CHAPTER 47

PSYCHOLOGY

Doctoral Theses

01.   ADITI (Yumlembam)
        Mythic Matrix: Womb of the Goddess.
        Supervisor: Dr. Eric Soreng
        Th 24654

Abstract
(Not Verified)

Mythic Matrix is a Jungian research on the Goddess and the archetypal feminine. Founded on Carl Jung's concept of Matrix, the research demonstrates the same through interpretation of a selection of myths and fairytales, and a parable from the New Testament. In the writings of Carl Jung, Matrix is one of the ways to explain the concept of Collective Unconscious and its archetypal manifestations. Research concentrates on the feminine roots of manifestations of Matrix that begets creation, cultures and consciousness. In the corpus of research, section one presents the primordial image - archetype - of the womb of the Goddess. Section two is on the Archetypal Psychology of woman with an endeavour to understand essence of woman's psyche, the developmental life of a young girl and her relation with her mother, who also presents herself unconsciously as the witch. Section two has emphasis on the mother-daughter axis. Land being a maternal symbol, section three studies the land through the medium of hero myths. Land being the mother natures and sustains conscious life in its womb. Land as the mother is intimate with the hero myths whose life is the pre-historical narrative of a nation or race. Hero is masculine offspring of Matrix. Mother may or may not feature in the hero myth. In the selections made in the present research, mother as a figure does not feature in the myths; son's life, it is discerned through interpretation, speaks of the mother as the land. Section four peruses the priestess tradition in Meitei culture. Goddess Panthoibi is central to the Meitei race who irrigates their religion and shamanic legacy. Data of all the four sections of the research is subjected to archetypal amplification for interpretation and proposes an understanding of the Matrix.

Contents

1. Commencement of research: Conceptual and research framework 2. Corpus of research: Interpretations and reflections 3. Consummation of research: Research findings 4. Call for research: Limitations and suggestions for further research 5. Citations in research: References

02.   BHATIA (Aakanksha)
        Dynamics of Inclusion and Exclusion: A Socio-Psychological Perspective.
        Supervisor: Dr. Preeti Kapur
        Th 24666

Contents

1. Introduction: A discourse on social diversity, exclusion and inclusive classrooms 2. Method 3. Expression of inclusion and exclusion among primary students 4. Inclusion and exclusion from the lens of students from middle and secondary school

5. From personal experiences to classroom and beyond: A personal account of teachers and community workers 6. Emergence of theoretical models: A grounded theory approach 7. Implications and conclusions. References. Appendices.

03.   DEEPAK (Siksha)
      Explorations into the experiences of Love in Young Adults.
      Supervisor: Prof. Dr. N. K. Chadha
      Th 24657

Contents

1. Introduction 2. Review of literature 3. Methodology 4. Results 5. Discussion 6. Limitations, implications and directions for future research. References. Appendices.

04.   DASH (Sweta Smita)
      Cognitive and Affective Facets of Ambivalence in Interpersonal Relationships.
      Supervisor: Dr. Sunil Kumar Verma
      Th 24664

Abstract
(Not Verified)

The present study aimed to explore cognitive and affective facets of ambivalence and also to unfold its process among interpersonal relationships in the Indian context. Literature review says ambivalence is a contradictory experience of feeling love-hate and attraction-repulsion (Weigert, 1991). In the Indian context, interpersonal relationships cannot function independent of society and thus experiencing contradictions is highly likely. They unwillingly have to be part of social norms, statuses, and culture which when violated can be conflicting and thus managing both fuel ambivalent experiences. 35 interviews were collected to explore how they conceptualize ambivalence in their relationships. Out of 35 respondents for the final phase, 20 young adults (18 Females and 12 males) within the age range of 20 to 35 years were analyzed using the grounded theory approach. Data was collected in the Delhi NCR region and parts of Odisha. Interviews were analyzed to understand their conceptualization of what ambivalence is in the context of their relationships. The core category "Ambivalence as a cyclic journey: Efforts to maintain a healthy interdependent relational functioning by combating the unwanted scenarios encountered" emerged that explains the entire process of ambivalence among interdependent relationships. The study also redefined ambivalence as a feeling of love that overcomes anger and ambivalence as a grey area to decide that emerged as distinctive findings in the present study. In addition to these, there are other categories and sub-categories that emerged as important findings that narrate the process of how and why ambivalence is experienced. The present study also showed that ambivalence doesn't operate as a pendulum rather it can also operate as a cycle that interdependent individuals manage and cope with and continue being the part of the relationship. In the final section study also highlights the limitations and future directions for the study.

Contents

1. Introduction 2. Review of literature 3. Methods 4. Results and interpretations 5. Discussion, conclusion and future directions. References. Appendix.

05.   JAISWAL (Nisha)
Subjective Well Being as a Function of Religious Orientation and Locus of Control among Elderly and Youth.
Supervisor: Prof. Girishwar Misra
<u>Th 24659</u>

Abstract
(Not Verified)

The purpose of study was to understand the contribution of religiosity and locus of control towards subjective well being across developmental stages and genders. The relationship among subjective wellbeing, religiosity and external locus of control were examined in the youth and elderly groups. The study focused on delineating developmental changes across two stages i.e. youth and elderly and across two genders (male and female). The participants consisted of 100 youth and 100 elderly individuals from Delhi. The SWB was assessed through multiple measures consisting of Satisfaction with Life Scale (Diener et al., 1985), Positive and Negative Affect Schedule (Watson & Tellegen, 1988) and Oxford Happiness Questionnaire (Argyle & Hills, 2002). Locus of control was assessed through Rotter's Locus of Control Scale (1966). The Brief Multidimensional Measure of Religiosity/Spirituality provided a multidimensional assessment of religiosity. The results indicated that external locus of control increased with age. The females were higher in external locus of control than their male counterparts. There was significant negative correlation between external locus of control and SWB only in the youth. For the females significant correlations were found between some domains of religiosity and external locus of control. The main effects of gender and developmental stage were not significant for the scores on the measures of life satisfaction and happiness. However, the elderly were significantly higher on positive emotions and lower on negative emotions as compared to the youth. Females were significantly higher than the males on negative emotions. There were strong and significant relationships among the various measures of SWB. The elderly were significantly higher on most domains of religiosity than the youth, but gender differences were not significant. The life experiences, expectations and changing roles appear to be critical for these changes. KEY WORDS: Happiness, Life Satisfaction, Locus of Control (LOC), Religiosity, Subjective Wellbeing (SWB)

Contents

1. Introduction 2. Methods 3. Results 4. Discussion. Summary and conclusion. References. Appendix.

06.   KAVITA
Psycho-Social Experiences of Adolescents with cerebral Palsy: Implications for Adaption and Growth.
Supervisors: Prof. Girishwar Misra and Dr. Suneet Varma
<u>Th 24894</u>

Abstract
(Not Verified)

The present study explored the psycho-social experiences of adolescents with Cerebral Palsy (CP) in relation to their growth and adaptation. The present study addressed the following research questions: What it means to be an adolescent with CP? Are there any convergences in the first person, second person, and third person accounts? As a medical condition, CP is peculiarly constraining and demands a deep level of reconstruction of 'self'. So what change strategies are used by adolescents with CP to

survive and live among the 'normal people'? What perspectives are brought by the significant others when they relate to adolescents with CP? Parents, peer, and teachers particularly seem to be the key players in the lives of adolescents with CP. Hence, the study explored their views about CP.The study, therefore, was an unusual journey taken to study their construction of 'self' and 'selfhood'. The study included five case studies of adolescents with CP (13-16 years), their parent, class-teacher, and peer. Semi-structured interview and semi-structured observation were used as research tools. Each case was individually analyzed using thematic analysis and overall analysis was made. The analysis indicated that parents, siblings and extended family members were the positive influencers. The negative experiences included: labeling, bullying, no or limited interaction with age-mates, and no or limited social interaction due to accessibility issues. The mediators in the process were: family, teachers, peer, resistance and persistence, and social attitudes. The effect of antecedents' resulted in different outcomes: faced academic challenges, overall positive school experiences, hopeful about the future, excessively preoccupied with themselves, desire to marry a 'normal' person, and defined disability in terms of 'functionality'. The experiences of adolescents with CP captured in the present research demands for proper implementation of policies. Positive interventions were suggested for the parents, professionals, and educational institutions.

Contents

1. Introduction 2. Method 3. Analysis of the case studies 4. Discussion. Conclusion. References. Appendix.

07.   MITTAL (Chhavi)
Peer Victimization in Schools: A Study of Prevalence and Intervention.
Supervisor: Prof. Nandita Babu
Th 24660

Abstract
(Verified)

Peer victimization is an omnipresent phenomenon that involves repetitive, intentional aggressive acts (direct or indirect) between peers having unequal power physically, psychologically or socially. The present study had a two-fold aim of finding the prevalence of peer victimization in schools of Delhi/NCR (study 1) and studying the effectiveness of a socio-emotional skills training as an intervention in reducing its prevalence (study 2), with respect to gender and grade. For this, Adolescent Peer Relations Instrument (Parada R. H., 2000) was adapted and validated in Indian context (N= 3951;Girls = 1395, Boys = 2556; mean age= 14.19 years). Findings from Chi-square Tests for Independence show that the prevalence of peer victimization seems to vary considerably with respect to the type, gender, grade as well as the perspective of bully or victim. Boys are more likely to be involved in the instances of peer victimization than girls, both as perpetrators or as victims. Across various grades, it was observed that students of secondary school (middle adolescence) show a higher prevalence than those from upper primary (early adolescence) or senior secondary grades (late adolescence). In study 2, a pre-post design wherein all the students from classes 7 through 12 (N= 1594) from a model school participated in classroom-based activities involving socio-emotional training (Npre-intervention= 944; Npost-intervention= 1000). The intervention was found to be partially successful in reducing the prevalence of instances of peer victimization. The intervention was found to be relatively more successful in reducing the percentage of victims as compared to that of the students who bully. The present findings can help formulate national policy and laws for protection of school students. Future research can refine the intervention strategies to effectively deal with this problem at the individual, classroom, school as well as the community level.

Contents

08.   RADHIKA (A.)
       Development of Self-Regulation in Socio-Cultural Context.
       Supervisor: Prof. Nandita Babu
       Th 24661

Abstract
(Verified)

The present study aimed at exploring and conceptualizing various dimensions of self-regulation and to understand the impact of socializing agents in the development of self-regulation among children. The study was carried out in three different phases. Phase I, involved two-hundred forty participants in the age range of 18-25 years, to know their understanding related to the concept of self-regulation by using a task of naming the three eminent personalities in Indian context whom they considered as highly self-regulated and the reason for their response. It resulted into ten core themes of self-regulation. These are social cause,goal-orientation, emotional regulation, resilience, norm, passion, humble, harmony, physiological regulation and honesty.In terms of three eminent personalities Dr. A.P.J Abdul ranked as first, followed by Amitabh Bacchan and Sachin Tendulkar. Phase II of the research consisted the autobiography analysis of the text, " Wings of Fire"of Dr. A.P.J Abdul Kalam. The text analysis resulted into various themes that pointed out the vital role played by parents, teachers, professors and colleagues in the overall development of the personality of Dr.A.P.J Abdul Kalam. Phase III of the research involved thirty-five participants from Class II to Class IV, in the age range of 7-10 years. On the basis of ten major themes resulted in Phase I, Vignettes i.e., "story situations" was constructed which acted as the tool for data collection in the present phase. Participants were presented with the story situations and certain important questions pertaining to the vignette were asked. Participants' responses resulted into diverse themes for each vignette. Result signified certain differences between children and adult with respect to the construct of social cause and goal orientations and convergence in their views was observed for all other remaining themes. Overall, research implied importance of self-regulation and the role of socializing agents in the development of self-regulation.

Contents

09.   RATHORE (Deepesh)
       Construction and Standardization of an Emotional Intelligence Scale Focusing on the Behavioural Aspect in Work Enviornment.
       Supervisors: Dr. Harpreet Bhatia and Prof. N. K. Chadha
       Th 24663

Abstract
(Verified)

Emotional intelligence as a construct has continuously gained importance in work environment since its inception. The present study involved the construction and standardization of an emotional intelligence scale that focuses on the behavioral aspects at workplace. The scale was created keeping in mind the Situational Judgement Test (SJT) method, where situations or item stems were created that involved interactions between two or more employees and the responses included four

possible ways of effectively handling a particular situation. Initially, 70 such situations were created. The entire study was divided into 3 separate studies. In the first study, a pilot (n = 112) was conducted to look at any shortcomings related to items, administration and scoring of test items. The second study (n = 221) was conducted to analyze the items through techniques such as factor analysis, inter-item correlations, and item-total correlations. In exploratory factor analysis, principal component analysis extraction method was used and factors were rotated using varimax rotation with Kaiser normalization. The rotated component matrix showed a four-factor solution with the final number of items now reduced to 18. Confirmatory factor analysis confirmed the four-factor solution obtained earlier on the basis of the criteria given by Hu & Bentler (1995). Reliability of the scale was also analyzed through two methods - split-half reliability and Cronbach's correlation coefficient. The overall reliability for the scale was found to be r = .878. Validity of the scale was analyzed through calculating content, factorial, criterion and construct validity. The third and final study (n = 461) was conducted to establish norms for the test. Data for the norms was taken from five different industries - banking, information and technology, manufacturing, marketing & sales, and education. Keywords: Emotional Intelligence, Scale Construction, Situational Judgement Test, Factor analysis

Contents

1. Introduction 2. Literature review 3. Research methodology 4. Results and analysis 5. Discussion and interpretation 6. Implication, limitations and future research. References. Appendix.

10. SINGH (Jyotsna)
Psychological Wellbeing and Perceived Social Support in Relation to Coping Strategies of Survivors of Sexual Violence.
Supervisor: Dr. Khurshid Alam
Th 24662

Abstract
(Not Verified)

Sexual violence includes various acts like rape, sexual harassment, sexual abuse, stalking, genital mutilation, forced abortion, child abuse, forced prostitution, intimate partner sexual violence, sexual trafficking etc. Such uncertain experiences increases the feeling of self-blame, guilt, shame, depression, Post- Traumatic Stress Disorder symptoms, hopelessness and all this affects the survivor's ability to cope efficiently. Thus, the main objective of the present research is to assess the psychological wellbeing and perceived social support in relation to coping strategies among survivors of sexual violence. The present study comprised of 110 survivors of sexual violence from different parts of Delhi. The survivors were approached from different NGO's, Government shelter homes, Trust working for men survivors and sample comprising of boys below 18 years of age were contacted through MCD schools in Delhi. Psychological Well-Being Scale constructed by Carol Ryff (1989a) has been used to assess the experience of psychological well-being among sexual violence survivors, Multidimensional Scale of Perceived Social Support (MSPSS) by Zimet et al., (1988), was used here to assess the Perceived social support among them and the Ways of Coping questionnaire, developed by Folkman and Lazarus (1985) was used in the present research to identify various forms of coping strategies utilized by the survivors of sexual violence. The obtained data was analysed with the help of ANOVA, t test and Pearson correlation coefficient. The overall results of the study indicated that, perceived social support individually has a significant effect on the coping strategies of

survivors of sexual violence. Keywords: Sexual violence, Psychological wellbeing, perceived social support, coping strategies, survivors.

Contents

1. Introduction 2. Literature review 3. Method 4. Results 5. Discussion. Summary & conclusion. References. Appendices.

11. SREEJA GANGADHARAN P.
     Study in Prenatal Stress and Development of Pregnancy Stress Scale.
     Supervisor: Prof. S. P. K. Jena
     Th 24667

Abstract
(Not Verified)

Sexual violence includes various acts like rape, sexual harassment, sexual abuse, stalking, genital mutilation, forced abortion, child abuse, forced prostitution, intimate partner sexual violence, sexual trafficking etc. Such uncertain experiences increases the feeling of self-blame, guilt, shame, depression, Post- Traumatic Stress Disorder symptoms, hopelessness and all this affects the survivor's ability to cope efficiently. Thus, the main objective of the present research is to assess the psychological wellbeing and perceived social support in relation to coping strategies among survivors of sexual violence. The present study comprised of 110 survivors of sexual violence from different parts of Delhi. The survivors were approached from different NGO's, Government shelter homes, Trust working for men survivors and sample comprising of boys below 18 years of age were contacted through MCD schools in Delhi. Psychological Well-Being Scale constructed by Carol Ryff (1989a) has been used to assess the experience of psychological well-being among sexual violence survivors, Multidimensional Scale of Perceived Social Support (MSPSS) by Zimet et al., (1988), was used here to assess the Perceived social support among them and the Ways of Coping questionnaire, developed by Folkman and Lazarus (1985) was used in the present research to identify various forms of coping strategies utilized by the survivors of sexual violence. The obtained data was analysed with the help of ANOVA, t test and Pearson correlation coefficient. The overall results of the study indicated that, perceived social support individually has a significant effect on the coping strategies of survivors of sexual violence. Keywords: Sexual violence, Psychological wellbeing, Perceived social support, coping strategies, survivors.

Contents

1. Introduction 2. Review 3. Method 4. Results and Discussion. Summary and conclusion. References. Appendices.

12. SAIN (Priyanka)
     Psychological Capital and its Correlates: A study of Managers and their subordinates.
     Supervisor: Dr. Pooja V. Anand
     Th 24668

Abstract
(Not Verified)

Managers are often looked upon as role models by their subordinates and hold greater power in organizational course of events. Manager-subordinate dynamics can have

diverse outcomes within organizations. Against this backdrop, present study aimed to assess if Psychological Capital of the managers encompassing self-efficacy, hope, resilience and optimism and Emotional Intelligence of managers encompassing sensitivity, maturity and competency had a significant impact on the Job Satisfaction, Work Engagement and Subjective Well-Being of subordinates. Standardized psychological scales were used for measurement of all the constructs of the study. Mixed methodology with cross-sectional research design was employed and Delhi National Capital Region (NCR) was chosen as research area for data collection. N=91 managers and their corresponding subordinates (N=139) were chosen from public and private sectors using non-probability convenience sampling. Quantitative data was collected using structured questionnaires, while qualitative data was collected through semi-structured interviews. Interviews of 10 respondents were carried out for performing thematic analysis. Satisfactory levels of Psychological Capital and Emotional Intelligence among managers, yet, mediocre levels of Work Engagement and poor levels of Subjective Well-Being as well as Job Satisfaction among subordinates could be observed. Most of the variables under the study did not exhibit variation with sector and age of the employees. All variables are strongly and positively correlated with each other. Hope of managers was found to be the largest significant determinant of their subordinates' state of being at work. Emotional Intelligence of the managers on the other hand was found to have negative effects on subordinate Subjective Well-Being and their Work Engagement. Self-administration of questionnaires for data collection poses the risk of self-bias. Further, the present study was limited to service industries of Delhi NCR. Diverse samples from different geographical regions and from different industries should be studied in the future for better generalization of the results.

Contents

1. Introduction 2. Review of literature 3. The present study 4. Research methodology 5. Results 6. Discussion 7. Implication, limitations and future research. References.

13.   SOORYA SUNIL
       Moral Socialization, Religion and Identity.
       Supervisor: Dr. Sunil Kumar Verma
       Th 24665

Abstract
(Not Verified)

The purposes of this study were to develop a measure of moral socialization, to examine links between moral socialization and civic engagement, to determine the relationship between moral socialization and religious fundamentalism, to assess the role of ethical value of community, social interest, social responsibility, moral identity as mediators of relationship between moral socialization and civic engagement, to assess the role of social responsibility and moral disengagement as mediators of relationship between moral socialization and religious fundamentalism, and to examine the role of religion as a moderator of these relationships. A total of 504 emerging adults (18-25 years, M=24, SD=4.2), comprising of 298 females and 206 male participants were administered the perceived moral socialization scale, the community subscale of ethical value assessment, the social interest scale, the social responsibility scale, the moral identity scale, prosocial tendencies measure, the moral disengagement scale and the religious fundamentalism scale. As per the findings, the 16-item Perceived Moral Socialization Scale (PMSS) showed good reliability, factor structure and validity. The structural equation models demonstrated that moral socialization positively predicts the value of community, social interest, social responsibility, moral identity, prosocial behaviour, civic engagement and religious

fundamentalism. Further, support was found for the role of the ethical value of community and social responsibility in mediating the relationship between moral socialization and civic engagement, and the mediating role of the ethical value of community, social responsibility and moral identity in the relationship between moral socialization and prosocial behaviour was found. Besides, social responsibilty and moral disengagement mediated the relationship between moral socialization and religious fundamentalism. Finally, religion moderated the relationship between moral disengagement and religious fundamentalism. The results highlight the significant role of parental moral socialization in promoting youth engagement and inhibiting tendencies that can lead to antisocial conduct.

Contents

1. Introduction and review of literature 2. Conceptualization and scale construction 3. Method 4. Results. Discussion, summary and conclusion. References. Appendices.

14. SUNBHI KUMAR
Trust in Personal and Social Lives: A Psychological Inquiry.
Supervisors: Prof. Girishwar Misra and Prof. Nandita Babu
Th 24656

Abstract
(Not Verified)

The goal of this research was to understand the phenomena of trust as it unfolds in people's everyday personal and social lives embedded in a socio-cultural context. The research objectives included developing a Grounded theory of Trust and its facets and examining functions of trust in everyday life. The study was designed as a qualitatively driven (exploratory) sequential mixed method research. In qualitative phase, a cross – sectional sample (n=36), selected using purposive, convenience and snowballing sampling, was interviewed to understand notions of trust and mistrust, its utility in domains of social life and notions about building, breaking and repair of trust. Using grounded theory approach, data was analysed. In the emergent theory proposed, trust is conceptualized as a relational and dynamic entity influencing and influenced by various levels of everyday life – personal, familial, interpersonal, work life and public dealings. In its dynamic nature, trust can be increased or decreased and trust broken can be either conditionally repaired or not repaired and both increase and decrease of trust has implications on understanding of trust and individual's well-being. This conceptualization of trust is rooted in socio-cultural historical context as individuals are constantly evaluating whether act of trusting is the "right" option. In quantitative phase, emergent understandings from the grounded theory were tested to illustrate role of trust in everyday life. Particularly, relationships of trust, reciprocal inclinations and constructions of selfhood were investigated. Data was collected on a sample of young adults (n = 204) and analysed using correlational and regression analysis. Social trust was found to be predicted by negative reciprocity and interdependent self-construal, while self-trust was predicted by independent self-construal and identification with family. Findings and their implications are discussed in light of current social climate and possibility of rebuilding trust by both repairing it and promoting it, has been explored.

Contents

1. Introduction 2. Methodological considerations 3. Experience of trust: Insights from qualitative data analysis 4. Illustrating role of trust in everyday interactions 5. Discussion and conclusion. References. Appendices.

15. SUZEN (Houshou)
Sanitatem Animae: Healing of Souls in MakhrafII-Christian Ancestry.
Supervisor: Dr. Eric Soreng
Th 24615

Abstract
(Not Verified)

Shamanism is the earliest known sacred healing tradition. Community's social and spiritual life revolves around the shaman. The shaman knows the world above and the world below. He has the intuitive knowledge of the world cosmos. In his dreams, he gets the knowledge of plants and uses it accordingly for medicinal purpose. His soul embodies a bird or an animal. He knows the secrets of nature that are hidden from the general mass because he can detach himself from his body, experience the soul-world directly and communicate with the spirits. This indicates that for a shaman there is no strict distinction between nature and himself. The shaman and nature are like cooperative neighbours, and nature is considered living and as fellow humankind with respect; when nature speaks, calls, shaman always listens. The present research goes into the details of shamanism and its integral unity with the natural environment, especially with the creatures of nature in the context of Naga shamans. Before the Nagas were converted to Christianity, the old ancestral religion, animistic in characteristic, and accompanied by the ethno-medical tradition of lycanthropy, watched over the general well-being of the common folk. The richness of that tradition at present is gradually vanishing. In the present research the knowledge of shamanism of the selected Naga tribes is gathered with the help of shamans and their numinous experiences are reflected upon from Jungian perspective. The work curates—cura animarum—care and welfare of souls among the Nagas.

Contents

1. Commencement of research: Conceptual and research framework 2. Corpus of research: Interpretations and reflections 3. Consummation of research: Research findings 4. Call for research: Limitations and suggestions for further research 5. Citations in research: References

16. TANEJA (Deepali)
People with Autism Spectrum Disorders: A Sibling Mediated Intervention Study.
Supervisor: Prof. S. P. K. Jena
Th 24655

Abstract
(Not Verified)

Having a person with autism can be challenging for all family members, including typically developing siblings. Parents of children with similar conditions get opportunities to interact with each-other. However, it is common for siblings to be left behind. Feeling 'alone', they go through life resenting their sibling, without understanding the implications of having a disabled sibling. This is of greater concern in India, with no state support, and unspoken cultural expectation of typical sibling caring for autistic sibling once parents are no more. To understand experiences of siblings of individuals with autism, peer-support programme based on an American model Sibshops was conducted. This study aimed at understanding needs of typically developing siblings, including their feelings, emotions, adjustment and coping. It further aimed at exploring impact of peer support programme on typically developing

siblings of autistic individuals. 9 typically developing siblings participated in peer-support programme at an autism organisation in Delhi. A safe place for siblings to share their feelings with other participants, twelve 3-4 hours long sessions were conducted over 4 months. Siblings and their parents were interviewed at beginning and at end of programme. In addition, activities were designed to capture feelings and emotions. Audio recorded and transcribed interviews were analysed using grounded theory. Findings from sibling measures indicated increase in knowledge of autism; decrease in anger/resentful feelings towards autistic siblings; use of more positive coping styles; decreased emotional, conduct, and peer problems of typically developing siblings. Parents reported decreased negative behaviours towards autistic siblings, and improved relationship. This is one of the first studies in India studying typically developing siblings of autistic individuals, which also tries to study impact of providing peer-support. Results support need for group interventions and evaluation to improve mental health functioning of this group. Study has implications for running sibling support groups in India.

Contents

1. Introduction 2. Method 3. Results 4. Discussion. Summary. References. Appendices.

17. TRIPATHI (Khyati)
Rodies and Beyond: From the Dead to Death" A Psychosocial Analysis.
Supervisors: Dr. Meenakshi Saxena and Dr. Nidhi Malik
Th 24895

Abstract
(Not Verified)

The present study was based on three objectives; a) to explore how death rituals reflect a culture's understanding of death, b) to study how the Hindu and the Jewish death rituals act as symbols of transition for the deceased, as well as, the bereaved, and c) to study the experiences of the individuals while performing the death rituals. To explore the above-mentioned objectives, 13 Hindu Saryuparin Brahmins living in Delhi, India and 13 Orthodox Ashkenazi Jews living in London, UK who had performed the cleansing ritual for the deceased before the funeral were included in the study. Face to face in-depth interviews were conducted with the participants using a semi-structured interview schedule. Each group consisted of seven males and six females. The present study is a psychosocial study that used anthropological framework to study the rituals and psychological explanations in conjunction with the psychoanalytic ones to explain the death-related concepts or phenomena. To explore the first two objectives, descriptions of death rituals gathered from the interviews of the Hindu and the Jewish participants were analysed for the symbolic meanings they carry. To explore the third objective, Thematic Analysis was used to extract the important themes from the interviews of the participants. Several important themes emerged from the interviews, such as; 'Motivation to Perform the Ritual', 'Learning the Ritual', 'Coping with the Ritual', 'Change after Performing the Ritual', etc. Based on the interviews of the participants, certain significant concepts were derived from the interviews. These included, 'Change in the Identity of the Dead', 'The Performers' Death Anxiety', 'Dealing with the Familiar and the Unfamiliar Bodies', 'Autonomy of Rituals', 'Ambivalence in Rituals and Experiences', 'Emotional Component in the Sacred and the Profane' and 'Meta-analysis of Communication During the Interviews'.

Contents

1. Introduction 2. Review of literature 3. Method 4. Research process and reflexivity 5. Theoretical framework 6. Result and discussion. Summary. Conclusion and suggestions for further research. References. Glossary. Appendices.

18. YADAV (Vikas)
Improving the Mental Well Being in the Elderly Population through Mindfulness Based Cognitive Therapy and Cognitive Behaviour Therapy.
Supervisors: Prof. N. K. Chadha and Dr. Harpreet Bhatia
Th 24658

Abstract
(Not Verified)

The present study was conducted with the aim of improving mental well being in the elderly through mindfulness based cognitive therapy (MBCT) & cognitive behaviour therapy (CBT). The research was semi experimental design type & the sample constituted forty five elderly females (60-80 years age) living in residential homes. The study was conducted into three phase: the pre assessment phase, the intervention phase & the post assessment phase. The pre assessment phase involved screening & evaluation of the participants using MMSE, BDI, BAI & WHO-QOL BREF. In the intervention phase the elderly females were divided into different treatment conditions., i.e, MBCT, CBT & No therapy group. In the post assessment phase, measures used initially as were used again for evaluation. The obtained data was then analysed using quantitative methods. The analysis of the result shows both MBCT & CBT were equally effective in improving depression, anxiety & quality of life scores in the elderly females. In contrast no therapy group was not effective in improving depression, anxiety & quality of life scores in the elderly females. The post hoc analysis showed that MBCT & CBT were significantly different from No therapy group except the environment domain of WHO-QOL BREF. The analysis further revealed that CBT was slightly more effective than MBCT in improving the score on depression & anxiety parameters. Whereas MBCT in comparison to CBT was more effective in the improving the scores on three parameters of WHO-QOL BREF. Neither MBCT, CBT nor No therapy group showed any significant improvement with regard to environmental domain of WHO-QOL BREF.

Contents

1. Introduction 2. Literature view 3. Research methodology 4. Treatment of data 5. Results and interpretation 6. Discussion 7 Implication, limitations & suggestions 8. Personal insights during study. Summary. References. Appendices.