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# **Indian Journal of Community Psychology**

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# Community Psychology Association of India

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## **Revisiting the Charles Bonnet Syndrome in Visually Impaired Students in Addis Ababa University, Ethiopia**

*Y. S. Vagrecha\**

*Many people after losing their sight start seeing things vividly which are physically not present. They have insight that these visual phantom experiences are not real. This phenomenon is known as Charles Bonnet Syndrome (CBS). CBS is caused by Sight loss only and not due to any other mental or physical health problems. To get a firsthand experience of CBS a preliminary research was carried out on 10 blind students who were getting higher education out of many other Visually Impaired Persons (VIP'S) in the main campus of Addis Ababa University, Ethiopia. Most of them were in the age range of 21-28 years. Six of them lost their sight due to disease or accidents, but it is to be noted that 4 of them became blind due to reflection of or direct exposure to sun rays. Most of them became blind in early child hood or in early years of life. Except two all were having Phantom vision experiences (CBS) mostly when they are lonely. For most of them these experiences were pleasant one having a mixed felling of missing loved one. It was explained that the brain was not receiving enough visual stimulus as it was used to be, so it compensate the vacuums by Phantom visions. Most of the blinds suspect that this condition is a sign of mental disease, about which they remain silent to talk. The community awareness should be spread that it is not a disease and there is no cure or treatment for it. Only understanding about it and simple management of life will be greatly help these people.*

## Personality, Beliefs about Medication and Adherence to Medication among Chronically-ill Patients

Riju Raj Roy\*, Shoma Chakrawarty\*\* and Dhanalakshmi D\*\*\*

Today, a large and growing proportion of the population is affected by the silent killers like heart disease, diabetes, arthritis etc. Since these conditions are chronic in nature and embedded in the lifestyle of the patients, medical management of these conditions depends heavily on the patient's personal and familial characteristics. The aim of the current study was to examine the relationship between beliefs about medication and medical adherence with special reference to the personality correlates of these variables. The study utilized a purposive sample of 76 chronically ill patients (39 diabetic patients; 37 cardiac patients) in Puducherry. The NEO Five Factor Inventory (Costa & McCrae), Morisky 8-Item Medication Adherence Questionnaire (Morisky) and the Beliefs about Medicines Questionnaire (Horne, Weinman & Haskins) were used. The results revealed moderate but significant associations between medical adherence and beliefs about medication ( $r=-.364$ ), especially with perceived need for medication ( $r=-.357$ ). While no difference emerged between the cardiac and diabetic patients overall, significantly higher medical adherence was noted among diabetic patients who were low on neuroticism ( $t=2.591$ ) and cardiac patients who were high on conscientiousness ( $t=2.365$ ). The findings are discussed in the light of the various personality dimensions and the unique challenges associated with these health conditions. Assessment of the psycho-social parameters (personality, education, beliefs regarding health and illness) of the patient and family is a must for comprehensive chronic disease management.

**Keywords:** Medical adherence, beliefs about medication, personality, chronic disease.



## **Depression among Caregivers of Incapacitated Patients: A Research Review**

*Tanushree Saha\**, *Reeta Kumar\*\** and *Bipin Kumar\*\*\**

*Research studies on informal caregivers of individuals who have been incapacitated due to various reasons (like, chronic illnesses, physical or psychological disorders, major surgeries, so on) have documented the negative effects of prolonged caregiving stress on the physical and psychological health and well-being of the caregivers. Although caregiving stress is reported to cause anxiety, sleep disturbances, hypertension, deteriorated immune functioning and so on in caregivers, the most researched consequence is depression. Depression in caregivers is a fatal outcome as it is not only a consequence of caregiving stress but also a precursor to a number of physical health and behavioural problems. This paper presents a review of those studies that emphasize the prevalence and factors associated with the occurrence of depression in caregivers. It also points out the ill consequences of depression in caregivers along with its co-morbidity with other diseases. It is necessary for the other family members, friends and clinicians to take note of the psychological and physical health of the primary caregiver (of the incapacitated individual) and help maintain his/her well-being so that he/she can carry out the caregiving responsibilities towards the incapacitated family member maximally along with leading an effective and useful life of his / her own.*

**Keywords:** *Caregiver, Incapacitate, Stress, Depression.*

## **Marital Adjustment and Depression among Parents of Children with Special Needs**

*Rajesh Ganesan\* and K. G. Dhanesh\*\**

*Parenting a child with disability is a continuous struggle and they are not sure about the nature of the problem waiting for them for the next day due to the unpredictability of the disease or disability. The aim of this study is to explore whether there are any differences in marital adjustment and depression between parents of Children with Special Needs (CWSN) and parents of normal children. Both the parents of 30 CWSN and 40 normal children were selected. Variables were investigated using the Marital Quality Scale (MQS) and Beck Depression Inventory (BDI - II). Results shows parents of CWSN have significantly higher marital problems and depression coopered to the parents of normal children. Results and implications are discussed in detail.*

## **Marital Satisfaction**

*Tejbeer Kaur\**

*Marital satisfaction is a complex phenomena and is influenced by multitude variables such as intra-personality, inter-personality. Various relationship maintenance strategies such as passive, active, interactive, acceptance as well as types of marital relations are helpful in maintaining and enhancing the marital relationships. It is evident that the stability in marriage may be attributed to number of factors such as functional interactional patterns, certain individual traits like personality, flexibility and self-esteem, immediate feelings and thoughts or even couple traits such as communication, conflict-resolution etc. Yet for some people, the course of marriage is characterized by shift in marital evaluation overtime, such that initially positive feelings of happiness and optimism deteriorate and transform into disillusionment.*

**Keywords:** *Marital Satisfaction, Stability, Marital evaluation.*

## **Balancing Emotions through Nutrition and Self-care**

*Suneeta Pant\* and Madhu Lata Nayal\*\**

*Emotional / psychological well being is incredibly important to keep balanced. Along with nutrition, exercise and adequate sleep can boost self-confidence, increase self-awareness, and help to maintain balance and happiness in life. Self-care doesn't just involve making a plan, it also requires implementing it. Wellness refers to a holistic approach in which mind, body and spirit are integrated in a purposeful manner with a goal of living life more fully. Wellness depends on self awareness. Isolation, alienation, and separation from others generally are associated with poor health conditions and possible premature death. Social support is identified as the strongest predictor of positive mental health over the life span. The mainstay of this support is family. For enhancing well-being now and in the future across the domains body, mind, emotions, spirit, relationships, and work/school are important, and can be obtained through: 1) Personal and Emotional Well Being, 2) Physical well being - sleep, nutrition, and exercise, 3) Physical Fitness and Immunity, 4) Reducing Stress, 5) Time Management, 6) Assertiveness and 7) Avoiding Compassion Fatigue.*

## **Correlation among Different Dimensions of Personality of Girls of Girls School and Co-ed School**

*Pooja Bagri\**

*The Present study was planned to find out the relationship among different dimensions of personality among adolescent girls. The total samples of 100 adolescent girls were selected from which 50 girls were from girls school and 50 girls were from co-ed school. Each category was further divided 25 from science and 25 from commerce section. The adolescents were assessed with keirse temperament sorter or personality dimensions. The results showed that significant relationship was found amongst different personality dimension in all the groups.*

**Keywords:** *Personality dimension, Adolescent.*

## **Why do We Belong to Groups: An Empirical Study**

*Shagufta Afroz\* and P.S.N. Tiwari\*\**

*The study was planned to explore the answer of why the people belong to groups. A sample of total 640 participants distributed among male, female, rural and urban respondents were used. One question was asked to all the participants that why do they belong to groups. Content analyses of responses revealed that 'to help each other', 'attachment', 'to be connected' and 'to gain fame, success and satisfaction' which directly leads to physical, mental and emotional wellbeing, were emerged as the most frequent reasons for belonging to groups by participants of male, female, rural and urban settings. The groups were also taken as a 'good source of morals' and 'understanding'.*

**Keywords:** *Belongingness, group, to help each other, attachment, satisfaction, good morals.*

## **Internet use among Postgraduate Students: Role of Gender and Type of Family**

*Minakshi D. Desai\* and Parmar Jaydipsinh M\*\**

*The main purpose of this study was to find out the impact of gender and type of family on amount of use of internet by postgraduate students. The sample consisted of 180 students from various department of saurashtra university, Rajkot. Equal number (90) of boys and girls were selected in the sample. Personal data sheet was administered to the subjects. The information about weekly hours of internet use by the students was obtained. Under 2 x 2 factorial design F-test was used to examine the hypotheses. Result revealed that both gender and type of family had significant impact on the amount of internet use by the students. Boy students were found to use more internet than the girl students and students having nuclear family use more internet than their counterparts.*

**Key Words:** *Gender, Type of Family and Internet Use.*

## **Impulse Control and Mood States of the Patients with Traumatic Symptoms**

*Rachana Kumari\* and Anjana Mukhopadhyay\*\**

*Trauma is an emotional response to a terrible event like an accident, rape or natural disaster. Immediately after the event, the typical behavioural symptoms are shock and denial of the event. Long term reactions include unpredictable emotions, flashbacks, strained relationships and even physical symptoms like headaches or nausea. While these feelings are normal, some people have difficulty moving on with their lives. The aim of the present study was to investigate the ability of impulse control and mood states of the patients with post traumatic symptoms. Present investigation included 15 trauma affected and 15 normal adult (18 to 40 years) subjects. Sample included both male and female hospitalized cases from various Trauma Centres of Varanasi. The level of the trauma symptoms was assessed with the PTSD checklist-civilian version. Self control measure of Impulse Control Scale and Eight States questionnaire administered on both the groups. As hypothesized trauma affected subjects reported significantly low level of impulse control than their comparative normal counterparts. The mood states of trauma affected patients reported significantly high level of emotional states viz. anxiety, stress, depression, regression, fatigue, guilt than the normal group and established the hypothesis. Extraversion and arousal the two sociable and alert mood states however reported a significantly lower mean among the trauma subjects contrary to the assumption.*

**Keywords:** *Traumatic symptoms, impulse control, mood states.*



## **Efficacy of Behaviour Technology in the Management of Mathematics Phobia**

**Rajesh Ganesan\* and Pankaj Singh\*\***

*Mathematics Phobia is an irrational fear of Mathematics. It creates a feeling of tension, apprehension, or fear that interferes with performance in Mathematics and also results in 'Mathematics-Avoidance'. 'Mathematics-Avoidance' results in less competency, exposure and practice of Mathematics, leaving students more anxious and mathematically unprepared to achieve. These students take fewer Mathematic courses and tend to feel negative towards Mathematics and this also affects student's overall confidence level. However, Behaviour Technology has proven instruments that can reduce various types of anxieties and hence this study is undertaken to apply suitable Brief Behaviour Technologies for reducing Mathematics Phobia.*

*This is a case study of a student of IX standard, Kendriya Vidyalaya, Coimbatore, whose score in recent Mathematic exam was noted very low i.e 12/40. His Mathematics Phobia was assessed by using Suri, Monroe and Koc's (2012) short Mathematics Anxiety Rating Scale. Student's hemispheric dominance of the brain was measured by using Taggart and Torrance's Human Information Processing Survey (1984). This student was treated with suitable Brief Behaviour Technologies for two weeks.*

*Interventions used were: i) Reduction of Rate of Breathing (Ganesan, 2012); ii) Laughter Technique (Ganesan, 2008) and iii) Development of Alternate Emotional Responses to the Threatening Stimulus (Ganesan, 2008).*

*The phobia level and performance in Mathematics exam were reassessed after two weeks. Results showed that Mathematics Phobia was significantly reduced score 53 to 10 with a reduction of 43% and he performed better in the Mathematics exam from 12/40 to 24/40 with an increase of 30%. This shows that Behaviour Technologies are efficient in the effective management of Mathematics Phobia as it is useful for treating other phobias.*

**Keywords:** *Mathematics Phobia, Behaviour Technology.*

## Stigma and Expressed Emotion in Spouses of Schizophrenic Patients

Nilu Gupta\* and Sandhyrani Mohanty\*\*

*Stigma and social discrimination against the mentally ill is a well recognized phenomena and has been extensively studied. The discrimination experienced by patients with psychiatric disorders and their family members are widely reported. Studies reported that stigma, as a negative societal attitude directed towards the individual and family, may further stress relationships in the family system and thus magnify high levels of expressed emotion in the family. The family members' levels of expressed emotion could also influence their perception and response to stigma and discrimination. The present study was designed to determine the association between stigma and expressed emotion in spouses of persons with chronic schizophrenia. This is a cross-sectional study in which a sample of 100 spouses of chronic schizophrenic patients was drawn from Institute of Mental Health and Hospital, Agra. Level of Expressed Emotion Scale; and Internalized Stigma of Mental Illness Scale were used to measure expressed emotion and stigma. The results of the study revealed that stigma is significantly associated with expressed emotion in spouses of persons with schizophrenia. Of all the dimensions of the stigma measure, Stereotype and Social Withdrawal were found to be the prominent predictors of expressed emotion in the spouses. The results have an implication for reducing stigma and expressed emotion in families in order to reduce the risk of relapse and better management of the patients.*

**Key Words:** Stigma, Expressed Emotion, Schizophrenia, Caregivers of Schizophrenia.

## **Perceptions of Rural HIV/AIDS Patients with Access to Health Care**

*Salma Kaneez\**

*The main purpose of the present investigation was to explore the perceptions of rural people living with HIV/AIDS in a given socio-cultural environment. Semi-structured interview schedule was used to collect data from N=30 HIV/AIDS infected people (18 male and 12 female) receiving treatment at a university medical college hospital, Aligarh. Information in the interview schedule was analysed in terms of knowledge about HIV/AIDS, reactions to diagnosis, perceived stigma, disclosure, available support and their access to health care. Results revealed gender differences with respect to almost all factors. The findings provide insight into the challenges the rural infected people faced while undergoing prolonged institutional treatment.*

**Key words:** HIV/AIDS, perceptions, disclosure, stigma, discrimination.

## **Attitude towards Female Infanticide: An Impact of Literacy Level in Relation to Gender of Post Adolescents**

*Anita M. Daryanani\* and Shalini Purohit\*\**

*The phenomenon of female infanticide is as old as many cultures, and has likely accounted for millions of gender-selective deaths throughout history. It remains a critical concern in a number of "Third World" countries today, notably the two most populous countries on earth, China and India. With regard to female infanticide the present study examined the attitude of literate males & females in comparison to illiterate males & females towards female infanticide. The sample comprised of 40 individuals, both male and female within the age group of 20 to 30 years (n=10 in each group). Amniocentesis was introduced in 1974 "to ascertain birth defects in a sample population," but "was quickly appropriated by medical entrepreneurs. A spate of sex-selective abortions followed." The results signify that the attitude of male & female subjects is positive towards this concept but males show a more favorable attitude as compared to females. The mean values indicate that literacy level plays a major role in formation of the positive attitude as illiterate subjects are firm believers of this practice. The computed F ratio was not found significant for gender difference which reveals that gender has no effect on the attitude towards female infanticide whereas literacy level has a role to play as the F ratio was found significant. To make any substantial changes in parental attitudes towards daughters, it is necessary to change the social and economic roots of son preference.*

**Keyword:** Female Infanticide.

## **Adolescent Health and Health-risk Behaviours**

*Chandra Prabha Pathak\**

*The paper is an attempt to promote health behaviour in adolescents. Adolescent age is considered as crucial transitional period in the development of a human being. Adolescent health and health-risk behaviour is becoming an issue of concern all over the world including India. The present paper, based on review of literature analyses the various facets related to adolescent mortalities and morbidities. It also discusses about the concept of risk which is central to understanding of adolescent health behaviour. The paper finally furnishes a perspective on health-promotion interventions and programs for enhancement of adolescent health.*

## **Gender and Locality Differences in Body Image among College Students**

**Rakesh Kumar Behmani\* and Suresh Kumar\*\***

*The present study examined gender and locality differences in body image among college students. The total sample included 150 urban males (mean age= 18.10, SD= 1.42), 150 rural males (mean age= 19.01, SD= 1.02), 150 urban females (mean age= 18.36, SD= 1.34), and 150 rural females (mean age= 18.86, SD= 1.52). Three aspects of body image (physical appearance, physical orientation and body areas satisfaction) were identified by making use of Cash's multidimensional body self relations questionnaire. There were overall gender and locality difference in all the three aspects of body image. Female students' appearance evaluation, regardless of locality remained less positive, on average than male students' appearance evaluation. This trend however was more visible in case of urban participants. Likewise, females revealed higher appearance orientation than males. Also urban males and females were more dissatisfied with different areas of the body than rural males and females. The findings have potential mental and physical health implications.*

## **Sensation Seeking and Internet Addiction among Girls and Boys**

*Trupti Ambalal Chandalia\* and Minakshi D. Desai\*\**

*The aim of the present study was to find out the difference in internet addiction with reference to gender and sensation seeking among college students. The participants were 184 college students from the different colleges in the Rajkot city in Gujarat. The sample falls in the age range of 18-21 year. Sensation seeking scale constructed by Zukarman (1974) and Internet Addiction scale constructed by Yung (1998) were used to measure sensation seeking and internet addiction among college students. The data was analysed using 't' test. The result of t-test revealed significant difference in internet addiction between girls and boys. It was observed that the boys had high internet addiction than girls. It was also observed that the high sensation seeker college students exhibited more internet addiction than low sensation seeker college students.*

**Keywords:** *Sensation Seeking, Internet Addiction and College Students.*

## **Inculcating Industrial Values in Higher Education**

*Sameer J. Limbare\**

*Education plays a major in the development of a country. Contribution of values in higher education is desirable and important. The present study is explored the industrial values possessed by the industrial giants like TATA, Aditya Vikram Birla Group, Wipro, Infosys, and Tata Consultancy Services. The investigator has analyzed the industrial values and has suggested values needed in our higher education for being competitive and to excel in our field and also for development in Higher education. The study revealed that achievement motivation leads to better teaching and developing competence and sustaining character improves quality of faculty. Further the investigator found that we need to encourage creativity among teachers and students for research and avoid humility for consistent development of the faculty.*

**Keywords:** *Values, Industrial values, Higher Education.*



## **Potential Entrepreneurial Qualities and Emotional Intelligence in India's Future Business Intellectuals: An Empirical Study**

*Debasis Biswal\* and Indrani Mukherjee\*\**

*The Present study examines the relationship between entrepreneur Potentialities and emotional intelligence on a sample of 200 Engineering and Management students who were (selected through campus and placement service by top Corporate agencies as Tata consultancy service & IBM corporation). Both the sample was randomly selected from engineering and management Departments at University of Calcutta. All the respondents were administered the scale of Emotional intelligence and Entrepreneurship potentialities. Results showed: a positive, significant and high correlation between Emotional intelligence and Entrepreneurship Potential of both Engineering and Management students.*

**Keywords:** *Entrepreneurship, Emotional Intelligence, Intelligence Quotient.*

## **Psycho Socio Problems of Mothers of Children with Intellectual Disability**

*Hardeep Kaur\**

*Mothers are the primary caregivers to most of the children with intellectual disabilities, thus the extensive care giving generates lot of problems among them. The role of care giving may have somber impact on the mothers themselves and on the quality of relationships around them. The consequences of their role as a care giver to their child with intellectual disability can be seen on the family as a whole. It may also radically reduce the amount of quality time available for the siblings of the child with disability. Apart from this behavioural problem of the child intellectual disability may contribute to their emotional concerns. Financial constraints due to either co morbid conditions of the child or the other additional expenditures may prove to be taxing for the family as a whole and the mother in specific. This paper outlines the psycho social problems among the mothers of children with intellectual disabilities. The problems have been divided in emotional, financial, marital, social and sibling conflicts and behavioural problems of children with intellectual disability. A total of 27 mothers of children with intellectual disability were taken up as a sample for this study. The data was analyzed using frequency method. The results showed that under emotional problems 40.74% mothers reported aggressiveness in their behavior. Burden of child care (37.03%) and anger outburst amongst spouses (33.33%), were the major marital problems experienced by mothers. The main issues of financial constraints raised were expenditure on aids / sport goods (25.93%) and medical and co morbid conditions (25.93%) and miscellaneous daily expenditures (22.22%). Social problems stated by the mothers were lack of socialization (29.63%) and ridiculed at public places (22.22%). Some of the common behavioural problems listed by the mothers were violent behavior (25.93%) and problems related to life skills (29.63%).*

**Keywords:** *Psycho Socio Problems, Mothers, Children with Intellectual Disability.*

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I, Dr. S. N. Dubey, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Sd/-

Dr. Surendra Nath Dubey, Editor

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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.

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