Sushma Nidhi**

The present investigation is an attempt to make comparison between tribal and non-tribal secondary school students with respect to their memory. The sample was drawn from Hazaribagh through stratified random sampling technique. Wechsler Memory Scale was used for the empirical verification of the hypothesis. The obtained data were analysed using t-test. The results revealed that non-tribal students excelled over their tribal counterparts with respect to memory.

A comparative study of Traditional and Video-Programme teaching method for students

*Shilpa G Dave **

It is a common fact that some subjects at the secondary level are tough to teach. To make these subjects easy and effective to teach, a modern method of video programming is useful. In the present study an attempt was made to find out how far the video programming method is effective than the traditional method of teaching. The sample was consisted of 160 students of VIII standard. 60 were from the urban and 60 were from the rural area. The specially prepared video on the topic of the `Magnetism was used as the tool for the research. The results showed that there was notable difference in the grasping of subject on the part of the students. It was found that the video-programming is the powerful medium of teaching. It was further found that this is true for both kinds of students-Urban as well as Rural.

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