



SOUVENIR 3-5 March 2019

**National Conference
Of
Community Psychology Association of India
On
Community Counselling for Health Promotion and
Well-being**

- Sponsored by -

**Indian Council of Social Science Research (ICSSR),
New Delhi**

- Organized by -

**Department of Psychology
Pandit Sundarlal Sharma (Open) University Chhattisgarh, Bilaspur**

उमेश पटेल

मंत्री

उच्च शिक्षा, कौशल विकास,
तकनीकी शिक्षा एवं रोजगार,
विज्ञान और प्रौद्योगिकी, खेल एवं युवा कल्याण विभाग



संभाल, कक्ष क्रमांक- M1-12
महानदी भवन, अटल नगर, रायपुर 492002 (छत्तीसगढ़)
फोन : 0771-2510316, 2221316
नि : D-1/2, शास. आवासीय परिसर, देवेन्द्र नगर, रायपुर
फोन : 0771-2881030
नंदेली कार्यालय : 7000477747

क्रमांक.....433/B

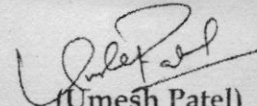
दिनांक...28.02.2019

MESSAGE

I am happy to know that Department of Psychology, Pandit Sundarlal Sharma (Open) University Chhattisgarh, Bilaspur is organizing National Conference on "Community Counseling for Health Promotion and Wellbeing" from 3rd to 5th March 2019.

I am confident that the deliberations during the conference will prove to be beneficial to the academic community, researchers and society.

I convey my best wishes to all the office bearers associated in organizing this event and wish the conference a grand success.


(Umesh Patel)

पण्डित सुन्दरलाल शर्मा (मुक्त) विश्वविद्यालय छत्तीसगढ़
PT. SUNDARLAL SHARMA (OPEN) UNIVERSITY CHHATTISGARH

डॉ. बंश गोपाल सिंह
कुलपति



Dr. Bansh Gopal Singh
Vice-Chancellor

No. 45/PSSOU/PS/18

Bilaspur, Dated 27/02/2019

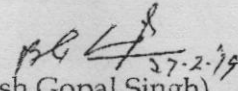
// MESSAGE //

It is heartening that Department of Psychology & Yoga, Pandit Sundarlal Sharma (Open) University Chhattisgarh, Bilaspur is organizing three days National Conference of Community Psychology Association of India on "Community Counselling for Health Promotion and Wellbeing" from 3rd to 5th March 2019.

Rapid change in the lifestyle and urge for competitive development has attracted health related issues among individuals in society. Effective Psychological Counselling can cure illness and promote wellbeing. In parlance of great thinkers, Educational Institutions are "Temple of Learning" which creates values and educates society. It will put critical thinkers under common roof to brainstorm on the problems and solutions governing the issue.

I hope this initiative by the Psychology Department will benefit all the stakeholders including academicians, scholars and the society at large.

I wish that the Conference becomes a grand success and congratulate the organizers for publication of the conference souvenir and hoisting of the event.


(Bansh Gopal Singh)
Vice Chancellor

पता - कोनी-बिरकोना मार्ग, बिलासपुर (छ.ग.) 495009 फोन नं. (07752 240701, 240711) निवास (07752 424329)

मोबाइल नं. : +91 96699 07206

Website : www.pssou.ac.in, Email : vc@pssou.ac.in

प्रो. अंजिला गुप्ता
कुलपति
Prof. Anjila Gupta
Vice-Chancellor



गुरु घासीदास विश्वविद्यालय
बिलासपुर-495009, छत्तीसगढ़ (भारत)
Guru Ghasidas Vishwavidyalaya
(A Central University)
Bilaspur - 495009, Chhattisgarh (India)

Message

It is matter of great pleasure that Pt. Sunder Lal Sharma Open University, Bilaspur is going to organise three days national seminar on "*Community Counselling for Health Promotion and Well-being (Community Counselling Association of India)*" from 03-05 March, 2019. The role of the community psychology and psychologist in the 21st century is very pertinent to address the complex issues of communities, both developing and developed nation e.g. life style management of diabetic, cardiac and cancer; HIV patients and their care givers, community mental health, stress management and well-being and community counseling for drug abuse and alcoholism among adolescents. In ancient India the harmony of mind, body and soul had been equilibrated through the teaching and practices of Yoga, Ayurveda and mediation by our sages and saints. To attain the state of well-being (self-acceptance, personal growth, purpose in life, environmental mastery, autonomy and positive relations with others), it has rightly been preached in the Shrimadbhagvad Gita in chapter 2 and verse 50:

बुद्ध्युक्तो जहातीह उभे सुकृतदुष्कृते ।

तस्माद्योगाय युज्यस्व योगः कर्मसु कौशलम् ॥

(One who prudently practices the science of work without attachment can get rid of both good and bad reactions in this life itself. Therefore, strive for Yoga, which is the art of working skillfully (with proper consciousness).

I am confident that this seminar would certainly provide an opportunity for psychologists, social scientists, academicians, and health experts, junior and senior researchers of interdisciplinary research area to exchange and inculcate their innovative ideas related to the theme/sub-themes of the seminar to get a most probable solution.

I express my best wishes for a grand success of this National Seminar.

Prof. Anjila Gupta
Vice-Chancellor

Prof. G.D. Sharma
Vice-Chancellor

ATAL BIHARI VAJPAYEE VISHWAVIDYALAYA
Bilaspur (C.G.) 495001

Former Vice-Chancellor, Nagaland University (Central) &
Former Pro-Vice-Chancellor, Assam University (Central)



प्रो. जी. डी. शर्मा
कुलपति

अटल बिहारी वाजपेयी विश्वविद्यालय
बिलासपुर (छ.ग.) 495001

पूर्व कुलपति, नागालैण्ड विश्वविद्यालय (केन्द्रीय) एवं
पूर्व सह-कुलपति असम विश्वविद्यालय (केन्द्रीय)

क्रमांक 2196/नि.स./2019

बिलासपुर, दिनांक 01/03/2019

यह अत्यन्त हर्ष का विषय है कि प्रदेश के न्यायधानी बिलासपुर शहर में स्थित "पण्डित सुन्दरलाल शर्मा (मुक्त) विश्वविद्यालय, बिलासपुर छ.ग." के मनोविज्ञान विभाग द्वारा विषय "Community Psychology Association of India on Community Counselling for Health Promotion and Well-being" पर तीन दिवसीय राष्ट्रीय शोध संगोष्ठी का आयोजन एवं शोध संक्षेपिका का प्रकाशन किया जा रहा है जो कि एक सराहनीय प्रयास है।

मैं, पण्डित सुन्दरलाल शर्मा (मुक्त) विश्वविद्यालय के प्राध्यापकगण, कर्मचारीगण द्वारा किये जा रहे प्रयास की हृदय से सराहना करता हूँ। राष्ट्रीय शोध संगोष्ठी में प्रकाशित होने वाली संक्षेपिका के माध्यम से आज के आधुनिक जीवनशैली में व्याप्त भागम-भाग की दिनचर्या एवं मनोदशा में सुधार करने के दिशा में निश्चित रूप से उचित मार्ग प्रशस्त करेगी, एवं समाज के सभी वर्गों के लिये उपयोगी एवं संग्रहणीय होगी।

तीन दिवसीय राष्ट्रीय शोध संगोष्ठी पर आधारित शोध संक्षेपिका के सफल प्रकाशन हेतु मेरी और अटल बिहारी वाजपेयी विश्वविद्यालय परिवार की तरफ से विश्वविद्यालय एवं आयोजक समिति को हार्दिक शुभकामनायें एवं बधाई।

शुभकामनाओं सहित.....

G. D. Sharma
(प्रो. जी. डी. शर्मा)
कुलपति

प्रो. रविप्रकाश दुबे

कुलपति

Prof. Ravi Prakash Dubey

Vice Chancellor



डॉ. सी.व्ही. रामन् विश्वविद्यालय

करगी रोड, कोटा, बिलासपुर (छ.ग.)

DR. C.V. RAMAN UNIVERSITY

Accredited with B+ Grade by NAAC

KARGI ROAD, KOTA, BILASPUR (C.G.)

Ph.: 07753-253804 Fax : 07753-253728 Mob : 9617779311

Email : raviprakash@cvru.ac.in, info@cvru.ac.in

Website : www.cvru.ac.in

प.क्र./281/कु.प./सीवीआरयू/2019

बिलासपुर, दिनांक 27/02/2019

शुभकामना – संदेश

यह अत्यंत हर्ष का विषय है कि पण्डित सुन्दरलाल शर्मा (मुक्त) विश्वविद्यालय छ.ग. बिलासपुर के तत्वघान में दिनांक 03-05 मार्च 2019 को "Community Psychology Association of India on Community Counselling for Health Promotion and Well Being" विषय पर तीन दिवसीय राष्ट्रीय संगोष्ठी आयोजित की जा रही है।

इस राष्ट्रीय संगोष्ठी से मनोविज्ञान के क्षेत्र से जुड़े देश के प्रतिष्ठित विद्वान/विदुषी सहित प्राध्यापकगण, शोधार्थीगण एवं विद्यार्थीगण भाग लेकर अपने शोध पत्रों के माध्यम से विचार व्यक्त करेंगे इन विचारों और उनके उत्कृष्ट शोधों के माध्यम से समाज में मनोविज्ञान एवं मन:दशा के विकास के क्रम में एक नई उर्जा का संचार होगा ऐसा मेरा दृढ़ विश्वास है।

मैं इस उपलब्धि के लिए पण्डित सुन्दरलाल शर्मा (मुक्त) विश्वविद्यालय के कुलसचिव व इस संगोष्ठी हेतु गठित समिति के सभी सदस्यों को हृदय की गहराइयों से शुभकामनायें प्रेषित करता हूँ एवं संगोष्ठी की सफलता की कामना करता हूँ।

प्रो. रविप्रकाश दुबे

कुलपति

Bhopal Office : SCOPE Campus, NH-12, Near Misrod, Hoshangabad Road, BHOPAL - 47

Ph.: +91-755-2499657, 3293214-15-16-72, 3207080 Fax : +91-755-2429096



Pandit Sundarlal Sharma (Open) University Chhattisgarh
Koni-Birkona Road, Bilaspur C.G. 495009

Contact No.: (07752-240712)

email: registrar@pssou.ac.in

Web site: www.pssou.ac.in

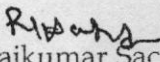
Ref. 2/51/KS/ 19

Bilaspur, Dated 28/ 02 /2019

// MESSAGE //

Health is considered as the biggest wealth. Good societal health reflects sound value whereas poor health corrodes the humankind. Mental illness is a liability to the intellectual society, which hinders growth. In present time, it is imperative for the learned thinkers to critically examine and evaluate the illness of the society for enriching value and favoring constructivism in the society. I strongly believe that the outcome of this conference will inject new ideas and propagate thoughts for creation of healthy and smart society.

My felicitation and best wishes to the entire team for the event.


(Dr. Rajkumar Sachdeo)

Registrar

Community Psychology Association of India

(Regd. Under Act 21, 1860, No. G. 12186)



Patron:

Prof. R.S. Singh, Rewa
Dr. N.K. Saksena, Kanpur
Prof. M.R. Rastogi, Lucknow

Ex-President:

Dr. John Baby, Calicut

President:

Prof. P.C. Mishra, Lucknow
Vice-President:

Prof. V. Ganesan, Coimbatore
Prof. N.R. Sharma, Rohtak
Prof. Arati Bakhshi, Jammu

General Secretary (HQ):

Dr. Ramjee Lal, Jaunpur

General Secretary (OS):

Dr. S.N. Dubey, Ayodhya

Joint Secretary:

Prof. H.K. Sharma, Jodhpur
Dr. G.K. Nanda, Bhubaneswar
Dr. M. Pradhan, Lucknow

Members:

Prof. Suninder Tung, Amritsar
Prof. Sadhandas Gupta, Kolkata
Dr. Avinash Kumar, Delhi
Dr. A.K. Janardanan, Hyderabad
Dr. N.V. Desmukh, Nashik

Academic Council

Chairperson:

Prof. P. Bhatnagar, Lucknow

Vice-Chairperson:

Prof. U.P. Singh, Bodhgaya
Prof. V.D. Swaminathan, Chennai
Prof. Gandharva R. Joshi, Rajkot

Convener:

Dr. P.K. Khattri, Lucknow

Members:

Prof. B.G. Singh, Raipur
Prof. Sandep Rana, Hisar
Dr. Om Prabha Monga, Shimla
Dr. Rashmi Mishra, Kanpur
Dr. Archana Shukla Jr., Lucknow

Editor: IJCP and CPAI Bulletin

Dr. S.N. Dubey

SBI Colony, Bachhara Road
Faizabad - 224 001, India
Phone: +91-5278 - 241070
Mobile: +91-94150 39619
e-mail: drsuredra_tzd@yahoo.co.in
Website: www.ijcpind.com



Message

I am very happy to know that the Department of Psychology, Pt. Sundar Lal Sharma (Open) University, Chhattisgarh, Bilaspur in collaboration with Community Psychology Association of India is organizing a National Conference on Health Promotion and Wellbeing from 03-05 March, 2019. It is a time where people are experiencing significant changes in all areas of their life, i.e., including physiological, psychological and emotional changes. Unemployment, depression, substance abuse, impulsive behavior, high aspirations, decreased belief in moral values etc are some of the major concerns found in the people's life. Therefore the issues of mental health and well being is very crucial in today's scenario and it should receive special attention as people of any nation are considered to be the strength and power and India is a nation with huge amount of youths.

Promoting wellbeing would not only lead to a better quality of life for the all but also would continue the spirit of fight back the issue of mental health.

Addressing the issue of Wellbeing would help to trap the overall growth of community, encompassing their physical, mental, spiritual health. Wellbeing thus, emerges as a crucial target to be achieved during overall growth of life and deliberations on the same would prove extremely beneficial in enhancing the overall growth across the world.

The theme of the current conference entitled "Health Promotion and Wellbeing" is no doubt very relevant in the present context of meeting challenges of wellbeing in the 21st century. I wish that the conference addresses the issues and concerns related to Indian perspective on wellbeing of one and all.

I hope that this three day's (3-5 March, 2019) international conference will provide an excellent opportunity to the participants to discuss various issues and concerns related to the health and wellbeing of all and lead to a positive and definite direction in this regard. The eminent scholars in the concerned field will enrich those who are here to seek more knowledge about the issues related and will also generate directions for further research and definite action that will create wellbeing in community. I also extend my warm greetings to the conference organizers, resource persons, participants, faculty members and students of Psychology Department and wish all success for the conference in achieving its goals.

Date: 28-02-2019

(Prof. P.C. Mishra)

President

Community Psychology Association of India (CPAI)

&

Prof. & Ex-Head,
Deptt. Of Psychology & Dean Faculty of Arts
University of Lucknow
Lucknow

COMMUNITY PSYCHOLOGY ASSOCIATION OF INDIA

(Registered under Societies Registration Act, 21, 1860)

Prof. Ramjee Lal
General Secretary (H.Q.)

Former Professor & Head
Deptt. Of Applied Psychology
VBS Purvanchal University, Jaunpur (U.P.)

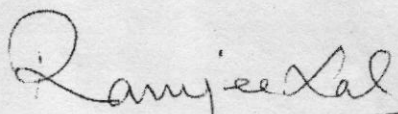
Ref.....

Date: 05.02.2019

MESSAGE

It gives me immense pleasure to find that Department of Psychology, Pandit Sunder Lal Sharma (Open) University Chhatisgarh, Bilaspur is organizing National Conference of Community Psychology Association of India from 3rd March to 5th March, 2019. The theme of the conference, Community Counselling for Health Promotion and Well-being is going to build a road map for applying psychology for community welfare.

I extend my best wishes to all members of organizing committee, delegates, students and faculty members for their noble endeavor.


(Prof. Ramjee Lal) 20/2/19
General Secretary (CPAI)



Pandit Sundarlal Sharma (Open) University Chhattisgarh
Koni-Birkona Road, Bilaspur C.G. 495009

Contact No.: (07752-240718)
email: hodpsychology@pssou.ac.in
Web site: www.pssou.ac.in

Welcome Message by Organizers

On the behalf of the organizing committee, it is our privilege and pleasure to welcome you to the National Conference of Community Psychology Association of India on "Community Counselling for Health Promotion and Wellbeing" from 3rd to 5th March 2019.

This conference aims to bring together academicians, researchers and scholars to exchange and share their ideas and experiences in all related areas of community psychology. We hope that this conference will provide a platform to share knowledge and expertise and critical review of the issues leading to defined goals of community well-being.

We are highly thankful to Prof. Bansh Gopal Singh Sir, Honourable Vice Chancellor and Chief Patron of the conference for guidance and providing stimulating environment for such educational development in this field.

We are grateful to the members of various organizing committees, invited guests, delegates from academia and other discipline for sharing their valuable insights relevant to the theme of the conference. We also thank Community Psychology Association of India and Indian Council of Social Science Research (ICSSR) for their support.

We wish all the participating delegates a rewarding and enjoyable conference.

Dr. S. Rupendra Rao
(Convener)

Dr. Pushkar Dubey
(Co-Convener)

Dr. Deepak Pandey
(Organizing Secretary)

COMMUNITY PSYCHOLOGY ASSOCIATION OF INDIA
(Registered Under Act 21, 1860)

Secretariat : Department of Applied Psychology
V.B.S.Purvanchal University, Jaunpur (U.P.)

PROGRESS REPORT

Community Psychology Association of India came into existence at the UGC Advanced Level Summer Institute on New Directions in Applied Psychology organized at the Department of Psychology, Lucknow University in August 1987. Psychologists from different parts of the country participated in the course. The salient aspects of community psychology were discussed and for further advancement in research activities, it was felt that community psychologists should have a forum of their own so that they may sit together and discuss various aspects of community psychology. An Association named as Indian Association of Community Psychology was formed. Later at the time of registration the name was changed as 'Community Psychology Association of India'. The Association was registered under Societies Registration Act, 21, 1860.

Brief Account of Activities of Association:

The Association started publication of a Newsletter to transmit information regarding various issues, techniques, and application of community Psychology. The following seminars, symposia and conferences were organized under auspices of Association:

(i) First Symposium on Community Psychology :

Under the auspices of Association and with the financial assistance from University Grants Commission, First National Symposium on Community Psychology was organized at the Postgraduate Department of Psychology, Buddha Postgraduate College Kushinagar on March 16-18, 1990. About 40 psychologists from U.P., Bihar, Rajasthan, Gujarat, M.P., Delhi, Haryana, Orissa participated in the symposium. The major topics discussed in the symposium were conceptual and methodological issues of community psychology, social tension, crime, delinquency, violence, community mental health, drug abuse, population etc.

(ii) First Biennial Conference of Association.

First Biennial Conference of the Association was organized at P.P.N.College Kanpur on September 27 & 28, 1992. Psychologists from different parts of the country participated in the conference. The themes of the conference were- basic concepts and models of community psychology, identification and analysis of community problems, specific community problems, intervention strategies and action programmes.

(iii) National Seminar on Social Disintegration :

A national seminar on social disintegration: present scenario was jointly organized by the Association and Gulab Devi Girls Degree College, Ballia on November 27 & 28, 1994. About 50 participants from different states of the country with different disciplines participated in the seminar.

(iv) Second Biennial Conference of Association:

Second Biennial Conference of Association was organized at K.S.Saket P.G.College Ayodhya ,Faizabad on April 13-15, 1995. About 100 psychologists from 18 universities of the country participated in the conference. In the conference emphasis was on adoption of intervention strategies for solving community problems. It was stressed that community psychologists should function as social change agent.

(v) Third Biennial Conference of Association :

The Third Biennial Conference of Association was organised at Sri Agrasen Kanya Postgraduate College Varanasi from April 12-13, 1998. About two hundred psychologists from different universities and colleges participated in the conference. In this conference the emphasis was done on the action part of psychologists. It was resolved that psychologists should go in the community with intervention programmes. Community Awareness building was considered as the most important activity of psychologists.

(vi) National Seminar on Community Psychology :

A National Seminar was organised at A.P.S.University Rewa (M.P.) in March 1999. An Interdisciplinary Conference of Association on social problem issues was planned. It was resolved to bring out a Journal named ' Indian Journal of Community Psychology' and to publish proceedings of previous conferences in the form of a monograph.

(vii) National Seminar on Criminal Justice System :

Under auspices of Association a National Seminar on Criminal Justice System was organised at Buddha Postgraduate College, Kushinagar on May 7-8, 2000. In this seminar delegates from all over the country participated. About 100 participants from different states discussed on anomalies in judicial system.

(viii) Fourth Biennial Conference of Association :

The Fourth Biennial Conference of Association was held at Dr. H.S.Gaur University, Sagar on February 14-15, 2002. About more than one hundred delegates participated in the conference. New Executive committee was formed during the conference.

(ix) National Conference of Community Psychology Association of India :

A national conference of association was organised under auspices of university department of psychology, B.R.A. Bihar University, Muzzaffarpur (Bihar) on March, 16-17, 2002. A large number of psychologists from different corners of the country participated in the conference. The focal theme of the conference was ' The emerging Psycho-Social Problems and Intervention'.

(x) Fifth Biennial Conference of Association :

Fifth Biennial Conference of Association was organized under auspices of Department of Psychology, Calicut University, Calicut on 21-22 November 2004. A large number of participants from all over country participated in the program. The focus was given on participation of psychologists in health promotion programs.

(xi) Sixth Biennial Conference of Association:

Sixth Biennial Conference of Association was organized at Vallabh Vidya Nagar under auspices of Department of Psychology, Sardar Patel University from 20—21 January 2006. A large number of delegates from different parts of the country participated. New executive committee was formed during the conference.

(xii) National Conference of Association :

A National Conference of Association was organized at Nasik on 3rd & 4th Feb. 2007 under auspices of Department of Psychology, L.V.Hiray College. A good number of delegates from different universities and colleges attended the conference.

(xiii) National Conference of Association :

A National Conference of Association was organized at Jodhpur on 20th & 21st December 2008 under auspices of Department of Psychology, J.N.Vyas University. In the conference a large number of delegates from different universities and colleges attended the conference.

(xiv) National Conference of Association:

A national conference of association was hosted by Department of Psychology, Magadh University, Bodh Gaya on 29th & 30th March 2009. In the conference delegates from different parts of the country participated.

(xv) International Conference on Counselling and Community Psychology:

International conference on counseling and community psychology was organized from 17-19, December 2011 at Department of Applied Psychology, V.B.S.Purvanchal University, Jaunpur. The focal theme of the conference was promoting counseling and community psychology in India. 19 delegates from USA and Canada participated in the conference. Representatives from different universities and colleges of the country attended the conference. The conference was inaugurated by President of American Counselling Association Dr. Bradley Erford.

(xvi) Participation in a NGO Workshop on " Women's Perspectives in Population and Reproductive Health :

The organisation was invited to participate in a NGO workshop on Women's Perspectives in Population and Reproductive Health organised by Family Planning Association of India, Bombay at Delhi on 27-29 April, 1993. Leading 125 NGOs from all over country participated in the workshop . Some basic propositions emphasized in the conference were : Gender equality, raising the status of women, reproductive health is an important and productive aspect , Family planning a responsibility of both men and women, the availability and quality of services must be improved.

(xvii) Professor Rajnarain Memorial Lecture :

Professor Rajnarain was instrumental in the inception, organization and development of the CPAI. First lecture was delivered by Late Prof. T.S.Dhapola, Kashi Vidyapeeth Varanasi at Second Biennial Conference of Association organized at K.S.Saket P.G.College Ayodhya , Faizabad on April 13-15, 1995. Prof. L.I.Bhusan, Bihar Yoga Bharti Munger delivered second lecture at third biennial conference at Agrasen P.G.College Varanasi from April 12-13, 1998. Third memorial lecture was delivered by Prof. Y.S.Vagrecha, Sagar University at fourth biennial conference at Sagar on February 14-15, 2002. Fourth memorial lecturer was delivered by Prof. Mukta Rani Rastogi, University of Lucknow during the fifth Biennial conference of association at Calicut University on 21-22 November 2004. Dr. N.K.Saksena, P.P.N. College Kanpur delivered fifth memorial lecture during sixth Biennial Conference at Sardar Patel University, Vallabh Vidyanagar on 21st January 2006.

(xviii) Young Psychologist Award :

Dr.(Mrs.) Vijaya Srivastava and Dr. (Mrs.) Rekha Bakshi (Sagar) donated Rs. 11000/- for the Young Psychologist Award in the sacred memory of their beloved mother Yasoda Devi Srivastava. The award will be given to the best paper presentation during the conferences of Community Psychology Association of India in the field of community intervention practices.

(xix) CPAI Bulletin

Association started publishing A **Bulletin** for information dissemination .Its aim is to provide a forum for the presentation and discussion of community issues. The popular articles related with community issues, proceedings of conferences and seminars, community intervention programmes by CPAI members, important news in the field of psychology, and forthcoming national and international conferences and seminars.

(xx) : Indian Journal of Community Psychology :

It is an official publication of the Association. The first issue of the journal was published in Jan. 2004. The articles of eminent scholars of the field have been published in the journal. Contribution of articles and papers are invited on all aspects of community issues including the

psycho-social aspects of mental and physical health, addictions, stress, AIDS, crime, police and Legal processes in the community, delinquency, family problems, domestic violence, voluntary community action, problems of women, child and elderly. Journal has got ISSN number and is registered with Registrar News Papers of India. Journal is being published regularly and the recent volume - March 2018 is in hand.

(xxi) Silver Jubilee Conference of Association :

Silver Jubilee Conference of Association was organized at Lucknow under auspices of Department of Psychology, Lucknow University, the place of origin of Association. The conference was held on 19th & 20th December 2014. Focal theme of the conference was Role of Community Psychology in creating community wellbeing. Sub themes of the conference were : Community psychology; A shift in perspective; Core values in community psychology: individual and family wellness. Sense of community, respect for human diversity, social justice, citizen participation, collaboration and community strength and empirical grounding. Understanding human diversity- culture, race, ethnicity, gender, sexual orientation, social class, socio-economic status, ability disability, age, localities, spirituality, and religion intersectionality; Disease prevention and health promotion: current and future strategies; Promoting community and social changes- social actions, community development, community coalitions, organizational consultation, alternative settings, policy research and advocacy, community wellbeing and community empowerment. A new Executive Committee was formed during the conference.

(xxii) Seventh Biennial Conference:

Seventh Biennial Conference is being organized under auspices of Department of Psychology, Pandit Sunder Lal Sharma Chhatisgarh (Open) University Bilaspur on 4-5, March 2019. The focal theme of the conference is 'Community Counselling for Health Promotion and Well-being' The sub-themes are : life style management of diabetic, cardiac and cancer, HIV patients and their care givers; Community Mental Health, Stress Management and well-being, Community counseling for drug abuse and alcoholism among adolescents, Community counseling for mental health problems among adolescents, gender sensitization, gender equity and gender justice, Geriatric Health, Yoga and Meditation, Positive Parenting, Adolescents' Mental Health Problems. Delegate from all over country are expected to participate.

Prof. Ramjee Lal
General Secretary (H.Q.)

**National Conference
Of
Community Psychology Association of India
On
Community Counselling for Health Promotion and Well-being**

Chief Patron : Prof. Bansh Gopal Singh, Honourable Vice Chancellor, PSSOU
Patron : Dr. Rajkumar Sachdeo, Registrar, PSSOU
Convener : Dr. S. Rupendra Rao
Co-Convener : Dr. Pushkar Dubey
Organizing Secretary : Dr. Deepak Pandey

Committee Members

Souvenir, Printing & Publishing : Dr. Pushkar Dubey (Convener)
Dr. Deepak Pandey
Dr. Tanuja Birthere
Dr. Anupama Kumari
Dr. Rituraj Diwedi
Dr. Anupa Thomas
Dr. Amit Pandey
Sri Harish Chandra Vaishnav
Sri Mazahar Ali
Sri Sukhdev Yadav

Finance Committee : Sri Chandrasekhar Jangade (Convener)
Sri Rakesh Manikpuri
Sri R.D. Vaishnav
Sri Gautam Singh
Sri Saroj Marawi

Invitation & Brochure Committee : Dr. Anita Singh (Convener)
Sri Gautam Singh
Sri Sourav Vartak
Sri Sirish Mishra
Sri Akhilesh Sanadey

Stage Coordination Committee :

Dr. Anita Singh(Convener)
Dr. Prakriti James
Dr. AnupamaKumari
Smt. EktaSrivastav
Sri MahendraKashyap
Sri RohitBhanu

**Registration & Kit Distribution
Committee :**

Sri Reshamlal Pradhan(Convener)
Dr. Preetirani Mishra
Dr. Nilima Tiwari
Sri Salikram
Sri Vishnukant
Dr. Anupa Thomas
Sri Dharmendra Pandey
Sri PawandevVaishnav
Smt Anju Sahu

Food Committee :

Dr. MordhwajTripathi(Convener)
Sri OmprakashGajendra
Sri Prakash Tiwari
Sri BalakramChouksey
Sri FooleswarVerma
Dr. Sushma Solanki
Sri Sukhdev Yadav
Smt. Preeti Tiwari
Sri Shyamkartik Solanki
Sri HardeepSahu
Sri SubashisDey
Sri Shivnarayan Yadav
Sri SohenBaret
Sri Satish Sahu

Guest House & Hospatality Committee :

Dr. Beena Singh(Convener)
Dr. Manoj Kumar Tiwari
Dr. SuchiChowdhry

Ms. Manjari Sharma
Sri SouravVartak
Smt. Seema Thakur
Sri AtulKarihar
Sri Amit Upadhyaya
Sri PawandevVaishnav
Mohad. Imran

Hospitality & Transportation Committee: Sri Deepak Kumar Pandey(Convener)

Dr. Amit Pandey
Sri FooleswarVerma
Sri Praveen Sharma
Sri VishwasJaltade
Sri Dharmendra Pandey
Sri BirijKhandey
Mohad. Imran

Technical Committee :

Sri Kapildev Patel(Convener)
Dr. AnupamaKumari
Sri SomenDivedi

INDEX

01. Role of Spiritual Practice on Happiness Among Elders Prof. B. G. Singh and Suchi Choudhari	01
02. Impact of Parent's Spiritual Development on Children's Mental Health Prof. Bansh Gopal Singh and Manjary Sharma	01
03. Community Counselling : Issues and Challenges Prof. Ramjee Lal	02
04. Trigun and Anger Prof. B.G. Singh and Divya Singh	04
05. A Case Study of Neglectful Parenting Sarika Gautam and Prof. Bansh Gopal Singh	04
06. A Study On Mental Health And Study Habit Of Orphan Children Living In Orphanages Dr. Beena Singh and Anju Tripathi	05
07. Life Style Management Of Cancer Patient Sand Thier Caregivers Dr. Rupendra Rao and Poornima Tiwari	06
08. Self-Concept And Anxiety: A Study In Context Of Locality And Gender Dr. Anita Singh and RitikaSon	06
09. Study Of Home Environment As Predictor Of Students Academic Stress Lalita Sahu and Meeta Jha	07
10. A Study Of Adolescent Stress And Parenting Style Swati Shrivastava and Priyamvada Shrivastava	08
11. Distance Education In Open Universities: A Social Responsibility Dr. Preeti Rani Mishra and Dr. Rituraj Trivedi	08
12. Study Of Well-Being And Quality Of Life Among Adolescents Krishna Sharma and Sujeet Kumar	09
13. Governmental Efforts For Prevention The Risk Of Drug Abuse: Inputs And Outcomes Dr.Archana Yadav and Deepika Pandey	10
14. Mental Health And Emotional Intelligence: A Correlational Study Dr. Pratibha Sharma and Dr.Gautami Bhatpahari	10
15. The Effect Of Progressive Relaxation Technique With Music On Some Physiological Parameters And Positive Mental Health Of Adults Prof. C.D. Agashe and Dr. Roli Tiwari	11
16. Smart Phone Addiction Among Yoga Practicing And Non Yoga Practicing Youth: Examining Its Impact Towards Goal Adjustment And Life Engagement Bharat Chandra Sahoo, Anupa Jyothish and Sreeshma	12

17.	Gender Equality: Women Participation And Opportunity SumanVerma	13
18.	Psychosocial Counselling And Its Effects On Divyang Child: A Case Study Dr.S.K.Naik and Sudhanshu Bhatt	14
19.	Effect Of Mental Health On Reasoning Ability Of Adolescent Boys Dr. Riya Tiwari and Ms. Reecha Sao	15
20.	Self Care In Practice In Urban Low Income Communities: Seher Community Mental Health And Inclusion Program Lacroix, K. Davar and V. B. Nair,	15
21.	Theoretical Model Of Positive Parenting Intervention Among The Parents Of Industrial Belt Around Asansol Srijani Roy Chowdhury and Samragyee Pal.	16
22.	Stress Management And Well Being Poornima Tiwari	16
23.	The Impact Of Yoga And Meditation On Depression And Anxiety Disorder Shekh and Sandhya Ojha	17
24.	Life Orientation, Subjective Happiness And Maladjustment Among Vegetarians And Non Vegetarians - Tomy Shintu & M. Adithya and Shibymol	18
25.	Psychological Challenges For Divyang Children In Society Dinesh Bhaskar	18
26.	A Study Of Awareness Of Sexual Harassment Among Female Professional Students Dr. Shamini Srivastava	19
27.	Aggression And Emotional Competence Among Orphan And Non-Orphan Adolscents Agnes Mary Xavier and Athira Aneesh	20
28.	Work- Family Conflict And Life Satisfaction Among Government And Non-Government Employees - Suresh Sandra and Maria Angel	20
29.	Psychological Remedial Plan On English Language Difficulties Found In Rural School Children - Urmita Chakraborty	21
30.	Mental Health Issues Across The Life Span Prof. Pratibha J Mishra	21
31.	Women Empowerment & Health Care Policies: Issues & Challenges Dr. Amit Bhowmick and Dr. Meheboob Hassan	22
32.	Counseling For Mental Health Problems Among Adolescents: Current Issues And Possible Solutions Aarti Mishra	23
33.	Effect Of Yoga Practices On Stress And Adjustment Of Adolescent - A Study Rekha Tiwari	24

34.	Stress Management And Well Being Dr. Shaista Ansari and Chitra Pandey	24
35.	Glimpse Of Gender Justice In India Birendra Kumar Tiwari	25
36.	The Role Of Family Type On Mental Health With Special Reference To International Students Dr. Roli Tiwari	26
37.	Yoga And Meditation- Dolly Wallace	26
38.	Parenting and Delinquency- Prof. Prabhavati Shukla and Vaibhav Saxena	27
39.	Positive Psychological Parenting Dr. Dhananjay Pandey and Dr. RaghvendraGauraha	27
40.	Relationship Between Parent's Education And Children's Mental Health Dr. Neha Singh Thakur	28
41.	Positive Parenting- Dr. Shaista Ansari and Zainab Fatima	28
42.	The Role Of Self – Efficacy And Socio-Demographic Factors In Determining Feeling Of Burden Among Parents Of Mentally Divyang Children Alka kerketta	29
43.	Gender Sensitizationand Social Justice In India -Dr. Kiran Kori	30
44.	A Study Of Psychological Well – Bing In Extrovert And Introvert Adolescents Dr. Shakuntala Dulhani	30
45.	Health Promotion And Well Being:Positive Parenting In Tagore Dr. Anupa Thomas	31
46.	Health Promotion And Well Being:Social Responsibility in context of Tibetan Refugees in India Sanjiv Kumar Lavania	31
47.	मनोविक्षुब्धता का भावनात्मक परिपक्वता पर पड़ने वाले प्रभाव का अध्ययन डॉ. रोली तिवारी, रेखा यादव	32
48.	मनः रनायु विकृति का व्यावसायिक आकांक्षा पर पड़ने वाले प्रभाव का अध्ययन डॉ. रोली तिवारी, विमला दीवान	32
49.	महाविद्यालयीन विद्यार्थियों में परामर्शन- एक आनुभविक अध्ययन डॉ. तृप्ति बिस्वास, श्रीमती ज्योति लकड़ा	33
50.	महिलाओं के साथ भेदभाव के विरुद्ध कानून की भूमिका डॉ श्रीमती तनुजा बिरथरे	33
51.	मीडिया द्वारा सिजोफ्रेनिया और हसा संबंधी रिपोर्टिंग में संवेदनशीलता डॉ. अनुपमा कुमारी	34

52.	सामुदायिक मानसिक स्वास्थ्य कृ. मनीषा यदु	35
53.	डी.एल.एड. प्रशिक्षण संस्थाओं में गुणवत्ता मूल्यांकन के अंतर्गत शिक्षकों का सामाजिक उत्तरदायित्व डॉ. प्रकृति जेम्स, सत्यप्रकाश यादव	35
54.	सतत् एवं व्यापक मूल्यांकन प्रणाली में तनाव का अध्ययन डॉ. बीना सिंह, नमिता गौरहा	36
55.	दिव्यांग बच्चों से सम्बंधित समस्याएँ रुचि पांडेय, सुनीता टोप्पो	36
56.	वृद्धावस्था में स्वास्थ्य श्री सतीश कुमार साहू	37
57.	गणितीय योग्यता का मरिक्क गोलाई प्रबलता के साथ संबंध-एक अध्ययन राजू जांगड़े, ऋचा शुक्ला	38
58.	प्रमरिक्क की सम्प्रभुता एवं विद्यार्थियों की पाठ्य सहगामी क्रियाओं में सहभागिता के मध्य सम्बन्ध का अध्ययन अमितेश कुमार सिंह, हेमलता साहू	38
59.	योग और ध्यान - श्रीमती वंदना सिंह	39
60.	किशोरों में कैरियर परिक्कता एवं आत्म सम्प्रत्यय के मध्य अध्ययन-असीमा तिग्गा	39
61.	सकारात्मक पालन से सामाजिक समस्याओं का निराकरण एवं आदर्श समाज की स्थापना- अरविंद कुमार तिवारी, अभिषेक पाठक	40
62.	लैंगिक भिन्नता का निवारण शिक्षा व जागरूकता से ही सम्भव डॉ. प्रकृति जेम्स, डी.के.जैन	40
63.	लिंग समानता एवं लैंगिक न्याय - श्रीमती सीमा सिंह ठाकुर	41
64.	वर्तमान परिदृश्य में पुस्तकालय के प्रति मनोवैज्ञानिक दृष्टिकोण : मुक्त विश्वविद्यालय के संदर्भ में श्री सालिकराम	42
65.	आध्यात्मिक - यौगिक मनः चिकित्सा - डॉ. अमित कुमार पाण्डेय	43
66.	सामुदायिक स्वास्थ्य सुविधाओं के विस्तार में जनजातियों की परम्परागत चिकित्सा पद्धति के महत्व का रासायनिक भैषजिक अध्ययन: छत्तीसगढ़ राज्य के विशेष संदर्भ में डॉ. रवीन्द्रनाथ शर्मा	44
67.	व्यक्तित्व और मानसिक स्वास्थ्य - डॉ. बालकराम चौकसे	45
68.	सामुदायिक स्वास्थ्य एवं तनाव प्रबन्धन - डॉ. कप्तान सिंह	46
69.	लैंगिक समानता स्थापित करने में तकनीकी शिक्षा एवं साधनों की भूमिका डॉ. मनोज कुमार तिवारी	46
70.	बच्चों पर सोशल मीडिया का प्रभाव-दुष्प्रभाव एक मनोवैज्ञानिक अध्ययन सुखदेव यादव	47

ROLE OF SPIRITUAL PRACTICE ON HAPPINESS AMONG ELDERS

Prof. B. G. Singh,
Vice Chancellor, Supervisor
Pandit Sundarlal Sharma (open) University Chhattisgarh, Bilaspur

Suchi Choudhari
Research Scholar, Psychology

The study of positive aging is a speedily developing area for research and practice. Spiritual practice and happiness both are more important concepts of human life. Comprehensive researches show that spiritual practices and spiritual beliefs help to reduce symptom and seriousness of physical and mental illness, unpredictability events in later life. The objective of this study was to investigate whether there exists effect of spiritual practice on happiness of elders. Purposive sampling technique was adopted for data collection. Study was conducted on 160 (80 male and 80 female) respondents. Adhyatmic Abhayas Mapani (Choudhari & Singh, 2018) and Prasannta Mapani (Choudhari & Singh, 2018) were the tools used for data collection. Result analysed using SPSS with regression technique. The outcome of the analysis found that R^2 coefficient of the model is 0.360 ($p < 0.01$) which indicates that both variables has a significant joint effect on happiness. However, the role of gender was found to be insignificant. Result indicated that increasing spiritual practice enhanced level of happiness in the elderly Elder's who involve higher level of spiritual practice have higher level happiness.

Keyword : Elderly, spiritual practice, happiness, gender.

IMPACT OF SPIRITUAL DEVELOPMENT ON CHILDREN'S MENTAL HEALTH

Prof. Bansh Gopal Singh
Vice Chancellor
Pandit Sundarlal Sharma (Open) University Chhattisgarh, Bilaspur

Manjary Sharma
Research Scholar, Department of Psychology

Spiritual development is the growth and improvement of human personality towards a spiritual more useful and desired identity. It is expected that spiritually developed parents would have a positive and productive effect on children's mental health. The main objective of this study was to investigate the impact of spiritual development along with other sociodemographic

characteristics on children's mental health. For this purpose 150 students of 13-22 years and also one of their parents (mother or father) participated in the present study. Mental Health Battery (Gupta & Singh, 1983) and Spirituality Scale (Sharma & Singh, 2018) was used to assess mental health and spiritual development respectively. Multiple regression analysis results showed that level of children's mental health significantly affected by parent's spiritual development. Gender and Socioeconomic status had no significant impact on children's mental health.

Keywords: Spiritual development, children's mental health, gender, socioeconomic status.

COMMUNITY COUNSELLING : ISSUES AND CHALLENGES

Prof. Ramjee Lal
General Secretary (H.Q.)
Community Psychology Association of India

Community counselling draws its definition and explanation primarily from community psychology. Community psychology is a theoretical and applied approach that focuses on the relationships and interactions between individuals and their social contexts. Community counselling is a generic term for any kind of professional counseling used to describe a form of counselling that is focused on helping communities who may be struggling with an increased amount of shared psychological problems. Community counselling is a process for helping a community to acknowledge issues, losses and feelings, as these are the emotional dimensions of relationship, intimacy, family life and future, and collective responsibilities and rights. Counselling with a community is a process for helping acknowledgement and agreement to happen, leading to problem solving and behaviour change. These problems may be the result of traumatic events that have taken place recently within the community. Community counselling is an ongoing series of facilitated community discussions, in which feelings and issues are explored and acknowledged, norms and actions are assessed, choices are considered, and decisions and commitments are made about the life of the community. The elements of counselling process are: Relationship building, Problem identification and exploration, Decision making, Implementation, Evaluation and ongoing problem exploration, Decision making and implementation. These elements are expressed in the community over time, which may be slow or much faster than expected.

Community counselling, as an approach to psychological practice, calls practitioners to review the way they understand and respond to human problems. When located within a community psychology approach, this call emphasizes the need to understand 'the person-in-context', and respond comprehensively addressing challenges at various levels of the social system.

Community counseling has importance in dealing with the problems of different people like homeless, widowed, aged, sexually abused, alcoholic, victim of any conflict, physically challenged, mentally challenged, mothers, young people and so on. A community is a very diverse place with different issues and challenges which often demand expert's involvement. Communities differ across the globe, so are their problems. Community counsellors may provide its services to different people with different needs within a community. The issues can be like substance abuse, conflict, disease outbreak, natural disaster, mental health, child marriage, relationships etc. A community counsellor deals with individuals and groups and shall be holistic in nature. The community counsellor may also identify groups which needs advocacy. A community counsellor is a professional and comes with leadership skills and relationships skills (which is important to build trust among people).

The community counselor helps people in understanding about their issues and organize the community by hand-holding them. The cycle of problems (for example, substance abuse) can be addressed by the community counsellor in groups.

The respectful model of community developed by Michael D'Andrea, Ed. D. and Judy Daniels is a widely used model of community counselling. The model can be described as: R: Religious- Respecting the religious beliefs and sentiments of a community. B: Economic background- One shall not be discriminated based of their economic capabilities. S: Sexual identity- Every individual has the right to hide or reveal their sexual identity, which shall be respected. P: Psychological maturity/health- One's ability to respond to certain circumstances will be defined by his/her maturity. Therefore, one shall understand the ability of other person. E: Ethnic identity- People belonging to different identity shall not be discriminated and biased based on their realities from where they come. C: Chronological/developmental challenge- Physical and mental differences affects everyone differently which brings different outcomes. T: Trauma- Someone can be in trauma due to some reasons, that needs to understood and handled carefully. F: Family background- Plays a major role in shaping a person and his/her personality. U: Unique physical characteristics- People belonging to this category may face

different challenges in everyday life as compared to others. L: Location- A person is most often a reflection of the place that he/she belongs to, the differences and realities must be accepted.

The RESPECTFUL model is a holistic approach of understanding the community and its issues better. Counselling can be done individually (for example, Depression) or in groups (for example, during a conflict in community) across all ages and gender.

TRIGUN AND ANGER

Prof. B.G. Singh Vice-Chancellor Pandit Sundarlal Sharma (Open) University, Chhattisgarh, Bilaspur (C.G.)	Divya Singh Research scholar
---	---------------------------------

Triguna is one of the ways to understand the personality and different states of mind in Indian Psychology. It is an integral constituents of mind. If there is disturbance in any one of the triguna, the personality of the person is disturbed. Anger is also a state of mind. It is a subjective emotion accompanied by muscles tension and stimulation of the autonomous nervous system. When a person feel ignored, threatened and al one some negative aspects like jealousy quarrelsome, rebelliousness are shown in his/her personality and tendency of anger is always remain in mind.

At last the result is found that anger and Triguna are interrelated with each other, if Triguna is increased anger is always increased. 100 (Hundred) sample size and random sampling techniques are used for this study.

A CASE STUDY OF NEGLECTFUL PARENTING

Sarika Gautam Ph.D. Scholar, Dept. of Psychology	Prof. Bansh Gopal Singh Vice Chancellor Pt. Sundarlal Sharma (open) University, Chhattisgarh Bilaspur
---	--

Parenting is the process of promoting and supporting the physical, emotional, social and intellectual development of a child from infancy to adulthood. It refers to the intricacies of

raising a child. This paper throws light upon a case of the child has neglectful parenting. The objective of the study is to find the effects of neglectful parenting on academic and social development of a child. The above study shows negative effects on the child. The growth of the child is below average because interest of parent towards child is null. They neither have gone to school to get to know the progress of child nor talk to peer group that is why child feels inferior from other children and hesitate to talk to anyone. If the child would not be observed or focused by parent might suffer from social anxiety and would not be able to stand on own feet. Keywords: Neglectful, parenting, intricacies, inferior, social anxiety.

A STUDY ON MENTAL HEALTH AND STUDY HABIT OF ORPHAN CHILDREN LIVING IN ORPHANAGES

Dr. Beena Singh

Head (Department of Education)

Anju Tripathi

Scholar (Education)

Pandit Sundarlal Sharma (Open) University Chhattisgarh, Bilaspur

The purpose of the study was to find out the correlation between the mental health and study habit. The sample was selected by the purposive sampling technique. A total of 60 orphan students (Government orphanage -30, SOS -30) between the age group of 12-18 years were undertaken. The research tool for mental health was developed by Jagdish & Srivastava (1983), while the tool for study habits was developed by Chandel & Paliwal (2013) 't' test was applied to check the significance of mental health and study habit in students. To check relation between mental health and study habit correlation was used. Failure to detect one's mental health problems may results in negative and hazardous consequences such as increasable risk for academic failure, social isolation, drug and alcohol abuse, depression, low self- steam, short temper, suicide attempt, unemployment, poor mental health and overall loss. Results revealed that high level of correlation between mental health and study habit of orphan children's while there was significance differences between mental health and study habit of government orphanage and SOS Children village.

LIFESTYLE MANAGEMENT OF CANCER PATIENTS AND THEIR CAREGIVERS

Dr. Rupendra Rao
Assistant Professor & Head
Department of Psychology
Pandit Sundarlal Sharma (Open) University, Chhattisgarh, Bilaspur

Poornima Tiwari
Research Scholar
Department of Psychology
Pandit Sundarlal Sharma (Open) University, Chhattisgarh, Bilaspur

Cancer is the dreadful disease that is spreading fast over the world in today's era. The world is facing major crisis in health arena due to this horrendous disease, which at times leads to disabilities. In broader sense, the disease results when cellular changes cause the uncontrolled growth and division of cells. Cancer strikes not just the patient suffering, but engulfs the family too. It smashes one's physical, mental and social life. The major support comes from the family members who stand by the patient supporting him emotionally and physically. At times, we get paid person also who cares for cancer patients. These paid people or family members who helps the cancer patients with their daily routine are called caregivers. "Mix of six" are the six important points which if they follow can be complimentary for the patient and their caregivers, which will ultimately help them to win over the dreadful disease. The important six points are: to give love and support, stress management, sufficient sleep, daily exercise, good diet and to stay away from environmental pollution. Good health is an important factor that reduces the chance of recurrence of cancer. The above mentioned coping methods for cancer patients and their caregivers will aid them to get relief during this traumatic period. To manage cancer, a patient has to change his lifestyle by quitting smoking, take a good nutritional support, reduce risk of infection and to manage fatigue.

SELF-CONCEPT AND ANXIETY: A STUDY IN CONTEXT OF LOCALITY AND GENDER

Dr. Anita Singh
Asst. Prof. (Education Dept.)
Pt. Sunderlal Sharma (Open) University Chhattisgarh, Bilaspur

Ritika Soni
Research Scholar (Education Dept.)

Education has a pivotal role for the development of the adolescence for future upliftment of the society. Highlighting the role of education is a need of hour to promote the self-concept as it gives concrete base to the progress. Self-concept is multidimensional

construct which refers to an individual perception about self (Hoffman 2004). On the other hand, everyone experiences anxiety. It is natural emotion which is symbolised through stirring of worries, fear which alarms that a sudden threatening change is near. The present Study deals with the self-concept and anxiety of adolescence in durg district. A sample of 100 adolescence from stdandrad IX is taken as sample by random sampling technique. To measure self-concept of adolescence scale developed by Saraswat and anxiety scale developed by Sinha is used. The result shows that there exit a significant co-relation between the anxiety and self-concept of adolescence in durg district.

STUDY OF HOME ENVIRONMENT AS PREDICTOR OF STUDENTS ACADEMIC STRESS

Lalita Sahu
Govt. MataShabari Naveen Girls
P.G.College , Bilaspur, C.G.(India).

Meeta Jha
Professor, SOS in Psychology,
Pt. Ravishankar Shukla University
Raipur, C.G. (India)

Present study aimed at investigating the role of home environment on academic stress. For this purpose, 248 students who were studying in different schools of Bilaspur district of Chhattisgarh state were selected randomly as sample. The dependent variable of the study was academic stress and independent variables were home environment and gender. For data analyses descriptive statistics product moment correlation coefficient and regression analysis technique were used. The results showed that negative home environment (rejection, deprivation of privileges, social isolation sub dimension of home environment) was significant positive correlation of academic stress and further there was insignificant difference gender with students' academic stress. The results of regression analysis found negative home environment is good predictor of students' academic stress.

A STUDY OF ADOLESCENT STRESS AND PARENTING STYLE

Swati Shrivastava

Priyamvada Shrivastava

School of Studies in Psychology
Pt. Ravishankar Shukla University Raipur

The study deals with the relationship between adolescent stress and parenting style of higher secondary students. The present study consists of 400 students (200 male & 200 female) from higher secondary school (both government and private) of Chhattisgarh. Respondents were selected by using random sampling method. Parenting style test comprising of 1) Rejection vs acceptance 2) Carelessness vs protection 3) Neglect vs indulgence 4) Utopian expectation vs realism 5) Lenient standard vs moralism 6) Freedom vs discipline 7) Faulty role expectation vs realistic role expectation 8) Marital conflict vs marital adjustment dimension and total stress was used. The Pearson product moment correlation was computed to find out relationship between stress and parenting styles. The correlation coefficient was found negatively significant between stress and parenting style Carelessness vs protection, neglect vs indulgence, freedom vs discipline and marital conflict vs marital adjustment. It indicated that the high stress is related with parenting style dominated with carelessness, neglect, freedom and marital conflict. Adolescents perceive high level of stress when they face carelessness, neglect, freedom and parent's marital conflict is high.

Keywords: Adolescent, stress, parenting style.

DISTANCE EDUCATION IN OPEN UNIVERSITIES: A SOCIAL RESPONSIBILITY

Dr. Preeti Rani Mishra

Dr. Rituraj Trivedi

Assistant Prof. SoS in Library & Inf. Science

Assistant Prof. English Department

Pandit Sundarlal Sharma (Open) University, Chhattisgarh, Bilaspur (C.G.)

Distance education is a form of education in which course content is delivered and interaction is provided by the internet. Internet allows the students to enroll in courses from anywhere in the world at all time basis The delivery of education has become learner's centric.

The focus on learning theory has changed to learning styles and perception. To design effective distance education programs, it is important to understand how learning occurs and the factors that influence motivation, perception, communication and learning of the audience. In distance education, students have role to learn. The main role of the teacher is designing of the course and setting the needs of students. Teacher role is imperative in guiding the student for development. It makes education achievable to understand populations and flexible in fitting into complex lifestyles schedules and social responsibilities of today's learners cognitive, intellectual abilities, personality teaching and learning styles are important concern in distance education.

Distance education can provide mass-education. To be effective, distance education programs need to redefine the roles of teachers and students in the teaching-learning process. Distance education resolves distance, time and financial aspects of education. Distance learning empowers individuals to participate in self-improvement and career development.

STUDY OF WELL-BEING AND QUALITY OF LIFE AMONG ADOLESCENTS

Krishna Sharma
CSSR-Post Doctoral Fellow

Sujeet Kumar
Associate Professor

Department of Education
Guru Ghasidas Vishwavidyalaya, Bilaspur, Chhattisgarh, India, 495009.

Everyone earns to lead a good life and even desire for a life that is peaceful, happy and meaningful. Well-being can be described as judging life positively and feeling good. For health purposes, physical well-being (e.g., feeling very healthy and full of energy) is also viewed as critical to overall well-being. The term quality of life is used to evaluate the general well-being of individuals and societies. Adolescence is a significant developmental stage marked by physical, psychological and social changes. While adolescents are generally perceived to be healthy, this stage of development is also associated with an emergence of risk factors that may have long-term consequences for their wellbeing. The present study is designed to examine the well-being and quality of life among adolescents. Many factors which shape adolescent development were kept in consideration in the current study. In the paper it is further discussed about major theoretical and empirical contributions to this topic. It is hypothesized that the meters used in the investigation provide better understanding of the well-being and quality of life among adolescents.

Key words- Well-being, quality of life, adolescents.

GOVERNMENTAL EFFORTS FOR PREVENTION THE RISK OF DRUG ABUSE: INPUTS AND OUTCOMES

Dr. Archana Yadav
Assistant Professor

Guru Ghasidas Vishwavidalaya, Bilaspur Chhattisgarh

Deepika Pandey
Research Scholar

Drug abuse has emerged as a social problem in world and none of the nation has left from the curse of this evil. In India many efforts have been taken at Government and non government level to tackle this problem but still the ratio of drug abusers is growing on. One of the most repetitive means for abusing drug is intake of drug through injection called as IDUS i.e. the persons injecting drug for non medical reason at least once in last 3 months. Drug abuse through injection or syringe has enhanced the risk of HIV transmission. While talking about Chhattisgarh the HIV positivity among IDU's is 10.77. To handle this problem many targeted interventions are catered by the government through harm reduction approaches such as needle syringe distribution, counseling, behavior change communication and referral linkages. Thus in this paper the author has made an effort to explore the drug abusing means in Bilaspur city of Chhattisgarh. The main objectives are to discuss the various efforts of government to minimize IDU's and outcome. The study is based on secondary data analysis by reviewing the literatures along with government reports.

Key words: IDU's, HIV, harm reduction approaches, counseling and referral linkages.

MENTAL HEALTH AND EMOTIONAL INTELLIGENCE: A CORRELATIONAL STUDY

Dr. Pratibha Sharma
Assistant Professor
Department of Psychology
Govt. V. Y. T. College Durg C.G.

Dr. Gautami Bhatpahari Assistant Professor
Department of Psychology
Govt. D.B. Girls' PG (Auto.) College Raipur C.G.

According to Sylvan et. al. "Mental health is a dynamic state of internal equilibrium which enables individuals to use their abilities in harmony with universal values of society. Basic cognitive and social skills ability to recognize, express and modulate one's own emotions, as well as empathize with others flexibility and ability to cope with adverse life events and function in social roles and harmonious relationship between body and mind represent important components of mental health which contribute, to varying degrees, to the state of internal equilibrium".

Emotional intelligence is an ability to monitor and regulate one's own and others feelings as well to use these feelings to guide thoughts, actions and relationships. Reuven Bar On (1997) called EI as "An array of non-cognitive capabilities, competencies and skills that influence one's ability to succeed in coping with environmental demands and pressure." EI comprises of emotional self-awareness, assertiveness, independence, self-regard, self-actualization, empathy, social responsibility, interpersonal relationship, problem solving, reality testing, flexibility, stress tolerance, impulse control, happiness and optimism.

Aim was to study the correlation between mental health and emotional intelligence. Probably there will be correlation between mental health and emotional intelligence. 30 higher secondary students were purposively selected for the study. Pearson product moment method was adopted for statistical analysis. The obtained coefficient $r = 0.72$ indicates that there is a very strong positive correlation between mental health and emotional intelligence which is significant at .01 level of confidence for 18 degrees of freedom.

THE EFFECT OF PROGRESSIVE RELAXATION TECHNIQUE WITH MUSIC ON SOME PHYSIOLOGICAL PARAMETERS AND POSITIVE MENTAL HEALTH OF ADULTS

Prof. C.D. Agashe
Director

Dr. Roli Tiwari
Assistant Professor

Institute of Teachers Education
Pt. Ravishankar Shukla University Raipur (Chhattisgarh)

The present study has been conducted to see the effect of progressive muscle relaxation training with instrumental music on some physiological parameters and positive mental health of adults. To conduct the study 50 adults (Average age is 40.5 years) of both the sex has been selected. A six days progressive relaxation training has been given to all the subjects. Blood pressure of selected subjects was measured by Omron BP monitor while pulse rate and SpO₂ was assessed by pulse oximeter. Three dimensional positive mental health inventory prepared by Agashe and Helode (2007) was used to assess positive mental health of selected subjects. The selected physiological parameters and positive mental health was measured before and after the completion of progressive relaxation training program. The paired comparison reveal significant change as far as decrease in systolic and diastolic blood pressure before and after training session and same result were found in pulse rate after 6 days. No significant change has been found in diastolic blood pressure and amount of oxygen in the blood what it was

before as compared to after the completion of progressive relaxation training program with instrumental music. It was also found that positive mental health of adults enhanced mildly but not to a significant extent. On the basis of results it was recommended that long term progressive muscle relaxation with instrumental music may be used so as to enhance quality of life of adult population both physiologically and psychologically.

Keywords : Progressive muscle relaxation, physiological parameters, positive mental health

SMART PHONE ADDICTION AMONG YOGA PRACTICING AND NON YOGA PRACTICING YOUTH: EXAMINING ITS IMPACT TOWARDS GOAL ADJUSTMENT AND LIFE ENGAGEMENT

Bharat Chandra Sahoo
Assistant Professor,
Department of Applied Psychology, IGNTU, Amarkantak, MP-484887

Anupa Jyothish
Msc 1st year

Purpose- This study attempts to examine the level of smart phone addiction, goal adjustment and life engagement among yoga practicing and non-yoga practicing youth. Through this work, an attempt has been made to identify the contribution of smart phone addiction towards goal adjustment and life engagement.

Design/methodology/approach- Based on need this work involves differences as well as contribution of independent variable towards outcome. So researchers used Two-way ANOVA, Pearson product Moment correlation and simple regression analyses. The researchers prepared a questionnaire with demographic variables and three scales including smart phone addiction, goal adjustment and life engagement and circulated among 164 youth from central India with the mean age of 19.91 via simple random sampling technique.

Findings- Results shows that there is a significant differences found between yoga practicing and non yoga practicing youth on smart phone addiction, goal re-engagement, goal dis-engagement and life engagement. In these measures, no significant differences were reported between males and females. Smart phone addiction is negatively contributed to goal re-engagement and positively to goal dis-engagement and negatively contributed to life engagement.

Research implications/limitations- This study has useful practical implications such as organizing yoga awareness program and training program at educational as well as organizational settings. This helps to achieve their goals and have a meaningful and positive

attitudes towards life and thus we could get a better productive generation. The findings can be used for further research processes. The limitations include: the sample size was limited to 164 participants which is critical for generalizations. The sample was only taken from the central part of the country.

Originality/value- To researcher's knowledge this is the first time study on smart phone addiction, goal adjustment and life engagement among yoga practicing and non-yoga practicing youth.

Key words: Smartphone addiction, goal adjustment, goal reengagement, goal disengagement and life engagement

GENDER EQUALITY: WOMEN PARTICIPATION AND OPPORTUNITY

Suman Verma
Principal,
Maulana Azad College of Education
Bilaspur (C.G.) India

Gender equality is a human right. Achieving gender equality is not a women's concern but the responsibility of all in society. Gender equality is also a precondition for all round development. Gender equality means equal rights and opportunities for women and men in laws and policies, and equal access to resources and services within families, communities and society at large. Women are still regarded as nothing in some parts of the world because there is no women empowered. Selfish politicians who are occupying political post do not think of this because they look down on women and do not want to see them as part of decision makers in government houses. Many people are still going on with certain archaic (outdated) mentalities that never will any lady or women rule them in any organization. This old mentality is one of the key causes of the less respect given to women in some societies. Gender equality is a movement through which the people with stereotype and traditional thinking, should be able to assure equal participation of women and men in decision making; to facilitate equally; to equally access and control on the resources; to acquire alike benefits of development; to get equal opportunities in employment; economic, political, cultural & social sector. Keeping the status of gender equality and women's participation and opportunity in India, in this paper an attempt is made to present that in India women are discriminated at every level of the society so as to have an idea about to what extent the gender equality in India.

PSYCHOSOCIAL COUNSELLING AND ITS EFFECTS ON DIVYANG CHILD: A CASE STUDY

Sudhanshu Bhatt

Ph.D Scholar, School of Regional
Study & Research

Pt.R.S.S.University,Raipur,Chhattisgarh

Dr. S.K.Naik

Professor & Head, Department of Psychiatry
CIMS,Bilaspur,Chhattisgarh.

A disability is an impairment that may be cognitive, developmental, intellectual, mental physical, sensory, or some combination of these. It substantially affects a person's life activities and may be present from birth or occur during a person's lifetime. Disabled or divyang persons are one of the excluded sections of the society and they also face a number of problems in their daily life. Some challenges like Inaccessibility, Low Representation, barriers to health care, education, attitudinal and Inaccessible communications are issues which are related to disability or disabled persons. Disabled persons also suffer from socio/ emotional and psychological challenges which are depression, anger, grief and loss, stress and anxiety, pain and fatigue, family and relationship conflict, identity issues thoughts of suicide etc

Objective:-Assess the impact of psychosocial counselling programs on cerebral palsy divyang child and their parents.

Interventions:- Some counselling programs (psychosocial) designed to support divyang children and their parents with developmental disabilities which are family system programs, instructional programs, interactional programs, and positive behaviour support.

Result:-A strong positive effect was found on the receptive and expressive language skills of young CP child. Psychological variables, such as stress, depression or coping, based on the assumption that changes will affect the quality of parenting. Child showed improvement in multidimensional skills especially in component involving problem-behaviour prevention strategies. It was also strong positive effects on reducing challenging behaviour and improving broader parenting factors (e.g., style, adjustment, parental relationship).

Conclusion: - The current counselling strategy can be used in in-patient, out-patient, rehabilitation and community mental health care settings. It can be applied for different population with all kinds of mental health issues such as adults, geriatric, children and adolescents.

Key words :- Disability, Psychological challenges, Social work assessment, Psychosocial counselling.

EFFECT OF MENTAL HEALTH ON REASONING ABILITY OF ADOLESCENT BOYS

Dr. Riya Tiwari
Post-Doctoral Fellow
Pt. Ravishankar Shukla University
Raipur (Chhattisgarh)

Ms. Reecha Sao
Assistant Professor
Disha College
Raipur (Chhattisgarh)

The present study has been an attempt to see the role of mental health on reasoning ability. 50 school going boys the age range between 13 to 15 years were selected from municipal cooperation school of Raipur. To assess mental health mental health inventory developed by Bhatt and Gidda (1992) was used. To assess reasoning ability of 50 school going boys were tested with the help of reasoning ability test developed by Dubey . Pearson correlation reveals a significant positive relationship between mental health and reasoning ability of adolescent boys. It shows that good mental health increased reasoning ability. It was concluded that mental health can predict reasoning ability in adolescent students.

SELF CARE IN PRACTICE IN URBAN LOW INCOME COMMUNITIES: SEHER COMMUNITY MENTAL HEALTH AND INCLUSION PROGRAM

Lacroix K. Davar V. B. Nair K. Padhalkar D. Momin, M. A.
Seher Community Mental Health and Inclusion Program,
Bapu Trust for Research on Mind and Discourse, Pune, Maharashtra

The concept of self-care has become widely popular in public health programs since the 1980's. Following the WHO's publication self care began to be conceptualized as activities that, "individuals, families, communities undertake with the intention of enhancing health, preventing disease, limiting illness and restoring health. Working to address the problem of dependence on specialized services in addition to low number of specialist health care professionals, self-care is seen as a way of preventing and reducing dependence on the health care system (and thereby health care resources). For persons in distress it has been proposed that self-care is associated with improved feelings of wellbeing, increased life expectancy and increased quality of life with greater independence in addition to better symptom management (e.g. reduction in pain).

This paper will explore the role of self-care practices in community mental health as employed in Seher Community Mental Health and Inclusion Program (CMHIP). Self-care practices in the program include the in-corporation of a range of activities focusing on diverse aspects of self-development (concept, esteem, value) at both the individual (personal/client) and community (social/awareness level of engagement. Self care as a construct within the

program plays an overarching role as techniques encouraging recovery, prevention and maintenance of wellbeing for all: clients and their surrounding communities. This client data collected over one year (Feb 2018- Jan 2019) under the program. At first level of analysis self care practices will be analysed to ascertain the range of self care practices used with clients under the program. At, second level of analysis 15 client files will be selected using simple random sampling technique for further analysis. Files will be qualitatively analyzed using the thematic analysis method to assess the impact of self-care practices with clients on self-development goals at the end of service provision with them.

THEORETICAL MODEL OF POSITIVE PARENTING INTERVENTION AMONG THE PARENTS OF INDUSTRIAL BELT AROUND ASANSOL

Srijani Roy Chowdhury
Samragyee Pal
Kazi Nazrul University, Asansol, West Bengal, India

This article reviews need to address the importance of positive parenting in the community. Children are the future of a community and nation and the parents are primary caregivers, role models and guides responsible for shaping a child. Hence, knowing the proper technique of parenting is very much vital. Parenting styles or guidance can be offered in a positive way alternative to punitive, authoritarian approach to teach children for developing positive skills. This paper evaluates output of positive parenting, focussing upon the importance of positive parenting and the need to create awareness about it on the development of a child, and larger effect thereby on well-being of the entire community. Through a theoretical model the essential elements of positive parenting which would lead to the goal of a child's overall healthy development will be discussed in this paper.

Keywords: Positive parenting, wellbeing, child, community.

STRESS MANAGEMENT AND WELL BEING

Poornima Tiwari
Kajal Bhalla
Shri Sankaracharya Mahavidyalaya

Stress in today's world is inherent part of life. If you are living with high levels of stress, you're putting your entire well-being at risk. Stress wreaks havoc on your emotional equilibrium, as well as your physical health. It narrows your ability to think clearly, function effectively, and enjoy life. The ultimate goal is a balanced life, with time for work, relationships, relaxation and fun, and the resilience to hold up under pressure and meet challenges head on. Generally when an individual is under stress, he or she experiences stress from head to toe. That is due to the

several changes that take place in the body. All the muscles in the body reflect stress by being rather rigid or tight, almost all organs and systems present in the body are affected by stress. Relaxation is just opposite to the state of stress or tension. It is a state in which one is able to think clearly about or reflect on a problem. Just as stress can affect the individual at physiological, affective, cognitive and behavioral levels, relaxation also can influence the individual at all these levels. Therefore, to combat stress effectively, one will have to regulate the physiological changes that occur because of stress. Stress is by and large manageable. This article deals with the strategies which one can adopt for effective management of stress. Stress management training refers to a package of techniques that are used for helping the individuals cope with stress rather effectively.

THE IMPACT OF YOGA AND MEDITATION ON DEPRESSION AND ANXIETY DISORDER

Shaziya Shekh & Sandhya Ojha
Shri Agrasen Kanya P.G. College, Parmanandpur, Varanasi

Yoga and meditation are 3,000 year-old practices that have evolved into a holistic approach to general wellness and healing. Depression and anxiety are among the most common conditions cited by those seeking treatment with complementary and alternative therapies, such as yoga and meditation. There is increasing scientific interest in the potential effectiveness of these interventions for the treatment of anxiety and depression, especially for mild to moderate levels of disorder severity. These interventions have appeal because their use seems unlikely to have severe adverse effects and they are easily available. Studies attest the fact that yoga and meditation enhance performance physiologically and psychologically. These can improve the mental well-being and reduce depression and anxiety. The purpose of this research is to explore the effectiveness of yoga and meditation for treating anxiety and depression. The present research focuses on the exploration of how the patient of depression and anxiety benefit from yoga and meditation, how yoga and meditation is being used to address symptoms of depression and anxiety and the extent to which these ways are effective. The studies used in the present research help in establishing how yoga can improve mood, reduce depression and anxiety in human beings as compared to those who lack yoga and meditation sessions in their routine. Findings from this paper will be used to determine areas of further study and implications for clinical social work practice.

LIFE ORIENTATION, SUBJECTIVE HAPPINESS AND MALADJUSTMENT AMONG VEGETARIANS AND NON VEGETARIANS

Tomy Shintu & M. Adithya
1st year Msc Psychology, Department of Psychology
IGNTU, Amarkantak, (M.P.)

Shibymol
Assistant Professor,
Department of Psychology,
LISSAH, Calicut, Kerala

The present study aimed to assess the life orientation, subjective happiness and maladjustment among vegetarians and non vegetarians. Purposive random sampling technique was used to draw the sample from the population. The present study follows descriptive design. Survey and interview method were used to collect data. A total of 60 vegetarians and non vegetarians (a sample size of 30, from each category) were selected for the study. The tools used to collect data for present study were Life Orientation Test-Revised - LOT-R by Scheier, Carver and Bridges, The Subjective Happiness Scale - SHS by Lyubomirsky and Lepper and Mathew's maladjustment inventory by George Mathew. Parametric statistical techniques such as Karl Pearson correlation and t-test were used for analysis of data. Mean and standard deviation were also used to describe data. The result found was that the number of optimist among vegetarians is greater than that of non vegetarians. There was no correlation between subjective happiness and maladjustment in vegetarians and non vegetarians. There was no significant difference between two groups (vegetarians and non vegetarians) in subjective happiness and maladjustment.

Key words: Vegetarians, non vegetarians, life orientation, subjective happiness, maladjustment

PSYCHOLOGICAL CHALLENGES FOR DIVYANG CHILDREN IN SOCIETY

Dinesh Bhaskar
B.Ed. Special Education (H.I.)
Department of Education
Guru Ghasidas Vishwavidyalaya, Bilaspur, C.G.

Divyang persons also suffer from socio/emotional and psychological challenges due to the way society view the divyang. People usually pass comments and remarks that are insensitive. Generally people even use derogatory words when referring to the divyang persons e.g. chirema-disabled. Sometimes they are not even counted as humans and are referred to as disabled-chirema. It is for this reason the word disabled is being substituted with physically

or mentally challenged. These societal attitudes are found at all levels from family, government level and international level. For instance the 2016 para olympics had difficulties in finding sponsors for the tournament yet the tournament for the able bodied had no difficulties in being sponsored.

Beside the traditional beliefs that divyang persons could have committed abominable sins, some healing and deliverance churches have joined the band wagon, added to the psychological. They cast avelsior towards the divyang and view divyang as lacking in faith when they are not healed after being prayed for.

Keywords - Divyang, society, psychological, failc.

A STUDY OF AWARENESS OF SEXUAL HARASSMENT AMONG FEMALE PROFESSIONAL STUDENTS

Dr. Shamini Srivastava
Head, Department of Psychology
Feroze Gandhi College, Raebareli

Sexual harassment is a universal problem felt by all concerned around the world. It is not only concerned with the violation of women's dignity, right to social security and right to equality granted to human being in every social system but it is also concerned with violation of right of life and peaceful existence by law. Nations have gone for various legal approaches to prevent harassment. Despite of various laws most of the time these incidents are being reported. It may be due to the lack of awareness regarding sexual harassment. Therefore the present study aimed at investigation of the awareness and prevention strategies concerning the sexual harassment among female students. Total 110 female students from different professional institutions were selected for the present study. Data was collected with the help of structured questionnaire and a short interview was also conducted as per the requirement of the questionnaire. Results showed the different level of awareness in different areas of harassment among students. Overall finding indicated that students have an average level of awareness regarding the sexual harassment and they need more knowledge about it. Students have suggested different strategies to control the sexual harassment at work-place. Finally implications of the finding have been discussed and future research areas have also been reported.

AGGRESSION AND EMOTIONAL COMPETENCE AMONG ORPHAN AND NON-ORPHAN ADOLSCENTS

Agnes Mary Xavier

Athira Aneesh

Indra Gandhi National Tribal University, Amarkantak

Orphanages are common symbol of accommodating large number of children. Orphans are those kids who have lost single and both parents and are left at these institutions because their family is unable to take care of the child. The aim of the study is to understand the emotional competence and aggression among orphan and non-orphan students. A quantitative design was adopted for the study. The tool used was the Buss Perry aggression questionnaire (1992) and emotional competence assessment scale (ECAS). The questionnaires were administered to a group of 50 orphan adolescents and another group of 50 non-orphan adolescents. Karl Pearson's product moment correlation and Independent samples t- test was used to analyze the collected data. The research revealed a significant difference between aggression and emotional competence in terms of orphan and non-orphan adolescents. And the study also showed relationship between emotional competence and aggression among orphan and non-orphan adolescents.

Key words: The Buss-Perry aggression questionnaire emotional, competence assessment scale product moment Correlation, t- test

WORK- FAMILY CONFLICT AND LIFE SATISFACTION AMONG GOVERNMENT AND NON-GOVERNMENT EMPLOYEES

Suresh Sandra & Maria Angel

Indira Gandhi National Tribal niversity, Amarkantak

The present study aimed at examining the relationship between government and non-government employees in terms of work-family conflict and life satisfaction. A quantitative design was adopted for the study. The tool used were life satisfaction inventory (Sheron 2009) and workfamily conflict scale (Netemeyer, Boles & Mc Murrain, 1996) The questionnaires were administered to a group of 60 government employees and another group of 60 non-government employees. Karl Pearson's product moment correlation and independent samples t- test was used to analyze the collected data. The research revealed a slight negative correlation between variables work-family conflict and life satisfaction among government employees and a row positive correlation is found between the two variables among non-government employees. The study also showed a significant difference between government employees and non-government employees in terms of life satisfaction.

Keywords : work family conflict, life satisfaction, karl pearson's coefficient of correlation , t-test.

PSYCHOLOGICAL REMEDIAL PLAN ON ENGLISH LANGUAGE DIFFICULTIES FOUND IN RURAL SCHOOL CHILDREN

Urmita Chakraborty
School counselor,
LCIT public school, Bodri Bilaspur, Chhattisgarh, India

Language disorder is a communication problem developed due to a multitude of conditions in children. Absence of receptive and expressive skills is the probable responsible factor. Lack of stimulating environment and lack of parental guidance are also the reasons. Mirror neuron system is also under developed in these children. In the present research, 10 students were assessed who are in primary and middle school. Screening tools were learning disability self screening tool and learning disability child/teen screening questionnaire. This paper also discusses the similarities and dissimilarities between language disorder and learning disability. Remedial plan included periodic learning of difficult and strange english words with varying position of same letters and different pronunciation, writing difficult words in increasing order as days go and remembering them under fun based curriculum, providing stimulating environment in counseling room, providing unconditional warmth and nurturance while dealing these students. Contrasting features of word to observe and paying focused attention on usage of words are part of this remedial plan. Suggestions of internet based learning of book chapters and use of english language while interacting with others (writing of emails, scrapbooks or social chats with parents) have given. Students have attended at least 10 remedial sessions in individual counseling. Result is discussed with suitable applicable value.

Keywords: Learning disability, language disorder, mirror neuron.

MENTAL HEALTH ISSUES ACROSS THE LIFE SPAN

Prof. Pratibha J Mishra
Professor, Psychological Counselling Cell,
Guru Ghasidas University, Bilaspur (C.G)

The term mental health is generally defined as the absence of mental illness. The logic of this concept is that a person is healthy if he/she is not ill. This negative definition of health makes a great deal more sense with regard to somatic illness than with mental illness. As soon as we speak of mental health the picture becomes less clear because, firstly, we have no clear-cut picture of a person as to who is a normal/healthy person mentally and emotionally. Can a person who is like the majority of the people be considered to be mentally healthy or is it possible that the very person who is different from the rest is considered mentally healthy while the rest of the society may not fulfill the criteria.

Looking at these difficulties encountered by the very definition of mental health, psychologists and sociologists have forwarded the sociological concept of mental health. This defines mental health as "any person is mentally healthy who is well adapted to the society, who functions well in terms of the social order he is living in". In this definition, the society is the measure and not the individual. What is good for the society or for the state is good for the man as well.

Any given society, as we have read earlier, has its own structures and laws. This is the same whether we deal with the primitive tribe that lives by robbing and killing neighboring tribes or whether we think of peaceful tribes which live by farming or any other means. If a member of a warrior tribe likes robbing or killing, if the slave or a servant is submissive and docile, if an office goer is punctual and orderly these will contribute to the good functioning of the society. Actually, being in accord with the purpose and aims of the society, the individual will be at rest with others and does not feel isolated and in a way will feel healthy, it is in this sense that the normative, sociological concept describes the healthy man as the well-adjusted man.

The crucial question that arises is whether a person who is useful to the society is useful for himself or herself, whether what is good from the standpoint of the functioning of the society is necessarily good for the individual as well. It may not always be true. Say a person who belongs to a tribe of robbers and killers may not like to rob or kill other people. The same person may be forced by his very own people to act according to the norms of their society or tribe. In such a scenario there might be a conflict between the moral and ethical values of the individual with the group.

In this author shall discuss the mental health concepts across the different stages of human development. The author will also discuss the developmental pattern of mental health and some of the distress signals at different ages.

WOMEN EMPOWERMENT & HEALTH CARE POLICIES: ISSUES & CHALLENGES

Dr. Amit Bhowmick
Assistant Professor & Head
Department of Sociology
Nur Mohammad Smriti Mahavidyalaya
Dhuliyon, Murshidabad, West Bengal, India

Dr. Meheboob Hassan
Guest Professor
Tot Sol B.Ed College
North 24 Parganas
West Bengal, India

Women Empowerment is a global issue. The idea of women empowerment came forward when the third international women's conference at Nairobi in 1985 introduced and defined "women empowerment as a re-distribution of social power and control of resources in favour of women". The Government of India declared 2001 as the year of Women's Empowerment and the National Policy for the Empowerment of Women came into force the

same year . Empowerment is a continuous process and it means giving legal and moral power to an individual in all aspects of life-social, cultural, political, economical, psychological, religious and spiritual which are essential for the existence and all round development of the individual. Health is a prerequisite for human development and is an essential component for the wellbeing of the mankind. The common beliefs, customs, practices related to health and disease in turn influence the health of the human beings. Health can be regarded as a state of mental, social and economic wellbeing and not the mere absence of disease. Health is a function, not only of medical care, but also of the overall integrated development of society- cultural, economic, educational, social and political. A World Bank Report on women's health status in India, released in 1996, has grimly catalogued the variety of ways in which women are discriminated against. Girls, get less vaccination, less education and less nutrition than their brothers and when they grow up they are less healthy than their male counterparts and succumb more easily to sickness and disease. An Indian woman is 100 times more likely to die of modernity related causes than is a woman in the industrialized countries. In this changing world, with unique challenges that threaten the health and well-being of the population, it is imperative that the government and community collectively face these challenges inclusively and sustainably. The future of a healthy India lies in mainstreaming the public health agenda in the framework of sustainable development. Improving the quality of health care at the system level requires a focus on governance issues, improving public-sector management, building and augmenting institutional capacities as well as promoting a culture of data-driven approach. Both State Government and Central Government have taken various health policies for development of child and women health.

COUNSELING FOR MENTAL HEALTH PROBLEMS AMONG ADOLESCENTS: CURRENT ISSUES AND POSSIBLE SOLUTIONS

Aarti Mishra
Research Scholar,
Psychometric Laboratory School of studies in Psychology
Pt. Ravishanker Shukla University, Raipur , Chhattisgarh

Mental health problems among adolescents are not adequately researched due to the lack of sufficient necessary resources. The aim of this study is to understand the current status of various mental problems among Indian youths and the key determinants of general mental problems in adolescent boys and girls in India. The study will also present all possible solutions that can help in overcoming the mental problems among adolescents in India.

Keywords: Mental health, adolescents, counselling

EFFECT OF YOGA PRACTICES ON STRESS AND ADJUSTMENT OF ADOLESCENT - A STUDY

Rekha Tiwari
Ph. D Scholar (Education)
Dr. C. V. Raman University
Kargiroad, Kota, Biaspur (C.G.)

The present study was conducted to assess the effect of yoga practices on stress and adjustment on adolescents-a study by using survey method. Yoga is the perfect way to ensure overall health and physical fitness. In the present time more and more people especially the western are resorting to yoga to find care for chronic health problems and attain a peace of mind. Yoga is associated with a healthy and lively lifestyle with a balanced approach to life. Studies in the field of medicine suggest that yoga is the only form of physical activity that provides complete exercise of the body because it massages all the internal organs and glands this in turn reduces the risk of many diseases. The sample consist of 150 girls and 150 boys and a total of 300 students of secondary level who are practicing yoga and 150 girls and 150 boys total 300 students of secondary level who are not practicing yoga from 15 schools have been taken randomly as the subject of present investigation. The study reveals that, yoga practice significantly impacts the stress and adjustment of secondary school students. It also help to reduce stress among adolescent and manage negative qualities and develop positive mental condition, for better adjustment, which are the prime factors for enhancing academic performance of adolescent. Yoga practices may be needed as a patent tool for relaxation from the effect of stress.

STRESS MANAGEMENT AND WELL BEING

Chitra Pandey
Ph.D, Research Scholar,
Department of Psychology MATS University, Raipur(C.G)

Dr. Shaista Ansari
Assistant Professor,

Department of Psychology MATS University, Raipur(C.G)

Human being can excel at any point in life and live healthy life by emphasizing and enhancing positive resources and capabilities. Positive elements may play an important role in our life .We need good mental health to be able to succeed in life. We have to manage our stress level by improving well-being. The Paper is concerned how people manage stress level with the help of well-being and improve the life. Now in modern and advance world many like teacher, student, educators and so many those related from different fields they are society makers and pillars of the nation. It requires dedication, sacrifices, self discipline, motivation and cordial relationship between life and satisfaction.

Good mental health is highly essential for them to be able to succeed in their pursuit. In the reference well being is usually conceptualized as combination of positive affective status such as happiness and functioning with optimal effectiveness in individual and social life. Healthy human development provide the scientific basis for counseling, that counseling helps clients to identify, develop and use a variety of resources to archive goals.

GLIMPSE OF GENDER JUSTICE IN INDIA

Birendra Kumar Tiwari
Research Scholar in Law,
Barkatullah University Bhopal MP

Gender justice is not a recent phenomena, crime against women have been committed since antiquity. Any traditional custom that places women in subordinate positions within society or in the family has the potential to turn violent. Pt. Jawaharlal Nehru said that "If you educate a man you educate an individual, however, if you educate a women you educate a whole family"

Indian history and mythology have given place of pride to women. Sita, Savitr, & Draupadi are the women whose names strike the mind immediately. We are also familiar with a record of Maithreyi and Gardi, the vedic scholars, who mastered the vedas and upanishads facing much opposition. Over the years of first half of 20th century, the struggle continued and women coined the phrase "Bread & Roses" after James Oppenham's poem of the same name. The reference to "Bread" is freedom from hunger, and "Rose" is the satisfaction of the wants or wishes.

In 1950 women and men over the age of 251 were granted voting rights. Indian patriarchal society not only harbours a culture of violence against women in the form of dowry, domestic violence and female infanticide, it also manifests in government policies towards women. The unequal representation of India women in national political parties is all the over disquieting given that the Indian constitution guarantees gender equality in the Articles, 325 and 326. Despite the deeply ingrained patriarchal attitude prevalent in India, it is one of the few countries ever to have elected a woman prime minister: Indira Gandhi. We Still haven't secured 33% reservation for women in parliament and state assemblies, despite the women's reservation bill being close at hand for so long.

Women constitute almost half of the population in the world. But the hegemonic masculine ideology made them suffer a lot as they were defined equal opportunities in different parts of the world. The rise of feminist ideas has however, led to the tremendous empowerment of women's condition throughout the world in present times. Access to education has been one of the most pressing demands of these women's rights movements. Women education in India has also been a major preoccupation of both the government and civil society as educated women can play a very important role in the development of country.

THE ROLE OF FAMILY TYPE ON MENTAL HEALTH WITH SPECIAL REFERENCE TO INTERNATIONAL STUDENTS

Dr. Roli Tiwari
Assistant Professor
Institute of Teachers Education,
Pandit Ravishankar Shukla University Raipur, (Chhattisgarh)

Present study has been aimed to conduct the impact of family belongingness on mental health special reference to international youth. The study had been designed to see the impact of nuclear family and joint family and its effect on mental health in terms of international youth. 202 subjects from the different countries (mean age= 24.6) were selected as samples. These students were studying at Banaras Hindu University in different courses. After getting the permission from the competent authority, Mental Health Continuum (MHC-SF) questionnaire (2009) was administered to all 202 subjects. Out of them 100 female and 102 was male in the light of their family background. After analysing the data it was found that the students who belongs to joint family shown higher degree of mental health in comparison to those belonging to nuclear family. It may be conclude that the role of family background on mental health is much more effective.

Keywords- Family type, mental health and international students.

YOGA AND MEDITATION

Dolly Wallace
M.Ed. IV th semester
Gurughasidas Vishvavidalaya, Bilaspur Chhattisgath

Yoga is not religion. Yoga is way of life that aims to remove obstacles and suffering from life to obtain the highest spiritual goal 'Samadhi' or self realisation. Yoga entails different path and practices that help in achieving the desired results. It is very unfortunate that commercial fitness industry is trying to use Yoga as a gimmick for gain and sales purposes. Yoga is for all about stretching and adjunct to intense physical exercises. Yoga is for everyday living. It is a holistic approach to healthy living. Yoga helps to connect mind body and spirit. It also improves daily living habits help to build better relations and fine tunes all the body system. Yoga helps to achieve peace of mind emotional and mental stability. the sanskrit word Yoga actually means union with the divine. Meditation is a vital part of yoga that can lead to inner peace. Meditation practice consists of no exercise or bodily movements it is mostly performed after yoga asan practice. After yoga body is filled with vibration and to gain a stable condition on both mind and body level meditations are preferred.

PARENTING AND DELINQUENCY

Vaibhav Saxena
Faculty
Govt.P.G.CollegeGuna M.P.

Prof. Prabhavati Shukla
Professor

Umeshwari
Reserch scholar SOS in psychology
Pt. Ravishankar Shukla university
Raipur, C.G.

Parenting is a milestone of every persons life. In present study we measure how parenting related with delinquency and positive parenting help to decrease delinquency. For this we selected sample of 50 delinquent boys aged between 14-17 years from reformatory of Ratlam district. We used tools Parenting scale given by Bhardhawaj et.al. 1998. Findings are based on statistical analysis Result reveled that Parenting is inversely proportional with delinqueny. Means when adolescents get the good parenting then they do not involve in delinquency. When adolescents donot get good parenting then they may to involve in delinquency.

Keyword:- Parenting, delinquency, adolescence.

POSITIVE PSYCHOLOGICAL PARENTING

Dr. Dhananjay pandey (LECTURER)

Dr. Raghvendra Gouraha (PRINCIPAL)

AIM of the Research To study the effect of positive psychological parenting of high school students Probable cause of the Study:- 1 Irritating nature of the Students were observed in their house as well as in the school This was resulted of the lack of interest grooming down their achievements .

2. Lack of confidence was observed while dealing with them especially in their schooling subjects.

Definition of Positive psychological parenting: -It is a process of promoting the physical, emotional,

socialand intellectual development of child from Infancy to childhood not by fear.

Procedure:-

- 1 Questionnaire was developed (25 Question) and it was circulated among the class 9th student sand the parents and teachers.The scores were recorded
2. A procedure was developed and it was made visible to the parents and teachers about positive psychologicalparenting .
3. Behavior was observed. Achievements was recorded in the form of post Test.

Hypothesis:- "There would be positive difference in the interests and achievement of the high school

students when dealt with positive physiological parenting”

Analysis of the Data:- Analysis of the data revealed about the increase in the interest and achievements of the students in their schooling subjects Usefulness of this Research:-This research is meant to increase the Interest and achievements of the students in their subjects by demolishing the fear and irritating nature of the Students.

RELATIONSHIP BETWEEN PARENT’S EDUCATION AND CHILDREN’S MENTAL HEALTH

Dr. Neha Singh Thakur
Assistant Professor, Dept. of Psychology
Govt. Bilasa Girls P.G. Autonomous College, Bilaspur (C.G.)

Mental health is one of the keystone of childhood development, but difficult to measure. The WHO defines general health as “physical health, mental health and social well-being”. Parents play the most important role in helping children to understand and manage emotions, develop resilience and encourage positive relationship. Education defined the personality and mental health of person. It would be expected that rearing practices of educated parents is good in comparison of those parents who are uneducated. So the parent’s education is also responsible for children’s good mental health as well as bad mental health. The present study was designed to examine the relationship between parent’s education and children’s mental health. The sample of the present study included 60 subjects of 13-22 years and also one of their parents. Subjects were administered Mental Health Battery (Gupta & Singh, 1983) to assess mental health of children and information about parent’s education. One way ANOVA was used for the data analysis. Results of this study demonstrated that there is significant effect of parent’s education on their children’s mental health.

Keywords: Parents education, mental health.

POSITIVE PARENTING

Dr. Shaista Ansari
Assistant Professor

Zainab Fatima
Ph.D. Research Scholar

Department of Psychology MATS University, Raipur

This article shows how a socio-educational intervention can be performed with the family based on comprehensive work along three axes: children, parents and the family environment. The intervention of socio-educational professionals who work with families must be based on a holistic perspective that includes both a specific intervention with family members and on intervention with parents and children as a whole and with the environment that surrounds them. The analysis of the scientific literature presented throughout this article, first, alloys highlighting the need to work on the basis of an eco-systemic family perspective to promote positive parenting and family resilience. The socio-educational professional working for the joint

triad of children, parents and the family/environment to move away from absolute resilience or from that are blind to the interactions inside of the subsystems of the family. This basic principle is focused on three areas of intervention (parents, children and the family in its environment) through multiple best practices Baumried (1967) identified three distinct parenting style: authoritarian, permissive and authoritative. Each parenting style is associated with specific behaviors and parental characteristics. The behaviors are often examined along two dimensions: nurturance and control. Authoritarian parenting involves the use of control, physical punishment and coercive tactics to direct child behavior. Parent exhibit little nurturance and rules established by the parent with little or no discussion with the child. The strict discipline and control of authoritarian parents may hinder development of children's independence (baumrind 1967) and contribute to aggression and behavior problems.

THE ROLE OF SELF – EFFICACY AND SOCIO-DEMOGRAPHIC FACTORS IN DETERMINING FEELING OF BURDEN AMONG PARENTS OF MENTALLY DIVYANG CHILDREN

Alka kerketta
Research Scholar

Pt. Sundarlal Sharma (Open) University Chhattisgarh, Bilaspur

Caregiver means a person who provides direct care and support for chronically ill people. The care of a children with intellectual disability or a related other disorder can be a physical, social, emotional and financial drain on the family caregiver. A caregiver is an unpaid or paid member of a person's social network who help them with activities of daily living. The role of caregiver has been increasingly recognized as an important one both functionally and economically. It is a multidimensional response both observable and perceived like physical, psychological, emotional, social, and financial stressors associated with the caregiving experience. The caregiver's perception of the burden, determines the impact on own life. The level of perceived burden has been associated with higher risks of depression and lower quality of life for caregivers Caregivers need support for themselves, and they want support for their partners. They often feel overwhelmed, ignored, and neglected, and this adds to their feeling of burden. Mentally divyang (also known as mental retardation, intellectual disability), is described by below-average mental ability or intelligence and a lack of skills essential for daily live. People with intellectual deficit can and do learn new skills, but they learn them more slowly. There are varying degrees of intellectual deficit, from mild, moderate, severe to profound.

In this research work, correlational research design is used. The dependent variable of the study is caregiver's burden. The independent variables is Sociodemographic factors and self- efficacy. The sample size is 60 caregivers of moderately affected children is selected based on purposive sampling in different rehabilitation centers. Result of this study is helpful for caregivers, psychologists and mental health professionals for dealing with the issue related to mentally divyang.

GENDER SENSITIZATION AND SOCIAL JUSTICE IN INDIA

Dr. Kiran Kori
Assistant Professor of Law
Hidayatullah National Law University, Raipur, C.G.

In order to ensure the social justice the psychology of society has to be changed. The crimes against women is prevalent in all the strata of society in one or the other form and only punishment cannot set the things right. The need and obligation for social justice therefore arises in order to give priority to safety of women and their rights and gender equivalence. Social justice is not ordinarily about being gratifying or desirable. Rather the entire notion of social justice instills an immediate and compulsory proposal for achieving the fundamental upright of women aligned concerns and affairs. It is for this reason that social justice has become a policy and bulletin of greatest importance to the governments. Women need to be empowered with regard to polite society both ethnically and economically so that they become adequate coworker in development process by walking the path of inherent social justice. There is utmost need for protecting the rights of women and implementing constitutional mandate against gender discrimination. This paper mainly focuses on making the concept of 'gender sensitization' known and familiar to all the parts of society. The gender sensitivity is required to be explained to all the members of the society by various stakeholders. Seminars, discussions and workshops have to be conducted focusing mainly on various gender roles and gender stereotypes found in different sectors of workplaces.

Keywords: Gender Sensitization, Stereotypes, Women Empowerment, Fundamental Rights, Social Justice.

A STUDY OF PSYCHOLOGICAL WELL – BING IN EXTROVERT AND INTROVERT ADOLESCENTS

Dr. Shakuntala Dulhani
Assistant Professor
Department of Psychology,
Durga Mahavidyalaya, Raipur

Psychological well-being is a person's evaluative reactions to his or her satisfaction, cognitive evaluations or affect ongoing emotional reactions term. The of author the intendend to study role of extroversion – introversion in psychological well-being it was hypothesized that the psychological well-being extroverted male adolescents would be better than the introverted male adolescents. An stratified random sample of 30 extrovert and 30 introvert male adolescents had been studied for their psychological well-being.

Result confirmed the research hypothesis.

Key Words: Psychological well-being, personality dimensions

HEALTH PROMOTION AND WELL BEING: POSITIVE PARENTING IN TAGORE

Dr. Anupa Thomas.
Asstt. Professor. (English)
Pt. Sundarlal Sharma (Open) University Chhattisgarh, Bilaspur

By the middle of the eighth century, after a long period of political unrest and religious and social chaos, Bengal was consolidated as a powerful Hindu kingdom. To restore the Hindu purity, five Brahmins were imported from the Western Kingdom of Kanauj which was a stronghold of Brahminic culture. However, one of the five Brahmins was named Daksha and is reputed to be an ancestor of the Tagores. Jagannath Kushari is said to be the predecessor of Tagore family who settled close by the British settlement. They called Panchanan with respect as Mr. Thakur and unable to articulate the unfamiliar name, pronounced it as Tagore.

Dwarkanath was the grandfather of Rabindranath Tagore, who founded the Asiatic Society of Bengal. His son was Debendranath. He was termed 'Prince', while his son was termed 'Maharishi', for he was both saint and sage. Later, Rabindranath was termed rightly as the 'poet or bard'; and he composed a series of short stories, plays, songs for the readers. Rabi's investiture ceremony and the impact of those 'Gayatri Mantra' are a part of his positive parenting received, which left a deep impression on Rabi's mind. He accompanied with his father to Himalayas. Their first abode was Santiniketan, which was purchased and built by them. There at Himalayas he practiced Sanskrit declensions and lessons of English. The four months thus spent in his father's company had a great effect and were his happiest days, then afterwards when he returned to Calcutta, he was no longer a child and gradually transformed into a poet.

HEALTH PROMOTION AND WELL-BEING : SOCIAL RESPONSIBILITY IN CONTEXT OF TIBETAN REFUGEES IN INDIA

Sanjiv Kumar Lavania
Asstt. Professor. & Head
Department of Sociology & Social Work
Pt. Sundarlal Sharma (Open) University Chhattisgarh, Bilaspur

Health Promotion and Well-being is not an individual phenomena and it is not a thing as out of the Society. It is a group phenomena and its existence is into shared behavior among people in the society. As it is well established fact that mental problems drug abuse, alcoholism among adolescents, gender inequity and other health problems are prevailing in the society because of wrong practices of behavior and this kind of behavior takes place from illiteracy wrong mental constructs, bigotry, non-scientific attitude etc. And more over in the modern

society, the big reason of different mental and health problems is non-sensitization of people in the society towards their well-being. Community participation is one of the best tools to make people aware for health promotion and well-being. Social responsibility is a sense of matured society and shared phenomena of togetherness and a great practice of humanity.

This paper is an effort to assess the status of social responsibility in the society of Tibetan Refugees in India for health promotion and well-being of their people.

Key Words: Shared Phenomena, Non-Sensitization, Social Responsibility, Tibetan Refugees

मनोविक्षुब्धता का भावनात्मक परिपक्वता पर पड़ने वाले प्रभाव का अध्ययन

रेखा यादव
एम.एड. प्रशिक्षार्थी

अध्यापक शिक्षा संस्थान, पं. रविशंकर शुक्ल विश्वविद्यालय रायपुर (छ.ग.)

डॉ. रोली तिवारी

सहायक प्राध्यापिका

प्रस्तुत अध्ययन 50 छात्रावासी छात्राओं तथा 50 गैर छात्रावासी छात्राओं पर किया गया यह अध्ययन आइजेंक व्यक्तित्व परीक्षण एवं भावनात्मक परिपक्वता परीक्षण का प्रयोग कन्यादर्श विधि से सभी छात्राओं का चयन अध्ययन हेतु किया गया। प्रस्तुत अध्ययन में आइजेंक व्यक्तित्व एवं भावनात्मक परिपक्वता परीक्षण का प्रयोग सभी छात्राओं पर 10 मिनट के अन्तराल पर किया गए आंकड़ों के गणना के पश्चात् मनोविक्षुब्धता के आयाम को Q_1, Q_3 पद्धति से न्यादर्श को विभाजित किया गया मनोविक्षुब्धता आयाम के प्रभाव को जांचने हेतु t-Test का प्रयोग किया गया। अध्ययन से यह ज्ञात हुआ कि उच्च मनोविक्षुब्धता के छात्राओं में संवेगात्मक परिपक्वता कम परिलक्षित हुई।

मनःस्नायु विकृति का व्यावसायिक आकांक्षा पर पड़ने वाले प्रभाव का अध्ययन

विमला दीवान
एम.एड प्रशिक्षार्थी

अध्यापक शिक्षा संस्थान पं. रविशंकर शुक्ल विश्वविद्यालय, रायपुर (छ.ग.)

डॉ. रोली तिवारी

सहायक प्राध्यापिका

मनःस्नायु विकृति संवेगिक रूप से अस्थिरता का परिचायक है, अंतः अस्थिरता का प्रभाव व्यावसायिक आकांक्षा पर पड़ना एक स्वाभाविक प्रक्रिया है। प्रस्तुत अध्ययन में 75 छात्राओं के मनःस्नायुविकृति के अध्ययन के पश्चात् उनके व्यावसायिक आकांक्षा पर पड़ने वाले प्रभाव का अध्ययन किया गया। इस हेतु आइजेंक द्वारा तैयार कि गई प्रश्नावली जिसमें मनःस्नायुविकृति एक आयाम के रूप में है का प्रयोग अध्ययन हेतु किया गया। Q_1, Q_3 के माध्यम से उच्च तथा निम्न स्तर की मनःस्नायुविकृति के न्यादर्श का विकेन्द्रीकरण किया गया। सांख्यिकीय विश्लेषण के पश्चात् यह ज्ञात हुआ कि जिन छात्राओं में मनःस्नायुविकृति अधिक पाई गई उनमें व्यावसायिक आकांक्षा का स्तर कम तथा जिन छात्रों में मनःस्नायुविकृति कम पाई गई उनके व्यावसायिक आकांक्षा का स्तर में सार्थक अंतर पाया गया।

महाविद्यालयीन विद्यार्थियों में परामर्श- एक आनुभविक अध्ययन

डॉ. तृप्ति बिस्वास
सहायक प्राध्यापक एवं विभागाध्यक्ष मनोविज्ञान
राजीव गाँधी शास.स्नातकोत्तर महाविद्यालय, अंबिकापुर

श्रीमती ज्योति लकड़ा
सहायक प्राध्यापक मनोविज्ञान

रिम्थ के अनुसार-परामर्श "एक प्रक्रिया है जिसमें परामर्श दाता परामर्शी के चयन, योजना से संबंधित तथ्यों की व्याख्या करने या समायोजन जो उसे स्थापित करने की आवश्यकता होती है" के लिए सहायता देता है। सामुदायिक मनोविज्ञान का दृष्टिकोण आंगिक है। यह अध्ययन एवं कार्य हेतु व्यक्ति के स्थान पर प्रणाली का इकाई के रूप में चयन करता है। परामर्श मनोविज्ञान व्यक्ति के हित में उपचार, परिहार तथा तीनों पर ध्यान केंद्रित करता है। प्रस्तुत अध्ययन में महाविद्यालयीन विद्यार्थियों पर चौहान एवं अरोरा द्वारा निर्मित मनोवैज्ञानिक परामर्श आवश्यकता मापनी (PCNS) का उपयोग किया गया। इस मापनी में कुल 25 प्रश्न हैं। इस मापनी का प्रयोग 201 विद्यार्थियों पर किया गया जिसमें 115 महिला एवं 86 पुरुष विद्यार्थी सम्मिलित थे। इनमें से 37 महिला एवं 29 पुरुष विद्यार्थियों में परामर्श की आवश्यकता पायी गयी। तत्पश्चात् इनको परामर्श दिया गया। परामर्श के पश्चात् विद्यार्थियों में सकारात्मक परिवर्तन/सुधार देखा गया।

कुंजी शब्द:- परामर्श, परामर्शदाता, परामर्शी, उपचार, विकास, आवश्यकता।

महिलाओं के साथ भेदभाव के विरुद्ध कानून की भूमिका

डॉ. श्रीमती तनुजा बिरथरे
सहा.प्राध्या. (विधि)

पं. सुन्दरलाल शर्मा (मुक्त) विश्वविद्यालय छत्तीसगढ़, बिलासपुर

समाज में महिलाएँ देवी स्वरूप मानी जाती हैं। घर में गृहलक्ष्मी के रूप में स्थान दिया जाता है किंतु प्राचीन समय से चली आ रही कुप्रथाओं के कारण महिलाओं के अधिकारों का हनन होता था। जैसे संपत्ति का अधिकार उसी व्यक्ति को दिया जाता था जो उसकी रक्षा करने में सफल हो सके। पुरुष को संपत्ति की रक्षा करने के लिये परिपक्व माना जाता था। सूत्र महाकाव्य काल में स्त्रियों की दशाओं में और अधिक परिवर्तन हुआ और उनका पतन होता चला गया। उनके जन्म पर भी चिंता जताई जाने लगी। उन्हें शिक्षा दिया जाना उचित नहीं समझा जाता था। क्योंकि बचपन में व विवाह से पूर्व महिलाओं की सुरक्षा के लिये पिता हुआ करते थे। विवाह के पश्चात् पति एवं बच्चे हुआ करते थे।

महिलाओं के विरुद्ध भेदभाव का अर्थ है महिलाओं के साथ लिंग के आधार पर किया गया ऐसा कोई भेद-भाव जो राजनैतिक, आर्थिक, सामाजिक, सांस्कृतिक, सिविल अथवा किसी अन्य प्रकार के अधिकारों से वंचित किये जाने से है। मानव अधिकारों की सार्वजनिक घोषणा में भी भेदभाव के विरुद्ध सिद्धांत प्रतिपादित किये गये थे। इसके पश्चात् भी महिलाओं की स्थिति में सुधार नहीं हुआ। इसीलिए महिलाओं के विरुद्ध हो रहे भेदभाव सम्बन्धित मुद्दों को निबटाने हेतु वर्ष 1946 में सर्वप्रथम महिलाओं की प्रारिथिति पर आयोग की स्थापना की गई थी। भारतीय संविधान के अनुच्छेद

14,15,16,21,23,39, 39 (ई), 42,51,325,326 में महिलाओं के अधिकार प्रदान किया गया है। तत्पश्चात् मानवाधिकारों की महासभा ने 7 नवम्बर 1967 को महिलाओं के विरुद्ध हो रहे भेदभाव की समाप्ति की घोषणा को अंगीकार किया और घोषणा में दिये गये प्रस्तावों के कियान्वयन हेतु महिलाओं के विरुद्ध सभी प्रकार के भेदभाव की समाप्ति पर अभिसमय 18 दिसम्बर 1979 को महासभा द्वारा अंगीकार किया गया। उपर्युक्त अभिसमय के अतिरिक्त संयुक्त राष्ट्र द्वारा प्रत्यायोजित अन्तरराष्ट्रीय महिला दशक 1976-1985 के बीच मेक्सिको सिटी, कोपेनहेगेन, नैरोबी तथा बीजिंग में आयोजित किया गया था। कार्यस्थलों पर महिलाओं को संरक्षित करने हेतु उच्चतम न्यायालय द्वारा विशाखा तथा अन्य विरुद्ध राजस्थान राज्य ए.आई आर.1997 एस.सी.3011 के वाद द्वारा दिशा निर्देश प्रदान किये गये। वर्ष 2013 में कार्यस्थल पर महिलाओं के यौन उत्पीड़न अधिनियम लाया गया। इस प्रकार से कई अन्य कानून बना कर महिलाओं को संरक्षित करने का प्रयास किया गया, जैसे घरेलू हिंसा अधिनियम 2005, भारतीय दण्डसंहिता में धारा 498 (क) एवं दण्ड प्रक्रिया संहिता में धारा 125 के द्वारा महिलाओं को संरक्षित किया गया है।

मीडिया द्वारा सिजोफ्रेनिया और हिंसा संबंधी रिपोर्टिंग में संवेदनशीलता

डॉ. अनुपमा कुमारी

सहायक प्राध्यापक, पत्रकारिता विभाग

पंडित सुन्दरलाल शर्मा (मुक्त) विश्वविद्यालय छत्तीसगढ़, बिलासपुर

किसी भी मीडिया द्वारा हिंसा संबंधी रिपोर्टिंग करना बेहद चुनौतीपूर्ण कार्य है, खासकर तब, जब मानसिक स्वास्थ्य भी जुड़ा हो। ऐसी धारणा है कि सिजोफ्रेनिया वाले लोग, स्वस्थ दिमाग के व्यक्ति से कहीं अधिक हिंसक होते हैं। वास्तविकता क्या है? यह धारणा कितनी सही है और रिपोर्टिंग करते समय किन बातों का ध्यान रखा जाना चाहिए? इस शोध-पत्र में उसे शामिल किया गया है। अध्ययन से पता चला है कि सिजोफ्रेनिया वाले लोगों की आबादी में से सिर्फ 5 से 15 प्रतिशत लोग ही हिंसक होते हैं। ऐसे अन्य अध्ययन भी पूर्व में हुए हैं जिसमें हिंसक अपराधों के लिए दोषी ठहराए गए लोगों में से सिर्फ 04 प्रतिशत ही थे, जिन्हें सिजोफ्रेनिया थी। हिंसक अपराध करने वाले अधिकांश वे लोग थे जो शराब, नशीले पदार्थों और ड्रग्स का सेवन करते हैं, ऐसे लोग जिनके व्यक्तित्व में आक्रामकता/उग्रता होती है या फिर वे जो अशिक्षा व कमजोर सामाजिक-आर्थिक स्थिति के थे। ऐसे में मीडिया की भूमिका और भी बड़ी हो जाती है कि इसकी रिपोर्टिंग करते समय संवेदनशीलता को ध्यान में रखा जाये। इस शोध में इस बात को भी शामिल किया गया है कि क्या मीडिया उनके विकारों का उल्लेख चिकित्सीय रूप में करता है? ऐसी खबरों को आंतरिक पृष्ठों में प्रकाशित किया जाता है या मुख्य पृष्ठ पर? खबर बनाते समय उद्देश्य, तथ्यात्मक जानकारी प्रदान की जाती है या विशेषण का प्रयोग होता है? मीडिया व्यक्ति की मानसिक बीमारी का उल्लेख करते समय 'सिजोफ्रेनिया' या 'बायपोलर डिसऑर्डर' लिखता है या कुछ और? क्या विकार के मिथकों और तथ्यों की व्याख्या की जाती है। जरूरी है कि मीडिया अधिक संवेदनशील हो और रिपोर्टिंग में सनसनी से बचे। मीडिया इसके चित्रण में रुढ़िवादी, नकारात्मक या सपाट न हो। इस शोध-पत्र में इन सबका विश्लेषणात्मक अध्ययन शामिल किया गया है।

मुख्य शब्द: मीडिया, सिजोफ्रेनिया, हिंसा, संवेदनशीलता।

सामुदायिक मानसिक स्वास्थ्य

कृ. मनीषा यदु
शोधार्थी, समाजशास्त्र एवं समाज कार्य अध्ययन शाला,
पं. रविशंकर शुक्ल विश्वविद्यालय रायपुर (छ.ग.)

मस्तिष्क मनुष्य के शरीर का सबसे महत्वपूर्ण हिस्सा होता है। मस्तिष्क ही मनुष्य को अन्य जीव-जन्तुओं से भिन्न करता है। संसार में मानव जाति ने जितनी प्रगति की है, उसका कारण मानव मस्तिष्क ही है। मस्तिष्क मनुष्य के आचरण तथा क्रियाओं को नियंत्रित करता है। अतः मनुष्य के लिए उसका मानसिक स्वास्थ्य अत्यन्त आवश्यक होता है। आज भारत की जनसंख्या का 13.7 प्रतिशत यानि 17 करोड़ लोग कई प्रकार के मानसिक रोगों से ग्रस्त है। जिनमें से 13 करोड़ को तुरंत इलाज की आवश्यकता है। मानसिक रोगों की समस्या यह है कि इसकी जानकारी रोगी तथा उसके परिवारजनों को तब तक नहीं लगती जब तक वो बहुत ज्यादा बढ़ न जाए। आज देश व समाज की विभिन्न समस्याएँ जैसे - आतंकवाद, आत्महत्या, उत्पीड़न, इन सब के पीछे का कारण मानसिक दुष्प्रेरण समस्या तथा अत्यधिक तनाव है। अतः देश व समाज को मानसिक बीमारियों को गंभीरता से लेते हुए इसके रोगियों की देखभाल तथा इलाज के लिए गंभीर प्रयास करने होंगे तथा सरकार को मानसिक स्वास्थ्य देखभाल अधिनियम के प्रावधानों को गंभीरता से लागू करने का प्रयास करना चाहिए। व्यक्तिगत स्तर पर भी लोगो को अपने मानसिक स्वास्थ्य की सुरक्षा के लिए ध्यान रखना चाहिए, नियमित व्यायाम, योग, पैदल चलना, मादक पदार्थ का सेवन नहीं करना, समय पर खान पान करना, देर रात तक नहीं जागना तथा ताजा सन्तुलित भोजन करना चाहिए।

डी.एल.एड. प्रशिक्षण संस्थाओं में गुणवत्ता मूल्यांकन के अंतर्गत शिक्षकों का सामाजिक उत्तरदायित्व

निर्देशिका :	शोधार्थी (शिक्षा)
डॉ. प्रकृति जेम्स	सत्यप्रकाश यादव
सहायक प्राध्यापक (शिक्षा विभाग)	शिक्षा विभाग
पं. सुंदरलाल शर्मा (मुक्त) विश्वविद्यालय छत्तीसगढ़, बिलासपुर	

डी.एल.एड. (डिप्लोमा इन एलिमेंटरी एजुकेशन) के अंतर्गत कक्षा 1 से 8 तक के विद्यार्थियों को पढ़ाने हेतु शिक्षकों को प्रशिक्षण प्रदान किया जाता है। शिक्षकों को प्रशिक्षण के माध्यम से शिक्षण के प्रति उनके उत्तरदायित्व व समाज के प्रति उनकी भूमिका तथा विद्यार्थियों के अंदर शिक्षकीय कौशल विकसित करने का गुण सिखाया जाता है। शिक्षक को हमेशा संस्कृति से युक्त होना चाहिए, उनमें संवेदनशीलता, धैर्य, विश्वास जैसे गुणों का होना आवश्यक है, तभी वह विद्यार्थियों में सही व्यक्तित्व का विकास कर सकता है। कोठारी आयोग ने कहा है कि भारत का भविष्य उसकी कक्षाओं में निर्मित हो रहा है, अर्थात् हमारे शिक्षक अपने अध्यापन के माध्यम से भविष्य की रचना कर रहे हैं, वह समाज को गढ़ रहे हैं, समाज को एक नई दिशा प्रदान करने में अपनी भूमिका निभा रहे हैं। "सभी के लिए शिक्षा" को सार्थक स्वरूप देते हुए समावेशी कक्षा में सामान्य व दिव्यांग बच्चों को एक साथ शिक्षा प्रदान कर समाज में समानता का भाव पैदा कर समाज के प्रति अपने उत्तरदायित्व का निर्वहन शिक्षक के शिक्षकीय गुणवत्ता की पहचान है।

सतत् एवं व्यापक मूल्यांकन प्रणाली में तनाव का अध्ययन

डॉ. बीना सिंह
(विभागाध्यक्ष) शिक्षा विभाग
पंडित सुन्दरलाल शर्मा (मुक्त) विश्वविद्यालय बिलासपुर (छ.ग.)

नमिता गौरहा
शोधार्थी(शिक्षा विभाग)

शिक्षा मानव विकास की निरन्तर रूप से चलने वाली प्रक्रिया है, जो उसे सकारात्मकता के साथ उसके आचरण, जीवन के सभी आयामों को सफलता पूर्वक विकसित कर उसे संतुष्ट व्यक्ति के रूप में आगे लाती है। सतत् एवं व्यापक मूल्यांकन हमारी शिक्षा के क्षेत्र में बहुत ही सराहनीय कदम है, जो विभिन्न वर्गों के विद्यार्थियों को सीखने की प्रक्रिया का सबसे प्रभावशाली साधन माना जाता है। यह शोध माध्यमिक विद्यालय में अध्ययनरत विद्यार्थियों के ऊपर है, प्रस्तुत अध्ययन हेतु शासकीय एवं अशासकीय विद्यालय के 100 विद्यार्थियों का चयन किया गया है। प्रस्तुत शोध हेतु उपकरण के रूप में जे.डी. अख्तर द्वारा निर्मित विद्यार्थी तनाव मापनी (students stress scale) का प्रयोग किया गया है। जिसमें शासकीय विद्यालय के विद्यार्थियों का तनाव औसत 19.67 तथा अशासकीय विद्यालय का औसत 28.8 टी मूल्य 5.11 है जिसे 0.01 विश्वसनीयता स्तर पर जाँचा गया। प्रस्तुत शोध के परिणाम के आधार पर हम यह कह सकते हैं कि वर्तमान अध्ययन में जो समूहों के बीच तनाव के स्तर में महत्वपूर्ण अन्तर पाया गया उसमें शासकीय विद्यालय की अपेक्षा अशासकीय विद्यालय के छात्रों में उच्च तनाव पाया गया उपरोक्त निष्कर्ष के आधार पर जो जानकारी सामने आयी उसके आधार पर कहा जा सकता है कि तनाव एक मनोवैज्ञानिक कारक है, जो छात्रों की उपलब्धि को प्रभावित करता है, इससे यह स्पष्ट है कि सतत् एवं व्यापक मूल्यांकन प्रणाली में विद्यार्थी अपना मूल्यांकन स्वयं कर सकते हैं। इस प्रक्रिया में जिस प्रणाली का प्रयोग किया जाता है, उससे विद्यार्थियों में आत्मविश्वास के साथ ही साथ मानसिक स्वास्थ्य में भी सुधार होता है।

दिव्यांग बच्चों से सम्बंधित समस्याएँ

सुनीता टोप्पो
सहायक प्राध्यापक
अध्यापक शिक्षा संस्थान,

रुचि पाण्डेय
सहायक प्राध्यापक
कृति स्कूल ऑफ बिजनेस मैनेजमेंट,

पं रविशंकर शुक्ल विश्वविद्यालय, रायपुर

“निःशक्तजन भी अंग हमारे, अवसर का उपहार चाहिए
मिले इन्हें अधिकार समान, दया नहीं सम्मान चाहिए”

यह सृष्टि सभी को एक प्रकार का समझती है, परन्तु सृष्टि में कुछ व्यक्ति जो की अपंग या विकलांग हैं, वे समाज में घृणा के पात्र नहीं हैं हमें उनके साथ सहृदयता पूर्वक मानवता का व्यवहार करना चाहिए अर्थात् समाज विकलांगों के प्रति सदभाव रख कर उन्हें शिक्षित व पुरुषार्थी बनाए क्योंकि शिक्षा में वह अद्भुत शक्ति है जो किसी भी

व्यक्ति की किसी भी कमी को नयी ताकत की प्रेरणा प्रदान करता है। आधुनिक युग में यह साबित हुआ है कि विकलांग भी अपनी योग्यता से प्रगति कर सकते हैं। ईश्वर व प्रकृति की ओर से उनमें अगर कुछ कमी है तो उनमें कुछ अतिरिक्त शक्ति भी है। इसलिये उन्हें विकलांग न कहते हुए विशेष सामर्थवान व्यक्ति कहना उचित है।

इसी सन्दर्भ में विगत 27 दिसंबर, 2016 को प्रधानमंत्री श्री नरेंद्र मोदी जी ने अपने रेडियो संबोधन "मन की बात" में कहा कि विकलांग लोगों के पास एक दिव्य क्षमता होती है अतः उनके लिए विकलांग की जगह दिव्यांग शब्द का प्रयोग किया जाना चाहिए। शारीरिक विकलांगता कोई नहीं चाहता, विकलांग बच्चों को अनेक समस्याओं से जूझना पड़ता है। उनके परिवार, रिश्तेदार, समाज, दोस्त, इत्यादि लोगों को चाहिए कि वे उस बच्चे को उसकी विकलांगता के साथ स्वीकार करें। समाज में उसका मेलजोल बढ़ाना, उसका जीवन सुखमय बनाने के लिए उसे सहारा देना जरूरी है। प्रस्तुत शोध में दिव्यांग बच्चों के सामाजिक आर्थिक एवं अकादमिक समस्याओं का अध्ययन किया गया है तथा साथ ही इन समस्याओं का उनकी शिक्षा पर क्या प्रभाव पड़ता है का अध्ययन भी किया गया है।

वृद्धावस्था में स्वास्थ्य

श्री सतीश कुमार साहू
शोधार्थी

पं. रविशंकर शुक्ल विश्वविद्यालय, रायपुर (छ.ग.)

प्रत्येक जीवधारी उत्पन्न होने के पश्चात् जीवन की कई अवस्थाओं से होकर गुजरता है जैसे बाल्यावस्था, किशोरावस्था, युवावस्था, प्रौढ़ावस्था एवं वृद्धावस्था। वृद्धावस्था जीवन की अंतिम अवस्था होती है, इस अवस्था के आते तक शरीर थकने लगता है। शारीरिक क्रियाएँ उम्र के साथ-साथ शिथिल पड़ने लगती हैं। कोशिकाओं के शिथिलन की वजह से झुर्रियाँ आने लगती हैं। अंदरूनी अंगों के शिथिल होने के परिणामस्वरूप पाचन क्रिया शिथिल हो जाती है शरीर की प्रतिरक्षा प्रणाली कमजोर पड़ने के फलस्वरूप साधारण बीमारियाँ लंबी समयावधि तक शरीर को घेरे रहती हैं तथा शारीरिक क्रियाएँ धीमी पड़ जाती हैं। इस तरह वृद्धावस्था किसी व्यक्ति के जीवन को प्रभावित करती है। वृद्धावस्था जीवन की सामान्य घटना या अन्य अवस्थाओं की तरह ही है परंतु जिस तरह की मानसिक चिंताएँ व भय इस अवस्था में मनुष्य को होती है उसका कोई निश्चित समाधान नहीं है। परंतु भय व चिंता से धिरे रहने के स्थान पर सच्चाई स्वीकारना ही श्रेष्ठ है। मृत्यु को दार्शनिक दृष्टिकोण से देखने की आवश्यकता है। मृत्यु असीम शांति का स्वरूप है, मृत्यु से पूर्व जितने भी दिन की जिंदगी है उसे प्रसन्नता पूर्वक जीना ही मकसद होना चाहिए। जिस तरह निद्रा में लीन होने पर व्यक्ति अपनी चिंताएँ भूल जाता है, उसी तरह मृत्यु को भी शांतिदायक मान कर हमें व्यर्थ की चिंता व भय त्याग देना चाहिए, खानपान की आदतों, शारीरिक व्यायाम तथा सामंजस्य का प्रयास कर न केवल शांतिपूर्वक व स्वस्थ जीवन संभव है अपितु व्यर्थ की मानसिक चिंता से भी मुक्त हो जाना चाहिए।

गणितीय योग्यता का मस्तिष्क गोलाई प्रबलता के साथ संबंध- एक अध्ययन

राजू जांगड़े
सहायक प्राध्यापक

ऋचा शुक्ला
एम.एड. प्रशिक्षार्थी,

अध्यापक शिक्षा संस्थान, पं. रविशंकर शुक्ल विश्वविद्यालय, रायपुर, (छ.ग.), 492010

शिक्षा में सभी प्रकार के प्रभाव सम्मिलित रहते हैं यह प्रभाव व्यक्ति में जन्म से मृत्यु तक दिखाई देता है। (डमविल 1999)। प्रस्तुत अध्ययन का उद्देश्य किशोरों के मस्तिष्क गोलाई की प्रबलता एवं गणितीय योग्यता के मध्य सम्बन्ध स्थापित करना है। इस अध्ययन हेतु छत्तीसगढ़ राज्य के रायपुर जिले से 20 शासकीय एवं अशासकीय विद्यालय से 200 छात्रों (100 छात्र एवं 100 छात्राओं) का चयन सामान्य यादृच्छिक विधि द्वारा किया गया है। उपकरण हेतु मस्तिष्क गोलाई परीक्षण के लिये (Brain Hemisphere Domination Test –BHDT) अगाषे और हिलोडे (2007) द्वारा निर्मित परीक्षण तथा गणितीय योग्यता परीक्षण के लिए किरनजीतकौर (2005) द्वारा निर्मित (Mathematics Knowledge Test - MKT) परीक्षण का प्रयोग किया गया है। आंकड़ों के विश्लेषण के लिए सह-सम्बन्ध गुणांक सांख्यिकी विधि का उपयोग किया गया है, निष्कर्ष के रूप में यह पाया गया है। कि गणितीय योग्यता का मस्तिष्क गोलाई के दोनों पक्षों (बायाँ मस्तिष्क गोलाई एवं दायाँ मस्तिष्क गोलाई) में दायाँ मस्तिष्क गोलाई की अपेक्षा बायाँ मस्तिष्क गोलाई का प्रभुत्व सकारात्मक रूप से अधिक होता है।

संकेत शब्द -गणितीय योग्यता, मस्तिष्क गोलाई प्रबलता, किशोरावस्था।

प्रमस्तिष्क की सम्प्रभुता एवं विद्यार्थियों की पाठ्य सहगामी क्रियाओं में सहभागिता के मध्य सम्बन्ध का अध्ययन

हेमलता साहू
एम. एड. शिक्षार्थी

अमितेश कुमार सिंह
सहायक प्राध्यापक

अध्यापक शिक्षा संस्थान, पं. रविशंकर शुक्ल विश्वविद्यालय, रायपुर छ.ग.

शिक्षा व्यक्ति की अंतर्निहित क्षमता तथा उसके व्यक्तित्व को विकसित करने वाली प्रक्रिया है। यह प्रक्रिया उसे समाज में एक जिम्मेदार नागरिक बनने के लिए आवश्यक ज्ञान तथा कौशल उपलब्ध कराती है। प्रमस्तिष्क केन्द्रीय तंत्रिका तंत्र का नियंत्रण केन्द्र है। मस्तिष्क के द्वारा शरीर के विभिन्न अंगों के कार्यों का नियंत्रण एवं नियमन होता है। वृहद मस्तिष्क के दो भाग होते हैं - बायाँ भाग तथा दायाँ भाग, इसको प्रमस्तिष्क की सम्प्रभुता कहा जाता है। पाठ्य सहगामी गतिविधियाँ विद्यार्थियों के बौद्धिक, भावात्मक, सामाजिक, नैतिक और सौन्दर्यात्मक विकास में अहम् भूमिका निभाते हैं। ये गतिविधियाँ विद्यार्थियों को खेल, अभिनय, गायन, पाठ-वाचन व परिचर्चा आदि में भागीदारी हेतु प्रोत्साहित करती हैं तथा सामाजिकरण, आत्म-अनुशासन व आत्म-मूल्यांकन के मार्ग प्रशस्त करती हैं। प्रस्तुत शोध पत्र में प्रमस्तिष्क की सम्प्रभुता एवं विद्यार्थियों की पाठ्य सहगामी क्रियाओं में सहभागिता के मध्य सकारात्मक सम्बन्ध पाया गया है।

संकेत शब्द- प्रमस्तिष्क की सम्प्रभुता एवं पाठ्य सहगामी क्रियाएँ।

योग और ध्यान

श्रीमती वंदना सिंह

सहायक प्राध्यापक

मौलाना आजाद शिक्षा महाविद्यालय, बिलासपुर

योग और ध्यान का हमारे जीवन में क्या प्रभाव पड़ता है यह आज का एक महत्वपूर्ण प्रश्न है क्योंकि वर्तमान समय में योग व ध्यान करना अति आवश्यक है। शारीरिक, मानसिक स्वास्थ्य और आध्यात्मिक उन्नति कि लिए योग और ध्यान दोनों ही महत्वपूर्ण है क्योंकि वर्तमान समय में हम अपने अतिव्यस्त, भागदौड़ भरे जीवन में अनेक प्रकार के मानसिक बीमारी व तनाव से ग्रसित हो रहे हैं। योग एक प्राचीन कला है जिसकी उत्पत्ति भारत में लगभग 6000 साल पहले हुई थी। पहले लोग अपने दैनिक जीवन में योग व ध्यान पूरे जीवन भर स्वस्थ रहने के लिये किया करते थे। योग शरीर के सभी अंगों को चुस्त और दुरुस्त रखता है योग हमारे मन और मस्तिष्क को भी स्वस्थ और स्थिर रखता है। आजकल दुनिया के ज्यादातर देशों में लोग योगाभ्यास कर रहे हैं। योगाभ्यास केवल वयस्कों के लिये ही नहीं है बल्कि यह किशोरों और बच्चों के लिए भी आवश्यक है। योग विद्यार्थियों के लिए भी बहुत जरूरी माना गया है क्योंकि विद्यार्थी जीवन में मन और मस्तिष्क का स्थिर होना बहुत जरूरी होता है।

ध्यान का स्वरूप-हमारे मन में एक साथ असंख्य कल्पना और विचार चलते रहते हैं इससे मन मस्तिष्क में कोलाहल सा उत्पन्न होने लगता है जिससे मानसिक अशांति पैदा होती है। ध्यान अनावश्यक कल्पना व विचारों को मन से निकालकर शुद्ध और निर्मल मौन में चले जाना है। ध्यान जैसे-जैसे गहराता है व्यक्ति साक्षी भाव में स्थित होने लगता है। ध्यान हमारे तन, मन और आत्मा के बीच लयात्मक सम्बन्ध बनाता है ध्यान के द्वारा हमारी ऊर्जा केंद्रित होती है। मन शांत होता है। ध्यान व योग हमें ऊर्जावान सहनशील, जीवन के प्रति उत्साह, आत्मविश्वास को बढ़ाता है। बुद्धि तेज होती है।

किशोरों में कैरियर परिपक्वता एवं आत्म सम्प्रत्यय के मध्य अध्ययन

असीमा तिग्गा

एम. एड., अध्यापक शिक्षा संस्थान,

पं. रविशंकर शुक्ल विश्वविद्यालय, रायपुर (छ.ग.) पिन कोड -492010

कैरियर परिपक्वता एक ऐसी संकल्पना है जिसमें व्यक्ति का व्यवसायिक विकास जुड़ा हुआ होता है। कैरियर परिपक्वता उचित समय पर उपर्युक्त तत्परता के साथ सही निर्णय लेता है। प्रस्तुत अध्ययन का उद्देश्य किशोरों के कैरियर परिपक्वता और आत्म सम्प्रत्यय के मध्य सम्बंध की जांच करना है। प्रस्तुत अध्ययन हेतु छत्तीसगढ़ राज्य के जशपुर जिले से ग्रामीण एवं शहरी विद्यालय के 200 विद्यार्थियों का चयन किया गया। उपकरण के लिये गुप्ता (2013) द्वारा निर्मित कैरियर परिपक्वता मापनी तथा आत्म सम्प्रत्यय मापनी के लिये सारस्वत (2011) द्वारा प्रमाणित मापनी का प्रयोग किया गया है। अध्ययन में प्रदत्तों के विश्लेषण हेतु सहसंबंध गुणांक विधि का प्रयोग किया गया है। निष्कर्ष के रूप में कहा जा सकता है कि किशोरों में कैरियर परिपक्वता एवं आत्म सम्प्रत्यय के मध्य उच्च सकारात्मक सहसम्बंध होता है।

संकेत शब्द- कैरियर परिपक्वता, आत्म सम्प्रत्यय, किशोरावस्था।

सकारात्मक पालन से सामाजिक समस्याओं का निराकरण एवं आदर्श समाज की स्थापना

अरविंद कुमार तिवारी
शोधार्थी

अभिषेक पाठक
सह-आचार्य

डॉ.सी.वी.रामन् विश्वविद्यालय करगीरोड, कोटा, बिलासपुर (छ.ग.)

किसी भी व्यक्ति के लिए उसके माता-पिता एवं उसके लालन-पालन का सकारात्मक होना उतना ही आवश्यक है जितना कि आदर्श समाज के लिए उस व्यक्ति का सकारात्मक होना। किसी भी व्यक्ति पर उसके माता-पिता एवं परवरिश का सीधा प्रभाव उसके गर्भ में अवतरित होने के साथ ही प्रारंभ हो जाता है। सकारात्मक परवरिश में पल्लवित होने वाला शिशु क्षमा, धैर्य, सहनशीलता, लगन, एकाग्रता जैसे मानवीय गुणों से परिपूर्ण हो कर बड़ा होता है। सकारात्मक परवरिश व्यक्ति के जीवन में सफलता को सुनिश्चित करती है एवं कठिन परिस्थिति में सही निर्णय लेने की क्षमता का विकास करती है।

वर्तमान भारतीय समाज में व्याप्त समस्याओं विशेषकर युवा मन की समस्याओं का अध्ययन एवं विश्लेषण से पता चलता है कि व्यक्ति के जीवन की या उस समाज की अधिकांश समस्याएँ, आदर्श परवरिश नहीं होने से उत्पन्न हुई परिलक्षित होती है। सकारात्मक परवरिश में पलने वाले शिशु में सीधे-सीधे अपराध की प्रवृत्ति कम पाई जाती है एवं जीवन के संघर्षों के प्रति उनकी सोच सकारात्मक होती है। जीवन के कठिन परिस्थितियों में विलचिंत न होकर सही निर्णय लेने की क्षमता विकसित होती है। सकारात्मक परवरिश से व्यक्ति के रचनात्मकता में गुणात्मक वृद्धि की संभावना अधिक होती है। सामाजिक संबंधों को सकारात्मक परवरिश प्रगाढ़ करता है। सकारात्मक परवरिश ही प्राथमिक एवं विशिष्ट उपाय हैं, जिससे सामाजिक समस्याओं का निराकरण कर स्वस्थ एवं आदर्श समाज की संकल्पना को स्थापित किया जा सकता है।

लैंगिक भिन्नता का निवारण शिक्षा व जागरूकता से ही संभव

डॉ. प्रकृति जेम्स
शोध निर्देशक

डी.के.जैन
शोधार्थी

पं.सुन्दरलाल शर्मा (मुक्त) विश्वविद्यालय छत्तीसगढ़, बिलासपुर

प्रकृति की रचना में जैविक भिन्नता प्रत्येक प्राणियों में दिखाई देती है, परन्तु मानव जाति में यह प्रारंभ के 2-3 वर्षों के बाद एक सामाजिक बुराई के रूप में लैंगिक भिन्नता दिखाई देने लगती है, अर्थात् लैंगिक भिन्नता समाज के द्वारा निर्मित भेदभाव की प्रवृत्ति है। यह प्रकृति प्रदत्त नहीं है, इसका जनक हमारा समाज है, इसे समाज ही दूर कर सकता है, और इस सामाजिक बुराई से हमारा भारतीय समाज बहुत अधिक प्रभावित है, इस बुराई से दूर होने का एक मात्र साधन है, शिक्षा व उसके माध्यम से जागरूकता हम यहाँ उन्हीं बिन्दुओं की चर्चा करेंगे जो हमारे शिक्षा के दायरे में है। शिक्षा की यदि बात करें तो यह दोनों के लिये अर्थात् बालक व बालिका के लिये समान हो, कही पर भी लिंग के आधार पर भेदभाव न हो, यह केवल कानून ही नहीं सामाजिक स्वीकृति के रूप में स्वीकार्य हो, और हम जागरूकता के

माध्यम से समाज में यह समझ विकसित करें, कि विषय चयन में लिंग कोई बाधा के रूप में उनके सामने न आये। अनेक शोधों से यह स्पष्ट हो चुका है कि बालक-बालिका के शैक्षिक उपलब्धि में कोई अन्तर नहीं होता तो हम उनमें भिन्नता क्यों रखें ?

स्वास्थ्य व पोषण संबंधी बातों में महिलाओं से भेदभाव का व्यवहार आमतौर पर भारतीय समाज में दिखाई देती है, हमेशा महिलाओं की तुलना में पुरुषों के खान-पान का ज्यादा ध्यान रखा जाता है, जबकि जरूरत दोनों को समान होती है, बल्कि कई स्थितियों में तो महिलाओं को अधिक पौष्टिकता की जरूरत होती है।

आज भी समाज में महिलाओं को कम मजदूरी या वेतन दिया जाता है, जबकि बराबर जिम्मेदारी व समान अवधि तक काम लिया जाता है। यहाँ तक कुछ विशिष्ट नौकरियों को केवल पुरुषों व महिलाओं में विभाजित कर दिया जाता है, जिससे लैंगिक भिन्नता को बढ़ावा मिलता है।

संकेत शब्द-लिंगभेद, लिंगानुपात, लिंगसंवेदीकरण, यौनउत्पीड़न, यौन शोषण, प्रताड़ना, घरेलू हिंसा आदि।

लिंग समानता एवं लैंगिक न्याय

श्रीमती सीमा सिंह ठाकुर

कार्यक्रम समन्वयक, एस.एल.एम विभाग

पं. सुन्दरलाल शर्मा (मुक्त) विश्वविद्यालय, बिलासपुर छ.ग

हम 21 वीं शताब्दी के भारतीय होने पर गर्व करते हैं जो एक बेटा पैदा होने पर खुशी का जश्न मनाते हैं और यदि एक बेटी का जन्म हो जाये तो शान्त हो जाते हैं। यहाँ तक कि कोई भी जश्न नहीं मनाने का नियम बनाया गया है। लड़के के लिये इतना ज्यादा प्यार कि लड़कों के जन्म की चाह में हम प्राचीन काल से ही लड़कियों को जन्म के समय या जन्म से पहले ही मारते आ रहे हैं, यदि सौभाग्य से वो नहीं मारी जाती तो हम जीवनभर उनके साथ भेदभाव के अनेक तरीके ढूँढ लेते हैं हालांकि हमारे धार्मिक विचार औरत को देवी का स्वरूप मानते हैं लेकिन हम उसे एक इंसान के रूप में पहचानने से ही मना कर देते हैं हम देवी की पूजा करते हैं पर लड़कियों का शोषण करते हैं।

लिंग सामाजिक-सांस्कृतिक शब्द है, समाज पुरुषों और महिलाओं के कार्यों और व्यवहारों को परिभाषित करता है। भारतीय समाज में लिंग असमानता का मूल कारण इसकी पितृसत्तात्मक सामाजिक संरचना है पितृसत्तात्मक सामाजिक संरचना ऐसी प्रक्रिया और व्यवस्था है, जिसमें आदमी औरत पर अपना प्रभुत्व जमाता है, उसका दमन करता है। पितृसत्तात्मकता व्यवस्था में महिलाएँ हमेशा लैंगिक भेदभाव का शिकार रही हैं। प्रचलित सामाजिक- सांस्कृतिक स्थितियों के कारण उन्होंने पुरुषों के अधीन अपनी स्थिति को स्वीकार कर लिया है। महिलाओं के समाज में निचला स्तर होने ने कुछ कारणों में अत्याधिक गरीबी शिक्षा की कमी भी है गरीबी कारण बहुत सी महिलाएँ कम वेतन पर घरेलू कार्य करने, संगठित कार्य करने या प्रवासी मजदूरों के रूप में कार्य करने के लिये मजबूर होती हैं। महिलाओं को न केवल असमान वेतन या अधिक कार्य कराया जाता है बल्कि उनके लिये कम कौशल की नौकरियाँ पेश की जाती हैं।

लैंगिक असमानता को दूर करने के लिये भारतीय संविधान ने अनेक सकारात्मक कदम उठाये हैं संविधान की प्रस्तावना हर किसी के लिए सामाजिक, आर्थिक और राजनीतिक न्याय प्राप्त करने के लक्ष्यों के साथ ही अपने सभी

नागरिकों के समानता के अवसर प्रदान करता है महिलाओं को भी वोट डालने का अधिकार है। संविधान का अनुच्छेद 15 भी लिंग, धर्म, जाति और जन्म स्थान पर अलग होने के आधार पर किये जाने वाले सभी भेदभावों को निषेध करता है।

हम केवल उम्मीद कर सकते हैं कि हमारा सहभागी लोकतंत्र आने वाले समय में पुरुषों और महिलाओं के सामूहिक प्रयासों से लिंग असमानता की समस्या का समाधान ढूँढने में सक्षम हो पाएगा।

वर्तमान परिदृश्य में पुस्तकालय के प्रति मनोवैज्ञानिक दृष्टिकोण: मुक्त विश्वविद्यालय के संदर्भ में

श्री सालिकराम

सहायक प्राध्यापक

पुस्तकालय एवं सूचना विज्ञान विभाग

पं. सुंदरलाल शर्मा (मुक्त) विश्वविद्यालय, छत्तीसगढ़, बिलासपुर

एक विशेष समुदाय जो शिक्षा से परिपूर्ण है वह मनोवैज्ञानिक सोच से अपने जीवन को अलग प्रदर्शित करता है, वह कभी पुस्तक और पुस्तकालय से अनभिज्ञ नहीं रहा व औपचारिक और अनौपचारिक शिक्षा में सर्वप्रथम औपचारिक शिक्षा को विशेष महत्व देगा क्योंकि वे सम्पूर्ण विश्व में जो सार्थक सत्य या मनोवैज्ञानिक सोच का अध्ययन किसी वैज्ञानिक व पुस्तकालय में रखे अनेकों विद्वान की लिखी पुस्तकों से जागृत ज्ञान से मनुष्य मनोवैज्ञानिक धारणा को प्राप्त कर चुके व्यक्ति होते हैं, और एक अलग दृष्टि से देखने की प्रबल भावना उसे औपचारिक शिक्षा से ही प्राप्त हो सकती है,

अनौपचारिक शिक्षा के संदर्भ में बात करें तो मुक्त विश्वविद्यालय और वहाँ कि पुस्तकालय ध्यान में आता है कि किस तरह से वहाँ के पुस्तकालय में विभिन्न वैज्ञानिकों की लिखी पुस्तकों के विद्यार्थी अपने मनोवैज्ञानिक सोच, दृष्टिकोण का विकास कर समाज में एक अलग छवि बनाने में या अपनी सभी जवाबदारी को निभाते हुए अपनी शिक्षा को पूर्ण कर अन्य लोगों में शिक्षा, ज्ञान, मनोवैज्ञानिक दृष्टिकोण को विकसित करता है।

भारत में अनौपचारिक शिक्षा को मुक्त विश्वविद्यालय के माध्यम से प्रोत्साहित किया जाता है क्योंकि एक बहुत बड़ी जनसंख्या जो महाविद्यालयीन सुविधा से बहुत दूर रहते हैं अपना परिवार चलाने में व्यस्त रहते हैं, उन्हें नियमित कक्षा जाकर अध्ययन करने में सहज सुलभ नहीं होता, जिससे एक बड़ा समुदाय शिक्षा से वंचित हो जाते हैं। पर वर्तमान परिदृश्य में मुक्त विश्वविद्यालय के माध्यम शिक्षा के माध्यम से पुस्तकालय के माध्यम से स्व-अध्ययन से व्यक्ति अपने ज्ञान को अपनी सोच को वैज्ञानिक दृष्टिकोण दे पाने में सक्षम महसूस कर रहे हैं व व्यक्ति समुदाय और राजनीतिक चेतना और उनके कनेक्शन जैसे विचार सामाजिक और मनोवैज्ञानिक कल्याण का पता लगा पाने में सक्षम हो रहे हैं। सामुदायिक मनोविज्ञान व्यक्तियों के संबंधों को स्थानीय समुदाय और बड़े पैमाने पर समाज के लिए चिंतित करता है। यह समुदायों के मुद्दों और उनके संबंधों और उन मुद्दों के प्रति लोगों के दृष्टिकोण को समझने और संबोधित करने के लिए मनोविज्ञान के दायरे में सभी अलग-अलग दृष्टिकोणों का उपयोग करता है। सामुदायिक मनोवैज्ञानिकों का उद्देश्य लोगो व समुदायों और समाजों के जीवन की गुणवत्ता को बढ़ाना है। मनोवैज्ञानिक व्यक्तियों या समुदाय से

उनकी जरूरतों और चाहतों के बारे में पता लगाता है और फिर अपने लक्ष्यों को प्राप्त करने के लिए उनके लिए एक योजना तैयार करता है। सामुदायिक मनोविज्ञान स्पष्ट रूप से परिभाषित विज्ञान नहीं है और अक्सर मनोवैज्ञानिक व चिकित्सक और सिद्धांत का इस बात पर भिन्न होते हैं कि सामुदायिक मनोवैज्ञानिक की भूमिका क्या है। सामुदायिक मनोविज्ञान मनोविज्ञान का एक बहुव्यापक क्षेत्र है जो व्यक्ति और समाज के बीच सभी संबंधों की जांच करता है। क्षेत्र में अनुसंधान आमतौर पर सामाजिक और नैदानिक मनोविज्ञान और राजनीतिक विज्ञान को छूता है। सामुदायिक मनोवैज्ञानिक के कार्य में उन समस्याओं पर काम करना शामिल है जो सामुदायिक-व्यापक मानसिक स्वास्थ्य के मुद्दों को जन्म दे सकती है।

आध्यात्मिक - यौगिक मनः चिकित्सा

डॉ. अमित कुमार पाण्डेय

सहायक प्राध्यापक

पं. सुन्दरलाल शर्मा (मुक्त) विश्वविद्यालय, बिलासपुर

मानसविज्ञान या मनःचिकित्सा सम्बन्धी कोई भी विचार योगशास्त्र के अध्ययन के बिना अपूर्ण ही रहता है। वस्तुतः भारतीय मानस विज्ञान प्रधानतः दार्शनिक व आध्यात्मिक विषय है और इसकी मौलिक अवधारणा योगशास्त्र पर आधारित है। योग ही आध्यात्मिक मनोचिकित्सा की आधारशिला है। पिछले कुछ दशकों में योग के व्यावहारिक पक्षों का इतनी द्रुत गति से विकास हुआ है कि आज का योग अपनी मौलिक शास्त्रीय अवधारणा से बहुत दूर हट गया प्रतीत होता है। जब शरीर, प्राण, आत्मा और मुक्ति से संबंधित विषयों की दूरकृतता से हमारा मन व्यथित होने लगता है तथा हमें अनेक बातें अकल्पनीय मालूम लगने लगती हैं, तो योग आध्यात्मिक चिकित्सा की संभाव्यता पर प्रश्न चिन्ह लगने लगता है किन्तु एक बार जब हम अनुभव एवं बोध के उस स्तर व अवस्था तक पहुँच जाते हैं तब हमें स्वयं इसकी प्रामाणिकता कि अनुभूति होती है। इस आयाम व अवस्था को प्राप्त करने वाले लोगों ने अनुभव किया है आध्यात्म आधारित मनःचिकित्सा एक प्रभावशाली शक्ति है। इस स्तर पर स्वयं को अभिव्यक्त करती है साथ ही साथ मन का एक पहलू या आयाम यह भी है। जो हमारी सचेतन सजगता से परे है। सर्वप्रथम हमें अपने मन को समस्वरित करना होगा व उसकी संवेदनशीलता व ग्रहणशीलता को बढ़ाना होगा है, तब ही हमें यौगिक चिकित्सा के माध्यम से मनोदैहिक विकारों, व्याधियों की रोकथाम व शरीर में प्रतिरोधक क्षमता की बढ़ोत्तरी होती है।

कालक्रम से आध्यात्मिक मनोचिकित्सा में परिवर्तन होता गया। व्यक्ति अपनी भावना का संचालन किस प्रकार करता है? वह अपनी छितराई हुई, बिखरी हुई शक्ति को किस प्रकार सम्हालता है? वह अपने क्रोध, कुण्ठा व विशाद को किस प्रकार नियंत्रित करता है? साथ ही वह अपने अन्दर के प्रसुप्त सकारात्मक गुणों को किस प्रकार विकसित करता है? मनोचिकित्सा का यह स्वरूप अब पूर्णतः परीक्षित व सत्यापित हो चुका है। हमारी यह प्रौढ़ धारणा है कि फ्राइडवादी, जुंगवादी या आधुनिक मनोचिकित्सा की तुलना में आध्यात्मिक मनोचिकित्सा अत्यधिक प्रभावशाली और लाभदायक है कभी कभी प्रश्न उठता है कि कोई आध्यात्मिक परंपरा मन के विभिन्न स्तरों जैसे चेतनमन, अवचेतनमन और अचेतनमन को कैसे स्वीकार कर लेती है हम चेतन, अवचेतन और अचेतन को समझने का प्रयास इसलिए करते हैं।

मन के अन्दर की अतिसूक्ष्म अवयवों की स्थिति का विचार मात्र ही बहुत आकर्षक व लुभावना है। इस प्रकार अवचेतन और अचेतन मन के क्षेत्र में मनोविज्ञान और मनोचिकित्सा का थोड़ा प्रवेश हो गया है किन्तु ऐसा सिर्फ चिकित्सकीय उद्देश्यों से हुआ है। दूसरी तरफ आध्यात्मिक परम्पराएँ मनोचिकित्सा या मनोविश्लेषण के क्षेत्र या अवस्था से अत्यधिक परे चली गयी है। वस्तुतः चेतन के विभिन्न स्तरों के क्रियाकलाप तथा अनुभवों के अन्वेषण के क्रम में वे सर्वोच्च स्तर व या सम्पूर्ण मन की अनुभूति तक चली जाती है। जहाँ तक चिकित्सा विज्ञान का संबंध है उसके लिए यह स्तर या सम्पूर्ण मन एक अज्ञात क्षेत्र है विभिन्न आध्यात्मिक परम्पराओं के अंतर्गत इसे ज्ञानोदय, मोक्ष, निर्वाण आदि नामों से जाना जाता है। प्रस्तुत शोध-पत्र वर्तमान परिदृश्य में आध्यात्मिक मनः चिकित्सा क्षेत्र के उस आयाम का वर्णन करता है जहाँ आध्यात्मिक प्रविधि व उपादानों का मानवीय तंत्रिका तंत्र पर पड़ने वाले सकारात्मक प्रभाव के समीक्षात्मक अध्ययन का निदर्शन है।

सामुदायिक स्वास्थ्य सुविधाओं के विस्तार में जनजातियों की परम्परागत चिकित्सा पद्धति के महत्व का रासायनिक अध्ययन: छत्तीसगढ़ राज्य के विशेष संदर्भ में

डॉ. रवीन्द्रनाथ शर्मा

विभागाध्यक्ष, समाजशास्त्र एवं समाजकार्य विभाग

श्री साईबाबा आदर्श महाविद्यालय, अम्बिकापुर, सरगुजा (छ.ग.)

प्रस्तुत शोधपत्र में जनजातियों की परम्परागत चिकित्सा पद्धति में प्रयुक्त होने वाली विभिन्न वनोषधियों के बाटनीकल नाम और उनमें विद्यमान विभिन्न रासायनिक संगठकों का अध्ययन किया गया है। इन वनोषधियों का ज्ञान इनके परम्परागत चिकित्सकों का हजारों वर्षों से है जिससे ये रोगों के इलाज का दावा करते हैं। प्रस्तुत शोध के माध्यम से यह जानने का प्रयास किया गया है कि उनमें इस दावा में वैज्ञानिकता कितनी है। अध्ययन क्षेत्र से प्राप्त लगभग 150 वनोषधियों को इसी परिक्षेत्र में उनके वैज्ञानिक रासायनिक संरचना के साथ स्पष्ट किया गया है। प्रस्तुत शोध छत्तीसगढ़ राज्य के पण्डों जनजाति के विशेष संदर्भ में किया गया है। "पण्डों" जनजाति छत्तीसगढ़ राज्य के जनजातीय बहुल 'सरगुजा' में निवास करती है। संभाग के कुल 19 विकास खंड में से 11 विकासखंडों में इनकी कुल जनसंख्या 31,816 है। मानव सभ्यता के विकास के क्रम में ये पिछड़ी अवस्था में है। जिले के सुदूर क्षेत्रों, वनों में इनका निवास है। ये स्वयं को महाभारत काल के पाण्डवों के वंशज मानते हैं। इसमें पितृसत्तात्मक परिवार पाया जाता है। ये कई गोत्र एवं उप गोत्रों में हैं। इनके घर प्रायः मिट्टी के बने होते हैं। इनके प्रमुख आर्थिक स्रोत कृषि, वनोपज संग्रह, मजदूरी इत्यादि हैं। इनके सामाजिक आर्थिक विकास के लिये पण्डों जनजाति अभिकरण का गठन किया गया है। इनके प्रमुख आराध्य-सतबहनियां, बूढ़ी माई, माहामाया, समलाया, बूढ़ादेव, ढहरिया देव तथा भैरव बाबा आदि हैं। इनके परंपरागत चिकित्सकों को बैगा व गुनिया कहा जाता है। इनमें शिक्षा दर बहुत ही कम है। ये अभी भी विकास से कोसों दूर जीवन निर्वाह कर रहे हैं। "पण्डों" अपने स्वास्थ्य समस्याओं के निराकरण हेतु अपने परम्परागत चिकित्सा ज्ञान पर भी निर्भर हैं। प्रस्तुत शोध पत्र में परम्परागत चिकित्सा पद्धति के प्रति आधुनिक चिकित्सकों एवं कुछ रोगियों के दृष्टिकोण को वैयक्तिक अध्ययन से प्रस्तुत किया गया है। परम्परागत चिकित्सा पद्धति जनसमूह के सामाजिक आचार विचार व

प्रथागत मान्यताओं के रूप में विद्यमान है। परम्परागत चिकित्सक अपने इलाज से पूर्ण उपचार का दावा करते हैं। इस सम्बन्ध में उस क्षेत्र में कार्यरत आधुनिक चिकित्सकों से यह जानने का प्रयास किया गया है कि परम्परागत चिकित्सा पद्धति रोग निवारण में कहाँ तक कारगर है, परम्परागत चिकित्सा पद्धति की व्यावहारिक उपयोगिता कितनी है। अध्ययन क्षेत्र में बैगा गुणियों से इलाज करा रहे/करा चुके रोगियों से भी यह जानने का प्रयास किया गया कि उन्हें उपचार से क्या लाभ हुआ है। वैयक्तिक अध्ययन के दौरान उस क्षेत्र में कार्यरत आधुनिक चिकित्सकों से तथा रोगियों से इस सम्बन्ध में शोधार्थी द्वारा आवश्यक जानकारी संग्रहित कर शोध पत्र में प्रस्तुत किया गया है। इन वनोषधियों की रासायनिक गुणधर्म और स्थानीय चिकित्सकों के इलाज हेतु दवा के मध्य अन्तर्सम्बन्ध को भी समाजशास्त्रीय परिप्रेक्ष्य में प्रस्तुत किया गया है।

व्यक्तित्व और मानसिक स्वास्थ्य

डॉ. बालकराम चौकसे

सहायक प्राध्यापक

पं. सुन्दरलाल शर्मा (मुक्त) विश्वविद्यालय छत्तीसगढ़, बिलासपुर

व्यक्तित्व के सम्बन्ध में अनेक विद्वानों ने अलग-अलग मत प्रस्तुत किये हैं क्योंकि मनोविज्ञान में व्यक्तित्व के सम्बन्ध में विचार करना सबसे कठिन कार्य है। सामान्य बोलचाल की भाषा में व्यक्तित्व का आशय पुरुष अथवा स्त्री के बाहरी रूप से लिया जाता है। प्रायः सुन्दर एवं प्रभावशाली शरीर वाले व्यक्ति को अच्छे व्यक्तित्व वाला माना जाता है। जो पुरुष या स्त्री समय के अनुकूल वस्त्र धारण करें अच्छे एवं सौम्य ढंग का फैशन करें उसका व्यक्तित्व निखरा हुआ माना जाता है। अर्थात् आम भाषा में केवल शारीरिक पक्ष को व्यक्तित्व मान लिया जाता है। व्यक्तित्व का इस साधारण अर्थ के अतिरिक्त एक दार्शनिक अर्थ भी है। दर्शन के क्षेत्र में व्यक्तित्व का अभिप्राय मनुष्य के आन्तरिक रूप से होता है।

मनुष्य की आत्मा या जीवात्मा को ही व्यक्तित्व का आधार जाना जाता है। व्यक्ति अध्ययनों के क्षेत्र में सर्वप्रथम व्यवस्थित अध्ययन मनोचिकित्सा शास्त्रियों द्वारा प्रारम्भ किये गये थे। इसमें कुछ प्रमुख मनोचिकित्सा शास्त्री हैं- क्रेपसिन, जैनेट तथा फ्रायड का इस दिशा में योगदान अधिक महत्त्वपूर्ण ही नहीं है बल्कि लोकप्रिय भी रहा है।

मानसिक स्वास्थ्य से तात्पर्य है व्यक्ति की स्थिति से जिसमें वह समाज में स्वयं के जीवन की परिस्थितियों से सामंजस्य बना सके एवं समाज की आवश्यकता अनुरूप अपने आपको ढाल सके और व्यवहार में परिवर्तन कर सके, मानसिक रूप से स्वस्थ व्यक्ति जो स्वयं सुखी है, अपने पड़ोसियों के साथ शांतिपूर्वक रहता हो अपने परिवार के लोगों को अपने अपने कर्तव्यों का पालन करते हुए समाज एवं परिवार के हित में कार्य कर सके।

मानसिक रूप से स्वस्थ व्यक्ति ही समाज एवं परिवार के प्रति अपने कर्तव्यों का भालि-भांति निर्वाह कर सकता है।

सामुदायिक स्वास्थ्य एवं तनाव प्रबन्धन

डॉ. कप्तान सिंह
सहायक प्राध्यापक- योगविज्ञान विभाग
पं. सुन्दरलाल शर्मा (मुक्त) विश्वविद्यालय छत्तीसगढ़, बिलासपुर

सामुदायिक स्वास्थ्य की समस्या सम-कालीन समाज की मुख्य समस्याओं में से एक है। 'सर्वेभवन्तुसुखिनः सर्वेसन्तुनिरामया' की उदात्त भावना से प्रेरित हमारा समाज नित्य नवीन उपायों द्वारा सामुदायिक स्वास्थ्य के संरक्षण एवं संवर्धन में तत्पर है। विभिन्न प्रकार की वैश्विक समस्याओं में स्वास्थ्य की समस्या प्रमुख है तथा इसके समाधान के लिए विभिन्न स्तरों पर विभिन्न प्रकार के प्रयास किये जा रहे हैं। विभिन्न चिकित्सीय शोध अनुसंधानों से यह बात प्रमाणित हो रही है कि तनाव वही विभिन्न मनोशारीरिक व्याधियों का मूल कारण है और तनाव प्रबन्धन ही इन व्याधियों का मूल निवारण है। तनाव के कारण मानव शरीर की चयापचय की क्रिया बुरी तरह प्रभावित होती है एवं हमारी रोग प्रतिरोधक शक्ति भी बुरी तरह से क्षीण होती है। तनाव प्रबन्धन के लिए लिए योगविज्ञान में प्राचीनकाल से ही विविध साधना पद्धतियों का विधान किया गया है जिनके परिपालन से हम तनाव मुक्त जीवन जी सकते हैं। व्यक्ति समाज एवं समुदाय की संबरक इकाई है। व्यक्ति से समष्टि की ओर प्रवाहित सामुदायिक स्वास्थ्य की सहस्र धारा काकण-कण समाज के जन-जन के तन एवं जीवन के स्वास्थ्य शांति एवं आनन्द के अमृत से अभिसिंचित कर आत्मनों मोक्षार्थ जगतहिताच की शक्ति को चरितार्थ कर सकेंगी। इस प्रकार तनाव प्रबन्धन के माध्यम से सामुदायिक स्वास्थ्य की महान लक्ष्य की सिद्धि सम्भव है।

लैंगिक समानता स्थापित करने में तकनीकी शिक्षा एवं साधनों की भूमिका

डॉ. मनोज कुमार तिवारी
सहायक प्राध्यापक गणित विभाग
पं. सुन्दरलाल शर्मा (मुक्त) विश्वविद्यालय छत्तीसगढ़, बिलासपुर

भारतीय समाज में पितृ सत्तात्मक सामाजिक व्यवस्था के कारण महिलाओं के विरुद्ध भेदभाव प्राचीन काल से ही अस्तित्व में रहा है और आज भी यह असमानता विद्यमान है। लैंगिक असमानता कई तरीकों से दृष्टिगोचर होता है, जिसमें कन्या भ्रूण हत्या, कन्या बालहत्या, बच्चों का लिंग अनुपात, लिंग अनुपात, महिला साक्षरता, मातृ मृत्यु दर इत्यादि से संबंधित आंकड़े महत्वपूर्ण हैं। घर की चार दिवारी से लेकर कार्यस्थल तक महिला उत्पीड़न संबंधी घटनाएँ आए दिन होती रहती हैं। यद्यपि भारतीय संविधान में लैंगिक असमानता को अस्वीकार करते हुए महिलाओं को विविध अधिकारों से सशक्त किया है; किन्तु जमीनी हकिकत इससे बहुत अलग है लैंगिक असमानता दूर करके महिलाओं का शोषण रोकने में तकनीकी शिक्षा एवं साधनों की भूमिका महत्वपूर्ण हो सकती है।

महिलाएं अपने अस्तित्व एवं स्वाभिमान रक्षा हेतु लड़ाई लम्बे अरसे से लड़ती आ रही हैं, किन्तु पितृ प्रधान समाज में महिलाओं के पक्ष में समाज की सोच को सकारात्मक बनाने में दूरदर्शन, पत्र-पत्रिकाओं, समाचार-पत्रों इत्यादि

तकनीकी साधनों ने महत्वपूर्ण भूमिका निभाई है। तकनीकी शिक्षा के क्षेत्र में महिलाओं की रुचि एवं ज्ञान ने उन्हें समाज में एक सम्मानजनक स्थान दिया है। मोबाईल, कम्प्यूटर, इंटरनेट आदि आधुनिक तकनीकी साधनों ने महिलाओं को सामाजिक एवं आर्थिक रूप से मजबूती प्रदान किया है।

आधुनिक समाज में लैंगिक समानता स्थापित करने में तकनीकी शिक्षा एवं साधनों का दायरा जीवन के सभी क्षेत्रों में बढ़ता जा रहा है। चिकित्सा, गणित, मनोविज्ञान, अभियांत्रिकी आदि के क्षेत्र में उच्च वैज्ञानिक और तकनीकी उन्नति ने न केवल जीवन को सरल किया है, बल्कि इन सभी क्षेत्रों में महिलाओं की सक्रियता ने लैंगिक भेदभाव भी दूर किया है। यह शोध पत्र जीवन के सामाजिक आर्थिक आदि क्षेत्रों में महिलाओं के शोषण एवं भेदभाव रोकने में तकनीकी शिक्षा एवं साधन कितने महत्वपूर्ण हैं, इस पर आधारित है।

बच्चों पर सोशल मीडिया का प्रभाव-दुष्प्रभाव एक मनोवैज्ञानिक अध्ययन

सुखदेव यादव

सहा. समन्वयक

पं. सुंदरलाल शर्मा (मुक्त) विश्वविद्यालय छत्तीसगढ़, बिलासपुर

सोशल मीडिया एक बड़ा नेटवर्क है, जो कि पूरे विश्व के लोगों को एक दूसरे से जोड़े रखता है। यह संचार का एक बहुत अच्छा माध्यम है। सोशल नेटवर्किंग साइट्स हमें एक दूसरे से जोड़ने एवं सूचना प्रसार का एक सशक्त जरिया है, जिसके माध्यम से हम लोग अपनी बात बिना किसी रोक-टोक के एक-दूसरे के समक्ष रख पाते हैं। सोशल मीडिया के प्रकार हैं सोशल मीडिया में अनेक प्रकार के साइट हैं जो हमे अपनी बात रखने और अन्य जानकारी प्राप्त करने के लिये उपलब्ध है। चूंकि इंटरनेट एक अथाह सागर के समान है जिसमें सभी प्रकार की जानकारी प्राप्त की जा सकती हैं।

बच्चों का मानसिक स्तर सीखने की अवस्था में रहता है ऐसे में उन्हें जो दिखाया जाता और जो भी बातें बताई जाती हैं उन्हें वह सच मानने लगता है। इंटरनेट में बहुत सारे साइट ऐसे हैं जो बच्चों को मानसिक रूप में अधिक प्रभावित करती हैं।

सोशल मीडिया का अत्यधिक उपयोग करने का मनोवैज्ञानिक प्रभाव भी पड़ते हैं। यह प्रभाव सकारात्मक और नकारात्मक दोनों प्रकार का हो सकता है। इसका दुष्प्रभाव सबसे ज्यादा बच्चों पर ही पड़ता है। जो बच्चे सोशल मीडिया का उपयोग बहुत ज्यादा करते हैं, उनके मन में जीवन के प्रति असंतुष्टि और असुरक्षा की भावना ज्यादा रहती है। लड़कों की तुलना में लड़कियों पर सोशल मीडिया का ज्यादा प्रभाव पड़ता है, क्योंकि लड़कियाँ ज्यादा भावुक होती हैं। तनाव का मुख्य कारण सोशल मीडिया आजकल, बच्चे जो कि सोशल मीडिया का काफी उपयोग करते हैं, उनमें सुबह उठते ही और रात को सोने से पहले इंटरनेट पर ऑनलाइन रहने की आदत पड़ जाती है। बच्चों का तनावग्रस्त रहना भी सोशल मीडिया एक प्रमुख कारण है। सोशल मीडिया में अधिक समय बिताने के कारण लोग अपना कीमती वक्त बर्बाद करते हैं, इससे उनके सामाजिक जीवन पर भी अधिक प्रभाव पड़ता है। स्मार्ट फोन आदि का अत्यधिक मात्रा में प्रयोग करने से बच्चों की आंखों पर भी बुरा प्रभाव पड़ता है। अभी कुछ समय पहले ही ब्लू व्हेल के नाम से एक मोबाईल गेम ने बच्चों और युवा के दिमाग को इस कदर प्रभावित किया कि वे आत्महत्या जैसे गंभीर कदम भी उठा रहे थे। जो मानव समाज पर मीडिया के दुष्प्रभाव का उदाहरण है।