CHAPTER 49

PSYCHOLOGY

Doctoral Theses

01.   AFREEN FATIMA
        Development of Pragmatic Language Skills in Children.
        Supervisor: Prof. Nandita Babu
        <u>Th 28486</u>

Abstract

The use of language within context is pragmatics. Since, there is no tool to assess Hindi pragmatics among Indian children, the present research aimed to develop a task to asses the same. In phase one, naturalistic observation, expert interviews, and text analysis of Hindi storybooks were conducted to understand the use of pragmatics. In phase two, Hindi Pragmatic language story narration (HPSN) and Hindi Pragmatic language video tasks (HPVT 1.0 and 2.0) were constructed to assess pragmatics. These were refined to develop Kids pragmatics Hindi videos (KPHV), used in phase three to investigate age and gender differences, further relationship with theory of mind was also examined. Children became significantly better in pragmatics with age. A significant relationship between pragmatics and theory of mind was also found. No significant effect of gender on pragmatics was observed. The findings of the study are useful for development of rehabilitation programs for children with Social Pragmatic Disorder (SPD). Keywords: Linguistics; Psychology; Development; Language development; Theory of Mind; Field studies; Statistics.

Contents

1. Introduction and Review of Literature 2. Use of pragmatic language skills in Hindi language 3. Development of a task assess pragmatic language skills 4. Development of pragmatic language skills 5. Discussion and Conclusion. References and Appendix.

02.   AJAYKRISHNAN (Menon Shreeya)
        Exploring the Effectiveness of `RES-COPE` Intervention Program on Enhancing Resilience and Coping of Children from Military Families.
        Supervisor: Prof. Meetu Khosla
        <u>Th 28487</u>

Abstract

Military deployment causes psychosocial stress, emotional distress, and academic problems in children from military families. This has adverse effects on psycho-social adjustments, familial dynamics and peer relations. Although such stressors may foster resilience, these children remain vulnerable, highlighting the need for preventative, strengths-based programs to enhance their resilience and coping. The present study developed and assessed the effectiveness of `RES-COPE intervention` to enhance resilience, coping (frequency), and coping (effectiveness) among children from Indian military families. A quasi-experimental pre-post design with a non-

equivalent control group was used. 486 children aged 8–12years (Grades 3–6) from an Army Public School in Delhi participated, with 286 in the intervention group and 228 in the control group. Resilience was measured using the Connor-Davidson Resilience Scale-25, and coping (frequency) and (effectiveness) were assessed using the Schoolager's Coping Strategies Inventory. `RES-COPE`, a validated 14-session program teaching cognitive, emotional, and behavioural skills, was administered to the intervention group for six weeks. Results revealed significantly higher overall resilience, coping (frequency), and coping (effectiveness) scores in the intervention group compared to the control group after RES-COPE, with medium effect sizes. No significant sex differences were observed at baseline or in the post-test. Parental military rank differences were only observed for resilience scores at the baseline, with children of Officers scoring highest, followed by Other Ranks and Junior Commissioned Officers, and not for coping (frequency) and (effectiveness). However, no significant differences with regard to parental military rank was observed in the post-test. Correlation analysis revealed significant associations between resilience, coping (frequency), and coping (effectiveness) at baseline, which became stronger in the intervention group after RES-COPE. The findings indicate that RES-COPE effectively enhances resilience and coping (frequency and effectiveness) among children strengthening their cognitive, emotional, and behavioural skills. It is cost-effective, feasible for school settings, and helps children build resources to tackle military deployment challenges. Keywords: Indian military, children, RES-COPE, resilience, coping, intervention.

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03.   ARORA (Saachi)
Effectiveness of Positive Psychology Interventions on Meaning-Making and Growth Through Prolonged Grief.
Supervisors: Dr. Sangeeta Bhatia and Vibha Sharma
Th 28816

Abstract

The current research aims to evaluate the effectiveness of Positive Psychology interventions on Meaning-Making and Growth through Prolonged Grief. A pre-post test randomized control design was employed with 60 participants experiencing prolonged grief aligned with the DSM V TR Diagnostic Criteria. The participants were randomly assigned to 3 conditions: Individual Interventions, Group Interventions, and Control Groups. A screening tool, Inventory of Complicated Grief was employed to screen participants based on grief severity. This was followed by administration of pre-intervention measures including Interview schedule designed for the study, Post-Traumatic Growth Inventory and Meaning Making in Grief Scale to examine the experience of grief, growth and meaning-making. A 10 session Positive Psychology Intervention was conducted in individual ang group intervention groups via individual and group setting. The control group received no intervention until study completion. Following the implementation of Interventions, post-interventions measures were administered. The findings of the study reveal that intervention groups demonstrated higher levels of growth and meaning-making in comparison to control group, emphasizing the efficacy of Positive Psychology Interventions in the treatment of Prolonged Grief.

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04.   AVANI RATAN
A Psychological Study of Adolescent`s Social Media usage and Dependency: Examining the Role of Spiritual Interventions.
Supervisor: Prof. Navin Kumar
Th 28488

Abstract

Social media is a powerful tool for sharing information, ideas, and interests through virtual communities and networks. With 97% of teens using platforms like YouTube, Facebook, Instagram, or Snapchat, it has both positive and negative impacts. Social media can facilitate self-expression, connect with peers, and provide a sense of connection. However, it can also lead to distraction, disrupted sleep, exposure to bullying, unrealistic expectations, and pressure from friends. Spirituality, on the other hand, is an aspect of humanity that connects people to the moment, self, others, nature, and sacredness. It can influence mental and physical health, and mindfulness is the basic human ability to be fully present and engaged in the present moment. Social media dependence is an increasing problem, with information overload, technology addiction, increased distractibility, anxiety, and depression. This research aims to examine the effects of mindfulness on social media dependence among adolescents. The study was conducted in two phases, with 300 adolescents aged 13-19 years. The results showed moderate usage of social media, with high usage receiving mindfulness-based interventions. Post-intervention, social media usage decreased and psychological well-being increased. The mindfulness-based intervention positively impacted time management, self-image, social interactions, and information overload. Keywords: Social Media, Dependence, Spirituality, Mindfulness, Intervention, Qualitative analysis, thematic analysis, Buddhism, adolescents, depression, mental health.

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1. Introduction 2. Systematic literature review 3. Methodology 4. Results 5. Discussion 6. Conclusion 7. Limitations, Strengths and Future Research. References and Appendix.

05.   BHALLA (Ayushi)
Understanding The Relationaship Between Childhood Trauma, Alexithymia and Problematic Internet Use Among Emerging Adults.
Supervisor: Prof. Meetu Khosla
Th 28752

Abstract

Background: Problematic Internet Use (PIU) among emerging adults is often linked to poor emotion regulation and awareness, particularly Alexithymia. Since Alexithymia can develop following traumatic experiences, the present study has incorporated Childhood Trauma as leading to Alexithymia which may manifest in behavioral tendencies such as Problematic Internet use. It also aims to reduce the three through B-COME intervention program. Method: Participants in study I were administered the Childhood Trauma Questionnaire-Short Form (CTQ-SF), Toronto

Alexithymia Scale (TAS-20) and Generalized and Problematic Internet Use Scale 2 (GPIUS2) with the sample of 575 emerging adults aged between 18-25 years from different Universities of Delhi. 50 Participants in study II who were selected on the basis of certain inclusion criteria were further administered the Post-Traumatic Growth Inventory. Participants in the experimental group were administered with B-COME intervention program whereas control group were offered general activities. Data was analyzed using IBM SPSS version 25 and content analysis. Results: It was found that there was a significant positive relationship between Childhood Trauma, Alexithymia and PIU among Indian emerging adults and that Alexithymia fully mediated the relationship between Childhood Trauma and PIU whereas PIU partially mediated the relationship between Childhood Trauma and Alexithymia. Content analysis showed that the Internet is influencing the traumatic experiences of participants by both increasing & decreasing their traumatic effect and by managing triggers associated with it. Participants could relate their personal traumatic experiences with the internet content emotionally, cognitively and able to develop coping strategies to deal with it. Participants were also comfortable sharing their traumatic experiences in an offline mode depending on people or situation. Findings from study II revealed that there was no significant difference in the level of Alexithymia, PIU and Post-Traumatic Growth between control group and intervention group after the B-COME intervention program. However, the level of Alexithymia and PIU in the pre-test and Post-test/follow up scores varied more in the experimental group after B-COME intervention program as compared to control group whereas the level of Post-Traumatic Growth varied significantly in the experimental group after B-COME intervention program.

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06. BORUAH (Bahniman)
Stakeholder Engagement and Systemic Challenges in Assam's Secondary Schools: A Mixed-Methods Inquiry of Psycho-social Dynamics and Educational Practices.
Supervisor: Prof. Poonam Phogat
Th 28489

Abstract

This research investigates the efficiency of the secondary school system in Assam and examines the experiences of all stakeholders—adolescents, parents, and teachers—within that system. Using a sequential explanatory mixed-method design, the study was conducted in two phases. The first phase employed quantitative methods with a sample of 200 adolescents, 200 parents, and 100 teachers from both government and private schools across six districts in Assam. Standardized scales were used to examine the relationship between academic performance, academic stress, teacher and parent involvement, interpersonal relationships, and behavioral and emotional problems (BEP). The results showed that academic stress and teacher involvement (as perceived by teachers) were positively associated with BEP, while academic performance, interpersonal relationships, and teacher/parent involvement (as perceived by students) had a protective effect. The second phase involved qualitative interviews with 8 adolescents, 8 parents, and 8 teachers. Thematic analysis revealed

five major concerns: pressure to perform academically, lack of emotional support, challenges in teacher-student and parent-child relationships, limited mental health resources in schools, and the shortcomings of Parent-Teacher Meetings (PTMs). Teachers reported institutional pressure to prioritize high achievers; parents expressed confusion and guilt over their limited ability to support children emotionally; and adolescents described feelings of anxiety, comparison, and neglect. The findings call for a balanced educational environment that values emotional well-being alongside academic outcomes. Policy recommendations include restructuring PTMs, integrating school-based counselors, and improving stakeholder collaboration.

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07.   CHANGKIRI (Temsuienla)
Mythology and Man: Search for Soul of the World.
Supervisor: Prof. Sarabjeet Kaur
Th 28490

Abstract

The Ao nagas have found a place in the world, and have carried traditions with them through the wisdom and knowledge passed to them through the great repository of oral myths and folktales that tell tales of the beginning for time and explains their existence on this planet. This thesis has been an attempt to take these creation myths and dissertate on the psychic landscape of the tribe in relation with the current world that the tribe experiences along with the collateral questions of identity that often comes with such changes. These myths have been carefully subject to interpretations in order to locate and make sense of the archetypal experiences that the tribe share as a collective as well as on an individual level. The work has been Jungian and analytical tools like archetypal amplification has been used.

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1. Introduction of Research 2. Creation of the World 3 Creation of Man 4. Creation and Ao Woman 5. Man and Nature: Shamanism 6. Renewal of Creation 7. Research Findings 8. Limitations and Call for Future Research. References. Appendices.

08.   CHOEDON (Tsering)
Exploring the lived-experiences of Tibetan Buddhist monks: A Qualitative Study on Compassion.
Supervisors: Dr. Nidhi Prakash and Prof. Nandita Babu
Th 28491

Abstract

This study explores the lived-experiences of Tibetan Buddhist monks on compassion, who reside in Dharamshala, India. Compassion is a concept which is very central to Buddhism. The main objective of the study was to understand the conceptualisation of compassion by Tibetan Buddhist monks. To identify the ways in which the Tibetan Buddhist monks have gone through the transformative processes of compassion throughout their lives. There were a total fifteen participants from which one decided to exit the research due to personal issues.

Life history method was employed to get the detailed experiences of compassion throughout their lives to understand compassion in detail and their transformation through their lives. The data analysis is done through reflexive thematic analysis by Braun and Clarke to form the themes of the study. There are twenty six themes which were relevant to the study. These are as follows prospects of coming to exile, becoming a monk as an external influence, thoughts causing unhappiness, belief system of karmic action, defining compassion, self-centred attitude, the practise of emptiness in Buddhism, the process of helping as altruistic motivation, addressing great compassion, suffering in the process, cultivation of compassion, aiding cultivation of compassion, importance of compassion, challenges of compassion, compassion rooted on valid reasoning, presence of basic seed to compassion, creating happiness through compassion, compassion and facing problem, right view diminishing self-cherishing attitude, no difference in wanting happiness, desiring an escape, effects of compassion on self, transformative journey of compassion , nature of mind, essence of patience, meditation. At the end, the researcher provided the reflexivity of the themes that are emerging from the data. It is hoped that this study throws light on understanding compassion from the personal experiences of the monks and to know the transformations throughout their lives to get some inspiration to follow their footsteps but in a more secular manner. Keywords: Compassion, Tibetan Buddhist monks, monastic education, cultivation of compassion, transformative journey of compassion.

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1. Introduction & Review of Literature 2. Method of the Study 3. Results 4. Discussion 5. Conclusion. References and Appendices.

09.   DAS (Eva)
        Effect of Cognitive Offloading on Prospective and Retrospective Memory: Role of Metamemory.
        Supervisors: Dr. Dinesh Chhabra and Nandita Babu
        Th 28492

Abstract

Cognitive offloading is the act of reducing the cognitive demand of a task by altering the information required to fulfil the task like taking notes to remember a specific event or task to do in the future. This study examines the impact of cognitive offloading on prospective memory (PM; remembering to execute future intentions) and retrospective memory (RM; recalling past events or information) and explores the role of age and metamemory which is an individual's awareness of one's memory processes. In this study, we study three aspects of Metamemory – Satisfaction, Ability and Strategy. In the between-subject experimental design, 230 participants were randomly assigned to the control group (without cognitive offloading) and experimental group (with cognitive offloading) to perform 8 performance-based PM tasks adapted from CBMPT. An RM assessment was also performed on both groups. Results indicate that cognitive offloading significantly enhances PM accuracy but has mixed effects on RM. Results also indicated Metamemory and age as critical factors in PM accuracy. These insights provide age-specific suggestions for cognitive interventions and tools to support memory in everyday contexts.

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1. Introduction and Literature Review 2. Method of the study 3. Results 4. Discussion and Conclusion. References. Appendices.

10.	KAKATI (Olivia)
	Cyber-Ecosystems and Alienation: Psychosocial Implications for Adolescents and Young Adults.
	Supervisor: Prof. Navin Kumar
	Th 28493

Abstract

In an era of unprecedented digital transformation, cyber ecosystems—comprising interconnected networks of media, technology, and users—have reshaped the social and psychological realities of adolescents and young adults. This thesis examines the complex relationships between media and technology usage, family environment, and psychosocial alienation in the Indian context, highlighting the role of cultural and ecological factors. A mixed-methods approach was employed. The quantitative phase engaged 400 participants using validated scales to measure media and technology usage, attitudes, family environment dimensions, and alienation. Analytical techniques, including regression, mediation, and moderation analyses, revealed that media and technology usage strongly predicted alienation, with excessive engagement amplifying feelings of social disconnection. Age and family relationships moderated this relationship: younger participants and those with weaker family bonds were more susceptible to alienation. However, family environment dimensions did not mediate the relationship as hypothesized, and gender differences were negligible. The qualitative phase involved semi-structured interviews with 12 participants, offering insights into the lived experiences of high media users. Participants described the tension between virtual and real-world interactions, the protective role of family support, and struggles with identity formation in digital spaces. Feelings of alienation often stemmed from their online behaviors, with strategies like digital detoxing reflecting attempts to regain control over their lives. These findings align with Erikson's identity development theory and Bronfenbrenner's ecological systems theory, emphasizing the interplay of individual development, family dynamics, and societal influences. Insights from Indian psychology underscore the importance of collective well-being and familial ties in mitigating alienation, contrasting with the individualism often fostered by digital ecosystems. This thesis contributes to understanding the psychosocial implications of media and technology usage, particularly within India's unique sociocultural context. Recommendations include fostering balanced digital engagement, reinforcing family systems, enhancing digital literacy, and implementing culturally sensitive interventions to address alienation in the digital age.

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1. Introduction 2. Review of Literature and Conceptual framework 3. Methodology 4. Results and Discussion 5. Conclusion: Implications, Strengths, Limitations and Directions for future research. References and Appendices.

11.	KAUR (Meharmeet)
	Exploring Postpartum Depression in Indian Context: A Qualitative Study.
	Supervisor: Prof. Mahesh K. Darolia
	Th 28753

Abstract

Postpartum depression has been conceptualized as a mental illness by the dominant biomedical discourses. However, the literature has been largely silent in understanding the lived realities of the nascent mothers as to how do they construe

motherhood under the garb of this condition. This study contends to shed light on the immediate realities of the new mothers in the light of their (un)lived mothering realities which are embedded in their cultural psyche. The following concerns served as the guide post to this research: Is Postpartum depression a residual state to the loss of expected image? And, how do new mothers locate themselves, their bodies, desires and relational selves around the mothering process? The quest for data gathering was followed through Purposive sampling method. This research has stood on the epistemological view of Social constructionism and a Relativist ontology. The interviews have been centered around Narrative framework. Reflexive Thematic analysis (Braun and Clarke, 2006, 2019) was used for analyzing the data of twenty four women, from the terrains of Punjab. The study proposed the salient themes of: (a) Psychological dissonance around becoming a biological mother, (b) Emotional Burnout in the course of motherhood, (c) Unlayering of the Maternal Body, (d) Joy and Pain of motherhood: A Paradox of emotions, (e) Relational realities of Being a mother, (f)Critical voices and anticipation of (un)folding of becoming a (biological) mother as mothers navigate their lived realities around mothering amidst Postpartum depression. This research would be beneficial for researchers engaged in the Gender and Women health domain and therapists as it would facilitate in developing a more nuanced understanding of this concern, that comes from our cultural sensibilities. Co- parenting perspectives could have been taken which also serves as direction for future studies. Keywords: Culture, Mothering, Motherhood, Maternal Body, Reflexive Thematic Analysis.

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1. Introduction 2. Review of Literature 3. Researcher's positionality and reflexivity 4. Unfolding of the research questions to research objectives 5. Methodology 6. Discussion. Closing reflection, References and Appendices

12.   KAUR (Tanveer)
Efficacy of Cognitive Retraining Intervention Module for Treating Cognitive Deficits Among Obese Individuals.
Supervisors: Dr. Harpreet Bhatia and Gauri Shanker Kaloiya
Th 28754

Abstract

Introduction: Obesity is a multifaceted chronic condition associated with cognitive deficits, particularly in executive functions such as attention, memory, and decision-making, which may hinder effective weight management. Traditional behavioral weight loss (BWL) interventions often yield inconsistent long-term outcomes, underscoring the need for novel approaches targeting cognitive impairments to enhance weight loss sustainability. This study aimed to develop and evaluate a cognitive retraining intervention module to address cognitive deficits and improve weight management outcomes among obese adults. Objectives: The primary objectives were to develop a comprehensive cognitive retraining module, assess its efficacy in improving cognitive deficits, and evaluate its impact on weight loss in obese individuals. Secondary objectives included examining the prevalence of cognitive deficits across body mass index (BMI) categories and assessing lifestyle-related behavioral changes. Methods: A three-phase mixed-method study was conducted at the All-India Institute of Medical Sciences, New Delhi. Phase 1 involved a cross-sectional survey (N=347) to assess cognitive deficit prevalence using the Montreal Cognitive Assessment (MoCA) across BMI categories. Phase 2 focused on developing and validating a cognitive retraining module through a mixed-method approach with 12 experts and 10 obese individuals with cognitive deficits. Phase 3 was a 12-week randomized controlled trial (RCT)

(N=80) comparing the efficacy of the retraining module against standard care, measuring cognitive outcomes (PGI Memory Scale, N-back test, Bender Gestalt Test) and weight loss, with a 6-month follow-up. Results: Phase 1 revealed a significant association between higher BMI and cognitive deficits, with 57.33% of participants showing mild to severe impairments (MoCA scores <26). Phase 2 successfully developed a validated cognitive retraining module incorporating problem theory, program theory, and a logic model, deemed feasible and acceptable through pilot testing. In Phase 3, the intervention group demonstrated significant improvements in cognitive scores (PGI Memory: β=5.02, p<0.001; N-back: β=0.99, p=0.005; BGT: β=-3.44, p<0.001) and weight loss (3rd month: -1.6 kg, p<0.001; 6th month: -3.84 kg, p<0.001) compared to the control group. Lifestyle behaviors, including dietary habits and physical activity, also improved significantly in the intervention group. Conclusion: The cognitive retraining intervention module significantly enhanced cognitive functioning and facilitated clinically meaningful weight loss among obese adults, suggesting its potential as an adjunct to existing obesity management programs. These findings highlight the modifiability of obesity-related cognitive deficits and underscore the importance of integrating cognitive interventions to improve adherence to lifestyle-related changes.

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13.   LAL (Nitika)
      Perceived Parenting Style, Empathy and Interpersonal Relationship Among Adolescents.
      Supervisor: Prof. Pranita Gaur
      Th 28496

Abstract

The main aim of the study was to investigate the relationship between perceived paternal parenting styles and their impact on male adolescent`s empathy and interpersonal relationships. The study employed a cross-sectional quantitative design and was carried out in three different phases: Research Design and Conceptualization, Pilot data, and Main Study Implementation. The results of the pilot revealed a negative correlation between perceived parenting style and empathy, as well as a negative correlation between empathy and interpersonal relationships in adolescents. The main study comprised of a total number of participants who were adolescent boys ranging from 13-19 years (n=548) were carefully selected following the inclusion criterion. Three standardized psychological scales and a self-developed socio-demographic tool were administered to each participant. Data was collected cross-sectionally in physical mode from 27 schools of Delhi-NCR and was coded and secured in digital files, maintaining confidentiality. Inferential statistics was applied for further analysis of data. It was found that Authoritative parenting shows several negative correlations with variables of interpersonal relationships like INSIGHTFULNESS (-0.161), TRUST (-0.134), and POPULARITY (-0.164). Negligent parenting shows positive correlations across many variables, particularly TRUST (0.739) and INSIGHTFULNESS (0.399). Negligent parenting has weaker correlations with empathy measures such as affective empathy (AEMPATHY 0.262*), suggesting less emotional connection, which may affect children`s ability to empathize with others. Permissive parenting has a significantly strong correlation with TRUST (0.951). Authoritarian parenting shows moderate positive correlations with INTIMACY (0.448) and TRUST (0.415). Further analysis shows that parenting styles

significantly predict trust and intimacy, with authoritative and authoritarian styles playing a critical role in shaping these variables. In contrast, parenting styles have no significant impact on popularity, insightfulness, affective empathy, and cognitive empathy among adolescents. The study also rejects the premise that authoritative parenting is the best style per the result analysis.

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14.   MISHRA (Harshita)
Effectiveness of Phonological and Visual Spatial Based Interventions for With Dyslexia.
Supervisor: Prof. Rajni Sahni
Th 28494

Abstract

Specific Learning Disorders are neurodevelopmental disorders, with difficulties in learning key academic skills with performance well below expected for age. The most commonly found SLD is Dyslexia. Children with dyslexia have phonological deficits; however, visual spatial deficits are considered significant predictor as well. A number of interventions exist for management of Dyslexia, including provision of multi media input. The present study is an attempt to investigate the feasibility and effectiveness of visual-spatial skills training, phonological training and multi modal training for enhancing visual spatial skills and phonological skills in children with dyslexia aged between 6 – 9 years and to see which is the most effective intervention amongst the three. 64 children participated in the study – 49 children in intervention groups and 15 children in control group. The interventions were applied on the individual intervention group as per the sample allocated. Pre and post intervention scores on tests for phonological skills (CTOPP -2) and visual spatial skills (DTVP – 2) were recorded. To substantiate the results, through convenient sampling, 5 children from each intervention group were selected for a teacher and parent interview towards the end of the study. Through non-parametric statistical analysis, it was found that children in all three intervention groups showed significant improvement. The present study was successful in developing and implementing three intervention protocols for children with dyslexia for their visual-spatial and phonological skills. The effectiveness of said programs was established through statistical testing and generalisations of skills learnt through parents and teachers feedbacks post intervention. It was also found that on comparisons between groups, the multimodal intervention could take care of the underlying deficit, be it visual-spatial or phonological.

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15.   MUKHERJEE (Aritra)
Understanding Collective Victimization and Resilience Among Kashmiri Pandits: A Qualitative Study.
Supervisor: Prof. Dinesh Chhabra
Th 28755

Abstract

This study examines the processes of collective victimization and collective resilience among victims of forced displacement affected by direct displacement i.e. the Kashmiri Pundits. The Kashmiri Pandits (KPs) are Indigenous people of Kashmir who were forcefully displaced in the early 1990s due to increased insurgent movements alongside a strong freedom movement based along a religious line. While refugee resilience studies are common, studies on IDPs are less frequent. Hence, the research explores an understudied IDP population, especially the Kashmiri Pandits population in India. Furthermore, the Appraisal Theory of Victimhood was applied to explore how KPs appraised the exodus (a source of stress) and strategies of Resilience (coping). The research aims to highlight how these groups utilize their own resources and coping strategies to foster resilience, emphasizing their agency, resilience, and constructive power in order to fulfill their needs. The study was done to understand in-group differences in evaluating their situations, contributing to a nuanced understanding of in-group employment of collective resilience strategies employed by the participants. The study explored the notions of victimization and resilience through non-fictional accounts in memoirs and anthologies and, in the second study, through semi-structured interviews with first-generation and second-generation migrants from both genders. We find themes of loss, existential concerns, post-migrational adjustment issues, and victims of violent victimization as factors of victimization, and we find themes of fostering relational wealth, continuation and preservation of culture, drawing distinction, and relying on the cultural value of education to gain jobs that are economically well-paying as how the community understood their resilience. This study expands on previous victimhood literature and explores victimhood among an understudied group.

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1. Introduction 2. Review of Literature 3. Methodology 4. Result and Analysis 5. General Discussion 6. Conclusion. References and Appendices.

16.   NARAYANAN (Sreelatha S.)
Leptin Deficiency and Neuropsychological Functioning of the Low Birth Weight Full-Term Children from Underprivileged Families.
Supervisor: Prof. S. P. K. Jena
Th 28495

Abstract

This study explored the impact of leptin on neuropsychological, psychophysiological and intellectual ability of children born at term (>37 weeks) with low birthweight (<2.5Kgs). Quasi-experimental, cross-sectional design was used wherein 174 children aged 10-14 years based on inclusion criterion for low birthweight (LBW) children and 44 children aged 10-14 years born at full-term with normal birthweight (>2.5kg) were recruited in the study. The assessments included intellectual ability, neuropsychological assessments, visuomotor ability and blood serum leptin levels. No differences between LBW and NBW children observed with both groups performing equivalently many domains. Significant differences were observed on reaction time for emotion recognition, attention and working memory as well as on visual discrimination and motor speed with LBW group performing better than NBW group. High leptin level group performed better on reaction time for correct responses for emotion recognition and spatial memory whereas low leptin level group had lowest performance. In NBW group, high leptin level group performed better

than other two groups on emotion recognition and spatial processing, however reaction time for correct response was lowest for abstraction, mental flexibility and visual attention. Significant associations of leptin with face memory and BMI were observed. IQ and visuomotor ability were linked with many neuropsychological domains. Indirect relationship between IQ and leptin with BMI mediating this relationship was observed. Mediating effect of BMI was observed between leptin with spatial processing and visual attention. In the NBW group, significant associations of BMI, IQ, leptin and visuomotor abilities with difference neuropsychological domains were observed. Leptin mediated relationship between BMI and reaction time for emotion recognition and face memory. 20 LBW and 4 NBW participants who performed lower on the motor domains, were contacted for electroencephalogram (EEG) assessment. Comparison revealed high activations of central and frontal midline regions in NBW group as compared to LBW children.

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1. Introduction 2. Review of Literature 3. The Present Study 4. Method 5. Results 6. Discussion. References and Appendices.

17.   RATURI (Aman Kumar)
Suggestibility, Personality and Decision-Making Styles: An ERP Investigation of the Word Blindness Suggestion Effect (WBSE) In Adults.
Supervisor: Prof. S. P. K. Jena
Th 28497

Abstract

This study approaches suggestibility as a stable trait that operates outside of traditional hypnotic contexts, emphasizing its relevance in everyday situations. Rather than focusing on suggestibility as something induced through hypnosis, the research examines how individuals naturally vary in their tendency to accept and respond to suggestions in everyday life. This study aimed to understand how trait suggestibility contributes to individual differences in personality and decision-making styles, and how it influences cognitive and neural responses to verbal suggestions. The research was conducted in two phases, combining cross-sectional and experimental paradigms along with electroencephalography (EEG) to better understand how suggestibility operates across both behavioural and neural level. In Phase 1, the study explored the relationship between trait suggestibility, the Big Five personality traits, and decision-making styles using standardized self-report measures. Mediation analysis was conducted to assess potential effects. Trait suggestibility emerged as a significant mediator in this relationship, indicating that individuals high in neuroticism are more susceptible to external suggestions or cues and, as a result, are more likely to rely on others or avoid responsibility when making decisions. This phase demonstrated that suggestibility is not only associated with specific personality traits but also plays a central role in shaping decision-making patterns. Phase 2 investigated the Word Blindness Suggestion Effect (WBSE) through an experimental paradigm involving a Stroop task combined with event-related potential (ERP) recording. Participants were given a suggestion that the presented words were meaningless symbols in one condition, and their performance was compared to a condition where they received no suggestion. Results showed that individuals high in trait suggestibility exhibited a reduction in Stroop interference & Stroop facilitation, indicating a temporary disruption in automatic word processing. ERP analysis revealed significant changes in brain activity under the suggestion condition compared to the no-suggestion condition, particularly in high suggestible individuals. Alterations in the N200, N400, and P300 components indicated increased conflict detection, disrupted semantic processing, and greater attentional

resource allocation, respectively. These findings suggest that suggestibility can modulate both behavioural performance and underlying neural mechanisms in high suggestible individual, even in the everyday life context. Together, the two phases of this study provide evidence that trait suggestibility is a stable and meaningful individual difference variable. It influences how people make decisions and how they respond to suggestions at both psychological and neurophysiological levels. The study highlights how suggestions can shape perception and decision-making, reflecting the real-world implications of suggestibility.

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

18.   SINGH (Amisha)
Psychological Determinants of Thriving in Sport Performers.
Supervisor: Prof. Mandeep Kaur Arora
Th 28756

Abstract

Sport performers operate within high-pressure environments where psychological well-being and optimal performance are closely intertwined. Despite growing attention to athletes' mental health, certain psychological risks, such as gaslighting and the impostor phenomenon, remain underexplored in competitive sport contexts. These factors are especially relevant because they represent hidden forms of psychological harm that heighten self-doubt, erode self-trust, and increase vulnerability to burnout, anxiety, and impaired performance; risks that are amplified in sports due to intense peer competition, power dynamics, and performance pressures. This research examined how gaslighting and impostor feelings, along with metacognition and relational dynamics involving family, peers, and coaches, influence thriving, mental energy, and sport engagement among Indian sport performers. Thriving was conceptualised as the integration of sport performance and well-being. A cross-sectional, quantitative design was employed, with data collected from 500 sport performers (50% male; aged 18–34) across various competitive levels through quota sampling. The study addressed seven objectives: (a) to estimate the prevalence of gaslighting and the impostor phenomenon; (b) to test gaslighting as a predictor of the impostor phenomenon; (c) to analyse associations of family environment, peer influence, and coach-athlete relationships with gaslighting; (d) to assess metacognition as a mediator of contextual influences on gaslighting; (e) to evaluate the impostor phenomenon as a predictor of thriving and mental energy; (f) to examine thriving and mental energy as a predictor of athlete engagement; and (g) to compare these variables across gender and family structure. Results indicated that the vast majority of participants reported experiencing moderate to severe gaslighting as well as the impostor phenomenon. Gaslighting significantly predicted impostor feelings, accounting for a substantial amount of variance. Supportive family and coach relationships were associated with lower gaslighting, while adverse peer dynamics were linked to higher levels. Metacognition partially mediated the effects of contextual factors on gaslighting. The impostor phenomenon was associated with reduced performance, well-being, and mental energy, and fully mediated the relationship between gaslighting and performance. Together, thriving and mental energy were predicted to have a positive influence on athlete engagement, although sport performance showed a small negative association with engagement. Gender and family structure differences were minimal. The findings point to the need for targeted

interventions that address psychological manipulation and self-doubt to support athletes' well-being and performance in competitive sport environments.

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19. SINGHAL (Surbhi)
Identity Centrality and Identity Integration: An Exploratory Study Among Indian Youth.
Supervisor: Prof. Nidhi Prakash
Th 28498

Abstract

The present study intended to explore identity centrality and integration among emerging adults in an urban Indian sociocultural context. The study was conducted in two phases using a sequential mixed-method approach. In the first phase, different identity domains and their dimensions were explored and identified using thematic analysis. 80 emerging adults aged 18 to 25 years from Delhi-NCR were purposively selected and administered the Twenty Statement Test (TST). Student, Career, Relational, Personal, Collective, and Public Identities were the identified domains based on which an Identity Domain Centrality Scale was developed to measure the perceived identity centrality patterns across identified domains and the associated gender differences. This self-constructed scale was administered to 1205 emerging adults to conduct pretesting (N=10), pilot testing (N=55), exploratory (N=520), confirmatory factor analysis and reliability analysis (N=517), and validity assessment (N=103) of the scale. In the second phase, a qualitative approach was used to examine identity integration across the two most central identity domains. Ten emerging adults from the previous phase were purposively selected, and their interviews were analyzed using Braun and Clarke`s (2006) thematic analysis for an in-depth understanding of their identity experiences. The results revealed that Career, Collective, and Relational identities were more central, and Student and Public Identities were less central self-defining aspects. Regarding gender differences, career and relational identity emerged as more central self-defining aspects for female emerging adults. In contrast, for males, several dimensions of public and collective identity were central self-defining aspects. The narrative accounts of the participants revealed career and collective identity integration as a bidirectional phenomenon where family dynamics influence career identities, which, in turn, influence family relations and the reshaping of their worth and communication dynamics. A unique configuration of "struggling to balance between family and career" and the impact of financial independence on career identity and parental relationships emerged as recurring themes in the integration process. The results are discussed in relation to theoretical and practical implications for identity research in the light of urban India`s unique sociocultural context. Keywords: identity, centrality, integration, emerging adults, career, thematic analysis.

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1. Introduction 2. Review of Literature 3. Research Methodology 4. PHASE I: exploring and identifying different identity domains and their perceived centrality among Indian emerging adults using an instrument development model 5. PHASE II: Examining integration of identity domains perceived as most central by Indian emerging adults using qualitative method based on findings of Step-II 6. Research

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20.   SWATI
Efficacy of Dialectical Behavior Therapy in Adolescents and Young Adults Engaging in Non-Suicidal Self-Injury/Deliberate Self-Harm.
Supervisor: Prof. Rajni Sahni
Th 28815

Abstract

This study investigated the nature, types, and psychological functions of Non-Suicidal Self-Injury (NSSI) and Deliberate Self-Harm (DSH), as well as the effectiveness of Dialectical Behavior Therapy (DBT) in reducing self-injurious behaviors among adolescents and young adults. Employing a three-phase mixed-methods design, 100 participants aged 10–24 years (according to WHO age criteria) were assessed in Phase 1 using the Eysenck Personality Questionnaire and the Inventory of Statements About Self-Injury to identify personality traits and NSSI engagement. Of these, 44 participants with a history of NSSI/DSH were selected for Phase 2, which examined the types, frequency, and functions of self-injury. In Phase 3, 10 individuals exhibiting recurrent, persistent self-injury over recent months participated in a 12-week DBT intervention, which was delivered through individualized treatment plans targeting self-injury patterns and emotional dysregulation. Although the results were not statistically significant, Phase 1 results indicated that individuals engaging in NSSI scored significantly higher on Neuroticism and lower on Extraversion compared to non-NSSI peers, suggesting greater emotional vulnerability and reduced interpersonal engagement. Psychoticism scores remained low across all groups. Phase 2 analyses identified cutting, scratching, hitting oneself, and interfering with wound healing as the most prevalent NSSI behaviors. Intrapersonal functions including affect regulation, self-punishment, anti-dissociation, and marking distress were frequently endorsed, whereas interpersonal functions such as influence or eliciting care were less commonly reported. Thematic analysis of semi-structured interview transcripts revealed three recurring psychological themes: emotional ventilation and relief, self-directed anger as a mechanism for regaining control, and the paradoxical tension between seeking connection and fearing rejection. After DBT, Phase 3 results showed a substantial reduction in NSSI frequency, accompanied by significant improvements in emotional regulation and perceived social support across appraisal, belonging, and tangible domains. Participants reported greater use of adaptive coping strategies and emotional regulation skills. These outcomes align with the theoretical foundations of DBT, which seek to reduce maladaptive behaviors and enhance interpersonal effectiveness and distress tolerance. In summary, the findings indicate that NSSI/DSH behaviors are primarily driven by emotion dysregulation and invalidating environments, rather than externalizing traits. DBT demonstrates effectiveness as an intervention for adolescents and young adults engaging in self-injury, supporting both symptom reduction and the development of psychological resilience and healthier relational functioning. Future research can employ larger, more diverse samples and longitudinal follow-ups to assess the sustainability of therapeutic gains.

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21. TRIPATHY (Anwesha)
Exploring the Conception of Relational Consent in Monogamous Heterosexual Romantic Relationships among Young Adults.
Supervisor: Prof. Ishita Bharadwaj
Th 28500

Abstract

Consent is implied as giving assent or approval for any activity. This assent is not undertaken under any duress and coercion by others and refers to acts where individuals voluntarily agree to the proposals of another. To understand consent perception and practices in monogamous heterosexual romantic relationships, this study was undertaken with 28 young adults, 16 females and 12 males in the age group of 20-25 years (Mage=22.5 years SD=1.109). Using semi-structured interviews and focus group discussions in the backdrop of Interpretative Phenomenological Analysis, consent understanding and navigation in romantic relationships was sought to be gathered. Results depicted that consent in such relationships can be influenced by the emotions one has, the behaviours one portrays while undertaking communication, the socialization one has had while growing up, among other such factors. Gender differences were also observed in how females and males in the study perceived consent in their romantic relationships. Relational consent could be a lens to view how emotions and behaviour play a role in determining consent processes undertaken in a romantic relationship. Knowledge about consent procedures would help in healthier functioning of romantic relationships and in gauging situations where violations have taken place.

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1. Introduction and Review of Literature 2. Method of the Study 3. Results 4. Discussion and Conclusion. References and Appendices.

22. VERMA (Meenakshi)
The Role of Spirituality in Coping among Covid-19 Survivors.
Supervisor: Prof. Suneet Varma
Th 28499

Abstract

Abstract Spirituality is an integral part of the psyche of people in India. Role of the various aspects of spirituality in the unprecedented stressful situation created by the pandemic of Covid-19 in the year 2020 to 2022 was investigated in the present study. Several groups out of a total of 92 participants were quantitatively compared on various dimensions of spirituality, such as; perception of God as the main controller of their health, fear of death, avoidance of death thoughts, and acceptance of death, and use of positive and negative religious coping strategies along with some of their personality traits. Groups were compared on the basis of those who fell sick in the first versus the second wave of the pandemic, males versus females, young versus old, comorbid versus non comorbid, home quarantined versus hospitalized, and those with a Covid death in the family versus those who did not have so. Qualitative analysis of the free verbal protocols of the participants in response to eight specific questions in relation to their feelings, emotions, support systems, and dealing with thoughts of death and coping was done with the help of thematic analysis. It yielded a number of major themes and sub-themes. Thematic analysis done separately for those who had lost their near and dear one(s) to Covid-19 yielded themes related to poignant traumas and coping efforts made by them. Keywords:

Spirituality, Fear of Death, Death Avoidance, Death Acceptance, Positive and Negative Religious Coping, God Locus of Health Control, Covid-19.

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