

CHAPTER 48

PSYCHOLOGY

Doctoral Theses

01. AHMAD (Ashar)
False Confession : A Psychological Enquiry.
Supervisor : Dr. Alka Bajpai
Th 25293

Abstract
(Verified)

This research work study the effect of one's vulnerability to False Confession. In the study two broad categories of factors affecting the vulnerability viz., Situational Risk Factor (SRF) and Personal Risk Factor (PRF) were taken into consideration. For the purpose study was conducted in two phases (Study I and Study II) on a sample size of 264 college going students. To study the effect of SRF an experimental design based on Kassin and Kiechel (1996) laboratory paradigm was used. Two independent variables manipulated during the experiment were Plausibility (Low and High) and False Evidence (Absent or Present). The task assigned to the participants was a reaction time test in which they were asked to type the statements as have been displayed on the computer screen and the use of Caps Lock key was strictly prohibited. The computer program was designed to crash after displaying a certain number of statements after which allegation (through suggestion) was leveled against the participants for pressing the prohibited key. The participants signing the confession statement were categorized as False Confessors which were further sub-categorized into Compliant-False Confessors, Internalized-False Confessors and Confabulated-False Confessors. In Study II, psychological tools to measure five PRF – Suggestibility, Cognitive Failure, Self Esteem, Trait Anxiety, State Anxiety and Locus of Control were administered. Statistical analyses revealed that 52.5% of the participants have confessed falsely. Out of the total 117 confessors, the highest rate of confession was found to be for Internalized-False Confession (56) followed by Compliant-False Confession (50). The association between Level of Vulnerabilities (LoV-I, LoV-II, LoV-III & LoV-IV) and experimental outcome (No-Confessors and False-Confessors) were found to be significant. Hierarchical Logistic Regression has revealed that both, the SRFs and PRFs, are a significant predictor for Compliant-False Confession and Internalized-False Confession.

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1. Introduction and review of literature 2.The present study 3. Method 4.Results 5. Discussion 6. Summary, implications, limitations, suggestions for future research and conclusion 7. References. Appendices.

02. ANSHU
Experiences of Alienation : A Qualitative Inquiry.
Supervisor : Prof. Anand Prakash
Th 25294

Abstract
(Not Verified)

Despite alienation being a pervasive human experience, the academic discourse on the lived experiences of alienation is non-existing. These experiences are likely to offer much needed clarification on the nature and dynamics of alienation. Thus, the aim of the present inquiry was to gain a deeper understanding of people's lived experiences of alienation in the backdrop of their life-narratives. To address this research objective, the present inquiry was situated in the constructivist-interpretivist paradigm and had a phenomenological focus. The method adopted in the study was 'pluralistic qualitative research' (PQR), which combined Interpretive Phenomenological Analysis (IPA) and Narrative Analysis with elements of multiple case analysis. As per the guidelines of IPA, 10 adult participants (5 males and 5 females) from urban metropolitan context in India were selected. The life-narratives were collected through life-story interviews and were analysed using IPA and evocative narrative analysis. The findings of the study are presented as 10 individual case analysis where each case is discussed in the backdrop of theoretical perspectives on alienation. Subsequently, 'cross-case analysis' was done which revealed 5 master themes which were discussed in light of existing studies and theories on alienation. The first master theme is 'meaning of alienation' which clarified how the abstract idea of alienation reified. The second master uncovers the 'lived experiences of alienation in different domains'. The third master theme elucidates the 'conditions augmenting alienation'. The fourth master uncovers the impact of alienation at the level of self, interpersonal relationships, and emotions. The fifth theme reveals the strategies participants deployed for 'dealing with alienation'. In overall discussion, based on the findings, alienation is best understood as a dynamic unitary experience with underlying psycho-social processes rather than a fixed multidimensional concept with different variants. The centrality of narratives of alienation in identity construction is also explained.

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03. BAGRODIA (Pooja)
Counselling in Schools: Examining Needs, Issues and Perspectives with Implications for Counselor Training, Wellness and Development.
 Supervisor : Dr. Sangeeta Bhatia
Th 25288

Abstract
(Not Verified)

For a profession to possess its own unique identity, it is essential to be demarcated by relevant preparation and practice. In India, school-based counselling is still to develop with regard to such regulatory guidelines and frameworks. Gaps in previous research can be seen across sample (mixed across mental health professions), method (non-empirical), context (not specific to schools) and focus areas (role and related challenges). Further, the voice of the school counsellor, and areas such as their training, wellness and development have been conspicuously absent. The present study uses needs assessment to examine perspectives of school counsellors and trainers on needs and issues of school counsellor training, wellness and

development, delimited to Delhi NCR. Since training, wellness and development are associated with the work of the counsellor in schools, an examination of role was also undertaken for triangulated understanding of the three key research areas. The three parts of assessment included first, a questionnaire developed for the study (respondents included 120 school counsellors). Second, semi-structured interviews with 30 school counsellors; and third, semi-structured interviews with 8 counsellor trainers. The findings were obtained through descriptive statistics, and thematic network analysis respectively. Findings were discussed and benchmarked with research and global best practices. The significance of the present study is in the ability to contribute to strengthening school-based counselling. Findings may be used to develop comprehensive training programmes for school counsellors, and supplement existing counsellor education in master's level programmes. Academically, it adds to knowledge on school-based counselling, represents the school counsellor, and underscores the critical need for empirical research in school-based counselling. This study advances implications and relevant recommendations including the SIGAA model; for school counsellor training, wellness and development; for prospective and in-service school counsellors, stakeholders, school authorities, providers of training services, and policy makers.

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04. BAXI (Annie)
Exploring Discourses Around Normalcy and Madness in Women's Lives: A Study of Contemporary Indian Society.
 Supervisor : Dr. Ishita Upadhyay
Th 25291

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1. Introduction and review of literature 2. Rationale of the study 3. Theoretical framework 4. Pilot data: contextualizing the research 5. Research objectives and domains of inquiry 6. Research design 7. The 'person' in the researcher: reflexivity and positionality in research 8. Data analysis and emergent themes 9. To beautify: assertions and aberrations 10. Dimensions of pain and (Dys) functionality: revisiting notions of normalcy 11. Psychosocial dynamics of locating mental illness: perspectives of 'patients' and caregivers 12. Limitations and scope 13. Moving towards a closure 14. References.

05. CHAUDHARY (Shweta)
Passion: Personality and Affect.
 Supervisor : Dr. Harpreet Bhatia
Th 25297

Abstract (Verified)

The aim of the present study was to explore the experiences of involvement in passionate activity, the underlying personality traits that lead to development of passion, its processes, and outcomes in the lives of young adults. In the present study, mixed method design was followed using quantitative tools, followed by the qualitative tool of semi-structured interview. In the quantitative study, three scales were administered on an initial sample of 264 participants – the Passion Scale, the

PANAS-X, and the Big Five Inventory. The final sample included 246 participants, who had scored high on the passion criterion as defined by the Passion Scale. In the qualitative study, 30 participants (15 each) with high scores on the two types of passion, harmonious and obsessive passion, were selected for a semi-structured interview. It was found that individuals with harmonious passion tend to experience positive affective states and showed various attributes of personal growth. People with harmonious passion were found to be significantly more likely to have personality traits like conscientiousness, openness to experiences, and agreeableness. Harmonious engagement was found to be associated with positive outcomes in one's life such as better self-regulation, healthier interpersonal relationships, social connectedness, and increased ability to deal with difficult circumstance in life. In contrast, it was found that obsessive engagement is closely linked to limited positive affective experiences. The individuals who scored high on obsessive passion were significantly more likely to have neurotic personality traits.

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

06. GUPTA (Reema)
Effectiveness of Video Modeling and Social Skills of Children with Autism Spectrum Disorders.
 Supervisor : Dr. Rajni Sahni
Th 25299

Abstract (Not Verified)

The present study compared effect of video modeling and care-as-usual condition on social skills. The participants were children diagnosed with autism spectrum disorder of age 3-8 years, had mild delay to below average development and mild-to-moderate severity of autism. They were divided into two groups that is, 3-5 and 6-8 years, to compare the effect of age on intervention. Target social skills were identified in first phase. In second phase, videos were created and in third, intervention was implemented. The first phase had 90 children with autism and 90 typical children. In the third phase, random sampling was used to allocate children in two conditions (age 3-5 years - 21 children in video modeling and 20 in care-as-usual; age 6-8 years - 21 in video modeling and 22 in care-as-usual). Social Skills Improvement System Rating Scale and other measures were used. Four scales were developed to evaluate social validity of scripts and videos, intervention fidelity and intervention feedback. In age 3-5 years, significant improvement in Social Skills was noted in video modeling condition. Significant improvement in Social Skills was noted with large effect size in video modeling and small to medium in care-as-usual of 6-8 years. All the outcome measures showed improvement in video modeling of both age groups. In care-as-usual condition, a little improvement was seen in daily living skills of 3-5 years and small-medium improvement in social skills, problem behaviors and daily living skills of 6-8 years. No marked differences between ratings of parents and teachers suggested generalization and no significant differences between postintervention and follow-up indicated maintenance of skills. More improvement in skills was reported in age 3-5 in terms of effect sizes, recommending early intervention. Social validity was satisfactory. Intervention fidelity was also adequate. Overall, the study demonstrated effectiveness of video modeling in children with autism.

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07. KAPOOR (Bhumika)

Exploring the Interplay Between Globalization and Identity.

Supervisor : Dr. Vanita Sondhi

Th 25588

Abstract
(Not Verified)

The discipline of psychology is increasingly recognizing the pervasive impact of the ever-changing socio-cultural contexts in which are people are embedded. This dynamic nature of the various systems governing people's lives is largely a product of globalization. As a phenomenon of psychological interest, globalization exerts a variety of changes across different social structures and appears to continuously shape the contours of people's experiences. In this regard, of particular importance is arnett's (2002) introduction of the concept of 'emerging adulthood', which signifies a delay in transition to adulthood for young people, especially in globalized contexts.keeping this in mind, the research objectives of this study were threefold. First, it sought to explore the ways in which emerging adults understand and experience the phenomena of globalization. Secondly, it attempted to ascertain the challenges and opportunities of globalization as experienced by them. Finally, it tried to understand whether globalization plays a role in determining their conception and experience of their identities and vice-versa. To this end, the researcher adopted a social constructionist perspective while also acknowledging the relevance of symbolic interactionism. Data were collected via semi-structured interviews from twenty eight participants, between the ages of eighteen to twenty eight years and belonging to the metropolitan context of delhi-ncr. It was then subjected to braun and clarke's (2006; 2019) framework of reflexive thematic analysis. Four participants' interviews were selected for presentation separately for drawing additional analytical insights. Analysis reflected a nuanced understanding possessed by the participants with regards to the nature of globalization and yielded many major themes and subthemes, reflecting the many variations in the participants' accounts. The findings are discussed with respect to their contextual relevance and their implications have been identified. Finally, the limitations of this study and directions for future research have also been discussed.

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08. NITIKA KUMAR

Wild Woman Archetype: Archetypal Psychology of Women in the Indian Context.

Supervisors : Dr. Eric Soreng and Dr. Nalini Deka

Th 25300

Abstract
(Not Verified)

Among the various ways of discernment of the feminine psyche the most holistic one is that proposed by the school of Dr. C.G. Jung known variably as

archetypal/analytical/depth psychology. The Jungian understanding of the feminine psyche proposed by Clarissa Pinkola Estés elaborates on the notion of the Wild Woman Archetype. She suggests that the nature of woman and that of wildlife are essentially comparable and both draw from similar source. Wildness of the feminine pertains to a woman's natural way of being and is a source of her psychological health. The present research work focuses on the discernment of this archetype within the Indian context and proceeds at three levels. At first the wildness of the Indian goddesses is presented and that of goddess Sita from Ramayana is discussed at length. Although she appears docile and demure, Sita embodies the Wild Woman aspect that is latent in the psyche of the Indian women. At the second level a selection of secular tales from the ancient fifteenth century text called Shuka Saptati: Seventy tales of the parrot have been subjected to archetypal amplification to bring out the wild aspect of the woman. Thereafter, the festival of Karva Chauth celebrated by the married Hindu women has been taken up to demonstrate the lived experience of the Wild Woman for the Indian woman. Though all archetypes are universal experiences their manifestation is influenced by particular time and culture in which appear. Discernment of the Wild Woman in the Indian psyche is crucial to firstly understand how the Indian mind experiences the wildness of the feminine, secondly to construct a broad understanding and implication of the same for the females and thirdly to bring forth manners in which the Indian woman can be ushered back to the wildness latent within her.

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1. Commencement of research 2. Corpus of research 3. The way of the woman 4. The lived experience of the Indian woman 5. Consummation of research.

09. NISHA

Exploratory Study of Emerging Adulthood in the Indian Socio-Cultural Context.

Supervisors : Dr. Navin Kumar and Prof. Namita Ranganathan

Th 25302

Abstract (Not Verified)

The research work focused on youth in the age range of 18-25 years from Delhi. The study was conducted in two phases using a mixed method approach. Phase I focused on collecting macro level data through a social survey, using a standardized scale which yielded quantitative data, that was then subjected to statistical treatments. Building on the results of this phase, a qualitative approach operationalized through thematic conversational interviews with selected participants was done in Phase II.

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10. PRERNA

Non-Verbal Assault at the Workplace.

Supervisors : Prof. Avinash Kumar

Th 25587

Abstract
(Not Verified)

The present study intends to explore the impact of Non-Verbal Behaviour and its impact on work-place environment. On a general note, Non-verbal communication involves with the usage of dynamic but non-language messages such as facial expressions, gestures, gaze, touch, and vocal cues is especially important when emotions, identities, and status roles are significant, as well as in situations where verbal communications are untrustworthy, ambiguous, or otherwise difficult to interpret. On the downside, the nonverbal assaults have become a paramount concern and it impacts the psychological and physical well-at the workplace This study provided a detailed emphasis via conducting an initial pilot scale investigation for validating the study and later on implying it on field with the required edits. The investigations clearly indicated the prevalence of non-verbal assault among the pilot scale population. This furthermore facilitated in carrying a detailed investigation employing mixed-methods involving a total sample population of 150 respondents, who were initially subjected for survey-based questionnaire. Post the questionnaire survey, the researcher was able to identify the victimized individuals, among them 15 participants were selected as the focus group and were provided with informed consent with their approval to participate in the research. The focus groups were further then subjected to participate in conversational interview among the focus groups (i.e. victimized employees/ witness). Thematic analysis was applied, and the assessment clearly facilitated in categorization alongside with hypothesis testing enabled the researcher towards assessing the significance pertaining to Non-Verbal Assault. This study was intended to express our concern on workplace assaults that are happening on a regular basis and the necessitation for enforcing stronger corporate laws and guidelines alongside with organizational support for fostering support and protection for the victims and also prevents victimization in the first place. Keywords: Non-Verbal Assault, Work-place, Organization, Victimization, Witness, Laws & Guidelines.

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1. Introduction 2. Review of literature 3. Methodology 4. Methodology research design phase II 5. Results 6. Data analysis and interpretation 7. Discussion 8. Conclusions. References. Appendix.

11. SETH (Sakshi)
Glass Ceiling Effect : Women as Prisoners?
 Supervisor : Dr. Avinash Kumar
Th 25292

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1. Introduction and review of literature 2. Methodology 3. Results 4. Interpretation 5. Conclusion, Summary, limitation and implication.

12. SHANKAR (Anand)
Psycho-Social Study of Social Media Users: Explorations into Self and Well-Being of Indian Youth.
 Supervisor : Dr. Navin Kumar
Th 25303

Abstract
(Not Verified)

The research was conceived to access the impact of social media usage, if any, by youth on psychological construct of Subjective Well being (SWB) and Self-esteem. A total of 748 samples were included in this study. The assessment was carried out in tier 1 and tier 3 cities of India (Department of Expenditure, Govt. of India for Home Rent Allowances purposes). The difference between two cities on these constructs were also checked. Gender differences, if any, were also enquired about. The participants were also accessed on Subjective Well Being and Self vis-à-vis their income. The result showed that there was difference between two cities on all the dimensions of social media usage, but only on few dimensions of SWB scale. With the help of multiple regression it was found that dimensions of social media combined with self-esteem predicted 35.1% variance of SWB. Mediation analysis showed that self-display mediated the relationship between interaction on social media and individual's SWB. ANOVA and Post-hoc tests verified that there was significant change in self esteem and SWB as income levels increased. One interesting finding was also observed that self-esteem and self-display levels was found to be same in both the gender and in both the cities.

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1. Introduction 2. Review of literature 3. Rationale of the study 4. Methodology 5. Treatment of data 6. Results 7. Discussions and conclusion 8. Limitation and implication of the research 8. References. Appendices.

13. SHARMA (PRIYAM)
Revealing Composite Effect of Social Media, Narcissism and Self Identity: A Study Among Youth.
 Supervisor : Dr. Navin Kumar
Th 25296

Abstract
(Not Verified)

This research proposal deals with the discussion and analysis regarding almost all aspects of my research work including objectives of the paper, hypotheses/questions designed, methodology involved, statistical tools and techniques required for easy and understandable presentation of my findings, participants for survey and psychological inventory test to measure social media addiction, the level of narcissism and aspect of self identity based on questionnaire model, scope of my study, how it is relevant for policymaking and in what manner this paper benefits to the society at large, and last but not the least, the possible outcome and results of the research paper. Moreover, it also includes discussions about the review of some of the significant literatures available on this topic till date, subsequently leading to finding the research gap upon which the whole paper is going to focus. This topic is associated with the study of impact of social media on youth behavior in creating characteristics of self-absorption, self-loving and exaggerated feeling of self-importance within the youth. This kind of distortion about the 'self' of a youth wherein he/she gets distortion about the reality about him/her, in modern psychological knowledge system is referred as Narcissism. Besides, the paper deals with other dimension of the study that is how social media impacts on the construction and reconstruction of self identity of an individual which may be destined to create differences from his/her social identity. However, these come in conflicts with the natural right, privacy and confidentiality, and decision making of youth. These rights are essential for the full-fledged development of personality of adolescent and adults which cannot be violated even for fulfilling the purpose of research. Therefore, the paper attempts to present its study and to apply the methodology-proposed following the ethical issues and conducts of the research in humanities and social sciences. Several studies have shown that

social networking have an effect on self identity. The present study will explore that those who use social media are more likely to exhibit narcissistic behavior. This study is to conduct a survey of 400 students both males and females using questionnaire method. This paper gives a brief definition of what social media and narcissistic self is and how it is affecting our society at large by creating distorted self identity. This study contributes to the current by investigating how social media, social networking sites are focusing on editing, posing, and commenting on images, is associated with the personality traits of narcissism. Research hypothesis indicates that more time spent on social media does indeed increase narcissistic behavior. Moreover, the proposal emphasizes on the interdisciplinary and multidisciplinary dimensions of the research to not being contained only to the social psychology or media psychology. Because, the paper believes in the notion that whenever a phenomena occurs, it does not occur with the predetermined intention of being explained or dealt with by a single discipline, rather, a social or physical phenomena always occurs with integrated and interlinked socio-economic-political and historical-cultural realities, and therefore should be studied and analyzed with multidisciplinary approach without losing the specificity and objectivity in fulfilling the purpose of this paper. This paper would be successful in looking my topic from multidisciplinary dimensions about the realities of social media including helps in finding how it is forming and deforming the self- identity alienating youth from their social identity that may even result into the radicalization of youth in different states due to impact of social media. Keywords: Social Media, self identity, narcissism.1

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14. SRIVASTAV (DEEPIKA)

Effect of Cognitive Behavior Therapy on the Patients of Parkinson's Disease.

Supervisor : Dr. Rajni Sahni

Th 25290

Abstract (Not Verified)

The present research studied the effect of cognitive behaviour therapy on depression, anxiety and quality of life on participants of Parkinson's disease. 60 participants diagnosed with PD were divided into two groups. 30 participants, both males and females of experimental group were provided the sessions of cognitive behaviour therapy whereas 30 participants of control group were on regular pharmacological treatment only. BDI-II, BAI and PDQL tools were used for the assessment in the present pre-post design. To explore the experiences related with PD and the journey of attending CBT sessions, semi-structured Interview schedules were also used. ANOVA with repeated measures was used to study the effect of CBT sessions across different groups. The experiences of participants were studied through content analysis. The findings were (i) significant difference were observed between the experimental and control group on depression, anxiety, quality of life and dimensions of QOL (ii) significant differences were observed between pre and post conditions of experimental group on BDI, BAI and PDQL (iii) Qualitative analysis revealed themes related with impact of PD on various aspects of health along with the improvement in various aspects of health in post analysis. For the treatment of anxiety, depression and quality of life, CBT is an effective treatment. Moreover, there is a need of more researches in this field.

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15. SWATI
Exploration into online Prosocial Behavior : A Study of Help-Giving and Moral Courage among Social Media Users.
 Supervisor : Dr. Navin Kumar
Th 25298

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16. THANGBIAKCHING
Revelation of Religion : Archaic and Archetypal Hierophany.
 Supervisor : Dr. Eric Soreng
Th 25295

*Abstract
 (Not Verified)*

Hierophany—‘the act of manifestation of the sacred’ by Eliade (1961)—reveals the sacred. The life of human soul as revealed in the fairy tales, namely Cinderella, Briar Rose and the Twelve Brothers are interpreted that constitute the first section of the thesis: ‘Revelation on the Human Soul in Fairy Tales’. The second section on ‘Revelation of Divine Providence and Resurrection’ includes the health beliefs of Paite, phenomenological inquiry on the grace of God and interpretation of Paite myth of Lengtonghoih. The third section on ‘Revelation of Religious Revival’ contains reflections on the ‘Reformation Movement’, ‘Revival Movements in Manipur and Mizoram’, ‘Dreams of Jacob and Joseph’ and ‘Vision of Khawliantlira and Dream of Challianthanga’. The fourth section on ‘Revelation of Redemption in Parables’ presents one possible psychological interpretation of a few parables of the New Testament with an objective to give an exposition of conscious individuation process. Instead of writing on individuation from the theoretical perspective, a more practical approach is attempted herein. Parables too express psychic processes, and since they are by essence vocational, they are, generally speaking, directed to the path of conscious individuation. Parables are more on the applied side of psychic of psychic processes, revealing behavioral patterns that we need to mend and follow in order to exercise spirituality in proper. Presentation of psychological interpretation of parables in no way deviate us from the basic teachings of Christ because psychic life is not divorced from spirituality, and each day the whispers of the collective unconscious in some mysterious and manifold ways calls us to individuate.

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17. TOMAR (Aakanksha)
Beyond Onality: Towards self and Relational Understanding through Reading Experiences.
 Supervisors : Dr. Dinesh Chhabra and Dr. Alka Bajpai
Th 25289

Abstract
(Verified)

In the grand narratives throughout most of history, books have traditionally been associated with knowledge and wisdom. However, the import of voracious reading for pleasure in self and social improvement has not been very clear. This study examined the nature of the relationship between voracious proficient readers and the texts they read. Further, it explored how deep and sustained reading reflects in the reader's self and relational understanding. In-depth semi-structured interviews were used to study the reading experiences of readers who have been consistent with their voluntary reading habits over a period of time. The data were analyzed using Attride-Stirling's Thematic Network Analysis, from a grounded theory approach. Contents Results indicate three grand patterns in the data in the form of three global themes, viz., non-transactional psychological intimacy with the book built through the reader's unshared self, which comprises of invalidated parts of the self that become apparent as loneliness and distinctiveness from others; a process of unfolding of the reader's self, which includes the making of plurality of their self, a nuancing of their emotional sensibilities, and an awareness of the agency of self; and the complexity of their interpersonal relating (and un-relating), with appreciation of the multidimensionality of the other's self and witnessing oneself in relationships overtime, as well as seeingThe psychological, social, and policy level implications of these results have been discussed within the backdrop of existing theoretical frameworks around self and contemporary societal issues.

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18. VERMA (Gaurav)
Leisure and Well-Being: A Qualitative Inquiry.
 Supervisor : Dr. Avinash Kumar
Th 25301

Abstract
(Not Verified)

Leisure is key domain of everyday life and important source of psychological well-being. As young people spend their majority of waking hours in leisure time activities. Participation in leisure activities serves multiple purposes to their everyday life. The present study attempts to investigate allocation of time, perceptions and meanings of leisure and processes that connect leisure time activities to psychological well-being among emerging adults. In the first phase of the research with the help of time diary method 100 participants reported amount of time allocated in different activities including leisure activities. The second phase concerned with, using qualitative method involving five focus group discussions employed on 27 participants, between the age range of 18-25 years. The findings of the study revealed use of leisure as coping resource improve well-being, developing an understanding of self and identity, and fostering meaningful relations with others.

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