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Personality Dimensions in Relation to Retirement Satisfaction among Male

Reeta Kumar and Parul Srivastava***

The present study aimed to explore the relationship of personality dimensions with retirement satisfaction among male retirees. NEO-FFI (Costa & McCrae, 1992) covering five dimension of personality:

extraversion, agreeableness, openness to experience, conscientiousness, and neuroticism and Retirement Satisfaction Inventory (Floyd, et al. , 1992) containing six areas, viz., Satisfaction with: preretirement work functioning, adjustment & change after retirement, reasons for retirement, life in retirement, current sources of enjoyment, and leisure & physical activities were administered on 100 male retirees of Varanasi city retired from different government services. Correlational analysis revealed that extraversion was positively associated with almost all dimensions of retirement satisfaction except with satisfaction with reasons for retirement. Conscientiousness was positively related with retirement satisfaction in the areas of pre-retirement work functioning, current sources of enjoyment, leisure and physical activities and with overall retirement satisfaction. Neuroticism and agreeableness were correlated positively only with satisfaction with adjustment & change after retirement. Openness to experience was unrelated to any of the dimensions of retirement satisfaction. Multiple regression analysis revealed that extraversion was the best predictor of retirement satisfaction in the areas of adjustment and change after retirement, satisfaction with life in retirement, current sources of enjoyment, and overall retirement satisfaction, whereas current sources of enjoyment was also predicted positively by neuroticism. Conscientiousness emerged as the only variable predicting satisfaction in the areas of pre-retirement work functioning, and leisure & physical activities. Results have been analyzed in context to the importance of extraversion, agreeable and conscientiousness as important dimensions of personality to be inculcated to ensure satisfaction with retirement and life after retirement among male retirees.

Key words: Personality, Extraversion, Conscientiousness, Retirement, Satisfaction, Retirees.

Lifestyle Survey of Urban Youth : An Analysis of Healthy Behaviour in Relation to Yoga Practice

Latha Satish and B.Senthil Kumar***

The study aims to investigate the pattern of lifestyle of a cross section of youth in urban area. Using the questionnaires information was elicited on the specific demographic data, host of practices such as use of tobacco, eating pattern, exercise, sleep and recreational activities and also specific risky health behaviours. The study covered a convenient sample of 870 youth in the age range of 15 to 28 years from Chennai. The data was analysed to understand the lifestyle pattern in terms of the healthy and health compromising behaviour patterns. The significant relationship between the lifestyles and physical and psychological wellbeing are analysed. The results of regression analysis show that the specific lifestyles such as sleep quality, eating habits, and exercise behaviours significantly predict the physical wellbeing. The psychological wellbeing was influenced positively by exercise behaviours, quality of sleep and stress management ability. Psychological wellbeing was negatively associated with emotional distress, risky eating pattern, indulgent and impulsive behaviours. The practice of yoga among a group of youth is found to be associated with positive protective lifestyle habits and the same was lower among youth who were not practicing yoga. Further, the ability to control and discipline health compromising habits was stronger in youth practicing yoga.

Key Words: Lifestyle, Yoga, Urban youth, Healthy behaviours.

Stress-states and Human Performance: An Overview

Anurag Upadhayay and Richa Singh***

Stress and immediate state condition during vigilance task determine our performance. Vigilance plays a vital role in automated human-machine systems in process and quality control, medicine, and baggage inspection at airport security checkpoints. Vigilance task is stress-inducing and the fundamental problem with vigilance is the decrement function. Several variables have been demonstrated as taxing sustained attention performance such as the successive presentation of signal and non-signal features, event rate, event asynchrony, spatial uncertainty, demands on working memory etc. Vigilance task itself is stress inducing. Stress not only affects performance but performance also changes the various components of stress states. Previous researches have revealed the vivid and clear role of multidimensional stress states as determinants of the human performance. Present review examined the effects of stress and its multidimensional states on sustained attention task performance. Various states of stress can affect energetic arousal (mood), intrinsic motivation, mental workload, self focus attention, concentration, and performance which eventually have an effect on the quality of work. So the present researchers are focusing on the stress states and the present paper is an attempt to review these works which indicates that stress and multidimensional states of stress play crucial role during vigilance performances **Keywords:** Stress, Multidimensional stress states, vigilance, decrement function..

Effect of Militancy and Consequent Migration on The Mental Health of Displaced Kashmiri Pandits

Chandra Shekhar and Rachna Devi***

Forced migration has a significant impact on the physical, social as well as mental health of the Kashmiri migrants. A number of studies have been conducted to study the psychiatric disorders among this population but no study has been conducted to study the aspects of their positive mental health. The present study has been conducted with the objectives to study the subjective well being, self-esteem and psychological distress among Kashmiri migrants in comparison to Dogras. The total sample comprised of 120 participants, 60 Kashmiri migrants and 60 Dogras. Subjective well being, self esteem and psychological distress of the participants was assessed using PGI general well being scale, Rosenberg' self-esteem scale and GHQ-12. The index group was taken from the migrant camps situated in Jammu region. The data was collected using the purposive sampling method. Using t-test, findings of the study indicated significant differences between the two groups on all the three variables. A general conclusion is that forced migration of Kashmiri Pandits has a significant impact on their mental health.

Key Words: Kashmiri migration, psychological distress, subjective well being, Self-esteem

Effect of Perceived Parenting Style and Parent's Education on Women's Work Role Attitude

A. Velayudhan, Manju T.K.** and Justine K. James***

Workforce participation of women is an important concern in current scenario. Kerala Government spends 30% of their annual budget on educational development. Though education status of women is comparable to that of male, traditional gender role attitude about workforce participation is solid in them. The present study is intended to analyze the role of Parents in Work Role Attitude of women. One hundred and thirty women (50 unmarried, 50 married women without children and 30 were married women with children) were selected through purposive sampling. Work reward value dimension of Life Saliency Scale was used to measure Work Role Attitude of women. Perceived Parenting Style and personal data sheet were also used to measure women's perception about parenting style they received and demographic details. Analysis of Variance was used to analyze the variation in Work Role Attitude with reference to parental education and occupation. Linear Regression Analysis was used to identify the role of parenting style on work role attitude of women. The results indicated that work role attitude varies with reference to their parent's education and occupation. Regression Analysis indicated that autonomy and support provided by the parents significantly influence the work role attitude of women. The study concluded that parents have significant role in predicting work role attitude of women.

Keywords: Work Role Attitude, Perceived Parenting Style, Parental Education, Parental Occupation.

Contributory Role of Pet Attitude, Attachment Styles, Social Support and Loneliness in Well Being of Young Adults

Tapasri Das* and Anindita Chaudhuri**

The present study explores the contributory role of pet attitude, attachment styles, social support and loneliness on well being among 120 individuals (30 male pet owners, 30 female pet owners, 30 male pet non owners, 30 female pet non owners), aged ranging from 19 to 25 years. The participants completed Pet Attitude Scale-Modified (Templer et al., 1981), Attachment Style Questionnaire (Van Oudenhoven et al., 2003), Social Support Questionnaire short form (Sarason et al., 1987), Revised UCLA Loneliness Scale (Russel et al., 1980), PGI-General Well Being Measure (Verma and Verma, 1989). The data were analyzed by using mean, SD, Product Moment Correlation of Coefficient and Stepwise Multiple Regression Analyses (SMRA). Results indicated predictor variables contributing to well being varied across four groups

Comparison of Mental Health among Different Categories of Working Women

Bharati Roy* and Anita Arora**

The present study is an attempt to investigate the level of mental health among different categories of working women. For this purpose ninety unmarried working women were selected from six groups namely-bank clerk, primary school teacher, health worker, call centre, office clerk, and Angan Bari Sevika. Each group having fifteen working women belonged to the age range of 18-22 years. Mental health battery was used for data collection to measure the mental health. Mean, SD and t ratio methods were used to analyse the data. The result showed that the mental health level of women of different working categories was significantly differed. The level of mental health was the highest among women working as bank clerk where as women working as Angan Bari Sevika had the lowest mental health level. Age and earning status had statistically significant impact on mental health.

Key words – mental health, working women.

A Study of Self-Presentation Tactics, Anxiety, Personality and Socio -Demographic Variables of College Girls

Suruchi Bhatia* and G. Bhardwaj**

This study examined the relations among Self-Presentation Tactics, Personality factors like Extraversion, Neuroticism and Anxiety levels of 186 girls in the age range of 18-24 years residing in Delhi and NCR. Self Presentation Tactics scale (SPT); completed by Lee et al, 1999 MPI; by Jalota and Kapoor (1965) and SCAT developed by Sinha and Sinha (1995) were used. Statistical analysis was carried out using Pearson Product Moment Correlation, ANOVA and t-test. Results suggest that all the Self Presentation Tactics were highly inter-correlated except Apology. Extraversion was only related to Apology. But Neuroticism was related to most of the Self Presentation Tactics except Apology, Exemplification and Extraversion. The socio- cultural/ demographic variables generating significant differences among participants were: Family income, Financial status, Father's education, Only child, Mother home maker and Father house husband

Key Words: Self-Presentation Personality Extraversion Introversion Anxiety Demographic Variables

Neurobehavioural and Attitudinal effects of Low level exposure of Cooking Gas among Housewives

Bharti Sharma*

The present investigation was undertaken to analyze the attitudinal and neurobehavioural aspects of environment pollution in general and air pollution in specific. The study used a time -series repeated measure design. The sample obtained was based on purposive stratified quota sample which consisted of 50 gas users and 50 non gas users i.e total 100 housewives. The 50 subjects were tested thrice at an interval of three months and this literally amounted to having 150 subjects corresponding to each group. Environmental pollution Attitude scale and Air pollution attitude scale by Dr M Rajmanickam, constant time interval exposure device to assess short term memory and self rating scale to measure the well being of the subjects were used as the tools. The results indicate that the housewives belonging to the group of chulha users had unfavorable attitude towards environment pollution ,the reverse holds true in case of gas users group. The sense of well being has reflected a specific negative tilt towards gas users group while the short term memory of gas users group are more affected.

Keywords: Neuro Behavioural Effects, Attitudinal Effects, Environment Pollution, Air Pollution

Stress among First Year Students in Professional and Non-Professional Courses

Rupali Srivastava* and Reeta Kumar **

There is growing body of evidence suggesting that attending university for the first time entails a transition in young people's lives that incorporates a great deal of stress. Although for most students this period is a chance for personal growth but for some this is a critical time involving drastic changes which could be overwhelming and at times leading to negative consequences like anxiety and depression. The purpose of this study, hence, was to identify different sources of stress for male and female students in professional and non-professional courses. A sample of 108 students including 27 boys and 21 girls from professional course (Engineering) and 30 boys and 30 girls from non-professional course (Science) were administered Student Stress Scale which assesses stress in five areas, viz., academic, environmental, family, financial and hostel. ANOVA with Type of Course (professional, non-professional) and Gender (male, female) as two factors revealed a significant main effect of type of course for academic, family, financial and hostel stress. Main effect of gender was also significant for financial stress but none of the interactions were significant. Inter-group comparisons using t-test revealed that no gender differences exist within students from both types of courses except that within the non-professional course, boys experience higher levels of financial stress than girls. All students in non-professional courses, irrespective of their gender, experience higher level of stress related to family and finances. However, boys within the non-professional courses experience higher stress in the areas of academics and hostel life as compared to the boys in the professional courses whereas no such difference exists within the girls. Results have been analyzed in context to negative effects of lack of clarity about future professional life, career related family expectations and greater vulnerability to stress due to inability to get selected in professional courses especially among boys.

Key Words: Stress, First Year College Students, Professional vs. Non-Professional Courses, Gender differences

The Relationship between perceived Body Shape and Self Esteem among Adults

T. Lavanya* and F. Maria Margret**

The present study aims to examine the relationship between perceived Body shape and Self Esteem among adults. It also aims to identify the factors that individual's perceive to influence their impressions about their body shape and its impact on their self esteem. Body Shape Questionnaire (BSQ – 16 B form) developed by Evans & Dolan , 1993 & Global Self – Esteem questionnaire developed by Karunanidhi, 1995 were used on a sample of 112 adults (age ranging from 20 years to 40 years). The Body Mass Index (BMI) value was calculated for each subject based on their self reported values of height and weight. To estimate the relationship between Body Shape and Self- Esteem, Pearson Product Moment Coefficient was used and 't' test was done to identify the mean differences among the groups on demographic factors. The percentage analysis with descriptive interpretation was done to identify the perceptions of the subjects' on their Body shape.

The findings of the study indicated that there was a significant negative relationship between body shape concern and self esteem of the individual. Further, it was also seen that the Body and Physical appearance, moral esteem and global self esteem dimensions were found to have significant correlation with body shape. There were no significant differences identified on any demographic factors. Parental pressure, peer approval, media influence and doctor's suggestions were found to be the major factors that influenced the perception of the individual towards their body shape and self esteem.

Impact of Maternal Employment on Self Confidence and Insecurity amongst Adolescents

Promila Batra, Sarvdeep Kohli** and Urmil****

Adolescence is a turbulent as well as dynamic period of one's life. It can be defined as the transitional stage of development between childhood and adulthood. This crucial phase in life becomes all the more important because developing/ enhancing self concept and self confidence, acquiring of knowledge and life skills e.g. decision making, learning of conflict resolution and management of emotions all occur at this stage. All this leads to a need of proper support and guidance from parents during adolescence. Therefore, the investigation was designed to explore the impact of maternal work status on self confidence and insecurity amongst adolescents. A two group design was adopted in the present study. Groups comprised of adolescents of working mothers and non-working mothers. Each group consisted of 130 subjects (65 males and 65 females) with an age range of 15-18 years. Agnihotri Self Confidence Inventory and Security- Insecurity Inventory by Tiwari and Singh were administered on 260 adolescent students. Data was analyzed by using t- test. The results of the study showed that adolescents of working mothers had significantly higher level of confidence and security than the adolescents of non-working mothers. Further male adolescents of working mothers were more confident whereas in case of non-working mothers' female adolescents were more confident. Insecurity did not differ significantly amongst male and female wards of the working mothers. However, feeling of security was more amongst the male adolescents in case of non-working mothers.

Key Words: Adolescents, Self confidence, Insecurity, Working mothers and non-working mothers

Coping Strategies and Successful Intelligence

Shabnam* and N.S. Tung**

The present theoretical paper is an attempt to examine whether dimensions (analytical, creative, and practical ability) of Sternberg's successful intelligence theory (Sternberg, 1997, 1999, 2002) are represented in the coping strategies in children and adults with learning disabilities. For many individuals with learning disabilities, achieving success in adulthood is challenging. This lack of success has a detrimental effect on both the individual and society. Perhaps a focus on strengths and improving positive abilities should be nurtured in schools to help students become successful adults. There are a number of researches which have tried to show that the sharing and application of positive coping strategies may have great implications to the fields of education, mental health, vocational services, the criminal justice system, and ultimately for the quality of life for individuals living with learning disabilities (LD) (Boulet, 2007). Perhaps a focus on strengths and improving positive abilities should be nurtured in schools to help students become successful adults. In addition, the highly successful individuals showed evidence of successful intelligence as described by Sternberg's theory. Through practical and creative solutions they were able to modify and adapt to their environment and persevere despite adversity.

Effect of Employed Status on Psychological Wellbeing of Women

Geeta Pandey*

The aim of this study was found out the effect of employed and unemployed status on psychological wellbeing of women. Sample consist of 75 employed of 26-35 age group and 75 unemployed women of the same age group. As we have decided to study two age groups. 75 employed women of 36-45 age group were compared with the 75 unemployed women of the same age group. Subjects were administered Anxiety Test(A.K.P.Sinha& L.N.K. Sinha) and Neuroticism scale Questionnaire(K.Kapoor and S.D.kapoor) The result found that unemployed women uemployed women have more anxiety than employed women. On neurticism employed women are better than unemployed women.

Sexual Behavior Attitude and Marital Adjustment among HIV Couples

L.N. Bunker*, Subhash Meena and Vishnu Narayan****

Sexual Behaviour Attitude and Marital Adjustment among HIV and non HIV Couples. This study investigates the Sexual Behaviour Attitude and Marital Adjustment of HIV and Non HIV couples. For this sample of 15 HIV couples and 15 Non-HIV couples was selected using random sampling from urban areas in the age group of 25-35years. Tools used for this purpose were Marital Adjustment Inventory for literate (Form A and B) by Har Mohan Singh (Agra) and Sexual Behaviour Attitude by Yashveer Singh. Results were found highly significant for marital adjustments among males and females of HIV and Non-HIV couples. No such differences were found in sexual behaviour attitude.

Keywords: sexual attitude behaviour, marital adjustment, HIV.

Academic Stress in Relation to Self Efficacy and Adjustment among Students

Ginni Anand Ghumman* and Rajinder Kaur**

The present investigation was undertaken to study the nature of academic stress among professional and non professional students. The main objective of the study was to identify the differences between the two groups of students on Academic Stress, Self Efficacy and Adjustment as well as to study the relationship between Self Efficacy, Adjustment and Academic stress. The study was conducted on a incidental sample of 500 students (250professional & 250non professional). The Students Stress Survey; The General Self Efficacy Scale and Sinha's Adjustment inventory for college students were administered on the sample. The comparison of means reveals significant differences on the measured variables between the two groups of students. The professional students experience higher degree of academic stress as compared to the non professional students. However in case of self efficacy the non professional students expressed higher degree of self efficacy. Further the professional students were unsatisfactory in all the areas of adjustment as compared to the non professional students. The non professional students fared unsatisfactory on home and education and average on health , social and emotional adjustment. Corelational analysis reveals that academic stress has significant relationship with low self efficacy and poor adjustment of the professional students whereas in case of non professional students academic stress has a significant relationship with poor home and health adjustment.. The overall adjustment of professional students is highly unsatisfactory whereas the non professional students adjustment is average .

Stress,Coping and Sources of Happiness in late Adolescence

Jyoti Kanoujiya* and Vandana Singh *

A qualitative study was done to find the stressors and methods to cope with them in Indian adolescents. Major causes of happiness were also explored in this study. Sample size of the present study was 70 late adolescents (35 boys and 35 girls) in the age range of 17 to 20. with the help of an open ended questionnaire constructed by the researcher. To find the result content analysis was done and results revealed that Parental conflict, academic pressure, financial pressure and not able to handle the relationships successfully were the major stressors in Adolescents' life. It was also found that in coping strategies boys use self help methods and girls rely on sharing their problem with others. Last result of the study was that major source of happiness in Adolescents according to them is when they get their freedom to do whatever they want to do. It was also found in the result that there were some common stressors, methods of coping, and sources of happiness in boys and girls both. There was no significance difference in them on these common themes.

Key Words: Adolescents, Stressors, coping methods, Happiness.

Construction and Standardization of Trigonometric Concept Test

Pooja Arora* and Jasdeep Kaur**

The present study was undertaken to construct a comprehensive Trigonometric Concept Test, for evaluating the understanding of basic concepts of trigonometry of tenth class students. The study was conducted over a sample of 200 high school students studying in tenth class in 10 different schools affiliated to CBSE, New Delhi and PSEB, Mohali. Analyzing the response of these students, difficulty level and discriminative value were calculated. The retained responses were then put to reliability, internal consistency and validity test for standardization.

Defence style: A function of Home Environment

Anita Manglani*

A society cannot claim that the home's influence on the child is not significant. This degree of consensus implies that it is a universal truth. Pertaining to this aforesaid fact the present study made its effort to examine the role of home environment on adolescents' defense style. In present investigation, an attempt was made to compare the adolescents upbringing in positive and negative home environment in relation to their defense styles they are adopting in their day to day life. The sample was comprised of 60 higher secondary school students with equal number of male and female from Udaipur city of Rajasthan. The whole sample constituted of two sub groups namely positive home environment group (30 male and 30 female) and negative home environment group (30 male and 30 female). To assign the subjects in both groups they were administered on Home Environment Inventory (1989) constructed by Mishra Karuna Shankar. The constituted sample were administered on Defence style questionnaire (DSQ-60) developed by M. Bond, R.W. Trijsburg, & M. Drapeau. The obtained data were analysed with the help of t test. The obtained result unveils the difference between adolescent surrounded by positive and negative home environment on their measure of 21 out of 30 defense styles measured by (DSQ-60) namely Altruism, Passive Aggressive, Rationalization, Projection, Devaluation of other, Projective identification, Dissociation, Acting-Out, Devaluation/self, Fantasy, Withdrawal, Intellectualization, Displacement, Repression, Idealization, Anticipation, Help-rejecting Complaining, Isolation, Affiliation and Splitting/self.

Keywords: Emotional Intelligence, Intelligence, Adjustment

Reasoning out Mental Illness in the Community: The Need for a Holistic Approach

*Dinesh Deman**

The reasoning that mental illness in the community requires a holistic approach is supported by the fact that it does not depend on a single definition of mental illness, besides it is varied in nature, according to the cultural ethos of the community in addition to the traditional beliefs and myths of the society. In initial stage, the traditional faith healers have also been playing a significant role for avoiding their “stigma” of the family members and in helping to normalize the abnormal behaviour which shows that it has been indirectly playing the role of action counsellor in the community.

For the clinical frame of reference the ICD- 10 must be applied by the “Mental Health Educators” in the community for the reasoning about mental illness than mere celebration of the “Mental Health Week” by the Psychiatrists.

A Study of Life Stress of Housewives

Tarlika L. Zalawadia* and Bhavna L. Gajera**

The purpose of present study was to achieve an insight to whether the educational qualification and socio-economic status of the house wives have an effect on their life stress or not. For this purpose, house wives of Rajkot city, had been selected for the sample. In total 120 house wives were selected randomly. Gurumeet Singh's presumptive life event scale and personal data sheet was used to measure the life stress of house wives. 't' – test was used for analysis of data. The result indicated no significant difference between the life stress of different educational qualification of housewives. Result also indicated that the lifestress of housewives of middle socio-economic status as compared to that of higher socio-economic status is higher. A significant difference can be observed between the life stress of both.

Role of a Teacher in Guidance and Counselling

Zaki Akhtar*

The worth and potentialities of a country get evaluated through the work of the teacher. Teachers are the real nation builders. Thus, the teacher is yardstick that measures the achievement and aspirations of the nation. The teacher is a dynamic force of the organization. The teacher can socialize and humanize the young generation by their man-like qualities. This can only be possible when teachers are stress free because a stress free teacher can be a valuable asset for the nation. He can be a guide that can help the student find a path through messy future dilemmas. The role of the teacher as a counsellor is quite different from other roles described so far. To counsel is to give advice, according to dictionary, although it is more than mere advising in the context of a school, the teacher is the counsellor and the student either approach the teacher when she/he has a problem, which cannot be solved by him/her. The teacher senses, the problem and offers help to the student to solve the problem. Since the teacher has so much of responsibilities and assignments, that is directly affecting their mental health. Counselling skills may reduce the level of job stress among the teachers. Therefore, the motive of the present study is an attempt to find out the relationship between counselling skills and mental health which leads to national development. Advice of teacher is often considered as worthwhile in every society. Often people take advice from the teacher. Moreover, what they suggest is being respected by others. They are being perceived as the role model.

Measurement of Intelligence through Draw A - Bicycle Test

*Alka M. Mankad**

The study aimed to Measure Intelligence through Draw - A - Bicycle Test. Researcher has revised this test Developed by T. R. Sharma. The sample was consisted of 380 students from the schools situated in Rajkot and Morbi. Their age ranged from 11 to 16 years. Result shows that 16 years children have more IQ than 11 years. 8th Std. students have more IQ than 5th Std. and private school children have more IQ than govt. school children.

A Comparative Study of Emotional Intelligence among Small, Medium and Large Sized Family Students

*Meena Tripathi**

The aim of this study was to make a comparison of emotional intelligence among small, medium and large sized family students. The sample consisted of 300 college students studying at Kumaon University Campus Almora. The personal data schedule (designed by the investigator) and emotional intelligence scale (Tewari & Joshi, 1996) was administered on them. Data was analyzed by using t-test. It was found that the family sized wise three groups of the sample students do not differ significantly from each other with regard to the variables self awareness, managing emotions, motivating oneself, recognizing emotion in others, handling relationship and emotional intelligence total scores.

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