

## CHAPTER 42

### PSYCHOLOGY

#### Doctoral Theses

01. BHAGAT (Nikita)  
**Exploring Intimacy in Married Couples: A Qualitative Study.**  
Supervisor: Dr. Ishita U. Bharadwaj  
Th 26110

#### *Abstract*

The desire for companionship and intimacy is one of the fundamental basis of becoming a couple. At the backdrop, is the changing couple relationship landscape of our society, keeping pace with technological advances of the globalization era. This context evoked a relook at what constitutes intimacy for couples today. The study aimed to explore the contemporary meaning of intimacy for married couples. There were two phases of the study. In first phase study, the objective was to understand the meaning of intimacy in marital and heterosexual romantic relationships. Semistructured interviews were conducted with 10 participants (26 to 45 years). Reflexive Thematic Analysis (Braun & Clarke, 2006; 2019) was used. Based on the four themes, it can be said that intimacy consists of feeling of closeness for a partner, and mutual sharing of feelings and thoughts. Intimacy and intimate relationship consists of a package of desirable qualities. It is a relationship of long-term togetherness, with future orientation. In the second phase study, meaning of intimacy was explored by situating it in married couple's experience of day-to-day living together. Semistructured interviews were conducted with 15 couples (28 to 38 years). Married years range included was 2 to 10 years. Couples were interviewed together (joint interview) and mainly online during the pandemic. Reflexive Thematic Analysis was used. Based on the six themes, intimacy can be said to consists of- a) feelings of love and pleasantness in the presence and company of spouse during certain times or interactions, b) sense of comfort and low inhibition in the act of sharing feelings and thoughts, c) a convergence around likeness and dissimilarities, leading to compatibility, d) having an unspoken understanding of each other and a sense of "being understood" by one's spouse, e) assurance of being together in highs and lows, and recognizing caring acts of spouse, leading to a sense of psychological security, and f) a friendship between spouses. The findings can contribute to understanding on what the couples belonging to metropolitan cities and in their thirties can possibly expect and need in their relationship and from their spouses or partners. The findings have implications for clinical setting.

#### *Contents*

1. Introduction 2. Review of literature 3. Method 4. Phase 1 study 5. Lessons from the field: Towards joint interviews 6. Phase 2 study 7. Discussion. Reference and appendix.

02. CHAUHAN (Manu)  
**Selfhood in the Context of Panch Kosha Doctrine of Indian Psychology.**  
Supervisor: Prof. Suneet Verma  
Th 26502

#### *Contents*

1. Selfhood: Insights from Indian Psychology 2. Emergence of self as an construct in mainstream Psychology 3. Curse of self: Issues arising because of overindulgence in self 4. 'Ko-Hum' – Who am i: Uanpanishadic quest for self realization 5. Pancha

kosha doctrine of Taittiriya Upanishad 6. The consciousness conundrum: Insights from Indian perspective 7. Positive Psychology: Insights from Indian Psychology 8. Implication limitation and direction for future research. References and appendix.

03. CHOUDHARY (Sanghmitra)  
**Psychological Inquiry of Women Empowerment in the Rural Areas of District Saharanpur India.**  
 Supervisor: Dr. Nidhi Prakash  
Th 26503

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1. Introduction 2 Review of literature 3. Research methodology and procedure 4. Results and interpretation 5. Discussion 6. Research summary, implications and directions for future research 7. References 8. Annexures.

04. GANGMUMEI KAMEI  
**Innovation and Sustainability of Indigenous Entrepreneurial Endeavours in North-East India.**  
 Supervisor: Prof. Anand Prakash  
Th 26124

*Abstract*

The present research focuses on various indigenous entrepreneurial endeavours of the Kabui (Rongmei) tribe who are mainly inhabited in the three North-East India states of Assam, Manipur and Nagaland. Seven visible cultural materials production i.e., weaving, basketry, food, beverages, ornaments, traditional medicine, and traditional drum (*khong*) of the Kabui (Rongmei) tribe were studied. Autoethnography was used in this research to reflect from an insider's perspective through two main studies. The first study explores innovation and entrepreneurship in influencing the development of Kabui (Rongmei) cultural materials and traditional values. And the second study looks into the Kabui (Rongmei) identity construction, preservation and promotion through entrepreneurship. Snowball sampling was used for identifying the indigenous entrepreneurs; semi-structured interview for data collection; and thematic analysis for analysing the data. The outcome of the research indicates that indigenous innovation and entrepreneurship were mostly in the area of weaving, ornaments and basketry due to the semiotic relationships between these cultural materials production and traditional values associated with the community's immediate life coupled with the vision of creating a cultural market and economy to empower people. The indigenous entrepreneurs also used cultural materials as a medium of expression and communication of traditions and psyche in the construction, preservation and promotion of Kabui (Rongmei) identity. Active participation of the community's womenfolk in the cultural material production was clearly visible for promoting identity consciousness and women empowerment.

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1. Introduction and overview of the thesis 2. Literature review: Innovation; Indigenous entrepreneurship and visible culture materials of the Kabui (Rongmei) tribe 3. Framing the basis of taking Kabui (Rongmei) tribe 4. Methodology 5. Study-1: Innovation and entrepreneurship in influencing the development of indigenous Kabui (Rongmei) cultural materials and traditional values 6. Study-II: Construction, preservation and promotion of Kabui (Rongmei) identity through entrepreneurship 7. General discussion. References and appendices.

05. GOSWAMI (Suwane) **Meretrix and Matrix: Goddess and Whore and Womb.**  
 Supervisor: Dr. Eric Soreng  
Th 26118

*Abstract*

*Meretrix* and *Matrix* is a research planted in the School of Carl Gustav Jung. The seed of the research is the concept of *Matrix* by Carl Jung, which in cosmogonic and alchemical worldview rooted in and is the primal *Meretrix*. Seeking the primordial images symbolizing the *Meretrix* and the *Matrix*, the research blooms into the mythological and the mystical branches, grafting hypothetical interpretations of the chosen and congregated *Arche* data. Mythical *Meretrix* and *Matrix* has selected Greek and Indian myths to sow concrete picture and experience of the archetype under investigation. Mystical *Meretrix* and *Matrix* undertakes selected portions of the scriptures to contemplate on the archetype and its meaningfulness in the human sphere. The section on Mystical *Meretrix* and *Matrix* also gathers a glimpse into the Gnostic spirituality, especially through the writing of Carl Jung.

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1. Part One: Commencement of research 2. Part Two: Corpus of Research: Interpretations and reflections 3. Part Three: Consummation of research 4. Part Four: Call for research 5. Part Five: Citations and research. References.

06. GUPTA (Divya) **Psycho-Spiritual Transformation among Long-Term Practitioners in the Himalayan Yoga Tradition: A Thematic Analysis.**  
 Supervisors: Dr. Suneet Varma and Dr. Preeti Kapur  
Th 26112

*Abstract*

The aim of the present study was to reconstruct the experiences of psycho-spiritual transformation among the long-term practitioners in the Himalayan Yoga Tradition. A multi-faceted methodology was employed with experiential learning as a tool on one hand and qualitative methodology with semi-structured interviews on the other. The phase I of the study involved the researcher's own spiritual training and the subsequent understandings that developed during the course of her stay at the Swami Rama Sadhaka Grama (SMSG) Ashram in Rishikesh, where the practices and teachings of the Himalayan Yoga Tradition were explored and inculcated by the researcher over the course of four years. The phase II of the study employed semi-structured interviews with 27 practitioners (16 females, 11 males) from the Himalayan Yoga Tradition with 30-60 years of spiritual practice and an average age of 66 years. The data was analyzed using thematic analysis. It was found that their spiritual journeys began with either their own intuitive seeking, guidance and support from their environment, or through their own deep sufferable experiences that made them question their higher purpose, following which they took up spiritual praxis of *bhakti*, *jnana*, and *karma yoga*. Despite having faced many challenges in their interpersonal, socio-cultural, and work environments, and while dealing with the many challenges posed by one's own mind and body, their perseverance allowed them to overcome these challenges and experience inner transformation. Most importantly, they were able to draw others to spirituality and became catalysts for change and transformation in others. A roadmap of spirituality has been drawn for the students of Indian Psychology and those spiritual seekers who are beginning their journeys on the spiritual path. The practical applications and implications of research findings are discussed.

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Introduction 2. Methodology 3. Results and discussion. References and appendices.

07. KAUR (Jaspreet)  
**Understanding the Practice of Training and Development in Organization in Relation to Organizational Effectiveness.**

Supervisor: Prof. Avinash Kumar

Th 26122

*Abstract*

Training and development of employees play a vital role in improving the performance, skills, capabilities and also increasing productivity, which leads to place organization in a better position to top and to face competition. Organizational effectiveness is how effectively an organization is in achieving the outcomes that the organization proposed to achieve. In this regard, present study was intended to see the nature of the relationship between training & development and organizational effectiveness of the employees. In the present study, data were collected from 300 working employees (n1=100 public, n2=100 private, n3= 100 MNC) from the different organizations in Delhi by using random sampling. Organizational Effectiveness Scale (OES) (Daftuar, 2013) and Self developed and standardized Training and Development Assessment Scale (TADAS) were used to collect the data. Data employs both quantitative and qualitative and analyzed using descriptive statistics (mean and standard deviation) and inferential statistics consisting of Pearson product-moment correlation, content analysis for interview questions. The finding has indicated that there is a positive relationship between Training & development and organizational effectiveness. As it provides the organization and employee meaningful contributions to achieve success and increase work productivity. The study has concluded that effective training and development helps the employees to develop competencies which enable them to implement the job work efficiently and organizational effectiveness helps in the outcomes that the organization has proposed to achieve. In this regard training & development and organizational effectiveness both works as a partner for the organization and employee to achieve the goals.

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1. Introduction 2. Review of literature 3. Methodology 4. Results 5. Discussion and conclusions. References and appendix.

08. MUNKHTUUL (Norjvanchig)  
**Symbol of Transcendence: Jungian Study on Mongolian Shamanism.**

Supervisor: Dr. Eric Soreng

Th 26116

*Abstract*

Mongolian shamanism is at the very heart of the nation. A shaman is the living representative of the mythology and the mysticism belonging to the legacy of shamanism characterized by his degrees of transformation into a spirit-healer by transcending the personal-outward context to travel to the non-mundane, invisible, parallel worlds of the gods, the ancestors and the spirits, and return to pronounce solemn ways of curing the souls. A shaman knows the secrets of the sickness because he becomes sick in his initiation and is healed by the spirits. A shaman is a dreamer whose dreams and visions heal others because he conducts voyages in such realms. A shaman knows the mysteries of life and death because he undergoes ritualistic death in his ecstatic preparation to become a healer who can cohabit with the living and the dead. The research undertakes the archaic technique of healing in the context of Mongolia. Mongolian shamanic myths, narratives of the practicing Mongolian shamans and shamaness, and pictorial documentation of the Mongolian shamanic tools are congregated in the research to get a glimpse into the archaic "*Cura Animarum*".

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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. Citations in research: References

09. RAJ (Saurabh)  
**Understanding the Suicidal Pattern: An Exploratory Study from Psychosocial and Cultural Perspective.**  
 Supervisor: Dr. Sunil Kumar Verma  
Th 26121

*Abstract*

The World Health Organization, reports that about 79 percent of death by suicides happen in lower- and middle-income countries. The act of suicide shows the extreme despair state of an individual and is not just limited to the presence of underlying psychiatric condition but it is attributable to risk factors like job loss, interpersonal conflict, loss of loved one and chronic illness. In addition to the individual factors, person's sociocultural settings and their impact also play a role in the occurrence or prevention of suicidal phenomenon. These factors may vary region wise and may have different effects across age-groups, gender, professions and other classifications. Therefore, studying suicide within the region and especially within the community will give a broader idea on the risk factors and preventive factors prevailing in that area. These factors can be used to develop prevention and intervention programmes to reduce suicides. Hence, this study was conducted with an aim to understand the psychosocial and cultural determinants of suicidal pattern as well as see the effect of a suicide awareness and prevention training programme. The study made use of participatory rural appraisal techniques to explore the different dimensions of suicidal pattern in three districts of Bihar. The analysis of the obtained data based on a range of techniques of PRA revealed that interpersonal problems, discrimination against women/girl child, unemployment, early marriage, caste-based discrimination and financial problems were the reasons behind suicidal acts. It was also found that reporting for suicides were less due to family shame, being discriminated and stigma associated with such act. The social mapping technique revealed that caste discrimination, imbalanced resources distribution, poor medical facilities and lack of knowledge about mental health were reasons of distress. Among the preventive factors, social harmony in rural settings, connectedness of family members and education were identified. The training programme was useful in raising awareness about suicide, managing daily life stresses and improving interpersonal communication. The study was fruitful in identifying the perceptions and determinants of suicidal behaviour that may pose as risk or develop resilience. Better access to mental health facilities, more stronger approaches to address stigma, and actively involving community in preventive efforts prevent suicidal tendencies.

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1. Introduction 2. Psychological and sociocultural milieu in suicidal behavior: Review of literature 3. Community based participatory approach n understanding suicide pattern 4. Brief suicide awareness and prevention Programme: Feasibility, usefulness and challenges 5. General discussion. References and appendices.

10. REGON (Indrani)  
**Enhancing Emotional Intelligence: An Intervention-Based Study Among School Students with Learning Disabilities.**  
 Supervisor: Dr. Pooja V. Anand  
Th 26115

*Abstract*

The objective of the study was to assess the effectiveness of an emotional intelligence training intervention among school students with learning disabilities. Here, the effect of an emotional intelligence training intervention was studied upon the levels of wellbeing, general happiness, self-esteem, hope, self-concept and emotional intelligence among school students with learning disabilities. The study consisted of 65 participants in the age range of 9-15 years old comprising of both males and females. The participants were already diagnosed cases of learning disability of mild to moderate

degree, who are undergoing special education for at least a year while also being part of their respective school's inclusive education. The Stirling Children's Wellbeing Scale (Liddle & Carter, 2015), Subjective happiness scale (Lyubomirsky & Lepper, 1999), Coopersmith Self-esteem Inventory (School form) (Coopersmith, 1975), Children's Hope Scale (Snyder et al., 1997), Piers-Harris Children's Self-Concept Scale (2nd edition) (Piers and Herzberg, 2002) and BarOn Emotional Quotient Inventory: Youth Version (BarOn EQi:YV) were the measures used to assess the participants. The study had two groups- control and experimental. The control-group pretest-posttest research design was used for the present study. For the data analysis, dependent samples t-test and independent samples t-test were used to study the differences in mean scores resulting from the intervention within and between the two groups respectively. The data was analysed using SPSS and Stata. The results of the study indicated that there were significant differences between the pretest and posttest conditions of the experimental group on all the dependent variables. Also, the experimental group scored significantly higher as compared to the control group after the emotional intelligence training intervention.

#### *Contents*

1. Introduction 2. Review of literature 3. Method 4. Results 5. Discussion 6. References 7. Appendices.

11. SAGAR (Siddharth)  
**Exploration into Social Media Usage and Symptoms of Psychiatric Disorder Among Youth: A Cross-Sectional Study.**  
 Supervisor: Dr. Navin Kumar  
Th 26117

#### *Abstract*

During the last ten years, the use of advanced online technology such as social media has become increasingly studied, and research into "addictive technological behaviors" has substantially increased. Research has also demonstrated strong associations between addictive use of technology and symptoms of Psychiatric disorders. In the present study, 300 youths (mean age 22.45 years, ranging from 15 to 34 years) participated in both offline and an online cross-sectional survey examining whether demographic variables, symptoms of attention-deficit/hyperactivity disorder (ADHD), obsessive-compulsive disorder (OCD), anxiety, and depression could explain variance in addictive use of modern online technology such as social media. Age appeared to be significantly related to the addictive use of social media. Gender was significantly associated with the addictive use of social media. A female was more prone to social media in comparison to a male. The educational level of participants was significantly associated with addictive use of social media, and there was no significant difference seen in addictive use of social media and marital status and occupational level of participants. The association between addictive use of social media and obsessive-compulsive disorder (OCD) and attention-deficit/hyperactivity disorder (ADHD) symptoms were positive and significant. The association between addictive use of social media and symptoms of anxiety and depression was positive and but not significant. Association among symptoms of obsessive-compulsive disorder (OCD), attention-deficit/hyperactivity disorder (ADHD), anxiety, and depression were all positive and significant. Regression analysis showed that obsessive-compulsive disorder (OCD) domains such as checking, ordering, washing, obsessing, and hoarding explained 3.9%, 3.3%, 1.9%, 4.9%, and 6.8%, respectively of the variance in social media usages. The study significantly adds to our understanding of mental health symptoms and their role in the addictive use of modern technology and suggests Internet addiction disorder.

#### *Contents*

1. Introduction 2. Review of literature 3. The present study 4. Methodology 5. Discussion. References and appendices.

12. SANDHYA  
**Music in Healing: An Indian Psychology Perspective.**  
 Supervisor: Dr. Shyodan Singh  
Th 26119

*Abstract*

Present research examined the role of music in healing human body and mind. Researcher's own experiences with music as healing agent have been the inspiration for present study. The following research questions are being asked in the research. First, what role music plays in healing? Second question was to examine how music heals? To explore these questions a total of 12 participants were chosen through purposive sampling. Three categories from the field of music were selected and interviewed. The interview schedule was semi-structured. The categories are musician, music therapist and clients receiving music therapy. In each category there were four participants. The data was transcribed and analyzed. The method of analysis used in this research was thematic analysis by Braun and Clarke, 2006. After the data transcription the data was coded. Coding was done by choosing words and meanings from each sentence. The codes were then categorized in themes. These themes were further examined to see any overlapping, similarity, repetition and worth. Then Themes and sub-themes were made. Five themes have emerged which are, Music: a holistic perspective, Idea of Being, Healing, Transcendence and Music for well-being. In the next step the themes were described with the help of verbatim from the interview data. The discussion part makes the relation among all the themes clear. The last chapter of the research is conclusion where overall conclusion is being drawn. Here the relation between music and healing is established. The importance of music therapy in present medical and healing system is also highlighted. To conclude the research the suggestions for further research were made. The future research can focus on the effects of different musical instruments of specific ailments. The Indian system of *raga chikitsa* can be studied.

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1. Introduction 2. Method 3. Analysis 4. Discussion 5. Conclusion 6. Suggestion for future research and implications of study. References

13. SHAHEEN PARVEEN  
**Dynamics of Job Satisfaction and Organizational Commitment in Organizational Effectiveness.**  
 Supervisor: Dr. Khurshid Alam  
Th 26114

*Abstract*

Job satisfaction and organizational commitment are two constructs that hold crucial value in any organization. These two variables help the organization in the achievement of goals. If employees feel satisfied and committed, it translates into improved performance and increased productivity. Based on previous studies and research, many variables affecting job satisfaction and organizational commitment have been drawn. There are certain on the job and off the job factors, individual and organizational determinants, status and seniority, age, gender, marital status, years of experience, reward system, work itself, perceived quality of supervision, working conditions are presented by the researchers in the field of organizational behaviour. However, the existing literature does not offer a clear understanding of the underlying mechanism and major determinants related to personality variables. This study is developed to find out the dynamics of job satisfaction and organizational commitment in organizational effectiveness. Organizational effectiveness is determined by the extent to which the organization is capable of fulfilling its goal. If the employees are satisfied within the organization, they feel committed and further confirm the effectiveness of the organization by being efficient and contributing to the

organizational growth. For attaining the goal and objective of the current investigation, three questionnaires, Job satisfaction, organizational commitment and organizational effectiveness, are used. The reliability and validity of the questionnaire are well established. The sample consists of 200 employees belonging to the public sector (DMRC) and Private sector (Rapid Metro, Gurgaon). Independent t-test, correlational analysis and Hierarchical regression analysis have been employed to find out the results. Findings suggest that the two sectors are different in terms of their job satisfaction, organizational commitment and organizational effectiveness. Correlation results reveal very different patterns, which is a rare sight. All these variables show a significant negative correlation with each other, meaning an increase in job satisfaction or organizational commitment causes a decrease in organizational effectiveness. Similar findings have been observed for the correlation between job satisfaction, organizational commitment and organizational effectiveness for the public and private sectors. Further, the result of the analysis revealed a positive and significant relationship between overall Job Satisfaction and Organizational Commitment for the public and private sectors separately. The hierarchical regression analysis has been used to find out the impact of predictor variables on criterion variables. Findings revealed that Job satisfaction and Organizational Commitment, along with their various dimensions, are reducing the effect of criterion variables. Findings are discussed in the light of existing literature, and reasons for justification are given.

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1. Introduction 2. Literature review 3. Method 4. Results 5. Discussion 6. Summary and conclusion. References and appendices.

14. SINGH (Savy)  
**Exploring the Lived Experiences of Woman Officers: A Qualitative Study on Delhi Police Women.**  
 Supervisor: Dr. Ishita U. Bharadwaj  
Th 26120

### *Abstract*

The present research work is an attempt to understand how women police officers navigate through their work space, assuming the same to be “non-traditional” with respect to women in the present study. The non-traditionality of the workspace arises from the comparative recency of its opening up for women and their continued struggles for claiming legitimacy of their presence through advocating better numerical representation. The study consisted of thirteen women officers belonging to Delhi Police Department. For better understanding these participants were divided into seven upper subordinates and six lower subordinates based on the nature of their workload responsibilities. The approach towards choosing the participants for the research work was mainly purposive, convenience based and snowballing in nature, characterized by their willingness and consent to participate in the process of enriching the researcher with the reflections from their „lived experiences“. All the participants belonged to the age group of 30-45 years of age, belonged to middle income household and had more than ten years of work experience. Thus, homogeneity of their experiences was intended for meaningful deductions to be made. Also, such an age group ensured sufficient experience of working on at least two ranks and having experienced the struggling aspects of handling familial and other social responsibilities alongside. The data was gathered through endeavouring a phenomenological interviewing process. The research adopted a Descriptive Data Analysis Framework based on Moustakas’s technique of Phenomenological Analysis for analysing data. The data analysis took place at three levels, generating textual, structural and composite descriptions. The composite descriptions were then utilized to draw thematic graphs for a better understanding and representation of results, which were then discussed in detail, situated within the context of the broader body of psychological research, substantiated with the verbatims of the participants.



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1. Introduction 2. Review of literature 3. Methodology 4. Method 5. Thematic graphs showing results 6. Researcher's position: Being visibly invisible 7. Discussion of results 8. Conclusion 9. Limitations and future implications 10. Identifying the future research questions and directions. References and appendices.

15. SINGH (Smriti)  
**Social Diversity and Formation of Identity: Implication for Social Interaction.**  
 Supervisors: Dr. Pragyendu and Prof. Girishwar Misra  
Th 26113

*Abstract*

India is one of the most culturally diverse regions in the world, and at the same time it is a site of cultural hybridization and coexistence of varied communities. The strong need to form an identity and the challenges faced to maintain it is a continuous struggle for various communities. The present work attempts to study the dynamics of identity formation and social behavior by looking at the role of identity in various domains of social interaction. Thus, it is pertinent to examine the variations in the individual's identity across three different dimensions i.e., age, gender and ecology. Qualitative and quantitative both approaches will be adopted in addressing the research objectives. The participants of the study comprised 96 individuals from three different age groups. They were selected using a purposive sampling method from two different ecological contexts i.e., Delhi and Azamgarh (Uttar Pradesh). *Aspects of Identity (AIQ-IV)* developed by Cheek, J.M. & Briggs, S R.(2013) was used to measure four identity orientations-personal, relational, social and collective identity in individuals' self-concepts. *Three Dimensional Strength of Group Identification Scale* developed by Cameron (2004) was used to assess the social identification of participants across distinct group membership i.e., gender, caste and religion. Semi Structured Interview Schedule for an in-depth study was designed to cover different social interaction domains i.e., market, job, friendships, romantic relationships, marriage. The results indicate that a significant age difference was seen on collective identity, caste ties and caste centrality. Rural participants have higher collective identity and gender ties are higher in urban participants. Whereas female participants are high on personal identity, relational identity and on religious ties. From qualitative analysis various themes emerged i.e. Openness to diversity, Caste is the living reality, Class consciousness, Islamophobia, Resistance to linguistic diversity, Impermeable boundaries of intimate relationship.

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2. Introduction 2. Method 3. Result 4. Discussion and conclusion 5. Implications, limitations and direction for future research 6. Reference and appendix.

16. WANGDI (Sera Sonam Ongmo)  
**Mythical and Mystical World of Tibetans.**  
 Supervisor: Dr. Eric Soreng  
Th 26123

*Abstract*

According to Eliade (1963), „Myth is always an account of a “creation” as it reveals how something was produced and began to be“. Section I of the research work deals with deciphering myths. The Tibetan Myth of Creation and the Myth of Yeshe Tsogyal have been taken up for interpretation, which constitutes the first section of the thesis. The Tibetan Myth of Creation divulges into the sacred history of how the world of the Tibetans came to be. The Myth of Yeshe Tsogyal recounts the depiction of the emanation of the Goddess. The chapter provides an underlying essence of the notion of the term *Dakini*, the indispensable aspect of the feminine essence of Buddhahood, and the introduction of Buddhism into

Tibet. Section II of the research work submerges into some of the sacred scriptures of Tibetan Buddhism and divulges into the mythical and mystical notion of creation of the world and man, of life in the *Bardo* and the mystical lived experiences of nirvana. The scripture, *The Golden Dot The Epic of the Lha* delves into discerning the notion of Pleroma, with *Sermo I* of Carl Jung as the cornerstone, the chapter reflects on the nine primordial beings that caused creation and consequently the original structural phenomena for man. In the Tibetan Book of the Dead, with reference to Carl Jung's Psychological Commentary, Book II, Part I and II have been taken up for analysis. The essential focus of the chapter remains on the *Sidpa Bardo* and the vision accounted in the third method of closing of the Womb-Door, which is amplified to the Oedipus Rex, wherein Jungian interpretation has been provided. According to Underhill (2004) „Mysticism is the “science of the ultimate”. It is the “power of perceiving transcendental reality” and the mystic is one who understands this notion”. One of the canticles of Milarepa the mystic saint is taken for interpretation. The canticle gives a structured glimpse into the lived experience of nirvana, the *summum bonum* attained by Milarepa after journeying through darkness, death, deluge, desert, and devouring stages of spiritual life and seasons of nature.

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1. Introduction 2. Matrix in Tibetan myth of creation 3. The day of Dakini: Myth of Yeshe Tsogyal 4. Primordial images of pleroma: Reflection on the Tibetan epic the golden dot 5. Matrix in Bardo Thodol 6. Canticle of Milarepa: The Song of the snow. References.

17. YADAV (Isha)

**Authoritative Parenting in Dual-Earner Parents: Role of Spirituality, Social Support and Work-Family Conflict.**

Supervisor: Prof. Avinash Kumar

Th 26111

#### *Abstract*

The rise in the number of dual-earner nuclear families in urban India has impacted several work and family related aspects of individuals. One such key area is childcare. With the shrinking size of the household, there is a decrease in the avenues for support available to parents, especially from elders and other members of the family. With more women joining the workforce, there is a dual-responsibility of work and family on both the parents which leads to high work-family conflict. Such dynamics have an adverse effect on the caregiving practices adopted by these working parents. In the absence of external resources, spirituality can act as a crucial internal resource to ensure positive parenting. This research was undertaken with the objective of examining the role of spirituality, social support and work-family conflict in predicting authoritative parenting in dual-earner parents. A sequential mixed method explanatory design was used. For the quantitative phase, responses on standardised measures were obtained from 257 parents. Correlational analysis, t-test, ANOVA, regression analysis and structural equation modelling were conducted to analyse the data. For the qualitative phase, semi-structured interviews were conducted on a sample of 24 participants and thematic analysis was undertaken. The results of the study offered support for the role of spirituality as a facilitator of authoritative parenting. High spirituality directly ensured authoritative parenting practices. The relationship was also mediated by satisfaction with social support and work-family conflict. Spirituality increased satisfaction with social support and decreased work-family conflict experienced by dual-earner parents. This, in turn, resulted in them adopting authoritative parenting practices. These results carry crucial implications for parents at an individual level and organizations for policy implementation.

#### *Contents*

1. Introduction 2. Review of literature 3. Methodology 4. Results and analysis 5. Discussion. References and appendices.