*Proceedings of the*

# International Conference

# On

## LIFE SKILLS EDUCATION

## PEACE & HARMONY: LIFE SKILLS FOR A BETTER WORLD

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# Foreword

**Fr. Dr. Augustine George, CMI**
Principal, Kristu Jayanti College,
Autonomous, Bengaluru

*Greetings from Kristu Jayanti College, Bengaluru!*

*Kristu Jayanti College, Bengaluru, established in 1999, has been at the forefront of higher education, committed to fostering academic excellence, innovation, and holistic development. The college is recognised for its outstanding contributions to education; it earned A++ accreditation from the NAAC and consistently ranks among the top higher education institutions in India. Through its dedicated efforts in research, skill development, and global collaborations, the institution continues to uphold its mission of nurturing competent and socially responsible individuals. Kristu Jayanti College has achieved recognition for its excellence by being ranked 60th in the National Institutional Ranking Framework (NIRF) by the Ministry of Education, Government of India, in 2024. The Centre for Life Skills Education plays a pivotal role in moulding the life of students to become responsible citizens who will be beneficial for the society.*

*I am delighted that the Centre for Life Skills Education of Kristu Jayanti College is hosting the International Conference on the theme "Peace & Harmony: Life Skills for a better World" on April 03 & 04, 2025, as part of its commitment to national development and academic enrichment. The event aspires to be a landmark gathering, setting the stage for a transformative journey in the higher education sector and significantly contributing to the nation's progress.*

*Through this conference, we seek to create a roadmap for the future of education by emphasising inclusivity, adaptability, and excellence. By bringing together the brightest minds from academia and industry, we aspire to generate valuable insights that will shape policies and initiatives aimed at creating a globally competitive and self-reliant India.*

*We extend a warm invitation to all academicians, researchers, industry professionals, and policymakers. Join us in this significant endeavour. Your participation in the International Conference will contribute to a broader discourse on the future of education and its impact on national growth. Together, let us embark on this journey of knowledge exchange, innovation, and transformation, ensuring that Life Skills Education continues to play a pivotal role in shaping a developed and prosperous India by 2047. As we present this of conference proceedings, we invite all stakeholders in higher education to engage with these research insights, collaborate for impactful initiatives, and collectively work toward Viksit Bharat 2047. May this publication serve as a reference for institutions striving to uphold quality education and drive meaningful transformations in the higher education ecosystem*

*Best Wishes*
**Principal**

# Message from the Director, Centre for Life Skills Education



**Dr. Jonas Richard. A**
Director, Centre for Life Skills
Education,
Professor and Head, Department of
Social Work
Kristu Jayanti College, Autonomous,
Bengaluru

*Dear Esteemed Delegates, Scholars, and Guests,*

*It is with great pride and enthusiasm that I welcome you to the International Conference titled "**Peace & Harmony: Life Skills for a better World,"** an international gathering dedicated to the transformative power of Life Skills Education. In today's dynamic world, academic knowledge alone is not sufficient—individuals must be equipped with critical life skills such as communication, emotional intelligence, problem-solving, adaptability, and resilience to navigate the complexities of modern life successfully.*

*This conference serves as a vital platform for educators, researchers, policymakers, and practitioners to exchange ideas, present innovative research, and collaborate on strategies to integrate life skills education into various learning environments. As we move toward a future shaped by technological advancements, social change, and global challenges, fostering holistic development in individuals is more important than ever.*

*I extend my heartfelt gratitude to all our keynote speakers, panelists, paper presenters, and attendees who have gathered here to contribute their insights and expertise. Your participation reflects a shared commitment to empowering individuals through education that goes beyond textbooks—education that nurtures confidence, leadership, ethical decision-making, and well-being.*

*I encourage you to engage in meaningful discussions, forge valuable connections, and take inspiration from the diverse perspectives presented during this conference. Together, let us strive to make Life Skills Education an integral part of learning systems worldwide, shaping a future where individuals are not only knowledgeable but also emotionally intelligent, socially responsible, and adaptable global citizens.*

*Wishing you an enriching and inspiring conference!*

*Regards,*
**Director, Centre for Life Skills Education**

# Preface

Life Skills Education is crucial in equipping individuals, especially students and young professionals, with essential skills needed for personal and professional success. Life skills go beyond academic knowledge and focus on practical abilities that effectively help individuals navigate everyday challenges. It is with great pride that I extend my greetings and introduce the **International Conference** on the theme **" Peace & Harmony: Life Skills for a better World,"** to be held on April 03 & 04, 2025. At Kristu Jayanti College, Bengaluru, the Centre for Life Skills Education serves as the cornerstone for continuous academic and institutional excellence. Established with a vision to ensure quality sustenance and enhancement, the Centre for Life Skills Education at our institution is essential for equipping individuals with the tools to navigate life successfully. It enhances employability, emotional intelligence, mental well-being, and social responsibility, preparing individuals to face personal and professional challenges with confidence.

Life skills education is a cornerstone of holistic development, equipping individuals with the essential competencies needed to navigate personal, academic, and professional challenges. In an era of rapid technological advancements, shifting societal norms, and complex global challenges, the role of critical thinking, emotional intelligence, resilience, and adaptability has become more significant than ever.

This conference aimed to bridge the gap between theoretical knowledge and practical application, ensuring that individuals are equipped with the tools necessary for their lifelong success. Also, this proceedings volume is a compilation of research papers presented during the conference. The contributions span a wide range of topics.Each paper included in this volume reflects rigorous research, practical insights, and forward-thinking approaches to life skills education. We hope these proceedings serve as a valuable resource for educators, policymakers, and researchers striving to integrate life skills into curricula and learning environments.

We extend our sincere gratitude to all the authors, keynote speakers, panelists, and participants who contributed their knowledge and expertise to make this conference a success. We also acknowledge the efforts of the organizing committee, reviewers, and sponsors for their unwavering support.


Regards,
Conference Convenors

**Dr. G.PRATHAP**
**Dr. NIRMALA M.M**
Kristu Jayanti College Autonomous, Bengaluru

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# TBLT Instructional Device through Mental Modelling Insights to Enhance Reading Efficacy among the Technical Students

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## ABSTRACT

The reading skills improvise the cognitive strategies which helps one in not only to comprehend the text but also to recognise ones intensity in identifying the uniqueness in strategy. The reading material which is considered to be authentic reveals the impact that creates among the readers for enriching their language skills. Mental models revolving around the complexity idea we do have it in our thinking that helps in enhancing the ability to reason out the purpose of the reality and promotes us to take decisions which really matters in the any field especially in the language acquisition. It is presumptuous that the mental model helps to construct in comprehending inferences from the text while reading with appropriate instructions. This paper incorporates synthesis of the mental modelling and reading efficacy among the technical students that has contributed in practical development with application. It determines the effectiveness and applicability of the construct in the context of mental modelling. The theoretical and practical challenges highlights the application of TBLT and implementation of mental model towards cognitive process where the reader indulge with preferences they acquire, tasks they accomplish in reading and associated other sub-strategies in working out with other reading tasks. The increase in mean score was due to the conscious about the area of knowledge in particular strategy to apply the appropriate knowledge by selecting strategy while reading a text.

**Keywords:** TBLT, Mental modelling, Reading efficacy, Instructional device, phygital learning

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# Vulnerability of Adolescents of a Red-Light Area in Kolkata: Exploring Life Skills that address Sexual and Reproductive Health

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## ABSTRACT:

India with a population of over 1.2 billion people, has the largest number of adolescents in the world, including 253 million who face several challenges pertaining to lack of awareness and knowledge regarding sexual and reproductive health (SRH). At the national and state levels adolescent boys and girls are affected by malnutrition, anaemia, teenage pregnancy, early and forced marriage, maternal and infant mortality, STIs, school drop-outs, substance misuse, suicide and mental health issues. From a regional perspective, a high prevalence of numerous SRH issues among adolescents in the state of West Bengal is worth noticing. With the current state of circumstances, a situational analysis has been conducted to provide a comprehensive understanding of the current SRH status and health behaviours of adolescents aged 10-19 years in one of the red-light areas of Kolkata, undertaken as part of the Ujjan Project, implemented by CINI. The primary objective of the study is to identify the present situation of this vulnerable adolescent population of the red-light area and thereby link them with pertinent life skills to enable them cope with various SRH challenges. The analysis was conducted using methods that included literature reviews, field visits to selected communities in the study area, surveys and stakeholder consultations. The study presents key findings related to diverse aspects and the relevant life skills that can be linked to SRH of adolescents some of which include communication skills, decision-making skills, self-awareness, social awareness and effective negotiation skills that address challenges regarding aspects of early marriage, maintaining a healthy sexual life and protection from sexual abuse, STDs and substance misuse. These recommended life skills for minimizing sexual and reproductive vulnerability are expected to be a useful resource for the development of programs and policies to improve adolescent health outcomes.

*Keywords:* Sexual and Reproductive Health, Adolescent health, Red-light Area, Life Skills

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# Influence of Sports in Transforming Life Skills Among Tribal Youth

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## ABSTRACT

**Purpose:** This study explores the transformative role of sports in fostering social change and empowerment among tribal youth in Attappadi, Kerala. By leveraging Social Capital Theory, it examines how sports build relationships, bridge societal divides, and create opportunities for social mobility while preserving cultural identity.

**Design/Methodology/Approach:** The study adopts a qualitative research design and employs Braun and Clarke's thematic analysis framework. Data were collected through semi-structured interviews and focus group discussions with 15 tribal youth aged 15–25 years actively engaged in individual or team sports. A purposive sampling method ensured diverse and relevant insights, and theoretical saturation guided sample adequacy.

**Findings:** Thematic analysis reveals five key themes: strengthening community bonds, building bridges across communities, creating pathways for social mobility, preserving cultural identity, and promoting social inclusion. Sports emerged as a unifying force, fostering trust, resilience, and leadership among tribal youth. Traditional games protect cultural heritage, while modern sports offer visibility and opportunities for broader societal integration.

**Originality/Value:** This study uniquely integrates Social Capital Theory (SCT) with the transformative potential of sports, particularly in the underexplored context of tribal communities. It offers valuable insights for policymakers, practitioners, and researchers, emphasizing the role of sports in driving sustainable and inclusive development in marginalized settings.

**Keywords:** Sports, Social Transformation, Community Empowerment, Tribal Youth, Thematic analysis

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# The Ageless Wisdom of the Inna Narpattu and the Iniyavai Narpattu in Pathinenkilkanakku Anthology: Cultivating Peace, Harmony, and Compassion in the Modern Society

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## ABSTRACT

The term 'life skills' refers to attained abilities of individuals that enable them to live well-adjusted, productive, and peaceful lives. People use these wide-ranging skills to cope with daily problems, deal with others, and make beneficial decisions. By pushing themselves towards attaining one or many of these life skills, individuals accomplish a more fulfilling, peaceful, and harmonious life. Developing these skills leads to healthy relationships, mental health, and sense of well-being. Life skills also help in building better understanding and empathy in societies paving the way for social harmony and peace. The ancient wisdom in the Inna Narpattu and the Iniyavai Narpattu, the Tamil didactic poetry in the Pathinenkilkanakku anthology has been examined from a philosophical point of view in this research study. The constructive lessons informed through both of these works that aim to cultivate life skills such as harmony, compassion, and peace are scrutinised. These works of the post-Sangam age focus on virtues which are capable of solving present-day problems and foster fundamental life skills. This study investigates the key life skills imparted through these writings. Results from comparing and analysing these poetic works in parallel show that these life skills are linked to personal growth and public well-being.

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# STAND Enables Students Stand for a Better World

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## ABSTRACT

Education is a continuous and life-long process. It is the process of development from infancy to maturity. Maturity of a person cannot be measured by his/her age but by the person's social standing through his/her contribution for a better world. This can undoubtedly be achieved not just by obtaining mere degree but by acquiring life skills education. Any skill learnt by a person towards betterment of the society is called life skill. There is no definite list of life skills. WHO in 1996 lays down ten core life skills as Self-awareness, Empathy, Critical Thinking, Creative Thinking, Decision Making, Problem Solving, Effective Communication, Interpersonal Relationship, Coping with Stress and Coping with Emotion.

STAND (Student Training and Action for Neighbourhood Development) is an Extension Department of St. Xavier's College (Autonomous), Palayamkottai, Tamilnadu. STAND provides outreach programmes of social activities to students by addressing the social issues in villages. Students during their course of studies are exposed to social, political, economic and cultural issues in villages. During their interaction with people, students start understanding and responding to social challenges; they actually start learning life skills education. Life skills education becomes a part of their learning and it is a mandatory component for students to complete their degree course.

The aim of education is to help people develop their skills, confidence and personality to have a standing in society. St. Xavier's College is a Jesuit educational institution which aims at making students become agents of social change. Only when students acquire life skills education, they can rise up to the expectation of Jesuit institution. This article attempts to assess how STAND has enabled students to have a standing in society for a better world.

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# Role of Homoeopathy in Sustainable Development of Indian Ayush Market

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## ABSTRACT

The global homeopathic pharmaceutical industry with more insights into the over- the-counter markets with emphasis on changing scenarios as well as strategies to suit the changing needs of patients and the environment. The Indian homeopathic pharmaceutical market is witnessing positive growth but is facing major transformation challenges in the current scenario. Methodology: The study is based on secondary data, collected from published materials available in the form of articles, reports, internet, etc. Multivariate analysis and time series analysis are used in this study to arrive at a meaningful conclusion. Time series forecasting is a powerful method for predicting trends and future values of time series data. Findings: Given the evolving mindset and likely changes in the regulatory framework, such as OTC guidelines and open distribution, it will be expected to happen over the next ten years, India will become a major contributor to the world of the OTC market. Currently, aches, coughs, colds, hyperacidity, minor topical infections, and indigestion are the main OTC product categories. Conclusion: Growing profits fuel more greed and more money get invested raising prices to excessive levels. Therefore, the main aim of the paper is to create a code of ethics to overcome over-the-counter medicines in the field of homeopathy. By creating policy for the growth, we can able to achieve peace and harmony in life.

*Key words:* Homoeopathy, AYUSH Market, OTC guidelines policy, harmony in life.

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# Mastering Stress Through Positive Thinking: An Optimistic Approach

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## ABSTRACT

Stress is an inherent part of life that affects individuals across various domains, including work, relationships, and health. While excessive stress can have negative consequences, adopting a positive mindset can significantly mitigate its impact. This article explores the role of positive thinking in stress management, emphasizing key psychological and neuroscientific findings. Optimism enhances problem-focused coping strategies, cognitive reappraisal fosters resilience, and positive self-talk reduces anxiety. Furthermore, social support plays a crucial role in reinforcing stress-coping mechanisms. By integrating these strategies, individuals can transform stress into an opportunity for personal growth and improved well-being. This paper highlights scientific research supporting the efficacy of positive thinking in stress reduction and resilience-building.

*Keywords:* Stress, Anxiety, Homoeopathy, Harmony and Positive Thinking

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# Life Skills Education and Mental Health Outcomes : A Study among Indian Coastal Communities

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## ABSTRACT

Coastal communities, considering their proximity and exposure to the ocean, face innumerable challenges owing to various social, economic and environmental factors which in turn affects their well-being, especially their mental health. With increasing impacts of climate change, the vulnerability of coastal regions have increased owing to the increasing frequency of disasters and density of population, pointing out the need for mental health preparatory measures. Coastal hazards such as sea-level rise, tsunami, flooding, erosion among many others disrupt the lives of the coastal communities and lead to poor mental health outcomes such as sleep disturbances, distress as well as stress, anxiety, depression, PTSD etc. Life skills, as defined by the WHO, refers to the abilities for positive and adaptive behaviour that can enable an individual to deal effectively with the challenges and demands of everyday life. Developing skills that can act as psychological and social protective factors can help improve the mental health outcomes of individuals. As imparting life skills education has the potential to address mental health problems from developing to mental illness, the study conceptualises the relevance of life skills education in addressing mental health issues for coastal communities in Indian context through the existing studies. Life skills education, which includes psychosocial competencies and interpersonal skills, can thus improve the emotional strength and well-being of the individuals as it enables one to navigate the challenges of life better as well as to build resilience. The study points out the need for life skills education for the vulnerable communities and relevance for its inclusion in disaster preparedness.

*Keywords:* Life skills, coastal communities, disaster preparedness, mental health

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# Empowering Inmates through Life Skills Education in Prisons - Conceptual Paper

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## ABSTRACT

Prisoners are one of the most vulnerable populations, as they are more likely to be exposed to various social, psychological and mental stress in their confined environment. This confined environment, along with the issues of human rights violations, inadequate living conditions, overcrowding, and inadequate healthcare facilities, compounds the problems among incarcerated individuals. With the background of various issues relating to the incarcerated individual, This paper conceptualises the utilisation of life skills in addressing the various issues pertaining to prisoners by exploring its intersections with the prisoner's rehabilitation and reintegration. Life skills are termed to be the essential skills necessary to ensure full participation in day-to-day life and facilitate the successful reintegration of prisoners into society. Life skills encompass cognitive, emotional and societal competencies, help individuals make informed decisions and make lives productive by ensuring employment, building healthy relationships and promoting mental health. Acquiring these skills is essential in terms of reducing recidivism and in the promotion of positive behaviour among prisoners. Adopting life skills in their everyday lives will help them face everyday challenges and enable them to obtain better social functioning and quality of life. Life skills are a vital module in the criminal justice system, not only because of their benefit to prisoners but for society as a whole. It is also expected that the proper utilization of life skills can transform the prison into a rehabilitation centre rather than a punitive institution. So, this paper advocates paradigm shifts in prisoners' reintegration and rehabilitation by making life skill education a key to advancing social responsibility among prisoners.

*Keywords*: Life Skills, Education, Empowerment, Prisoner, Re-integration, Rehabilitation.

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# Role of Life skill educators in promoting and enhancing social unity: Strategies and Challenges

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## ABSTRACT

Life skills are essential abilities that enable individuals to adapt to everyday challenges with confidence and resilience. These skills promote not only personal growth and well-being but also play a crucial role in shaping responsible, socially aware individuals. By fostering moral maturity and strengthening psychosocial abilities, life skills contribute to the development of healthier, more inclusive communities. Life skill educators are central to this process, as they equip individuals with crucial skills such as communication, empathy, critical thinking, and conflict resolution—essential for maintaining social harmony and fostering unity. This qualitative study examines the role of life skill educators in enhancing social unity, focusing on their teaching strategies and the challenges they face. The study employs the snowball sampling technique to identify five respondents who share their experiences, challenges, and insights. The findings highlight several barriers to effective life skills education, including the absence of a standardized curriculum, insufficient training and resources, student disengagement, cultural and social constraints, and challenges in assessment and evaluation. As societies become increasingly interconnected and diverse, the role of life skills education in fostering social unity becomes even more critical. By equipping individuals with essential life skills, educators contribute to reducing social divisions and enhancing cooperation. Investing in life skills education can help to address challenges, such as discrimination, and inequality, by fostering understanding and collaboration. Strengthening support for life skill educators through policy improvements, adequate training, and resource allocation will ensure that life skills education remains a powerful tool in promoting inclusive, peaceful, and resilient communities. This study underscores the need for greater recognition of life skill educators and their vital contributions to social unity.

***Keywords:*** Life skill, Life skill educators, Social Unity, Curriculum standardisation

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# A Review on Life Skill Education for Disaster Preparedness Strategies

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## ABSTRACT

The impact of climate change leads to natural hazards which have the potential to become disasters and communities often serve as the first responders to such hazards so enhancing their capacity through life skill education plays a vital role in reducing the impact. This paper reviews the existing literature on disaster education through training and awareness programs and how it fosters resilience among vulnerable populations. A systematic review was conducted to assess the impact of life skill education on disaster preparedness. By reviewing various strategies for imparting disaster education to engage the community in disaster preparedness this paper seeks to establish a framework for implementing comprehensive disaster preparedness education. The findings underscore the importance of integrating life skill training into disaster preparedness strategies and empowering the community through education, which not only enhances resilience but also fosters collective resilience, ultimately reducing vulnerability to disasters and improving recovery outcomes.

*Keywords:* Climate change, Natural hazards, Disaster Preparedness, Life skill education

# Impact of Skill Training Program on Traditional Tribal Jobs

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## ABSTRACT

The research investigates the impact of skill training programme on traditional tribal jobs, focusing on the Particularly Vulnerable Tribal Groups (PVTGs) of Nilgiri district in Tamilnadu. Tribal groups in India constitute 8.6% of the national population, playing a crucial role in the country's cultural and socioeconomic landscape. However their traditional livelihood methods faces many challenges due to modernization, increasing competition in the market, and limited access to resources. Through this study it is aimed to understand how the skill training initiative influences tribal employment patterns, income levels, their interest to develop their skills and learn new techniques etc.

The researcher used qualitative methods to gather the required data. Fieldwork was conducted in Thrichigadi village, engaging with one of the Particularly vulnerable Tribal Groups (PVTG) of Tamilnadu, the Kota tribes. The findings from the responses are are categorized into themes such as income generation, market awareness, skill acquisition, and challenges faced by tribal workers. The results reveal that skill training programs have significantly enhanced economic opportunities by diversifying income sources and improving market integration. However to reach the further goal of financial independence and an established global brand, they need more support and assistance from the system.

This research tries to contributes to understanding the nuanced relationship between development initiatives and indigenous communities, offering valuable insights for policymakers aiming to balance economic growth with cultural preservation in tribal regions.

*Keywords :* Kota tribes, Skill training, Traditional Knowledge, Tribal jobs, PVTG

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# Empowering Young Minds Through Education: The Role of School Social Work in Supporting Children from Vulnerable Families.

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**Dr. C Satheesh Kumar**

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## ABSTRACT

Vulnerable families bring extreme emotional, social, and educational effort to children, which may adversely affect academic achievements and psychological well-being. Studies suggest that students in this situation often have increased stress, anxiety, and role reversal, with repercussions for their school engagement and developmental trajectories. As such, one of the most essential systems of support within the walls of schools is school social work, which can meet such needs through appropriate interventions, advocacy, and resource needs. The focused intervention by the school social worker can help to reduce the impact of this on the student. The conceptual paper draws attention to the importance of school social work with children from vulnerable families, noting the need for a structured, evidence-based approach. The paper also critically assesses already existing procedures and policies in the area of social work and education of the students in schools and detects mistakes in the practice. It insists that trauma-informed care, strength-based approaches, and cultural responsiveness also be included in the procedure of school social work to make it more effective. In addition, it points out the need for policy-level advocacy to ensure enough resources and institutional support for the school social workers working with this vulnerable population's needs. The discussion of the matter presents the comprehensive school-based support system as crucial for ensuring children's welfare and as the one in which children are included. Finally, it requires the most comprehensive and proactive strategies in school social work that would guarantee the provision of the children with the necessary support in their schooling and daily living and a better environment for their positive development.

*Keywords:* School Social Work, Children-Vulnerable Families, Educational Support

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# The Impact of Online Social Dynamics on Youth Mental Health: Reviewing the Influence of Social Media, Filter Bubbles, and Peer Pressures in Post-COVID Times

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## ABSTRACT

This review critically assesses the impact of online social dynamics, particularly in the post-COVID era, on the mental health of youth, with a focus on social media, filter bubbles, and peer pressures. The widespread adoption of online platforms has transformed social interactions, information consumption, and identity formation among the younger generation. During the COVID lockdowns, the shift to online communities became a coping mechanism, offering a new mode of communication to alleviate the negative effects of isolation.

While social media provides an avenue for self-expression and knowledge dissemination about the pandemic, prolonged usage poses mental health risks due to exposure to exaggerated and misleading information. Despite enhancing social inclusion for teens, the hazards of excessive or problematic use are recognized (Lee, Y., Jeon, Y.J., Kang, S. et al.,2022).

Notably, the extensive use of social media contributes not only to mental health issues such as depression and anxiety but also to the creation of filter bubbles. Coined by Eli Pariser in 2010, filter bubbles result from algorithmic filtering, isolating individuals from diverse perspectives and reinforcing preexisting beliefs, impacting their perception of the world.

Online peer pressure further compounds challenges, influencing individuals to conform to trends, impacting body image, and fostering a fear of missing out. Cyberbullying and the pursuit of social validation through likes can lead to emotional consequences, while the time-consuming nature of online interactions may affect academic performance (Burekins,2023).

In navigating these challenges, individuals are urged to cultivate self-awareness and establish boundaries, while parents, educators, and online platforms play crucial roles in fostering digital literacy and creating supportive environments. This comprehensive review aims to offer a nuanced understanding of the complex interplay between online social dynamics and youth mental health, serving as a valuable resource for stakeholders navigating the evolving digital landscape. The synthesis of existing literature identifies gaps for future research and provides insights for educators, policymakers, and mental health practitioners.

*Key words:* Youth mental health, Social media, Filter bubbles, Online peer pressure, Post covid world.

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# Digital Literacy as a Life Skill: Preparing Children for the 21st Century

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## ABSTRACT

In the 21st century, digital literacy is a fundamental life skill that enables children to navigate education, communication, and future employment. This paper explores digital literacy as a multidimensional competency encompassing technical proficiency, critical thinking, media literacy, and online safety. Grounded in the Life Skills Approach (WHO, UNICEF) and the 21st Century Skills Framework (P21), this research examines the role of digital literacy in children's development. It presents a conceptual framework based on an input-process-outcome model, emphasizing key components such as technology access, parental and educational support, and policy frameworks. This highlights intervention strategies, including curriculum integration, community awareness initiatives, and Ed-Tech approaches, to develop informed digital citizens with critical thinking skills, digital well-being, and future readiness. This paper discusses why digital literacy should be one of the necessary life skills in this modern era. This paper advocates for policy reforms and integrating digital literacy into education curricula, providing policymakers, educators, and parents with a structured approach to fostering comprehensive digital literacy education and ensuring children's safe, informed, and meaningful engagement in digital spaces.

*Keywords:* Digital literacy, life skills, child development, online safety, digital citizenship, 21st-century education.

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# Unveiling the Depths: A Novel Approach to Underwater Image Enhancement

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## ABSTRACT

Submerged images offer the advantage of high information density and are widely used for marine data collection. However, due to the complex underwater environment, the captured images often fall short of expectations, suffering from color distortion, low contrast, and reduced clarity. Research in this field frequently relies on physical model-based methods to enhance underwater images. However, since water selectively absorbs light, these approaches, which depend on prior knowledge, often prove ineffective, leading to suboptimal image restoration. To address this issue, this paper proposes an underwater image restoration technique that leverages adaptive parameter optimization within a physical model. First, an adaptive color constancy algorithm is introduced to estimate the background light value in underwater images, effectively preserving color accuracy and brightness. Additionally, to mitigate halo effects and edge blurring in underwater images, a transmittance estimation algorithm focused on smoothness and uniformity is developed, ensuring a balanced and consistent transmittance estimation. Furthermore, a transmittance optimization algorithm is employed to refine edge and texture details, producing a more natural and visually appealing image. Finally, by integrating the underwater image formation model with a histogram equalization algorithm, the proposed method successfully reduces image blurriness while preserving important details. Qualitative and quantitative evaluations on the Underwater Image Enhancement Benchmark Dataset (UIEBD) confirm that the proposed approach significantly improves color restoration, contrast, and overall image quality. Application testing further demonstrates its effectiveness in restoring degraded underwater images, providing a solid theoretical basis for advancing underwater imaging models.

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# Breaking The Silence: The Urgent Need For Stress Detection In Adolescents

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## ABSTRACT

Adolescence can be a trying period for kids, family, and everyone else who interacts with them. India's school children experience higher levels of stress and deliberate self-harm. Suicidal thoughts are frequent, especially in stressful situations or when people are struggling with their bodily or mental health. Many studies conducted in past have proved that stress and suicide are closely related among adolescents. An increasing body of research indicates that responses to stressful life events, such as obsessions and compulsions, physiological distress, and cognitive control (i.e., stress-related symptoms), may raise the risk of considering suicide as well as making an attempt. Identifying adolescents who are at risk of suicide is the first step in successful suicide prevention. The objective of the research is to monitor students' health and behavior i.e students having moderate to severe stress, in order to spot individuals who might contemplate suicide. 262 teenagers between the ages of 13 and 18 who were chosen from various schools in the Bangalore-Urban area participated in a cross-sectional survey. Through careful analysis, we were able to establish that the majority of the survey's sample population had moderate to severe levels of stress, which may be one of the main causes of suicide ideation.

*Keyword:* Adolescence, Teenager, Suicide, Stress, Mental health

# War, Displacement, and Policy Discourse in Cheran's The Second Sunrise.

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## ABSTRACT

Cheran's The Second Sunrise is a powerful literary counter-narrative to war, displacement, and exile, which provides a critical commentary on political policies that structure the lives of marginalized communities. Based on postcolonial and trauma theory, this paper looks at how Cheran's poetry functions as testimony and resistance and mirrors the everyday lives of displaced Tamil communities after the Sri Lankan civil war. Evidencing the use of Homi Bhabha's theory of the "unhomely" and Edward Said's thoughts on exile, the thesis examines how The Second Sunrise navigates identity, memory, and loss while making a call for social cohesion and policy change. This study investigates Cheran's utilization of fragmented narration frameworks, vivid imagery, and multilingual influences to depict the psychological and geopolitical complexity of relocation through a close reading of a few chosen poems. It also explores how poetry challenges prevailing state narratives and promotes communal memory as a means of promoting peace. This essay contends that Cheran's art turns poetry expression into a platform for policy debate, advocating for justice and healing in post-conflict Sri Lanka by linking personal pain with larger sociopolitical issues.

*Keywords:* Tamil literature, postcolonial theory, trauma studies, displacement, exile, war poetry, Cheran, and policy discourse

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# Perceived Parenting Style and Sibling Relationship among Young Adults

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## ABSTRACT

Family plays a pivotal role in children's emotional and psychological growth. Parents convey care and emotional support to their offspring, which aids in fostering secure attachment bonds, especially with their siblings. The current study fills the gap in previous studies by exploring how perceived parenting styles affect their view of sibling relationships among young Indian adults. The current study explores the impact of perceived parenting styles i.e., authoritative, authoritarian, and permissive parenting on sibling relationships. Purposive sampling was used to recruit 250 participants. The measures used for measuring perceived parenting styles and sibling relationships were the Perceived Parenting Style Scale and Riggio's Lifespan Sibling Relationship Scale (LSRS) respectively. The results found that there is a moderate positive relationship between authoritative parenting and sibling relationships, and it significantly predicts a favorable view of sibling relationships. There is a weak negative relationship between authoritarian parenting and sibling relationships. There exists no association between a permissive parenting style and sibling relationships. The study implies the benefits of

authoritative parenting, emphasizing the need for a supportive and communicative family environment, which ultimately fosters secure relationships, and empowers young minds to develop emotional resilience and strong interpersonal skills.

# The Role of Misogyny and Feminism in Friendships among Emerging Adults: A Qualitative Study

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## ABSTRACT

Misogyny and feminism shape interpersonal dynamics, making their interplay crucial in understanding friendships among emerging adults. This study investigates the role of misogyny and feminism in friendships of emerging adults with a focus on reciprocal influence and navigation strategies. Existing research examines the role of the ideologies in other dynamic relationships, and quantify the impact of misogyny and feminism on relationships. This study aims to fill the gap by exploring their role in emerging adult friendships, focusing on influence, direction and navigation strategies. A total 20 participants were interviewed for this study from urban areas in India which includes Male (N=10) and Female (N=10) in the age range of 20-25. Data collection was carried out through the interview method using a semi-structured interview schedule consisting of 15 questions developed and validated based on the objectives of the present study. Data were acquired and recorded over the phone, for the ease of accessing the distant participants. The collected data transcribed, and thematic analysis was performed. Global themes such as the reciprocal influence of feminism and misogyny in friendships, navigation strategies for conflicting beliefs, and perspectives of emerging male and female adults on feminism and misogyny in friendships were identified and reported. Further, the findings revealed that while advocacy for gender equality can strengthen and enhance friendships by fostering trust and understanding, external factors such as institutional bias, group conformity and family influence significantly shape individuals worldwide. These influences impact how friendships navigate discussions on feminism and misogyny, ultimately affecting relational dynamics and overall relationships quality.

*Keywords:* Feminism, Misogyny, Navigating Strategies, Reciprocal influence, Friendship

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# An Empirical Study on Financial Statement Analysis of State Bank of India

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## ABSTRACT

Certain accounting conventions and principles are used to prepare the financial statements. Accounting is a dynamic science, and accountants have developed a number of conventions based on their experiences over time. Despite the fact that a number of accounting conventions and assumptions have been proposed, their application is influenced by the personal judgement of accountants. Because financial statements are subjective documents, they are influenced by accountants' personal judgement. The Banking should increase both its sales volume and its gross profit. Despite price decreases in various products, the banking namely SBI has been able to maintain and grow its market share, resulting in strong margins in the market and contributing to the Bank's strong financial position.

A financial statement is a formal record of a Banking's, person's, or other entity's financial activities. Relevant financial information is presented in a structured and easy-to-understand format. They usually include basic financial statements, as well as a management discussion and analysis and a statement of revenue and expenses, or a profit and loss report, provides information about a bank's income, expenses, and profit over time.

*Keywords:* Income statement, Financial statements, Accounting principles.

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# Exploring the Interplay Between Grit, Social Support, and Sports Motivation Among Collegiate Athletes.

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## ABSTRACT

Collegiate athletes often face intense physical and psychological demands as they require to balance academics with competitive sports, making them susceptible to stress and performance pressure. Understanding the psychological factors that influence their motivation is essential for promoting both athletic performance and mental well-being. The present study aims to explores the relationship between grit, social support, and sports motivation among collegiate athletes. The sample consisted of 200 collegiate athletes between the ages of 18 and 25, representing various sports disciplines. Data were collected through Google Forms using the 12-Item Grit Scale, the Athletes' Received Support Questionnaire (ARSQ), and the Sports Motivation Scale-II (SMS-II). Statistical analysis of the data was conducted with Pearson's correlation coefficient. Results revealed a strong positive correlation between social support and sports motivation, while grit demonstrated only a weak correlation with the other two variables. These findings suggest that enhancing social support systems may be more effective in boosting athletic motivation than focusing solely on individual traits such as grit. The study highlights the importance of improving external support networks in athletic environments. Future research may explore additional psychological and environmental determinants of athletic motivation to inform more comprehensive support strategies for collegiate athletes.

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# Role of pet dogs in attribution to oneself: A Qualitative Study

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## ABSTRACT

This qualitative investigation examines the role of pet dogs in the formation of an individual's self-concept and identity. The study emphasizes the strong psychological, emotional, and social advantages of having dogs as pets, such as improved emotional well-being, lower loneliness, and enhanced social interaction. Pet dogs perform the work of social facilitation, building community relationships and membership, which are important for mental well-being and self-esteem. The research explores the impact of the human-animal bond on self-attribution, self-acceptance, and personal development, highlighting the therapeutic potential of pet ownership as an adjunct to mental health interventions. Through the exploration of the emotional, psychological, and social aspects of pet dog ownership, this research seeks to inform mental health policy and enhance overall well-being.

*Keywords:* self-concept, human-animal bond, emotional well-being, mental health benefits, personal growth, companionship, social interaction, pet ownership.

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# Understanding the Perception of Life-Threatening Accidents by Introverts and Extroverts

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## ABSTRACT

This study explored how personality traits, specifically introversion and extraversion, shape the way people perceive and respond to life-threatening accidents. By examining differences in risk perception, emotional reactions, and coping strategies, the research aimed to contribute to personalized PTSD interventions that promote resilience and emotional well-being. A mixed-methods approach was used, combining quantitative and qualitative analysis. A total of 109 college students (aged 18–24) were recruited through snowball sampling, all with firsthand experience of a life-threatening accident. The Eysenck Personality Inventory (EPI) measured introversion and extraversion, and SPSS was used for descriptive statistics. From this group, 10 participants, 5 extreme introverts and 5 extreme extroverts, were selected for in-depth interviews. They answered nine open-ended questions about their accident experiences, and thematic analysis was conducted to identify common patterns. The findings revealed distinct differences in how introverts and extroverts process trauma. Introverts focused on the physical reality of the accident, remained emotionally reserved, and later developed caution and introspective coping mechanisms. Extroverts exhibited intense emotional responses, such as fear and self-blame, and leaned on social support and expressive coping strategies. Despite these differences, both groups showed resilience and found meaning in their experiences, with gratitude emerging as a common theme. These findings highlight the importance of self-awareness, emotional regulation, and support systems, as life skills for healing, and cultivating a more peaceful inner world.

***Keywords.*** Personality Traits, Trauma Recovery, Coping Strategies, Introversion, Extraversion, Emotional Resilience.

# The Influence of Social capital, Locus of control and Eco-anxiety on Pro-environmental behaviour among Young Adults

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## ABSTRACT

This study investigates the relationships between eco-anxiety, social capital, locus of control, and pro-environmental behaviour among young adults. As environmental crises intensify, understanding the psychological and social factors that drive sustainable actions has become increasingly critical. A convenience sample of 381 young adults aged 18–25 was used. Data were collected through validated scales, including Hogg's Eco-Anxiety Scale, the Short Social Capital Assessment Tool (SASCAT)-Indian Version, Rotter's Locus of Control Scale, and the Pro-Environmental Behaviour Scale. The findings revealed significant positive correlations between eco-anxiety and pro-environmental behaviour ($\rho = 0.275$), social capital and pro-environmental behaviour ($\rho = 0.430$), and a weak but significant correlation between locus of control and pro-environmental behaviour ($\rho = 0.128$). Regression analysis indicated that eco-anxiety had the strongest predictive impact on pro-environmental behaviour, accounting for 24.4% of the variance, while social capital and locus of control did not significantly mediate this relationship. These results suggest that emotional responses, such as eco-anxiety, play a pivotal role in motivating sustainable actions and hence empowering young minds, whereas social and cognitive factors may require further investigation. The study underscores the importance of designing interventions and policies that harness growth and emotional engagement to promote pro-environmental behaviour while addressing potential barriers related to social unity and cognitive factors. By integrating emotional, social, and cognitive perspectives, this research contributes to a deeper understanding of the mechanisms driving sustainable behaviour, offering valuable insights for future studies and interventions aimed at fostering environmental engagement among young adults.

*Keywords:* Eco-anxiety, Social capital, Locus of control, Pro-environmental behaviour

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# Analyzing Executive Functioning in Heavy Smoking and Non-Smoking Individuals

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## ABSTRACT

This study aims to comprehensively asses executive functioning in heavy smoking and non-smoking individuals, focusing on domains such as working memory, problem-solving, decision-making, cognitive/response inhibition. 20 participants, comprising 10 heavy smokers and 10 non-smokers were recruited using snowball sampling. Cognitive assessments were conducted using Psychological Experiment Building Language (PEBL) tools, nback task for working memory, lowa gambling task for decision making, tower of london for problem-solving, stroop task for response inhibition. Statistical analysis was performed using jamovi software. Non-smoker had higher median score on N-back task ($\bar{x}$ = 90.00,) compared to heavy smokers ($\bar{x}$ = 71.5, p = 0.001) indicating decline in working memory performance of smokers. Smokers showed decliened performance in Tower of London ( $\bar{x}$ = 6.5 vs 8, p = 0.018) and on Loaw gambling task ( $\bar{x}$ = 28.9 vs 20.63, p = 0.007) suggesting deficits in problem-solving and decision-making. No significant difference were observed in time taken in tower of london ($\bar{x}$ =4.6 vs 4.4, p = 0.762 ) and stroop task for response inhibition ($\bar{x}$ = 0.15 vs 0.15, p = 0.910). Smokers exhibited significantly inferior performance to none-smokers across the various cognitive domain they demonstrated deficits in working memory, problem-solving, decision-making , notably, smokers and non-smokers showed no difference in response inhibition.

*Keywords*: smoking, decision-making, problem-solving, working-memory, response inhibition, cognition , smokers ,non-smokers

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# "A study on the relation between Self-worth and Perceived Social Support on Loneliness among Single Young Adults"

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## ABSTRACT

Single young adults may experience loneliness while self-worth and perceived social support may influence its existence. The aim of the study was to explore the relationship between self-worth and perceived social support on loneliness among single young adults. A sample of 315, aged between 18–25 who do not have a romantic partner for a month, was obtained for this study. The variables were evaluated using the Contingencies of Self-Worth (CSW) Scale, Multidimensional Scale of Perceived Social Support (MSPSS), and UCLA Loneliness Scale, and JAMOVI 2.5.6 software was used to analyse the data by applying Pearson's correlation and regression analysis. Findings showed no significant relationship nor influence between self-worth and loneliness. However, there was a negative correlation between perceived social support and loneliness as well as found to have a significant influence on loneliness. Moreover, the impact of self-worth and perceived social support on loneliness was found to be significant, with self-worth showing a positive correlation with loneliness, although, the effect size is small. These findings suggest that perceived social support as a factor can play an important role in counteracting loneliness. However, the dynamic interplay between self-worth and loneliness among single young adults should be investigated further, therefore, future research should explore more mediating factors pertaining to self-worth and loneliness as well as focus on the contingencies of self-worth and loneliness to gain a deeper understanding on the complexities between the two variables.

*Keywords*: self-worth, loneliness, perceived social support, single young adults

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# Balancing Life and Work: How Digital Tools Help Manage Stress

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## ABSTRACT

In today's fast-paced world, managing stress while juggling work and personal life has become a growing concern. The increasing demands of professional responsibilities, social obligations, and personal well-being often lead to stress and burnout. Fortunately, digital tools have emerged as valuable allies in helping individuals stay organized, communicate effectively, and improve mental well-being. Productivity applications, time management software, mindfulness and meditation platforms, and AI-driven virtual assistants offer various solutions to mitigate stress. These tools aid in scheduling tasks, setting reminders, facilitating collaboration, and promoting relaxation through guided exercises. Additionally, wearable health technologies help track physical and mental wellness, providing real-time insights into stress levels.

While these tools offer numerous benefits, including increased efficiency, enhanced focus, and improved emotional resilience, they also present challenges such as digital overload, dependency, and data privacy concerns. The effectiveness of these solutions largely depends on how thoughtfully they are integrated into daily routines and how engaged users are with them. This paper explores the different categories of digital tools designed to ease stress, their advantages, limitations, and the best practices for leveraging them to enhance overall well-being in an increasingly digital world.

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# Challenges and Coping Strategies of Geriatric Population In Old Age Homes: A Qualitative Study

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## ABSTRACT

The ageing population is rapidly increasing, presenting significant social and emotional challenges, particularly for elderly individuals residing in old age homes. This qualitative study explores the social support systems and coping strategies employed by the geriatric population living in old age homes in Vadodara, Gujarat. Through thematic analysis of in-depth interviews, key challenges such as loneliness, health issues, and cultural disconnection were identified. Findings suggest that while financial support from family exists, emotional support is often lacking, leading to feelings of isolation. Coping strategies employed by the elderly include community engagement, spirituality, and limited adaptation to technology. Despite these efforts, the absence of close familial ties continues to impact their well-being. The study underscores the need for stronger social and familial support systems to improve the quality of life for the elderly in institutionalized settings. Future research should focus on intergenerational interventions that foster emotional connections between older adults and their families.

***Keywords:*** social support, coping strategies, elderly care, old age homes, qualitative study, geriatric population, elderly well-being, emotional support, cultural discoonection.

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# Death Anxiety, Spiritual Well-being and their roles in Youth Delinquency

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## ABSTRACT

The paper seeks to determine the relationship between death anxiety (DA), spiritual well-being (SWB), and delinquency in youth. The work shows the effect of DA and SWB on delinquency, further investigating the moderation of SWB on death anxiety and delinquency. Data was collected from 333 individuals between the ages of 15 to 29 residing from different parts of India. The DAS, SWBS and Self-Reported Delinquency were used for data analysis. Spearman correlation, regression and mediation analysis were also done. The results found that there is a negative relationship between SWB and delinquency and between existential well-being and death anxiety. The effect of DA and SWB was found to be significant on delinquency. However the prediction was found to be very low, nearly negligible. The result shows that lower DA and SWB significantly predict higher delinquency, explaining 3.72% of the variance. This highlights their combined role in influencing delinquent behaviour. It was also found that the moderating effect of SWB on death anxiety and DA was not significant. The research explored the connection between DA, SWB, and their influence on Youth Delinquency, offering valuable insights into how these factors interplay in shaping young individuals' behaviours.

*Keywords:* Death Anxiety, Spiritual Well-Being, and Youth Delinquency

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# Decision-making styles, AI attitudes and AI anxiety among young adults

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## ABSTRACT

This paper studies the relationship between decision-making styles, AI attitudes and AI anxiety among young adults. A correlational design has been used, data were collected from 450 participants, with 274 valid responses were selected after filtering responses based on attention check question and exclusion criteria. And convenience sampling method was used. General Decision-Making Style (GDMS) Scale, Artificial Intelligence Anxiety Scale (AIAS) and General Attitudes towards Artificial Intelligence Scale (GAAIS) were the scales used to assess decision-making styles, AI anxiety, and attitudes toward AI. JAMOVI software was used for data analysis. Results indicated a significant negative correlation between AI anxiety and AI attitudes, suggesting that higher anxiety about AI is associated with more negative attitudes. No significant relationships were found between decision-making styles and either AI anxiety or AI attitudes. These findings highlight AI anxiety as a key psychological factor influencing attitudes toward AI, while decision-making styles showed no significant impact. The study contributes to the understanding of human-AI interaction and emphasizes the need to address AI-related anxiety in promoting positive engagement with emerging technologies.

*Keywords:* Decision-Making Styles, AI Anxiety, AI Attitudes, Correlational Study, Young Adults

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# Effect of Attitudes Towards Suicide on Quality of Romantic Relationships

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## ABSTRACT

This study explores the impact of attitudes toward suicide on the quality of romantic relationships among young adults. With suicide being a major issue, especially among youth, the research aims to understand how these views influence relationship dynamics. Using the Attitudes Towards Suicide Scale (ATTS) and the Lovebird Scale for relationship quality, data from 174 participants aged 18-25 was analyzed. The results showed no significant overall link between attitudes toward suicide and relationship quality, though certain attitudes, like "Suicide as a Right," were associated with lower relationship quality, while "Preparedness to Prevent" had positive effects on mutuality and romance. The results indicate that specific attitudes towards suicide can have nuanced effects on relationship dynamics, suggesting the need for targeted interventions that address both mental health and relationship well-being. These findings have implications for mental health professionals and policymakers in developing strategies to support individuals with suicidal ideation within their romantic relationships.

*Keywords:* attitudes towards suicide, quality of romantic relationships, young adults

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# "Emotional Intelligence: A Key to Mental Well-being and Success"

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## ABSTRACT

Emotional Intelligence (EI) plays a crucial role in personal and professional success by enhancing self-awareness, emotional regulation, and interpersonal skills. In today's fast-paced world, EI is essential for managing stress, improving relationships, and fostering resilience. This paper explores the impact of EI on mental well-being, decision-making, and social harmony. By integrating EI into education and workplaces, individuals can develop stronger emotional skills, leading to personal growth and a balanced society.

*Keywords:* Emotional Intelligence, Mental Well-being, Resilience, Success, Social Harmony, Life Skills

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# Experiences of Caregivers of Children with Cancer while Receiving Pediatric Palliative Care: A Qualitative Study

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## ABSTRACT

Caring for children with life-threatening illnesses is a difficult and demanding responsibility. The parents, who are the primary caregivers in most of these cases, are constantly burdened emotionally, physically, and financially. Palliative care was introduced to prevent such difficulties by offering patients and their caregivers care that enhances their quality of life throughout their diagnosis. This qualitative study aims to gain a wider understanding of caregivers, highlighting the various challenges they face while exercising their role as a caregiver while receiving palliative care. Semi-Structured interviews were conducted with caregivers, selected through convenience sampling. Following the Braun and Clarke's six-phase model, the key themes identified were 1) Emotional and Psychological Impact of Caregiving; 2) The Role of Healthcare Support in Palliative Care; 3) Financial and Economic Struggles of Caregiving; 4) Daily Life and Routine Adjustments; 5) Personal Well-being and Reflection. Caregivers were observed to struggle from financial anxiety, stress, grief, and an overall low level of subjective well being, all of which have a negative influence on their social and family relationships. Their hardship is also increased by challenges in comprehending medical information and making important decisions, which makes their suffering much worse. Many caregivers also show resilience in the face of these challenges, finding strength in their child's happiness. This study emphasizes the need for inclusive interventions that address the well-being of caregivers and their families in addition to the patient. The emotional, psychological, and financial strains that caregivers frequently face have a disadvantage on their general quality of life. Hence, it is essential that organizations and healthcare institutions introduce social support networks, financial aid programs, and mental health services for all families. By offering an integrated approach, caregivers can balance their personal well-being as well as their children.

*Keywords*: Palliative Care, Caregiver Burden, Psychological Well-being, Emotional Strength, Children.

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# Explainable AI: Abstract

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## ABSTRACT

Explainable Artificial Intelligence (XAI) is a rapidly evolving field aimed at making AI systems more transparent, interpretable, and trustworthy. As AI models become more complex, particularly in deep learning, their decision-making processes often lack clarity, raising concerns about fairness, accountability, and ethical implications. XAI techniques strive to bridge this gap by providing insights into how models arrive at their conclusions, enabling users to understand, trust, and effectively interact with AI-driven solutions. This paper explores various XAI methodologies, including model-specific and model-agnostic approaches, and their applications in critical domains such as healthcare, finance, and autonomous systems. Furthermore, it discusses challenges, regulatory considerations, and future directions for developing more interpretable AI systems while maintaining predictive performance. The study highlights the importance of balancing explain ability with model accuracy to ensure AI's responsible deployment in society.

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# Exploring the Relationship among Conformity to Masculinity, Alexithymia and Disclosure of Psychological Distress.

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## ABSTRACT

This cross-sectional study explores the interaction of conformity to traditional masculine norms, alexithymia, and disclosure of psychological distress in Indian men (N = 305, 18–60 years), within the context of a collectivistic and patriarchal culture. The findings indicated a significant moderate positive relationship between conformity to traditional masculinity and alexithymia (r = 0.299, p < 0.001), with regression analyses indicating conformity to these norms as a significant predictor of difficulties in identifying and expressing emotions (β = -0.4006, p < 0.001). A strong negative relationship was evident between masculine norms and distress disclosure (r = -0.580, p < 0.001), with alexithymia adding further to the non-disclosure of emotions (r = -0.271, p < 0.001). Mediation analysis revealed alexithymia as a partial mediator, explaining a small but significant proportion of variance in the relationship between masculinity and reduced distress disclosure (indirect effect = -0.0233, p = 0.041). Culturally, patriarchal values were found to uniquely restrict emotional expression by stigmatizing vulnerability, as opposed to Western individualistic contexts where obstacles usually emanate from ideals of self-reliance. This study contributes: (1) empirical evidence of the relationship between adherence to masculine norms and alexithymia and non-disclosure of distress. (2) affirmation of alexithymia's intermediary role in the masculinity and disclosure pathway for distress and (3) a model for culturally appropriate interventions challenging adherence to traditional masculinity while facilitating emotional literacy to enhance mental well-being of men in India. Implications suggest community-based interventions to reframe Disclosure of distress as strength-based behaviour, including psychoeducation on awareness of emotion and peer-support networks. These findings underscore the importance of adapting mental health practice to dismantle systemic barriers in collectivistic cultures to enable men to express vulnerability without compromising cultural identity.

*Keywords:* conformity to masculinity, traditional masculine norms, alexithymia, psychological distress, distress disclosure, Indian men, collectivistic culture.

# Family Structure and its Relation to Perfectionism and Fear of Missing Out among Young Adults

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## ABSTRACT

This study examined the associations between family structure, perfectionism, and FoMO in young adults and potential variations based on sibling presence and gender. The study included 416 young adults, with 137 males and 279 females; 355 participants had siblings, while 61 did not. Family structure information was collected through socio-demographic data via a Google form. Perfectionism was assessed using the Frost Multidimensional Perfectionism Scale (FMPS) by Dr Randy Frost and colleagues, and Fear of missing out (FoMO) was measured with the Fear of Missing Out Scale (FoMOs) by Przybylski, Murayama, DeHaan, and Gladwell. Statistical analyses were conducted using IBM SPSS Statistics 26 (IBM Corp., Armonk, NY) to explore the relationships between family structure, perfectionism, and FoMO. Spearman's rank-order correlation coefficients assessed the associations between continuous variables. The Mann-Whitney U, non-parametric test examined potential group differences in these variables based on sibling presence (with siblings vs. without siblings) and participant gender (male vs. female). The results revealed significant correlations between family structure, perfectionism, and FoMO scores among young adults. Interestingly, no significant differences were found in perfectionism or FoMO levels based on sibling presence or participant gender. These findings suggest a more nuanced interplay between family structure and these psychological constructs. While family structure appears to be a contributing factor, sibling presence and gender may not be the most prominent moderators in this context. Future research could delve deeper into specific family dynamics, such as parental styles, communication patterns, and emotional expression within the family unit. Examining these nuances might clarify how family environments shape perfectionistic tendencies, FoMO, and the potential interactions between these factors in young adults.

***Keywords****: Family Structure, Perfectionism, Fear of Missing Out, Young Adults, Siblings*

# Impact of Fear of Missing Out on the relationship between Social Connectedness and Subjective Well-being among Gen Z population

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## ABSTRACT

Social Connectedness plays a vital role in shaping subjective well-being, particularly among Generation Z, a generation deeply engaged in digital interactions. At the same time, Fear of Missing Out (FoMO) has emerged as a psychological concern that may negatively impact on subjective well-being. Generation Z (Gen Z) is defined as individuals those who are born between 1997 and 2012. This study examines the relationship between social connectedness, FoMO, and subjective well-being among 258 participants, exploring whether FoMO moderates the relationship between social connectedness and subjective well-being. Tools used in the study are Social Connectedness Scale-Revised (SCS-R), Fear of Missing Out Scale (FoMOS) and BBC well-being scale. Statistical analysis was carried out using Jamovi 2.5.6. which included descriptive statistics, correlation, multiple regression, and moderation analysis were conducted to assess the direct and indirect effects of social connectedness and FoMO on well-being. Results indicate that fear of missing out moderates the relationship between social connectedness and subjective well-being. These findings highlight the need for interventions that promote meaningful social interactions while addressing the psychological risks associated with FoMO.

*Keywords:* Social connectedness, fear of missing out, well-being, Gen Z, psychological health

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# Impact of interpersonal support on the relationship between geriatric depression and self-care self-efficacy in older adults in community living set-up

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## ABSTRACT

Since 1900 the global average life expectancy has increased by more than 50% and is now above 70 years. Depression is a highly prevalent psychiatric disorder among the older population. However, the response to the stressors in late life by the interaction between intrinsic and extrinsic resources matters the most. This research aimed to identify the mediating role of interpersonal support (IS) on the relationship between geriatric depression (GD) and self-care self-efficacy (SCSE). Questionnaires including, the Geriatric Depression Scale (GDS), Self-Care Self-Efficacy Scale (SCSES), and Interpersonal Support Evaluation List (ISEL - 12) were used to collect data. The sample size included 125 older adults living in a community living setup in Tamilnadu. Statistical analysis was performed using Jamovi version 2.3.28. Descriptive statistics such as mean, median, mode, and standard deviation were calculated, and inferential statistics including mediation analysis, correlational analysis, and t-tests were conducted. The results indicated that interpersonal support partially mediates the relationship between geriatric depression and self-care self-efficacy. Furthermore, there were no significant differences between genders among the variables. Future research should explore interventions to enhance interpersonal support among older adults, examining its role in different cultural contexts and care settings.

*Keywords:* depression, self-efficacy, interpersonal support, community living, self-care

# Impact of Secondary Traumatic Stress, Burnout, and Compassion Satisfaction on Caregiving Behavior of Palliative Nurses

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## ABSTRACT

This study investigates the impact of secondary traumatic stress, burnout, and compassion satisfaction on the caregiving behaviour of palliative nurses. Secondary traumatic stress refers to the psychological distress that results from exposure to the suffering of others, while burnout is characterized by emotional exhaustion and reduced professional efficacy. In contrast, compassion satisfaction represents the positive emotional fulfilment derived from caregiving. Research literature highlights the significant emotional burden faced by palliative care nurses, with many experiencing secondary traumatic stress (STS) and burnout. The study employed a cross-sectional design, surveying 120 palliative nurses through validated psychological assessment tools. Results indicate a strong positive correlation between burnout and STS, suggesting that nurses experiencing high emotional exhaustion are more vulnerable to trauma-related stress. However, compassion satisfaction demonstrated a significant negative correlation with burnout, implying that nurses who derive fulfilment from their work are more resilient to emotional exhaustion. Interestingly, no significant correlation was found between secondary traumatic stress and compassion satisfaction, indicating that compassion satisfaction operates independently of exposure to trauma. Additionally, caring behaviour remained relatively stable despite burnout and STS, underscoring the role of professional commitment and workplace support. The findings suggest that enhancing compassion satisfaction through workplace interventions—such as peer support programs, workload management, and recognition initiatives—could mitigate the effects of burnout and improve caregiver well-being.

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# Impact of Self Compassion on Emotional Regulation and The Mediating Role of Gratitude Among Emerging Adults

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## ABSTRACT

Emerging adulthood is a critical developmental phase characterized by heightened emotional experiences, identity exploration, and increased independence. The present study examines the relationships between self-compassion, gratitude, and emotional regulation, specifically investigating whether gratitude mediates the relationship between self-compassion and emotional regulation among emerging adults. Using a correlational research design, data were collected from 246 emerging adults aged 18-25 through standardized self-report measures, including the Gratitude Questionnaire-6 (GQ-6), the Emotion Regulation Questionnaire (ERQ), and the Self-Compassion Scale-Short Form (SCS-SF). Correlation analysis revealed a weak but significant positive relationship between gratitude and emotional regulation and a moderate significant relationship between gratitude and self-compassion. However, self-compassion did not have a significant direct relationship with emotional regulation. Regression analysis further indicated that gratitude significantly predicted emotional regulation, while self-compassion did not. Mediation analysis demonstrated that self-compassion influenced emotional regulation indirectly through gratitude. These findings highlight gratitude as a key mechanism linking self-compassion to emotional regulation. The study underscores the importance of gratitude-based interventions in promoting emotional well-being and suggests that self-compassion training may be more effective when combined with gratitude-focused practices for emerging adults.

*Keywords:* Gratitude, Self-Compassion, Emotional Regulation, Emerging Adulthood, Mediation Analysis

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# Perception of Being Phubbed: Understanding Conflict and Communication Quality in Romantic Relationships in Young Adults

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## ABSTRACT

Phubbing, or phone snubbing, has emerged as a significant relational issue, affecting emotional connection, relationship satisfaction, and conflict resolution dynamics. This study aims to explore the subjective experiences of young adults who are being phubbed and how they perceive conflict and the quality of communication in their romantic relationships. A qualitative research approach was employed. Participants were screened by administering a 9 item Partner Phubbing Scale (PPS) by James A. Roberts and Meredith E. David and data was collected using semi-structured interviews from 9 young adults who reported experiencing phubbing in their romantic relationships. Thematic analysis was conducted manually by using the Braun and Clarke's model to identify recurring codes, themes, and subthemes. The findings revealed three major themes: perceived quality of communication in relationships, perceptions of relationship conflicts due to phubbing, and the emotional and psychological effects of phubbing. Participants reported feeling neglected, ignored, and emotionally disconnected, which contributed to frustration, loneliness, and insecurity. Phubbing frequently led to relationship conflicts, with some individuals attempting to address the issue while others withdrew emotionally. Differences in expectations regarding technology use often fuelled dissatisfaction and resentment. The study concludes that phubbing significantly diminishes relationship quality by reducing effective communication, increasing conflicts, and negatively impacting emotional well-being. Addressing this issue through open discussions, boundary-setting, and conscious efforts to prioritize in-person interactions may help mitigate its adverse effects and improve overall relationship satisfaction.

*Keywords*: Phubbing, romantic relationships, communication quality, relationship conflicts, emotional impact

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# Resilience: A Shield Against Social Dysfunction and Comparison among Unemployed Young Adults

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## ABSTRACT

This study explores how resilience cultivates emotional strength and social unity among unemployed young adults in India, offering insights into fostering harmony amid economic adversity. Using a mixed-method approach with 300 participants (aged 20–35), findings revealed resilience significantly reduces social dysfunction (19% variance explained) and enhances adaptive social comparisons (8% variance explained), underscoring its role in mastering stress and building psychological stability. Gender disparities highlighted higher resilience in males, suggesting sociocultural influences on coping strategies. Qualitative themes emphasized life skills critical for peace and harmony: emotional strength through mindfulness and cognitive reframing, social unity via supportive networks, empowering young minds through growth-oriented mindsets, and adaptive decision-making by redefining success beyond traditional metrics. Participants leveraged selective social comparisons to maintain self-esteem, aligning with skills for success in navigating uncertainty. Strategies like motivational comparison and prioritizing supportive relationships reflect real-life decision skills that foster resilience. The findings advocate for policies guiding sustainable growth by integrating psychosocial support with economic interventions. Culturally, India's collectivist values—communal solidarity and familial bonds—emerged as pillars for thriving amid adversity. Programs promoting mindfulness, peer networks, and cognitive-behavioral techniques could empower youth to ignite critical thought and communicate harmoniously in digital and real-world spaces. Addressing gender-specific stressors is vital to ensure equitable access to resilience-building tools. By bridging emotional well-being with societal cohesion, this research highlights pathways to cultivate strength and equip young adults with skills to navigate precarious futures, emphasizing holistic approaches that balance individual agency with collective support.

*Keywords*: resilience, unemployment, emotional well-being, coping skills, young adults.

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# Role of Perfectionistic Self-Presentation in Mediating Rumination and Envy among Young Adults

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## ABSTRACT

The present study aims to investigate a model of mediation by which perfectionistic self-presentation predicts a significant relationship between rumination and envy. The study is based on 302 young adults including 229 females, 70 males and 3 who preferred not to reveal, all of Indian origin using 3 structured self-report questionnaires. These included the Perfectionistic Self-Presentation Scale, the Perseverative Thinking Questionnaire and the Benign and Malicious Envy Scale. Despite a high positive correlation, perfectionistic self-presentation was found to have no direct impact on benign envy. However, rumination was found to be a significant predictor of both benign and malicious envy when perfectionistic self-presentation was incorporated into the mediation model, suggesting that perfectionistic self-presentation partially mediates the relationship. These findings point to a complex relationship between perfectionistic self-presentation and rumination in the experience of envy, suggesting that a propensity to appear perfect mitigates the experience of malicious envy and elevates the experience of benign envy when combined with ruminative tendencies.

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# The Effect of Resilience on the Relationship Between Family Functioning and Prosocial Behavior in Young Adults

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## ABSTRACT

This study aimed to explore the relationship between resilience, family functioning and prosocial behaviour. 174 participants within the age range of 18-25 were selected using convenience sampling. The sample consisted of students and working professionals who hailed from different cities of Southern states of India including Karnataka, Kerala, Tamil Nadu and Andhra Pradesh. The instruments used were 1)The General Functioning 12-item McMaster Family Assessment Device (FAD), 2)Prosocialness Scale for Adults and 3) Connor-Davidson Resilience Scale (CD-RISC-10). Correlation and regression analysis were carried out with the help of Jamovi 2.5.6. The analysis revealed a moderate positive correlation between resilience and prosocial behaviour.This suggests that individuals with higher levels of resilience may also engage in higher levels of prosocial behaviour. A weak negative correlation was found between resilience and family functioning. This could mean that lower family functioning can lead to higher resilience. Family functioning and prosocial behaviour were also found to have a weak negative correlation. Lower family functioning may lead to higher levels of prosocial behaviour. The linear regression analysis revealed that resilience was a significant predictor of prosocial behaviour. The study highlights the importance of building resilience in order to foster one's ability to carry out actions that benefit others and strengthen and enhance family relationships. Resilience and prosocial behaviour can enhance family functioning by improving communication, cohesion and adaptability. The results of this study have implications in the area of family well-being and personal growth fueled by building emotional strength, adaptability and altruism. The study adds on to the existing body of literature while also addressing current research gaps in the above mentioned areas.

*Keywords*: Resilience, family functioning, prosocial behaviour, emotional strength

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# The Effectiveness of Life Skills in Cognitive Behavioral Therapy (CBT) for Managing Anxiety

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## ABSTRACT

This paper explores the incorporation of life skills training into Cognitive Behavioral Therapy (CBT) to improve anxiety management among individuals suffering from anxiety disorders. By emphasizing key life skills—such as emotional regulation, problem-solving, decision-making, interpersonal communication, and stress management—we examine how these abilities can enhance the effectiveness of CBT. Through a thorough review of existing literature and an analysis of theoretical frameworks, this study underscores the supportive role of life skills in improving CBT outcomes, ultimately resulting in a notable decrease in anxiety symptoms and a better quality of life. The results aim to aid in the creation of more effective therapeutic approaches that tackle not only anxiety symptoms but also the fundamental skill deficiencies that may impede recovery.

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# The Impact of Social Intelligence on Stress mediated through Decision Making among Middle Aged Women

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## ABSTRACT

Middle-aged women often encounter unique stressors, including career challenges, caregiving responsibilities, and social role transitions, which can lead to heightened stress levels. This study examines the role of social intelligence and decision-making in managing stress among middle-aged women. Utilizing a correlational research design, data were collected from 273 participants using standardized questionnaires: the Perceived Stress Scale (PSS-4), Tromso Social Intelligence Scale (TSIS), and Melbourne Decision-Making Scale. The results indicate that social intelligence has a significant negative correlation with stress, suggesting that higher social intelligence reduces stress levels. Additionally, decision-making was found to mediate the relationship between social intelligence and stress, albeit marginally. The findings highlight that effective decision-making skills, influenced by social intelligence, can act as a buffer against stress. However, decision-making itself also showed a positive correlation with stress, indicating that complex decision-making processes might increase stress levels. These insights suggest that enhancing social intelligence and decision-making abilities could support stress management among middle-aged women. Future research should explore longitudinal and intervention-based studies to better understand these relationships.

*Key words:* Social Intelligence, Stress, Decision Making, Middle age women

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# The Impact of Social Media on Youth Life Skills Development

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## ABSTRACT

Social media plays a crucial role in shaping the lives of young individuals, influencing their communication, decision-making, emotional intelligence, and critical thinking abilities. This study examines both the positive and negative effects of social media on youth life skills development. While social media facilitates networking, creativity, and access to knowledge, it also presents challenges such as reduced face-to-face interaction, misinformation, and potential mental health concerns. Using a mixed-method research approach, including surveys and interviews with individuals aged 13-25, this study explores how social media usage impacts essential life skills. The findings reveal that while social media enhances digital literacy and global connectivity, excessive dependence on online interactions may hinder personal development and real-world problem-solving skills. The study emphasizes the need for digital literacy programs, responsible social media usage, and a balanced approach to online and offline engagement to ensure holistic life skills development among youth. In the digital era, social media has significantly influenced youth behavior, shaping their communication styles, decision-making abilities, emotional intelligence, and problem-solving skills. This research explores the dual impact of social media on the development of essential life skills among young individuals. While social media platforms offer opportunities for learning, collaboration, self-expression, and professional networking, they also present risks such as misinformation, reduced interpersonal skills, cyberbullying, and mental health concerns.

***Keywords:*** Social Media, Youth, Life Skills Development, Communication Decision-Making, Emotional Intelligence, Critical Thinking, Networking, Creativity, Digital Literacy, Misinformation, Mental Health

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# The Mediating Role of Negative Core Beliefs on the Relationship between Trait Anxiety and Emotional Expressivity among young adults

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## ABSTRACT

The current study was interested in the mediating effect of negative core beliefs on the correlation between trait anxiety and emotional expressivity in young adults. A correlational, cross-sectional design with mediation analysis was applied, which recruited a sample of 327 young adults aged 20–35 who answered standardized measures of trait anxiety (STAI), negative core beliefs (NCBI), and emotional expressivity (EES). Correlation analysis revealed a high, positive correlation for trait anxiety and negative core beliefs and no significant correlation for trait anxiety and emotional expressivity or negative core beliefs and emotional expressivity. Mediation analysis, however, indicated that there was a significant indirect pathway: negative core beliefs increased by trait anxiety and emotional expressivity decreased by negative core beliefs, which means that the overall effect of trait anxiety on emotional expressivity was nonsignificant when mediation was controlled for. The significant indirect effect also indicates that negative core beliefs completely mediate the effect of trait anxiety on emotional expressivity. This research proposes the intricate interaction of these constructs, and therefore the necessity for more sophisticated analyses in subsequent studies, and the significance of maladaptive cognitive schemas in suppressing emotional expression, thereby proposing that addressing core beliefs in clinical interventions might increase emotional expressivity in anxious young adults.

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# The Relationship Between Cognitive Flexibility and Materialism: The Mediating Role of Impulsivity

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## ABSTRACT

The effect cognitive flexibility has on impulsivity has been studied in the past as they have been proven to be interconnected psychological constructs that influence decision-making behaviour. Materialism has been linked to impulsivity in the past but there were no studies done to prove an existing relationship between materialism and cognitive flexibility. Hence, this study intended to investigate the relationship between cognitive flexibility and materialism, and focused on the mediating role of impulsivity. Upon analysing 290 participants' responses, it was indicated that cognitive flexibility is strongly negatively correlated with impulsivity and materialism and impulsivity has a strong positive correlation with materialism. Regression analysis showed that impulsivity is a significant predictor of materialism, but cognitive flexibility is not, which supports the mediating role of impulsivity. With mediation analysis, it was found that the indirect effect is more significant between the variables than the direct effect, which means, cognitive flexibility influences materialism through impulsivity and also directly. Influences materialism. These results highlight the crucial role of impulsivity in forming materialistic values and contribute to a better understanding of the cognitive and behavioural mechanisms relating to materialism and show the importance of cognitive flexibility to alleviate impulsivity and materialistic behaviour.

*Keywords:* Cognitive Flexibility, Impulsivity, Materialism

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# Understanding the Relationship Between Goal-Oriented Attitude, Cognitive Flexibility, and Mindfulness among College Students

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## ABSTRACT

This study examined the interaction among goal-oriented attitude, cognitive flexibility, and mindfulness in college students. Based on achievement goal theory and mindfulness-based models of self-regulation, the current study investigated whether a goal-oriented attitude helped to foster cognitive flexibility and whether mindfulness would act as a mediator. Correlational design was employed, and participants were 242 Bangalore college students, whose data were collected using the Achievement Goal Questionnaire, Cognitive Flexibility Inventory, and Mindful Attention Awareness Scale.Findings indicated that students with a higher goal-oriented attitude had higher cognitive flexibility and higher adaptation when exposed to various academic demands. Mindfulness was a strong mediating construct that facilitated the hypothesis that attentional control and awareness were the determinants of adaptive thinking. Correlation analysis indicated significant positive correlations among goal-oriented attitude, cognitive flexibility, and mindfulness. Regression analysis also confirmed the predictive power of goal-oriented attitude and mindfulness to predict cognitive flexibility. Mediation analysis also confirmed partial mediation of mindfulness in the relation of goal-oriented attitude to cognitive flexibility, confirming its function in maintaining healthy cognitive processes. These findings highlight the necessity of integrating mindfulness-based interventions into goal-setting practices to enhance the maximization of adaptability in learning environments. These abilities are critical for academic and professional success since cognitive flexibility facilitates problem-solving, resilience, and adaptability—critical skills in a rapidly evolving world. This study added to educational psychology through its emphasis on the intersection of motivation, cognitive adaptability, and self-regulation. Future studies must probe causal mechanisms through longitudinal designs and sample generalizability to diverse populations.

***Keywords:*** Goal-oriented attitude, cognitive flexibility, and mindfulness.

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# Understanding the relationship between Personality Hardiness, Self-Construal, and Behavioral Emotion Regulation among Indian Army Veterans

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## ABSTRACT

This study explores the relationship between personality hardiness, self-construal, and behavioural emotion regulation among Indian army veterans. Analysing data from 205 participants revealed significant correlations between personality hardiness dimensions and various behavioural emotion regulation approaches. Key results indicate that commitment positively correlates with adaptive strategies such as actively approaching problems and seeking social support, while negatively correlating with withdrawal and ignoring. Similarly, control is significantly associated with seeking distraction and actively approaching problems, emphasizing its role in proactive regulation strategies. Personality hardiness also shows a positive association with seeking social support and actively approaching to manage problems. Self-construal further moderates these relationships, with interdependent self-construal exhibiting stronger positive correlations with adaptive behavioural emotion regulation approaches like seeking social support, while is negatively correlated with withdrawal. Additionally, independent self-construal shows weaker but significant associations with commitment and control. These findings highlight the importance of fostering personality hardiness and interdependent self-construal to enhance emotion regulation capabilities in veterans. The study suggests integrating resilience training and culturally informed interventions to optimize coping strategies for better psychological outcomes in military populations.

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# Emotional Intelligence: A Key to Mental Well-being and Success"

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## ABSTRACT:

Emotional Intelligence (EI) plays a crucial role in personal and professional success by enhancing self-awareness, emotional regulation, and interpersonal skills. In today's fast-paced world, EI is essential for managing stress, improving relationships, and fostering resilience. This paper explores the impact of EI on mental well-being, decision-making, and social harmony. By integrating EI into education and workplaces, individuals can develop stronger emotional skills, leading to personal growth and a balanced society.

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# Compassion Fatigue and Perceived Social Responsibility Among Street Animal Caregivers

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## ABSTRACT

Compassion fatigue (CF) is a significant challenge among independent street animal caregivers, who often operate without institutional support. This study explores the relationship between CF and perceived social responsibility among 10 independent street animal caregivers in Bangalore. Through thematic analysis of semi-structured interviews, key themes emerged, including a profound sense of moral obligation, emotional exhaustion, resource limitations, societal apathy, and coping strategies such as social support and personal resilience. While perceived social responsibility encouraged sustained caregiving, it also heightened emotional strain, contributing to burnout. The findings highlight the need for systemic interventions, including mental health support and community-driven animal welfare programs, to ensure caregiver well-being. These insights contribute to broader discussions on life skills, resilience, and sustainable caregiving.

*Keywords*: Compassion fatigue, perceived social responsibility, independent street animal caregivers, resilience, life skills education, caregiver well-being, animal welfare.

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# "Effect of Self-Guided Stress Management, Mindfulness, and Dance Therapy on Adolescents' Cognitive Skills and Stress"

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## ABSTRACT

This study investigated the effect of Self-Guided Stress Management, Mindfulness, and Dance Therapy on adolescents' cognitive skills and academic performance. The research specially examined the changes in sustained attention, planning skills, stress regulation through a structured intervention program, with the goal of improving academic outcomes. The study employed a pre-test post-test design with 80 participants (df =79). Measurements included Perceived Stress Scale (PSS), PEBL Clock Test and PEBL Tower of London Test (TOL) for evaluating sustained attention, planning skills, stress and academic performance. Statistical analyses included paired sample t-tests to assess changes and correlation matrices to examine the relationship between the variables before and after the intervention. Paired Sample t-tests revealed significant improvements across all variables (p<.000). Post intervention results showed substantial reductions in perceived stress, enhanced sustained attention and improved planning skills and in turn increased academic performance. Correlation analysis showed that stress was significantly related to attention before the intervention but became non-significant post intervention, suggesting improved stress management capabilities. A weak but positive correlation was found between sustained attention and academic performance post intervention highlighting the importance of attention in academic success. The findings demonstrate that the combined intervention effectively enhanced adolescents' cognitive skills and academic performance, offering a promising framework and suggesting the incorporation of these interventions in educational settings. Further research with larger sample sizes and longitudinal designs is recommended to assess long-term effects.

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# Examining the interplay between Body Image, Assertiveness and Relationship Satisfaction among College Students

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## ABSTRACT

The present study talks about the complex interaction between body image, assertiveness and relationship satisfaction among college students, a population going through distinct developmental changes, social pressure and more focused in establishing their identity. Recognizing how these factors play an important role in shaping self-perception and interpersonal dynamics, this research delves into how body image affects assertiveness and relationship satisfaction, as well as the interdependence of assertiveness and relationship fulfilment. The study employs a quantitative research design using a sample of 235 college goers. Measurements included the Burns Relationship Satisfaction Scale, Body Image Avoidance Questionnaire (BIAQ) and Rathus Assertiveness Schedule to assess body image, assertiveness and relationship satisfaction. Statistical analyses revealed a negative correlation between body image and assertiveness, suggesting lower body satisfaction can lead to reduced assertiveness, mainly due to self-image problems. However, no significant relationships were found between body image and relationship satisfaction as well as assertiveness and relationship satisfaction. This suggests that body image may impact social behaviors and interactions, other factors are probably more crucial in determining relationship satisfaction among college students. The study highlights the need for holistic interventions for promoting body positivity and assertiveness towards both personal and relational well-being.

*Keywords:* Body Image, Assertiveness, Relationship Satisfaction

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# Exploring the interrelationship between Emotional Intelligence, Religiosity, and Resilience: A Moderation Effect of Religiosity

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## ABSTRACT:

This study delves into the interrelationships between religiosity, emotional intelligence, and resilience, specifically with regard to the Indian cultural context. The majority of the Indian population is brought up in various religious households which can impact their emotional intelligence and resilience as well. By exploring the interaction among these variables, the study aims to provide a deeper understanding of their impact on the ability of an individual to withstand adversities in life. The results of the study indicates that higher levels of emotional intelligence contribute to an increase in resilience ($R^2 = 0.0573$, EI= 0.192, t=4.66,p<.001). However there is no significant relationship between religiosity and resilience (r= -0.008, p=0.88) and religiosity does not have a significant moderating effect on the relationship between Emotional Intelligence and resilience (B=0.00, SE=0.00, p=0.336).

*Keywords:* Emotional Intelligence, Religiosity, Resilience.

# Exploring the Relationship Between Fear of Missing Out (FoMO), Instagram Usage and Phubbing Behaviour Among Young Adults

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## ABSTRACT:

The purpose of this study was to examine the relationship between Active and Passive Instagram Usage, Fear of Missing Out (FoMO), and Phubbing among young adults, with a focus on understanding their predictive and mediating effects. The study was conducted on a sample of 245 young adults. Results revealed a weak to moderate positive correlation between Passive Instagram Usage and FoMO ($r = 0.38$, $p < .01$), whereas Active Instagram Usage showed a weaker association with FoMO ($r = 0.29$, $p < .01$). Regression analysis indicated that Passive Instagram Usage significantly predicted FoMO ($B = 0.736$, $p < .001$), while Active Usage did not ($B = 0.290$, $p = .074$). Mediation analysis further demonstrated that Phubbing partially mediated the relationship between Passive Instagram Usage and FoMO ($B = 0.191$, $p = .004$), but no significant mediation effect was found for Active Instagram Usage ($B = 0.113$, $p = $

.070).

The findings highlight the distinct psychological effects of different modes of Instagram engagement, emphasizing the need for further research on social media habits and their impact on mental well-being.

# Exploring the relationship between metacognitive beliefs, emotional regulation and anxiety among young adults

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**ABSTRACT:**

Anxiety disorders rank among the most widespread mental health conditions affecting millions of people globally. The Generalized Anxiety disorder metacognitive model asserts a primary role of dysfunctional metacognitive beliefs in the acquisition and sustainment of the disorder (Wells, 2005). Evidence has also suggested the possible role of emotional regulation in influencing Anxiety. This study explores the relationships between metacognitive beliefs, emotional regulation and anxiety. A total of 246 young adults (ages 18-25) were selected through a convenience sampling method. Participants completed the measures of Metacognitive Beliefs (MCQ-30), Emotional Regulation (ERQ- 10) and Anxiety (GAD-7). A Pearson correlation analysis revealed that the metacognitive beliefs significantly correlated with anxiety (p <0.001). Furthermore, an exploratory analysis revealed that the MCQ Negative Beliefs about Uncontrollability and danger subscale (MCQ- NBUD) revealed the strongest correlation with anxiety (r=0.729). These results offer additional support for Wells metacognitive model and underscore the relevance of metacognitive strategies in enhancing therapeutic approaches for anxiety disorders.

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# Fear of Abandonment as a Mediator Between People-Pleasing Behavior and Emotional Dependency in Young Adults.

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## ABSTRACT

This study examines the mediating role of fear of abandonment in the relationship between people-pleasing behavior and emotional dependency among young adults. Grounded in attachment theory, the research explores how insecure attachment styles contribute to maladaptive relational behaviors. A sample of 270 young adults (ages 18–26) was assessed using the Balanced Inventory of Desirable Responding Short Form (BIDR-16), the Adult Separation Anxiety Questionnaire (ASA-27), and the Affective Dependence Scale (ADS-9). Correlational and regression analyses indicated significant positive relationships between people-pleasing behavior and fear of abandonment, as well as between fear of abandonment and emotional dependency. Mediation analysis confirmed that fear of abandonment significantly mediated the relationship between people-pleasing behavior and emotional dependency ($\beta = 0.0563$, $p = .017$). These findings highlight the role of fear of abandonment as a critical psychological mechanism linking people-pleasing tendencies to emotional dependence. The results underscore the need for targeted therapeutic interventions focusing on attachment insecurities and fear of abandonment to promote healthier relational patterns. Future research should explore longitudinal effects and additional moderating factors to deepen the understanding of these relational dynamics.

*Keywords-* people-pleasing behavior, fear of abandonment, emotional dependency, attachment theory, mediation analysis.

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# Inherited Risks: Exploring Preventive Oncology Attitudes in Individuals with Family History of Cancer

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## ABSTRACT

This research investigates the attitudes of individuals with a family history of cancer towards preventive oncology measures. This investigation aims to understand emotional and psychological toll of witnessing a loved one's diagnosis shapes awareness, motivation, and health-related behaviors. In-detail interviews were conducted with fourteen participants, each having at least one first-degree relative diagnosed with cancer. Thematic analysis revealed six major themes: emotional impact of cancer, coping and resilience, shifting family roles and responsibilities, awareness and preventive orientation, emotional drivers of health behavior, and barriers to prevention. The findings suggested that most of the participants experienced a significant increase in their awareness of cancer prevention following a family member's diagnosis. This also involved increased sense of personal risk, enhanced comprehension of misconceptions concerning survival rates, and some became more aware of the genetic predisposition to cancer within their families. These findings emphasize the need for health care providers and researcher to go beyond information delivery, by truly listening to family experiences and offering compassionate, personalized guidance that empowers individuals to take preventive steps with confidence and care.

*Keywords* - Preventive Oncology, Family History of Cancer, Emotional Impact, Health Behavior, Risk Perception

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# Marital relationship quality of parent's and it's interactions on relationship expectation and quality among young adults

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## ABSTRACT

This qualitative study explored how young adults' perceptions of their parents' marital relationship quality influence their own relationship expectations and quality. The purpose of this research was to explore how young adults internalize and replicate relational patterns observed in their parents' marriage and how these patterns shape their expectations and overall relationship satisfaction. Data from 15 questions were collected through interviews with ten young adults and analyzed using thematic analysis. The main findings revealed that participants used their parents' relationships as a primary model for their understanding of intimacy and as a blueprint for relationship expectations. Some participants' responses suggested the foundation that was built during their childhood helps them gain the clarity to make decisions about their partners, while other participants' responses expressed negative impacts as the result of abusive behaviour. These relational patterns shaped participants' views on love, commitment, communication styles, and equality in partnerships. The findings underscore the importance of positive role modeling, effective communication, and the cultivation of personal growth in establishing healthy and satisfying future relationships. Implications for theory, practice, and policy are discussed.

# Mediating Role of Social Connectedness Between Phubbing and Online Disinhibition

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## ABSTRACT

This study aimed to investigate the impact of phubbing on online disinhibition among young adults aged 20–30, focusing on the mediating role of social connectedness and potential gender differences. A total of 391 participants were recruited using convenience sampling via social media platforms and email. Data was collected through an online questionnaire administered via Google Forms, which included the Generic Scale of Phubbing (GSP), the Social Connectedness Scale (SCS), and the Online Disinhibition Scale. Analyses were conducted using Jamovi 2.5.6 to assess descriptive statistics and multiple regression models.The findings revealed that phubbing was significantly and positively associated with online disinhibition. Moreover, social connectedness partially mediated this relationship, indicating that higher levels of phubbing were linked to reduced social connectedness, which in turn predicted greater online disinhibition. Regarding gender, women demonstrated higher scores on phubbing, social connectedness, and online disinhibition, suggesting notable differences in how men and women experience and manage smartphone use.These results highlight the importance of addressing phubbing behaviors in interventions designed to mitigate negative effects on social interactions and digital well-being. Future efforts should incorporate strategies aimed at enhancing social connectedness, such as community-building and digital literacy programs, to reduce the propensity for online disinhibition.

***Keywords -*** Phubbing ,Social Connectedness ,Online Disinhibition,  Young Adults

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# Menopause and Marriage: Understanding the Influence of Spousal Support on Women's Well-being

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## ABSTRACT

Menopause is very crucial transitional phase in a women's life which are marked by biological, psychological and social changes. Most of the research has focused on understanding menopausal experiences, however growing attention is given to psychosocial factors affecting the menopausal experiences. This study aims to understand and explore the influence of spousal support on menopausal experiences, while also examining the role of relationship dynamics and coping mechanisms used in shaping these experiences. It adopts qualitative research approach aligning with interpretivist paradigm and the data was collected through purposive and snowball sampling by using in-depth semi-structured interview. The data was thematically analysed by using Braun's and Clarke's method of thematic analysis. Five themes and twelve sub-themes were generated namely, (1) menopause daily hurdles (2) types and levels of spousal support (3) influence of spousal support on menopause (4) coping strategies and marital dynamics (5) marital dynamics shapes menopause.

***Keywords:*** Menopause, Perceived Spousal Support, Marital Dynamics

# Parasocial Interactions, Need to Belong and Intolerance of Uncertainty among Young Adults

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## ABSTRACT

This study examined the associations between parasocial interactions, need to belong and intolerance of uncertainty in young adults and potential differences based on gender and social media use. The study included 266 young adults, with 111 males and 155 females. Parasocial interaction was assessed using the Celebrity Persona Interaction Scale (CPPI) by Brown & Bocarnea, and Need to Belong (NTB) was measured with the Need to Belong Scale (NTB) by Leary et al and Intolerance of Uncertainty was measured with the Intolerance of Uncertainty Scale (IUS) by Carleton, Norton, and Asmundson. Statistical analyses were conducted using JAMOVI, and the relationships between parasocial interactions, need to belong, intolerance of uncertainty, gender and time spent on social media were examined. Spearman's rank-order correlation coefficients assessed the associations between continuous variables. The Mann-Whitney U, non-parametric test examined potential group differences in these variables based on participant gender. The results revealed significant correlations between parasocial interactions and intolerance of uncertainty. Significant differences were found in experience parasocial interactions based on participant gender. These findings suggest a more complex relationship between parasocial interactions and these psychological variables. While intolerance of uncertainty appears to be a contributing factor, need to belong does not appear to play an important role in this context. Future research could delve deeper into specific social media and explore longitudinal designs to examine whether increased social media usage directly leads to stronger parasocial interactions over time. Additionally, other factors such as personality traits, social loneliness, or media content type should be considered to understand their role in shaping parasocial connections.

*Keywords:* Parasocial interactions, Need to Belong, Intolerance of Uncertainty Young Adults, Social Media

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# The relationship between grit, sports aggression, and decision making in athletes

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**ABSTRACT:**

The study aims to investigate the relationship between grit, sports aggression, and decision making in athletes. Purposive sampling was employed to gather data from 187 participants for the study. Tools used in the study included the Effective Decision Making Scale in Sport (Edmss), the Sports Aggression Questionnaire (SAQ), and the Grit Scale. Jamovi was used in the data analysis. The results revealed significant positive relationships among grit, sports aggression and decision-making. Although no significant gender differences were found in grit levels, males displayed higher levels of decision-making and sports aggression compared to females. Further research is required to explore these relationships in various athletic populations to deepen understanding.

*Keywords:* Athletes, grit, decision-making  and sports aggression

# Perceived Stress, Conflict Management and Relationship Satisfaction in Non-Platonic Relationships among Cohabiting and Non-Cohabiting Couples

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## ABSTRACT

This research examined the interaction between perceived stress, conflict resolution styles, and relationship satisfaction in cohabiting and non-cohabiting couples. Employing a quantitative, cross-sectional design, 297 participants in dating relationships (157 living apart, 140 cohabiting) completed standardized surveys measuring stress, conflict management style, and relationship quality. Results indicated that cohabiting couples reported lower stress and higher relationship satisfaction compared to non-cohabiting partners. Co-residing couples also used more resilient conflict resolution strategies, including compromise and cooperation, whereas non-residing couples utilized more aggressive confrontation strategies. An important negative relationship was found between stress and satisfaction ($r = -0.509$, $p < .001$), illustrating the way stress negatively affects relationship quality. These results are consistent with the Vulnerability-Stress-Adaptation framework, emphasizing the way couples' resilience in coping with stress determines relationship outcomes. The study indicates that even if shared living may build some relational advantages, building strong conflict resolution and communication skills is still a necessity for all couples. The study indicates the importance of therapeutic means that build these skills in order to enhance better relationships.

*Keywords:* perceived stress, conflict management, relationship satisfaction, cohabitation, romantic relationships

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# "Navigating the threads: unravelling the correlation between sustainable fashion, cognitive dissonance, and pro social behaviour in adults"

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## ABSTRACT

The fashion industry has a significant environmental impact, and promoting sustainable fashion practices is crucial. Understanding consumer behaviour is key to achieving this goal. In India, a rapidly growing fashion market, examining the factors influencing sustainable fashion choices is particularly important. This research explores how cognitive dissonance, the mental discomfort caused by conflicting beliefs or actions, can influence prosocial behavior related to sustainable fashion choices. The study aims to understand how cognitive dissonance , influences pro-social behavior related to sustainable fashion choices.

A quantitative survey was conducted among 18-to 60-year-old participants from diverse sociodemographic backgrounds across India. The survey included three validated scales: sustainable consumption of clothing products, Cognitive dissonance after purchase, a multidimensional scale, and prosocialness Scale for Adults.

The findings highlight the complex interplay between sustainable fashion consumption, cognitive dissonance, and pro-social behavior. The study suggests that individuals who engage in sustainable fashion tend to exhibit higher levels of emotional wisdom, concern for ethical consumption, and pro-social actions and feelings. The paper's insights may contribute to developing effective strategies and interventions to address the challenges and opportunities presented by the intersection of sustainable fashion, cognitive dissonance, and pro-social behaviour.

***Key words-*** Sustainable fashion, Cognitive dissonance, Pro-social behaviour, Fashion trends Activism behaviour

# Career Aptitude of Unemployed Youth in Urban Slums of Bengaluru

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## ABSTRACT

India is considered to be the youngest nation in the world with a youth population of 15,77,37,518 residing in rural and 7,42,13,153 in urban areas respectively.(Census of India, 2011) Out of total population of Karnataka, 38.67% people live in urban regions. Among these youth populations a considerable section is unemployed due to various reasons. While unemployment is one of the major causes of poverty in India, this study aims at identifying the causes of unemployment among the urban youth in Bengaluru. The study further aimed at analyzing the career aptitude of unemployed youth, has adopted explanatory research design to identify the reasons of unemployment and had collected data from 171 youth across 5 urban slums in Bengaluru district of Karnataka State in India. The study has identified 79 unemployed youth among the 171 youth of 5 urban slums and carried out the Career Aptitude test among the unemployed youth to suggest training measures according to the skill sets possessed by them.

*Keywords:* Unemployment, Youth, Unemployed Youth, Career Aptitude and Skill Set.