

CHAPTER 45

PSYCHOLOGY

Doctoral Theses

01. BAJAJ (Deepali)
Lived Experiences of Children with Specific Learning Disabilities and Their Mothers.
Supervisor: Prof. Sangeeta Bhatia
Th 27274

Abstract

While there is a broad literature on the links between SLD and psychosocial outcomes limited research has explored why this might be the case. Therefore to bridge this gap the present study employed a three-phased mixed methods research design to understand the lived experience of children with SLD. Using qualitative methods, the first phase of the study (N=60) aimed to explore and understand the issues and challenges experienced by key stakeholders (Mothers, teachers and counselors) who are actively involved with children with SLD on a daily basis. The second quantitative phase of the study aimed to understand the profile of children with SLD using quantitative measures of well-being self-perception quality of life and resilience. The third qualitative phase of the study (N=60) aimed to understand the lived experiences of children with SLD and their mothers. In addition it also aimed to understand the perspectives of teachers of children with SLD. While the quantitative measures used in the study were statistically examined the qualitative data gathered through semi- structured interviews were thematically analyzed. The salient themes that emerged from the data emphasized on a number individual and contextual factors that influenced the psychosocial functioning of children with SLD. Based on the findings of the study the researcher has proposed a psychosocial intervention model for children with SLD furthermore implications, limitations and directions of for future research have been discussed.

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1.Introduction 2. Literature Review 3. Methodology 4. Results and Discussion 5. Summary, Implications, Limitations and Directions for future research. References. Appendices

02. BAHU (Prerna Khatri)
An Exploratory Study of the Relationship Between Mother-in-Law and Daughter-in-Law in Urban Families.
Supervisor: Dr. Dinesh Chhabra
Th 26877

Abstract

The Mother-in-Law, Daughter-in-Law relationship is one of the most significant relationships in the repertoire of an Indian married woman. It has been the topic of much deliberations as media is filled with a plethora of television serials and

cinematic experiences centred around the positions and portrayals of the dynamics between the two women. The conflictual nature and power differentials, where traditionally the older woman exercised great authority over the younger one often became the bone of contention between the two. Moreover, the patriarchal cultural setup put the onus and pressure on the young brides to adapt and adjust to all the members of her conjugal home. Studies have been replete with narratives of training of young daughters to become 'ideal *bahus*' and how it was the duty of the mother to impart strict training in conformity and household chores to her daughters in order to prepare her for her difficult journey ahead. Furthermore, studies also point out how these traditional structures and negotiations haven't changed much. At a larger cultural level, however there have been changes initiated by the macro level forces of neo-liberalization, globalization and westernization which helped propel women towards better education and career opportunities. The current study thus explored the dynamics of the mother-in-law, daughter-in-law relationship in urban families keeping all these contexts and concerns in mind. A total of 11 mother-in-laws and 11 daughter-in-laws were interviewed in depth and put through thorough, methodological rigor of qualitative research (Responsive Interviewing Model by Rubin & Rubin, 2005 was utilized). The interviews were recorded and transcribed keeping in mind all the ethical considerations. The Emerging Themes shed light on the quality of lives of these women – from *beti to bahu* (Daughter to Daughter-in-law) – understanding their internalization of married roles and responsibilities. All experiences, incidents and narratives that revolved around the dynamics of their relationship (with their mother-in-laws) were also tapped and analyzed extensively. Themes – both formulated and emerging ones covered all factors that facilitated the relationship, the conflicts, coping strategies and even experiences of extreme trauma and anguish and how these women continue to cope with them.

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1. Introduction 2. Review of Related literature 3. Methodology 4. Thematic analysis 5. Analysis and discussion. Limitations and suggestions for future studies and references.

03. BHASIN (Supreet Kaur)
(UN) Making of a Being-in-Suicide: A Phenomenological Study With Suicide Attempt Survivors.
 Supervisor: Dr. Ishita U. Bhardwaj
Th 27135

Abstract

Suicide has unmistakably been a serious concern, both, globally and in India. Several studies have focused on epidemiological and causal factors of suicide. There has, however, only been a recent growth in recognition, that, a gap exists between the first-person experience of suicide and suicide as understood so far. Individual subjective accounts are, therefore, critical for understanding suicidal experiences. Emerging from these concerns, the current study explored the lived experience of individuals having attempted and survived a suicide attempt. For this purpose, 15 individuals, who had attempted suicide within the past few months were enrolled in the study, and their narrative accounts were gathered. The collected narratives were audio-recorded and transcribed, while adhering to the ethical principles of research conduction. Thereafter, the narratives were analysed by adopting interpretive phenomenological method of analysis with an existential framework. Five superordinate themes were identified, namely- "Living an (Un)Liveable Life," "Bringing about death: The answers in suicide," "Continued Clouds of Darkness: The

Surviving Moment,” “Becoming a survivor,” and “Embodied relationality with oneself-in-suicide.” These themes brought to light, the process of moving towards and away from suicide and its interwoven relationship with one’s embodied contextualities. They highlighted the processual nature of suicide as a lived reality, by delving into the experiences of intense agony and negative emotions for the participants, how that led to an altered mode of existence such that suicide surfaced as the only possible answer for their crisis and conflicts. Lastly, it also unveils how recovering from suicide, as well as healing as a survivor entails a journey in itself. Participants thus described a range of experiences, and it is hoped that these findings can have implications for clinical practice, that inform developments in suicide prevention initiatives.

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1.Introduction 2. State of the art-review of literature. 3. First-person voices-grounding in autobiographical texts. 4. Methodology. 5. Method. 6. Results. 7. Discussion. References and appendices.

04. BHAVNA MUKUND
Effect of ‘Coping Cat’ as Modality of Cognitive Behavior Therapy in Children with High Anxiety.
 Supervisor: Prof. S.P.K. Jena
Th 27139

Abstract

Coping Cat Cognitive Behaviour Therapy is a 16 weekly session’s program for overcoming anxiety in children and has been used widely. However, its cultural validity is still limited. In this context, an efficacy study was conducted on Indian school children in Delhi. The aim is to study the efficacy of the ‘Coping Cat’ program, a CBT intervention for Children (11-13 years) suffering from high Anxiety in India. The present study also aimed to qualitatively assess the experience of children exposed to ‘Coping Cat’-CBT and teachers report on children’s improvement post ‘Coping-Cat’- CBT intervention. Spence Children’s Anxiety Scale (SCAS), Strength and Difficulties Questionnaire (SDQ) and Children Anxiety Impact Scale (CAIS). Participants: Children from age 11-13 years were enrolled for the study. Systematic random sampling was used. a total of 120 participants were used in the study. Cross sectional study was done with a mixed method approach. Conduct: out of 240 children, 120 children (34% female, 66% male, 12 years mean age, Indian origin ethnicity) with high anxiety were randomly assigned to a ‘Coping Cat’- a CBT intervention (n=60, experimental group or n=60 control group). Study 1: The therapeutic process is a modified version of CBT: ‘Coping Cat’ which includes four components: acknowledging and discerning emotional and physical response to anxiety, elucidate thoughts and feelings, developing a plan for effective coping and evaluating performance. Reckoning number of sessions with each participant is 16 sessions lasting for 40-45 minutes each which would include approximately 2-3 sessions with family members. The sessions are tailored in line with the severity, persistence, presence of support system and motivation of the participant. Study 2 & 3: For qualitative analysis semi-structured interviews were conducted with 48 highly anxious children after completing the 16 session’s weekly program of the ‘Coping Cat’ CBT. They were asked to write their experience of therapy and teachers reported on 30 children with regard to their academic/ school performance was taken into consideration. For quantitative study, the mean difference method was used to analyse the pre and post assessment results compared between the experimental and control group, and for qualitative research-content analysis method was used.

significant mean difference was seen at pre-test and post-test assessment in experimental group children and no significant difference was seen in control group participants at pre-test and post-test on SCAS, SDQ and CAIS scales used for the assessment purpose. Children who were given 'Coping Cat'- CBT showed reduction in their anxiety symptoms including separation anxiety, social phobia, generalised anxiety and improvements in their problems related to difficulty in peer relationships, conduct issues, emotional and hyperactivity difficulties as analogize with the control group students. The impact of anxiety on their school, social and family lives was reduced. Qualitative study of children reported about efficient coping strategies used such as relaxation techniques to overcome anxiety and they experienced enhanced quality of life and teachers reported marked improvements in their academic engagements, peer relationships, self-concepts and self-esteem. The research data provide empirical evidence that Indian children with anxiety related problems could benefit from the 'Coping Cat'-CBT and it helped efficaciously in reducing their symptoms of anxiety.

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1.Introduction and review of literature. 2. Method. 3. Results. 4. Discussio. 5. Conclusion. References and Appendices.

05. CHANU (Mayanglambam Omega)
Lived Realities of Northeasterners (NE) in Delhi: Contesting Identities, Navigating Challenges and Cultivating Contact.
 Supervisor: Prof. Shivantika Sharad
Th 27136

Abstract

Research on Northeast India has picked up in recent times. Studies have mostly highlighted prejudice and violence against Northeasterners, particularly youth who migrate from northeast India to other states for education and employment. Present study explores the experiences of the northeast students who come to Delhi vis-a-vis their perception by others and how their own perception and identity is shaped during the course of their stay. The study accords special focus on the conception of "self and others". It was conducted in two phases, with the objectives of exploring self-conception of Northeast students (NE), others" (non-northeast students) perception of NE, how these perceptions shape the experiences and identity of the Northeast students, and how they negotiate with diverse challenges. The first phase was semi-structured interviews with 32 NE students (mean age of 23.94). The second phase was based on vignettes using three paradigm tasks: „adoption paradigm“ and „brain transplant paradigm (adapted from Mahalingam, 2007), and “face surgery paradigm”. Participants were 32 NE students from study 1, and 32 North Indian students (mean age of 24.09) who come to study in Delhi. Thematic analysis of data was done. Results indicate the assertion of NE identity through means like wearing cultural outfits, greater participation, questioning the system and breaking stereotypes. Assertion of NE identity without aggression is noteworthy. Cultural pride, peace, politeness, equality, morality and liberal values are central in the NE identity. There seems to be greater negative and stereotypical perception of non-NE by NE (and not vice versa), strongly suggesting that „othering“ happens from both sides. Some significant shifts in perception towards NE people, their acceptance of some weaknesses along with flourishing cross-racial friendships and contact seemed to emerge amidst an unknown gap due to racism and humiliation in different forms.

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1. Northeast India: painted with a broad-brush. 2. Review of literature 7 theoretical perspectives. 3. Method. 4. Data Tables. 5. Results and Discussion. 6. Overall discussion and Conclusion. References and Appendix.

06. CHAWALA (Raunaq)

Exploring the Psycho-Social Barriers in Waste Management Behavior.

Supervisor: Dr. Eric Soreng

Th 26878

Abstract

Today, governments across the globe are increasingly finding it difficult to do pro-environment management of the exponentially rising urban waste. The biggest challenge is how to motivate people to modify their traditional waste disposal behaviour and discharge their responsibility towards pro-environment management of the waste they generate. This thesis, comprising three separate studies, focuses on understanding psycho-social barriers to instilling pro-environment waste management behaviour in Delhi residents. With rise in urbanization, consumerism, and the growing popularity of the use-and-throw culture, waste generation is rising exponentially in Indian cities, adding to the gravity of the problem of urban waste management. According to a report (CPCB India, 2018a; S. Kumar et al., 2017), the daily per capita waste generation in Indian cities has risen from 0.24 kg to 0.85 kg between 2001 and 2018. And, the waste generation is likely to increase even at a more rapid rate. Compared to the cities in the developed world, Indian cities have more serious waste management challenges because many of them are overpopulated and extremely crowded. One of these challenges is finding a way to motivate people to modify their waste disposal behaviour to make it pro-environment. Framing of the SWM Rules 2016 was a big step towards pro-environment waste management. However, the implementation of these rules has left much to be desired. Most components of solid waste have the potential to be converted into some form of energy or be treated through some scientific process for reuse. But most people are reluctant to do waste segregation, whose achievement is a prime objective of the SWM Rules 2016. Consequently, a huge quantity of recyclables gets mixed up with non-biodegradable waste and ends up in landfills. In Study One of this thesis, interviews were conducted with various stakeholders from the waste management industry. A total of 24 participants were interviewed and purposive sampling was done. Those interviewed included nine municipal corporation officials, five persons who were part of the PPP arrangement, a small focus group of five waste-pickers, four residents, and the head of an NGO. The thematic analysis of interviews points out that the stakeholders are blaming each other for ineffective waste management, and there is a dire need to establish a sync and communication between stakeholders. Themes of Study One are: lack of waste segregation, psychological barriers to change, poor status of waste-pickers, overburdened MCD staff, lack of encouragement of waste entrepreneurs, involvement of and payment method for the private sector in waste management, community participation, and sync between various local bodies. Study Two assessed the waste management practices of the people living in Delhi. For Study Two data collection, the stratified sampling technique was found suitable. As shown in Figure 18, the sample for Study Two consisted of the Delhi residents living in some areas falling under the jurisdictions of the three municipal corporations (North Delhi, East Delhi and South Delhi). A total of 250 people residing in these areas filled the survey form for Study Two. The results showed that most of the Delhi residents don't know the different uses of biodegradable and non-biodegradable

dustbins, and their waste management practices go against effective solid waste management.

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1. Introduction 2. Literature Review 3. Methodology 4. Results 5. Discussion & Conclusion 6. References. 7. Appendices and List of Tables

07. CHOUDHARY (Suranjana Ghatak)

Romantic Relationship and Meaning Making Following Relationship Dissolution Among Urban Indian Young Adults.

Supervisor: Dr. Surabhika Maheshwari

Th 26879

Abstract

The aim of the present study was to examine meaning making following romantic relationship dissolution among university educated urban, Indian young adults meaning related concerns become important in the aftermath of traumatic life events and a deeper understanding of the process and dynamics of meaning making in the aftermath of non-marital relationship dissolution could have important consequences for alleviating distress and facilitating coping and adjustment following such an event particularly in the changing Indian context. To meet his goal open ended interviews on the experience of romantic relationship dissolution were conducted with 40 young adults from Delhi, aged 21 to 29 years selected through purposive sampling. To provide further context to the interviews self-report measures were also administered to assess adult attachment style and the emotional impact of relationship dissolution. The data obtained through the qualitative interviews were analyzed using the analytic of interpretative phenomenological analysis (IPA). The study findings indicate that romantic relationship dissolution can have a significant impact on short term as well as long term mental health and psychosocial adjustment. Relationship dissolution can lead to disruption in the fundamental meaning frameworks and previously held assumptions about the self, relationships and life outcomes, causing emotional distress and often leading to an active search for meaning. Emotional stability can be regained eventually by reframing the traumatic event. As well as developing more flexible and compassionate beliefs about the self-relationships and the working of life events in general leading to changes in how future relationships and life decisions are approached. meaning making which leads to forming a coherent explanation of the experience and finding value and significance in it can facilitate emotional recovery. The findings indicate that reported attachment style has a role in how meaning is sought and constructed following relationship following relationship dissolution, and in the components of meaning which become individually relevant. The results also suggest that difficulty in revising previously held assumptions and continued reliance on inflexible meaning frameworks can lead to long term emotional distress and challenges in psychosocial adjustment following relationship dissolution. The study theorizes that psychological interventions which enhance a sense of coherence about the event and enable an individual to formulate benefits to the experience keeping in mind their attachment style can facilitate emotional recovery and personal growth in such instances. The specific aspects of meaning-making which appear to either facilitate or hinder emotional recovery has been elaborated in the study.

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1. Introduction 2 Review of literature 3. Methodology 4. Results 5. Discussion 6. Summary and Conclusion, References and Appendices.

08. GHOSH (Rachana)
Social Psychological Investigation of Anti-Nationalism and Related Phenomena.
 Supervisor: Dr. Parul Bansal
Th 27137

Abstract

The present study investigated the contemporary representations of anti-nationalism and the meanings attached to the nation that are prevalent in the country. For this purpose, two studies were conducted; a media analysis and a free-association study. For the first study, six national dailies (three in English and three in Hindi) were selected for study and articles for a duration of one year. Data was collected, starting with the JNU event on 09 February 2016, which was chosen as the trigger event. Articles that included mentions of the term 'anti-national' were shortlisted and analysed using the technique of media analysis for social representations given by Höijer (Höijer, 2011). For the second study, three groups, of 100 participants each, were selected for study and divided on the basis of their age. These age group divisions were; 18-24 years, 25-50 years and above 50 years. Each participant was shown the words; i) 'anti-national' and ii) the idea of India, and asked to write the first five words that spontaneously came to their mind. These words were then analysed using the central core theory by Abric (1976) and the Vergès quadrant technique (Vergès, 1992). Results from both studies revealed that the media influences and shapes the representations of anti-nationalism predominant in the country today. Additionally, the social representations of anti-nationalism include a wide variety of ideas out of which some are hegemonic or widely shared, concrete and consensual while some others still remain polemic, i.e., highly debated and not yet shared by the larger majority. Further, it was observed how the definitions of terms including patriotism and nationalism differ in the reified universe inhabited by the scientist and the consensual universe of the common man.

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1.Introduction 2 Review of literature 3. Methodology 4. Analysis of social representation of anti-nationalism in print media. 5. Social representations of anti-nationalism and the idea of India-analysis of the structure of representations in three age groups. 6. Discussion 7. Conclusion. References and Appendix.

09. KHAN (Samra)
Understanding The Indian Professional Millennial Through Work and Life Engagement: An Exploratory Study.
 Supervisor: Dr. Neera Pant
Th 27138

Abstract

Each generation is bound by significant events that shape them. Millennials are shaped by the rapid evolution of technology. As India has become home to the fifth largest youngest population in the world in 2021, it becomes imperative to investigate them extensively. The present study aims to understand the professional Indian millennials through their work and life engagement. A qualitative study was conceptualised using semi structured interviews. Thirty-two Indian millennials

participated in the research in two phases, pre and during COVID-19. Data was analysed using the reflexive thematic analysis developed by Braun and Clarke (2019). Six subsequent themes emerged, two deductive and four inductive. Cultural components were added to the deductive themes of Work Engagement and Life Engagement based on theoretical frameworks. The four inductive themes were Internalisation of religious identity, Role and relevance of Marriage, Understanding of Social issues, and Generational features. The study discovered that participants reflected both work and life engagement. The institutions of religion and marriage were reflected as less relevant to the Indian millennials. Further findings reveal their concern for the environment and changing political landscape in the country and their subsequent effect on their choices, attitudes, and identity formation. In addition, the study found, a positive attitude towards mental health, the impact of COVID-19, the influence of their interactions with technology and its effects on their everyday life and identity formation. This research has implications in further exploring the Indian millennials and to empower effective policy changes particularly in areas of well-being in the workplace and evolving social infrastructures.

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1. Introduction and Review of literature 2. Method. 3. Results 4. Discussion. 5. Conclusion, Limitations. Implications and future research. References.

10. KURIAKOSE (Harsha)

Symbols of Salvation Jungian Study of Christian Scriptures.

Supervisor: Prof. Eric Soreng

Th 26880

Abstract

Christian scriptures are primary sources of myths, parables, dreams, visions and teachings that are many times presented in symbolical language. The present work gives research space to the faith, concentrating on the Christian scriptures, canonical and non-canonical, with the objective to study the Christian meaning of salvation. The research on 'Symbols of Salvation' consists of four parts. Section One is on the 'Myths in the Old Testament,' namely the myth of the Garden of Eden, Noah's Ark and the Tower of Babel. Myths on the Tower from across the globe are also added to get a glimpse into the collective unconscious. Section Two gathers the parables in the Old Testament. Section Three contains selected dreams and visions in the Bible for reflections. In Section Four, Gnostic Gospels of Thomas, Mary Magdalene, St. John and a fragment on Human Suffering attributed to Basilides of Alexandria are taken up to study the symbolical teachings concerning salvation. Gnosticism is selected to take a view on the early part of Christianity and such voices that surfaced in the early part of the religion are given respectable research space in the thesis. The thesis is a humble attempt to study and ponder on the chosen contents of the Christian scriptures from Jungian perspective.

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1. Introduction 2. Review of Literature 3. Method; Section I. Myths in the old testament, Section II. Parables in the old testament, Section III. Dreams and visions in the Bible, Section IV. Gnosis of Salvation in the Gnostic Gospels and the Fourth gospel 4. Research Findings and References.

11. PUNJ (Vishnudyutya Kumar)
Adaptive Behavior of Children with Mental Retardation and Self-Esteem of Their Parents.
 Supervisor: Dr. Shyodan Singh
Th 27140

Abstract

A growing body of evidence suggests parental abuse, apathy, rejection, neglect, abuse, or lack of control and limits had been explored by the other researcher, which may prevent the development and impair adaptive behaviour of their children, but not the effect of parental self-esteem on adaptive behaviour. The present study aimed to study the relationship between the adaptive behaviour of children with intellectual disabilities and the self-esteem of their mothers. The research was descriptive, correlational, comparative, empirical, and predictive in nature. Further, 103 children with mild and moderate intellectual disabilities and their mothers were the participants. Statistical analysis following hypothesis was computed using Spearman rank-order correlation, t-test, One Way ANOVA, Mann-Whitney U Test, Kruskal-Wallis test and Hierarchical Multiple Regression Analysis. The result indicated the relationship between mothers' self-esteem and the adaptive behaviour of their children with intellectual disabilities and its subsequent domain. However, this relationship ranges from moderate to weak. Moreover, mothers' social state self-esteem was an effective predictor of adaptive behaviour in children with intellectual disabilities. Further, mothers' socioeconomic status, reduced global self-esteem, their lower age, lower efficacy, nuclear family, lower state self-esteem, and appearance self-esteem was also an effective predictor of self-help eating, self-help dressing, self-direction, occupation, locomotion, and socialisation of children with intellectual disabilities, respectively. To sum up, the present finding indicates a significant relationship between the adaptive behaviour of children with intellectual disabilities and the self-esteem of their mothers. Further, models developed also showed that maternal self-esteem was significant in predicting the adaptive behaviour of children with intellectual disabilities. This bridges the gap in understanding the impact of global self-esteem and specific self-esteem on behaviour and can be used in a clinical setting to open up the conversation with mothers about their personality concerning their child's adaptive behaviour.

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1. Introduction 2. Review of related Literature. 3. The present study. 4. Methods. 5. Results. 6. Discussion. 7. Summary and Conclusion. References and appendices.

12. SHARMA (Priyanka)
Revisiting The Hero Archetype.
 Supervisor: Dr. Eric Soreng
Th 26881

Abstract

Heeding to one's call, the research revisits the hero archetype in world mythology. Section I on the 'World Flood Myths' gathers various flood heroes followed by Manu, the Indian mythological flood hero in Section II on the 'Age of the Hero: Svayambhuva Manu and Flood Savior, Vaivasvata Manu'. Revisiting flood myths renews our outlook on the world. Section III is on the 'Birth of Virabhadra: Glories and Deeds of Heroes'. Section IV on the 'Coyote Hero Myths' concentrates on the Native American hero that gives us a glimpse into their culture. Cultural heroes in

myths are not mere tricksters. Myths of the heroes narrate the life of people, race, nation, and they are symbols of our struggles to live in peace and harmony.

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1. Introduction 2. Review of relevant literatures 3. Method; Section I. World flood myths, Section II. Age of the Hero: Svayambhuva Manu and flood savior Vaivasvata manu, Section III. Birth of virabhadra: glories and deeds of heroes, Section IV. Coyote Hero myths. 4. Research Findings and Conclusion, Limitations and suggestions for further research and references.

13. SINGH (Pratima)
Neural Correlates of Cognitive Overload and Emotional Information on Working Memory: An EEG Study.
 Supervisor: Dr. S. P. K . Jena
Th 26882

Abstract

Cognitive load is a topic that is linked with working memory; it refers to the limited capacity of our working memory system. Different types of tasks vary in the amount of attention required to be successfully carried out. The discordance between the cognitive requirements of certain tasks and cognitive capacity of person may lead to cognitive overload. The objectives of the present study is to understand the effects of cognitive overload and emotion on working memory, also to explore how individual's brain oscillations respond to cognitive overload with the help of Electroencephalography (EEG). The present research incorporates two different studies measuring the effect of cognitive overload and emotional information on working memory performance; in which, the first study deals with experimental measure and the second study deals with electroencephalography as a measure. In study I, sample consisted of 35 participants with matched age range, education, marital status and socioeconomic range. 3×2 factorial design was made crossing two independent variables in which cognitive overload was manipulated into three conditions (low, moderate and high) and emotional distractors were conditioned in two categories (positive and negative). Letter search task was taken as a measure for working memory performance. IAPS pictures were used for the incorporation of emotional images for the study. 3×2 within-subject repeated measure ANOVA was performed on the participants' response time for letter search task.

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14. SINGH (Sanchita)
A Study of Problematic Internet use and Self-Esteem Among Adolescents: An Exploration into The Impact of Sahaja Yoga Meditation.
 Supervisor: Prof. Navin Kumar
Th 26883

Abstract

In the era of globalization changing technologies have become and indispensable medium in the modern world. Adolescents of today have twenty-four hours of

internet access. This is causing problematic internet use among adolescents which can negatively impact their cognitive processes, emotions and behavior. Thus effective intervention is urgently needed. The previous studies suggest that interventions like CBT assertion training mindfulness and behavioral rehearsal can be effective. Till date few studies have examined the effect of Sahaja yoga meditation as a school-based intervention Programme to promote adolescent's mental health. The present study is divided into two phases; the study first phase used an exploratory study design. The aim was to identify the prevalence of problematic internet use. Further, correlation and regression analysis were conducted to investigate the relationship of self-esteem which problematic internet use and its dimensions. In order to examine the influence of mediation practice on self-esteem problematic internet use and way of coping a t-test was used. To study the gender difference in the study variables t-test was used. Mediation analysis was used to investigate through a meditation model the role of maladaptive coping in the relationship between self-esteem and problematic internet use. In the second phase of the study a quasi-experimental study, pretest-posttest and two groups, including a nonequivalent group design, was used. The aim was to identify the effectiveness of Sahaja yoga meditation as an intervention on self-esteem problematic internet use and way of coping among adolescents, Sahaja yoga meditation was practiced by students in an experimental groups for 12 weeks whereas in the wait list control group no intervention was given, for the analysis of the effectiveness of the intervention a t-test and ANCOVA was used.

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1. Introduction 2. Review of literature 3. Methodology 4. Results 5. Discussion 6. Conclusion and implications 7. Limitations strengths and future research References and appendix.

15. SINGH (Varsha)

Challenges of Identity Among Women in Marital Context: A Qualitative Inquiry.

Supervisor: Dr. Ishita Bhardwaj

Th 27141

Abstract

Identity refers to a comprehension of oneself as separate and unique, providing one with the sense of who one is and giving this world a meaning. Being continually identifiable from the objective perspective and the person's own perspective is the core meaning of identity. As a woman gets married within a patriarchal culture, there is a shift in the expectations and norms that she has to follow and abide by being a daughter-in-law. She has to adjust within and with others in the familial context to become part of the family. This study focused on the challenges and psychological ramifications associated with the process of transition and adaptation that woman has to undergo after marriage. For the purpose, study used qualitative inquiry method by using semi-structured interview as the tool for data collection. Participants included 20 Indian married women living in Delhi/NCR region belonging to upper middle-class economic status selected via purposive and convenience sampling. The interview of each participant was tape recorded, transcribed and then analysed using thematic analysis framework. The results of the study proposed a model in which depict a number of factors within marital context that add challenges to the identity assertion of women; there is a protective matrix also which provides them with love and support but the does not equate with the limitations that marital context poses. It is the funnelled experience of these factors that lead to challenges of identity for a woman. The factors within marital context include – demanding marital canopy, strained relationship with in-laws, patriarchal

expectations and norms, adopted womanhood and changes within-metamorphosis and work-stress. The challenges related to identity were found out to be – guilt and shame, lack of personal space, diminishing self-efficacy, self-silencing, existential anguish, double-think, doxa and cognitive dissonance.

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1. Introduction 2. Review of literature 3. Method. 4. Results 5. Discussion. Reflections, References and Appendix.

16. TICKOO (Swati)

Land and Psyche: A Transpersonal Study of Kashmir.

Supervisor: Dr. Swati Tickoo

Th 26884

Abstract

Land precedes all biological forms and it also stands witness to their end. For *Homo sapiens*, land and its natural environment has an influence on their built environment. It begets our culture, our dietary habits and also shapes our thoughts by providing form and context to them. Despite the salience of land in our lives, its influences on our body and *psyche* remains under appreciated and taken for granted. The region of Kashmir and its inhabitants are the subject of the present study. The worldview of this research is Jungian Psychology or Analytical Psychology, a school of psychotherapy based on the works of Carl Gustav Jung. Besides analytical psychology, this research also contains reflections based on the various schools of Indian philosophy most prominently Kashmir Shaivism. The present research work is divided into three sections; section one deals with two myths taken from Nilmata Purana, and two Mahatmyas of Goddesses. The myths taken from Nilmata Purana are sacred accounts of the creation of Kashmir by divine forces while Mahatmyas of Goddesses recount episodes of divine intervention that continues to shape the land and its inhabitants. The second section is a case study of fourteenth century Kashmiri mystic Lal Ded through her *vaakhs* or verses. In both these sections, the data is subjected to archetypal amplification and the verses additionally are reflected on in a disciplined manner through the worldview of Kashmir Shaivism. Both the myths of Kashmir as well as the wisdom teachings of Lal Ded forms the native and numinous subsoil of Kashmir. And through this exploration a broad understanding of the relationship of land and psyche in the context of Kashmir is presented in the third section. Although rooted in soil of Kashmir, the study aspires to present psychological insights which are true for people across different cultures.

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1. Commencement of research: conceptual and research framework. 2. Corpus of research. 3. Consummation of research. 4. Call for research. 6. Citations in research

M. Phil Dissertation

17. BAHAL (Prerna Khetrapal)

An Exploratory Study of The Relationship Between Mother-in- Law and Daughter- in-Law in Urban Familie.

Supervisor: Dr. Dinesh Chhabra

18. BAJAJ (Deepali)
Lived Experiences of Children with Specific Learning Disabilities and their Mothers.
Supervisor: Prof. Sangeeta Bhatia
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(UN) Making of A “Being-In-Suicide: A Phenomenological Study with Suicide Attempt Survivors.
Supervisor: Dr. Ishita U Bharadwaj
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Effect of Coping Cat as a Modality of Cognitive Behavior Therapy in Children with High Anxiety.
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Romantic Relationships and Meaning Making Following Relationship Dissolution among Urban Indian Young Adults.
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24. KHAN (Samra)
Understanding the Indian Millennial Through Work and Life Engagement: An Exploratory Study.
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