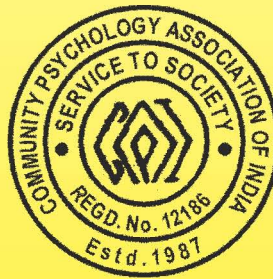


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Examining attitudes toward virtual professional counseling in college students

Sylvia Lindinger-Sternart*, Sachin Jain**, Sumeedha Therthani*** and Kristina Faimon****

The authors of this study aimed to explore the roles of gender, cultural backgrounds, and personality factors in influencing the preference for types of professional counseling (face-to-face, chat-based, or video based). The data from 85 college students was collected through anonymous online survey using Qualtrics. The data primarily is comprised of participants from United States, India, several African and European countries. There were 12 demographic questions and 130 survey questions. Participants included 61 males and 24 females. Their age ranged from 18 to 53 years. After summarizing data, researchers analyzed the relationship among 3 types of professional counseling scores (Chat-based, video-based, and face to face), 9 demographics categories, 9 masculine norms scores, and 6 extroversion scores. The results showed that few characteristics were significantly correlated to a positive attitude toward a particular counseling provision. However, whereas gender differences were not significant for most of the examined factors, the personality factor self-reliance was significantly correlated to male participants.

KeyWords: Attitudes, Virtual Professional counseling.

INTRODUCTION

According to the WHO (2014) mental health problems affect nearly half the world's population and this malady is not limited to age-groups, gender, or culture. As per WHO's prediction virtually all future population growth (97%) will be in developing countries. The most common mental health disorders are major depression and alcohol use disorder. The rates of overall diagnosed mental health disorders are almost equal for males and females. There are gender differences, however, in the kinds of mental disorders diagnosed in different populations. Females represent higher rates of lifetime prevalence of major depression, whereas males show almost double the female rates for lifetime prevalence of diagnosed alcohol dependence. In addition, the WHO (2014) reported high comorbidity rates with substance use disorder in men. Males showed significantly higher rates of anti-social personality disorder and committed suicide, whereas more females faced violence and anxiety disorders.

While research on counseling attitudes is well established, few studies have focused on attitudes toward synchronous professional counseling such as chat-based (CB) and video-based (VB) professional counseling. The National Board for Certified Counselors [NBCC] (2012) defined chat-based and video-based professional counseling as synchronous *PhD, LCPC, CRC University of Providence, USA **PhD, NCC University of Providence, USA ***PhD, NCC Mississippi State University, USA ****PhD, LCSW Bellevue University, USA

Vedic view of personality

Madhu Asthana*

Indian psychology is an approach to psychology based on the Indian ethos. In the Ayurvedic System of Medicine, the type of personality has been determined from two angles- Physiological and Psychological, as body and mind are very close to each other. To understand personality, they focus on Gunas and Doshas.

Key words: Vedic view, personality

INTRODUCTION

The concept of Guna dates back to Atharva Veda, it was discussed in Bhagawat Gita and later included in Sankhya Darsana. Sankhya is a dualistic philosophy, which postulates two interdependent, simultaneously existing realities purusha (consciousness) and prakriti (nature or matter). Apart from the purusha, which forms the inner core of the personality, everything in the universe, physical and psychological, including the mind, are regarded as originated from prakriti, which is constituted of three gunas /Triguna viz. sattva, rajas and tamas. Based on the above gunas personalities are categorized into three viz. sattvic, rajasic and tamasic types. In Ayurvedic text personality is described as 16 types, 7 sattva, 6 rajas and 3 tamas, which are majorly trait characteristics.

According to Ayurveda Prakriti (personality) expresses itself as an individual manifestation of the three Doshas/ Tridosha (Bio-energies or life forces)- Vata, Pitta and Kapha. the particular ratio of vata, pitta, and kapha within each of us provides us with a blueprint for optimal health, and garners a significant influence on our individual physical, mental, and emotional character traits—as well as our unique strengths and vulnerabilities. So while we are all made up of the same five elements: earth, fire, air, water, and space, we are each entirely unique, due to the concentration of the energies (doshas) we are made up of. Doshas are the energies that construct our physical body and determine the conditions of growth, aging, health and disease. The combination of these three doshas can create seven kinds of personality types.

The ancient Indian model of 'Personality', given in the Tattiriya Upanishads, consists of the 'five' sheaths/ layers around the human soul. These 5 layers are also considered the five sheaths of human's personality. They are 'Annamaya' (food sheath), 'Pranamaya' (vital air sheath), 'Manomaya' (mental sheath), 'Vijnanamaya' (intellectual sheath), and 'Anandamaya' (bliss sheath). This Pancha Koshas theory is the Vedantic psycho- philosophical view of human personality and similar to the trait perspective of personality where each Kosha exhibits certain characteristics. These five koshas are located one inside the other with the sheath of the physical body being the outermost and the sheath

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Personality dimensions and psychological well-being of adolescents: A cross sectional study

Rekha Patel and Ashok Kumar Patel**

Adolescent is considered as a age where young people are neither children nor adults, that is transition from childhood to young adulthood. Personality as a terminology could be defined as a dynamic and organized set of characteristics possessed by an individual that uniquely influence his or her cognitions, emotions, interpersonal and social orientation, motivations and behaviors in various aspect of situations. The present research study was undertaken in Varanasi with an aim to investigate the relationship of Personality dimensions and psychological well-being of adolescents among 60 adolescents (30 males & 30 females) residing in Varanasi in the age group 17 to 21 years by administering NEO-FFI (Paul T. Costa and Robert R. McCrae, 1994) and Ryff Psychological well-being scale (Carol Ryff, 1998). As a result, it was observed that personality dimensions had a significant positive effect on psychological well-being of adolescents at $p < 0.05$.

Keywords: Personality dimensions, Psychological well-being, Adolescents.

INTRODUCTION

Personality could be defined as those characteristics of the individual that accounts for consistent pattern of feeling, thinking and behaviors that makes him unique. The word personality originated from the latin word 'persona' meaning mask. The field of personality typically addresses three issues, namely, Human universal, Individual differences, and Individual uniqueness. The personality arises from within the individual that remain fairly consistent throughout the life. The research suggested that Personality as a psychological construct being influenced by biological processes and needs believed to have an impact on behavior and actions.

According to the hedonic approach, Subjective psychological well-being coined by Ryan & Deci (2001) consists of the perception of pleasure, displeasure, satisfaction and happiness. According to the eudemonic approach or the psychological well-being model, it takes into account the mechanism of healthy functioning and adjustment. In a study conducted by (Ni et al, 1999), it was found that success at an activity under pressure resulted in happiness (a positive affect closely linked to Well-being), while it did not result in vitality (i.e., overall feeling good). On the other hand, a similar success under the condition of autonomy resulted in both happiness and vitality. It is also being argued that psychological well-being could lead to adoptive human functioning and positive life experiences. A recent six-factor model of psychological well-being

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Overview of intellectual disability and treatment modalities

Jesse Altsuler*, Anna Altsuler**, Sachin Jain***,

Intellectual disabilities are characterized by impairments of mental abilities that limit adaptive functioning in conceptual, social, and practical domains. The conceptual domain includes language, literacy, math, reasoning, memory, and knowledge. The social domain refers to empathy, social/interpersonal communication skills, and the ability to maintain friendships. The practical domain involves managing one's own personal care, job, money, recreation, and school. Intellectual disability does not have an age requirement, but symptoms must begin in development (American Psychiatric Association, Diagnostic and Statistical Manual of Mental Disorders, 2013). This population has unique challenges to overcome. Many social and environmental factors can lead to an increase in a person's symptoms. Properly trained professionals must be able to accurately assess and develop treatment plans that incorporate holistic treatment approaches.

Keywords: Intellectual disability, treatment modalities.

INTRODUCTION

Intellectual disability, otherwise known as intellectual development disorder, is a disability that has been classified under several names. The DSM-V replaced the previously used term of "mental retardation" with intellectual disability in 2013. According to American Psychiatric Association's revision of the DSM-V, the name "intellectual development disorder" is incorporated into the manual to portray the deficits in cognitive ability that begin in development (before 22 years old). The term was revised to align with the World Health Organization and other professional disciplines (2013). Society has been harsh to those with intellectual disabilities and has viewed them as burdens on their families and those around them. Negative stereotypes about intellectual disabilities are still perpetuated today. The mentally disabled are often ridiculed by others and treated unfairly. The treatment of those who are different and vulnerable must reflect kindness and compassion.

Historically, the view on those who were mentally disabled was harsh. Philosophers like Plato and Aristotle believed that a person's value was essentially equivalent to their ability to reason. At the time of around 350 B.C.E., people believed that those who had intellectual disabilities were less human and were socially inferior. Care for the intellectually disabled has often focused on providing basic needs (food, shelter, and clothing) and has fallen on family members and churches. Over time, societies have viewed intellectual disabilities in different cruel and unfair manners. For example, in the 13th century, England declared people with intellectual disabilities to be incapable of making decisions or managing their affairs. Guardians were created to take over their financial affairs

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Views of rural young adults regarding marriage and mate selection

*Madhu Asthana**

The present study was conducted on a sample of 60 unmarried young adults from rural areas of Varanasi, U.P. Same number of male and female respondents was taken in the study. The objective of the study was to have views of rural young adults regarding marriage and mate selection. An interview schedule with 12 statements was used for the same. Findings show that most of the respondents consider marriage as an eternal relation and necessity of life. Choice marriages within the caste with parents' consent and with traditional rituals were preferred. Matching of horoscopes was favoured while dowry was considered as an evil of society. 19-22 years for girls and 22-25 years for boys were considered as the ideal minimum age of marriage. 2-3 years of age difference between couples was found ideal

Key words: young adults, marriage, mate selection.

INTRODUCTION

Marriage is an important institution in almost every society. It has far reaching effects on the lives of not only the couples but also of the family members. In the earlier Hindu conception of marriage little attention was paid to the wishes of the young persons. Marriage was regarded as compulsory. The parents were morally obligated to find mates for their children and the children to accept the parental choice. In an intricate system of religious beliefs, caste restrictions and communal controls, the parents would exert extreme effort to marry their children. Indeed they often married them at a very early age, in infancy or childhood. The marriage contract was regarded as an agreement between two joint families rather than between two young people (Davis, 1942). In such circumstances there was no room for romantic love as a basis of marital selection. The Hindu ideal of marriage had no regard for individual taste or inclination - it was rather afraid of them (Tagore, 1920). But when the modern nation began to evolve, bringing millions of strangers in a common milieu, fostering a dynamic technology, a mobile class structure, a complex division of labour, and a dominant urbanism, the old and rigid concept of Hindu marriage began to lose. The rapid spread of education, the increasing influence of forces of modernization, and increasing emphasis on the freedom of individuals have brought about some changes in the institution of marriage in India. Now marriage has become increasingly a private matter beyond the control of parents (Davis, 1981). The most striking change has been observed in the area of mate selection. While parental influence in decisions related to mate selection is still dominant, premarital attitudes show gradual but definite change. The moment is shifting away from marriage arranged by parents

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Study of music as an activity in people with dementia in long term care facility in India: A pilot study

Sruthi Sivaraman*, S P Goswami**, Wrizumani Gurung***, Khyathi G Jain****, Purva Sampath***** and Sunayna Pillai*****

Dementia is a syndrome marked with significant deterioration in memory, thinking, behaviour and the ability to perform everyday activities (World Health Organization, 2019). Music therapy has been researched in the past as a possible viable alternative to pharmacological interventions. The present study uses music activities to treat behavioural and psychological symptoms of Dementia (BPSD) and seeks to understand the efficacy and success of the intervention as a non-pharmacological approach

Personality could be defined as those characteristics of the individual that accounts for consistent pattern of feeling, thinking and behaviors that makes him unique. The word personality originated from the latin word 'persona' meaning mask. The field of personality typically addresses three issues, namely, Human universal, Individual differences, and Individual uniqueness. The personality arises from within the individual that remain fairly consistent throughout the life. The research suggested that Personality as a psychological construct being influenced by biological processes and needs believed to have an impact on behavior and actions.

The current study attempted to look at the implementation of music as an intervention in a long-term care facility for persons with dementia (PwD) in various stages of the disease.

Twenty participants (n = 20) with Dementia were recruited from Nightingale's Medical Trust for this study. Participants cognitive and social behaviours were tested pre- and post-intervention using the Mini-Mental State Examination. Participants received forty-minutes group therapy sessions provided by a music therapist once a week.

The results of the study show that the social behaviours had considerably improved in majority of the participants as part of the intervention. However, the mean value of the MMSE scores decreased from pre- to post-intervention. Furthermore, the effect size of the intervention was small. This study showed promising results for the efficacy of music activities as a therapeutic intervention, but further in-depth research is required to generalise the results. centre for disease control and prevention(CDC,2010),states that by the year of 2010, there is an expectancy rate of 1 in 110,being victims of Introduction

Key words: Autism, Mental stress, communication problems, behavioural changes, outburst of behaviour, coping strategies.

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