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Aggression in Children with Learning Disability

Kiran Makhijani*

ABSTRACT

Aggression is an important social issue in the young people which causes immense distress and can be understood in various ways. The study was conducted to explore aggression being related to academic stress and learning disabilities. The students were instructed fill in all the required demographic details, after which they were told to read each sentence one by one and rate themselves on a scale of one to seven, one being extremely uncharacteristic of self and seven being extremely characteristic of self. The present study was thus conducted in order understand these pressures have a negative effect and are displayed through behaviour changes such as aggressive behaviour. The scale administered was the Buss and Perry aggression scale comprising of four different types of aggression- verbal aggression, physical aggression, anger and hostility. The t-test was used as the statistical method. The obtained t value was 1.27. The obtained t (1.27) was equal to the critical value of t at df 14 at the 0.05 level. The alternate directive hypothesis: "Aggression levels will be higher in children who have learning disability than those who don't have learning disability." was thus validated and accepted.

***Keywords**: Learning Disability, Aggression, social issue*

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INTRODUCTION

Aggression is an important social issue in the young people which cause immense distress. Aggression is a harmful, violent social interaction with the intention of inflicting damage or unpleasantness upon another individual. It either occurs in retaliation or even without provocation. Aggression is often defined as a response by an individual that delivers something unpleasant to another person. The operative definition of aggression may be affected by moral, or social or political views. Examples are the axiomatic moral view called the non-aggression principle and the political rules governing the behaviour of one country toward another.

Aggression can be understood in various ways. It can be conceptualized as a personality trait or having origins within a difficult temperament. In other words aggression may be inherent to the individual. One view of aggression identifies it is a symptom with or without intention or adaptive function. Aggression may also reflect a behavioural pattern that can be attributed to a syndrome, such as Lesch-Nyhan syndrome. A wide spectrum of aggressive behaviour is possible in the preschool age group. Shaw et al. described early aggressive behaviour as an "act directed toward a specific other person or object with intent to hurt or frighten, for which there is a consensus about the aggressive intent of the act". Shaw et al. suggested eight pathways to aggression with origins in early childhood are suggested. These include: the contribution of individual factors; the effects of disturbed family dynamics; parental characteristics and parenting practices; the impact of exposure to violence and the influence of attachment relationships. Other influences such as; aggression relating to psychiatric/medical syndromes; the influence of neurodevelopment pathways and psychodynamic explanations, such as aggressive behaviour in relation to mothers' reflective capacity. Several routes to Aggression have been proposed, no single factor is sufficient to explain the development

of aggressive behaviour. Longitudinal studies are sorely needed to observe aggressive behaviour in children and to monitor their developmental trajectories.

It can take a variety of forms, which may be expressed physically, mentally, emotional being communicated either verbally or non-verbally: anti-predator aggression, defensive aggression, offensive aggression, predatory aggression, dominant as well as non-dominant aggression, resident-intruder aggression, maternal aggression, species-specific aggression, sex-related aggression, territorial aggression, isolation- induced aggression, irritable aggression, and brain-stimulation-induced aggression. Physical and verbal aggression describes physical harm or insults or threat of such actions. Relational aggression refers to behaviors that cause emotional harm by manipulating or damaging a victim's relationships with his or her peers or by injuring one's feelings of group acceptance. Both physical and verbal aggression can be direct or indirect. There are two main broad categories of aggression which are commonly distinguished. One includes affective (emotional) and hostile, reactive, or retaliatory aggression that is a response to provocation, and the other includes instrumental, goal-oriented or predatory, in which aggression is used as a mean to achieve a goal.

A research has been conducted by *Nancy Rappaport, M. D. and Christopher Thomas, M. D.* to study aggressive and violent behaviour in youth. The purpose of study was to assess potential violent and aggressive behaviour in children and adolescents and to obtain empirical evidence on risk factors, impact of peers, developmental pathways, physiological markers, sub typing aggressive behaviours, and differences in patterns of risk behaviors between sexes. The study focused on individual factors such as gender, physiological markers, and social cognitive risk factors and on Social and environmental factors such as family factors, peers and gangs, gangs and females, and environmental and situational factors. The results showed that Aggression and violence

in youth have grave implications for the progression of psychiatric impairment, school difficulties, and legal involvement. As clinicians, it's useful to develop insight in regard to how to conceptualize and organize bio psychosocial information to guide patients and incorporate new information about treatment. Aggression subtypes were also identified. One way of identifying these subtypes was on the basis of the time of onset: childhood- onset (pre pubertal) or adolescent- onset. Childhood-onset antisocial behaviour was seen as rarer than adolescent-onset, typically 5–6% in the general population of young males, but it is associated with more seriously persistent violent behaviour and worse outcomes and is also more likely associated with neuropsychological deficits (e.g., impaired language and intellectual functioning, attention deficit hyperactivity disorder [ADHD]) and inconsistent discipline by parents when the child is young. Other subtypes of aggression emanate from multicultural studies – proactive aggression and reactive aggression. Children initiate proactive aggression to obtain specific rewards and establish social dominance. Proactive aggression involves a minimal level of physiological arousal and relates to predatory aggression. Conversely, reactive aggression or affective aggression involves the defensive use of force against a perceived threat or provocation. This defensive stance is triggered by activation of the fight-or-flight response, with a high level of physiologic arousal.

Different neuroanatomical chemical pathways were seen to underlie these forms of aggression. Affective/reactive aggression is characterized by impulsive/explosive anger and decreased levels of serotonin metabolites in cerebrospinal fluid. The autonomic activation is fear-induced and leads to irritability and hyper arousal. The present study was based on the past research of Md Shahinoor Rahman, Lailun Nahar - Bangladesh. The study was conducted to explore aggression in boys and girls as related to their academic achievement and residential background in Bangladesh. Another objective of this study was

to find out the consistency of the recent study of aggressive behaviour with previous research and to search for some predisposing causes of aggression and to explain their moderating effects. The Rationale of the Study was based on Social learning theory of aggression. People want to acquire self-respect, to become supreme, to avoid feeling of inferiority complex and try to dominate others in social life, household life and national or even in universal life. In this aspect the students of higher grade will try to dominate lower grade students and students of urban will try to dominate rural students showing more aggressive behaviour. Based on this logic, following hypotheses were framed.

METHOD

- H1: Boys will show more aggressive behaviour than Girls.
- H2: Students with high academic grade will show more aggressive behaviour than low academic grade students.
- H3: Students of urban areas will show significantly more aggressive behaviour than rural areas students.

Stratified random sampling technique was used and total 80 respondents constituted the sample of the study. They were equally divided into boys and girls. Each group was again equally divided into high and low grade. Each subgroup was again equally divided into urban and rural residential background. Thus the study used a 2 × 2 × 2 factorial design consisting of two levels of gender (boy/girl), two levels of academic achievement (high grade/low grade) and two levels of residential background (urban/rural). The Bengali version of measure of aggressive behaviour originally developed by Buss and Perry (1992) was used for the collection of data. It was found that regardless of gender, boys expressed more aggression than girls. Similarly, regardless of academic achievement, students with high academic grade will show more aggressive behaviour than low academic grade students. Finally, students of urban areas will not show significantly more aggressive behaviour than rural areas students.

Thus the differential treatment in gender, academic achievement and residential background provides a new dimension in understanding aggression in rural and urban boys and girls.

Scientists have found biological evidence that stress and aggression feed off of each other, contributing to a "cycle of violence" that can be tragic. The Cycle of Violence depicts a pattern often experienced in abusive relationships. The three phases repeat over and over. The three stages include the tension building phase, explosion and honeymoon phase. When students are under stress, they are more likely to fly off the handle, and when we fly off the handle, that increases the level of stress.

In the recent years there has been increasing stress in student's life having various ways/outlets to express, one of them being aggression. There are many students who also who face problems in learning (learning disabilities) and coping with the same. Some children are able to handle the pressure and some are not able the pressure. Therefore this pressure can take form of aggression.

The present study was thus conducted in order understand these pressures have a negative affect and are displayed through behaviour changes such as aggressive behaviour. Innumerable studies and researches have been conducted in order to understand the same. Research studies have also been conducted to study aggression in relation to gender and birth order, in relations with gender, residence and social stratification, cultural differences.

Hypothesis

Alternative directional hypothesis

Aggression levels will be higher in children who have learning disability than those who don't have learning disability.

Alternative non directional hypothesis

There is a difference in the levels of aggression in children who have learning disability than those who don't have learning disability.

Independent variable

- Normal students
- Students with learning disability

Dependent variable - Aggression

Controls

The controls maintained were that the age range was restricted from age 12-16 and only school going English speaking children were included in the study. Other factors such as no past family history, other comorbid childhood disorders were also ruled out.

Sample and sample size

The sample was collected using the stratified sampling method from various ICSE and SSC schools in Mumbai. The sample size was thirty students are were divided equally into groups, that is fifteen students were children who didn't have any learning disability and fifteen students who had learning disability.

Scale administered

The scale administered was the Buss and Perry aggression scale. The Buss-Perry Aggression Questionnaire represents a revision of the Buss-Durkee Hostility Inventory, including revisions of the response format and item content to improve clarity. Although, as with the Buss-Durkee scale, items for 6 a priori subscales were initially included in this measure, item-level factor analyses across three samples confirmed the presence of only 4 factors, involving Physical Aggression, Verbal Aggression, Anger, and Hostility. Items which were included in a planned resentment subscale appeared

to load with hostility and the items from a planned indirect aggression subscale appeared to be disturbed across to other factors.

The test comprises of 29 items measuring verbal aggression, physical aggression, hostility and anger. The participants are expected to rate themselves on a scale of 1 – 7, one being extremely uncharacteristic of me and 7 extremely characteristic of me.

Internal consistency for the four subscales and total score range from. 72 (Verbal Aggression) to .89 (Total BPAQ score). Retest reliability for the BPAQ over nine weeks is also satisfactory (correlations ranged from.72 for Anger to.80 for Physical Aggression and for the total score; Buss & Perry, 1992). Research shows substantial evidence for construct, convergent, criterion, and discriminant validity for the AQ-12, while the evidence for the

AQ-15 is less abundant due to a lower number of studies having used it so far AQ-12. While developing the AQ-12, Bryant and Smith (2001) were careful to provide copious evidence regarding the short form's validity using multiple samples and advanced statistical analyses.

These efforts appear to have been fruitful. Specifically, Tremblay and Ewart (2005) conclude from their own confirmatory factor analyses "that the refined [AQ-12] scales with their reduced number of items do not suffer a large reduction in construct validity. In some cases they perform as well as the original AQ scales or better". Moreover, these authors present evidence for criterion-related validity that shows different correlational patterns between AQ-12 subscales and various criteria, such as five-factor personality dimensions and alcohol-related individual differences, in a sample involving Canadian undergraduates.

The students were instructed fill in all the required demographic details, after which they were told to read each sentence one by one and rate themselves on a scale of

one to seven, one being extremely uncharacteristic of self and seven being extremely characteristic of self.

The students were also explained the rating scale to avoid errors. The scores were obtained by summing the ratings itself. Two items were reversed scored.

Statistical method

The independent t-test also called the two sample t-test is an inferential statistical test that determines whether there is a statistically significant difference between the means in two groups was used.

RESULTS AND DISCUSSION

Table 1

Shows Total Mean and Standard Deviation Learning Disability Students and Normal students

	Group 1: Learning Disability Students	**Group2 : Normal Students**
Total Means	118.2	109.3
SD	4.95	19.79

Table 2

Shows Subscale Means

Type of Aggression	**Learning Disability Students**	**Normal Students**
Verbal Aggression	20	18.6
Physical Aggression	30.6	30.6
Anger	28.3	25.3
Hostility	31.2	26.9

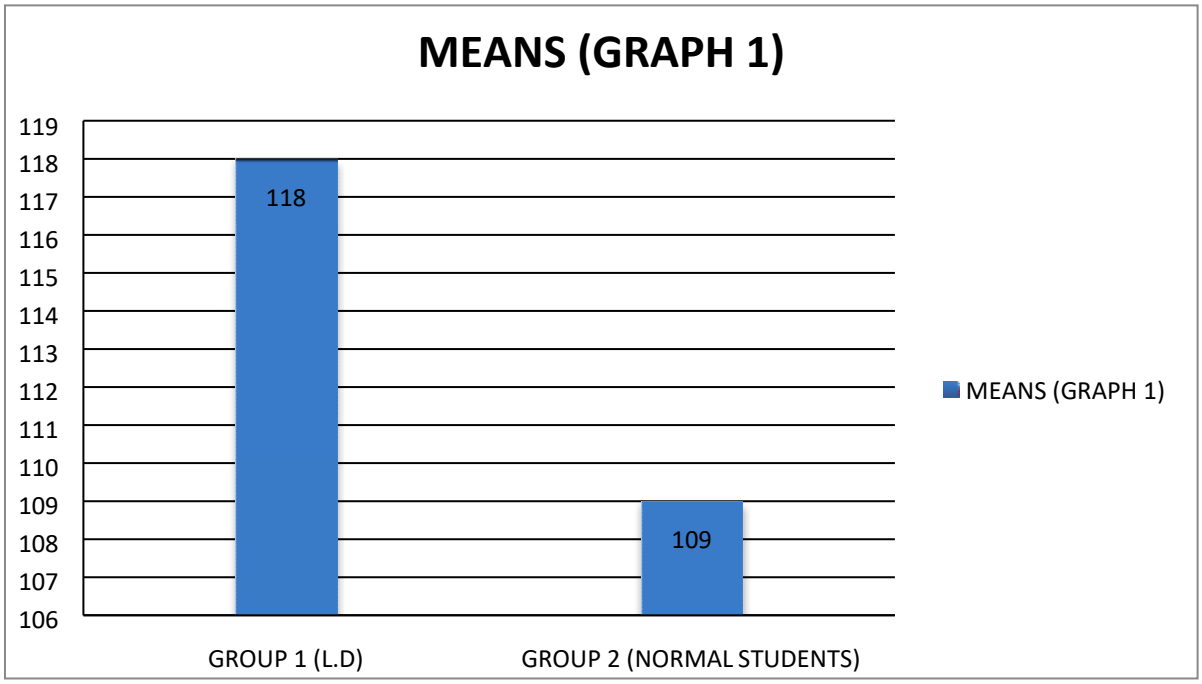

Figure 1: Shows Mean for Group and Group 2

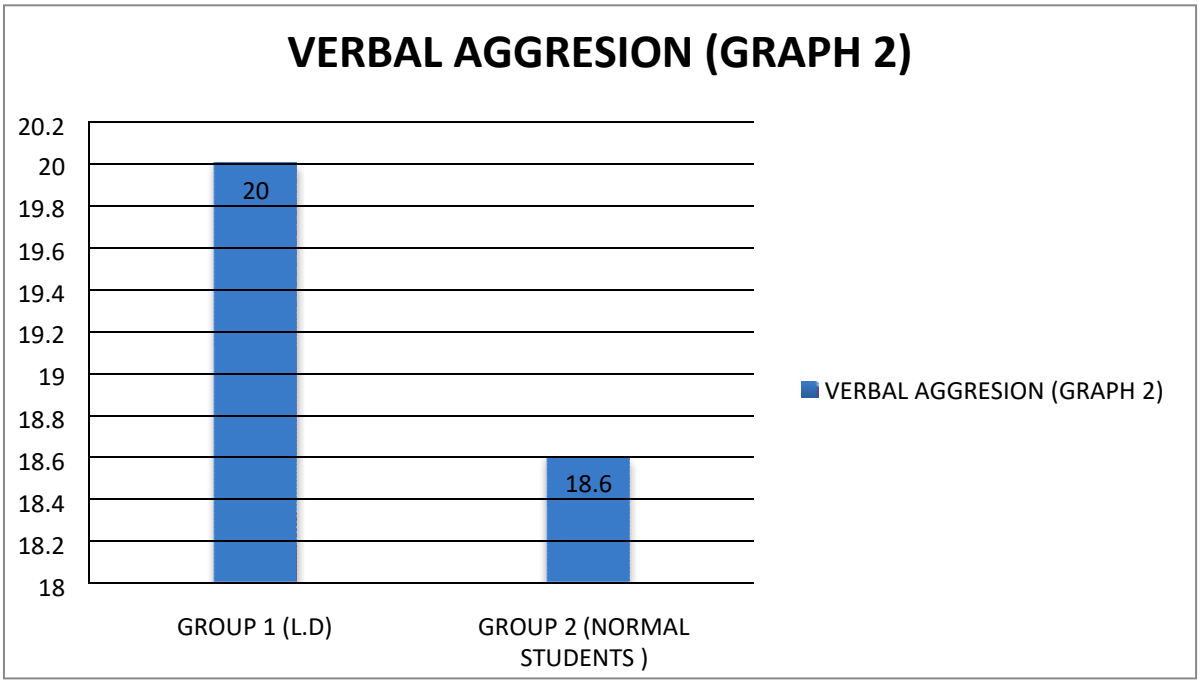

Figure 2: Shows Mean for Verbal Aggression of Group and Group 2

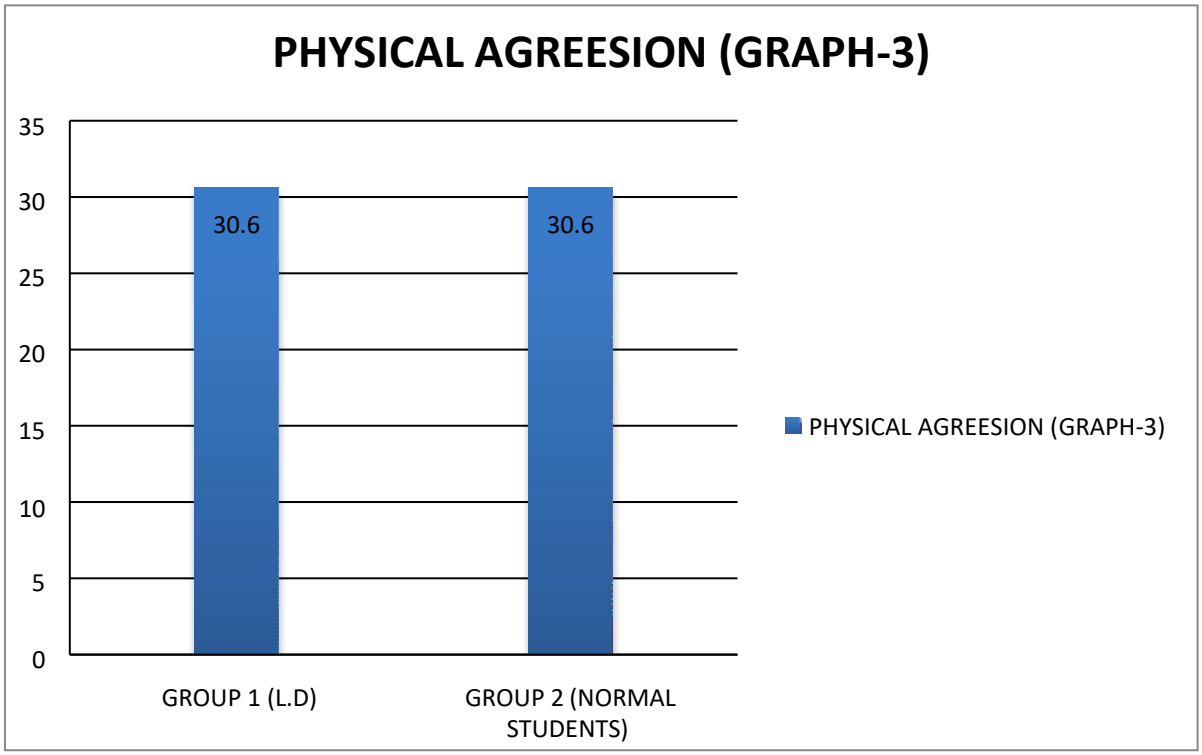

Figure 3: Shows Mean for Physical Aggression of Group and Group 2

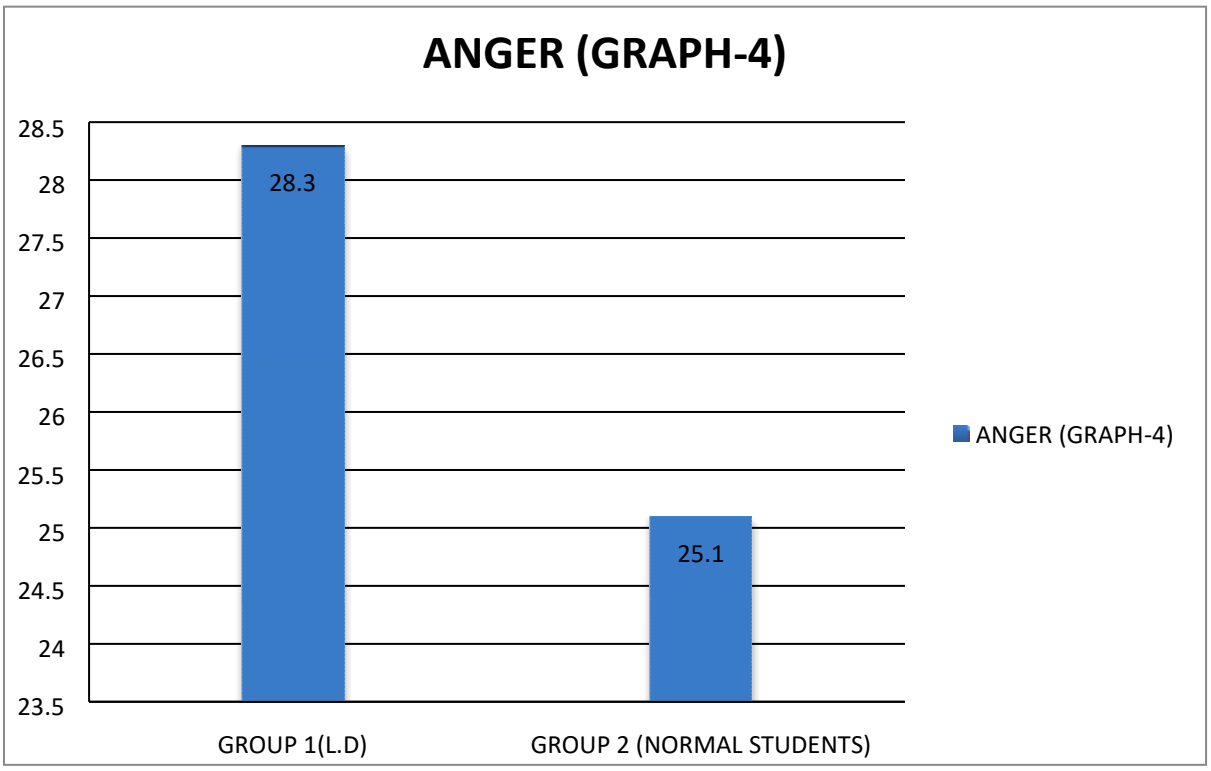

Figure 4: Shows Mean for Anger of Group and Group 2

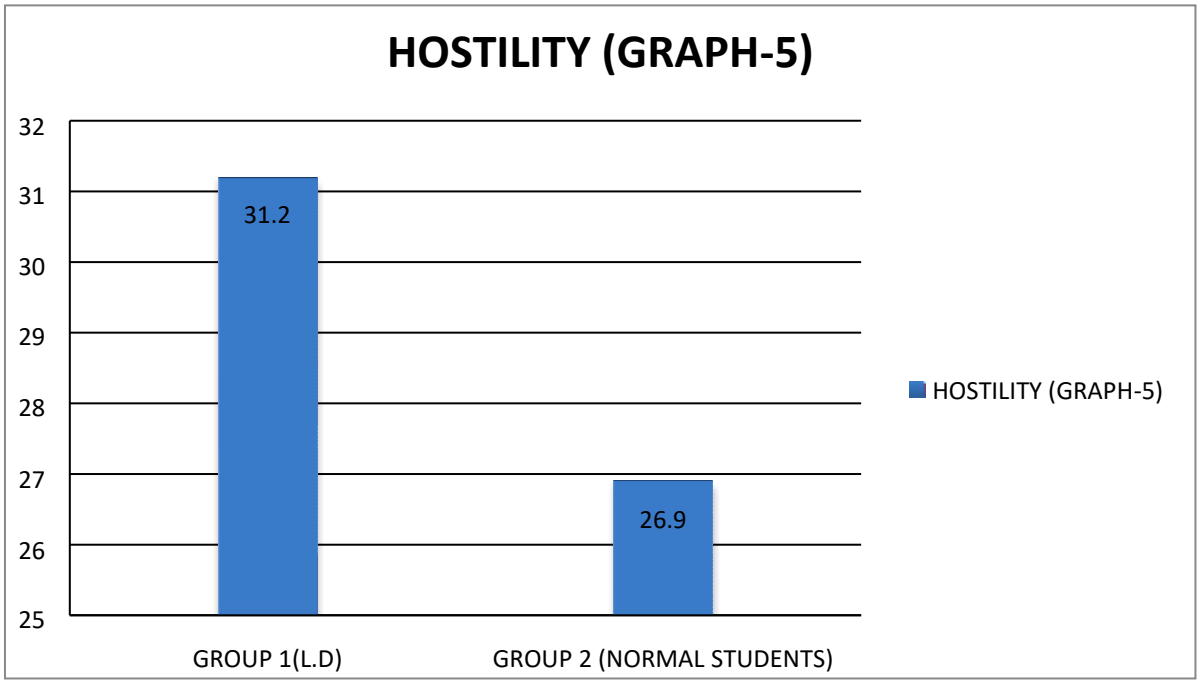

Figure 5: Shows Mean for Holistic of Group and Group 2

The mean for group1 (Learning disability students) was 118.2 which was higher than the mean for group2 (students without learning disability) being 109.3. [Table1] [Bar graph1] Since the scale measures four different aspects of aggression, that is verbal aggression, physical aggression, anger and hostility the means for each was also obtained.

The mean obtained on verbal aggression for group 1 was 20 being higher than the mean for group 2 being 18.6 [Table2].

The obtained mean on physical aggression for group 1and group2 was the same (30.6) indicating no difference on physical aggression [Table2].

Group 1 mean on anger items was 28.3 which are higher than group 2 mean on anger (25.1) [Table2].

On the hostility items the means for group 1 and 2 was 31.2 and 26.9 respectively group1 having a higher mean than group2 [Table2].

After the total means were calculated, the t-test was then calculated. The obtained t value was 1.27. The obtained t (1.27) was equal to the critical value of t at df 14 at the 0.05 level.

The alternate directive hypothesis: "Aggression levels will be higher in children who have learning disability than those who don't have learning disability." was thus validated and accepted.

The alternate non directional hypothesis: "There is a difference in the levels of aggression in children who have learning disability than those who don't have learning disability." was also accepted and validated.

Discussion

As mentioned earlier the obtained means were significantly higher for students in group1 than the students in group2. When statistical analysis was done it was found that the obtained value and the critical value for df 14 were seen to be equivalent, thus validating the alternate hypothesis. The study was conducted in order understand if additional academic pressures lead to aggression as an outlet. The results show that students who have a learning disability (group1) are more likely to let their pressures to come out in the form of aggression. This can happen because these children face more pressures than a student who doesn't have a learning disability as these students may even feel insulted since they may be bullied or maybe made fun by others for getting special privileges in terms lenient paper checking, ignoring of spell checks, exemption from certain subjects etc. Children with learning disability face certain level of subtle differentiation which may result into low self-esteem, unconscious and hidden fears which in turn may result in covert aggression. Along with peer pressure, such students also face a lot of pressure from their families. Many parents don't understand their children's problems and end up pressuring them. The pressure interferes with their development and impacts their self-esteem and self- confidence negatively.

Since the sample was small, it can be considered as a pilot research and definitive conclusion cannot be made.

CONCLUSIONS

The purpose of the study was to study aggression in children who face different academic pressures. The students were made to rate themselves on a 7 point likert scale. The t test was done and the results were significant.

The current study can help gauging traits of aggression in children and help in preventing aggressive behaviours.

The current analysis relied solely on child respondent assessments of their aggressive tendencies. Previous analyses have shown that children identified as being "highly" aggressive can differ considerably depending on who is being asked (parent, child or teacher), and we should not necessarily expect behavioural consistency across situations (Sprott & Doob, 1998).

Since the sample was small, it can be considered as a pilot research and definitive conclusion cannot be made.

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The Relationships between Aggressiveness, Peer Pressure and Parental Attitudes among Turkish High School Students. (n.d.).

Comparative study of stress and non specific musculoskeletal pain (chronic fatigue syndrome and low back pain) among adults

Dr. Arora, Khushboo*

ABSTRACT

Study focuses on only pain related complications due to stress that are called Somatoform disorder, the relation of stress to Somatoform disorder that are being studied are Chronic Fatigue Syndrome(CFS) and Non Specific Musculoskeletal Low Back Pain. The study explores and compares the relationship between low back pain, chronic fatigue syndrome and impact of emotional state (stress). A purposive sampling technique was used to collect the data from two OPD. The total sample size was 120 subjects with the age group of 25-35 and 36-45 years of both sexes. The correlation between all the categories was significant at 0.05 and 0.01 level which shows that stress and low back pain is highly related in all age groups and sex. The male suffer more in stress and low back pain i.e. 66.6% in both categories 25-35 and 36- 45 years. 73.4% male experience low back pain and 66.6% of stress. The study indicates that when stress is high then automatically chronic fatigue syndrome is high and vice versa. The percentage of stress in male and female is same in 25 – 35 years i.e. 60% in each. But the chronic fatigue syndrome male experience 46.6% where as female 26.6% in high categories. In 36- 45 years stress is more in males i.e. 66.6%, but in chronic fatigue syndrome female experience more i.e. 60% and male 26.6% only. The result of the present study indicates that male in all the categories experience more stress and chronic fatigue syndrome, stress and low back pain in two age groups. This shows very clearly that female coping strategies in all the categories are better than males. But, there is statically high correlation in all the four categories and as well as in gender.

Keywords: *Chronic fatigue syndrome, Low back pain, Stress, Tension myositis syndrome*

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INTRODUCTION

Stress is very common in modern times. Stress affects most people in some or other way. Acute stress leads to rapid changes through the body. Chronic stress can have real health problems like other diseases (Heart disease, immune system, and Gastric problem, Diabetes, Psychological Disorders and even Cancer). It can be experienced by external and internal factors. The study focuses on only pain related complications due to stress that are called somatoform disorders, the relation of stress to somatoform disorders that are being studied are chronic fatigue syndrome(CFS) and non specific musculoskeletal low back pain.

Chronic Fatigue Syndrome (CFS) is a somewhat controversial disease due to its lack of objective findings in patients. CFS is unexplained, persistent or relapsing fatigue that is of new or definite onset; is not the result of ongoing exertion; is not alleviated by rest; and results in substantial reduction in previous levels of occupational, educational, social or personal activities. It is diagnosed on the basis of four or more of the following symptoms that persists or recurs during six or more consecutive months of illness and that do not predate the fatigue

- Self-reported impairment in short term memory or concentration
- Sore throat
- Tender cervical or axillary nodes
- Muscle pain
- Multi-joint pain without redness or swelling
- Headaches of a new pattern or severity

- Unrefreshing sleep
- Post-exertion malaise lasting over 24 hours

Low back pain is a very common health problem amongst population and a major cause of disability that affects work performances and well-being. Low back pain can be acute, sub acute or chronic. Though several risk factors have been identified such as occupational posture, depressive moods, obesity, body height or age, the causes of the onset of low back pain remain obscure and diagnosis difficult to make.

Thus this study is very much needed and it aimed to compare the describe and explore the relationships between low back pain, chronic fatigue syndrome and role or impact of emotional state (stress).If the correlation of stress and chronic fatigue syndrome or stress and low back pain is established then it would be helpful for the diagnosis and treatment and can be a pioneer study.

Review of Literature

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METHOD

Aim

To compare and explore the relationship between low back pains, chronic fatigue syndrome and impact of emotional state (stress).

Locales of the study

The collection of subjects for the study has been selected from the OPD of various hospitals.

Sample design

These samples are selected by convenient sampling technique (Purposive sampling technique)

Study design: comparative study

Parameters of study

Independent Variable- Chronic Fatigue Syndrome

Low Back Pain

Dependent Variable- Stress

Controlled Variable- Age (25-45)

Working class (Job or Business)

Tools

- General assessment Performa
- Cohen Perceived Stress Scale
- Questionnaire for Chronic Fatigue Syndrome
- Ronald Morris Questionnaire for Low Back Pain

Note: The tools used were reliable and valid

RESULTS

The correlation between all the categories were significant at 0.05 and 0.01 level which shows that stress and low back pain is highly related in all age groups and sex. The male suffer more in stress and low back pain i.e. 66.6% in both categories 25- 35 and 36- 45 years. 73.4% male experience low back pain and 66.6% of stress. Male excel in both the categories.

Table 1

Shows the Stress and Low Back of all Age Groups and Sex

S. No.	Age Group	Sex	r	Percentage High (Stress)	Percentage Moderate (Stress)	Percentage High (LBP)	Percentage Moderate (LBP)
1	25 - 35	Male	0.90**	66.6%	33.4%	66.6%	33.4%
		Female	0.61**	53.4%	46.6%	66.6%	33.4%
2	36 - 45	Male	0.94**	66.6%	33.4%	73.4%	26.6%
		Female	0.70**	60%	40%	60%	40%

** $p < 0.01$

The correlation between all the categories are significant at 0.05 and 0.01 level which indicates that when stress is high then automatically Chronic fatigue syndrome is high and vice versa. The percentage of stress in male and female is same in 25 – 35 years i.e. 60% in each. But the chronic fatigue syndrome male experience 46.6% where as female 26.6% in

high categories. In 36- 45 years stress is more in males i.e. 66.6%, but in chronic fatigue syndrome female experience more i.e. 60% and male 26.6% only.

Table 2

Shows the Stress and automatically Chronic Fatigue Syndrome

S. No.	Age Group	Sex	r	Percentage High (Stress)	Percentage Moderate (Stress)	Percentage High (CFS)	Percentage Moderate (CFS)
1	25 - 35	Male	0.88**	60%	40%	46.6%	53.4%
		Female	0.80**	60%	40%	26.6%	73.4%
2	36 - 45	Male	0.77**	66.6%	33.4%	73.4%	26.6%
		Female	0.85**	60%	40%	60%	40%

** $p < 0.01$

DISCUSSION

The socio-demographic characteristics of the present study were working class individuals which were divided into two age groups that are 25-35 and 36-45 years. These age groups are more susceptible to low back pain. Total sample size was 60. In the same type of study that is stress related back pain the John Sarno, MD, a physician and professor of physical medicine and rehabilitation at New York University, has recently popularized the idea of stress-related back pain, which he terms **"Tension Myositis Syndrome" (TMS),** although the concept can be traced to as early as the 1820s.

But today some doctors look primarily (and only) for structural "explanations" for back pain, convince their patient that the "finding" is the cause of the pain, implant fear in the patient,

and then recommend “justifiable" treatment. However, if the true cause of the back pain is stress-related, then the multiple physical treatments will fail and cause the patient more distress.

The present study also signifies that low back pain has strong relations with stress in regards to the term tension myositis syndrome.

The socio-demographic characteristics of the present study were working class individuals which were divided into two age groups that are 25-35 and 36-45 years. These age groups are more susceptible to chronic fatigue syndrome. Total sample size was 60. In the related study that is Emotional Suppression in Chronic Fatigue Syndrome: Experimental Study. Which was conducted by Katharine A. Rimes has concluded as Chronic Fatigue Syndrome patients have higher autonomic arousal in the emotional distressing task. Higher levels of autonomic arousal were associated with greater increases in post task fatigue for the CFS patients.

In the other study that is An Exploration Of Impact Of Chronic Fatigue Syndrome and Implications for Psychological Service Provision which was conducted by Katie Thomas.Bailey Bosch study indicate that social support is greatly lacking in the experience of CFS and that there is a critical for the supportive psychological services as a part of a holistic treatment plan of CFS.

The present study also signifies that there is a strong relationship of stress in CFS patients.

CONCLUSION

The result of the present study indicates that male in all the categories experience more stress and chronic fatigue syndrome, stress and low back pain in two age groups. This

shows very clearly that female coping strategies in all the categories are better than males. But, there is statically high correlation in all the four categories and as well as in gender.

Implications

This study is a pioneer for the effective treatment of low back pain and chronic fatigue syndrome because it shows strong relationship of stress with both variables. So the psychological interventions can be added to management plan.

Limitations

The study is limited to 25-45 years of adults of working class.

Ethical clearance

The study was conducted after the approval of research committee of the college, in the OPD of hospitals. The purpose and details of the study was explained to the study subjects and assurance was given regarding confidentiality of the data collected.

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Relationship of transformational and liassez leadership with intrinsic motivation and job satisfaction of the of the employees

Sakshi seth*

ABSTRACT

The present study is an explorative study which explores the relationship between leadership styles i.e transformational and liassez leadership with intrinsic motivation and job satisfaction. For the fulfillment of the aim a total of 110 employees were taken (10 leaders and 100 followers), the age group of the sample ranges from 25 to 40 years, and the designation of the leaders studied were the head of the department and 10 followers under each leader was kept constant. The data was collected in total from 5 departments i.e. marketing, finance, production, HR and accounting. 2 leaders from each department were taken. Mean for different sectors and variables were taken. For collecting the data snowball technique of sampling was used and statistical tool of correlation coefficient was used to study the relationship between variables.

Keywords: *Transformational, Intrinsic Motivation, Job Satisfaction, Leadership*

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INTRODUCTION

Job Satisfaction and Leadership

Among the different factors that relationship the satisfaction level of an employee one of the most influential factors is the leadership. There are several researches which have proved that satisfaction of an employee is affected by the leadership of the manager/leaders (Woods and King, 2002; Northouse, 2004; Chen and Silverthorne, 2005; Rad and Yarmohammadia, 2006). According to Eskildsen and Nussler (2000) stated that employee satisfaction is relationshiped by the employee perception of their job and the organization for which they work for. And the perception of leadership behavior is an important predictor of employee job satisfaction and commitment (Jaskyte, 2004).

Many of the previous studies have studied the relationship between employee job satisfaction and leadership behavior in various setting such as healthcare, military, education, business organization (Chen & Silversthorne, 2005).

Some researchers have discovered that different leadership styles will engender different working environment and directly affect the job satisfaction of the employees (Bogler. 2001, 2002; Timothy & Ronald, 2004). Hence, the significant relationship of leadership style on job satisfaction does not differ between west and eastern countries and can be considered as an important factor in the success or failure of the organization. (Lok & Crawford, 2004).

Erkutlu and Chafra (2006) found that laissez-faire leadership style in a boutique hotel led to negative results in organizational performance such as low satisfaction, high stress and low commitment by followers.

The relationship between leadership and satisfaction is not only studied in the environment of

organization, but researches have also studies the relationship in sports (Andrew, 2004; Nazarudin et al., 2009; Weiss & Friedrich, 1986; Nemanich & Keller, 2007)

In past there have been number studies which explored the relationship between job satisfaction and transformational leadership style. Researchers have reported that transformational leadership style is positively correlated with the level of job satisfaction of different sectors as compared to other style like Laissez faire (Sulieman Ibraheem et al., 2011; Voon et al., 2011; Emery and). According to researchers like Bartolo & Furlonger (2000) the leadership style plays an important role in the organization to influence employee's job satisfaction. Also the four dimension of transformational leadership are also found to be positively correlated with job satisfaction level (Sulieman et al., 2011; Fatima et al., 2011).

There are many of the studies which has shown that the leaders who use transactional leadership usually increases the job satisfaction level of the employees (; Gilli et al., 2010; Shurbagi & Zahari, 2012; Mohammad et al., 2011; Riaz & Haiser, 2010; Albion & Gagliardi, 2011; Nielson et al., 2009)

Motivation and Job Satisfaction

Generally extrinsic motivation was defined as when one person was performing a job under the feeling of pressured, tension or anxiety as he wanted to achieve certain desired result (Lindenberg, 2001). Extrinsic motivation would include components like remuneration, working conditions, autonomy, job security, fringe benefits, bonuses and promotion in position (Ryan & Deci, 2000). According to the theories of motivation extrinsic motivation played a vital role in harnessing employee job satisfaction.

Ritter and Anker (2002) also concluded that job security was one of the other important

extrinsic factor that has a direct relationship with satisfaction. Promotion and pay also has a direct relationship with job satisfaction (Rehman, et al., 2007).

Motivation and Leadership

Motivation level of the employee is affected by many factors like leadership. There are many researches done in past supporting the notion that motivation level of the employee is affected by the leadership style of the leader. For example the researches done by Tutar and Oth (2009) supports that the transformative leadership style relationships the motivation level of the employee.

Leadership style of a leader or manager could either motivate or de-motivate employees which in turn could affect the performance of the employee. There have been number of studies done to show the relationship of transformational leadership on motivation level. These studies have been carried in different sector. For example Bass (1997) found the relationship of transformational leadership on the military personnel motivation level. Avolio et al., (2004) studied the same relationship in the sector of health care. Mary (2005) showed the strong relationship between transformational leadership and motivation in a social work setting. Thoonen et al (2011) investigated the relationship of same relationship on the self efficacy of the teachers.

Many of the previous researchers have shown that transformational leaders have a positive relationship on the motivational level of the employees (Masi & Coke, 2000; Sparks & Schenk, 2001).

Judge and Piccolo (2004) showed that there is a positive correlation between the motivation level, transformational leadership and the contingent reward. Also Barbuto (2005) pointed out that transformational leadership and its four components are positively correlated

with the intrinsic motivation level of the person.

METHOD

Hypothesis

a) Transformational leadership will have positive relationship with intrinsic motivation and job satisfaction.
b) Intrinsic motivation and job satisfaction will have positive relationship.
c) Laissez leadership will have negative relationship with intrinsic motivationand job satisfaction of employees

Sample

To collect the sample, non-probability sampling technique of snowball was used. The range of age was kept 25 to 40 years. The designation was the head of the departments and the followers under him or her. The group A included the leaders and the group B included the followers of the leader.

Design of Study

This study is an explorative in nature. The present study tries to explain the relationship between leadership style, motivation and job satisfaction with the help of five sectors. Group A: leaders (2 leaders from 5 sectors. In total 10 leaders)Group B: followers (10 employees under each leader. In total 100 employees)

The data for different sector was collected from different organization. The designation was kept constant that id the department head and the followers under him or her, though gender differences were not considered. The educational qualification was according to the policies of the company.

Tools Used

There were in total three psychometric tools were used *Work motivation scale* (inter scorer reliability of the test is 0.98. The split half reliability came out to be 0.89. Though the test is reliable but do not have the validity); *Multifactor leadership questionnaire (MLQ)*: (range of 0.81 to 0.96, using spearman brown's reliability formula, test-retest reliability of the test ranged from 0.44 to 0.74 for self rating and 0.53 to 0.85 for the rating of others.). For measuring job satisfaction employees were asked one question to overall rank their job out of 7 in accord to the level of satisfaction they have from their present job. The subjects were asked to rank their job on scoring 1 to 7 where 1, 2 and 3 shows the dissatisfaction, 4, showed indifferent attitude and 5.6 and 7 showed the satisfaction level.

Procedure

In order to collect the complete data randomly different companies under different sectors were selected. First a telephonic call was done to take the appointment to meet them. They were ensured about the confidentiality of the data. Once the appointment was taken, face to face interaction was taken and at this time only questionnaire was filled by the participants. After the data was collected the statistical tool of correlation was used and analysis was done with the help of SPSS software.

Statistical Tool

To study the relationship the statistical tool of correlation was used. SPSS tool was used to do the calculations.

RESULTS AND DISCUSSION

After analysis the data on SPSS for different variables, according to the tools to be used the following results were seen and the same will be discussed.

Table 1

Showing Correlation Matrix for the Variables

	JS	Imot
II	0.868**	0.96**
IM	0.608*	0.719**
IS	0.547	0.658*
IC	0.654*	0.693*
LL	-0.697*	-0.80**
JS	1.00	0.425**

** p < 0.01, *p < 0.05

Note: LL- laissez motivation; IC- individual consideration; IS- intellectual stimulation; IM- inspirational motivation; JS- job satisfaction;II-idealized influence; Imot- intrinsic motivation

Table 2

Showing Mean and Standard Deviation for Variables

	Mean	Standard Deviation
II	8.7	2.003
IM	8.6	1.42
IS	9.3	0.67
IC	10.6	1.07
LL	5.8	1.54
JS	5.43	1.66
Imot	87.05	12.17

Note: LL- laissez motivation; IC- individual consideration; IS- intellectual stimulation; IM- inspirational motivation; JS- job satisfaction; II-idealized influence; Imot- intrinsic motivation; **- significant at 0.01 level;*- significant at 0.05 level

Hypothesis 1: transformational leadership will have positive relationship with intrinsic motivation and job satisfaction.

Transformational leadership has been studied with the help of four components that are individual consideration, intellectual stimulation, inspirational motivation and idealized influence. The correlation coefficient calculated to find the relationship between the idealized influence and intrinsic motivation came out to be 0.96 ($p<0.01$) (table 1). Indicating *idealized influential* behavior of the leader would have a positive relationship with the intrinsic motivation of the employees. The correlation coefficient calculated to find the relationship between the idealized influence and job satisfaction level came out to be 0.868 ($p<0.01$) (table 2). The strong value of the correlation shows that the idealized influential behavior of leader would have a positive relationship with job satisfaction of the employees.

The strong correlation value of job satisfaction and intrinsic motivation with idealized influence shows that idealized influence will have a positive relationship with both the variable. Idealized influence is the ability of the leader to make their followers have confidence on him and appreciate him or her. If the leader is not able to make his or her followers believe in him or her, he or she will not able to lead. The followers try to imitate the leaders with idealized influence, hence, the greatest success of leader who richer a high level of confidence and appreciation with his followers. This characteristic of transactional leader increases the motivation and job satisfaction level of the employees. This dimension of transactional leadership motivates subordinate to go beyond self-interest for the good of the group (Avolio & Bass, 2004).

Also, the level of satisfaction they get also increases. When the followers get an opportunity to choose their leader, as their role model they get satisfaction that they are on the right track. Also, imitating their own role model or leader and getting the feedback, boost their level of satisfaction they have from their work. This type of environment in the organization not only gives them satisfaction that they are on right track, but also have a satisfaction that they are developing not only professionally but also personally. This level of

satisfaction that they get improves their commitment toward their organizational goal and personal goal.

The correlation coefficient calculated to find the relationship between the *inspirational motivation* and intrinsic motivation came out to be 0.719 ($p<0.01$) (table 1). Indicating inspirational motivation behavior of the leader would have a positive relationship within the intrinsic motivation of the employees. The correlation coefficient calculated to find the relationship between the inspirational motivation and job satisfaction came out to be 0.608 ($p<0.05$) (table 2). Showing that the inspirational motivation behavior of the leader would have an positive relationship on the job satisfaction of the employees

The positive strong correlation value for both intrinsic motivation and job satisfaction with inspirational motivation showed that inspirational motivation behavior of leaders have a positive relationship with job satisfaction and intrinsic motivation of the employees. Inspiration motivation describes the managers who motivate associates commit to the vision of the organization. Managers with inspirational motivation encourage team spirit to reach goal of increased revenue and market growth for the organization. According to Bass et al., (2003) transformational leaders act in a manner that inspire and stimulate those concerning them by bestowing challenges and meaning of their follower's work. Team spirit is installed. Followers of such leader show eagerness and positive thoughts. Leaders becomes followers encompasses in envisioning appealing upcoming states, they clearly communicated the expectation that followers desire to encounter. This motivates the employees intrinsically. Also transformational leaders using this characteristic are able to inspire their followers by talking optimistically about the future, by adding enthusiasm and vision to the goal that are to be achieved (Kuehneisen, 2013).

The correlation with *job satisfaction* came out to be significant 0.608 ($p<0.05$). This means that inspirational motivation has a positive relationship with job satisfaction level of

the employees. As the leaders motivate a clear communication with his or her followers this practice give followers a good level of satisfaction. The inspiration and the motivation given by the leader to the give employees satisfaction that they are having a vision according to which they are working

The correlation coefficient calculated to find the relationship between the *intellectual stimulation* and intrinsic motivation came out to be 0.658 ($p<0.05$) (table 1). Indicating intellectual simulation behavior of the leader would have a positive relationship with intrinsic motivation of the employees. The correlation coefficient calculated to find the relationship between the intellectual stimulation and job satisfaction came out to be 0.547 (table 2). This value for correlation was insignificant, showing that intellectual simulative behavior of leader does not have a significant relationship with the job satisfaction of the employees.

The positive correlation value between intellectual stimulation and intrinsic motivation showed that intellectual stimulation have a positive relationship with intrinsic motivation of the employees. This means that as the intellectual stimulation characteristic of a leader would increase the intrinsic motivation of employees would also increase. On contrary to this, the correlation value of intellectual stimulation with job satisfaction came out to be insignificant i.e. intellectual stimulation do not have relationship with job satisfaction level of the employees. Therefore, our hypothesis stating that intellectual stimulation will have a positive relationship with the intrinsic motivation and job satisfaction level of the employees has been partially rejected, the results show only relationship with intrinsic motivation but not with the job satisfaction.

Intellectual stimulation is to be innovative and creative. Leaders do this by questioning assumption, reframing setbacks and approaching old situations in new ways. There is no area criticism of individual member's mistakes and creativity of every individual is inspired and accepted. Followers are inspired to endeavors new ways and their thoughts are

not disapproved because they differ from the leader's ideas. This practice of leader increases the motivation level of the employees as it, as they are able to show their creativity in their view. As the employees know that their creativity will not be suppressed and their mistakes will not be criticized, they get more motivated to show their creativity and their original self. Leaders under this consideration allow their followers to question their own assumptions and let their followers think the old problem with a new perspective and let their new ideas come out. This leads to two outcomes; the old problem gets the solution according to the present situation and the time and also helps the leader to bring out the internal creativity of the employees. This transformational behavior allows the followers to have multiple views of an approach of the issues and permitted them to use their innovation and creativity to solve the problems.

In contrary to the relationship between intellectual stimulation and intrinsic motivation there was a statistically insignificant value was found between the job satisfaction level and the intellectual stimulation of the employees. This result is in contrary to many of the researches as; many researchers have proved that transformational leadership and its components have a positive relationship on the job satisfaction level of the employees. But at the same study a recent study done by Long et al., 2014 showed that intellectual stimulation do not have any relationship on the job satisfaction level of the employees. Therefore, one can say that there are mix result regarding the relationship of intellectual stimulation and job satisfaction of the employees. Also, Omar and Hussin (2012) supported the notion that there is no significant correlation between intellectual stimulation and job satisfaction.

The correlation coefficient calculated to find the relationship between the individual consideration and intrinsic motivation came out to be 0.693 ($p<0.05$) (table 1). Showing that the individualist consideration behavior of the leader would have a positive relationship with the intrinsic motivation of the employees. The correlation coefficient calculated to find the

relationship between the individual consideration and job satisfaction came out to be 0.654 ($p<0.05$) (table 2). This imply that individualistic consideration of an transformational leadership have a positive relationship with job satisfaction

This behavior of transformational leadership include describes managers who act as coaches and advisors to the associates. This means that leaders coach and guide their followers toward the goal and help them to reach the goal. This attention and the quality of guidance they get motivate them intrinsically to work better and improve their satisfaction from the guidance and the work they do. Transformational leaders are likely to engage in charisma or individual consideration behavior which includes coaching and close supervision (Bass, 2008). This type of coaching usually motivate the employees as they have the feeling of being special and being treated as an individual rather than just a part of the group. Also, researchers like Yang (2009) have also shown that individual consideration is significantly positively correlated to intrinsic motivation of the employees.

In this transformational behavior, leaders pay attention to the development of each individual in the group and to the each individual's potential. They coach and take time to train their staff. They pay attention to individual differences and create an environment in the organization where each individual could grow. This type of environment motivate the employee to work toward the goal as they have intrinsic motivation of been developed of their skills and potential.

Individual consideration ascertain what motivates the follower as an individual and occurs when leaders gives attention to differences of their followers. Individualized attention makes the leader become closer and familiar to the followers, which improves the communication level and information exchange of leader and followers. The improvement of individualized consideration surrounding supportive and developmental leadership is likely to have transactional effect (yulk, 2002; Long et al., 2012).

The way in which transformational leaders use their skill to coach the employees and communicate the target and goal to their employees give the employees satisfaction that they are under the guidance a person who is open for communication and will coach them in the work they are doing.

Hypothesis 2: intrinsic motivation will have a positive relationship with job satisfaction of the employees

The correlation coefficient calculated to find the relationship between the intrinsic motivation and the job satisfaction level came out to be 0.425 ($p<0.01$) (table 1). This mean that as the intrinsic motivation level of the employees would increase the satisfaction level of the employees would also increase. Therefore proving our hypothesis stating that, intrinsic motivation will have a positive relationship with the job satisfaction of the employees.

Intrinsic motivation is defined as the doing of an activity for its inherent satisfaction rather than for some separable consequences. Job satisfaction is the amount or level of satisfaction an employee has from his or her job. There are number of studies and theories which explain the relationship between intrinsic motivation and job satisfaction. According to Poter and Lawler, the satisfaction of the employees increases by both extrinsic and intrinsic motivation. Huang and Van (2003) showed the relationship of intrinsic motivation on job satisfaction and also sown the cultural differences in the same. According to them this link is stronger in richer countries, countries with better governmental social welfare programs, more individualistic countries and smaller power distance countries. According to Green (2000) employees are motivated by what they intrinsically believe is going to happen, not by what managers promise. Also, another study that proves intrinsic motivation to be a stronger element of satisfaction was of Hoar et al., (2004), according to them people get satisfied if their jobs do not make any meaning to them. Therefore, it can be concluded that it is very

important for the leader to intrinsically motivate the employees.

Intrinsic motivations like the interest for the work, the esteem needs give rise to the satisfaction level which an employee is getting from the work. If an employee feels that the work he or she is doing is increasing the esteem or is in interest of his or her, the satisfaction level will automatically increase. But, it should also be noted that this relationship would depend on the need the person is having. If the person will be motivated by money this relationship in his or her case would be low, on contrary if someone get motivated and satisfied with the affiliation he or she is getting or the esteem he or she is getting the relationship would be strong.

Therefore, the results show a positive relationship of intrinsic motivation with job satisfaction level of the employee. This means that, as the intrinsic motivation of the employees increase the job satisfaction level of the employees increase. Thus, *proves our second hypothesis* stating that, intrinsic motivation has a positive relationship with job satisfaction level o the employees.

Hypothesis 3: Laissez leadership will have negative relationship with intrinsic motivation and job satisfaction of the employees.

The correlation coefficient calculated to find the relationship between the Laissez leadership and intrinsic motivation came out to be -0.80 ($p<0.01$) (table 1). Showing that the Laissez leadership style has a negative relationship with the intrinsic motivation level of the employees.

The correlation coefficient calculated to find the relationship between the Laissez leadership and job satisfaction came out to be -0.697 ($p<0.01$) (table 2). Showing that the Laissez leadership style has a negative relationship with the job satisfaction level of the employees.

The negative strong correlation value for both intrinsic motivation and job satisfaction with Laissez leadership style showed that laissez leadership of leaders have a negative relationship with the job satisfaction and intrinsic motivation of the employees. Thus, proving our hypothesis stating, laissez leadership will have negative relationship with intrinsic motivation and job satisfaction of the employees. This mean that as the laissez leadership behavior of leader would increase it would decrease both intrinsic motivation and job satisfaction of employees.

Laissez leaders basically avoid getting involved when important issues arise, they absent themselves when needed or delay the meeting or avoid the situation which involve decision making which decreases the employee's motivation level and the satisfaction level. Because of this attitude of a laissez leader followers feel that they are been ignored and are not valued, which decrease their level of satisfaction from the work and motivation to work.

As a laissez leadership usually ignores the needs of the employee and son not get involved with him or her, this attitude of the leader would decrease the motivation level of the person. The motivation level would majorly include the intrinsic motivation. As laissez leader are less considered about the interactive activities like appreciating their followers, getting personally involved with them, these act would not able to motivate the employee intrinsically toward the goal. In these situations, the extrinsic reward might work for some time, but after that the motivation level would go down.

When it comes to the satisfaction level of the employee laissez style of leadership also have a negative relationship on that. On the first thought, as the motivation level of the employee goes down, the satisfaction level would automatically go down. In the case of laissez leadership, leaders do not make any relationship with the employees the satisfaction level goes down. Such kind of behavior fails the laissez leaders to lead and this failure of

theirs result in dissatisfaction of the employees (Lici, 2006)

Therefore, the results show a negative relationship of laissez leadership with both intrinsic motivation and job satisfaction level of the employee. This mean that, as the laissez behavior of leader increases the intrinsic motivation level and the job satisfaction level of the employees decreases. These have been supported by number of researches like Erkutlu and Chofra (2006). Thus, *proves our third hypothesis* stating that, laissez leadership has a negative relationship with intrinsic motivation and job satisfaction of the employees.

CONCLUSION

In the present study there were certain conclusions that were made regarding the relationship of transformational leadership style and laissez leadership style with intrinsic motivation and job satisfaction. The relationship of intrinsic motivation and job satisfaction is also studied. The following diagram (proposed by author) summarize the results

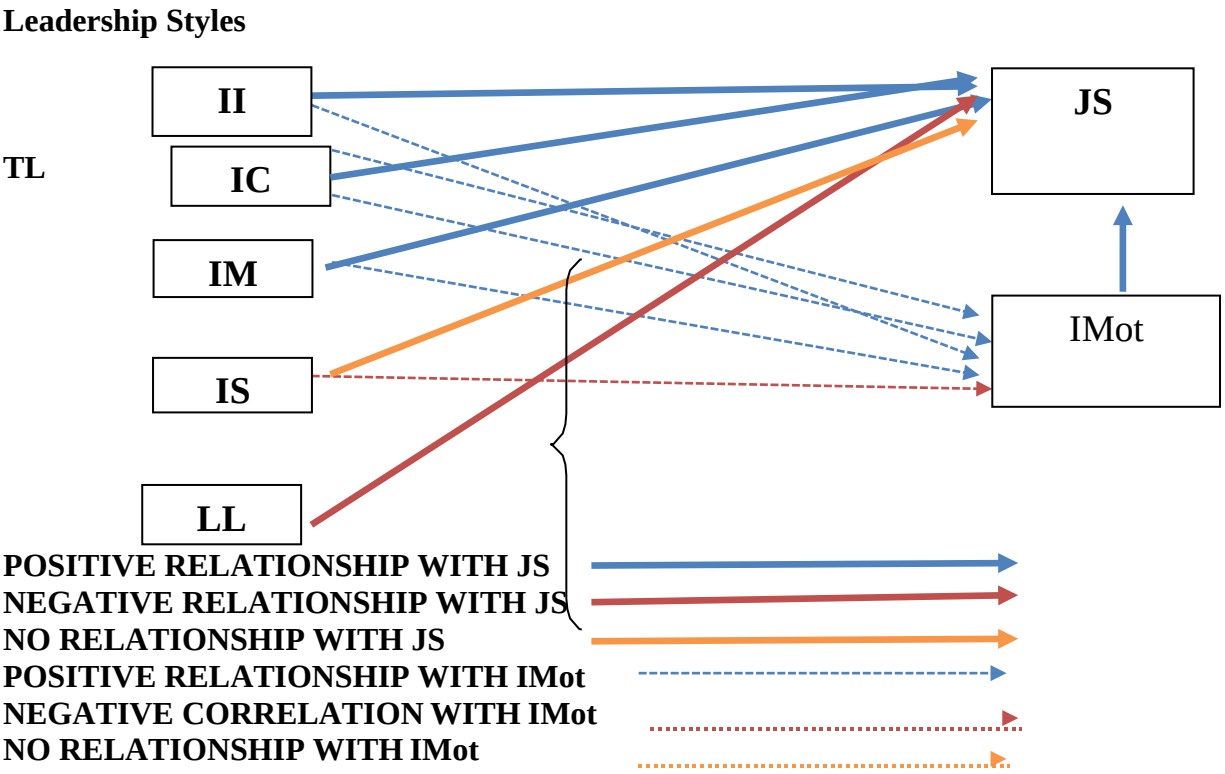

Figure 1: Relationship between Variables

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Effect of WhatApp Messenger on the achievement of Undergraduate Science Students

Lakshmi Chopra* and Richa Singh **

ABSTRACT

Lot of new technologies are emerging in the field of teaching science, with ongoing research in teaching science through M- learning; WhatApp learning. Most of the teachers follow traditional method in teaching science. Materials supplied are used to teach through conventional methods. Since the classes are crowded, they cannot capture the attention of the students so when they look at the percentage of the marks and percentage of passes in the year, the difficulty with regard to science becomes obvious. WhatApp learning is one of the answers to overcome this. The role of WhatApp is also evident in the documentation of science practices. Science is the systematic study of observation, identification, description, experimental investigation and theoretical explanation of phenomena. It is essential to teach the children in the context of natural set up. The traditional or face to face learning help to some extent but when WhatApp is introduced to teach a concept, it motivates the learners towards self-achievement. The present research study is designed to explore the impact of WhatApp mobile learning activities on the achievement of online students and compare those findings with students who are subjected only face to face learning in the classroom.

***Keywords**: Whatsup Messenger, Academic Achievement.*

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INTRODUCTION

The 20th century has witnessed revolutionary changes which were unprecedented in the recorded history of civilization. The application of the scientific knowledge in the practical life resulted in new area called "Technology". It dominates all the aspects of life in our society but never earlier was the impact of technology as profound as it is seen today (Satyaprakasha, 2014).An appropriate educational technology in the hands of competent teachers can insure better teaching-learning process. At present the role of the teachers in educating the children has gained paramount importance. The class rooms are overcrowded with heavy amount syllabi; the pupils are expected to gain knowledge. To improve the level of understanding, develop the interests of pupils, enrich meaningful development of independent study habit and create purposeful development of self-confidence. In learning an alternative process of teaching has to be adopted moreover, in the fast developing world, where knowledge explosion is taking place in every sphere it is unreasonable to expect the spoken or written world alone to convey the volume of relevant information to the learner.

Educational Benefits of WhatApp Messenger

Instant messaging is based on sending brief, typed messages over the Internet between two work stations or computers. Students use both texting and instant messaging in higher education. Furthermore, the majority of the institutions of higher learning are willing to use both text and instant messaging for educational purposes (Jeong 2007; Kennedy et al. 2008).The research related to the use of instant Messaging for educational purposes, suggests that popularity and support for mobile devices within the student population is great and that the majority of students at universities benefit from texting through mobile learning devices. Motiwalla (2007).

Emergence of the Problem

Lot of new technologies are emerging in the field of teaching science, with ongoing research in teaching science through M- learning; WhatApp learning. Most of the teachers follow traditional method in teaching science. Materials supplied are used to teach through conventional methods. Since the classes are crowded, they cannot capture the attention of the students so when they look at the percentage of the marks and percentage of passes in the year, the difficulty with regard to science becomes obvious. WhatApp learning is one of the answers to overcome this. WhatApp has been considered as the preferred medium in revolutionizing education. WhatApp is a combination of different elements- texts, images, videos, voice notes, documents, and contacts. WhatApp provides instructors with the ability to create a group that supports the social interactions of up to 256 group members. Members can be students also and they can engage in discussion forums. It is used to form an informative and interactive learning environment. The role of WhatApp is also evident in the documentation of science practices. Science is the systematic study of observation, identification, description, experimental investigation and theoretical explanation of phenomena. It is essential to teach the children in the context of natural set up. The traditional or face to face learning help to some extent but when WhatApp is introduced to teach a concept, it motivates the learners towards self-achievement. The present research study aims to explore the impact of WhatApp mobile learning activities on the achievement of online students and compare those findings with students who are subjected only face to face learning in the classroom. Other research in this field found that students in universities are oriented and positive about using mobile learning in educational fields, which argues for why researchers in this domain should investigate how mobile learning technology can be best utilized in education.

Statement of the Problem

Effect of WhatApp messenger on the achievement of undergraduate science students

Operational definition of the terms

(1) WhatApp messenger

WhatApp messenger is a cross-platform smartphone messenger that employs users existing internet data plan to help them network socially in real time.

(2)Achievement

The word achievement refers to all those behavioural changes, which take place in an individual as a result of learning experience of various kinds. In the present study, the investigator intends to construct an achievement test (pre test and post test) in science and hence forth the marks obtained by the students on this test will be their achievement in science. We will measure achievement of students through self made test.

(3) Science

Science is the systematic study of observation, identification, description, experimental investigation and theoretical explanation of phenomena.

Objectives

- To study the difference between the achievements mean scores of experimental group and control group in the pre test.
- To study the difference between the achievements mean scores of experimental group and control group in the post test.
- To study the differences between the achievements mean score of boys in experimental group and boys in control group.

- To study the differences between the achievement mean score of Girls in experimental group and Girls in control group
- To study the difference between the experimental group and the control groupin their gain score in science achievement score.
- To give suggestions to the teachers for making teaching of science effective.

Hypotheses

The present study is designed to test the following hypotheses:-

1. There exists no significant difference between the achievement mean Scores of experimental group and control group in the pre test.
2. There exists no significant difference between the achievement mean Scores of experimental group and control group in the post test.
3. There exists no significant difference between the achievement mean score of boys in experimental group and boys in control group.
4. There exists no significant difference between the achievement mean score of Girls in experimental group and girls in control group.
5. There exists no significant difference between the experimental group and the control group in their gain score in science achievement score.

Design of the study

The present study was experimental in nature. Experimental group was taught through WhatApp messenger and second group which is known as Control group taught through conventional teaching.

The design of the study was as follows

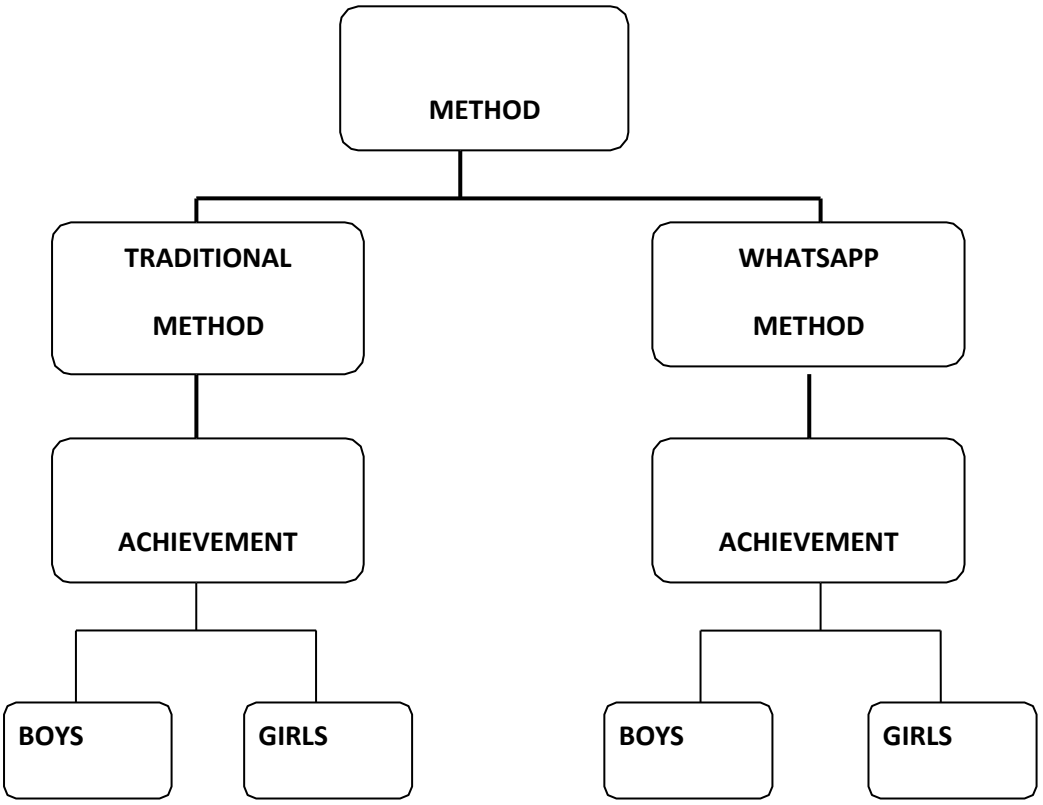

Figure 1: Shows the design of the study

Sample of the Study

For this investigation, a sample of 100 students of undergraduate science students from Khalsa College, Amritsar City was selected. Out of 100 students two groups were equated on the basis of pre achievement test. Out of 100, 50 students were boys and 50 were girls. And 50 students were taken for conventional teaching and 50 students for WhatApp based instruction. Out of 50 students for conventional method 25 were boys and 25 were girls and same in the case of WhatApp.

Procedure

The following procedure was adopted for present study.

Phase 1 (Pre-testing)

Before implementing the WhatApp based instructional package, the two groups- experimental and control groups were selected and were matched on the basis of pre-test scores so that equivalent groups could be formed.

In this phase, scores were obtained pertaining to achievement in science by administering achievement test to students as pre-test on both groups.

Phase 2 (Experimentalphase)

The students of Experimental group were taught the selected content using WhatApp based instruction and students of another group were taught by traditional instruction. The teaching period consisted of 14 working days.

Phase 3 (Post-testing)

In this phase, both the groups Experimental and Control were administered the same achievement test in science as post test. The experimental and the control group scores were compared according to their pre test and post test scores. The difference that was the gain achievement scores of the experimental and control group were calculated.

Tools Used In the Study

1. Achievement test were prepared and used both as pre-test and post-test prepared by the investigator.
2. WhatApp based material developed was used for teaching to experimental group.

Statistical Technique Used

The data obtained was subjected to statistical analysis. To test the hypotheses based on the objectives of the study, the following technique were used.

Descriptive statistics such as mean, standard deviation and t-ratios were worked out to ascertain the nature of distribution of scores on the variable of Achievement.

Collection of Data

The data was collected by strictly following design and procedure of the experiment. The data consisted of pre- test, post-test scores on achievement in science.

RESULTS AND DISCUSSION

Hypothesis- 1

First hypothesis was framed to examine that, "There exists no significant difference between the achievement mean scores of Experimental group and Control group in the pre test."

The mean, S.D., t –ratio of Experimental group and Control group were calculated to test this hypothesis. The hypothesis was examined at 0.01 level and 0.05 level of significance. The results of this analysis are being shown below:

Table 1

Showing Mean, S.D. and t-ratio in Science of Experimental group and Control group in pre test

Group	N	Mean	S.D.	Mean Difference	SE_D	df	t-value
Experimental Group	50	11.58	1.63	.040	.345	98	.116
Control Group	50	11.62	1.82				

(Critical value 1.96 at 0.05 level and 2.58 at 0.01 level, df =98)

As shown in table 1, Mean Score of students of Experimental group comes out to be 11.58 which is slightly lower than that of control group whose mean score is 11.62. Thus the mean difference is.04 and the t-value is.116 which shows that both the groups are almost equal in their achievement. The t-value is.116 which means that difference in achievement of both the groups is insignificant.

Hypothesis-2

Second hypothesis was framed to examine that, "There exists no significant difference between the achievement mean scores of Experimental group and Control group in the post test."

The mean, S.D., t –ratio of Experimental group and Control group were calculated to test this hypothesis. The hypothesis was examined at 0.01 level and 0.05 level of significance. The results of this analysis are being shown below:

Table 2

Showing Mean, S.D. and t-ratio in Science of Experimental group and Control group in post test

Group	N	Mean	S.D.	Mean Difference	SE_D	Df	t-value
Experimental Group	50	59.70	3.68	5.9	1.14	98	5.196
Control Group	50	53.80	7.13				

(Critical value 1.96 at 0.05 level and 2.58 at 0.01 level, df =98)

As shown in the table 2, the mean score of students of Experimental group comes out to be 59.70 which are higher than that of Control group whose mean Score is 53.80. Thus the mean

difference is 5.9 and t value is 5.196 which show that both the groups differ significantly in their achievement.

Hypothesis-3

Third hypothesis was framed to examine that, "There exists no significant difference between the achievement mean scores of boys in Experimental group and boys in Control group."

The mean, S.D, t –ratio of Experimental group and Control group were calculated to test this hypothesis. The hypothesis was examined at 0.01 level and 0.05 level of significance. The results of this analysis are being shown below:

Table 3

Showing Mean, S.D. and t-ratio in Science of Boys in Experimental group and Boys in Control group

Gender	N	Mean	S.D.	Mean Difference	SE_D	df	t-value
Boys(Experimental Group)	25	16.25	7.96	3.20	2.596	48	1.233
Boys (Control Group)	25	13.05	10.25				

(Critical value 1.96 at 0.05 level and 2.58 at 0.01 level, df =48)

As shown in the table 3, the mean score of boy students of Experimental Group comes out to be 16.25 which is higher than that of Boy students of control group whose mean score is 13.05. Thus the mean difference is 3.2 and the t value is 1.233 which shows that both groups do not differ significantly in their achievement.

Hypothesis-4

Fourth hypothesis was framed to examine that, "Thereexists no significant differences between the achievements mean scores of Girls in Experimental group and Girls in Control group."

The mean, S.D, t –ratio of Experimental group and Control group were calculated to test this hypothesis. The hypothesis was examined at 0.01 level and 0.05 level of significance. The results of this analysis are being shown below:

Table 4

Showing Mean, S.D and t-ratio in Science of Girls in Experimental group and Girls in Control group

Gender	N	Mean	S.D.	Mean Difference	SE_D	df	t-value
Girls (Experimental Group)	25	17.20	9.95	3.26	2.52	48	2.90
Girls (Control Group)	25	10.25	6.69				

(Critical value 1.96 at 0.05 level and 2.58 at 0.01 level, df =48)

As shown in the table 4, the mean score of Girl students of Experimental Group comes out to be 17.2 which is higher than that of girl students of control group whose mean score is 10.25. Thus the mean difference is 3.26 and the t value is 2.90 which shows that both groups differ significantly in their achievement.

Hypothesis-5

The fifth hypothesis was framed to examine that, "There exists no significant difference

between the Experimental group and Control group in their gain Score in Science achievement score."

The mean, S.D, t –ratio of Experimental group and Control group were calculated to test this hypothesis. The hypothesis was examined at 0.01 level and 0.05 level of significance. The results of this analysis are being shown below:

Table 5

Showing Mean, S.D. and t-ratio of gain scores in Science of Experimental group and Control group

GROUP	N	Mean	S.D.	Mean difference	SE_D	df	t-value
Experimental Group	50	16.73	8.93	7.57	2.05	98	3.7
Control Group	50	9.15	11.39				

(Critical value 1.96 at 0.05 level and 2.58 at 0.01 level, df =98)

As shown in the table 5, the mean gain score of Experimental Group comes out to be which is higher than that of control group whose mean gain score is 9.15. Thus the mean difference is 7.57 and the t value is 3.7 which show that both groups differ significantly in their achievement.

From the above interpretation it clearly indicating that students prefer innovative educational technology based on Mobile learning. It shows due to advancement in technology students are more inclined towards the new approach because it makes learning easy, favors problem solving and resolves learning difficulties.

Thus, Fifth hypothesis that, "There exists no significant difference between the Experimental group and Control group in their gain Score in Science achievement score." is rejected at 0.01 level as well as 0.05 level because t value is 3.7 which is higher than the t value at both the level.

This hypothesis is supported by the study of Amry (2014) and Joan (2013).

FINDINGS AND CONCLUSION

Findings

On the basis of analysis of data and discussions of the results, following findings were crystallized:

- WhatApp messenger is effective in improving Science teaching.
- WhatApp messenger results in better understanding of Science concepts in less time.
- The performance of undergraduate science students taught through WhatApp messenger has been better than students taught through Conventional strategy.
- The achievement mean scores and standard deviation scores are better and significant in WhatApp instructions as compared to Conventional method.
- Better Scientific attitude can be developed among students with the help of WhatApp messenger.

Conclusions

On the basis of analysis of data and discussions of results, following conclusions can be crystallized:

- WhatApp based instruction is effective in improving the learning of students in various situations.
- WhatApp based instruction results in better understanding of the science concepts.
- The performance of Undergraduate class students taught through WhatApp based instruction as compared to conventional method.
- The achievement mean gain scores are better and significant in WhatApp based instruction as compared to conventional method.
- Scientific attitude can be developed among the students with the help of WhatApp based instruction.

Limitations of the Study

- The present study was delimited to Undergraduate Students of science stream.
- This study was delimited to the topics of Life Sciences only.
- This study was delimited to two strategies of teaching learning i.e. the use of WhatApp learning and face to face learning.
- The sample of 100 students was taken for the study.

Suggestions for Further Research

For vitalizing the effective science instructional strategy at college level, intensive research is needed in various aspects of science education. No single study can explore it. There is wide scope for research in this field.

Following are the suggestions for future research studies:

- Intensive study of this problem may be carried out on large sample.
- This study may be carried out on the students of other colleges too.

- The research studies can be conducted to check the effect of WhatApp messenger on teachers.
- The further researches can be carried out in other subjects like mathematics, social sciences, economics etc.

Educational Implications

- WhatApp based instruction results in better understanding of the science concepts.
- WhatApp based instruction is very easy to use. The majority of students use this mobile system for academic and other purposes.
- WhatApp based instruction is a good solution to improving community level interaction and social presence among students.
- WhatApp instant messaging is considered to be an effective tool for learning and teaching through social interactions.
- WhatApp provides online users with the ability to send and receive a variety of media, such as images, videos and audio media messages.
- Furthermore, the majority of the institutions of higher learning are willing to use both text and instant messaging for educational purposes.
- WhatApp based instruction results in better understanding of the concepts in subject of science.
- The performance of college students taught through WhatApp based instruction has been better than students taught through conventional strategy.
- The achievement mean score are better and significant in WhatApp based instruction as compared to conventional method.
- Scientific attitude can be developed among the students with the help of WhatApp based instruction.

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Effect of Faculty on Mental Health

Ramesh D. Waghmare*

ABSTRACT

Mental health is a concept that refers to a human individual's emotional and psychological well-being. Merriam-Webster defines mental health as "A state of emotional and psychological well-being in which an individual is able to use his or her cognitive and emotional capabilities, function in society, and meet the ordinary demands of everyday life. The purpose research attempted to study the Effect of Faculty on Mental Health. To study by research seared variables in Faculty and mental health sub factor. The sample has 90 college students in each 30 Arts Faculty (15 Male and 15 Female) college students and 30 Commerce Faculty (15 Male and 15 Female) college students college students and 30 Science Faculty (15 Male and 15 Female) college students. The scale was used for data collection mental health battery by Arun Kumar Singh and Alpana Sen Gupta (2005). 3 X 2 *factorial* design was used and data were analysis by Mean, SD and 'F' values. Results show that 1) Commerce Faculty college students high emotional stability, Adjustment, self-concept and Mental Health than Arts and Science Faculty college students.2) Arts Faculty college students high Autonomy and Security- Insecurity than Commerce and Science Faculty college students. 3) There is no significant difference of intelligence between Arts, Commerce and Science Faculty college students.

Keywords: *Health, Emotional stability, Adjustment, Self-concept, Autonomy, Security-Insecurity, Intelligence*

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INTRODUCTION

Mental health is a concept that refers to a human individual's emotional and psychological well-being. Merriam-Webster defines mental health as "A state of emotional and psychological well-being in which an individual is able to use his or her cognitive and emotional capabilities, function in society, and meet the ordinary demands of everyday life." Mental health is the adjustment of human beings to the world and to each other with a maximum of effectiveness and happiness. Not just efficiency, or just contentment or the grace of obeying the rules of the game cheerfully. Mental health is the individual's ability to enjoy life and create a balance between life activities and efforts to achieve psychological resilience. Mental health describes our social, emotional, and psychological states, all wrapped up into one. Someone who experiences “good” mental health, therefore, has found a balance in his or her social, emotional and psychological areas of life. Mental health is **“**a state 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.” There is emerging evidence that positive mental health is associated with improved health outcomes. Bhatia (1982) considers mental health as the ability to balance feelings, desires, ambitions and ideals in one's daily living. It means the ability to face and accept the realities of life.

Mental health is significant at adolescent as in this time one takes on new responsibilities and roles. It is marked by efforts of renegotiate with adults in the family and peers, to experiment with things symbolic with adult life, and to raise questions about the family and social roles and customs. Mental health influences adolescent bases on how an adolescent chooses to express the developmental task, the developmental tasks, the frequency and the intensity with which it is done, and it does not just affect the personal health of an

individual but it can also be affected by individual's own traits. Mental health can be conceptualized as a state of well being in which the individual realizes his or her own abilities, can cope with normal stresses of life, work can productivity and fruitfully, and it is able to make a contribution his or her community. Mental health is often taken as behavioral process by which humans maintain balance among the various needs or between their needs and obstacles of their environment.

Mental health is an important determinant of one's integrated personality and balanced behavior identified on the basis of the level of his/her adjustment to own self, others and environment. The expression "Mental health" consists of two words mental and health. Both generally mean sound mental health. Mental health means sound conditions, wellbeing of freedom from mental diseases. According to Wikipedia Dictionary (2010) mental health is a state of emotional and psychological wellbeing in which an individual is able to use his /her cognitive and emotional capabilities, and meet the ordinary demand of everyday life.

NEED AND SIGNIFICANCE

The present study examines the importance of Mental Health among college students. The experience of positive emotions helps the resilient individuals in their ability to recover stress effectively in his/her daily life. This study helps to understand the process of Mental Health in the development of an individual. Mental Health is also determined by the complex interactions between individual characteristics, social and economic factors and the physical environment. This study is an attempt to understand the process of resilience and psychological wellbeing in development among college students.

METHOD

Statement of the problem

To study Mental Health among Arts, commerce and Science Faculty Students

Objectives

To examine the Mental Health among Arts, commerce and Science Faculty Students

Hypotheses

There is no significant difference between Arts, commerce and Science Faculty Students with Mental Health dimension on Emotional stability, Overall adjustment, Autonomy, Security- Insecurity, Self-concept, Intelligence.

Participants

The present study sample go was selected from Art's, Commerce and Science college students of Jalna City in Maharashtra. To select the sample Faculty in which students study of College Students were considered as per independent variable taken in this research stratified random sampling method was employed to select the unit of sample. Total sample of present study 90 college students, in which 30 were Arts Faculty Students (15 Male and 15 Female), 30 Commerce Faculty Students (15 Male and 15 Female) and 30 Science Faculty Students (15 Male and 15 Female). The subject selected in this sample will be used in the age group of 18 years to 21 years (Mean – 19.16, SD- 2.01.) and Ratio 1:1.

Research Design

3 X 2 *factorial* design used in the present study

Table 1

Variables of the Study

Variable	Type of variable	Sub. variable	Name of variable

Faculty	Independent	03	1) Art's 2) Commence 3) Science
Mental Health	Dependent	06	1) Emotional stability 2) Over all Adjustment 3) Autonomy 4) Security- Insecurity 5) Self-Concept 6) Intelligence.
Age Marriage	Controlled		1) 18-21 year 2) Only Unmarried Students will be select

Table 2

Instruments used in the Study

Aspect	**Name of the Test**	**Author**
Mental Health	Mental health battery (2005)	Arun Kumar Singh Alpana Sen Gupta

Mental health battery (2005)

In the study the investigator employed English version of Mental Health Battery which was developed and validated by Arun Kumar Singh and Alpana Sen Gupta (2005). (Original Hindi version translated by Mrs. Gulnaz in English version). MHB intends to assess the status of mental health of persons in the age range of 13 to 22 years. As it is a battery of six tests. There are set of 130 items in the MHB with six dimensions- emotional stability (ES), over all adjustment (OA), Autonomy (AY), security – Insecurity (SI), self -concept (SC) and Intelligence (IG). Reliability of various dimensions of the battery varied across 0.72 to 0. 87. It also has high level of concurrent and constructs validity.

Procedures of data collection

The following research methodology was used in the present study. The primary information was gathered by giving personal information from to each to each student. The students were called in a small group of 10 to 15 students. To fill the inventories subjects were given general instructions belongs to each scale. The students provided the Mental Health Battery.

Data analysis

The data were analyzed as follows.

The Mean and SD with graphical representation for Faculty (Art's, Commence and Science College Students) on Mental Health was analyzed. A simple design was selected to adequate of statistical analysis of ANOVA in order to examine the roll of main as well as subsequently on students Mental Health.

RESULTS AND DISCUSSION

The analysis of data interpretation and discussion of the results are presented below:-

Table 3

Show the mean, SD and F value of Faculty on Emotional stability

Faculty	Mean	SD	N	DF	F	Sign
Arts Faculty Students	9.00	2.70	30	87	6.41	0.05
Commerce Faculty Students	11.36	2.60	30			
Science Faculty Students	10.36	2.38	30			

(Critical value of "f" with df 89 at 0.01 = 3.94and at 0.05 = 6.90)

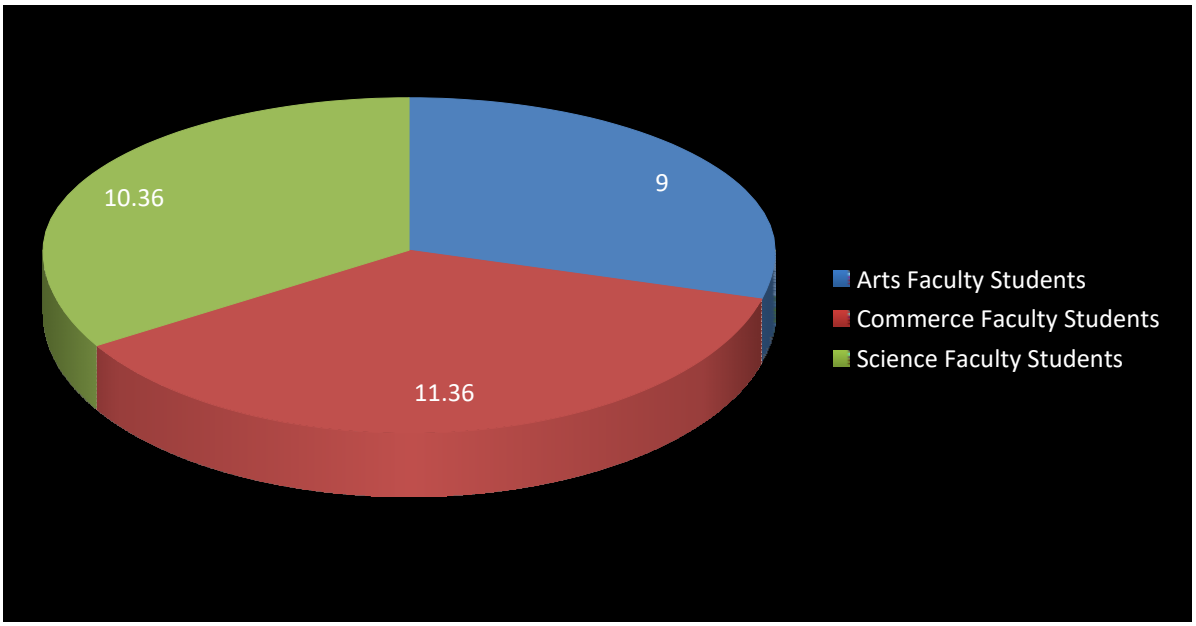

Figure 1: Mean of Faculty on Emotional stability

Observation of the table 3 and Figure 1 indicated that to differ from each other on Emotional stability. The mean and SD value obtained by the Art's Faculty students 9.00, SD 2.70, Commence Faculty students was 11.36, SD 2.60, and Science Faculty students was 10.36, SD 2.38. Both group 'F' ratios were 6.41 at a glance that Commence Faculty students show high score than Art's and Science Faculty students.

The present study was this hypothesis related Emotional stability and Faculty. It was "There is no significant difference between Art's, commence and Science Faculty students on Emotional stability. Faculty effect represent the Emotional stability was significant (F- 6.41, 1and 89, P- 0.05). This is significant 0.05 levels because they obtained 'F' value are high than table values at 0.05. In the present study was found that Art's, Commence and Science Faculty student's students differ from Emotional stability. The findings of the not supported the hypothesis, they are this hypothesis rejected the present study.

Its means that Commence Faculty students high Emotional stability than Art's and Science Faculty students.

Table 4

Show the mean, SD and F value of Faculty on Overall Adjustment

Faculty	Mean	SD	N	DF	F	Sign
Arts Faculty Students	21.16	4.12	30	87	10.06	0.01
Commerce Faculty Students	25.30	3.10	30			
Science Faculty Students	24.13	3.72	30			

(Critical value of "f" with df 89 at 0.01 = 3.94and at 0.05 = 6.90)

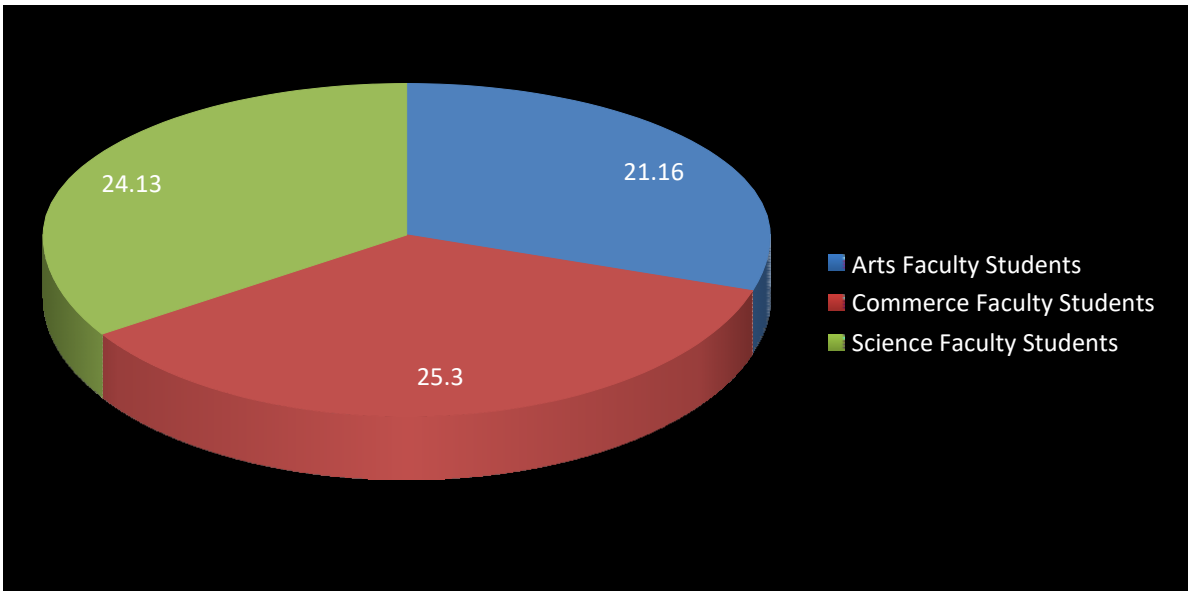

Figure 2: Mean Score of Faculty On Overall Adjustment

Observation of the table 4 and Figure 2 indicated that to differ from each other on Overall Adjustment. The mean and SD value obtained by the Art's Faculty students 21.16, SD 4.12, Commence Faculty students was 25.30, SD 3.10, and Science Faculty students was 24.13, SD 3.72. Both group 'F' ratios were 10.06 at a glance that Commence Faculty students show high score than Art's and Science Faculty students.

The present study was this hypothesis related Overall Adjustment and Faculty. It was "There is no significant difference between Art's, commence and Science Faculty students on

Overall Adjustment. Faculty effect represent the Overall Adjustment was significant (F- 10.06, 1and 89, P- 0.01). This is significant 0.01 and 0.05 both levels because they obtained 'F' value are high than table values at 0.01 and 0.05. In the present study was found that Art's, Commence and Science Faculty student's students differ from Overall Adjustment. The findings of the not supported the hypothesis, they are this hypothesis rejected the present study.

Its means that Commence Faculty students high Overall Adjustment than Art's, and Science Faculty students.

Table 5

Show the mean, SD and F value of Faculty on Autonomy

Faculty	Mean	SD	N	DF	F	Sign
Arts Faculty Students	11.46	1.96	30			
Commerce Faculty Students	9.33	2.32	30	87	8.45	0.01
Science Faculty Students	10.70	1.78	30			

(Critical value of "f" with df 89 at 0.01 = 3.94and at 0.05 = 6.90)

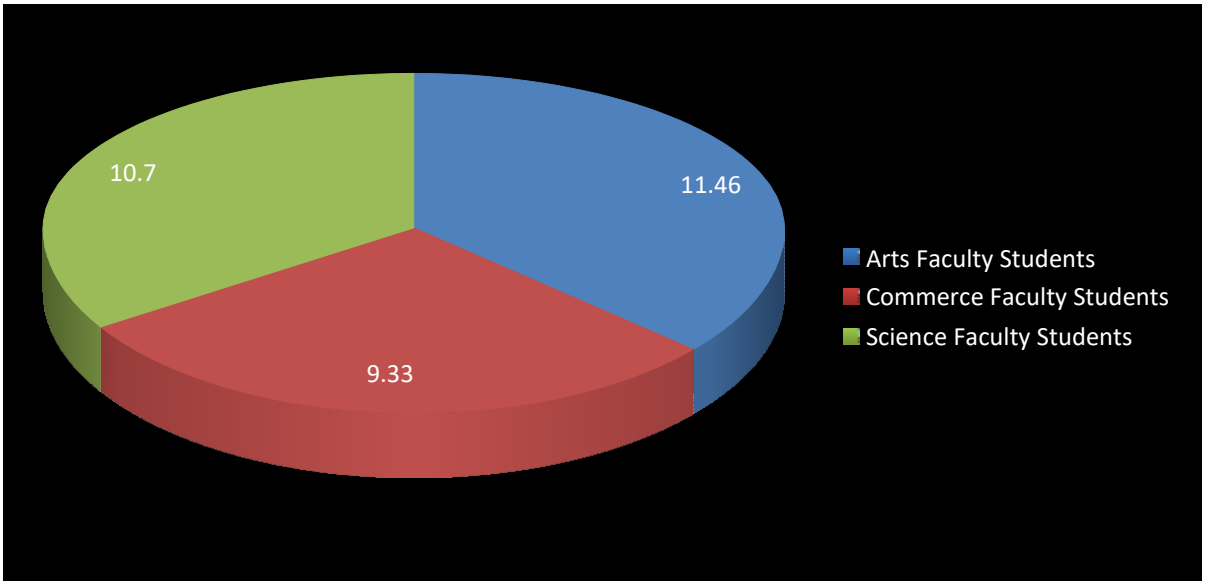

Figure 3: Mean Score of Faculty on Autonomy

Observation of the table 5 and Figure 3 indicated that to differ from each other on Autonomy. The mean and SD value obtained by the Art's Faculty students 11.46, SD 1.96, Commence Faculty students was 9.33, SD 2.32, and Science Faculty students was 10.70, SD 1.78. Both group 'F' ratios were 8.45 at a glance that Art's Faculty students show high score than Commence and Science Faculty students.

The present study was this hypothesis related Autonomy and Faculty. It was "There is no significant difference between Art's, commence and Science Faculty students on Autonomy. Faculty effect represent the Autonomy was significant (F- 8.45, 1and 89, P- 0.01). This is significant 0.01 and 0.05 both levels because they obtained 'F' value are high than table values at 0.01 and 0.05. In the present study was found that Art's, Commence and Science Faculty student's students differ from Autonomy. The findings of the not supported the hypothesis, they are this hypothesis rejected the present study.

Its means that Art's Faculty students high Autonomy than Commence, and Science Faculty students.

Table 6

Show the mean, SD and F value of Faculty on Security- Insecurity

Faculty	Mean	SD	N	DF	F	Sign
Arts Faculty Students	12.60	1.69	30			
Commerce Faculty Students	11.23	1.79	30	87	8.79	0.01
Science Faculty Students	10.53	2.28	30			

(Critical value of "f" with df 89 at 0.01 = 3.94and at 0.05 = 6.90)

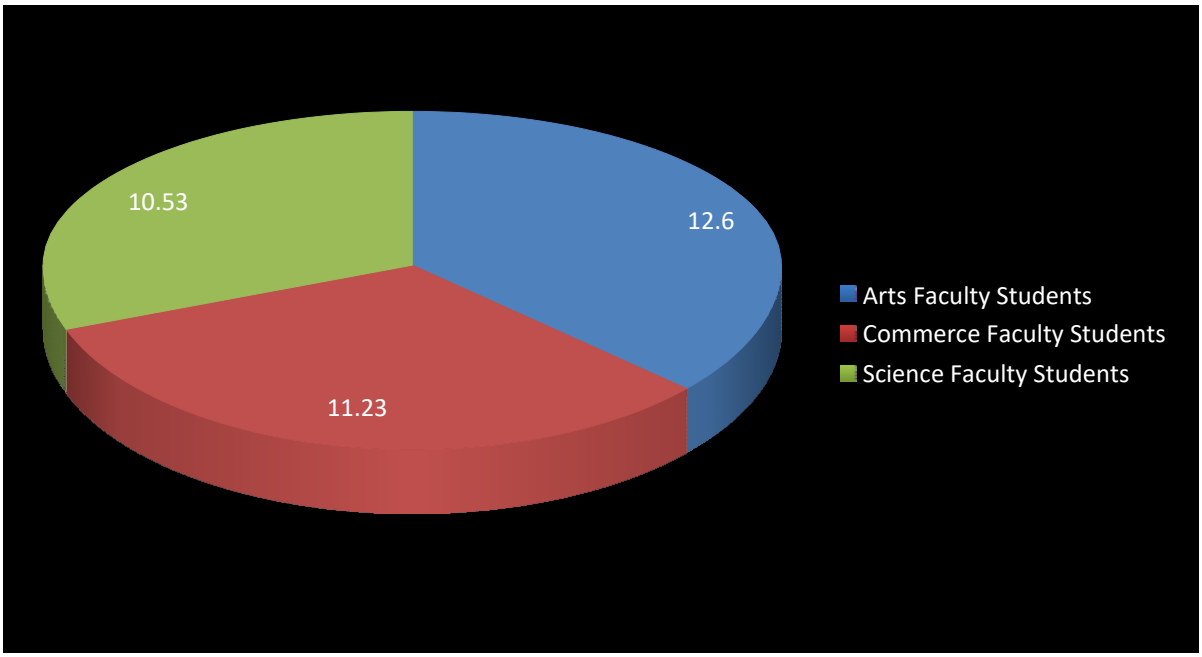

Figure 4: Mean Score of Faculty on Security- Insecurity

Observation of the table 6 and Figure 4 indicated that to differ from each other on Security- Insecurity. The mean and SD value obtained by the Art's Faculty students 12.60, SD 1.69, Commence Faculty students was 11.23, SD 1.79, and Science Faculty students was 10.53, SD 2.28. Both group 'F' ratios were 8.79 at a glance that Art's Faculty students show high score than Commence and Science Faculty students.

The present study was this hypothesis related Security- Insecurity and Faculty. It was "There is no significant difference between Art's, commence and Science Faculty students on Security- Insecurity. Faculty effect represent the Security- Insecurity was significant (F- 8.79, 1and 89, P- 0.01). This is significant 0.01 and 0.05 both levels because they obtained 'F' value are high than table values at 0.01 and 0.05. In the present study was found that Art's, Commence and Science Faculty student's students differ from Security- Insecurity. The findings of the not supported the hypothesis, they are this hypothesis rejected the present study.

Its means that Art's Faculty students high Security- Insecurity than Commence, and Science Faculty students.

Table 7

Show the mean, SD and F value of Faculty on Self-Concept.

Faculty	Mean	SD	N	DF	F	Sign
Arts Faculty Students	9.80	1.91	30			
				87	9.38	0.01
Commerce Faculty Students	11.46	1.97	30			
Science Faculty Students	9.26	2.24	30			

(Critical value of "f" with df 89 at 0.01 = 3.94and at 0.05 = 6.90)

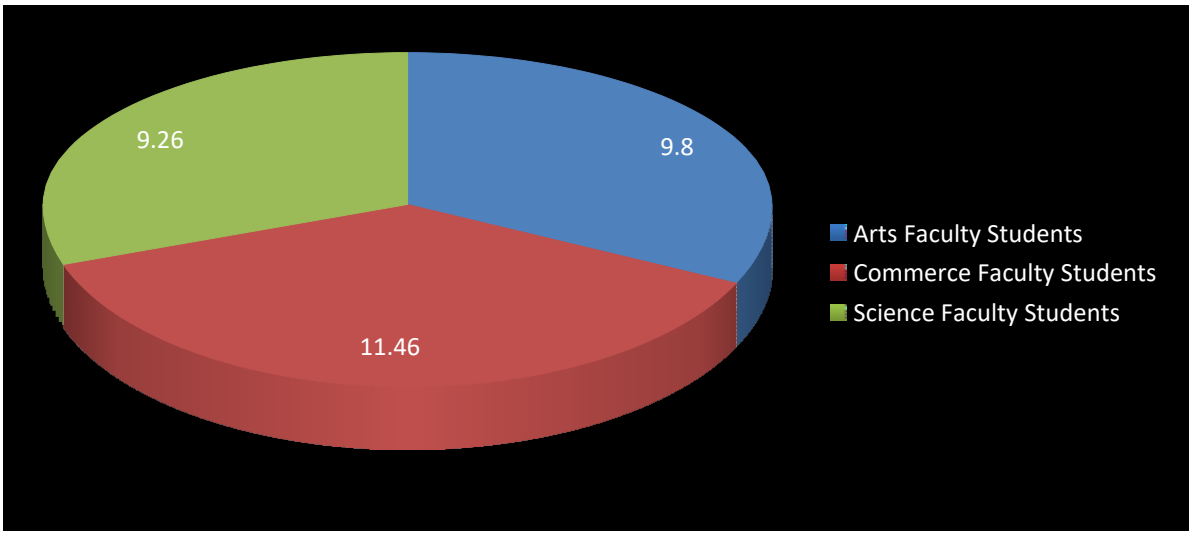

Figure 5: Mean Score of Faculty on Self-Concept

Observation of the table 7 and Figure 5 indicated that to differ from each other on Self-Concept. The mean and SD value obtained by the Art's Faculty students 9.80, SD 1.91, Commence Faculty students was 11.46, SD 1.97, and Science Faculty students was 9.26, SD 2.24. Both group 'F' ratios were 9.38 at a glance that Commence Faculty students show high score than Art's and Science Faculty students.

The present study was this hypothesis related Self-Concept and Faculty. It was "There is no significant difference between Art's, commence and Science Faculty students on Self-Concept. Faculty effect represent the Self-Concept was significant (F- 9.38, 1and 89, P-0.01). This is significant 0.01 and 0.05 both levels because they obtained 'F' value are high than table values at 0.01 and 0.05. In the present study was found that Art's, Commence and Science Faculty student's students differ from Self-Concept. The findings of the not supported the hypothesis, they are this hypothesis rejected the present study.

Its means that Commence Faculty students high Self-Concept than Art's, and Science Faculty students.

Table 8

Show the mean, SD and F value of Faculty on Intelligence

Faculty	Mean	SD	N	DF	F	Sign
Arts Faculty Students	21.88	2.32	30			
Commerce Faculty Students	21.96	2.14	30	87	0.60	NS
Science Faculty Students	22.10	2.20	30			

(Critical value of "f" with df 89 at 0.01 = 3.94and at 0.05 = 6.90)

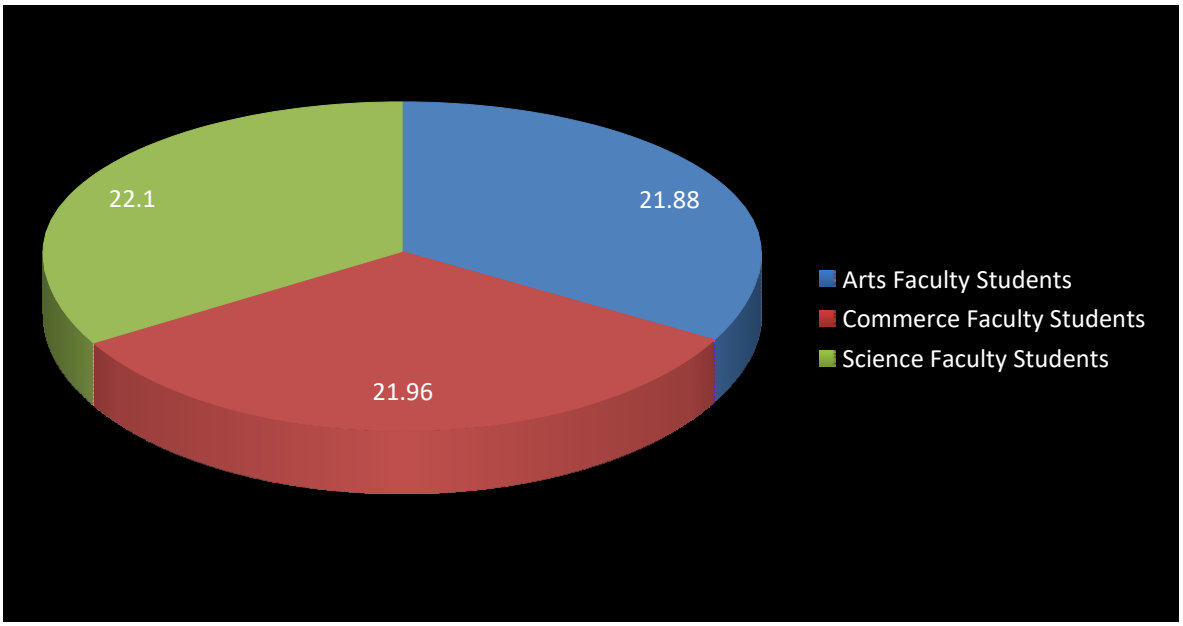

Figure 6: mean score of Faculty on Intelligence

Observation of the table 8 and Figure 6 indicated that to differ from each other on Intelligence. The mean and SD value obtained by the Art's Faculty students 21.88, SD 2.32, Commence Faculty students was 21.96, SD 2.14, and Science Faculty students was 22.10, SD

Both group 'F' ratios were 0.60 at a glance that Science Faculty students show miner high score than Art's and Commence Faculty students.

The present study was this hypothesis related Intelligence and Faculty. It was "There is no significant difference between Art's, commence and Science Faculty students on Intelligence. Faculty effect represent the Intelligence was not significant (F- 0.60, 1and 89, P-NS). This is not significant 0.01 and 0.05 both levels because they obtained 'F' value are low than table values at 0.01 and 0.05. In the present study was found that Art's, Commence and Science Faculty student's students not differ from Intelligence. The findings of the supported the hypothesis, they are this hypothesis Accepted the present study.

Its means that There is no significant difference between Art's, commence and Science Faculty.

Table 9

Show the mean, SD and F value of Faculty on Mental Health

Faculty	Mean	SD	N	DF	F	Sign
Arts Faculty Students	85.16	5.28	30			
Commerce Faculty Students	90.80	6.08	30	87	6.51	0.05
Science Faculty Students	86.80	7.15	30			

(Critical value of "f" with df 89 at 0.01 = 3.94and at 0.05 = 6.90)

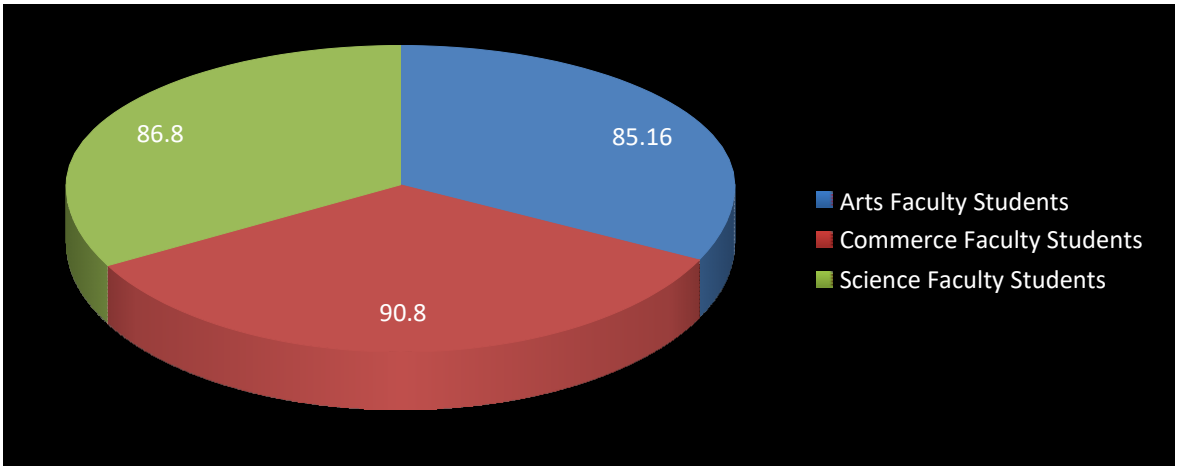

Figure 7 Mean score of Faculty on Mental Health

Observation of the table 9 and Figure 7 indicated that to differ from each other on Mental Health. The mean and SD value obtained by the Art's Faculty students 85.16, SD 5.28, Commence Faculty students was 90.80, SD 6.08, and Science Faculty students was 86.80, SD 7.15. Both group 'F' ratios were 6.51 at a glance that Commence Faculty students show high score than Art's and Science Faculty students.

The present study was this hypothesis related Mental Health and Faculty. It was "There is no significant difference between Art's, commence and Science Faculty students on Mental Health. Faculty effect represent the Mental Health was significant (F- 9.38, 1and 89, P- 0.05). This is significant 0.05 levels because they obtained 'F' value are high than table

values at 0.05. In the present study was found that Art's, Commence and Science Faculty student's students differ from Mental Health. The findings of the not supported the hypothesis, they are this hypothesis rejected the present study.

Its means that Commence Faculty students Better Mental Health than Art's, and Science Faculty students.

CONCLUSION

- Commence Faculty student's high Emotional stability than Art's, and Science Faculty students. The concept of stable emotional behavior at any level is that which reflects the fruits of the normal emotional development. An individual who is able to keep his emotions stable and under control even in extreme situations, might still be emotionally stunned or be childish in his behavior sometimes. Therefore emotional stability is considered as one of the important aspect of human life. People must be able to control their emotions adequately and also express them appropriately. Below given table indicates that there does not exist any significant difference between the two groups on emotional stability.
- Commence Faculty students high Overall Adjustment than Art's, and Science Faculty students. Adjustment is a built – in mechanism for coping with the problematic or other realities of life. Adjustment has been considered as an index to integration; a harmonious behavior of the individual by which other individual of society recognize person is well adjusted.
- Art's Faculty students high Autonomy than Commence, and Science Faculty students. Autonomy is an individual‘s capacity for self-determination or governance. Autonomy is generally held in high esteem. It serves as one of the central concepts in many philosophical debates, e.g. on understanding ourselves as persons, on how to

conceptualize morality, on the legitimization of political norms and practices as well as on questions in bio-medical ethics.

- Art's Faculty students high Security- Insecurity than Commence, and Science Faculty students. In contexts of poor security, public health interventions and the delivery of health care to the individual are more difficult to perform and less likely to succeed than in contexts of security. Violence — including the threat of violence — in such contexts results in injury, death, psychological harm, impaired development or deprivation. And Insecurity, therefore, potentially has a double impact on people's lives and well-being; this is the reality of everyday life for many millions of people. The nexus of security, insecurity and health is as complex as it is important. In a given context, responsibility for what happens at this nexus falls to multiple actors, including ministries responsible for health, defense and internal affairs; the overriding influence, especially on security, may even be the foreign policy of other countries.
- Commence Faculty students high Self-Concept than Art's, and Science Faculty students. Self-concept is the way people think about themselves. It is unique, dynamic, and always evolving. This mental image of oneself influences a person's identity, self-esteem, body image, and role in society. As a global understanding of one's self, self-concept shapes and defines who we are, the decisions we make, and the relationships. Self- concept is perhaps the basis for all motivated behavior.
- There is no significant difference between Art's, commence and Science Faculty students on Intelligence. very general mental capability that, among other things, involves the ability to reason, plan, solve problems, think abstractly, comprehend complex ideas, learn quickly and learn from experience. It is not merely book learning, a narrow academic skill, or test-taking smarts. Rather, it reflects a broader

and deeper capability for comprehending our surroundings-—catching on, —making sense of things, or —figuring out what to do.

- Commence Faculty students Better Mental Health than Art's, and Science Faculty students. mental health as "a state 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".

Delimitations of the study

- The finding of the study is based on very sample.
- The sample was restricted to Jalna city in Maharashrta.
- The study was restricted to only Art's, Commence and Science Faculty college students only.
- The study was restricted students are only 18-21 years only.

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Media & Religion: Analyses of Development & Changes

Jagriti Basera*

ABSTRACT

The media have come to play an ever more prominent role in social and cultural life since the emergence of the so-called "mass media" in the late nineteenth century. Today, in a range of social and cultural contexts, the media are fore grounded, even determinative. Through the analyses major efforts have been made to bring religion closer to media and to analysis the effects shown after involving the media with religion. In light of such efforts shown by various scholars and made a new bridge between religion and media. This attempt made to believe that media brings revolution among the people in different ways. This endeavor was aimed at the unification of the two important elements of contemporary human life, which historically could also be understood in the context of challenging the relationship between science and religion. In this paper we discussed about the Contemporary social and cultural experience is becoming increasingly commodified, and the media sphere plays a major role in this trend. Religion is not immune to commodification, and indeed, there is a long and deep history of it in some traditions. In the mass media age, it makes sense to think of culture as a marketplace of symbols and ideas. Cultural commodities of all kinds, including religious ones, are valued and exchanged in that marketplace. Secondly we discussed about the effects of globalization, this is felt in the increasing cross-national and cross-cultural exchange of information, symbols, images, and ideas, circulated through journalism, through popular culture, and through the personal media of the digital age. In the context of the increasing international flow of persons, both through travel and through immigration, the media have become active in providing information about the "others" who are now arriving next door or in the next town. The media are now becoming the authoritative context for interreligious

contact and dialog. At the same time, they can and do provide information about some traditions that other traditions find to be scandalous. In this paper we have, used qualitative approach to analyzing the factors.

Keywords: *Media, Religion, Cultural, Influence, Communication, Development*

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INTRODUCTION

Don't embrace technology for technology's sake. Use commonsense to determine when to use new media and when to use more traditional methods. It's great to have electronic relationships, but we always need old fashioned human contact -*Moshe Triwaks*

Communication is universal to all human beings and is central to our lives. In fact, it regulates and shapes all human behavior. Dreaming, talking with someone, arguing in a discussion, speaking in a public, participating in a traditional cultural function, escape from a beast, alert to the people at time of danger, reading of a newspaper, watching television, browsing internet etc are different kinds of communication that we are engaged in every day. It means we are constantly exchanging our thoughts, ideas and motions with someone or other either to satisfy our physical, emotional or other needs or to get work done. It is obvious that communication is an integral part of one's life. In fact, society cannot survive in the absence of communication.

Communication is more than mere transferring or transmission of ideas or thoughts. It is dynamic process of action and interaction towards a desired goal. Communication is, therefore, a process of sharing or exchange of ideas, information, knowledge, attitude or feeling among two or more persons through certain signs and symbols. Communication is vital for human existence and for the progress of humanity. No person, group or society can

exist without interaction with others. Being at the heart of all social action and interaction, communication functions as a relating tool that creates understanding, facilitates work and strengthens collective living among people. Rapidly, we approach the final phase of the extensions of menthe technological stimulations of consciousness, when the creative process of knowing will be collectively and corporately extended to the whole of human society. Human beings are engaged in a variety of communication process; intrapersonal, interpersonal, group and mass communication, the last one being unique in the sense that it differs somewhat from other forms of communication because of a mechanical device interposed between sender and receiver. One way to analyze communication is to present it in the form of a model.

Indian society has been broadly divided into tribal, rural and urban societies on the basis of their geographical surroundings and socio-cultural characteristics. Tribals live in relative isolation marked with distinct culture, language and religion. In the contemporary world, they are considered to be socio-economically backward.

A tribe can be defined as a community living in hilly forests or well demarcated areas having its own culture, religion, language and strong ethnic identity. Anthropologists have explained tribe as a social group with territorial affiliation, endogamous in nature, with no specialization of functions, ruled by tribal chief, hereditary or otherwise, united in language recognizing social distances with other tribes or castes, following tribal traditions, beliefs and customs, conscious of their ethnic and territorial homogeneity.

Characteristics of Tribal Society

From the above, there are some of the characteristics of tribal society:-

- They have usually a well demarcated geographical territory.

- Generally, they live in forests or hilly areas.
- Their territory is relatively isolated or semi-isolated compared to other social group.
- They have their own culture, folklore, cosmology and belief system.
- Economically, they are self-sufficient, i.e. their economy is based on subsistence level where there is no concept of surplus. They cling to primitive technology. They lack monetary economy. Their economy is dependent on barter system.
- They are most interested in earning their today's need and do not bother about their future requirements.
- They have their own languages; generally do not have any script.
- They have their own political system, i.e. Both stateless and state. Earlier, they had stateless system, i.e. without any tribal chief. They manage their law and order system through family and kinship ties. Later on, came the state system, when tribals nominated or elected their own chiefs. Today of course this autonomy has been lost and they have become the part of local administrative.
- Tribal societies are known as simple societies because their social relationships are primarily based on family and kinship ties. Besides they do not have any rigid social stratification.
- They have their own religion, i.e. having their own deities (god and goddesses) and belief system. Their forms of religion are known as animism, animatism, totenismand naturism.
- They have sense of belongingness to their own community, they feel that they are the son of soil and hence they have strong ethnic identity.

Tribal Problems

Certain types of tribal problems emerged with their contact with outsiders. Before the Muslim rules, the tribals lived fairy in isolation. During Muslim rule the process of revenue collection started. However, the Muslim rulers did not interfere with the tribal customs and traditions. Exploitative contact started during the British rule. This is found mainly because of 3 reasons:-

- The Britishers wants to rule over the tribals.
- They want to syphon off resources from tribal areas, which were rich in mineral resources.
- They want to preach the Christianity under the pretext of nationality.

In the manner most of the tribal problems have emerged due to the cultural contacts, there are several tribal problems which are as follows:-

a) Land Alienation: -caused due to the introduction of monetary economy. For every consumptions need, the tribals needed money, but did not have any source of earning. They mortgaged land or sold it off land. Besides, outsiders exploited them and grabbed away their land.

b) Indebtedness: - cropped due to lack of adequate source of income. Private money lenders are readily available in tribal areas. They provided personal loan on heavy rate of interest. The consumption patterns of the tribals include regular consumption of liquor, bride price during marriage and fine for any deviant behavior. All these require money. Hence they go to the moneylender. In this manner they are heavily in debt.

c) Bonded Labour: - is a serious problem, which came in due to rampant poverty and lack of stable income. In fact, land alienation, indebtedness, bonded labour and poverty are inter-related problems.

d) Shifting Cultivation: - among tribal is a problem since it involves large scale deforestation. Shifting cultivation is known by various names such as Swidden Cultivation, Jhum, Khallu, and Podu.

- It involves clearing of a plot, usually in hilly area or Terrance, i.e. Cutting plants & shrubs and then broadcasting seeds of arhar, bajra etc. it does not involves plough cultivation. The area is cultivated for one or two years and then is left hallow for five to seven years to allow the vegetation to grow densely and to repeat the cycle.

e) Illiteracy: - among tribals is a major hindrance towards their development. On account of inaccessible habitat among tribals, education has not spread fast among them. The school timing usually clash with the timing of economic and agricultural operations. However, several programmes have been launched to provide educational access by establishing a primary school within a radius of one kilometer.

f) Problems of Health and Nutrition: -among the tribals has been found mainly due to lack of proper medical and sanitary facilities and poverty. Their practice of indigenous medicine and magical practices for treatments have been very good in the past. But today's things are changed considerably. Diseases range between diarrhea, AIDS, jaundice, etc. they require proper treatment in well equipped hospitals or dispensaries. Efforts are being made to establish primary health centers in every village.

LITERATURE REVIEW

The term tribe is derived from the Latin word 'tribes' meaning the 'poor or the masses'. In English language the word 'tribe' appeared in the sixteenth century and denoted a

community of persons claiming descent from a common ancestor. This chapter attempts to give an insight into the tribal studies in India and Jaunsari Bawar in particular.

Tribal Studies in India

The Indian society is a unique society with diversity of nature and people. In our country, known for the extreme poverty of the masses, the tribals constitute the core of the poor. Poverty, poor health and sanitation, illiteracy and other social problems among the tribals are exerting a dragging effect on the Indian economy. The five year Plans formulated the implementations of a series of investment-backed schemes and projects for the betterment of the conditions of the tribals living in the rural and urban areas. Many of the tribes with their forest-dwelling culture do not have the motivation or the skill of settled cultivation. As a result, their land has been alienated to their better endowed tribal neighbours or non-tribals. There have been many tribal studies in India based on tribal economy, land alienation, socio-economic development, tribal culture, etc. it is highly imperative to have look at these tribal studies by various Anthropologists, Research scholars, etc.

A new trend in ethno methodology which came during the British period was a theory propounded by Verrier Elwin (1943) who suggested that tribals should be kept isolated in their hills and forests. Elwin's theory is known in social anthropology as 'public park theory'. He suggested that ordinarily the non tribal people should not be allowed to enter into tribal pockets without permission of the state government. This system would guarantee the isolation of the tribals.

The scientific study of tribal economy in India was first undertaken by two scholars D.D. Nag and R.P. Saxena. Nag (1958) made an extensive field tour in the areas of Madhya Pradesh like, Mandla, Bilaspur, Durg, Balaghat and studies the Baiga economy in the context of general economic theories lying emphasis on the sources of economy of Baigas. Saxena

followed a model of Nag and studied the tribals of Western Hills in Madhya Pradesh and presented the economy of five tribes. These two studies have some limitations like, exclusion of socio-cultural conditions of the tribes on their study areas.

In a Study, Verma (1959-1960) has discussed the socio-cultural organizations of the Sanriapaharis, Mal-paharis and Knmarbhag. He has examined various phases of the tribal life, pregnancy and birth, puberty, widow remarriage, place of women in the society, religion, village council and political institutions.

In a Study, N. N. Yyas (1967) presents the historical, social and economic life of the Baniyas of Rajasthan, Andhra Pradesh, Punjab and Gujarat. Yyas thus points out the differences in customs nad practices of the Baniyas of different states. This study has a good comparative background; still it has a limitation like unsuitability of the methodology.

In a Study, Dean Joros (1973), presents his views on the relation between political socialization of the tribals and integration process or the effect of the tribal welfare programmes on their political socialization. He reveals that by analyzing the political socialization process of tribals, a more complete evaluation of tribal welfare programmes would be ensured. This view is also explained by P.R.G. Mathur (1977). He points out that induction into political culture and integration into the mainstream of national life are part of one and the same process and without political socialization being achieved, tribals integration into the national social life is impossible. Political socialization must precede their integration into national life. Motivation and objective underlying the tribal welfare programmes and political socialization are common.

In a Study, Roy Burman (1978) speaking about the tribal integration process, points out that, presents context integration means four things: independent thinking, democratic

style of life, secularism and planned economy. These are urgently needed for the tribals to integrate themselves into the mainsteam.

In a Study, R.S. Sharma (1980) has discussed the status of tribals in India during ancient times. The epistemological theoretical perspective about the tribals of this period is very clear. It was the time when the Aryans and, at a later period, the high caste Hindus make all efforts to have their hegemony over the tribals. Sharma has applied material approach to the study of history. This study of tribals is based on the assumption that the mode of production involving the theory of surplus leading to class formation continues to the best working hypothesis, not withstanding countless assertions to the contrary.

In a Study, Renuka Pameche (1985) has studied political aspects of the Bhils and the process of the formation of elite in Bhil Society – Elaborate accounts of the traditional political system of Bhils and the impact of the modern system on them are given. A serious limitation of this book is that, it is has not taken into consideration the socio-economic aspects of the poor tribals.

In a Study, Devendra Thakur (1986) made an elaborate study about the Santhals in Bihar. The study highlights their socio-economic conditions. It has been observed to what extent they were responsive to the projects and programmes undertaken during the different developmental plans.

Before the introduction of Five Year Plans, during the colonial rule, the tribals in the country as a whole remained in isolation. If the problem of untouchables in pre-independent India was that of pollution, vis-à-vis purity, the problem of tribals or adivasis was that of isolation. They were considered backward and savage. Lamenting on such an approach to the study of Indian tribals, Yogendra Singh (1986) observes: the colonial ethnographers, for

instance, took a placid, even a synchronic view of the tribal society. Tribal communities were treated as isolates and the primitive condition was described as a state of Arcadian simplicity.

In a Study, Geetha Menon (1987) reveals that the impact and the loss of common property resources are very severe on tribal women. She shows that the hardships of the tribal women have been increasing. Thus tribal women are the major victims of the deprival of the traditional rights of the tribals in common property resources.

In a Study, V.S. Ramamani (1988) presents a descriptive analysis of the main features of tribal economy. She also postulates in this study the gap between the tribals and non-tribals, and the protective and promotional measures in order to reduce this gap.

In a Study, L.C. Mohanthy (1989) has reminded us of the urgent necessity of evaluating how far tribals have improved thei economic-conditions and how far they have been integrated into the larger Indian society. He believes that giving tribals full freedom to manifest their genius will help their integration.

In a Study, S.L. Doshi (1990) who has conducted researches on the Bhils of south Rajasthan argues that in ancient India the tribals did not constitute the core of society. They were always marginalized. Though there were no accounts of their collective identity, it is stated that they practiced a pastrol life characterized by animism. They were, by and large, a classless stateless society.

In a Study, Nirmal Sengupta (1990) maintains that the process of rapid industrialization since independence has added dimension to the problem of the tribals, as the majority of the tribal concentration in the country are in the areas endowed with rich natural resources. The establishment of resource-based industries in such areas has inevitably led to the displacement of the tribals.

In a Study, S.G. Deogaonkar (1994) traces the origin and growth of the efforts for the development of tribal population in India. Apart from examining various approaches to tribal development, it enumerates the administrative structures and organization strategies adopted during the last many years of planning, the outlay on tribal development during the plans and the priorities adopted have also been indicated. The tribal Sub-Plan strategy and its implementation have been examined elaborately. The personal policy adopted in tribal development finds a special and critical treatment.

In a Study, Rudolfe Heredia (1995) reveals his view that "if the developmental dilemma that confronts our tribals is to be successfully addressed, tribal integrated will require their mobilization not just to preserve their cultural autonomy but to redress their minority status as well". So that they can play a major role.

In a Study, Bhujendra Nath Panda (1996) has made sincere attempt to study the personality adjustment, mental health, attitude and academic achievements of more accultured Saora tribes. Through an in-depth analysis, this book gives practical suggestions to teachers, and policy makers to realize the pros and corns of tribal acculturization. Thus the findings have obvious implication for policy makers in tribal education and development.

In his thought-provoking study, A.K. Pandey (1997) presents an important correction to the tendency of western researchers and conservative scholars. He has successfully tried to investigate the problem of underdevelopment, the culture of powerlessness and culture of poverty among tribalsvis-a-vis the Indian society.

In a Study, AmitaBaviskar (1998) who has studied the erosion and destruction of environment in her study of Narmada valley argues that positivism has failed to comprehend the tribal conflicts over the developments in the valley. She says that in such researches positivism is in conflict with the epistemological situation of the tribal people.

The methodology of 'critical enquiry, postulated by Baviskar argues that there are two important variables: (1) the perspective of the tribals on the life as they live; and (2) the perspective of the researcher who 'interprets' the meaning of life given by the objects of study. Here it is very clear that the researcher becomes a strong variable. It is his ideological bias, his values and his definition of life which interpret the life of the tribal. Perhaps the authentic perspective of the tribals remains unexplained or not properly represented by the researcher.

In a Study, P.C. Jain (1999) gives some insight into the Bhils and Minas of Rajashan. The objective of the study is to find out the development attained by these two tribal groups. The development is through various sources. In the First Year Plan, the State government is committed on constitutional ground to bring the tribals at par with the other tribal groups who are economically and socially advanced.

In a Study, Prakash Chandra Mehta (2000) presents an overall review of the tribal development measures adopted during the 20th century. According to him the government failed to provide them basic minimum needs for their subsistence. The first half of the century was administrated by the British government and the local rulers. They were not bothered about their needs and welfare. Hence, during the first half of century they were exploited by the then rulers.

In a Study, Meenaxi Hooja (2004) in her book 'Policies and Strategies for Tribal Development Focus on the Central Tribal Belt' analyses the changes in approaches, strategies and schemes of tribal development in India over various Five Year Plan periods. Special attention has been paid to the problems and achievements of Tribal development programmes and administrative arrangements in India's Central Tribal belt comprising the state of Orissa,

Andhra Pradesh, Bihar, Jharkhand, Madhya Pradesh, Chhattisgarh, Gujarat, Maharashtra and Rajasthan that contains nearly ¾ of the country's tribal population.

In a Study, Niranjan Pani and Jitendra Sahoo (2008) in their book 'Tribal Development' tries to analyze tribal development from varied angles. Majority of the tribals have remained in isolation. Yet with a few changes and globalisation, they have been empowered and, getting awakened. Still their socio-economic condition is far from satisfactory. Essentially, it is time to give attention to their development. This book humbly tries to explore their problems and to portray the measures for their development. A Special Focus is given on Koraput district of Orissa as a micro-area study.

In a Study, A.K. Auja and A.K. Ojha, (Eds.) (2009) in their book 'Welfare and Tribal Development Administration' have selected and compiled articles written by various practitioners as well as scholars. They take the reader through the evolution of disputed issues and strategies over time.

Some articles focus on the strategies and experiments while some others capture experiences through analysis of cases. These articles have been arranged in two sections namely 'Welfare Administration' and 'Tribal Development Administration'. These sections have been further arranged into two sub sections each. The two sub-sections under Welfare Administration have been entitled (1) 'Survival and Sustainability: Strategies and Experiences', and (2) 'People's Participation and Reacting People: Some Cases'. The Tribal Development Administration section similarly has two major sub themes captioned as 'Tribal Development Issues and Concepts' and 'Tribal Problems and Justice'. Tribal Development over the years has been a major concern of the Government, voluntary organizations, social reformers, social scientists etc. The topic of this work 'Tribes through Ages' has been conceived and edited by Suresh K. Sharma (2010), has four segments. Vol. I and II include Speeches and writings. Vol. III and IV contain Documents.

In Vol. I and Vol. II, there are speeches and writings of well known leaders, social workers and scholars like the President of India, Prime Ministers of India: Jawaharlal Nehru, Indira Gandhi, Atal Bihari Bajpai, Lal Bahadur Shastri and scholars like VN.K. Bose, A.M. Somasundaram, Mildred Archer. F. Kingdon Ward, Verrier Elwin, Bhawani Shanker Bhargava, W.V. Grigson, G.N. Das, Social Workers like L.M. Shrikant, Kaka Kalelkar, Gopi Nath Sen, Ambalal Vyas, D.J. Nai, K.K. Lenva etc. Vol. III and IV deal with reports of various committees and sub committees, Advisory Committee and study Teams on tribal development and Tribal sub plan with recommendations and resolutions of the 121 different States like Andhra Pradesh, Assam, Bihar, Gujarat, Himachal Pradesh, Kerala, Madhya Pradesh, Manipur, Orissa, Tripura, West Bengal, Rajasthan, Nagaland etc.

Tribal in Jaunsar Bawar

Jaunsar Bawar is a hilly region; 85 km from Mussoorie in Chakrata tehsil in dehradun district it represents the geographical inhabited by the Jaunsari tribe, which traces its origin from the Pandavas of Mahabharata and Rajputs of Rajasthan. The Jaunsar Bawar region is a tribal valley spread over 1002 km and 400 villages between 77.45 and 78.720 East to 30.31 North. Jaunsar-Bawar area is separated from Jounpur Rawain area by the river Yamuna. Despite this natural barrier these three areas have evolved more or less the same culture and the same economic structure and have continuing material relations between them. Yamuna has never been an invincible barrier for people of jaunsar Bawar across.

Jaunsar Bawar is a part of district Dehradun and is divided into two blocks, viz; Kalsi and Chakrata. On the north and the east, it is bounded by Tehri Garhwal, on its west, lie the former hill states of Bashar, Rajengarh, Tharoch, Jubel and Sirmoor and to the south is the beautiful Doon Valley. The river tons up to its confluence with river Yamuna near Kalsi separates it from the Sirmaur State. It has area of 363.5 sq miles (Census Handbook, 1971).

If we look through the population of Jaunsar Bawar, there are no accurate figures available. The kolta, alongwith Rajput and Brahmin have been included in Jaunsari tribe in Jounsar Bawar while they are treated as a Scheduled Caste in the area.

Looking forward the Census of 1971, the total population of Jounsar Bawar is 56471 and according to local officials and some voluntary social organizations, the Kolta constitute 10-15 per cent of this population while the total scheduled caste population of Jounpur and Rawain are 6609 and 19012 respectively of which about 50 per cent should be Kolta.

It is said by many scholars and historians that the people of this tract belong to a very ancient stock. According to D.N. Majumdar, the khasas arrived later in this area and the aboriginal population was composed of Kolta and Dom. Atkinson identifies the khasa to an early period in Punjab. In the Mahabharata, the Khasa are clearly mentioned amongst the northern tribes who brought present to Yudhistra. Some enthusiasts have connected these people with the Toda of Nilgiri hills because of the prevalence of Polyandry among both peoples. But the physical features of the two tribes are so different that by no stretch of imagination can they be lumped together.

In the Jaunsar Bawar, along with Kolta, the other caste people living in the area are the Brahmins, the Rajouts who call themselves ‘Khasa’ and other lower castes like Bajgi, Auzi, Lohar, Badhi, Chamar, Hurkriya, Koi, Koli Etc. Matrimonial relations between Brahmins and Rajputs are quite common unlike in other parts of the country. The entire population of the area is divided into three strata: Brahmins and Rajputs occupying the apex of the Socio- economic hierarchy, followed by the artisan caste group like: - Bajgi, Lohar and Auzi and lowest of all are the untouchable Kolta, Dom, Koli and few others.

The koltas were not qualified to own land. It was their lot to serve their masters, in the way to masters thought fit. By Zamindari Abolition Act of 1956, Dastur-ul-Amal and Wajib-ul-Arz were revoked and the state government took steps to grant land to Koltas.

Though the people of Jaunsar Bawar declare that they are Hindus, yet they are quite different from the Hindus of the plains. Although they believe in rebirth, Solemnize marriage before fire and cremate their death. Mahasu is the most revered deity for Jaunsaris. Those who rever Mahasu are numerous. Temples of Mahasu may be found in almost every village of JounsarBawar. Apart from the tiny temples in the villages, they also build stone blocks in their villages dedicated to the Devta (Mahasu). The entire religious beliefs and activities of Jounsaris rotate round Mahasu. They swear by him, love and respect him. He also inspires awe in their minds.

In the Haruli of UnaBhat and in the widely prevalent Mahasu Katha, Mahasu is believed to have come from Kullu-Kashmir. Mahasu attacked the valley of tons at the request of one Una Bhatt to kill the demon kirmir and establish their raj and rule in the valley. The biggest and most important temple of Mahasu is situated at the place known as Hanol and major internal problems and quarrels of the people are solved in Hanol by swearing before the image of Mahasu. Untouchables are neither allowed to enter the temple nor can they see the image of their deity.

Jaunsar Bawar women have lack of personal privacy is the number one reason for early exposure to sex life among these people. All the people, including women and children go to isolated places near their houses to defecate. If the village is relatively large one, it increases the chance of exposure of one's genitals to others. In Polyandry, it is customary for the eldest brother to marry and all the brothers ipso-facto become the husbands of the common wife or wives. Even if the brothers can afford to keep more than one wife, it is the

eldest brother who marries every time and traditionally he has the privilege of enjoying the easiest accessibility to the wife or wives.

The Jaunsaris live in close association with the Koltas. The later were put under the categoer of the OBC and then reclassified as Scheduled tribe by the government of India. These people are not only different from Jaunsaris in racial stock but were traditionally regarded as untochables. They have also been serving the higher castes of Jaunsaris as bonded labourers. This can be understood from following case.

This is a typical case of bonded labour as prevalent in this area. A and M are two brothers aged 45 and 40 respectively. They live in village Lohari of Jaunsar Bawar, reputed for the endurance of Kolta and other Harijans and notorious for the cruelty of Rajputs Landlords.

These two brothers share a common wife who is actually married to A, the elder brother, according to the local custom. They have two sons and one daughter, all in the age group of 5-15 years. Due to abject poverty and their indebtedness, they could not procure a wife till the elder brother was twenty eight. They had to pay rupees three thousand as bride price which they borrowed from C, who was an influential and affluent Rajput landlord of their village at the rate of 30 per cent, interest per annum and 5 per cent as Ganth Khulai. Beside this sum they also owe ‘some’ more money to the same money lender because their great grandfather had borrowed “that much of money” from the great grandfather of the said moneylender. When asked about the quantum of the said amount, they expressed their ignorance and said eylender landlord about it. Hence the entire family has been working for the moneylender for the fifteen years without any hope of breaking the shackles of drudgery. The two brother’s work on the land of their master to whom they are bonded, their wife and daughter do household work and the children graze the cattle of the said moneylender

landlord. In lieu if this family gets two meals a day consisting of four Chapatis, some sattu and a little of daal for each member. Although this bonded family possesses one and a half acres of land, they hardly get sufficient time to cultivate it. However, their master is so generous that he allows them to use his bulls and cultivate their land for a few days only after they have completed the work of the master. Due to lack of time and necessary inputs, the yield is so meager that it can hardly sustain them for a couple of months. Despite, getting two meals a day from the master they still need food grain for consumption because this food is insufficient. They also need to produce to entertain their guests. So even for landed Kolta, cultivation of their own land is a secondary occupation in terms of time. Another striking point is the submissiveness which the Kolta show. It is so deeply ingrained that Kolta cannot dare ask the correct amount that he owes to his creditor-landlord.

Scope of the Study

My research may be specified according to geographical extension, professional filed and in time. Regarding geographical extension the research will carry out in the Jaunsar Bawar, Dehradun of Uttarakhand. An attempt will made to examine the role of media is development of Jaunsar Bawar.

Objectives of the Study

Fixing the objective is like identifying the star. The objective decides where we want to go, what we want to achieve and what is our goal or destination.

Every study is carried out for the achievement of certain objectives.

The basic objectives of the study are:-

- To study the information and development in the area.
- To study the role of mass media in the development of soci- economic development..

- To study the mass media and rural development.

METHOD AND DISCUSSION

Perspective/ Approach

To observe the cultural and changes taken place in jaunsar bawar, Historical approach will be used. I will used the Structural and Functional approach to study the changes and development taken place in the area, and how the people is opting the mass media in their daily life. This approach will be used to find out the communication among the tribes.

Historical approach also used to research over the development of jaunsar bawar and the role of mass media in the development and content analysis is done to analysis the data.

Methods of Data Analysis

Data analysis for quantitative studies, Comparisons of primary research findings to the findings of the literature review are critically important for qualitative research. Data analysis methods in the absence of primary data collection can involve discussing common patterns, as well as, controversies within secondary data directly related to the research area.

Information and development

The transfer of technology for development depends closely on communication. If developing societies are to be moved along the path of modernization, they need more sophisticated and effective communication for social and political mobilization, national integration, learning, social education and extension (Varghese, 1980). Development and communication are synonyms (Fortune, 1977).

We are passing through a period of “Information Explosion”. This is the age of information. The electronic media, particularly satellite channels have completely changed the media scenario. All information has now been reaching in the homes. This has not only changed the psychology of people but also changed their approach and life style in offices as

well as in homes. The information explosion has particularly affected the minds of the young generation. The information revolution has also changed the thinking process throughout the world.

The population land mass and natural resources are now no more big power potential. These are the old concepts. In the modern world, technology quality has greater and bigger role than even industrial revolution. The information revolution and communication technology is now playing a bigger role. On international level, the trend began to set to suit the industrially advanced countries and legitimized the conquest of empires.

The important fact is that information revolution has helped in globalization. People today know more about the world today than few decades back. That is why there is also a talk of cultural invasion. However, it is difficult to remain aloof in present world, and different cultures will have their impact on others. When Mr. Rupert Murdoch arrived in Japan in June 1996, the media executives there were puzzled. His visit was termed as unexpected invasion of foreign capital and its advance into their turf. Such trend is visible throughout the world today and it is bound to affect social, national and individual life styles as well as thinking process.

The information explosion has changed the lock, content and presentation of newspapers. The TV has helped people in making their opinion after seeing events on the screen. This has affected their thinking process and approach towards life. TV has today become a powerful medium of communication. Thus, its role has become very important. Due to information explosion all types of controls on the flow of information have become almost impossible. The flow of information has also accelerated the pace of technological development and economic progress. The information technology revolution has greater

impact on agricultural and industrial revolution. Both the revolutions have affected man's life and living.

The main function of media, including TV, has been to inform and educate people. The films and TV added the new function of entertainment to it. But there is very thin line between entertainment and proper communication as the market forces have started dominating the media, particularly the TV. To make their programmes attractive and popular they attach glamour to it. With arrival of foreign media on large scale, it is said, that there is cultural invasion. This has changed the life style and also food habits of the people. Western culture has been dominating the lifestyle. Thus, sometimes it is felt that people lose respect for their own culture.

The market forces have turned the whole media into a big business. Both print and electronic media have become tools in the hands of market forces that are using them for earning more and more profits. Due to revolution in printing communication and information technology, there is vast change in the newspapers. Now more emphasis is on sale and advertisements. The earnings through advertisement decide the policy of the newspaper. The advertisements and their styles show country's commercial history, its changing social mores rid life styles, its fads and fancies and trends. They have to exist in competitive free market.

With the entry of multinationals and liberalism, the market forces have become stronger. They have been dominating in both the social as well as economic fields. In our country where large population lives below poverty line, rise in consumerism and domination of market forces will increase disparities. The social tensions will also increase.

The communications is a means, which can be used both ways. Through this the society gets entertainments and information. The information can be concerning education, agricultural development, social upliftment, national integration, social and human values,

national defence, liberation from poverty and backwardness and growth of an individual personality. The same media can be used for selfish interests only to earn money and worldly property at any cost.

It was possible to run commercial traffic in TV. Commercial traffic meant more business and more rush for advertisements. It also meant millions more users every year and consequently an increase in demands for more goods. This was all due to Internet. It is good that at some places the TV is being used for imparting education to students. Many channels are engaged in education programmes. This is encouraging. The market forces have to see that media also meets the requirement of the society. There has to be a balance between profit motive and welfare of the society. The media controlled by the government has also to be disciplined and properly used keeping in view the social values. Media has to be responsible towards the country. It is also answerable to the society. The advertisements are the biggest source of income. The market forces control the advertisement field and the government is also an important advertiser. The economic development and human values, both have to be kept in mind. The media has a responsibility to create and atmosphere and thinking to keep that balance. Only media can do it.

Mass Media in Socio-Economic Development

Development is a type of social change in which new ideas are introduced into a social system in order to produce higher per capita incomes and levels of living through more modern production methods and improved social organization (Rogers, 1965). Those who are having higher income, their level of living are considered as more developed socio-economic than those who are having low income and low level of living. The level of income and living is usually termed as the socio-economic standing or status of a person. So development can

be considered in terms of a comparison between the socio-economic statuses of the individuals.

In the present study we have taken economic structure and professional structure of the respondents in to account because these factors are going to play a very important role in social, political and economic development and awareness in the villages of Dehradun.

Mass Media in Rural Development

Developing countries are societies in a hurry. They want to catch up fast. They can be assisted by mass media for making them developing them aware about what they want to catch up with. The people in the developing world can't entirely depend on extension work since the extension agents tend to provide intensive assistance to only a small number of innovative, wealthy, educated farmers (khan, 1980).

Mass communication and interpersonal communication are two components of rural communication (Reddy, 1980).They believe that as a matter of fact both communication & development processes support and reinforce each other (Singh & Singh, 19emendou81).it has an active role in rural development. Media has contributed tremendously in changing our society and nation. In spite of inequalities in our society; revolutionary changes have taken place in India at all levels. Doordarshan& AIR regularly out programmes such as jannhaijahanhai, aapkisehat, doctor kisalah, etc that are of immense use for common man. Regular columns in newspapers, magazines and journals on consumer's protection have rendered immense service to the masses.

A large number of TV serials on women have focused on problems of women, child marriages, girl child, pregnancy tests, dowry deaths, broken deaths, broken marriage, widow remarriage, discrimination against women in work and numerous other issues. To be

meaningful rural development should signify development and should lead to widespread changes for a better environment in which people in rural area should be able to maintain good social relations among them. There should be an availability of increased production and consumption of goods and services for viable living and subsistence. The well being of people should be maintained so as to make happiness compatible with each other and maintain good living styles.

CONCLUSION

Present study entitled 'Media & Religion: Analyses of Development & Changes' emphasized mainly on the development & changes of the cultural with the help of media by analyzing the studies made by the scholars. The study was performed with the objectives, to study the role of media in the development of Jaunsar Bawar, to study the role of print media and electronic media in changing the life pattern of people in the area.

The mass media, such as television, the press the radio and the movies have superseded the more direct person-to-person contact in the present century. The communication media are indirect and intricate and have made an impact on the individual and the group. The mass media deal with the day-to-day problems and affect the destiny of a nation. Hence it is proposed to make a study of the role of mass media in generating social and political awareness, which should not only add something hopefully useful but also throw new insights for policy makers and programme planners especially in Dehradun district of Uttarakhand state.

In this study the involvement of the five major units of Mass Media, namely, the television, the press, the radio, the cinema and the magazine have been analysed. These are found to be the most widely used and influential media (Baker, 1978). It was found that

certain fields in development communication are, by and large, remaining unattended by communicologists.

- Mass media is playing a very effective role in generating social as well as political awareness in rural areas in Dehradun. Villages, which are nearer to any city or town, are more aware about different units of mass media and their uses. Mass media plays a vast role in development of villages and the nation as a whole.
- Television is the most popular unit of mass media in villages of Dehradun. Tata sky, dish TV, and D.T.H. connections have given the new height to television in rural areas of Dehradun and its main reason of television being the most popular unit of mass media. Unemployed people are close to newspaper compare to other units.
- In Doon valley mass media is making the people health conscious and also playing a big role in population control after giving so many advertisements on television, radio, newspapers and even in magazines and in between the movies on various subjects.
- Electronic media is more effective than print media in generating social and political awareness in rural areas of Uttarakhand. Television serve as primary information sources for a wide range of topics, Indian television particularly Doordarshan has played an important role in dissemination of information in both agriculture extension and secondary education.
- Newspapers and magazines are more popular in upper castes people because literacy is better in upper castes compare to other backward castes and SC/ST people. People of Dehradun are more interesting in reading the national newspapers than the local newspapers. The least used unit of mass media is magazine because they are costly and are lacking in flexibility.

- Different units of mass media have changed the outlook of rural people of Dehradun, now they are more fashionable and confident and looking forward for their career in different fields. Mass media also provide the entertainment to the rural people of Dehradun. Farmers are getting knowledge about new seeds and new methods of cultivation from television, radio, cooperative committee and block development programmes.

We can say that mass media carry the risk of being ineffective and even counterproductive if they used without adequate knowledge of the local culture. Therefore an effective use of mass media for political, economic and social development implies that they should be as local as possible.

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Mental Health Issues and Challenges in India

Tej Singh Rajpal*

ABSTRACT

Mental illness shrouded by stigma, is the Elephant in the Room here which is finally acknowledged by the society and policy makers. It is undeniably, one of the most precious possessions to be promoted and preserved to the fullest extent. According to World Health Organization (2002) health is a state of complete physical, Mental and social well being and not merely absence of disease or infirmity. This definition gives us the complete idea of the Healthy life with increase in population, changing life style unemployment lack of social support changing life style unemployment lack of social support and increased insecurity, it is predicted that there would be a substantial increase in number of people suffering from mental illness. Psychologically and socially mental illness is undoubtedly a vital Resource for a nation's development and its absence represents a great burden to Economic political and social functioning of any nation.

Keywords: *Mental Health, Policy, Rural India, Urban India*

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INTRODUCTION

Health is a state of complete physical, social and mental well being and not merely absence of disease Reconsidering this world health organization definition, several questions arise in our mind like can somebody be healthy physically but not mentally and socially? Can there be anybody who is mentally healthy but not socially and physically?

If we consider these questions the concept of Health looks Broader. There are number of factors which contribute to positive health like spiritual, emotional, vocational, philosophical, cultural, socioeconomic, environmental, educational and nutritional along with physical mental and social dimension. Thus health is multi dimensional.

Social Health in general takes in account that every individual is a part of a family and a wider community and it focuses on social and economic conditions and well being of the whole person in the context of his social network.

Mental health refers to the inner harmony of an individual while social health refers to the external harmony of an individual

Issues and Concerns

There are various issues and related factors that contribute to mental illness. These factors vary in the urban and the rural areas. Among priority non-communicable diseases in India, Mental Illness constitutes 26 percent share in the burden of diseases and available data suggest that there would be a sharp increase in this in coming year's i.e 2020-22. Projections suggest that the health burden due to mental disorder will increase to 15% of DAILY by 2020.

With the population increase changing values, life style, frequent discretional in income, crop failure, natural calamity (drought and flood) Economic crisis, unemployment, lack of social support and increasing insecurity, It is fearfully expected that there would be substantial increase in number of people suffering from mental illness in rural areas.

Considering the fact that 72.2% of population lives in Rural areas with only about 25% of health infrastructure, medical manpower and other health resources, it may be submersed that number of people affected with any mental and behavioral disorder would be higher in Rural areas.

Despite NRHM initiatives and improvement general health services in rural areas are not adequate and are struggling with infrastructure human resources. In urban areas there is availability of good facilities and technology but today the people are totally depending on these technologies more than the normal works this has caused laziness and bad lifestyle and this also increased the mental health problem. The other factors include stress of work; in compatibility with the great speed of development increasing devoice rate and separation of families and nuclear families.

The present situation and available health service system shows that providing mental health services is a challenging task which needs infrastructural and programming correction in existing national mental health programme. Lack of trained human resource for mental health care and treatment is another challenge.

Barriers in Seeking Help

Major Barriers in seeking help are unavailability of mental health services, low literacy and socio culture barriers traditional and religious belief and stigma and

discrimination associated with mental illness. Financial constraints and infrastructure are one of major barriers which make access to mental health services.

Other barriers are low political will of central and state government and unclear plan of action and policy. Another barrier is resistance to decentralization and resistance by mental health professionals and workers whose interest are saved by large hospitals.

Other barrier is that Medical students and psychiatrist Residents are often trained only in Mental hospital setting with inadequate training of general health work force and lack of infrastructure for supervision in the community.

Another Important barrier is mental health leadership of the country which often lacks public health skills.

Innovation attempted so far

Various non-governmental organizations and civil society groups are involved in providing mental health service delivery and community mental health and have done commendable job. Most of their services are extension clinics, concentrated in urban areas with little attention in rural areas.

Although many NGOS are doing commendable job in their areas, their service reach is very limited and dependent on donor support secondly their initiatives have been isolated to pocket with limited funds and have not been supported by govt both at centre and state level.

It emerges that the NGOS can supplement in providing mental Health services but they cannot be an alternative in providing mental health care services in areas that need special care.

SUGGESTIONS

Many suggestions or strategies in combination can be used for strengthening the rural mental health care services. Main suggestion include –

a) Convergence of National Mental Health programme or district mental health programme under National Rural Health mission programme and using existing public health centre and sub centers providing mental health services.
b) Capacity building of Rural or registered medical practitioners or primary health care doctors or teaches or Anganvadi workers on tailor made modules.
c) Advocacy through community, social and other bodies and involvement of Religious leader's teacher's local community leaders with key stakeholders.
d) Targeted awareness programme using available media.
e) Provisioning social security to the mentally ill patients.
f) Training for care givers and relatives.

CONCLUSION

Mental Health is an important component of health and thus for the development of Human society all human society not simply that of India. There are various mental health services related providing problem. The Rural and urban both have problems regarding mental health services which needs immediate attention considering the Burden of diseases and treatment Gap. Lastly The Researches knowledge of the community views attitudes and awareness regarding mental health problem and facilities available are also needed to be considered in planning process.

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Relationship of Study Habits and Academic Achievement of B. Ed Students at Different Levels of Intelligence

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ABSTRACT

The present study is aimed to find if any significant relationship exists between Study Habits and Academic Achievement at different Levels of Intelligence. For this reason 300 B. Ed. students were randomly selected from four Education Colleges of Amritsar. They were administered with the test of Study habits and Attitudes developed by Mathur, C.P. Their intelligence level was checked via Samoohik Yogayata Pariksha developed by Tandon, R.K. and the scores of the students in their B.A. and B.Sc. were taken as Academic Achievement scores. The results of the study showed positive significant relationship between Academic Achievement and Study Habits at various levels of intelligence.

Keywords: *Study Habits, Academic Achievement, Intelligence*

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INTRODUCTION

Education is undoubtedly the greatest instrument in which man has devised for his own progress. Education is indispensable to normal living. It is through education that man is transformed into human, social, moral and spiritual being. Man learns something from everybody and every moment. His entire life is full of educative experiences. Hence, education is a dynamic process. It is concerned with ever growing man in ever growing society.

The world is becoming more and more competitive. Quality of performance has become the key factor for personal progress. In the educational institutions also whole teaching learning process is centered around the achievement in the academic field as well as in the sphere of co-curricular activities. The academic achievement is required to be of greater value and for the attainment of which the students, teachers and parents strive towards it.

The act of achieving a desired end is termed as achievement. According to Oxford Advanced Learner's Dictionary (2010), "Achievement is a thing that somebody has done successfully; especially using his/her own efforts and skills."

Academic Achievement is not an individual phenomenon but a multi-dimensional activity. Achievement in any subject, skill or area is influenced by quite a large number of factors like interest, intelligence, methods of teaching, study habits etc.

It has long been recognized that in the learning process, study habits of students play an important role in their academic achievement (Kiester & Kiester, 1992).

Study habits are learning tendencies that enable students to work privately. The term study habit can be as the students' way of study whether systematic, efficient or inefficient. It is necessary for the students to develop special study habits and skills. It is a well- formed habit that furnishes its own source of motivation.

Azikiwe (1998) defined study habit as "the adopted way and a manner a student plans his private readings, after classroom learning so as to attain mastery of the subject."

Many studies had revealed that the study habits of the students play a vital role in reflecting the standard of education and the student's individual achievements. Studies given by Tuli (1982), Aluede & Onalomhemhen (2001), Yeh (1991), Aluja & Blanch (2004) show significant relation between academic achievement and study habits.

Another most important factor related to academic achievement is Intelligence. The dictionary meaning of intelligence is the capacity to acquire and apply knowledge.

According to Jalota (1986)," Intelligence is general mental ability which involves the following components (1) Vocabulary Opposites (2) Vocabulary Similars (3) Classification **(4)** Number Series (5) Inferences (6) Analogies (7) Best Answers.

The relationship between measures of intelligence and achievement is significant to research, if there is a strong relation between them, it might be deduced that the intelligence test has an important contribution in connection with other variables for instance the curriculum, study program, the teacher, the characteristics of the school, and others in scholastic performance (Naglieri & Bornstein, 2003).Laidra, Pullmann, & Allik, (2007) asserted that students' achievement relies most strongly on their cognitive abilities through all grade levels.

Rationale of the Study

Students enter educational institutions with some background characteristics like study behavior, attitudes and various cognitive abilities that influence their scholastic performance. These characteristics of students act as basis or raw material for the final achievement of goals and targets. Sometimes, in spite of inherent capabilities and potentialities many intellectually capable students don't achieve what their measured capacity indicates. Even parents and teachers are at a loss to understand the discrepancy between

ability of the child and his accomplishment. What they need are improved study habits. Good study habits play two fold functions in the education. It assists in the acquisition of knowledge to the best of one's capacity and to study effectively. Outcomes of this study may form the basis for future intervention programs which aim at improving students' study habits that will eventually improve their performance outcomes in examinations which is an indicator of quality education in higher institutions of learning.

The findings may help the teachers, management, parents of students, in order to understand the importance of the study habits for the academic success. The findings of this study may also be helpful to the students who are facing difficulties due to non-serious study habits they may learn various effective study skills for the academic achievement. Moreover, the findings of this study may help the students to overcome the academic problems.

METHOD

Statement of the Problem

Relationship of study habits and academic achievement of B. Ed students at different levels of intelligence

Objectives of the Study

1. To study the relationship between Study Habits and Academic Achievement at Below Average Level of Intelligence.
2. To study the relationship between Study Habits and Academic Achievement at Average Level of Intelligence.
3. To study the relationship between Study Habits and Academic Achievement at Above Average Level of Intelligence.

Hypotheses

1. There will be no significant relationship between Study Habits and Academic Achievement at Below Average Level of Intelligence.
2. There will be no significant relationship between Study Habits and Academic Achievement at Average Level of Intelligence.
3. There will be no significant relationship between Study Habits and Academic Achievement at Above Average Level of Intelligence.

Delimitation

The study was delimited to the B. Ed students of Amritsar City.

Plan and Procedure

Study was planned to investigate into the relationship between the Study Habits and Academic Achievement at different Levels of Intelligence of B.ED students. For this the descriptive Survey method was employed.

Sample

A sample of 300 B. Ed students were taken from four Education Colleges of Amritsar.

Tools

Following tools were used to collect data for the present study:-

- Samoohik Mansik Yogyata Pariksha (1973) developed by Tandon, R.K published by National Psychological Corportaion, Agra.
- Test of Study habits and Attitudes developed by Mathur, C. P published by Institute for studies in Psychological Testing, Kanpur.
- The Scores of students in their BA/B.Sc were taken as Academic Achievement scores.

Statistical Treatment

Raw scores have no value in themselves unless they are subjected to statistical treatment. In the present study, Mean and Standard Deviation was calculated. To find out the relationship between the Study Habits and Academic Achievement at different Levels of Intelligence Chi Square test was applied.

RESULTS AND DISCUSSION

Table 1

Showing N, Mean and SD for B. Ed students at various intelligence levels

Levels of Intelligence	Sample (N)	Mean	Standard Deviation (SD)
Below average intelligence	62	19.79	4.34
Average Intelligence	178	42.08	8.90
Above Average Intelligence	60	69.61	6.35

Table 2

Showing N, Mean and Standard Deviation of B. Ed students of varying Study Habits

Group of B.Ed students	Sample (N)	Mean	Standard Deviation (SD)
Below average level of Study Habits	47	35.06	2.48
Average level of Study Habits	198	49.74	5.48
Above Average level of Study Habits	61	61.83	3.35

Table 3

Showing N, mean, SD of B. Ed students on the basis of scores in academic achievement

Group of B.Ed students	Sample (N)	Mean	Standard Deviation (SD)
Below average level of Academic Achievement	34	1157.11	33.22
Average level of Academic Achievement.	216	1339.72	80.81
Above Average level of Academic Achievement	50	1570.60	61.58

Hypothesis I

There will be no significant relationship between Study Habits and Academic Achievement at Below Average Level of Intelligence.

Table 4

Chi square Contingency, showing the variables Study Habits and Academic Achievement for Below Average intelligence level of B. Ed students

Academic Achievement / Study Habits	Academically Below average B. Ed students	Academically Average B. Ed students	Academically Above Average B. Ed Students	Total
B.Ed Students with Below Average Study habits	5	8	4	17
B.Ed Students with Average study habits	6	20	5	31
B.ED Students with Above Average Study Habits	1	8	5	14
Total	12	36	14	62

Table 5

Showing the χ^2 Value for Study habits and Academic Achievement at 1st level of Intelligence i.e. Below Average intelligent students

Group	Variables	χ^2 value	Degree of Freedom	Level of Significance
Below Average intelligence	Study Habits / Academic Achievement	4.19	4	Insignificant

It is evident from the tables 4 and 5 that there exit no relationship at all between study habits and academic achievement for Below Average intelligent students. So, our hypothesis stands *rejected.*

Hypothesis II

There will be no significant relationship between Study Habits and Academic Achievement at Average Level of Intelligence.

Table 6

Chi square Contingency showing the variables Study Habits and Academic Achievement for Average intelligence level of B. Ed students

Academic Achievement Study Habits	**Academically Below average B. Ed students**	**Academically Average B. Ed students**	**Academically Above Average B. Ed Students**	**Total**
B.Ed Students with Below Average Study habits	0	10	3	13
B.Ed Students with Average study habits	5	120	10	135
B.Ed Students with above average Study Habits	0	20	16	36

Total	5	150	29	178

Table 7

Showing the Chi Square Value for Study habits and Academic achievement at IInd level of Intelligence i.e. Average Intelligent students

Group	Variables	χ^2 value	Degree of Freedom	Level of Significance
Average intelligence	Study habits	17.00	4	Significant at p<0.01

It is apparent from the tables 6 and 7 that there exist some relationship between the Study Habits and Academic achievement for Average intelligent students. Moreover, the results obtained are statistically significant because our calculated value of χ^2 is greater than the tabulated value.This shows that B.Ed students who have average intelligence get academic achievement in same confidence with study habits they have. Therefore, our hypothesis is **accepted.**

Hypothesis III

There will be no significant relationship between Study Habits and Academic Achievement at Above Average Level of Intelligence.

Table 8

Chi square Contingency, showing the variables Study Habits and Academic Achievement for above Average level of Intelligence of B. Ed Students

Academic Achievement / Study Habits	Academically Below average B. Ed students	Academically Average B. Ed students	Academically Above Average B. Ed Students	Total
B.Ed Students with Below Average Study habits	10	4	3	17
B.Ed Students with Average study habits	6	22	4	32
B.Ed Students with above average Study Habits	1	5	5	11
Total	17	31	12	60

Table 9

Showing the Chi Square Value for Study habits and Academic Achievement at above average Intelligence level of B. Ed students

Group of B. Ed students	Variables	χ^2 value	Degree of Freedom	Level of Significance
Above Average Intelligence	Study Habits / Academic Achievement	17.05	4	Significant at $p<0.01$

It can be clearly seen from the tables 8 and 9 that there is some relationship between the two variables i.e. Study habits and academic Achievement for B.Ed students with above average level of Intelligence. Our calculated χ^2 value of 17.05 is larger than the tabulated value. Hence, the result obtained is statistically significant. For this group of highly intelligent B.ed students the variable of academic achievement is influenced by Study Habits. So, our hypothesis stands *accepted***.**

CONCLUSION

There exists some relationship between the Study Habits and Academic Achievement of B.ED students at different Levels of Intelligence.

Implications

Existing literature shows that academic success does not only require high cognitive ability, but also sound study habits and this is further confirmed in this study.

The result of the study showed significant positive relation between Academic Achievement and Study Habits. It implies that for improvement in Academic Achievement of students we need to improve and develop good Study Habits. The teachers, parents and the organizing bodies are suggested to inculcate good Study Habits among the students. Well equipped library, reading room, science laboratories are required in the school. Proper time table and provision of different curricular activities and innovative methods of teaching, use of educational technology also required in the school for improving Study Habits. The development of good Study Habits will help in the improvement of Academic Achievement and the students can realize their full potential. Guidance Programme should be started in inculcating good Study Habits.

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Social Competency of Deaf among Main Stream School and Special School Adolescents Children

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ABSTRACT

In our competitive world, social competency determines success or failure of a person in life. Social competency refers to a person's ability to get along with other people. Oral language plays an important role in developing social competency.. A person is diagnosed as having hearing loss when he is unable to hear 25 decibels in at least one ear. In children hearing problem can affect the ability to learn language, thus affecting their social competency. The aim was to examine the social competency of deaf children of main stream and special schools. It was hypothesized that there is no significant difference between social competences of deaf in both groups. The samples include 30 special school and 30 main stream students. The scale for measurement was social competency teen survey developed by child trends for the Templeton foundation. The data was analyzed using independent t test. The result says that the null hypothesis was accepted.

***Keywords**: Social Competency, Special School, Main Stream School, Deaf*

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INTRODUCTION

In our competitive world, social competency determines success or failure of a person in life. Social competency refers to a person's ability to get along with other people. Oral language plays an important role in developing social competency. A child's social competence is affected by how well the child communicates with other children and with adults. A child's views of them self in relation to their family, peers, and the wider- world also affect their social competence. The social competency changes with age of the child and the demands the child needs to fulfill. A child's social competence depends upon a number of factors including the child's social skills, social awareness, and self-confidence. Havighurst (1953) explains that, individual must acquire certain competence as they grow from infancy to adulthood. He called it competency developmental task, which he defines as the task which arises at certain periods in the life of the individual in relation to his environment.

Hearing loss, also known as hearing impairment is partial or total inability to hear. A person who has little or no hearing is called a deaf person. The human ear perceives simple tones in the range of 20 to 20,000Hz. A person is diagnosed as having hearing loss when he is unable to hear 25 decibels in at least one ear. Hearing loss can be classified as mild, moderate, moderate-severe, severe or profound. Hearing loss can occur in one or both ears. There are different causes for hearing loss, which include genetic factors, ageing, exposure to loud noise etc.

Social competence is a continual process of growth and change that occurs across the lifespan. Early childhood is a unique period when the structure and functions of the rapidly growing brain are organized through a child's early care experiences (Kids Matters, 2008).

The present study is conducted with adolescent, for whom the importance of social competence is widely known and examined. Adolescents try on different social roles as they

interact with peers as this is the stage they move away from child to an adult. Peer relationship plays an important role in forming socially competent adults. Rejection and victimization by peers can threaten the development of social competence of the individual.

The present study focuses on social competency of deaf children in mainstream schools and special schools. When deaf children studied along with normal children it is called the mainstreaming educational system. When they are educated by special means along with other deaf children is special schooling.

Over the last decades, opinion has favored educational integration of children with some kind of handicap. Among other reasons, it has been argued that" integration, carried out in the right condition and with the necessary resources, is positive for students with some sort of handicap; it contributes to their development and to a more complete and normal socialization. It is also beneficial for the other students since. They acquire attitudes of respect and solidarity towards their less endowed companions (Marchesi & Martin, 1990).

In mainstream schooling deaf have a chance to interact with other children which help in the better socialization and would lead to decrease their inferiority complex. In many of the mainstream schools too special attention are given to deaf and that help them to forget their limitation and move with others. When deaf children interacting with other hearing companions they are there by able to increase their social adjustment.

Although integration of deaf children in regular school has provided a setting in which both deaf and hearing students can display similar interactive behavior, this doesn't always happen spontaneously and adequately. In fact, many deaf children display certain patterns of personal and social behavior consisted with relatively restricted social and communicative interaction developed in their normally hearing environment. Justifiably, the success of integration has been considered to depend as much on acceptance by hearing

individuals as on the effective interactive skills of deaf people in their relations with hearing people. (Rasing & Duker, 1992).

METHOD

Aim

To compare the social competency of deaf adolescent's in mainstream school and special school.

Objectives

- To measure social competency among deaf adolescent in special school children.
- To measure social competency among deaf adolescent in mainstream school children.
- To compare social competence in mainstream deaf children and special school deaf children and find out which one is better.

Operational definition

- Social competency is the person's ability to get along with other people.
- Deaf is a person who has little to no hearing.
- Adolescent is the age group ranging from 12 to 17 years.

Hypothesis

There is no significant difference between social competency of deaf adolescents in mainstream school children and special school children.

Research Design of the study

The study is quantitative and comparative. This is a widely used method of research in the field of psychology. The researcher wants to compare the social competency of deaf adolescent's children in mainstream schools and special schools

Sample

The sample of the study consisted of 60 adolescent deaf children. 30 are from mainstream school and 30 from special school. The samples of both groups are collected from different schools in Malappuram district. Purposive sampling method is used for collecting data of deaf children in mainstream schools and systematic random sampling method for children from special school. By considering the inclusion and exclusion criteria a list of students are made and the sampling is done.

Inclusion criteria

- Individuals who were in the age group of 12-17 years.
- Individuals who were regular school going children.
- Individuals who were deaf.
- Individuals with congenital hearing loss.

Exclusion criteria

- Individuals who have mental retardation or other physical disabilities.
- Individuals who are not regular school students.
- Individuals who have lost hearing by and other means such as accidents, or trauma after birth.

Tool used

Socio Demographic Data Sheet - it is a personal data sheet prepared by researcher to obtain details such as name, gender, age, education, etc. of the participants.

Social Competency - Teen Survey: Social competency- teen survey is a self report questionnaire. This tool was developed by child trends for the Templeton foundation, as part of the flourishing child project. It includes nine items that measure social competence in

adolescence. The scale has been tested with a nationally representative sample of teenagers aged 12-17. It has been found to have excellent reliability (alpha =.79) and concurrent validity (associated with better grades and a lower likelihood of smoking, fighting, and depressive symptoms).

Procedure

The study is a quantitative study. Initially institutions for selecting samples are identified from BRC. The purpose of the research was explained to the authorities and the permission for data collection was obtained.

The purpose of the study was explained to the students and they were requested for cooperation. Also an informed consent was obtained from each of them. The personal datasheet and social competency-teen survey questionnaire was administered to the subjects. The subjects were given instructions with the help of teachers from the respective institutions and any doubts in instructions are clarified. After they have completed the questionnaire they were collected and scoring is done. The total score allows for quick overviews of how individuals are doing, as well as easy comparison between mainstreaming students and special students.

Ethical consideration

The data collected are only for the purpose of the study. The data collected is completely confidential and are only reveled to the authority. The results do not cause any harm to the individual in particular or to the institution. The participants or the institution authorities are provided a chance to get any relevant information regarding the result.

RESULTS AND DISCUSSION

The aim of the study is to assess if there is any significant difference between social competency of deaf in main stream school and special schools.. The data was analyzed using independent "t" test. The hypothesis was that there is no significant difference between social competence of deaf adolescents in main stream school and special school.

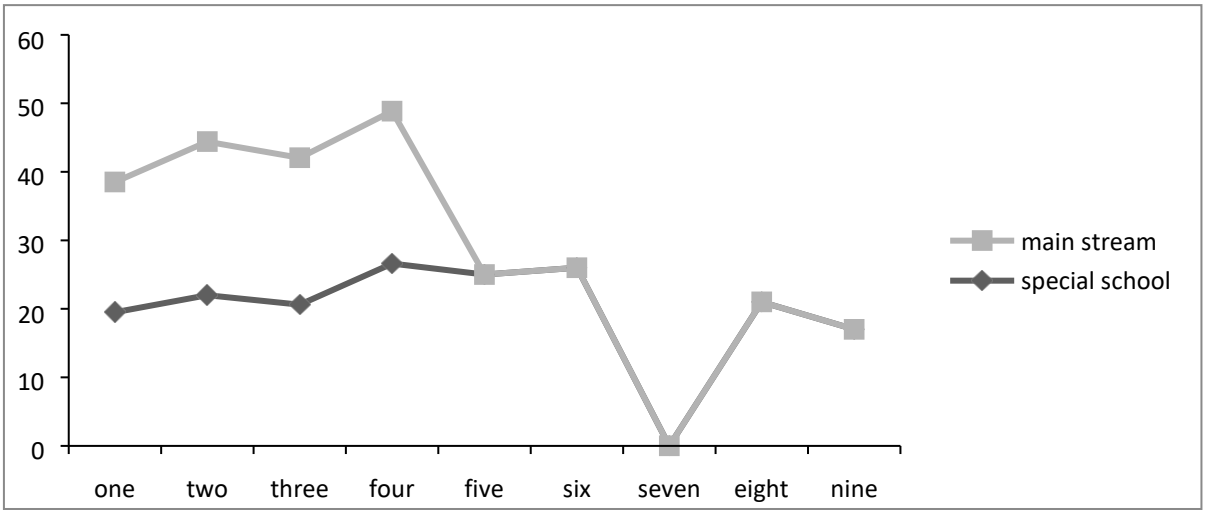

Figure 1: Number of siblings and social competence

The figure 1shows the numbers of siblings the deaf children have. Number of siblings increases it can affect the social competency of each child. Parental care can be affected if the number of siblings increases. The social competency can be largely affected when the child is deaf and has lot of siblings. This chart shows that as number of siblings increases the social competency decreases in both special school and main stream children.

Table 1

t test for equality of mean					
t value	**d f**	**p value**	**Mean difference**	**Standard difference**	**error**
1.062	57.114	0.293	1.3667	1.286	

Result of independent sample t test

Table 1 shows the result of the t test. The p value was found to be 0.293 at 0.05 levels indicating that the mean difference is statistically not significant. Therefore, the null hypothesis, that there is no significant difference between social competency of deaf in special school and main stream school is accepted. The review of past studies has shown that there is significant difference of social competency of deaf in main stream school and special school, and main stream school adolescents are found to have more social competency. Cultural differences can be a reason for the change and also the difficulty to communicate effectively with deaf can also be considered as a reason for the same. The mode of education given to the deaf in this culture or in the area can be a reason. In other places deaf are not excluded from the society, but given a special and advanced level of opportunities. The highly expanded infrastructure facilities help deaf to live along with other normal people. The lack of high grade infrastructure facility may be a reason for deaf children's social competency. The number of sibling the deaf child have, are found to be more than 3 in both special school and main stream. More number of children can cause a problem or lack of attention from family, which may have caused a variation in the result when compared to other studies. The language of presentation of questionnaire, which is different from their regional language, can be a reason for a marked variation in the result.

The special school children in this study are learned in a different way when comparing to the other deaf special schools, where they learn using sign language but here they are learned from the past pre- school time to learn by using speech language and less use of sign language. The differences make a marked change between the special school children and main stream children. And the particular institution was found to give vast and wide

exposure for children using many means such a culture fest, sports fest etc. and also enhance their betterment. Extensive exposure to the world around them also adds to the effect.

SUMMARY AND CONCLUSION

Deaf are a group who are excluded from enjoying the beautiful sounds, music in the world. They are kept away from enjoying the world to the fullest. Social competency of a person is largely determined by how he interacts with others around him. Social competency can largely be affected by deafness of a person. Deaf are being excluded from the society and hence lack a normal life and differ in social competency when compared with their hearing peers. Deaf when educated and given a chance to develop in a better way their social competency along with other developmental qualities will foster. There are two main means to educate a deaf, it include special schooling and main streaming. Special schooling is a system in which deaf are learned along with other deaf students, it mainly focuses on teaching sign languages, by moving through sign language they are being moved from society to learn and speak as others. In mainstreaming the deaf are learned along with their hearing peer, which help them foster over all development. But main streaming can also cause problems such as being excluded from the peer circle, mocking and kept alone.

Hence according to the study social competency does not vary to a greater extend depending on the type of school the child is studying, whether it is special school or main streaming. The marked variation in result from other reviewed previous studies may be due to cultural changes, the mode of education used in special school is not sign language only but speech therapy and training too.

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Coping with Stress through Contemporary Approaches

Shilpa Sharma* and Dr. Charu Dhankar**

ABSTRACT

This study examined the relevant contribution of the contemporary approach on stress management. With the help of pre-test post-test experimental design, the scores of stress among 10 participants were compared and significant effects were found leading to reduction in the scores of stress. The treatment procedure followed the practice session of two contemporary approaches named positive rewiring and inner development process, with each participants receiving 4 sessions in total including home assignments (practicing the same technique). After a month of treatment the scores of stress decreased.

***Keywords**: Contemporary approach, Stress, Coping with Stress*

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INTRODUCTION

Period of accelerating change has made stress an unavoidable part of one's life. Stress is how an individual's body responds to changing situations, which can be real or perceived, positive or negative. Stress can affect our body, our thoughts and feelings, and our behaviour.

Stress is a strain or tension that is either physical, mental, or emotional (Brougham et al., 2009). Stress is primarily a negative sensation that many people of all ages experience. Though experiencing stress is normal, if left untreated stress can have a negative effect on an individual's psychological and physiological health (Oswalt et al., 2007; Brougham et al., 2009).

In a study, Hans Selye (1936) first coined the term stress and defined it as "the non-specific response of the body to any demand for change". Stress can be positive (eustress), which helps in motivating an individual to perform under pressure and the other can be negative (distress), which gives harmful effects. The perception of any threat triggers an automatic response system, called as the fight-or-flight response, which prepares an individual to either take action or run away from the dangerous or challenging situation at hand. When an individual repeats these negative responses it can damage the body that can be explained through the three following phases.

Alarm phase

This is the most initial response when an individual perceives the threat; the body instantly mobilizes its resources to respond to the threat. The body calls on its stored fat and muscle and energy is consumed, in this phase resistance to stress is comparatively low.

Resistance phase

In this phase an individual's body makes an attempt to adapt to its high state of arousal in order to deal with the stressor. Extending to draw on resources of fat and muscle,

the processes involving digestion, growth, and sex drive stall, menstruation stops; production of testosterone and sperm decreases.

Exhaustion phase

An individual's body resistance collapses due to which many of the resistance-phase defences create gradual damage as they operate, leading to costs for the body. In the exhaustion phase, then, the costs of stress are finally calculated—aging, irreversible organ damage, or death (Schacter, Gilbert & Wegner, 2009).

There are multiple stressors that keep affecting individual's life, some stressors could be long term which can be chronic for individuals, as well as daily acute stress (Gendlin, 1999). Stressors can bring both major life changes and minor hassles which can sometimes be a result of particular stressful environments. Stressors keep adding up over time in individual's life, with more chronic stressors producing more harmful effects. Sometimes stressors can produce so much of threat to an individual's personal and social wellbeing that it becomes very difficult or impossible to gain control.

Studies have been linked to excessive stress to cause permanent changes in the physiological, emotional and behavioural responses (Jeronimus, et.al., 2014) including depression and anxiety (Schlotz et.al., 2011) heart diseases, high blood pressure, stroke, immune system disturbances, American Institute of Stress**.** Excessive stress causes many people to feel irritable and angry, and may even result in anger outbursts, when they no longer can handle the stress.

The effects of stress on body are interrelated as well, such as immediate physiological responses. Frequent persistent stress may lead to heart problems, and may also increase the risk of other diseases such as cancer. It can also affect the brain chemistry and make an individual more prone to anxiety or depression.

Although stress may be a normal part of the modern life, but it may be taxing on us when they persist in excess and for prolonged period of time. Studies have found variety of psychotherapy to be effective for dealing with the variety of problems."Psychotherapy is the informed and intentional application of clinical methods and interpersonal stances derived from established psychological principles for the purpose of assisting people to modify their behaviours, cognitions, emotions, and/or other personal characteristics in directions that the participants deem desirable" (Norcross, 1990).

Psychotherapist facilitates the removal of distress in the client, they both work together to identify and change the thought, behavior and emotional pattern that are problematic, and to help people develop healthier, and effective habits, deal with distress and challenges of daily life. It can be for short-term as well as for long standing problems. Different kinds of psychotherapies and interventions are shown to be effective for different disorders. The general effects of psychotherapy are widely and significantly accepted on a large (Chorpita et al., 2011; Smith, Glass, & Miller, 1980; Wampold, 2001). In contrast to large differences in outcome between those treated with psychotherapy and those not treated, different forms of psychotherapy typically produce relatively similar outcomes. This research also identifies ways of improving different forms of psychotherapy by attending to how to fit the interventions to the particular patient's needs (Castonguay & Beutler, 2006; Miklowitz, 2008; Norcross, 2011). Cognitive Behavior Therapy (CBT) has proved effective in disorders like depression and also in anxiety, stress, anger and related disorders among children and adults (Kosminsky, 2016; Cunningham & Turner, 2016; Hofmann et al., 2012; West et al., 2014; Bisson et al., 2013). There are several other approaches like music therapy, dynamic meditation, mindfulness based psychotherapy and positive therapy which has helped in reducing stress resulting into increased positivity in life (Kapoor, Veeraraghavan & Sharma,

2017; Vanessa et al., 2017; Hakvoortet al., 2015; Bansal, Mittal &Seth, 2013; Nayar, 2013; Joseph & Dubey, 2012)

LITERATURE REVIEW

In a study, Hofmann et.al (2012) examined the efficacy of Cognitive Behavioural Therapy. Meta-analytic reviews were used to examine the efficacy of CBT for various problems: substance use disorder, schizophrenia, depression and dysthymia, bipolar disorder, anxiety disorders, somatoform disorders etc. The strongest support exists for CBT of anxiety disorders, somatoform disorders, bulimia, anger control problems, and general stress.

Joseph & Dubey (2012) studied the Effect of family therapy on physical and psychological distress and personality of adolescents. The sample consisted of adolescent children having some sort of problem: 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 results of the study showed that the subjects were benefited with the intervention programme if applied for a longer duration with the positive involvement of the family members.

In a study, Iris Brauninger (2012) compared the effect of dance movement therapy (DMT) group intervention on stress management improvement and stress reduction. Results indicated that DMT group treatment is more effective to improve stress management and reduce psychological distress than non-treatment. DMT effects also last over time.

In a study, Bansal, Mittal & Seth (2013) studied the effect of Osho's Dynamic Meditation on serum cortisol's levels. Findings were highly significant ($p<0.001$) and revealed that the Osho dynamic meditation produces anti-stress effects. This was primarily because of release of repressed emotions and psychological inhibitions and traumas. The

study recommended dynamic meditation for the amelioration of stress and stress related physical and mental disorders.

In a study, Bisson et.al (2013) reviewed the effects of psychological therapies for the treatment of adults with chronic post-traumatic stress disorder (PTSD).it was seen that individual TFCBT and EMDR were better than waitlist/usual care in reducing clinician-assessed PTSD symptoms. Also, individual TFCBT, EMDR and non-TFCBT were found to be equally effective immediately post-treatment in the treatment of PTSD and individual TFCBT, EMDR and non-TFCBT proved more effective than other therapies.

In a study, Nayar (2013) studied the impact of positive therapy in management of stress and anger and enhancement of adjustment in school teachers. All the four strategies of positive therapy namely, relaxation therapy, counselling, exercises and behavioural assignments were applied. The results showed a significant decline in the mean stress from High to Moderate level and the anger level also got reduced due to the effect of positive therapy among the experimental group school teachers. The adjustment among the school teachers was also successfully achieved due to the effect of positive therapy

In a study, West et.al (2014) compared the efficacy of adjunctive child- and family-focused cognitive-behavioral therapy (CFF-CBT) to psychotherapy as usual (control) for mood symptom severity and global functioning in children with Bipolar Disorder. CFF-CBT demonstrated efficacy compared to the control treatment in reducing parent-reported mania at post treatment and depression symptoms at post treatment and follow-up. Through the study it was concluded that CFF-CBT are efficacious in reducing acute mood symptoms and improved long-term psychosocial functioning among children with Bipolar Disorder.

In a study, Linnemanna et al. (2015) examined the potential stress-reducing effect of music listening in everyday life using both subjective and objective indicators of stress.

Findings suggest that music listening can be considered a means of stress reduction in daily life, especially if it is listened to for the reason of relaxation.

In a study, Cunningham & Turner (2016) investigate the effects of Rational Emotive Behaviour Therapy (REBT) on irrational self-depreciation beliefs and unconditional self-acceptance (USA) with three male mixed martial arts (MMA) athletes. The study showed a reduction in total irrationality and self-depreciation and an increase in USA, which was maintained at 6 months post-REBT for two of the three athletes. Also, Social validation data revealed positive changes in emotion management and performance in all athletes.

In a study, Kosminsky (2016) studied the role of CBT in Clearing Cognitive Obstacles to Healing from Loss. The study demonstrated how maladaptive cognitions concerning the loss, the manner of death or the relationship with the deceased can interfere with adaptation and lead to complications in grief. The study shows that the effectiveness of CBT with bereaved individuals is enhanced when clients understand the rationale of the treatment and are committed to carrying out the tasks specified in their treatment plan.

In a study, Kapoor, Veeraraghavan & Sharma (2017) analysed the Effects and Efficacy of Acceptance and Commitment Therapy in treating Obsessive-Compulsive Disorder. The results showed significant improvement in Psychological Flexibility, decrement in Thought Suppression, enhancement of Mindfulness Skills of 'Acting with Awareness ‘and 'Acceptance without Judgment’, and clinically significant reduction in symptoms.

In a study, Vanessa et.al(2017) evaluated the effectiveness of mindfulness based parenting (MBP) intervention in decreasing general and parenting stress in a population of women who are in treatment for substance use disorder and who have infants or young children. The scales in analysis included Perceived *Stress Scale*-10 (PSS) and the *Parenting Stress Index-Short Form* (PSI). It was shown through the study that addition of MBP within

treatment programs for parenting women with substance use disorder is an effective strategy for reducing stress.

METHOD

Sample:

The sample constituted of 10 adults in age group of 30 to 45 years belonging to urban area (Jaipur) with middle socioeconomic status.

Inclusion Criteria

- Functional Literate
- Perceived Stress Scale (Low to Very High category)

Exclusion Criteria:

- Other Psychological Disorders
- Cultural and religious background

Test and Tools

Following tests has been taken into consideration for the present investigation.

Perceived Stress Scale (PSS) by Cohen: Perceived Stress Scale is a self-report measure of stress. It was developed by Sheldon Cohen and his colleagues (1983) to measure the degree to which situations in one's life are appraised as stressful. The scale consists of 10 items. The total score is calculated by finding the sum of 10 items, reverse coding questions 4, 5, 7, & 8 – as pictured above. The PSS has a range of scores between 0 and 40. A higher score indicates more stress.

Contemporary approaches: Positive Rewiring and Inner Development process

Positive Rewiring

This technique has been chosen for adults to study its effect on stress. This technique has been inspired from dynamic Cognitive Behaviour Therapy to help an individual to put a

halt in their consistent negative thought process with the help of ruling out the major situations resulting into stress in the first step followed with analysing its various cost and benefits and working out on replacing it with another healthy emotion other than stress like acceptance, forgiveness, peace, understanding, etc. At the end an individual has to reconfirm about the change of emotion whether or not the situation persist. This technique is conducted by providing a worksheet.

Inner development process: It includes five steps like

Releasing: It's a workout process wherein an individual is asked to allow the supressed emotion of anger, stress, etc. to come into the surface with the steps like running on the spot, shaking hands, punching out in the air till the individual feels tired.

Witnessing: Once the individual feels tired or is feeling any uncomfortable sensation like headache, heaviness in head, etc. he/she is asked to relax and observe the discomfort till the sensation goes away. This art of witnessing once inner uncomfortable sensation helps in becoming detached of one's own negative feeling.

Concentration: The objective of this step is to reduce the thought process with the help of showing the tip of a pen and moving it in front of the eyes till the time eyes feels tired.

Relaxation: It's an initial process of helping an individual to come into trance state. This technique relaxes mind and body with the help of suggestions from the therapist.

Autosuggestion: It is believed that after following the initial four steps the trance state is created which helps the therapist to bring the desired result which an individual expects in themselves by providing strong suggestion to the individuals mind in terms of affirmations or visualization.

Variables

Independent Variable: Contemporary approaches

Dependent Variable: Stress

Objectives

To analyse the impact of contemporary approaches in adults with stress.

Problem Statement

The study investigates the impact of contemporary approaches on stress in adults.

Hypothesis

There is a significant effect of contemporary approaches on stress in adults.

Procedure

A group of adults (females) were randomly chosen for the pre-test and 21 appeared for the test. Before introducing the test, orientation on psychotherapy and stress was given so that the group understands the use of it in their personal lives for their future success and happiness. Test of stress was administered and subjects were given instructions as per the guidelines mentioned in the tests. After the test administration the pre-test scores were ruled out and ten subjects who were comparatively scoring higher among the group were chosen for therapy. Ten subjects received 45 minutes of counselling session including disclosing the pre test scores, asking the problem areas, discussing the rationale of the technique with procedure and practice of the same. Both the techniques were scheduled for 45 minutes and each subject was given individual session once a week followed with practice sessions as home assignment at least once a day for 30 days with constant reminders and instructions of not to take-up any other training program of relative nature. Completion of post-test followed on the 30th day. They were handed over the reports of pre and post-test comparison next day.

Statistical Analysis

To test the pre-set hypothesis and to evaluate the significant effect of contemporary approaches on stress, following analysis has been made.

RESULT AND ANALYSIS

Table 1

Inferential statistics used for stress in adults

N=10	Pre test		Post test		t value
	Mean	Standard deviation	Mean	Standard deviation	
Stress	16.2	4.95	12.7	4.78	3.43

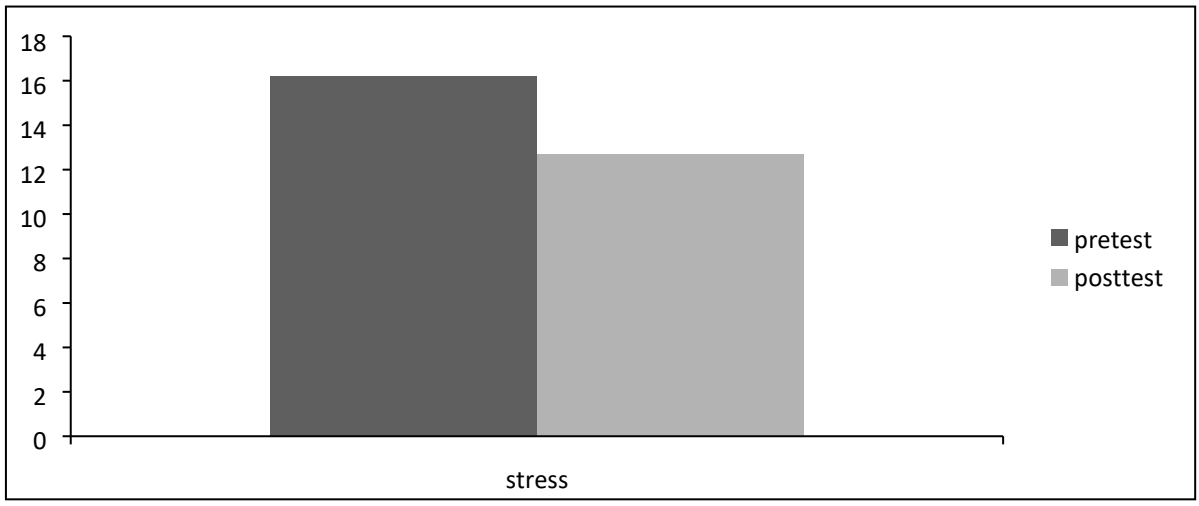

Figure1: Stress scores representing the changes in the mean scores from pre-test to post-test

From table 1 with participants (N = 10) in the pre-test of the variable stress (M= 16.2, SD= 4.95) scored lower in the post test (Mean = 12.7, SD = 4.78).

This explains clearly through graphical presentation (Figure1) of Stress representing the changes in mean and standard deviation scores from pre-test to post test. The variations in the scores between pre and post-test are indicative of the effect of therapeutic technique (Positive Rewiring) on Mean and SD scores. The t-value revealed a main effect of group with

p<.05 and the calculated value of stress (t =3.43).Thus proving the hypothesis that there is significant difference of therapeutic technique on stress in adults (Women).

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Effect of Three Dimensional Health Care Advice on Psychological Risk Factors of Coronary Artery Disease Patients

Rupal Shah* and Satish K. Gupta**

ABSTRACT

In the present health care system, all the money is being spent in the research study of this human body/soil and not even a single penny is being spent on research study of the being which is all important for the existence of life and ease in life. Despite the advancement in medical science over the last 2500 years, diseases are growing tremendously as the approach of treatment was restricted to physical body only. The human being is 3 dimensional. Harmony of the three energy level of human being i.e. body, mind and soul is must. Psychological risk factors are major risk factors for CAD. The aim of the study is to study the effect of 3 dimensional heath care advice on coronary artery disease patient's psychological risk factors. Sample size is 35 male CAD patients, in the age range of 30-70 years. Patients were from all over India. They were administered psychological tests(IPAT Anxiety scale, MMPI-2- Anger content scale, Type A behavior scale, Depression scale, Lifestyle scale, Wellbeing scale of MMPI Questionnaire,) on day 1 and again on day 7. 3-dimensional health care advice was given to all of them. ‘t’ test(paired sample)), Inter-correlation test(Pearson) administered. The results revealed that 3-dimensional health care advice has significant positive effect on psychological health of coronary artery disease patients. There is correlation (inverse) between 3-dimensional health care advice and psychological risk factors.

Keywords: Three Dimensional Health Care, psychological, Coronary Artery Disease

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INTRODUCTION

Three Dimensional health care

In the present health care system all the money is being spent in research, study of this human body/soil & not even a single penny is being spent on research, study of the being which is all important for the existence of life & ease in life. The loss or disturbance of ease is called dis-ease.

Present health care is one dimensional

Medicines, ECP } Addresses only the body

PCI, CABG } (one dimensional)

Human beings are being managed by us as human bodies & we have become human doings rather than human beings.

Modern Breakthroughs in medicine

- New Drugs
- Laser, Gene therapy
- Stem cell therapy
- High tech surgical procedure

Real breakthrough is Realization that simple choices that we make in our lifestyle

- How we respond to stress
- What we eat
- Smoke or not
- Exercise or not

- Quality of our relationship and support

These are as powerful as Drugs and surgery. In many instances they are even more powerful.

Adoption of 3 dimensional health care through Rajyoga Meditation, low fat vegetarian diet and moderate exercise, proper sleep and medicines can decrease myocardial allostatic load leading to regression of CAD.

A Recent study published in Proceedings of the National Academy of Sciences found that Meditation + diet and lifestyle changes may even change gene expression in hundreds of genes in only a few months (February 2009)

Incurable Dis-ease: it really means that it cannot be cured by outer methods (medicines or surgery) & that we must go within (our true inner self--being--soul)to effect healing or cure. **Leads to harmony between soul-mind & body-For Harmony at All Levels.**

To realize the truth, spirituality and science needs to be combined; hence concept of 3 dimensional healthcare / heart care is immerged.

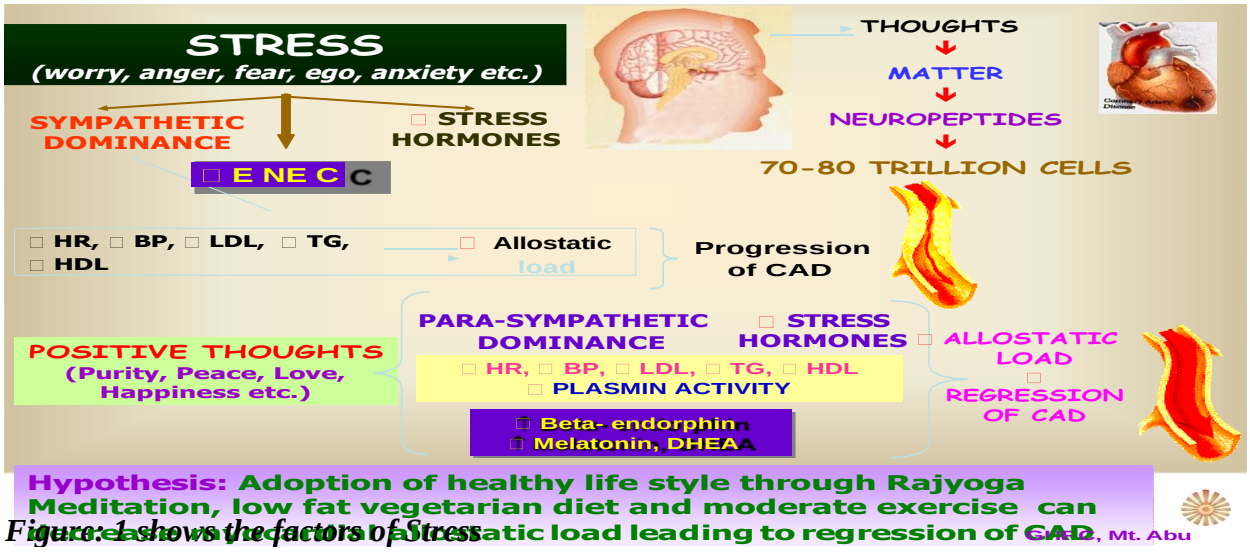

Figure: 1 shows the factors of Stress

Concept of Soul, Mind, Body & Medicine (3 dimensional health care): Soul is the life force energy for existence of life in a human being. Despite the advancement in medical science over the last 2500 years the approach of

treatment was restricted to physical body only. The human being is 3 dimensional. Unless the harmony among the three energy levels of a human being is maintained, the vision of a diseased free world cannot be achieved. One would like to agree that the world healthy connotes (heal+thy). Therefore it is ones responsibility to maintain good health. Also the word coined as incurable, by a linguist, who had at the back of his mind that in+curable was the purpose and right approach to cure the disease by going 'within' and not by treading the body through outer method. These emphases a change in the thinking pattern. Therefore the two main salient features of *heal+thy life style program* are self empowerment through information, education and counseling & Change from body/role consciousness to soul consciousness. The program gives due importance to proper sleep, cessation of smoking and other addictions, management of risk factors such as hypertension, diabetes, obesity etc. and advance to prescribed treatment regimens to enjoy healthy and happy life. [5]

3 Dimensional Health Care Program: Intense Information, Education, training and counseling program: is an in house 7days program at Shantivan Campus. After reviewing the case summaries and other reports only 50 CAD patients along with their spouses are invited. During their one week stay detailed information about heart disease, its causes and various risk factors are explained. The main emphasis is on stress free life through Rajyoga Meditation and the importance of diet, exercise, sleep, and proper medicines through practical experiences. At the end of the program the patients are advised and counseled to follow the program rigorously. Patients are also invited after 6 months far reassessment of CAD and advanced training. The patients are further advised to maintain contact with their local physician and are free to undergo angioplasty/ bypass surgery.

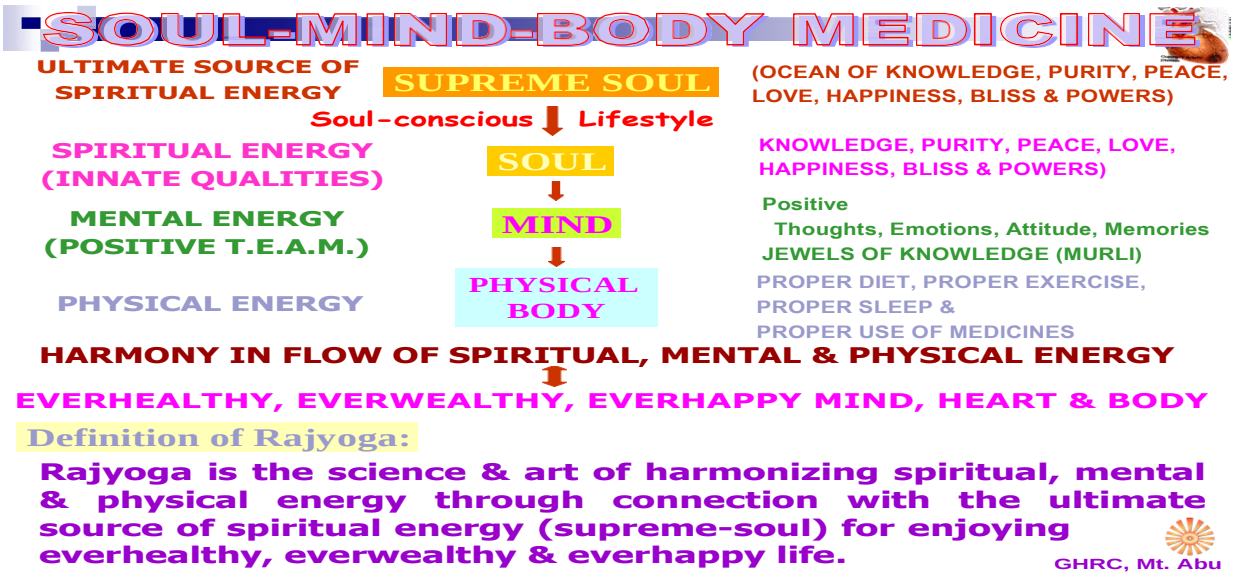

Figure 2: Shows Soul Mind Body Medicines

1. FIRST TREAT THE SOUL :-
   - SOUL CONSCIOUSNESS : key to healthy mind & body
   - KNOWLEDGE OF SUPREME–SOUL : ultimate source of spiritual energy
   - RAJYOGA – CONNECTION BETWEEN SOUL &SUPREME-SOUL.

   Increase in will power & flow of all the seven innate qualities(spiritual energy)
2. TREAT THE SUBTLE BODY (MIND):
   - ALWAYS HAVE POSITIVE T.E.A.M.
   - REMOVE ENERGY BLOCKAGES BY RAJ-YOGA ENERGY.
3. TREAT THE PHYSICAL BODY : observing soul-consciousness in :
   - INTAKE OF PROPER NATURAL VEGETARIAN DIET.
   - DAILY MORNING WALK & EVENING STROLL IN SUNLIGHT.
   - PROPER SLEEP
   - PROPER USE OF MEDICINES.

THIS IS 3 DIMENSIONAL HEALTH CARE/HEALTHY LIF STYLE/RAJYOGA LIFE-STYLE CONCEPT

Raj-Yoga Meditation

It is awareness of the metaphysical self and absorption of one's mind in loveful and purposeful consciousness of God and his divine attributes. The word 'Yoga' means 'to unite'; Yoga is, therefore, the practice or art of uniting or linking the mind with God by focusing attention on him as an incorporeal being-of-light and thinking of nothing but his divine qualities. This takes one into a state of absorption in bliss and peace through positive

thinking. It recharges one's self or soul with light and might and fills one with creative energy. The word 'Meditation' means 'to think'. As we all know, man's mind is, ordinary, occupied with hundreds of thoughts of the world; in Rajyoga meditation, one withdraws one's mind from all the worldly thoughts, including the thoughts of one's own body, and one collects ones, consciousness, at least for sometime, and thinks of the shining and peaceful self as a point of divine and conscient light and, then, focuses one's attention on god as supreme soul, who also is a point of conscient light and is the ocean of peace. The inhibition of worldly thoughts and the recollection or recapitulation of thoughts of the luminous self is attained by directing the flow of thoughts towards god i.e. the supreme soul.

In recent years, the various health benefits of meditation have become more and more acknowledged by the scientific community as well as the public. While initially, research concentrated more on the physiological benefits of meditation, there have recently been an increasing number of studies on the various psychological benefits, too.

Meditation decreases metabolic rate & lowers the heart rate, thus indicating a state of deep rest & regeneration.

Meditation reduces stress which is indicated by lower levels of stress-hormones such as cortisol.

Meditation reduces high blood pressure.

Meditation has been found to help asthma patients, making breathing easier for them.

Meditation seems to slow down the aging process of the brain and thicken the grey matter of the brain, thus increasing the brain.

Medical scientists would be keen to know the psychophysiological explanation about the benefits of Rajyoga in promoting positive state of one's mind.

Encephalin and Endorphins (Endogenous Morphine) are secreted due to yogic life style which helps in detaching oneself from the various kinds of pains. They produced harmonious Alpha or Theta waves not only while meditating but even when various mental and intellectual works was done. On the psychological level, studies have shown various benefits of meditation: More and more doctors are prescribing meditation in health centers all around the world and it certainly deserves your contemplation and consideration. Research has scientifically proven that practicing meditation in health and fitness programmes is a safe and simple way to balance your physical condition, emotional state and mental wellbeing and its countless values have been known and practiced for thousands of years.

Psychological well-being: *(*Mental health)

It is not just the absence of mental disorder. It is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community. (WHO Psychological well-being describes either a level of cognitive or emotional well-being or an absence of a mental disorder. From perspectives 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. A mentally healthy person retains the stability of mind under adverse circumstances.

Coronary Artery Disease

Coronary arteries are blood vessels on the heart. They are smooth and elastic, allowing blood to flow freely. Before your teen years, fat can start to deposit in the blood vessel walls. As you get older, the fat builds up. This causes injury to your blood vessel walls. In an attempt to heal itself, the fatty tissues release chemicals that promote the process

of healing but make the inner walls of the blood vessel sticky. Then, other substances, such as inflammatory cells, proteins, and calcium that travel in your bloodstream start sticking to the inside of the vessel walls. The fat and other substances combine to form a material called plaque, which can narrow the flow of blood in the artery (atherosclerosis). When plaques build up, they narrow your coronary arteries, causing your heart to receive less blood. Eventually, diminished blood flow may cause chest pain (angina), shortness of breath or other coronary artery disease symptoms. Some plaque deposits are hard on the outside and soft and mushy on the inside. Some plaque is fragile, cracking or tearing, exposing the soft, fatty inside. When this happens, platelets come to the area, and blood clots accumulate on the injured vessel wall. This causes the artery to narrow even more. Sometimes, the blood clot breaks apart by itself, and blood supply is restored. Over time, the inside of the arteries develop plaques of different sizes. Eventually, a narrowed coronary artery may develop new blood vessels that go around the blockage to get blood to the heart. However, during times of increased exertion or stress, the new arteries may not be able to supply enough oxygen-rich blood to the heart muscle.

Justification

A block cracks or ulcerates leading to clot formation thereby causing sudden 100% blockage of the coronary artery, leading to heart attack. About 25 to 30% patients die in the first heart attack even before reaching the hospital. If the person, who has suffered a heart attack once, does not change his lifestyle (psychological behavior, diet, exercise, sleep habits) he or she gets recurrent heart attacks that lead to many heart-related illnesses and untimely death. CAD has assumed epidemic proportions the world over and more so in India. Heart disease is considered the number one killer as it is responsible for about 40% of the deaths all over the world. It was estimated by WHO and other World Health Agencies that by the year 2010, 60% of all the heart patients in the world will be Indians. It is estimated that prevalence

of CAD in Indians is 6 times more than the Chinese and 20 times more than the Japanese. The prevalence of CAD in younger population (20 to 40 years old) is 10 times more in Indians as compared to Americans and Europeans. So much so that 54% of Indians have all the three arteries diffusely diseased as compared to 21% in Americans and Europeans. This makes them unsuitable for coronary bypass surgery/angioplasty. This disease is so alarming that it does not discriminate between the people of higher and lower economic status. Psychological factors: The major risk factor for CAD: Medical scientists throughout the world have been working day in and day out to find the real cause of CAD. Recently, many well designed studies have shown that psychological behavior patterns play a very important role in causation and progression of coronary blockages & formation of clots which in turn lead to angina and heart attacks. These behaviors are categorized as Type A behavior which include attitudes like 'hurry' sickness, feeling pressurized by time and work, strong likes and dislikes, perfectionist, idealistic, punctual, aggressive, competitive, polyphasic i.e. trying to accomplish various tasks at the same time, or feeling anxiety, depression, anger, cynicism, hostility, job and family stress. Other sensitive behaviors include feeling of isolation, dependence on social support/emotional support, etc. These psychological behavioral patterns lead to wrong dietary, exercise or sleeping habits and thus reduce control over hypertension, diabetes, smoking, high cholesterol levels, obesity and lack of physical activity etc which are conventional risk factors of CAD. This leads to further increase in the coronary blockages at an early age. Some of the well-designed studies (Dean Ornish et. al, Manchanda et al etc.) have shown that management of stress through Yoga/ Meditation and change to healthy diet & exercise habits can halt the progress of the above mentioned blockages and thereby reduce the frequency of angina and heart attacks. Till today, medical scientists consider CAD to be a progressive disease. This means that if one is able to stop the progression of the disease, it is reversal of the disease process. The medical team at J.W.Global Hospital & Research Centre,

Prajapita BrahmaKumaris Ishwariya VishwaVidyalaya, Mount Abu have been able to document a highly significant opening of coronary blockages in groups of patients who sincerely followed the '3dimensional health care/Healthy & Happy Lifestyle Program' in more than 300 repeat angiographies. The angiographies were analyzed by an independent panel of angiographers. It has been observed that in certain cases, even the 100% calcified blockages opened up significantly. These results have given an eye-opening message to medical scientists This leads us to believe that a particular type of thinking pattern or belief system sensitize a particular part of the artery where the process of hardening proceeds to develop blockages. After the intervention procedure like angioplasty / bypass surgery. If one does not modify the above psychological factors the tendency to re-block or development of new blocks in the same place is most likely to occur. Therefore it is clear that the chances of getting another heart attack after the intervention procedure are not eliminated. These procedures only take temporary care of those patients who have blockages in the artery more than 70%. This program addresses the root cause of the disease which dissolves the soft blocks very fast. So it is very necessary to work on this area.

REVIEW OF LITERATURE

Selye Hans (1950), “Effect of stress on body”. Dr. Hans Selye has done many researches & He proved that the incidence of Headache, acidity, ulcer, hypertension, diabetes, skin diseases increases because of stress.

Scientist at Langley Porter Psychiatric Institute, San Francisco, California, U.S.A, (1978), “Effect of Rajyoga Meditation on brain waves (EEG)”. Even the scientific investigations by recording E.E.G. of raja yogis have shown the totally relaxation and mental harmony they have achieved. Most of the ten Raja yogis examined produced Alpha or Theta waves not only while meditating but even while performing complicated mental arithmetic.In

one of the most eye opening study, EEG, EMG, Lung CO2 levels, Abdominal & thoracic respiratory movements, In 1978, EEG measured in 10 members of Brahmakumaris at Langley Porter Psychiatric Institute. Dadi Jankiji, chief of Brahmakumaris registered Delta Waves (1-3 Hz.) in all channels under all conditions. While engaged in conversation or performing mental arithmetic, while attempts were made to elicit various emotional responses.

Note: Normally Delta Waves produced in the deepest state of sleep. Eye movements were subtracted from the graph, other double-checks were also made. No sign of brain disease Also she had been tested at medical science research institute of Texas similar brain waves rhythms were observed & she was called "the most stable mind in the world"

Patel Girish (1984), "Effect of Rajyoga Meditation on vital parameters"

A preliminary study on 25 Rajyogis, including both males and females, practicing meditation regularly, in October 1984, by the Medical wing of Rajyoga education and research foundation to observe the effect of meditation to the vital parameters. This showed an overall decrease in the mean values of heart rate, systolic & diastolic blood pressure and respiratory rate within 6 months.

Team, Medical wing, Mt. Abu (1985), "Effect of Rajyoga Meditation on patients of sleeplessness". In 1985, Medical Wing of Rajyoga Education and Research Centre has done one research study on sleeplessness. In this study 824 patients examined and taught Rajyoga meditation for one month 507 of them got complete benefit.

Patel Girish (1986), "Effect of Rajyoga Meditation on patients of addiction" Medical wing has done research on smoking & alcohol addiction patients. 183 patients were taught

Rajyoga meditation. After 1 month 74% patients became completely free of smoking addiction. After 1 year 93% smokers left smoking.

Patel Girish (1989), "Effect of Rajyoga Meditation on patients of Hyperacidity" For 3 months, 66 patients of hyperacidity was studied. After doing Raja Yoga meditation for 3 months, 56.1% patients got complete relief. 34.8% patients got good relief and 9.1% little relief.

Ushakiran (1989), "Effect of Rajyoga Meditation on patients of headache". In 1988, in one research study 121 patients who were suffering from headache have been taken & taught them Rajyoga meditation for 3 months. After 3 months 53.9% patients got very good relief, 91.2% patients got very good relief and 9.4% patients got little relief.

Shirley Telles and T. Desiraju, *(4 May 1993),* "Autonomic Changes in Brahmakumaris Rajyoga Meditation". This report presents the changes in various autonomic and respiratory variables during the practice of Brahmakumaris Rajyoga meditation. This practice requires considerable commitment and involves concentrated thinking. 18 males in the age range of 20 to 52 years (mean 34.1 ± 8.1), with 5-25 years experience in meditation (mean 10.1± 6.2), participated in the study. Each subject was assessed in three test sessions which included a period of meditation, and also in three control (non-meditation) sessions, which included a period of random thinking. Group analysis showed that the heart rate during the meditation period was increased compared to the preceding baseline period, as well as compared to the value during the non-meditation period of control sessions. In contrast to the change in the heart rate, there was no significant change during meditation, for the group as a whole, in palmer GSR, finger plethysmogram amplitude, and respiratory rate. On an individual basis, changes which met the following criteria were noted: (1) changes which

were greater during meditation (compared to its preceding baseline) than changes post meditation or non- meditation periods (also compared to their preceding baseline).

Patel Nikhil (1996), "Effect of Rajyoga Meditation in treating neurotic illnesses and changes in physiological parameters". Research studies conducted by the department of neuropsychiatry are effects of Rajyoga meditation in treating neurotic illnesses & changes in Physiological Parameters - EEG, muscle tension, etc. after Rajyoga practice.

Surya, Balakishore(2000),), "Effect of Rajyoga Medtation on patients of depression". One research study was done by B.K Suryaji (M.T ABU) & B.K Balakishoreji on depression management through Rajyoga meditation (power of thought) in 2000. They used TAT test & symptom list. He also found good results in many cases.

Gupta Satish (2004), "Effect of 3 D Heart Care on CAD patients". To combat the menace of epidemic of CAD J. Watumull Global Hospital & Research centre, Brahmakumaris, Mount Abu joined hands with defense institute of physiology and allied sciences (DRDO), New Delhi and various other prestigious heart institutes in collaboration with CCRYN, ministry of health and family welfare, Govt. of India in early 1998, During last six years more than 800 angiographically documented CAD patients referred from all over India have participated in an unique user friendly *Healthy Life Style* program for CAD Regression (Mount Abu Open Heart Trail) in groups of 20 to 30 patients with their spouses at BrahmaKumaris, Shantivan, Complex, Abu Road. Almost all the patients who have sincerely followed the program experienced highly impressive improvement in symptoms eg: angina, breathlessness etc. Various tests Carried out have shown highly significant decrease in bad cholesterol (LDL), increase in good Cholesterol (HDL) levels, better control of diabetes, high blood pressure, impressive decrease in weight, freedom from smoking, alcohol etc. Repeat coronary angiography have shown opening of coronary blockages. Some patients who

followed the program strictly have been able to open even calcified 100 % blockages. Highly significant decrease in number of anginal episodes and heart attacks was observed in patients, who adapted this program as compared to control group in this randomized controlled study.

Shamatha Project Team (8 sep 2009),"Study of intensive meditation effect on telomerase activity". The *Shamatha Project* is the most comprehensive longitudinal study of intensive meditation ever to be undertaken. As part of the study, an extensive meditation retreat took place at the Shambhala Mountain Center in Red Feather Lakes, Colo. The 30 participants each in the retreat and control groups received ongoing instruction in meditation techniques from Buddhist scholar, author and teacher B. Alan Wallace of the Santa Barbara Institute for Consciousness Studies. They attended group meditation sessions twice a day and engaged in individual practice for about six hours a day. The research team measured telomerase activity in participants at the end of 3-month intensive meditation retreat and found that Telomerase activity was about one-third higher in the white blood cells of participants who had completed the retreat than in a matched group of controls. There were other beneficial psychological qualities that were also observed and these included perceived control (over one's life & surroundings), mindfulness (being able to observe one's experience in a non reactive manner) and purpose in life (viewing one's life as meaningful, worthwhile and aligned with long-term goals and values). In addition, the participants also witnessed a decrease in negative emotionality.

Jayenti and team (2010), "Effect of Rajyoga Meditation on relieving pain". One research study has done on relieving pain through Raja Yoga at Spiritual application research centre Mt. Abu by Jayenti and team on 10 different patients for 4 days. Patients temporarily report good feeling (relief from pain) complete healing of pain not reported.

Team, SPARC, Mount Abu (2010), "Effect of positive thoughts, vibrations on cancer patients". The service through positive thoughts and positive vibrations were tested on group of patients in a state government run cancer hospital in Karnataka by spiritual applications research centre of Brahmakumaris. Many topics on self-respect and effect of positive vibrations were experimented. It was found that Raja Yoga brought about may positive changes among the patients and others who attended classes. Each participant had a new and unique experience: Each felt that there was a self progress, increase in will power and concentration, weightlessness and flying stage. Patients and their accompanies were automatically attracted to the meditation rooms were meditations were being conducted. They readily expressed their feelings to attend the free Rajyoga course. So far up to 125 patients and 400 accompany who came with the patients have attended the course. The hospital staffs have expressed their feelings that the disturbances of evil souls have reduced. The hospital authorities desired to conduct training to their staff too. Raja Yoga has brought about many positive changes among the patients. The patients and the hospital staff who practiced Rajyoga feel that the meditation and the philosophy is very much essential to overcome anxiety, tension & worries.

Scientists from Project Meditation (2010),"Study of effect of brain waves activity on mental state and vice-versa". *Here are some comments from just a few scientific reports:-* Dr. Elmer Green, prominent biofeedback pioneer, reports: Increased learning ability, creativity, mental clarity, intelligence, and intuition... and positive changes in mental and emotional health. "*With the creation of new neural pathways, more choices are available. Herein lies the theoretical explanation for the amazing personality changes researchers have reported in subjects using technology to change brainwave patterns.*".

Patel Neelam (2010), "Effect of spirituality on various diseases". Dr. Neelam Patel, assistant professor, NHL Municipal medical college, Ahmedabad has presented her research study cases on spirituality on various diseases like Trigeminal Neuralgia, Backache, mild parasthesia, periapical dental abscess, post extraction healing, fractures (hairline cracks), Muscle twitching, laparotomy pain.

Objective

To study the effect of 3 dimensional health care advice on coronary artery disease patient's psychological risk factors.

Hypothesis

There is significant effect of 3 dimensional health care advice on coronary artery disease patient's psychological risk factors.

METHOD

This is a pilot study (one group-before and after).

Sample size- 35 male patients. Age group of patients is between 30 to 70years.

Patients are from all over India.

Tools

- Psychological analysis tests (Questionnaire) which are-
- Anxiety scale- IPAT Anxiety Scale by Cattell R.B. et al [1]
- Type A nature Q.- MMPI by Hathway S.R. et al
- Depression Q.- MMPI by Hathway S.R. et al
- Anger content scale- MMPI-2

- Life-style Q.- MMPI by Hathway S.R. et al
- Overall feeling of well-being Q.- MMPI by Hathway S.R. et al

These tests are appropriate for CAD patients as these are the psychological risk factors for the disease.

Statistical Analysis Tests

Tests applied for the analysis of study are Mean, Median, SD, 't' test, Pearson Correlation test.

Procedure

In this one group design study, we have taken sample randomly and equal number of C.A.D. who will be coming in Global Hospital, Abu Road, Rajasthan. Average age will be 30 to 70 years in two groups: 1) 30-45 2) 45-60 3) 60-70. Sample is only male patients. We selected patients of Coronary Artery Disease (documented angina / infarct) who are not suffering from arrhythmic disorders, LMCA disease, recent / serious heart problem. We have not taken patients who suffer from illness more than 25 years duration, patients with kidney disease, liver disease or any serious illness, and who could not walk, see and hear. We have given intervention to EG whole the day for 6 days. We applied psychological analysis tests two times i.e. 1st day and 7th day. Then collected the data of tests results of EG group before and after intervention. Then did analysis.

RESULTS AND DISCUSSION

T-Test

Table 1

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	psy analysis-d1_a	23.43	35	4.840	.818
	D7_a	18.94	35	4.789	.810

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	psy analysis-d1_a & d7_a	35	.795	.000

Correlations

		d1_a	d7_a
psy analysis-d1_a	Pearson Correlation	1	.795(**)
	Sig. (2-tailed)		.000
	N	35	35
D7_a	Pearson Correlation	.795(**)	1
	Sig. (2-tailed)	.000	
	N	35	35

** Correlation is significant at the 0.01 level (2-tailed)

Paired Samples Test

	Paired Differences				t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference			

					Lower	Upper			
Pair 1	d1_a d7_a	- 4.486	3.081	.521	3.427	5.544	8.613	34	.000

Table 1 shows that there is significant effect of 3 dimensional health care advice on type A nature (p=0.000, <0.05). There is significant strong correlation between 3 dimensional health care advise and psychological risk factors (co-efficient is 0.795 which is very significant i.e. > 0.6).

Table 2

Paired Samples Statistics

		Mean	**N**	**Std. Deviation**	**Std. Error Mean**
Pair 1	d1_b	44.63	35	11.971	2.023
	d7_b	34.91	35	10.060	1.700

Paired Samples Correlations

		N	**Correlation**	**Sig.**
Pair 1	d1_b & d7_b	35	.706	.000

Correlations

		D1_b	**D7_b**

D1_b	Pearson Correlation	1	.706(**)
	Sig. (2-tailed)		.000
	N	35	35
D7_b	Pearson Correlation	.706(**)	1
	Sig. (2-tailed)	.000	
	N	35	35

** Correlation is significant at the 0.01 level (2-tailed)

Paired Samples Test

		Paired Differences					**t**	**df**	**Sig. (2-tailed)**
		Mean	**Std. Deviation**	**Std. Error Mean**	**95% Confidence Interval of the Difference**				
					Lower	Upper			
Pair 1	d1_b – d7_b	9.714	8.635	1.460	6.748	12.681	6.656	34	.000

Table 2 shows that there is significant effect of 3dimentional health care on anxiety (p= 0.000,< 0.05). There is significant strong correlation between 3 dimensional health care advise and psychological risk factors (co-efficient is 0.706 which is very significant i.e. > 0.6).

Table 3

Paired Samples Statistics

	Mean	**N**	**Std.**	**Std. Error**

				Deviation	Mean
Pair 1	d1_c	7.57	35	4.474	.756
	d7_c	5.37	35	3.679	.622

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	d1_c & d7_c	35	.855	.000

Correlations

		D1_c	d7_c
d1_c	Pearson Correlation	1	.855(**)
	Sig. (2-tailed)		.000
	N	35	35
d7_c	Pearson Correlation	.855(**)	1
	Sig. (2-tailed)	.000	
	N	35	35

** Correlation is significant at the 0.01 level (2-tailed)

Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair	d1_c	– 2.200	2.324	.393	1.402	2.998	5.60	34	.000

1	d7_c	1

Table 3 shows that there is significant effect of 3dimentional health care on depression (p= 0.000, < 0.05). There is significant strong correlation between 3 dimensional health care advise and psychological risk factors (co-efficient is 0.855 which is very significant i.e. > 0.6).

Table 4

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	d1_d	11.94	35	6.769	1.144
	d7_d	7.89	35	4.317	.730

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	d1_d & d7_d	35	.838	.000

Correlations

		D1_d	d7_d
d1_d	Pearson Correlation	1	.838(**)
	Sig. (2-tailed)		.000
	N	35	35
d7_d	Pearson Correlation	.838(**)	1

Sig. (2-tailed)	.000	
N	35	35

** Correlation is significant at the 0.01 level (2-tailed)

Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	d1_d - d7_d	4.057	3.933	.665	2.706	5.408	6.103	34	.000

Table 4 shows that there is significant effect of 3dimentional health care on anger (p= 0.000, < 0.05). There is significant strong correlation between 3 dimensional health care advise and psychological risk factors (co-efficient is 0.838 which is very significant i.e. > 0.6).

Table 5

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	d1_e	18.09	35	7.916	1.338
	d7_e	12.31	35	6.328	1.070

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	D1_e & d7_e	35	.890	.000

Correlations

		D1_e	d7_e
D1_e	Pearson Correlation	1	.890(**)
	Sig. (2-tailed)		.000
	N	35	35
D7_e	Pearson Correlation	.890(**)	1
	Sig. (2-tailed)	.000	
	N	35	35

** Correlation is significant at the 0.01 level (2-tailed).

Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	d1_e - d7_e	5.771	3.687	.623	4.505	7.038	9.261	34	.000

Table 5 shows that there is significant effect of 3dimentional health care on life style (p= 0.000, < 0.05). There is significant strong correlation between 3 dimensional health care

advise and psychological risk factors (co-efficient is 0.890 which is very significant i.e. > 0.6).

Table 6

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	d1_f	47.11	35	16.455	2.781
	d7_f	34.49	35	8.790	1.486

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	d1_f & d7_f	35	.549	.001

Correlations

		D1_f	d7_f
d1_f	Pearson Correlation	1	.549(**)
	Sig. (2-tailed)		.001
	N	35	35
d7_f	Pearson Correlation	.549(**)	1
	Sig. (2-tailed)	.001	
	N	35	35

** Correlation is significant at the 0.01 level (2-tailed)

Paired Samples Test

	Paired Differences					t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
Pair 1 d1_f - d7_f	12.629	13.750	2.324	7.905	17.352	5.434	34	.000

Table 6 shows that there is significant effect of 3dimentional health care on overall feeling of well being (p= 0.001, < 0.05). There is correlation between 3 dimensional health care advise and psychological risk factors (co efficient is 0.549 which is not very significant i.e. > 0.6).

Results revealed that if CAD patients apply 3 dimensional health care in life then the major risk factors i.e. psychological risk factors will significantly decrease.

CONCLUSION

Medical scientists throughout the world have been working day in and day out to find the real cause of CAD. Recently, many well designed studies have shown that psychological behavior patterns play a very important role in causation and progression of coronary blockages & formation of clots which in turn lead to angina and heart attacks. The human being is 3 dimensional so harmony of the three energy level of human being i.e. body, mind and soul is very essential... This concept addresses the root cause of the disease. Role of Rajyoga (3rd dimension) is very significant to modify type A nature, anxiety, anger, depression, and overall wellbeing and to adhere to right/healthy life-style and to stop addictions which are main risk factors of CAD. So ultimately better management of CAD i.e. physical aspects e.g. angina, breathlessness etc, significant decrease in bad cholesterol

(LDL), increase in good Cholesterol (HDL) levels, better control of diabetes, high blood pressure, also regression of coronary artery blockages, improvement in ejection fraction and impressive decrease in weight, freedom from smoking, alcohol etc. These results have given an eye-opening message to medical scientists

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Factors Underlying Juvenile Delinquency In Kerala Context

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ABSTRACT

Juvenile delinquency is any antisocial and criminal behavior committed by a person under the age of 18.Delinquent children belong to that category of exceptional children who exhibit considerable deviation in terms of their social adjustment and are consequently also labeled as socially deviant or socially handicapped. The phenomenon of juvenile delinquency is an enormous concern for various sections of society in Kerala. In recent times, we have seen many development and changes in the way of life, technology, environment and the child's exposure to these has increased. The study was aimed at understanding the factors behind juvenile delinquency in Kerala context from the year 2012-2016. The psycho-social and socio-economic factors behind the delinquency was analyzed by case study method with the help of primary data collected by interviewing inmates of Observation homes in Kerala. Out of these cases of delinquency, 5 cases of offence were also analyzed in detail. A combination of individual and environmental variables contributes to juvenile delinquency and the essential factors leading to the same are highlighted. The detailed discussion of results and their implications will be discussed in the full paper.

Keywords *: Juvenile delinquency, Psycho-social factors, Socio-economic factors*

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INTRODCUTION

Every society establishes some social and moral norms to maintain harmony and order in its structure. The society persuades it's members to follow them such norms and standards strictly by framing legal laws and codes. Any kind of deviations from these norms is an abnormal behavior and is referred to as anti-social behavior or crime. A child is born innocent and if nurtured with tender attention and care, he/she grows in a positive way. If a particular child starts behaving in a way which is below normal social standards, then he/she is called a delinquent. With changing social trends, a child can turn to a delinquent under harmful surroundings, negligence of basic needs, wrong company and other abuses.

Modern society is dynamic and is undergoing a period of traditions that have far reaching cultural and social consequences. Industrialization with an advent of science and technology, in the modern times has brought a revolution in the social life of people. Such tremendous changes have resulted in rejection and poor security for children from the families that were previously enjoyed. They are truculent and aggressive against parents, teachers or social organization that lead to the dissatisfaction of their fundamental human needs and urges.

Juvenile delinquency is any antisocial and criminal behavior committed by a person under the age of 18.They are the category of exceptional children showing considerable deviation in terms of their social adjustment and are labelled as socially handicapped. The word juvenile delinquency has been derived from Latin terms 'juvenils' and 'delinques' meaning young and to omit respectively. Delinquency is a social and economic condition than an inherited or congenital one in nature and is largely tied up with community and individual.

Delinquency is one form of maladjustment in children who can create difficulties for others and are themselves blocked in their own wholesome growth. It is not possible to group delinquents in accordance with their offences. Some offences are more incidents where some are not. Therefore it is sometimes estimated that truancy, drug abuse and sexual harassments are the most common of all crimes. A child is an essential part of society in which he/she lives and the social relations that assure a smooth process of socialization are collapsing.

Nowadays young people are more prone to individual risks and are taking advantages of tempting opportunities. This enables them to commit various offences including drug addiction and violence against their peers. Therefore this youth behavior is associated with a combination of individual and peer variables influencing their social environment.

Juvenile Justice System

All children in India has the basic fundamental rights guaranteed by the Constitution of India. A child is considered a juvenile if he is alleged to have violated a law that states the act on the part of the child as offensive. The Juvenile system promotes, protects and safeguards the rights of children. The Juvenile justice system was enacted by Indian parliament in 1986.

Juvenile court is a board having the authority to provide judgements for the offences committed by children who are not adults by age.

Juvenile Justice Board

Under the Juvenile justice (care and protection of children) Act 2000 as well as the modified Act of 2015, a juvenile who is accused of a crime or detained for a criminal offense should be brought before the Juvenile justice board. Under the Juvenile justice act, children are not taken to a regular criminal court. The main purpose of this separate court is that, the

Juvenile should be provided with socio-legal rehabilitation and reformation and not with punishment.

The Juvenile justice board (JJB) consists of a magistrate, who can be either a metropolitan magistrate or a judicial magistrate of the first class and two social workers in which one must be a woman. JJB is supposed to resolve cases of the Juveniles within a period of four months.

Juvenile Justice (Care and protection of children) Act, 2015 has been passed by the parliament of India. It aims to replace the existing juvenile delinquency law of India, Juvenile Justice (Care and protection) Act, 2000, so that juveniles in conflict with the law in the age group of 16-18 can be tried as adults. The bill will allow a Juvenile Justice Board, which would include psychologists and sociologists, to decide whether a juvenile criminal in the age group of 16-18 should be tried as an adult or not.

Observation Home

Observation homes are considered for the temporary accommodation of any child in conflict with law during the pendency of an inquiry against him/her. Only children in conflict with law brought under the attention of the Indian Penal Code are produced before the Juvenile Justice Board as per the section 4 of the Juvenile Justice (Care and protection of children) Act, 2015. In Kerala there are 14 Observation homes.

Special Homes

The convicted children under the section 15 of Juvenile Justice (Care and protection of children) Act, 2015, are taken to Special homes. Special homes are intended for the social rehabilitation of children in conflict with law. In Kerala, two such homes are established at Thiruvananthapuram (for boys) and Kozhikode (for girls).

Most people have the impression that impoverished environmental conditions produce large and persistent crime problems. Other than offender motivation, parental neglect of children is an important way through which the effects of economic disadvantage are transmitted.No child is born as a criminal. It might be the surroundings, peer influence, improper socialization and lack of parental care which give rise to delinquent or criminal behavior among children.

Factors underlying Juvenile Delinquency

In a study, Loeber and Stouthamer-Loeber (1986) revealed from their study that social control variables (variables associated with neglect paradigm) consistently outperformed variables from other paradigms as the predictors of Juvenile delinquency. According to Don Weatherburn and Bronwyn Lind (social and economic stress child neglect and juvenile delinquency), the effects of economic and social stress on juvenile participation in crime are mediated mostly through the effects of economic and social stress on rates of child neglect abuse. Children with strong social bond will come in less crime than those who have weak social bonds (Hirschi, 1969). Hirschi states that, what prevents individuals from acting upon internal motivation to commit crime is informal social control that results from the development of social bonds through socialization.

According to Kavita Sahmey (2013), offences made by the delinquents were primarily due to the combination of various individual and environmental variables, viz. individual risk factors of the delinquents, negligence and ignorance of the parents, peer influence, poor socio-economic status, family pressure and the lack of proper socialization.

According to Strain theory (Robert K. Merton, 1938), the society puts pressure on individuals to achieve socially accepted goals though they lack the means, this leads to strain which may lead the individuals to commit crimes. General strain theory, Agnew(1992),

argues that strains or stressors increase the likelihood of negative emotions like anger and frustration. These emotions creates pressure for corrective actions, and crime is one possible response. The data obtained in the present study supports the fact offered by the theory.

Objectives of the study

To explore the factors underlying juvenile delinquency in Kerala context by using case study method and to analyse the crime rate.

Definitions of keywords

Juvenile delinquency: Juvenile delinquency, also known as "juvenile offending", is participation in illegal behavior by minors (juveniles, i.e. individuals younger than the statutory age of majority). Depending upon the type and severity of the offence committed, it is possible for persons under 18 years to be charged and tried as adults. 5

Psychosocial factors: Psycho-social factors include general and individual level processes that influence mental states and the human society concerned with social structure and social processes that impinge on the individual.

Socio-economic factors: Socio-economic factors are the social and economic experiences and realities that help mold one's personality, attitudes, and lifestyle. The factors can also define regions and neighborhoods of individual surrounding.

METHOD

Participants

The sample consists of inmates of the Government Observation Home of Poojappura, Thiruvananthapuram and Kakkanad, Ernakulam of the state of Kerala. Data was collected by

interviewing 20 inmates and a total of 5 cases of offences were studied in detail for the case study. 90% of the total inmates were accused and under trials and the rest 10% of the inmates were convicted. Among them, 72% of the juveniles had stayed in the Observation Home for less than six months, 20% were staying more than 6 months.

Measurements

Firstly, the case study method with in-depth analysis of five offenders was used to illustrate the socioeconomic and psychosocial variables underlying juvenile delinquency. Secondly, interview using structured questionnaire has been conducted to collect data from all inmates constituting the sample as well as officials of the Observation home. The questionnaire was divided into various categories such as demographic profile, educational background, family background, and juvenile's history.

Procedure

For the collection of data, permission from the magistrate of juvenile justice board of both Kakkanad and Thiruvananthapuram were taken and was permitted to interact with the children in conflict with law present in the observation home. The primary data was collected from 20 inmates of the observation home, Thiruvanthapuram and Kakkanad and the secondary sources of data were reports and case files of the juveniles given by the officials. For collecting information, it was very necessary to make a good rapport with the inmates. Therefore, to establish a good rapport with them, a friendly talk was initiated. Finally, the data was analyzed qualitatively as per the objectives of the study.

Case reports

Case study (5 cases)

Case 1

Raghu (name changed), a 17 year old boy from Attingal, Thiruvananthapuram was convicted for theft under section 379 I.P.C. There was an involvement of an adult in the crime under section 34 I.P.C. He has been in the Juvenile home for more than 4 months, and has been taken to court thrice. He had been in the same observation home for two times before for theft case and tried to escape once. Including 6 pending cases, he had a total of 14 cases registered. He has mainly stolen objects like DSLR camera, bike, gold and money. His main interest was for mobiles and other electronic gadgets. It was found that he had smoking habits. He is a 9th standard drop out and belong to a middle class family. His parents are divorced and his mother remarried. His mother was Hindu and father was Muslim and stepfather was Hindu. He is the middle child and have an elder sister and a younger brother (from the second marriage of mother). Both his mother and stepfather is court employees. The family condition is normal and had a good annual income. His stepfather showed little negligence towards him and relationship between him was very low. He was more interested in using gadgets than playing games. He had a severe bad influence from peer group and that peer groups influence was much more affecting the daily routine of his life. The truancy was high in family. When the officials contacted his parents for bail, they neglected for the same. He committed crime because of the easy money complex, family situation and due to impact of heavy peer influence.

Case 2

Kiran (name changed), a 17 year old boy was caught for drug abuse and custody of psychotropic drug, under NDPS Act. He was caught by railway police, Ernakulum for using cannabis and for custody of substance (150g). He has been to school but only till 9th standard. He is the youngest son of his parents. His father is a daily wage worker and mother a house

wife. He has two elder sisters and no other member earns apart from his father. He lives in a below average condition and the family is economically weak. He had a great influence from peer group and engaged in heterosexual contact with multiple partners including sexual workers. It was all under the influence of Ganja. He used to spend more time with peer mates due to which he started adopting bad social habits of using drugs and sexual abuse. He says that due to his peer mates, his daily routine was affected. He had less or no bond with his parents.

Case 3

Sunil (name changed), a 17 year old boy from Thiruvananthapuram. He was detained in the Observation home for past 7 months followed by rape and murder case, under section 376/303 I.P.C. He raped a 4 year old girl and killed her brutally and buried her body in mud. He was a child with mild mental retardation. According to him, elders were involved but no proof was found to accept this statement. He had attended school till 10th standard and after that he dropped out of school. He is youngest son of his parents. His elder brother is living separately. His father is a daily wage worker and doesn't have any bad habits. His mother was a housewife. His family was economically low and parents were illiterate. There is no delinquent record in the family. He stays in a below average condition. His parents doesn't had the right education or information about how they should treat the mild retardation of him. There was nobody to guide him properly or give sufficient treatment for his mild retardation. But basic emotional care was provided by his parents. Peer pressure or influence was not clear in his case. As a child he exhibited no special interests.

Case 4

Arun (name changed), a 16 year old boy from Thiruvananthapuram, had been charged for drug abuse, under Narcotic Drug and Psychotropic Substance Use Act (NDPS). He was

caught by the Narcotic cell for keeping 200g of Ganja. It was found that he used drugs and was a distributor of the same. He had been to school till 10th standard and he dropped out after that. His mother is a daily wage worker, was a strong woman. She earned a little of 700 per day working as a house maid. His dad is a man who doesn't goes for work or earns something. He depends fully on his wife's money. His father was of no use for the family as he doesn't go for work. He was also a control freak and needs everything on time. He was the single child of his parents. The family was economically below average. Backbone of his family was his mother. The influence of peer group was very high. He had a love failure and later turned into a drug addict. Truancy was also high in the family. He showed interest in electronic works. Various de-addiction treatment was given to him.

Case 5

Khaleel Mohammed (name changed), a 17 year old boy from Ernakulum, was convicted for theft under section 379 I.P.C. He has been in juvenile home for less than four months. He has been in the Juvenile home for two times earlier for offenses like drug abuse and damaging private property. He has been to school till 9th standard and he is the middle child of his parents. His father is a harbour employee and mother a fish monger. He has an elder sister and an younger sister. The economic status of the family is average and parents are illiterate. He had a great interest to electronic gadgets and had less peer influence but his friends of same age played an important role in his character. He had a aggressive personality and from the interview it was clear that he committed crime because of easy money complex. His family provided him with sufficient money but still he want more money and he stole money for it. He has stolen bikes from different places but only for the pleasure of riding and leaves the bike at some other places. He used drug because of the influence of friends and later became addicted to it. He has done some cases because of the influence of drugs and

some other cases because he merely wanted to do it and it shows that he had a complex personality. He rarely visited his family and shows no regret for his offenses.

From the above 5 case studies it can be said that these children in conflict with law have committed offences such as murder, rape, theft and drug abuse, and it revealed that most of these juveniles belong to either poor family background or economic deprivation which has resulted them to be delinquent. After analyzing each cases carefully, it was clear that factors like lack of proper parenting skills or ignorance by family members and lack of proper socialization created the path or opportunity to commit offence. Another important factor is an influence of peer group on the child's antisocial behavior. In a family, parenting plays a significant role which satisfies the financial, emotional, and physical needs, but as shared by the respondents, it can be said that they were neglected by their parents and not received proper care by the family.

RESULTS

After the data was collected, the responses were scored and analyzed. The major findings are as follows.

Factors underlying Juvenile Delinquency

The first objective of the study is to explore the factors underlying juvenile delinquency in Kerala context. The following looks at socioeconomic and psychosocial variables characterizing the sample.

Psychosocial Characteristics of the sample

Age

The juveniles falling under the age group of 5-9 years were not found in the Observation Home. Children in the age group of 10-14 years constituted very rarely. The majority of the inmates fell in the age group of 16-18 years, i.e, 71.6%. It is indicated by this statistics that the children above 16 and below 18 years of age represented the age group having maximum number of offenders.

Nature of offence

The results showed a significant involvement of the juveniles in offences like theft, murder, sexual abuse, drug abuse, etc. The highest involvement in the offences committed was theft, i.e. around 19.3 %, followed by criminal trespass and burglary which was 8.3 % of the total crime committed. While only 10.8 % of the sample was caught for other offences like sexual abuse, drug abuse, etc.

Table 1

Nature of offence

a) Theft	19.3 %
b) Criminal trespass and burglary	8.3 %
c) Sexual abuse (POCSO)	5.4 %
d) Others	5.2 %

Educational qualification

Educational qualification has an important role to play in the delinquency strand. Education received in school is expected to affect the frequency and severity of the crimes committed. In the present study, a larger part of the sample was primary drop outs and, only few percent of the inmates had completed their secondary school education. The rest of the inmates were found to be illiterate.

Table 2

Educational qualification

Educational Qualification		
a) Illiterate	**a) Primary Level**	**c) Above Primary Level but below Matric**
11.5 %	34.4 %	46.0 %

Gender

Majority of the inmates were males in the present study. There are different etiologies for boys and girls in the development of delinquent behaviors. Boys experience higher exposure to multiple risks including higher levels of peer pressure, rebelliousness, academic failure and family demands. From the study conducted, the developmental trajectory leading to delinquency runs through social relationships for females and though multiple forms of risks for males.

Cognitive and behavioral functioning

The cognitive functioning of the juvenile offenders largely focus on general intelligence and delinquency. Low intelligence has got a direct link to delinquency i.e, low IQ contribute for low academic achievement related to delinquency (lynam et.al 1993).From the study, juvenile delinquents display other cognitive deficits such as memory, abstract reasoning, receptive and expressive language and executive functioning deficits. These deficits may be the result of confounding variables such as presence of attention deficit hyperactivity disorder (cauffman, steinberg and piquero 2005).Common behavioural deficits among delinquents include poor attention and concentration.

Mood Status

Delinquents exhibit significantly higher levels of trait emotions and negative state as per the study. In the delinquent sample, the chronicity of physical trauma affects the longstanding variable of trait emotionality, specifically emotional abuse and witnessing

violence. In addition, delinquents appear to experience a wider range of negative emotions and more likely to experience a confluence of state emotions of sadness and anger under stressed conditions.

Socioeconomic factors

Significant correlation has been found between juvenile delinquency and low socioeconomic status (SES; Loeber & Farrington, 2012; Hay, Fortson, Hollist, Altheimer, & Schaible, 2007). A theoretical explanation for low socio-economic status on delinquency is given by strain theory and social control theory, and some researchers have indicated that economic background may be the best predictor for juveniles to become incarcerated (Johnson et al., 1999).

Family background

Looking into the family background of the delinquents, 90% of the parents of the juveniles were found to be illiterate, whereas only 10% of the parents were literate with minimum education. Education of the parents is an important factor in inducing right conduct and moral of the child. In the present study, the majority of the delinquents were found to be deprived of such advantage. Most of the parents were daily wage labors and were engaged in agriculture and other meager occupations. This shows that all the juveniles belonged to poor socio-economic status and the family income per month on an average amounted to be 25,000/-.

Peer group and their influences

The study found that in majority cases the influence of the peer group was highly responsible to work as stimuli for the juvenile to commit a crime. Around 66% of the juveniles were involved in crime along with their friends. Around 34% of the juveniles

reported that they were not affected by the peer group in committing crime. Around 87.87% juveniles reported that they liked to spend most of the time with their friends. Around 9% of the juveniles reported that they were affected by peer group by influencing them to consume alcohol and drugs.

DISCUSSION AND CONCLUSION

Children has a strong tendency to go in wrong path either by adapting fair means or by illegal means for satisfying their own immediate needs as well as contributing to the resources of family. Most of the children refer unfair means, and the present study revealed that there has been an increase in the number of children's involvement in the crime. Criminal activities like murder, theft, rape, and drug abuse are mostly committed by the juveniles in Kerala context. It is clear from the above results that the children in conflict with law mostly lie under the age group of 15-18 years. A sense of right and wrong, oriented to deny and reject the adult models and search their own models, shows the instable personality of a teenager. It is not only the individual factor that contributes to delinquency or crime rather there is a multi-dimensional factors which are responsible for the delinquency. The interaction of a child with the family members also has a greater influence on delinquency. Majority of the juveniles belonged to the poor socio-economic background with low parental education and income. The family history showed that there were no criminal record, still these children committed offences like murder, rape, theft, drinking, smoking, drug abuse, etc. Majority of the offence committed by the children in conflict with law were theft, and this was due to easy money complex, peer influence, and pressure from the family. Most of the juveniles were interested in doing daily wage works rather than going to school. Because of the lack of proper socialization and guidance from parents as well as elders, these children did not like to go to school, most of the time they spend along with their friend and peer

groups. The case study also reflects that due to strained family relations, poor surroundings and their strong bonding with the peer groups, the juveniles were more prone to commit such offences. The economic profile of the children in conflict with law shows that there is a significant impact on the delinquency.

Conclusion

It has been accepted that the children become delinquent not only because their own will but due to some provoking situations and environment. Thus, providing adequate measures and reforming the unhealthy and poor surroundings cannot fully change them. For the attainment of this purpose the Juvenile Justice (Care and Protection of Children) Act, 2015 has been enacted, which aims to consolidate and amend the law relating to juveniles in conflict with law and children in need of care and protection, by providing proper care, treatment and protection by showing concern to their developmental needs. This can be achieved by adopting a child friendly approach in the arbiration and disposition of matters in the best interest of children. In a society a child is considered as a precious asset so it is the society which can put aside him/her from the odious world of criminality. Proper care and parenting will nurture the child in a proper way and will prevent them from becoming delinquents. The results that socioeconomic measures generally relate to delinquency are consistent with findings from the study, especially when considering parental monitoring and involvement. It was found that when a parent is more involved in a child's life, it can lead to less delinquency. Therefore the study suggests that controlling the socio-economic variables can bring considerable changes in delinquency rate. Proper socialization can contribute to the positive rehabilitation of children in conflict with law.

Limitations of the study

- Due to lack of time, the long official procedure and difficulty in communication and interaction with the Observation Home officials, it was not possible to collect data

from all inmates of the Home. Therefore around twenty inmates were only interviewed.

- There was a lack of permission of using electronic gadgets like recorder and mobile phones for collecting data.
- The respondents' self-reports might have been biased due to social desirability factor and therefore, the data collected could have hidden the factual information. Also few inmates were not cooperative with our procedures of study which lead to some disorganized data.
- The secondary source of data was the case files of Delinquents from their respective observation homes. Therefore, the study suffered from shortage of data from secondary sour due to some identity and security issues.

Suggestions and recommendations

- School drop outs should be given basic education to ensure that they are not becoming antisocial.
- Delinquents should be dealt in much more sensitive manner by giving proper training to the authority and care takers.
- More rehabilitations sessions should be conducted at regular intervals.
- Parental focus towards their children is needed for their proper socialization.

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Mood and Feeling Patterns of Normal and HIV/AIDS Patients

Pallavi Chauhan*

ABSTRACT

The present study attempts to compare the physical and psychological distress of normal subject and HIV patients. The sample size for this research is 44, age between 22 to 40 from Surat, Gujarat. C.M.I health questionnaire (Cornell Medical Index) was used to collect data. The collected data was statistically calculated by using mean, SD, and ANOVA. The result showed that HIV patients have very high distress while normal person show quit low distress.

Keywords*: Psychological, Psychiatric, Feeling Patterns, Distress*

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INTRODUCTION

AIDS was first recognized in New York in 1981 among homosexual males. It was further identified in 1984 and nomenclature as HIV (Human Immunodeficiency Virus) in 1986 by International Committee on the Taxonomy of Virus. From psychological point of view, the diagnosis of HIV infection for any individual is liked a suspended sentence of a very painful death. Moreover, the fears of associated social stigma are likely to play havoc. HIV/AIDS is life threatening disease. Psychological and psychiatric problem are common as soon as patient heart that he is infected. The most prevalent clinical conditions associated with HIV infection from mental health perspective are anxiety disorders, mood disorders, psychotic disorders which are dependent upon individual's personality and available support systems. AIDs patients have demonstrated considerably high level of worrying, depression and poor self efficacy.

The patients of AIDs have deep sense of insecurity, uncertainty and feeling of social boycott along with depreciating body image or self concept. It has been suggested that the very existence of HIV/AIDS is responsible for significant rise in clinically diagnosable persistent anxiety or worry. HIV/AIDS is spreading over the world in last two decades. By year 2000,40 million people might have been infected. In India context, it is difficult to estimate the exact prevalence of HIV/AIDS because majority of cases are believed to go unreported for fear of social stigma.

Till the year 2002, in India, 39742 AIDS cases were reported to NACO, Ministry of Health and Family welfare, Government of India. The first case of AIDS in Rajasthan was detected in Pushkar in 1987 but till 2002, total numbers of case reported in Rajasthan were 837 according to RSACS-2002. In Shekhawati region 110 cases of HIV were reported 31 in Jhunjhunu, 11 in Churu, 88 in Sikar. Goldmeier (1981) has reported, about 7 stages of

adjustment reaction in the patients suffering from fatal disease in general 1) shock 2) denial 3) guilt, anger and fear 4) adopting a new lifestyle 5) altruism 6) sadness and 7) acceptance/ resignation. Abrams(1986) suggests that depression can be diagnosed in ill patients by paying particular attention to the cognitive and affective symptoms and by relying much less on the physical disturbance. HIV dementia typically presents with complaints of forgetfulness, slowness, poor concentration, and difficulties with problem solving and reading. Apathy, social withdrawal is common. Physical examination often reveals tremor, impaired rapid repetitive movements, imbalance, alexia, hypertonic etc. HIV dementia generally, but not invariably, progress quickly to sever global dementia, mutism and death. Cummings (1986) stated that it is difficult to differentiate early dementia from depression particularly when dementia has the characteristics of the subcortical variety.

Thus, physical and psychological distresses are most common reaction among HIV/AIDS patients. The present study attempts to compare the physical and psychological distress of normal subjects and HIV/AIDS patients. Most specifically it aims at fulfilling the following aims:

- To find out the physical distress level in HIV patients and normal persons.
- To find out psychological distress level in HIV patients and normal persons.
- To find out total distress level in HIV patients and normal persons.

METHOD

Sample

To fulfill the above aims and to test the hypotheses, a sample of 22 HIV patients and 22 normal persons was taken. Thus, the total sample consist of 44 males subjects of Surat

region, Gujarat. The sample was drawn using the purposive sampling techniques. The age of subjects ranged from 22 to 40 years.

Tools

C.M.I Health Questionnaire (Cornell Medical Index) Gujarati version was used which was translated by N.Patel & P. Chauhan.

RESULT AND DISCUSSION

The result are presented in following table

Table 1

Showing the Physical Distress Score of HIV patients and Normal patients

Groups	Mean	S.D	N	t
HIV patients	46.10	11.13	22	2.71
Normal persons	9.10	3.25	22	<.01

Table 1 indicates that there are significant different between the physical distress score of HIV patients and normal persons. HIV patients got 46.10 score as their mean in A to L section while normal group has scored only 9.10 scores in A to L section i.e physical distress section. 't' value between mean score of physical distress of normal persons and HIV patients is found highly significant at.01 level of confidence. When further analyzed from A section to L section of physical distress, t is found significant at 0.01 level in all 12 section of physical distress when compared with normal group.

In another study done by Verma and Wiq(1974) applying C.M.I is comparison between the adult Indian male psychiatric patients and those in U.K Shephered et. al. (1966) found that Indians reacted more frequently to exhaustion, fatigue, general ill health than west

people. It is found in the present study that HIV patients reacted positively toward physical distress.

Table 2

Showing the Moods and Feeling Patterns of HIV Patients and Normal Persons

Groups	Mean	S.D	N	t
HIV Patients	18.65	3.66	22	10.37
Normal persons	5.60	4.27	22	<.01

Table 2 indicates that the mood patterns of HIV patients and normal persons differ significantly. The feeling of inadequacy, depression, anxiety, significantly. The feeling of inadequacy, depression, anxiety, sensibility, anger and tensions were commonly found in HIV patients were very high than normal patients. 't' score is found highly significant at.01 level (t=10.37).

HIV patients showed positive reactions towards depression, tension and anxiety. Very high significant differences were found in between normal and HIV patients except patients were not found much significant. It is sometime difficult to distinguish the mental state of patients with serious physical illness as AIDS from depression.

In a study, Nichols (1995) describes 3 stages in patients suffering from fatal diseases, (1) a stage of initial crisis (acute response of denial, alternating with periods of intense anxiety), (2) a transitional stage in which anger, self pity, lowering of self esteem and anxiety may all be prominent and (3) a deficiency state of acceptance when patients realizes that a rational approach to illness is more appropriate than an emotional one, sometimes associated with fighting spirit. This stage of adaptation is some time referred to as living with AIDS in contrast to the previous stages where patient is 'dying of AIDS'(Elliot 1987).

Table 3

Showing the total Distress Score of HIV patients and Normal Persons

Groups	Mean	S.D.	N	t
HIV patients	63.75	14.34	22	15.558
Normal Persons	13.70	6.27	22	<.01

Table 3 indicates that there is significant difference between the distress of HIV patients and normal persons. HIV patients have showed extremely high distress while normal persons showed quite low distress in comparison to them (HIV).

Previous researchers showed that respiratory disorders are commonly found in HIV patients.

Thus, in present study, it is found that HIV patients have very high distress in total. Moudgil and Pershad (1972) found in their study that T.B patients showed mean 13.00 cardiac patients 23.85, chest disease patients 16.63 on C.M.I in A-L section while in the present study HIV patients scored 56.10 in A-L section. On the other hand, on C.M.I in M-L section T.B. patients score 6.25 cardiac patients 11.47 and chest disease patients 7.72 mean score while HIV patients score 18.65 in the section. Physical distress is very high in HIV. patients as found in present study.

AIDS is currently a disease with no cure. Medical treatment have been developed that slowdown the progress of HIV infection but they cannot be cured. Hence, community education should be given for broadening their thinking and improving their understanding of reality. Some kind of psychological help should be given to the HIV patients through spiritual exercises because psychological intervention might be useful in showing down the progress

of HIV infection. Psychological help of AIDS patients is necessary to change their perceptions.

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Burden of Care on Wives of Alcohol Dependent Patients

Dr. Mansaram D. Autade* and Dr. Arun V. Marwale**

ABSTRACT

The aim of study was to assess the burden on wives of alcohol dependent patient and the adverse effects experienced by the wives. The study was conducted on 30 alcohol dependent patients' wives from rural and urban area. The Social behavior Assessment Schedule (SBAS) was used to assess the burden and subjective distress experienced by the wives. Analysis of the social performance of the patients as a group shows impairment in various areas of functioning. Interpersonal relationship with wife was affected in 50% and sexual relationship was affected in 37%. Wives experienced high subjective distress on account of patient's impaired social performance. Adverse effects on emotional health, household relationship, disposable income and leisure time were reported by majority of wives. Adverse effects on children's emotional health, disruption of life, physical ill health and disturbed social life were other commonly reported adverse effects.

Key Words: *Alcohol dependent patient, Social behavior, Assessment Schedule, Emotional health.*

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INTRODUCTION

Alcohol dependence is a pathological pattern of alcohol use with adverse physical, psychological and socio-occupational consequences. Jetliner's conceptualization of alcoholism as a " disease' process in the early fifties, which is progressive through pre-alcoholic, prodromal, crucial and chronic phases, shifted the focus of attention from moral and legal perspective to one of the medical concern.

Various alcohol-related problems were described for the drinker, the drinker's family and for the community. While sociological research focused on the marital relationship and related issues viz. divorce, spouse abuse and sexual relationship, psychological oriented research concern itself mainly with personality assessment and more recently coping. Some other studies investigating impact on children in terms of disturbed behavior, truancy and poor school performance, etc. In recent times, it has been felt that the problem of alcohol abuse is on the rise which is due to various factors viz. availability, affluence, increase in life stresses, changes in traditional values and family life, etc. the damage to the person, family and community at large enormous which is an increasing concern.

The disease concept of alcoholism, which had dominated discussions in recent decades, is giving way to a broader alcohol-related problems approach (Room, R. (2)). In such a perspective, we may differentiate alcohol related problems into physiological consequences, mental and existential problems, casualty problems, and problems of social demeanor androle performance. Problems of social demeanor and role performance generate stress and burden for the close relatives on account of added responsibility, role reversal, less spare time, less disposable money, etc. in addition to distress due to disturbed relationship, patient's behavioral problems of children. In this context, parallels may found between

school dependence and other chronic illness. Evaluation of burden and distress would therefore from an important component of comprehensive assessment of a case presenting with alcohol-related problems. The present study was undertaken to document the burden in wives of alcohol dependent subjects.

Aims and Objectives

AIMS OF THE STUDY

The present study aims at assessment of burden on the wives of alcohol dependent Patients.

OBJECTIVES OF THE STUDY

- To study socio-demographic profile of alcohol dependent subjects and their wives.
- To study the pattern of dependence, complications (including medical and psychiatric complications), behavioral and social performance of the alcohol dependent subjects.
- To assess the adverse effects and burden experienced by the wives.

MATERIALS AND METHODS

The present study is a descriptive one carried out in a prospective way.

Thirty consenting adult male subject diagnosed as Alcohol Dependent (ICD-10) and their wives attending a medical college general hospital formed the study sample. Social Behavior Assessment schedule (SBAS) formed the study tool. The SBAS is a standardized, semi-structured interview that separately measures the objective burden and the subjective distress experienced by the spouse.

SAMPLE

Consenting adult male subject diagnosed as alcohol dependent and their wives attending psychiatric OPD.

SAMPLE SIZE

30 subjects and their wives.

RESEARCH TOOLS

Social Behavior assessment schedule (SBAS) by Piatt et al SBAS formed the domain study tool. Socio-demographic and background information of subject and their spouses was documented in section A of the tool. Additional information related to co-morbidity was documented separately. Adverse effects and burden experienced by the wives as well as behavior and social performance of the subjects were assessed using the main body of the tool.

Description of the tool: The tool has six sections

1) Introduction
2) Patient's behavior
3) Patient's social behavior
4) Adverse effects on household
5) Concurrent events
6) Support from others

RESULT

The results of this study are presented under the following headings:

Socio-demographic profile of the patients

Burden experienced by wives

SOCIO-DEMOGRAPHIC PROFILE OF THE PATIENTS

30 adult male patients and their spouses were recruited for the study

Mean age of the patients was 39 years

70 % of the patients form urban area 10 % from semi-urban area and 20 % had rural background.

Majority was Hindu.

Majority was literate: education ranging from secondary schooling to professional level.

One subject was retired from service and another was suspended.

Socio-economic status-wise, all categories were represented i.e. upper, middle, lower middle and lower.

Two third came from nuclear families and one third from joint families.

Family size ranged from two to eleven; average size was 5.1 and mode 4

Number of children ranged from one to five with average of 2.23; four couples were issueless.

Burden experienced by wives: The burden of the wives of the alcoholic patients are shown in tables.

TABLE I: BURDEN DUE TO PATIENT'S BEHAVIOR

Rank No.	**Behavior**	**No distress**		**Moderate distress**		**Severe Distress**	
		No.	**%**	**No.**	**%**	**No.**	**%**
1	Irritability	0	0	17	56.66	08	26.66
2	Heavy Drinking	0	0	11	36.664	07	23.33
3	Worry	1	1.33	12	40.00	03	10.00
4	Bodily aches & Pains	0	0	12	40.00	02	6.66
5	Violence	0	0	08	26.66	05	6.66
6	Self Neglect	1	3.33	10	33.33	00	0.00

7	Forgetfulness	0	0	08	26.66	02	6.66
8	Rudeness	0	0	7	23.33	03	1.00
9	Unpredictability	0	0	07	2.33	03	10.00
10	Indecisiveness	0	0	07	23.33	02	6.66
11	Slowness	01	3.33	05	16.66	02	6.66
12	Under activity	0	0	05	16.66	02	6.66
13	Fear	1	3.33	04	13.33	02	6.66
14	Para suicide	0	0	01	3.33	03	10.00
15	Odd Ideas	0	0	03	10.00	03	10.00
16	Over dependence	0	0	03	10.00	01	3.33
17	Withdrawal	0	0	02	6.66	03	10.00
18	Over Activity	0	0	04	13.33	00	10.00
19	Obssessionality	01	3.33	02	6.66	00	0.00
20	Misery	0	0	02	6.66	00	0.00

The burden of the wives of the alcoholic patients due to patient's social performance are shown in tables II

TABLE II: BURDEN DUE TO PATIENT SOCIAL PERFORMANCE

Rank No.	**Social Performance**	**Affected**
1	Work/Study	23 (76.66)
2	Informant Patient affection	15 (50.00)
3	Child Care	13 (43.33)
4	Sexual relationship	11 (36.66)
5	Household task	10 (33.33)
6	Household Management	10 (33.33)
7	Interest in Child	10 (33.33)
8	Informal Patient relationship	10 (33.33)
9	Child Discipline	9 (30.00)
10	Spare time activities	7 (23.33)
11	Decision Making	6 (20.00)
12	Information Patient	5 (16.66)

	Conversation	

The burden on the wives and children of the alcoholic patients are shown in tables III

TABLE III: ADVERSE EFFECT ON WIVES AND CHILDREN

Rank No.	Social Performance	Affected
1	Informants emotional ill health.	27 (90)
2	Household relationship	20 (66.66)
3	Disposable income	18 (60)
4	Leisure time	15 (50)
5	Child's emotional ill health	12 (40)
6	Disruption of Informant's life	10 (33.33)
7	Relationship with Patient's (Child	09 (30.00)
8	Informant's Physical ill health	09 (30.00)
9	Social Life	08 (26.66)
10	Disturbed Behaviour	07 (23.33)
11	Time of work study	05 (16.66)
12	Loss of Schooling	04 (13.33)
13	School Performance (Child)	04 (13.33)
14	Work Performance (Informants)	04 (13.33)
15	Disruption of other life	03 (10.00)
16	Child's Physical ill health	01 (3.33)
17	Child's time away from hom	01 (3.33)
18	Child's Contact with friends	01 (3.33)

TABLE IV: DISTRESS DUE TO ADVERSE EFFECTS

Rank No.	Adverse Effects	No distress		Moderate distress		Server Distress	
		No.	%	No.	%	No.	%
1	Irritability	0	0	17	56.66	08	26.66
2	Heavy Drinking	0	0	11	36.664	07	23.33
3	Worry	1	1.33	12	40.00	03	10.00

4	Bodily aches & Pains	0	0	12	40.00	02	6.66
5	Violence	0	0	08	26.66	05	6.66
6	Self Neglect	1	3.33	10	33.33	00	0.00
7	Forgetfulness	0	0	08	26.66	02	6.66
8	Rudeness	0	0	7	23.33	03	1.00
9	Unpredictability	0	0	07	2.33	03	10.00
10	Indecisiveness	0	0	07	23.33	02	6.66
11	Slowness	01	3.33	05	16.66	02	6.66
12	Under activity	0	0	05	16.66	01	3.33
13	Fear	1	3.33	04	13.33	02	6.66
14	Para suicide	0	0	01	3.33	03	10.00
15	Odd Ideas	0	0	03	10.00	03	10.00
16	Over dependence	0	0	03	10.00	01	3.33
17	Withdrawal	0	0	02	6.66	03	10.00
18	Over Activity	0	0	04	13.33	00	10.00
19	Obssessionality	01	3.33	02	6.66	00	0.00
20	Misery	0	0	02	6.66	00	0.00

TABLE VI

DISTRESS DUE TO PATIENT'S SOCIAL PERFORMANCE

Rank No.	**Adverse Effects**	**No distress**		**Moderate distress**		**Severe Distress**	
		No.	**%**	**No.**	**%**	**No.**	**%**
1	Informants emotional ill health	1	3.33	17	56.66	7	23.33
2	Household relationship	0	0	15	50	4	13.33
3	Disposable income	1	3.33	11	36.66	6	20
4	Leisure time	1	3.33	11	36.66	2	6.66
5	Child's emotional ill health	0	0	9	30	3	10
6	Disruption of informant's life	0	0	8	26.66	1	3.33
7	Relationship with patient's (Child)	0	0	8	26.66	1	3.33
8	Informants physical ill health	1	3.33	6	20	2	6.66

9	Social life	0	0	4	13.33	4	13.33
10	Disturbed behaviour	0	0	4	13.33	3	10
11	Time of work study	0	0	3	10	2	6.6
12	Loss of Schooling	0	0	3	10	1	3.3
13	School performance (Child)	0	0	2	6.6	2	6.6
14	Work Performance (Informants)	0	0	1	3.3	3	10
15	Disruption of other life	0	0	3	10	0	0
16	Child's time away from house	0	0	0	0	1	3.33
17	Child time away from home	0	0	0	0	1	3.33
18	Child's Contact with friends	0	0	1	3.3	0	0

TABLE VII

RELATEDNESS OF ADVERSE EFFECTS TO THE PATIENT

Rank No.	**Adverse Effects**	**Number**	**Relationship**		
			No.	**Possible**	**Definable**
1	Informants emotional ill health	27(90)	1(3.33)	17 (56.66)	9 (30)
2	Household relationship	20 (66.66)	0	13(43.33)	7(23.33)
3	Disposable income	18(60)	2(6.66)	10(33.33)	6 (20)
4	Leisure time	15 (50)	1(3.33)	11(36.66)	3 (10)
5	Child's emotional ill health	12 (40)	0	9 (30)	3 (10)
6	Disruption of informant's life	10 (33.33)	0	8(26.66)	2 (6.66)
7	Relationship with patient's (Child)	09(30.00)	0	7(23.33)	2(6.66)
8	Informants physical ill health	09(30.00)	2(6.66)	6(20)	1(3.33)
9	Social life	08(26.66)	0	5(16.33)	3 (10)
10	Disturbed behavior	07 (23.33)	0	6 (20)	1 (3.33)
11	Time of work study	05 (16.66)	0	3(10)	2 (6.66)
12	Loss of Schooling	04 (13.33)	0	3(10)	1 (3.33)
13	School performance (Child)	04 (13.33)	0	2 (6.66)	2 (6.66)
14	Work Performance (Informants)	04 (13.33)	0	2 (6.66)	2 (6.66)
15	Disruption of other life	03 (10.00)	0	2 (6.66)	1 (3.33)
16	Child's time away from house	01(3.33)	1(3.33)	0	0

17	Child time away from home	01 (3.33)	0	0	1 (3.33)
18	Child's Contact with friends	01 (3.33)	0	1(3.33)	0

13% of patient in the present study had alcohol related physical diseases and an equal number had psychiatric co-morbidity. A range of behavioral disturbances were found in the alcohol dependent patients, irritability 86.6 %heavy drinking 60% , worry, body aches and pains, violence(43.3%) self neglect, forgetfulness, rudeness, unpredictability, Para suicidal behavior (23.3) and jealousy (20%) were the common behaviors exhibited by the patients Interpersonal relationship with wife affected in 50% and sexual relationship was affected in 37%.

CONCLUSION

Most of these behaviors led to moderate to severe distress in the wives. Analysis of social performance of the patients as a group shows impairment in various areas of functioning. Although all of our patients are occupied, work performance was affected in three fourths of them. Childcare is another areas in which patients exhibited much impairment. Wives experience high subjective distress on account of patient's impaired social performance. Adverse effects of emotional health, household relationship, disposable income and leisure time were reported by majority of wives. Adverse effects on children's health, disruption of life, physical ill health and disturbed social life were other commonly reported adverse effects. Almost all adverse effects were to patient's alcohol problem and generated marked subjective distress.

DISCUSSION

The profile" of alcohol dependent patient was one of the middle aged predominantly urban men who had long standing history of dependence with continuous drinking pattern. Education, occupation and socio-economic status wise practically every category had found representation. Literacy level in the wives was lower and majority were housewives. Majority of our sample came in from nuclear families wherein wife shouldered the burden of care. Results of the present study (high degrees of objective and subjective distress in wives of alcoholics) thus strongly justify a broader alcohol-related problems approach that takes into account assessment of burden and thereby offers an opportunity of early intervention for the family.

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