



# AMITY UNIVERSITY

LUCKNOW CAMPUS

Presents

## 2<sup>nd</sup> NATIONAL CONFERENCE

ON

## SOCIETY AND WELL BEING

Multipurpose Hall • 4<sup>th</sup> April, 2016

Organised by  AMITY INSTITUTE OF  
BEHAVIOURAL AND ALLIED SCIENCES

Organized by:

Amity Institute of Behaviour and Allied Sciences  
(AIBAS),

Amity University, Lucknow

Website: [www.amity.edu](http://www.amity.edu)

Compiled by: Ms Shalini Mittal  
Edited by: Dr. Durgesh K. Upadhyay

## **Amity University Uttar Pradesh, Lucknow Campus**

Amity University Uttar Pradesh, Lucknow Campus is a part of India's leading education group that has pioneered a global culture in education in India. The Amity Group is home to over 125,000 students pursuing over 250 plus programmes in 50 diverse disciplines, across pre-school to Ph. D. Amity University, Lucknow Campus is built on a foundation, which embodies all the qualities that have made Amity institutions world-class over the last two decades. Amity has instituted global standards in education, training and the latest teaching methodologies. With the mission to train future leaders of the corporate world, the University strives to blend modernity with tradition in each of its students.

### **Highlights**

- 40 acre hi-tech campus with state-of-the-art facilities
- 194 advanced labs in various discipline
- Air-conditioned and amphitheater style classrooms
- Well-stocked library with over 66,000 books, journals and references
- On-campus hostel for 2,000 students

### **Amity Institute of Behavioural and Allied Sciences (AIBAS)**

Established in 2005, AIBAS is one of the premier Institutes in India offering courses in Psychology and Behavioral Science with skill based approaches and inclusive supervised internship support.

#### **PROGRAMMES OFFERED**

- B. A. (H) Applied Psychology
- M.A. (Clinical Psychology)
- M.A. (Counseling Psychology)
- PG Diploma in Counseling Psychology
- M. Phil- Child and Adolescent Psychology
- M. Phil- Clinical Psychology
- Ph.D.

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## **Objective of the Conference**

This conference is being organized with the vision to bring students and researchers from various disciplines to deliberate on the various issues pertaining to the improvement of well-being of individuals and society in general. The major focus is to spread awareness, empower individuals and move forward creating a positive and enabling environment for a healthy society.

## **Highlights of the Conference**

- Invited Lectures by Eminent Academicians
- Symposium
- Scientific Sessions

# Minute to Minute

Date: 4<sup>th</sup> April, 2016

<b>TIME</b>	
8:30-9:30	<b>Registration</b>
9:30-09:50	<b>Tea</b>
	Opening Remarks Welcome of Dignitaries Lighting of Lamp Release of AIBAS Journal
09:50- 10:15	<b>Inaugural Session</b>
	Best Dissertation Award Saraswati Vandana (by Preeti, Student of BA Applied Psychology) Address by Prof. V. P. Sahi, Deputy DG, Academics Welcome Address by by Prof. Dr. Manju Agarwal, Convener of the Conference and Director, AIBAS
10:15-10:45	<b>Keynote Address</b>
	Prof. Shailendra Singh (IIM Lucknow)
	<b>Address by Chief</b>
10:45-11:00	<b>Guest</b>
	Ms. Sutapa Sanyal (DGP, Mahila Samman Prakosh and Human rights )
	Invited lecture by Dr. Suneet Verma, Associate Professor of Psychology, University of Delhi) (Non-violent ways of Relating: Love, Feeling and Beyond)
11:00-12:00	<b>Plenary Sessions</b>
	Invited lecture by Dr. Vinod Chandra, Associate Professor of Psychology, University of Lucknow (Youth and Well-Being)
12:00-13:00	<b>Symposium</b>
	Dr. Nisha Pandey (KGMU) on 'Maintaining Mental Health and Wellbeing in Old Age-Challenging issues vis a vis Assessment and Management'
13:00-14:00	<b>Lunch</b>
14:00-16:30	<b>Scientific Sessions/Parallel Sessions</b>
	Paper Presentations
	Performance by Kritika
16:30-17:00	<b>Valedictory</b>
	Certificate Distribution; Letter of Appreciation to the most Regular Student Vote of Thanks by Dr. Jyotsana Shukla, Organizing Secretary Conclusion
17:00-17:15	<b>Tea</b>

# National Conference on “Society and Well-Being”

4<sup>th</sup> April, 2016

Scientific Program

Venue: Auditorium Block, AUUP, Lucknow Campus

TIME	EVENTS
08:30-09:30	Registration
09:30-09:50	Tea
	<b>Inaugural Ceremony</b>
09:50- 10:15	<p>Opening Remarks  Welcome of Dignitaries  Lighting of Lamp  Release of AIBAS Journal  Best Dissertation Award  Saraswati Vandana by Preeti</p> <p>Address by Prof. V. P. Sahi, Deputy Director General, Academics</p> <p>Welcome Address by Prof. (Dr.) Manju Agrawal, Convener of the Conference, Director, AIBAS</p>
	<b>Keynote Address</b>
10:15-10:45	Prof. Shailendra Singh (IIM, Lucknow)
	<b>Address by Chief Guest</b>
10:45-11:00	Ms. Sutapa Sanyal, DGP, Mahila Samman Prakoshth and Human rights
	<b>Plenary Sessions – Invited Lectures</b>
11:00-12:00	<p><b>Dr. Suneet Verma</b>, Associate Professor, Dept. of Psychology, University of Delhi (Non-violent ways of Relating: Love, Feeling and Beyond)</p> <p><b>Dr. Vinod Chandra</b>, Associate Professor of Sociology, JNPG College, University of Lucknow (Youth and Well-being)</p>
	<b>Symposium</b>
	<p><b>Chair: Dr. P. K. Khatri</b> <span style="float: right;"><b>Co-Chair: Dr. N. Khan</b></span></p>
12:00-13:00	<p><b>Dr. Nisha M. Pandey, KGMU, Lucknow</b></p> <p><b>Main Theme: “Maintaining Mental Health and Well-being in Old Age: Challenging Issues vis a vis Assessment and Management”</b></p> <p>Old Age Mental Health and Well-being: Challenging Issues – <i>Nisha M. Pandey</i></p> <p>Mental Health Conditions of Old Age – <i>Priti Singh</i></p> <p>Assessment and Management Strategies – <i>Rakesh Kumar Tripathi</i></p>

13:00-14:00

Lunch

## Parallel Scientific Sessions

## SS1 – Multi Purpose Hall

## SS2 – First Floor

Chair: Dr. Vinod Chandra

Co-Chair: Dr. Pragyan Dangwal

Chair: Dr. Anjali Gupta

Co-Chair: Dr. Soni Kewalramani

Mental Health of Below Poverty Line Farm Labour

*Ms Sonu Bharti and Prof. Pallavi Bhatnagar*

A Case Report on Analysing Drop-out from Psychotherapy

*Ms Kritika Saxena and Ms. Anamika Srivastava*

Formulating a Case with Boundary Issues in Psychotherapy

*Ms. Vibha Rungta and Ms. Anamika Srivastava*

Coping Stress for Well-Being in the Modern Indian Society

*Monika Gautam*

Comparative Study of Interpersonal Support among Serving and Retired Army Officers

*Lama Abbas*

A Glance In to the Life of Mothers of Children with Autism

*Navdeep Saluja and Dr. Ridhima Shukla*

14:00-15:15

Demographic Correlates of Aggression

*Gurbani Negha and Dr. Soni Kewalramani*

Group Behaviour and Aggression

*Syed Sajid Husain Kazmi and Dr. Soni Kewalramani*

Prevalence of Rape Myths among Adults

*Shalini Mittal and Dr. Tushar Singh*

Employee Engagement and Personality Types of Managers

*Parul Tripathi and Dr. Pragyan Dangwal*

Substance Abuse and Female Adolescents

*Varisha Ishrat and Dr. Pratiksha Srivastava*

Comparative study of self-concept and achievement motivation of college students depending on the SGPA scored

*Divya Dawar and Dr. RomaKumar*

Ancient Indian Thought: Mansarovar for Global Peace

*Lalit Kumar Singh, Kiran Srivastava and Dr. Manini Srivastava*

A Study on Sources of Sexual Education in Young Adults

*Prerak Arya and Prashant Das*

Happiness and Academic Performance among Adolescents

*Shweta Ahirwar and Dr. Soni Kewalramani*

Relationship between Self-esteem and Academic Achievement amongst Adolescents

*Ms Sweta Tiwari and Dr. Shweta Singh*

Multicultural Education in a Globalized Society

*Dr. Dipita Bhattacharya*

A Comparative Study on Adjustment and Self-Esteem among Professional and Non-Professional Courses Students

*Meenakshi Prasannan and Dr. Anu Dandona*

Communication and Aggression in Adolescents

*Garima Singh and Dr. Soni Kewalramani*

Gender Awareness in the Pre School Children

*Dr. Pramila Tiwari*

Triguna and Cultural Intelligence in University Teachers

*Alka Pandey and Dr. Soni Kewalramani*

Social Support and Depression Among Adolescent

*Garima Rana and Dr. Pragyan Dangwal*

	SS3 – Multi Purpose Hall	SS4 – First Floor
	Chair: Dr. D. D. Pandey Co-Chair: Dr. Ridhima Shukla	Chair: Dr. Suneet Verma Co-Chair: Dr. Durgesh K. Upadhyay
15:15-16:30	Global environment and human well-being <i>Rajnish Shankar</i>	Contextualizing Women’s Empowerment: Deciphering the Paradox <i>Ms. Isha Yadav</i>
	Strategic Priority: Efforts to promote congenial work culture for employee wellbeing <i>Dr. Mitima Sachdeva</i>	Civil society as vehicle of empowerment <i>Dr. Suniti Bora</i>
	Emotional Intelligence, Psychological Well-Being and Resilience among Adolescents <i>Purnima Singh and Dr. Ridhima Shukla</i>	Women Empowerment: Issues and Challenges <i>Dr. Tanu Tondon</i>
	Self-Esteem and Anxiety in Adolescent Orphans and Non-Orphans: A Comparative Study <i>Aradhya Awasthi and Dr. Jyotsna Shukla</i>	Botnets analysis and detection <i>Arshan Ahmad</i>
	Optimism as a Predictor of Life-Satisfaction among Adolescents <i>Arushika Srivastava and Ms. Preeti Bala Mishra</i>	Social Implications of Globalization on Indian Society <i>Dr. Ritu Agarwal</i>
	Young Adults’ Music Preferences and its Relation to their Attitude towards Women and Sexuality Aheli Chakraborty, Dr. Durgesh Kumar Upadhyay, and Prof. Dr. Manju Agrawal	Addiction, Domestic Harmony and Positive Life Orientation among Young Adults <i>Tehreem Fatima, Dr. Manju Agrawal</i>
	A Comparative Study on Aggression and Psychological Well-being among Alcoholics and Teetotalers <i>Priyanka Yadav and Dr. Anu Dandona</i>	Relationships among Traumatic Experiences, Aggression and Attitudes towards Women and Sexuality in Young Adults <i>Sheba Nasir Siddiqui and Dr. Durgesh Kumar Upadhyay</i>
	Relational Aggression in Romantic Relationships <i>Ekta Tiwari and Dr. Durgesh Kumar Upadhyay</i>	Relation among Aggression, Attitude towards Women, Narcissistic Personality & Sexuality among Young Adults <i>Swagata Das, Student and Dr. Durgesh Kumar Upadhyay</i>
	Self-Concept and Motivation for Posting Selfies among Young Adults <i>Sonal Sharma and Dr. Ridhima Shukla</i>	Domestic Harmony, Aggression, Perceived Stress and Perceived Social support among Young Adults <i>Gauri Adlakha, Student, Shreya Tiwari, and Prof. Dr. Manju Agrawal</i>
	The Other Side of a Gendered World: Women at Workplace <i>Dr. Pragyan Dangwal</i>	Empowering the Youth <i>Dr. Soni Kewalramani</i>
		Self-Image of Women in Prison <i>Dr. Pratiksha Srivastava</i>
16:30-17:00	<b>Valedictory</b>	
	<b>Dance Performance</b> (Kritika, Student of MPhil Clinical Psychology) <b>Certificate Distribution;</b> Letter of Appreciation to the most Regular Student <b>Vote of Thanks by Dr. Jyotsana Shukla, Organizing Secretary</b> <b>Concluding Remarks</b>	
17:00-17:15	<b>Tea</b>	



## **MENTAL HEALTH OF BELOW POVERTY LINE FARM LABOUR**

**\*Sonu Bharti and \*\*Pallavi Bhatnagar**

\*Research scholar, Department of Psychology, University of Lucknow

\*\*Professor and Head Department of Psychology, University of Lucknow

Mental health is a dynamic condition resulting from body's constant adjustment and adaptations in responses to stress and changes in the environment to maintain an inner equilibrium called homeostasis. Coping with health issues depends to a large extent on our awareness of health issues. There are large numbers of BPL villages in India where majority of residents are farm labour having problems in their day today existence and researches on their mental health are scanty. Health system and practices are based on certain beliefs and thought that people share about the world, self and human existence. This belief provides a necessary framework for defining health, understanding the causes of illness and in deciding the modes of treatment. Thus, the purpose of the present study was to explore the mental health awareness in terms of the mental health of farm labour. The sample comprised of 200 farm labour of village Levrua, Jaunpur district of Uttar Pradesh. Mental Health awareness has been explored in terms of three dimensions related to Anxiety, depression, and Stress. Besides their mental health status, coping with illness and perceived correlates of the health were also explored. An anxiety, depression and stress scale used measure the mental health. For the anxiety of the people 90% I am aware of the dryness of mouth, where as for depression 70% of them I am not able to feel good, stress show that 79 % I find myself getting restless if delayed in any way.

## **A CASE REPORT ON ANALYSING DROP – OUT FROM PSYCHOTHERAPY**

**\*Kritika Saxena and \*\*Anamika Srivastava**

\*M. Phil trainee, Department of Clinical Psychology, AIBAS, Amity University, Lucknow

\*\*Assistant Professor, Department of Clinical Psychology, AIBAS, Amity University, Lucknow

Drop – out can be described as an uninformed termination of therapy by a client against therapist's recommendations. Reducing drop – out is arguably the best way to boost the effectiveness of therapists, as clients who terminate therapy prematurely have poorer outcomes compared with clients who complete their treatment regime. This does not imply that maintaining clients in psychotherapy is the only way towards improving clients' quality of life, however, could be one of the contributory factors. Acknowledging the efficacy of this contributory factor, the paper finds it imperative towards analysing the drop – out of an unmarried female client of 19 years of age complaining of severe pain in her abdomen for the

past 4 years. The paper also highlights that missed opportunities, when realised, may increase the cognizance of therapist for later practise.

## **FORMULATING A CASE WITH BOUNDARY ISSUES IN PSYCHOTHERAPY**

**\*Ms. Vibha Rungta and \*\*Ms. Anamika Srivastava**

\*M. Phil trainee, Department of Clinical Psychology, AIBAS, Amity University, Lucknow

\*\*Assistant Professor, Department of Clinical Psychology, AIBAS, Amity University, Lucknow

Boundary issues can enrich psychotherapy, serve the treatment plan & strengthen the therapist-client working relationship. They can also undermine the therapy, disrupt the therapist-patient alliance and cause harms to clients (Pope & Keith-Spiegel, 2008). The purpose of the presentation is to understand boundary crossing in the case of an 18 years old, unmarried, Hindu, female, educated upto 9<sup>th</sup> std. She belongs to a lower middle socio-economic status and is a resident of Lucknow. She came willing for the treatment at Sambal Drug De-addiction & Psychiatric Center, Lucknow with her mother in the month of April, 2015. She came with the chief complains of decreased sleep & appetite, living alone & aloof with increased aggression resulting in throwing of household objects, crying spells and suicidal threats followed by superficially slashing her wrist with sharp blade. The presentation will focus on the patient's boundary crossing/violation issues with evidence found in subsequent therapy sessions. The presentation further illustrates how with progression of sessions, the formulation becomes rich and meaningful and also affects the process of therapy.

## **COPING STRESS FOR WELL BEING IN THE MODERN INDIAN SOCIETY**

**Ms. Monika Gautam**

Assistant Professor, Amity Institute of Education, Amity University, Lucknow

Globalization, industrialization and modernization have brought many new opportunities in the form of jobs, facilities etc, thereby improving the standard of living of the people in general. However, these opportunities have also brought frustrations, difficult deadlines to be met and a variety of demands to be fulfilled leading to stress. 'Stress is simply a reaction to a stimulus that disturbs our physical or mental equilibrium.' For many people, stress is a part of daily life. Within limit stress is helpful in meeting the different types of challenges. But excess of it may damage our health and general quality of life. Thus in order to lead a happy, healthy and successful life it is very essential to take steps for coping with stress. Coping refers to the thoughts and actions that we use to deal with stress. For this we first of all need to have a positive outlook towards our life and its different issues. We need to learn never to over react

to stressful situations of life. We should stop talking about our problems and miseries always and should concentrate on the positive aspects of our lives. Expressing our feelings and emotions with our friends and near and dear ones instead of bottling up our negative thoughts is a great stress buster. One of the simplest methods to reduce stress is to focus on our breathing, which helps to bring peace in our mind. The present paper will highlight the ways and means of coping stress for well being in the modern Indian society.

## **COMPARATIVE STUDY OF SELF-CONCEPT AND ACHIEVEMENT MOTIVATION OF COLLEGE STUDENTS DEPENDING ON THE SGPA SCORED**

**\*Divya Dawar**

**\*\*Dr. Roma Kumar, PhD**

\*M.A. Clinical Psychology, 2<sup>nd</sup> Semester, Amity University, Noida

\*Senior Consultant and Clinical Psychologist, Sir Ganga Ram Hospital and Max Hospital

Self-concept as a construct provides a gauge to determine the effects of academic and social functioning on the emotional well being of the individual (Vaughn et al., 2001, p. 54). The present study was conducted to form a comparison of self-concept and achievement motivation of college students scoring 5-6.5, 6.5-8 and 8 SGPA (Semester Grade Point Average) and above using the Self Concept Scale (Saraswat R. K, 1984) and Deo-Mohan Achievement Motivation n-ACH Scale (Deo. P and Mohan. A, 1985). The 45 participants of the study were placed into three groups between the age group of 20-22 years depending upon the SGPA they achieved in the last semester. The first group consisted of college students who had a SGPA of 5-6.5; second group with students scoring between 6.5-8 and the third group had students who scored above 8 SGPA. Hypotheses were formed to see if there is any significant difference between these groups in Self-Concept and Achievement motivation. Students scoring higher SGPA were hypothesized to have higher degree of self-concept as well as more achievement motivation. Results revealed that there is very little difference in achievement motivation of the various students in different groups. However, there was a large significant difference in the self-concept of the students in the three groups with group of above 8 SGPA having the highest and reducing in the descending order. Previous research suggests, a positive academic self-concept should lead to gains in academic achievement. Specifically, students with positive views of their academic abilities are likely to engage in more achievement-related behaviors (Valentine et al., 2004). There was also a significant difference in the educational sub-scale of the Self-Concept scale, therefore adding to the scientific evidence in support of the initial hypothesis. There was no significant difference in other sub-scale of the Self-Concept Questionnaire.

## **ANCIENT INDIAN THOUGHT: MANSAROVAR FOR GLOBAL PEACE**

**\*Lalit Kumar Singh, \*\*Kiran Srivastava, and \*\*\*Manini Srivastava**

Since ages ancient Indian thought have guided the world in many areas including science, medical, literature, art, social values, astronomy, mathematics etc. Because of its unique potential INDIA used to be known by the name JAGAD GURU means Teacher/leader of the world. Once again world is looking at leader of the world with great expectation. Concern of world is to materialize the dream of global peace and existence of the world is determinant on it. Indian philosophy has generic applicability in order to establish the dream of global peace. In this paper I would try to elucidate the characteristic contributing to establish concept of global peace.

## **A STUDY ON SOURCES OF SEXUAL EDUCATION IN YOUNG ADULTS**

**\*Prerak Arya and \*\*Prashant Das**

\*B.A. Applied Psychology, AIBAS, Amity University, Lucknow

\*\* Assistant Professor, AIBAS, Amity University, Lucknow

As per the review of literature, it is safe to say that sexual education has never proved to be a cause for increased sexual activities but has always been a reason for safe protocols regarding such activities. In this research, a sample size of 30 students were taken, from a university in Lucknow, Uttar Pradesh, India, who were provided two questionnaires. These questionnaires asked the subjects about their sources to knowledge on sexual health, their opinions on it and had a small knowledge test as well which assessed whether the knowledge possessed by the subjects is reliable or not. On analysing the data it was found that most of the knowledge about sexual health comes from either friends or Internet and the knowledge test assessed that only 40.5% of the knowledge was correct. When asked to give an opinion on the source of knowledge on sexual health, doctors were the most opted source followed by friends and then by parents. In contrast, government should start programmes to train doctors and school teachers to provide such knowledge to the children; start campaigns for parents to teach them ways to convey their thoughts and also to spread knowledge on safety cracks such as Parental controls on Internet and Television so that even if this knowledge is passed on through peer groups or media, it is reliable and appropriate.

## **HAPPINESS AND ACADEMIC PERFORMANCE AMONG ADOLESCENTS**

**\*Shweta Ahirwar and \*Dr. Soni Kewalramani**

\*Student B. A. (Hons.) Applied Psychology-VI (AIBAS)

\*\*Asst. Professor (AIBAS)

Academic Performance is better when an adolescent receive enough amount of when he is happy and satisfied with his life. Review of Literature suggests that there are very few researches to demonstrate effect of Happiness on Academic Performance. Due to dearth of researches on an Indian sample the researcher decided to analyse the effect of this variables - Happiness on the Academic Performance among adolescents. The purpose of the study is to find out the effect of Happiness on Academic Performance of Students. This study explores Happiness by using Oxford Happiness Questionnaire by Argyle and Hills and Sample of 100 girls of class IX from Lucknow were taken. Results showed that there is no significant effect of Happiness on Academic Performance.

## **RELATIONSHIP BETWEEN SELF-ESTEEM AND ACADEMIC ACHIEVEMENT AMONGST ADOLESCENTS**

**\*Sweta Tiwari and \*\*Dr. Shweta Singh**

\*Student (B.A. (Hons) Applied Psychology), AIBAS, Amity University, Lucknow

\*\*Faculty, AIBAS, Amity University, Lucknow

The present research seeks the relationship between self esteem and academic achievement of adolescents. In addition, it also focuses on different variables responsible for high and low self esteem like, gender, age, environment, culture, relations etc. Furthermore it focuses on the positive aspects in those individuals who sustain high self esteem and some negative aspects in individual pertaining low self esteem in accordance with academic success/achievement. Sample were taken mostly from 16-18 years of age varying from 10th grade to 12th .Self-esteem was measured by Self-esteem questionnaire of Rosenberg self-esteem scale and academic achievement was measured by academic school records of every individual.

## **GLOBAL ENVIRONMENT AND HUMAN WELL BEING**

**Rajnish Shankadhar**

Amity University, Lucknow Campus

The rapid pace of globalization has contributed substantially in building up a prosperous and capable Global environment for the developed and developing nations in the last two decade. Despite pros and cons making Globalization culpable, it is one of the biggest factors in

building up a safer and prosperous global environment for the planet earth. In the last two decades Providing a platform of awareness and pre monition towards escalating Global warming and environmental spillovers globalization have also helped humans work assiduously towards constructing a positive natural work environment and support healthy living at a global scale. The gamut of international life style, wide scale employment, better housing, protection of flora and fauna, innovative health care remedies, International NGOs such consolidated awareness have all improved and attempted to improve human environment to a larger extent. Due to increasing global collaboration, the legality of international institutions, Economic integration creating trade blocs, inevitable global telecommunication and mighty digital commerce with foreign brands humans have been benefitted on a global prosperity scale consequently embracing quality living, stable life longevity and in average prosperity. The paper will focus on some of the major initiatives adopted by potential nations significantly in recent times contributing towards a better global environment for mankind and future generations and how Globalization has contributed to it especially with reference to South Asia.

## **STRATEGIC PRIORITY: EFFORTS TO PROMOTE CONGENIAL WORK CULTURE FOR EMPLOYEE WELLBEING**

**Dr. Mitima Sachdeva**

Assistant Professor (III), Amity Institute of Education, Amity University

Physical health and safety in the workplace remains a paramount concern, more recently there has been a growing recognition of the importance of psycho-social with a focus on both the psychological and social elements of work. An exploration of work and wellbeing touches on a vast array of employment issues, from leadership to job design, organizational policy to workplace culture. Wellbeing in the workplace is being discussed at broad level and 41% viewed it as a “Strategic Priority”. 20% of the organizations have increased their efforts to promote employee health and wellbeing by:

- Strengthening relationships within the team.
- Improving contentment at work and retention of employees.
- Increasing engagement, performance, creativity and productivity.
- Optimizing physical and mental health of employees.
- Balanced workload.
- Improving job conditions.
- Generating sense of belongingness and positive emotions.

- Open communication and many more.

This paper goes on to highlight the challenges to health and wellbeing of the employees and the initiatives that might best address wellbeing at work.

## **EMOTIONAL INTELLIGENCE, PSYCHOLOGICAL WELL BEING AND RESILIENCE AMONG ADOLESCENT**

**\*Purnima Singh and \*\*Dr. Ridhima Shukla**

\*Masters Student AIBAS, Amity University Lucknow Campus

\*\*Assistant Professor, AIBAS, Amity University Lucknow Campus

The present study was done with the aim of identifying gender difference and correlation among Emotional Intelligence, Psychological wellbeing and Resilience among Adolescents. The sample comprised of 140 Adolescents falling the age range of 16-18 years. Results indicate significant gender differences among the three variables of the study, namely, resilience and emotional intelligence, where females are more emotionally intelligent and resilient than boys. Among boys significant positive correlation exists between resilience and emotional intelligence. Among the boys significant positive correlation emerged between resilience and psychological well-being. Among females all three variables- resilience, psychological well-being and emotional intelligence are significantly positively correlated with each other. The study indicated that among young adults, ways of handling emotions is age appropriate, they are resilient and have a healthy outlook towards life.

## **SELF-ESTEEM AND ANXIETY IN ADOLESCENT ORPHANS AND NON ORPHANS: A COMPARATIVE STUDY**

**\*Aradhya Awasthi and \*\*Jyotsna Shukla**

\*Student (B.A.(Hons) Applied Psychology), AIBAS, Amity University, Lucknow

\*\*Assistant Professor, AIBAS, Amity University, Lucknow

Self esteem and anxiety are developed in a child by the environment he/she gets. The absence or death of parents may lead to various psychosocial issues in a child. The purpose of the research was to compare the means and scores of anxiety and self esteem between orphan and non orphan adolescents and to study a relation between them. The sample size taken for the research was 60 girls (30 orphans and 30 non orphans) of age group 10-15 years, studying in various schools of Kanpur. The tools used in this research were Rosenberg self esteem scale and Spence children's anxiety scale to measure self esteem and anxiety, respectively of both the groups. The scores were analyzed and the results reveal that there is no significant

difference between the self esteem and anxiety of orphans and non orphans. But there is a slight positive correlation in between self esteem and anxiety of orphans and non orphans, whereas there is slight negative correlation between anxiety and self esteem of non orphans.

## **OPTIMISM AS A PREDICTOR OF LIFE SATISFACTION AMONG ADOLESCENCE**

\* Arushika Srivastava and \*\* Ms. Preeti Bala Mishra

\* Student (B.A. (Hons) Applied Psychology), AIBAS, Amity University, Lucknow

\*\* Faculty, AIBAS, Amity University, Lucknow

The Purpose of study was to find relation between optimism and life satisfaction in young adolescents. Satisfaction with Life Scale and Life Orientation Test – Revised were used. A 5 items of Satisfaction with Life Scale (SWLS), which measures the overall satisfaction of an individual, and 10 item Life Orientation Test – Revised (LOT - R) was also given to respondents for assessing the level of optimism. Sample size consists of 25 females and 25 males. Age of adolescents was considered from 13 years to 18 years. Hypothesis was made that there would be positive correlation between two variables. Analysis of responses showed, a positive correlation between optimism and life satisfaction in our sample.

## **CONTEXTUALIZING WOMEN’S EMPOWERMENT: DECIPHERING THE PARADOX**

**Ms. Isha Yadav**

Assistant Professor, Department of Humanities and Other Studies, Dr. Ram Manohar Lohiya National Law University, Lucknow

A significant number of non-government organizations (NGOs) in India are working at the grassroots for mainstreaming and empowering women. These organizations function with the primary aim of facilitating gender equality by challenging customs, beliefs and ideas that perpetrate unequal gender relations. Local small-scale organizations functioning at the grassroots have traditionally played a key role as agents of social change. With the rapid increase of globalization of NGOs, however, the industry is now being governed by international or “alien” organizations through huge inflows of funds resulting in the exclusion of native organizations. Consequently, the issues of gender inequality and women’s empowerment are now being conceptualized in a universal, de-contextualized manner. This paper explores the experiences of NGOs working in the area of economic and social empowerment of women. Despite their increasing commitments to women’s empowerment and gender mainstreaming, the understanding of NGOs in this regard is far from sufficient to facilitate such a process. They are faced with a multitude of dilemmas around defining



empowerment, accountability and sidelining of local social organizations. Further, the very concept of empowerment is fraught with contradictions – empowerment in one sphere often leads to disempowerment in another. Thus, there is a need to contextualize our notions of empowerment and to have a much broader and more comprehensive approach to ensure that the commitment to gender equality is institutionalized within NGOs.

## **CIVIL SOCIETY AS VEHICLE OF EMPOWERMENT**

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In developing countries like India, civil society plays a crucial role for the development of the people. The most valuable role for civil society organizations at the present is to empower the people of the country. In independent India, the initial role played by the civil society was started by Gandhi to fill in the gaps left by the government in the development process. Today also where there are numerous gaps left by the government in the development process – sometimes by intention, sometimes due to lack of funds, sometimes due to lack of awareness, civil society comes forward and takes the responsibility. The well-known examples are the areas of education and healthcare where civil society like, Kerala Sastra Sahitya Parishad is largely credited for the hundred percent literacy in that state in the south-western corner of India. Civil Societies, like Narmada Bacchhao Aandolan, in India have been active in the area of environmental protection. The struggle by civil society organisations to make governments more accountable to citizens is an ongoing struggle in India. For years, civil society organisations have been putting its effort for the right to information to become a legal right, and people of India now have the Right to Information. This paper attempts to explore civil society as a vehicle for the people to empower to safeguard their interests and also make them aware towards their duties by ensuring people's participation in democratic values.

## **WOMEN EMPOWERMENT: ISSUES AND CHALLENGES**

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Women Empowerment has been defined by many and has different colours and dimensions to it. Feminist have very strong stand towards it and given it an independent and rebellious angle, humanist view it as liberation of human beings. Education has added its own flavour to it. Women empowerment as seen by the eyes of women appears to be in stark contrast with women empowerment seen by men. Women empowerment is not one theory or general principle. It has as many meanings as there are women, who have shown the world their power, power to overcome obstacles and emerge as winners. Thus women empowerment is not one destination rather it's a journey, travelled by many and speaks of the path treaded by those

women and problems encountered, mile stones achieved. The journey towards empowerment is not a smooth road but full of obstacles and there are various issues embedded in social structure which makes it difficult to achieve. This paper will discuss various issues and challenges in achieving empowerment. The paper will also look at various case studies of women symbolising empowerment and reflect upon the challenges faced by them.

## **BOTNETS ANALYSIS AND DETECTION**

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You wake up one day, rub the sleep out of your eyes, and boot up your laptop. Expecting to see a Twitter feed or Facebook profile, instead you're greeted with a big red image, demanding that if you don't pay \$200 to an unknown party in the next 24-hours, everything you know and love on your computer will be erased, and gone forever<sup>[4]</sup>. We all carry our personal data in our system, if you don't pay at all to unknown party everything will be viral on an anonymous website that will destroy your life. While the consequences of hacking attacks are tragic and, in the aggregate, devastating to society. Afterwards it will affect your life, harm you and your family in front of society. Definitely further it will completely influence the entire society. A 'bot' is a type of malware. Botnets are assembly of on network of bots i.e. the gathering of malware computers that are controlled by an adversary, are the cause of a large number of problems on the internet. These are networks of malware-infected machines that are controlled by web. Detecting malicious software in the system is generally made by an antivirus which analyses a files signature and compares it to their own database in order to know if a file is infected or not. The Internet security research community has made significant efforts to identify botnets, to collect data on their activities, and to develop techniques for detection, mitigation, and disruption. This paper targeted on botnet analysis framework and planned a generic framework for botnet detection.

## **SOCIAL IMPLICATIONS OF GLOBALIZATION ON INDIAN SOCIETY**

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Globalization has been defined as the process of rapid integration of countries and happening through greater foreign trade and foreign investment. In essence, it refers to increased possibilities for action between and among people in situations irrespective of geographical considerations as per the definition of social theorists. Due to economic liberalization and globalization, the world has become a "global village". There is increasing interaction between

people of different countries. As a result food habits, dress habits, lifestyle and views are being internationalized. There has been both positive and negative impact of globalization on social and cultural values in India. There is no denying of the fact that globalization has brought cheers to people's life by opening new vistas of employment. It has also made inroads in the cultural heritage of this country. Every step of movement towards economic, political and cultural modernization, taken by the state in India, is responded to by the people with an enhanced sense of self-consciousness and awareness of identity. Cultural modernization, sponsored by the forces of globalization, is resented if it encroaches upon or does not promote the core cultural values of society, its language, social practices and styles of life. The vigour of the renewed sense of self-awareness generated among the members of the local cultures and communities is such as to succeed in making adaptive reconciliation with the forces of globalization. The linkages both visible and invisible, defining the cultural interdependence among communities and regions in India which have existed historically, reinforce instead of threatening the national identity. These bonds seem to become stronger as India encounters the forces of modernization and globalization.

## **YOUNG ADULTS' MUSIC PREFERENCES AND ITS RELATION TO THEIR ATTITUDE TOWARDS WOMEN AND SEXUALITY**

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Young adults' subsequent transition to adulthood is notoriously stressful, placing demands on young people's coping resources and putting them at greater risk of developing mental health problems (Arnett, 1995, 2010; Laiho, 2004). There is, therefore, a need to investigate everyday strategies that young people use to support their well-being. There is a growing recognition amongst scientists that musical behaviour is central to our humanity, to what it means to be human. Not least, we engage in musical activities because doing so sweetens and structures our leisure time and thereby makes us happy and increases our well-being (Hills & Argyle, 1998; Pinker, 1997). All these assumptions, however, lack an explanation for *how* music can lead to such positive effects (Schafer & Sedlmeier, 2010). Commercialisation of misogynistic songs had hit the global music market at a large scale. Millions of listeners contributed in making these songs as "chartbusters" and it always raised an unanswered question, as to why these songs were so popular and avidly heard by one and all. What kind of an impact did it have on the well-being and attitude of the young adults towards women and sexuality remained

unexplored. The purpose of this study was to explore the correlation between the music preferences (particularly of misogynistic songs) and attitude towards women and sexuality along with the psychological well-being of the young adults. A sample of 216 (108 male and 108 female) participants of the age group 18-27 years pursuing various graduation and post-graduation degrees from Amity University, Lucknow Campus were enrolled for this study. The tools used were, Attitude towards Women Scale (AWS), Brief Sexual Attitude Scale (BSAS), Psychological Well-Being (PWB), Music Preference Scale (MPS) and Semi-Structured Interview Schedule. Findings indicated that music preference dimension 'Contemporary and Rhythmic' negatively correlated with attitude towards women, whereas, 'Emotional and Melodious' songs fostered it. Participants who spent more time on listening to Bollywood (Sad) Songs had low psychological well-being. Permissiveness, a dimension of sexual attitude favoured healthy attitude towards women and psychological well-being for those who focused on both lyrics and music. Participants who focused more on the lyrics of Rap are low on Permissiveness but had greater well-being. Birth Control had a negative correlation to attitude towards women with greater mean in boys showing that boys are more cautious about safe sex than girls.

## **MULTICULTURAL EDUCATION IN A GLOBALIZED SOCIETY**

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Diversity is positive and critical issue of almost all the nations of the world. It plays a pivotal role in nation's development. It also poses threat in terms of conflict among the members of different groups, violence, discrimination, social injustices prevalent in the society. Due to globalization and social mobility nations are continuously becoming diverse along race, ethnicity, language, gender, sexual orientation, socio- economic status, age, physical abilities and religious beliefs. In order to have a meaningful interaction with culturally diverse people in the society, it is imperative to understand the role of education on the individual and the cultural group from which the individual comes. In India, diversity in terms of cultural, ethnic, religious, linguistic and socio-economic groups calls for multicultural education programs in schools which reflect children's differences. Multicultural Education is a kind of instruction which provides knowledge about different cultures, forms attitudes, develops patterns of behaviors and skills appropriate to diverse cultural settings by incorporating the texts, values, beliefs and perspectives of people from culturally diverse background. The paper tries to analyze the need of multicultural education in a pluralistic society like India. The paper also attempts to explicate the various aspects of Multicultural Education, providing a

comprehensive view of it. It reflects on the role of a teachers and school to inculcate the values in students to become a part of a multicultural society

## **COMMUNICATION AND AGGRESSION IN ADOLESCENTS**

**\*Garima Singh and \*\*Dr. Soni Kewalramani**

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Aggression is any form of behavior directed toward the goal of harming or injuring another living being who is motivated to avoid such treatment. **Baron & Byrne (2010)**. Communication is a process of exchange of information between two or more than two individuals. According to **Hawkins & Preston (1981)**, the goal of communication is to “develop a commonness of meaning between sender and receiver”. The author found many theoretical links which proposes that communication pattern may influence the aggressive behavior especially in adolescents. This is supported by many researches also. It is also the observation of the author that aggressive behavior on many occasions is the result of miscommunication. Thus, the author proposes theoretical links between communication and aggression and suggests empirical studies relating the two in the present paper. This becomes important because such studies can be made base for intervention programmes on communication skills for aggression in future.

## **GROUP BEHAVIOR AND AGGRESSION**

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It is often stated that bullying is a group process and many researchers and policy makers share a belief that interventions against bullying should be targeted at the peer group rather than at individual bullies and victims. There is less insight into what in the group level should be changed and how the group processes take place at the level of peer cluster or colleges as they have not been elaborated. This study reviews the literature and includes a survey on group involvement in bullying thus providing insight into the individual’s motive for participation in bullying. Based upon the findings appropriate interventions will be planned.

## **COMPARATIVE STUDY OF INTERPERSONAL SUPPORT AMONG SERVING AND RETIRED ARMY OFFICERS**

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The Indian Army is an impregnable pillar of strength for our nation. It is not only the guardian of our frontiers, but also of our collective aspirations, vision and dreams. Valor, resilience, fortitude and profound allegiance are the very fiber of army. But what beautifully weaves together a workforce as immensely divers as the Indian Army is the Interpersonal Support among the army men. It's the Interpersonal Support that fuels them to propel forth through the perils of war torn terrains and keep them steadfast. Riots and protests pose a threat on the law and order of the state. Natural calamities dismantle the lives and make survival a challenge. Such bleak and dire times have always seen the Indian Army take up the role of saviors. This dissertation aims to understand the dynamics of interpersonal support among army officers. It seeks to explore difference in the outlook of interpersonal support between the newly inducted officers and the officers who have retired from army having served for a number of years. For this purpose the researcher chose ISEL. It explores the disparity of perception of interpersonal support between serving officers and retired army officers based on four dimensions: Tangible Support, Belonging Support, Self-Esteem Support and Appraisal Support. This comparative study seeks to find the relative variance of interpersonal support among serving and retired army officers. For the purpose of this dissertation 30 serving and 30 retired army officers filled Interpersonal Support Evaluation List (ISEL). The perception of interpersonal support between serving officers and retired army officers was non-significant.

## **A COMPARATIVE STUDY ON ADJUSTMENT AND SELF ESTEEM AMONG PROFESSIONAL AND NON PROFESSIONAL COURSES STUDENTS**

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This study is conducted to find out the comparison on adjustment and self esteem of professional and non professional courses students. The total sample comprised of 120 undergraduate students, 60 from professional courses and 60 from non-professional courses. Further, data was bifurcated on the basis of gender (30 males and 30 females). Results indicated that there is no significant difference exists in professional courses and non

professional courses students on adjustment and self-esteem. Besides it, non-professional courses boys are having more self esteem as compared to non professional courses girls.

## **A GLANCE IN TO THE LIFE OF MOTHERS OF CHILDREN WITH AUTISM**

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Autism spectrum disorder (ASD) is a broad term used to describe autism and four other disabilities that affect one's ability to socialize, communicate and respond to one's environment, and is typically diagnosed before the age of three. A combination of quantitative & qualitative methods was used for this study. The tools used in the research were Family Environment Scale and Interview Schedule. The study concluded in the quantitative analysis the mothers of children with Autism are more expressive, Independent and active – recreational orientation than mothers of non-ASD children. In the qualitative analysis mothers of children with Autism doesn't get much support from the In-laws. But they are accepting their child with his/ her strengths and weaknesses and they met positive people and mothers of their own kind.

## **GENDER AWARENESS IN THE PRESCHOOL CHILDREN**

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According to Feminist view Gender is a social constructed phenomenon. Through gender typing process any individual acquire the roles, behavior patterns and values that society deems appropriate for them as boy or girl. Gender typing process provide universal explanation of how gender difference developed. The present study examine the gender Awareness in preschool children. Total 30 girls and boys between 3 and 5 years of age were tested individually at their nursery school of Kanpur city. In the process of study they were shown some gender related photos. The children were then asked about the why the child in the photo appeared in this /that forms of hairstyle, dress etc. They were than asked to determine whether the child is a girl or boy. The study findings indicate that 60% understand the difference between boy and girl appearance. In campers to 3 years children, 5 years old children understood that changes in a person's appearance to not change that person's gender. Thus, the findings are consistent with Feminist prospective that gender typing is socially constructed.

## **A COMPARATIVE STUDY ON AGGRESSION AND PSYCHOLOGICAL WELL-BEING AMONG ALCOHOLICS AND TEETOTALERS**

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This study is conducted to find out the comparison on aggression and psychological well being of alcoholics and teetotalers. The total sample comprised of 120 subjects, 60 from alcoholics and 60 from teetotalers. Further, data was bifurcated on the basis of gender (30 males and 30 females). Results indicated that 1. Teetotalers' had higher psychological well being as compared to alcoholics'. 2. Teetotaler boys had higher psychological well being as compared to the teetotalers' girls. 3. Teetotaler girls had higher aggression as compared to teetotaler's boys.

## **RELATIONSHIPS AMONG TRAUMATIC EXPERIENCES, AGGRESSION AND ATTITUDES TOWARDS WOMEN AND SEXUALITY IN YOUNG ADULTS**

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This study examined the links between young adults' traumatic experiences, types of aggression, attitude towards women and sexuality in young adults. It also investigated the effect of experiencing different categories of past traumatic events on the existing level of types of aggression and attitude towards women and various dimensions of sexuality. A sample of 100 young adults (M = 50; F = 50; M = 19.9 years) completed measures of the above constructs and data were analysed via correlations, frequency analysis, and T-tests. Significant correlation was found between traumatic experiences and attitude towards women. Gender difference existed in terms of attitude towards women and sexual permissiveness. Findings indicated that past traumatic experiences had an effect on existing levels of aggression, attitude towards women and sexual instrumentality. Hostility was perceived significantly higher in females who had experienced trauma. Results of this study indicated that more females than males reported emotional neglect and abuse. This study confirmed that past traumatic experiences have an impact on various dimensions of current personality. Further research could explore the reasons of impact of past traumatic experiences on ones' existing aggression levels and his/her attitudes through appropriate qualitative methods.



## **SELF-CONCEPT AND MOTIVATION FOR POSTING SELFIES AMONG YOUNG ADULTS**

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The common usage and novelty of social media is reflected in the emergence of many psychological phenomena. The purpose of this study is to explore the motivation for posting selfies and its relation with self-concept. Thus, qualitative as well as quantitative research was done for this subject. The interview schedule was open-ended and structured to acquire knowledge about participant's motivation for posting selfies. The sample consisted of 60 participants, 30 males and 30 females. The findings of this study show that the young adults who take and post selfies have lower self-concept than those who do not take selfies. Also it was seen that males have a higher self-concept than females. The basic motivation for posting selfies which were identified through content analysis were creating memories, capturing moments, getting likes and comments on social media, sharing pictures with the someone special of their life. This study provides a framework for future explorations of the selfie phenomenon and social media use in a rapidly changing, communication environment. It is important to continue research in the area of selfies as a category on its own due to the endless ways it is incorporated in our lives.

## **RELATION AMONG AGGRESSION, ATTITUDE TOWARDS WOMEN, NARCISSISTIC PERSONALITY & SEXUALITY AMONG YOUNG ADULTS**

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Young Adulthood represents a remarkable developmental phase in the life cycle; development in terms of “establishing a secure personal identity, forming mature friendship and intimate relationships, strengthening family ties, building up ones ideology and drawing a vision of one's future.” Aggression being an inevitable feature during this period needs to be studied so that the causal factors underlying aggression and its nature can be well identified. Though previous researches have indicated aggression being directly correlated to low self-esteem, new researches have not confirmed it. It has been seen that even non-aggressive are sometimes seen to have low self esteem and aggressive having high self esteem. Thus a new concept of Narcissism was introduced which highlights an individual's sense of defending his grandiose

view of self against someone who seems to undermine that view. So this work aims to see if it is threatened egotism, otherwise termed narcissism that affects aggression level among adults today. Previous studies have been done so far relating aggression to various variables like, religions, age-groups, gender, exposure to social media violence, attitude towards women, parental behavior, one's sexual attitudes, etc. But a compiled study on Aggression, its correlation with Narcissistic personality, Sexuality and Attitude towards women have not been significantly studied so far. Therefore, through this minor research project, certain cultural and individual variables would have been studied which may interact to affect an individual's attitude, thought patterns that may further result to various antisocial behaviours, aggression being a major one. The variables thus chosen under study are – Aggression, Narcissistic Personality, Attitude towards Women and Sexuality or Sexual Attitude. Further researches can thus benefit by disregarding the obsolete view of low self esteem causes aggression and focus on the concept of threatened egotism, a key feature of narcissistic personality to play a vital role in shaping aggressive behaviours among today's adult group.

### **ADDICTION, DOMESTIC HARMONY AND POSITIVE LIFE ORIENTATION AMONG YOUNG ADULTS**

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Addiction, over time has become a matter of grave concern on a global level. Numerous countries including India has become vulnerable to it and suffered its consequences. Thus, the present research studied the Degree of Drug and Alcohol Addiction among young adults and explored its relationship with the Domestic Harmony (DH) and Positive Life Orientation (PLO) of the respondents. The data was collected on a sample of 200 young adults (age 20-25) from both under graduate and post graduate courses of Amity University with the help of the DH scale and PLO scale. Out of which, 111 were non-addicted (62 boys and 49 girls) and 89 were addicted (57 boys and 32 girls). The data obtained was then analysed and it was found that there was a significant difference between both groups on all the five dimensions of the Domestic Harmony: *Congeniality and Cohesion, Support and Interpersonal concern, Nurtured Individuality, Participatory Decision-Making and Openness in Communication*, at 0.01 level as the Non-addicted respondents were significantly higher on Domestic harmony than the Addicted respondents. There was also was a significant difference between both groups on PLO at 0.05 level as the Non-addicted respondents were significantly higher on PLO than the

Addicted respondents. Also, there was found to be a significant negative correlation between the Degree of Addiction and DH as well as the Degree of Addiction and PLO at 0.01 and 0.05 level respectively. Thus, both the DH and PLO have emerged as important factors in terms of Addiction in the present research.

## **DOMESTIC HARMONY, AGGRESSION, PERCEIVED STRESS AND PERCEIVED SOCIAL SUPPORT AMONG YOUNG ADULTS**

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The research investigated the relationship among Domestic Harmony, Perceived Stress, Perceived Interpersonal Social Support and Aggression in young adults. Domestic Harmony is a new concept which can be understood as a family that functions smoothly and there is peace among family members with well matched feelings, actions, interests, emotions and relationships among family members. Participants in the study were 200 young adults aged 20-25 years drawn from a private university from Lucknow, Uttar Pradesh. The results obtained pointed a significant negative correlation between domestic harmony and aggression. A positive correlation was confirmed between domestic harmony and perceived social support, whereas there is a significant negative correlation between perceived stress and domestic harmony.

## **RELATIONAL AGGRESSION IN ROMANTIC RELATIONSHIPS**

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This study examined the link between relational aggression, romantic relationships in young adults. Relational aggression (RA) includes rumour spreading, social isolation, verbal aggression, arguing, name calling and physical aggression (physical attacks). Relational Aggression is associated with verbal and physical aggression, and these aggression subtypes are often assessed together. This research developed and validated the Diverse Adolescent Relational Aggression Scale to assess Relational Aggression in diverse populations. The populations consisted of 100 students from (Graduation- Post Graduation) from Amity University, Lucknow campus and SRM University, Ghaziabad. The scale consisted of 28-items developed from relational aggression research. Correlations, t-tests, ANOVA were conducted

on the data. The results indicated that The Relational Aggression Scale is valid and reliable for the SRM University, Ghaziabad and Amity University, Lucknow campus. Gender difference existed in terms of relational aggression in romantic relationships in young adults. It is being found that Verbal Aggression is higher in Amity University (VA= 16.35) in comparison to SRM University (VA= 14.05) whereas, Physical Aggression is higher in SRM University (PA= 25.58) in comparison to Amity University (PA=24.70). In comparing the dimensions of hostility, Amity University (H= 24.80) rate higher than SRM University (H=22.33). In comparing the dimensions of anger, Amity University (A= 20.12) rate higher than SRM University (A= 19.36).

## **THE OTHER SIDE OF A GENDERED WORLD: WOMEN AT WORKPLACE**

**Dr. Pragyan Dangwal**

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We all expect to be judged on our merits at work—to be recognized for our accomplishments and our unique talents, insights, and efforts. In reality it does not happen as we live in a gendered world. Many of the biggest workplace challenges facing women revolve around gender. The present study with the help of case studies analyses the positive approach towards gender differentiation, where gender divides can be turned into gender empowerment. It postulates that gender differences be highlighted as gender uniqueness and be used towards gender empowerment. The paper draws from various cases where women at the workplace have broken all divides and emerged winners in their own right. The study also explores what takes to establish a work environment where gender is a non-issue. The study takes a feministic approach towards analyzing the various aspects of women at work.

## **TRIGUNA AND CULTURAL INTELLIGENCE IN UNIVERSITY TEACHERS**

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Nature, Temperament, Charisma, Psyche, Makeup, Identity --- all these are synonyms for one word 'personality' which discriminate one individual from another. Personality has been explored through many theoretical orientation but cultural intelligence has recently gained attention. Cultural Intelligence means to perform effectively in different situations with different people. Both the concept are studied not only in Western Psychologists but also by Indian Psychologists. Therefore, the purpose of this research is to explore the relationship between Indian concept of Triguna Personality and Cultural Intelligence on University

teachers. For this purpose, a sample of 80 university teachers from Amity University, Lucknow was selected. The tools were Vedic Personality Inventory and Cultural Intelligence four factor which were used in assess the teachers' personality and cultural intelligence. The result shows that there is no significant correlation between Triguna and Cultural Intelligence, but there is a significant differences in gender with knowledge CQ and behaviour CQ, there is also significant difference between years of experience in age group among old age and middle age with metacognitive CQ. There is also a significant difference between age of the teachers with respect to Triguna (Sattva, Rajas, and Tamas).

## **DEMOGRAPHIC CORRELATES OF AGGRESSION**

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Research on human aggression has been the focus area for many researches from a long time. Aggression & young adults are two terms that are closely associated. The association is not falsely stated as. Young people when under stress may engage in aggressive behaviour. It is the volatile nature of young adults that pushes them to project their anger or unhappiness in the form of aggression. And this aggression among young adults is a major concern area. This study explores the 'demographic correlates of aggression. The sample of the present study comprised of 100 young adults studying in Amity University (58 boys and 42 girls) falling in the age range of 18-23 years. The demographic variable being studied was gender, birth order, number of siblings, family type and father's and mother's educational level. Other than mother's educational level, no other variable significantly related with aggression. The results indicated that respondents whose mother were post graduate were better aware others feeling less hostile & seems to be more open to feedback & evaluation. The major findings of the present study was the effect of mother's educational level.

## **PREVALENCE OF RAPE MYTHS AMONG ADULTS**

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In the recent past, the incidences of violence against women, especially rapes, have been continuously increasing. Despite the fact that strict legislative provisions have been made to punish those involved in such incidences, the number of such cases are increasing day by day. Also there is an increased tendency of blaming the victims of rape by not only common people

but also by the well-educated social figures on the basis of various rape related myths. Rape myths are prejudicial beliefs about rape, rape victims and offenders and create an uncongenial environment for the victims, leading to lesser help seeking among victims and insufficient support services for them. Despite important implications very few researches in India have examined the occurrence of the rape myths in the society. Thus it becomes increasingly necessary to understand the attitude people form towards rape and rape victims. The present study explored the prevalence of rape myths in college going adolescents and its effects of their attitudes towards rape victims. In addition, the present study attempted to explore the gender differences in the prevalence of rape myths and attitudes towards victims of rape. A total of 100 participants, both male and female, responded to a rape myth acceptance scale and to an attitude towards victims scale. The results indicate that the participants who agreed more with the rape myths had less congenial attitudes towards rape victims. Also there exist gender differences in the prevalence of rape myths and attitudes towards victims of rape. The results of this study are important for its implications in improving intervention and prevention efforts.

## **EMPLOYEE ENGAGEMENT AND PERSONALITY TYPE OF MANAGERS**

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The success of any organisation is closely tied to the job performance of its employees. The job performance is a mirror for other aspects of the job such as job satisfaction, commitment to work, enthusiasm towards work etc. Therefore it becomes important to study an aspect which can comprehensively measure the factors that lead to the success of an organisation as well as the overall development of an employee. One such concept is employee engagement. The main aim of this study is to assess the employee engagement of bank employees and the relationship between employee engagement and personality type of bank managers. A study of engagement and personality type of employees will help us in knowing about the strengths and loopholes of the human resources of the organisation and can provide us an insight into the areas to be worked upon. This is crucial for the success of any organisation. The data was collected from 150 male bank managers in the area of Lucknow. The method of sampling was purposive sampling. In this study, Big Five Inventory (BFI) was used to measure various dimensions of personality (extraversion, agreeableness, conscientiousness, neuroticism, and openness to experience). The instrument used to measure engagement was the Gallup's Q12 Questionnaire. Extraversion, agreeableness, conscientiousness, and openness to experience were found to be positively related to work engagement. Neuroticism, however, was negatively

related to work engagement. The employees with higher years of service in the organisation had higher employee engagement compared to those who had fewer years of service. Also, there was a significant difference in the mean of employee engagement scores of government sector and private sector organisation.

## **EMPOWERING THE YOUTH**

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Youth Empowerment is a buzzword these days with emphasis of our Honourable Prime Minister on skill development. **Youth Empowerment** is the outcome by which youth, as change agents, gain the skills to impact their own lives and lives of other individuals, organizations and communities. This skill development requires training on various dimensions. This paper proposes intervention programmes on various dimensions which can help in this process. These intervention programmes can be organized on community level and universities and colleges can be involved in the process. The major areas discussed for intervention are Communication Skills, Self-Awareness, Emotional Intelligence, Cultural Intelligence, Social Intelligence, Team Building, Stress Management and Leadership.