

THE PSYCHOLOGICAL EFFECTS OF VIOLENT VIDEO GAMES AMONG ADOLESCENTS

*A Dissertation submitted in partial fulfillment of the
Requirement of the degree of Bachelor of Science in Psychology*

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DEPARTMENT OF PSYCHOLOGY

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1.

2



CERTIFICATION

“This is to certify that the project report on —“ **PSYCHOLOGICAL EFFECTS OF VIOLENT VIDEO GAMES AMONG ADOLESCENTS**” By **ANN LIYA SUNIL**, in partial fulfillment of the requirements for the award of the Undergraduate Degree of BSc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

DECLARATION

I ANN LIYA SUNIL, hereby declare that this dissertation entitled —“ **THE PSYCHOLOGICAL EFFECTS OF VIOLENT VIDEO GAMES AMONG ADOLESCENTS**” submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

ANN LIYA SUNIL

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Signature

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ABSTRACT

The study utilized qualitative methods to investigate “THE PSYCHOLOGICAL EFFECTS OF VIOLENT VIDEO GAMES AMONG ADOLESCENTS.” This research was done to understand the major effects of violent video games. Semi structured interviews were conducted on 10 participants and their personal experiences of playing games were discussed.

Playing video games makes children socially withdrawn, isolated, and even temperamental. They become lazy and obese. It becomes difficult to monitor their activities. Playing video games for long hours every day can impair their cognitive judgment and make them apathetic to other people. Hence, parents need to monitor their children’s online activities and the video games they play. Many games have age restrictions, and the parents must maintain it not to be exposed to adult content. Many people do not believe that video game violence can cause children to behave aggressively. Studies have not yet been able to prove that video games cause violent activities in children. There is a continuous debate among psychologists about the side effects of playing violent video games.

The major finding was that the children who spend more time in playing games had decreased prosocial behavior, poor performance in studies, engage in fights and aggressive behavior and also has increased physical issues and sleep problems.

CHAPTER 1

There is no doubt that video games have a profound effect on our behavior. One study found that playing video games for more than two hours a day can increase the risk of aggressive behavior. This is particularly concerning among adolescents, who are most vulnerable to this type of violence. This recent study confirms what other studies have found, namely that violent video games can have a negative impact on the behavior of players and viewers alike. Studies show that frequent exposure to violent video games can lead to aggressive and violent behavior in children and teenagers.

However, it is not clear why this connection exists. One possible explanation is that these games often depict acts of violence that seem realistic and lifelike. They can therefore be quite frightening and damaging for those who play them regularly. Another theory is that playing these games makes children less sensitive to the emotions of others. As a result, they may be more likely to hurt others when they grow up. More research is needed to explore this issue in more detail. In the meantime, adults should try to keep their children away from violent video games whenever possible.

Remember that the best way to deal with aggression is to prevent it from happening in the first place. In that way, we can reduce the negative impact of violent video games on society. Studies have found that playing video games for more than two hours every day can increase the risk of aggressive behavior in teenagers. This is particularly true for boys, who appear to be particularly vulnerable to this threat. (APA,n.d)

According to researchers at the University of York, playing video games that focus on killing, fighting or weaponry can increase the risk of aggressive behaviour in teenagers. In addition, children who play games that involve a lot of action are at increased risk for becoming aggressive and violent themselves. Unfortunately, many people are not aware of the potentially negative consequences of video games on behavior. In fact, a recent study found that the majority of parents allow their children to play violent video games, despite the fact that they know they pose a health risk. Clearly, more needs to be done to educate the public about the dangers of gaming and encourage healthier forms of entertainment.

The American Academy of Pediatrics has expressed concern that violent video games may foster aggressive behavior in children and promote violence in society in general. According to recent surveys, up to half of all adolescents have exhibited aggressive tendencies during game-play. In fact, some experts have gone so far as to suggest that youth violence is actually a form of “video game addiction.” In one shocking case, a three-year-old boy used a replica gun to fatally shoot his two-year-old sister in the head. Experts suspect that the boy had become obsessed with violent video games after his parents allowed him to play them frequently. If parents are concerned about their children’s exposure to violent video games, there are a number of steps they can take to limit their exposure. They can set limits on the amount of time their children can spend playing games and make sure the games are age-appropriate. They can also limit the games their children can play so that they are not exposed to graphic violence and sexually explicit content.

- “Although many assume video games are harmless entertainment for children, research indicates that this popular form of entertainment may be associated with a number of health risks” (American Academy of Pediatrics, n.d)

Excessive consumption of video games has been linked to obesity, sleep deprivation and poor academic performance.

- Playing video games has been shown to increase the risk of developing clinical depression.
- Video games may also contribute to the development of problematic behaviors such as gambling or drug use.
- Playing video games also involves a high level of mental concentration that detracts from other activities a child might otherwise pursue.
- Video games have been shown to promote violence in society at large by increasing levels of aggression and hostility.

(American Academy of Pediatrics, n.d)

NEED AND SIGNIFICANCE:

Playing video games makes children socially withdrawn, isolated, and even temperamental. They become lazy and obese. It becomes difficult to monitor their activities. Playing video games for long hours every day can impair their cognitive judgment and make them apathetic to other people. Hence, parents need to monitor

their children's online activities and the video games they play. Many games have age restrictions, and the parents must maintain it not to be exposed to adult content. Many people do not believe that video game violence can cause children to behave aggressively. Studies have not yet been able to prove that video games cause violent activities in children. There is a continuous debate among psychologists about the side effects of playing violent video games

STATEMENT OF THE PROBLEM:

In today's society, video games can cause many behavior problems. The violence in video games can affect children in many ways. Violent video games affect a person's brain and health. At last, violent video games also affect the player's personality in various ways. Acting violently and having nightmares are two ways of how violent video games affect children. Some games contain some graphic content, and may give children ideas that they do not understand. These games also make children believe that killing someone is acceptable and the reality of people dying can be compared to situations seen previously in games.

DEFINITION OF KEYTERMS:

Psychological Effects:

Theoretical Definition

Psychological effects are defined as any cognitive effect that is either established within the psychological literature or arises as a result of the complex interplay between other more simplistic components such as cognitive enhancements, intensifications, and suppressions. (Psychonautwiki, n.d)

Operational Definition

The psychological changes in an individual that affects their daily functioning.

Violent video games:

Theoretical definition

Any video game which includes depictions of or simulations of human-on-human violence in which the player kills or otherwise causes serious physical harm to another human. (Law insider,n.d)

Operational Definition

Video games that have aggressive and harmful acts.

Adolescents:

Theoretical definition

The transitional stage from childhood to adulthood that occurs between ages 13 and 19. (Psychology today, n.d)

Operational Definition

The period following the onset of puberty, during which a young person develops from a child into an adult.

MAJOR OBJECTIVES:

- To understand the psychological effects of violent video games among adolescents.

SPECIFIC OBJECTIVES:

- To understand the dependency of violent video games.
- To understand the impact of violent video games on health and daily functioning.
- To understand the negative effects of violent video games on mental health and among others.

ORGANIZATION OF THE REPORT

The study includes five chapters -introduction, literature review, methodology, results and discussion and finally the summary and conclusion. The first chapter is the introduction. It includes a brief introduction to the study with a major focus on the need and significance of the study. The chapter also includes the problem statement and the definitions of the key terms that are used in the chapter. The second chapter is the review of literature. It comprises of two sections - the theoretical background of the study and the related studies. The third chapter is the methodology. It includes a detailed account of samples, variables, tools, procedures for data collection and analysis method used for the analysis of the data collected. The fourth chapter explores the results and discusses the analysis of the data and the

results obtained there by. In the fifth chapter, which is the Summary and Conclusion, a resume of the study and methodology of the study is briefly stated. It also includes the major findings of the present study, its implications and the suggestions for further research. At the end, references and appendices are included.

CHAPTER 2

REVIEW OF LITERATURE

A literature review is a comprehensive summary of previous research on a topic. The literature review surveys scholarly articles, books, and other sources relevant to a particular area of research. The review should enumerate, describe, summarize, objectively evaluate and clarify this previous research. It should give a theoretical base for the research and help you (the author) determine the nature of your research. The literature review acknowledges the work of previous researchers, and in so doing, assures the reader that your work has been well conceived. It is assumed that by mentioning a previous work in the field of study, that the author has read, evaluated, and assimilated that work into the work at hand.

A literature review creates a "landscape" for the reader, giving her or him a full understanding of the developments in the field. This landscape informs the reader that the author has indeed assimilated all (or the vast majority of) previous, significant works in the field into her or his research.

"In writing the literature review, the purpose is to convey to the reader what knowledge and ideas have been established on a topic, and what their strengths and weaknesses are. The literature review must be defined by a guiding concept (eg. your research objective, the problem or issue you are discussing, or your argumentative thesis). It is not just a descriptive list of the material available, or a set of summaries.

The aim of any literature review is to summarize and synthesize the arguments and ideas of existing knowledge in a particular field without adding any new contributions. Being built on existing knowledge they help the researcher to even turn the wheels of the topic of research. It is possible only with profound knowledge of what is wrong in the existing findings in detail to overpower them. For other researches, the literature review gives the direction to be headed for its success. Literature reviews are only a summary of the sources related to the research. And many authors of scientific manuscripts believe that they are only surveys of what are the researches are done on the chosen topic. But on the contrary, it uses published information from pertinent and relevant sources like scholarly books, scientific papers, latest studies in the field, established school of thoughts, relevant articles from renowned scientific journals and

many more. This is done for a field of study or theory or a particular problem to summarize into a brief account of all information, synthesize the information by restructuring and reorganizing, critically evaluate the concept or a school of thought or ideas and to familiarize the authors to the extent of knowledge in the particular field.

By doing the above on the relevant information, it provides the reader of the scientific manuscript with the following for a better understanding of it. It establishes the authors' in-depth understanding and knowledge of their field subject, gives the background of the research, portrays the scientific manuscript plan of examining the research result, illuminates on how the knowledge has changed within the field, highlights what has already been done in a particular field, discusses information of the generally accepted facts, emerging and current state of the topic of research and identifies the research gap that is still unexplored or under-researched fields. It also helps to demonstrate how the research fits within a larger field of study and provides an overview of the sources explored during the research of a particular topic.

The importance of literature review in scientific manuscripts can be condensed into an analytical feature to enable the multifold reach of its significance. It adds value to the legitimacy of the research in many ways. It provides the interpretation of existing literature in light of updated developments in the field to help in establishing the consistency in knowledge and relevancy of existing materials, helps in calculating the impact of the latest information in the field by mapping their progress of knowledge, brings out the dialects of contradictions between various thoughts within the field to establish facts.

The research gaps scrutinized initially are further explored to establish the latest facts of theories to add value to the field; it also indicates the current research place in the schema of a particular field, provides information for relevancy and coherency to check the research and apart from elucidating the continuance of knowledge, it also points out areas that require further investigation and thus aid as a starting point of any future research. It also justifies the research and sets up the research question and sets up a theoretical framework comprising the concepts and theories of the research upon which its success can be judged. It also helps to adopt a more appropriate methodology for the research by examining the strengths and weaknesses of existing research in the same field. It increases the significance of the results by comparing it with the existing literature, provides a point of reference by writing the findings in the scientific

manuscript and helps to get the due credit from the audience for having done the fact-finding and fact-checking mission in the scientific manuscripts. The more the reference of relevant sources of it could increase more of its trustworthiness with the readers and it also helps to prevent plagiarism by tailoring and uniquely tweaking the scientific manuscript not to repeat other's original idea.

By preventing plagiarism, it saves the scientific manuscript from rejection and thus also saves a lot of time and money. It further helps to evaluate, condense and synthesize gist in the author's own words to sharpen the research focus and helps to compare and contrast to show the originality and uniqueness of the research than that of the existing other researches. With the help of the review of literature, the need for conducting the particular research in a specified field is rationalized. Further, it helps to collect data accurately for allowing any new methodology of research than the existing ones and enables the readers of the manuscript to answer the following questions of its readers for its better chances for publication — What do the researchers know? What do they not know? Is the scientific manuscript reliable and trustworthy? What are the knowledge gaps of the researcher? —etc.

It helps the readers to identify the following for further reading of the scientific manuscript: What has been already established, discredited and accepted in the particular field of research, the areas of controversy and conflicts among different schools of thought, the unsolved problems and issues in the connected xvi field of research, the emerging trends and approaches and how the research extends, builds upon and leaves behind from the previous research. A profound literature review with many relevant sources of reference will enhance the chances of the scientific manuscript publication in renowned and reputed scientific journals.

THEORETICAL REVIEW

BRIEF HISTORY OF VIOLENT VIDEO GAMES

Video games first emerged in the late 1970s, but in the 1990s violent games came of age, with the first-person shooter “Wolfenstein 3D” and the third person fighter “Mortal Kombat” leading the way. By the end of the 20th century, even more graphically violent games were available to virtually anyone who wanted to play them, regardless of age (Walsh, 1999). As early as the mid-1990s, fourth grade girls reported playing video games more than 5 1/2 hours a week, and boys reported playing more than 9 hours a week (Buchman & Funk, 1996). Furthermore, this same sample of fourth graders reported that the majority of their favorite games were violent ones. A survey of eighth and ninth grade students found boys playing about 13 hours a week and girls about 5 hours a week (Gentile, Lynch, Linder, & Walsh, 2004).

Data from the Cooperative Institutional Research Program (CIRP, 1998, 1999), which surveys entering college freshmen from more than 600 two- and four-year colleges, reveal that older students also are playing a lot of video games and that their time with such games is also increasing. In 1998 13.3% of the young men reported playing video games at least 6 hours per week during their senior year in high school. By 1999 that figure had increased to 14.8%. Increases are also occurring at the high end of the game playing distribution. In 1998, 2% of the young men reported playing video games more than 20 hours per week. By 1999, that figure had increased to 2.5%. Another troubling aspect involves the lack of parental or societal oversight.

A recent survey of teens in grades 8 through 12 (Walsh, 2000) found that 90% of their parents never check the ratings of video games before allowing a purchase, and only 1% reported that their parents had ever kept them from getting a game based on its rating. Furthermore, ratings provided by the video game industry do not match those provided by other adults and game-playing youngsters. Specifically, many games involving violence by cartoon-like characters are classified by the industry as being appropriate for general audiences, a classification with which adults and youngsters disagree (Funk, Flores, Buchman, & Germann, 1999).

Also, 89% of the teens in Walsh's survey (2000) reported that their parents never limit the amount of time they are allowed to play video games. Finally, many of the most violent games have “demo” versions on the Internet that can be downloaded

for free by anyone. Of the boys in the sample who play video games, 32% reported downloading them from the Internet (Walsh, 2000).

MEDIA VIOLENCE RESEARCH

Concern over video game violence would be misplaced if playing such games had little impact on aggression. Decades of research have revealed that viewing television and movie violence can cause short-term increases in aggression and long-term changes in trait aggressiveness (e.g., Bushman & Anderson, 2001;

Bushman & Huesmann, 2001; Hearold, 1986; Huesmann & Miller, 1994; Paik & Comstock, 1994; Wood, Wong, & Chachere, 1991). The research literature on video games is smaller and less complete. Despite its relatively small size and the methodological difficulties inherent in the first studies of any “new” phenomenon, a consensus is emerging that violent video games can cause increases in aggressive behavior in children and in young adults (Anderson, 2000; Anderson & Bushman, 2001; Dill & Dill, 1998; Sherry, 2001; Walsh, 2000).

THE GENERAL AGGRESSION MODEL

Good theoretical reasons support the belief that exposure to violent video games will increase aggressive behavior (Anderson & Dill, 2000; Dill & Dill, 1998). The General Aggression Model (GAM) integrates existing theory and data concerning the learning, development, instigation, and expression of human aggression (Anderson & Bushman, 2002; Anderson & Carnagey, 2004; Anderson & Huesmann, 2003). It does so by noting that the enactment of aggression is based largely on knowledge structures, such as scripts or schemas, created by social learning processes.

In brief, GAM describes a multistage process by which two kinds of input variables lead to aggressive (or non-aggressive) behavior. Figure 1 shows a simplified version of the single-episode portion of GAM. Both personological (e.g., trait hostility) and situational (e.g., recent violent video game play) variables influence behavior by affecting the person's present internal state, represented by cognitive, affective, and arousal variables. Playing a violent video game may influence aggression by means of the cognitive route, for example, if it primes aggressive thoughts or scripts, leading to hostile perception, expectation, and attributional biases (e.g., Bushman & Anderson, 2002; Calvert & Tan, 1994; Crick & Dodge, 1994; Dill, Anderson, Anderson, & Deuser, 1997; Kirsh, 1998). The three aspects of present internal state are themselves

interrelated, as indicated by the dashed lines connecting them. For example, priming aggressive thoughts might subsequently increase feelings of anger and a desire for revenge if the person is provoked.

LITERATURE REVIEW:

Research has shown that exposure to violent video games can have negative effects on adolescent psychology. A meta-analysis of 136 studies conducted by Anderson and colleagues (2010) found that exposure to violent video games was associated with increased aggressive behavior, thoughts, and emotions. Another study by Greitemeyer and Mugge (2014) found that playing violent video games led to decreased empathy and prosocial behavior.

A longitudinal study by Ferguson and colleagues (2013) found that there was no evidence of a significant relationship between violent video game use and later aggression, suggesting that other factors such as family environment and mental health may play a more important role.

However, a more recent meta-analysis by Hilgard and colleagues (2017) found that there was a significant, albeit small, relationship between violent video game use and increased aggression, particularly for those who are already predisposed to aggressive behavior. Despite ongoing debates about the relationship between violent video games and adolescent psychology, it is clear that exposure to these games can have potential negative effects on mental health. It is important for parents, educators, and policymakers to be aware of these potential risks and to develop appropriate strategies to protect and support young people in an increasingly digital world.

Two studies by Graybill and his associates (Graybill, Kirsch, & Esselman, 1985; Graybill, Strawniak, Hunter, & O'Leary, 1987) have used a mixture of methodologies (self-report, experiment and observation) and have suggested that video games may have short-term beneficial effects for children. Graybill et al. (1985) reported that 6- to 11- year-old children exhibited fewer defensive fantasies and tended to exhibit more assertive fantasies after playing violent video games although this was a trend and not significantly significant. Aggression was assessed using a projective test—the Rosenzweig Picture Frustration Study. The authors concluded that their results were more consistent with catharsis theory and that violent video games discharge aggressive

impulses in a socially acceptable way and that playing violent video games may have a short-term beneficial effect for the children playing them.

In a further study, Graybill et al. (1987) used a behavioral measure involving apparatus in which children could push buttons to hurt or help another child, in addition to two self-report measures (the Response Hierarchy Measure and the Rosenzweig Picture Frustration Study again). These were administered after the playing of violent and nonviolent video games but no significant differences were recorded. Graybill and his associates also reported that there may be differences between television viewing and video game playing. One obvious difference reported was that although the video game's content may be violent, the graphics are not nearly as realistic as televised violence. However, longer-term effects were not ruled out. In a more anecdotal case study account, Gardner (1991) claimed that the use of video games in his psychotherapy sessions provided common ground between himself and his client and provided excellent behavioral observation opportunities. Gardner described four particular case studies where video games were used to support psychotherapy, and added that although other techniques were used as an adjunct in therapy (e.g., story telling, drawing, other games etc.) it was the video games that were the most useful factors in the improvement during therapy. He claimed that video games contribute to releasing and controlling aggression although there was little evidence for this except for Gardner's own anecdotal observations.

CHAPTER 3

METHOD

RESEARCH METHOD

Research methods are specific procedures for collecting and analysing data.

Developing research methods is an integral part of research design. When planning methods, there are two key decisions that have to be made: how the data shall be collected and how the data is analysed (Scribbr, 2020). Research methods are the strategies, processes or techniques utilized in the collection of data or evidence for analysis in order to uncover new information and create better understanding of a topic.

Research methodology is a way to systematically solve the research problem. It may be understood as a science of studying how research is done scientifically. In it we study the various steps that are generally adopted by a researcher in studying the research problem along with the logic behind them. It is necessary for the researcher to know not only the research methods/techniques also the methodology. Researchers not only need to know how to develop certain indices or tests, how to calculate the mean, the mode, the median or the standard deviation or chi-square, how to apply particular research techniques, but they also need to know which of these methods or techniques, are relevant and which are not, and what would they mean and indicate and why. Researchers also need to understand the assumptions underlying various techniques and they need to know the criteria which they can decide that certain techniques and procedures will be applicable to certain problems others will not. All this means that it is necessary for the researcher to design his methodology, his problem as the same may differ from problem to problem. Similarly, in research the scientist has to expose research decisions to evaluation before they are implemented. He has to specify very clearly and precisely what decisions he selects and why he selects them so that they can be evaluated by others also. The scope of research methodology is wider than that of research methods. Thus, when one talks of research methodology, they not only talk of the research methods but also consider the logic behind the methods we use in the context of our research study and explain why we are using a particular method

technique and why we are not using others so that research results are capable of being evaluated either by the researcher himself or by others (Kothari, 2004).

Qualitative Research gathers data about lived experiences, emotions or behaviours, and the meanings individuals attach to them. It assists in enabling researchers to gain a better understanding of complex concepts, social interactions or cultural phenomena. This type of research is useful in the exploration of how or why things have occurred, interpreting events and describing actions.

Chapter 3 includes details about Research Design - what it is; the research design used in the study, the participants, and the sampling methods used the universe, population and sample of the study, sample size, inclusion criteria – exclusion criteria, the method of data collection etc. It also gives a description of the data collection method (interview/ content analysis), its advantages & limitations, the relevance of this method for the study topic, the procedure used for Data Collection and Data Analysis Method.

RESEARCH DESIGN:

A research design refers to the conceptual structure within which research would be conducted. The preparation of such a design facilitates research to be as efficient as possible, yielding maximal information. In other words, the function of research design is to provide for the collection of relevant evidence with minimal expenditure effort, time and money (Kothari, 2004).

The preparation of the research design, appropriate for a particular research problem, involves usually the consideration of the following:

- i. the means of obtaining the information;
- ii. the availability and skills of the researcher and his staff (if any);
- iii. explanation of the way in which selected means of obtaining information will be organized
- iv. and the reasoning leading to the selection;
- v. the time available for research; and
- vi. The cost factor relating to research, i.e., the finance available for the purpose.

PARTICIPANTS:

Sampling is the method of choosing and collecting data from the samples. The sampling method used for this research is purpose sampling. This type of sampling, also known as judgement sampling, involves the researcher using their expertise to select a sample that is most useful to the purposes of the research. It is often used in qualitative research, where the researcher wants to gain detailed knowledge about a specific phenomenon rather than make statistical inferences, or where the population is very small and specific. An effective purposive sample must have clear criteria and rationale for inclusion. The sampling method used was purposive sampling, where the researcher relies on their own judgement when choosing members of the population to participate. This method was used so as to make the most out of the small population of interest and arrive at valuable research outcomes.

UNIVERSE:

The Universe used for the particular research is Kannur district of Kerala.

POPULATION:

The population includes adolescents.

SAMPLE SIZE:

The samples for the research are 10 adolescent who play violent video games from Kannur district of Kerala.

Inclusion criteria:

- Adolescents who play violent video games residing in Kannur district.

Exclusion criteria:

- Adults who does not play violent video games, with serious mental health issues.

METHOD OF DATA COLLECTION:

Semi – structured interview method was used. The data was collected both by direct interview as well as telephonic interview in cases where face-to-face interview was not possible. The researcher asks the already prepared questions to the participant and then later improvises based on the participants responses. A

semi – structured interview has various advantages. This method is used when more insight is needed to understand the participant's viewpoints and have more than one opportunity to talk interview a participant. It can also be used when the researcher has an idea of some questions that they want to ask, but want to empower participants to take it in another direction if necessary.

PROCEDURE FOR DATA COLLECTION:

First, the permission for conducting the research was gained from the head of the department. Then, the researcher took the informed consent of the participants, that is, the adolescents who play violent video games. Consent was also taken to record the interview. The participant was also made aware of their rights and about the confidentiality that would be followed. The researcher first established rapport with the subjects and then, after the participants seemed to be comfortable, the researcher began giving the instructions. The instructions included things like asking the participant to answer about their experiences honestly as there is no right or wrong answers and to answer what comes first to their mind etc. After the participant understood all the instructions, the researcher moved on to the questionnaire session and the data was collected. At the end, after collecting the responses, the participant was asked about their experience and was notified that if they would like to know the results, they could contact the researcher or the researcher would contact them. Then, they were thanked for their participation and cooperation.

ANALYSIS METHOD:

Narrative analysis method is implied as it can help get information, reach conclusions and allow the participant to explain their experiences through their own choice of words. By using narrative analysis, the researcher can interpret the details as explained by the participant as well as be more open to the ways in which the results can proceed. Narrative analysis provides researchers with detailed information about their subjects that they couldn't get through other methods.

CHAPTER 4

RESULT AND DISCUSSION

The function of the Result and Discussion section is to objectively present key results, without interpretation, and in an orderly and logical sequence using both illustrative materials and text. The Results section presents what data were accumulated. The text of the Results section follows this sequence and provides answers to the questions/hypotheses you investigated. Important negative results should be reported as well. The Discussion section follows the Results and precedes the Conclusions and Recommendations section. It is here that the researches indicate the significance of their results. This section provides logical explanations for the results from the study.

Those explanations are often reached by comparing and contrasting the results to prior studies' findings, so citations to the studies discussed in the Literature Review generally reappear here. This section also usually discusses the limitations of the study and speculates on what the results say about the problem(s) identified in the research question/s. This section is very important because it is finally moving towards an argument. Since the researchers interpret their results according to theoretical underpinnings in this section, there is more room for difference of opinion. The way the authors interpret their results may be quite different from the way you would interpret them or the way another researcher would interpret them (Lumen, n.d).

Narrative analysis is a form of qualitative research in which the researcher focuses on a topic and analyses the data collected from case studies, surveys, observations or other similar methods. The researchers write their findings, then review and analyse them. Through this approach, researchers can gain a holistic view of the subject's life and activities. It can show what motivates people and provide a better view of the society that the subjects live in by enabling researchers to see how individuals interact with one another. It's been used by researchers to study indigenous peoples of various countries, such as the Maori in New Zealand. It can be used in medicine. Researchers, for instance, can study how doctors communicate with their patients during end-of-life care. The narrative model has

been used to explore the relationship between music and social change in East Africa. Narrative research is being used to explore the differences in emotions experienced by different generations in Japanese society (Harappa, 2021)

To conduct narrative analysis, researchers must understand the background, setting, social and cultural context of the research subjects. This gives researchers a better idea of what their subjects mean in their narration. It's especially true in context rich research where there are many hidden layers of meaning that can only be uncovered by an in-depth understanding of the culture or environment (Harappa, 2021).

RESULT OF NARRATIVE ANALYSIS:

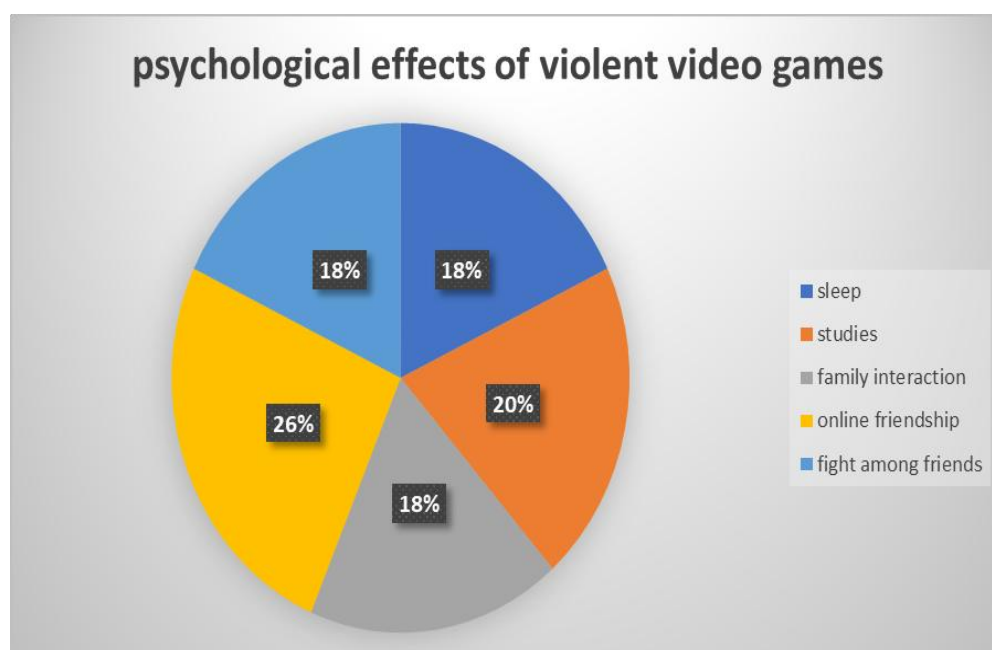
In this study, 10 adolescents playing different violent video games shared about their gaming experiences and also about their interest in gaming. The answers provided by the participants about their gaming interests were quite interesting and pretty good to listen to. The gaming experiences they had and the situations when not able to play them were also addressed by the participants.

DISCUSSION OF THE NARRATIVE ANALYSIS:

The first question was about their interest in games and every one of them; all 10 responded that they love to play games. How often do you play games and they responded that rarely, after studies, daily, once in a week and often. What genres do you like to play, they responded, fighting, action games, killing, shooting, etc. what are the games that you play, they responded PUBG, free fire, call of duty, valorant, gta 5, fortnite. How many hours do you spend on them, and they responded about 2 hours, 1 and half hours and half hours as well. Does your parents know about these games and they some of them responded that they knows and scolds them, so responded that they play secretly without parents being known. Does gaming affect sleep schedule, some responded that some days I used to play games at night for long hours with friends and some days I don't get any sleep at all and do feel sleepy at class, some days I sleep in the morning and miss the classes too .most of them faced a serious disturbance in their quality of sleep .how do you feel when playing games ,they responded they feels good, energetic, free from tensions, etc.

Do you spend time to interact with families or any hobbies other than gaming, some of them responded that I will communicate if I have any need and during the games I won't respond or attend to any talks or spend on any hobbies. some responded that they read books and some responded listening to music .how about the academic performances, some responded that they spend their time at the time of exams only and some said they would do their homework at classes and some responded that they barely sit for study. for the question, any physical issues related with over time of gaming, some responded that they have eye pains and they usually have back pain because of the sitting positions, some even had hand pain. for the question, what screen do you play ,some responded on mobiles, computers, etc. for the question if you didn't had any internet connection or the net connection balance is over how would you feel, some responded that they would feel angry, bored and restless. For the question did there occurred any fight among friends on the matter of games, most of them respond that they have been in fights and only two of them said they haven't had any fights how do you feel when playing games ,they responded they feels good, energetic, free from tensions, etc.

Based on the responses by the participant, many spend 2-3 hours on playing video games, some have sleep disturbances and affects studies as well, some responded about physical issues and some even got into fight with their friends and lack of communication within families or engaging in any hobbies.



CHAPTER 5

SUMMARY AND CONCLUSION

Playing violent video games causes more aggression, bullying, and fighting. Simulating violence such as shooting guns and hand-to-hand combat in video games can cause real-life violent behavior. Many perpetrators of mass shootings played violent video games. Violent video games desensitize players to real-life violence. By inhabiting violent characters in video games, children are more likely to imitate the behaviors of those characters and have difficulty distinguishing reality from fantasy.

Exposure to violent video games is linked to lower empathy and decreased kindness. Video games that portray violence against women lead to more harmful attitudes and sexually violent actions towards women. Violent video games reinforce fighting as a means of dealing with conflict by rewarding the use of violent action with increased life force, more weapons, moving on to higher levels, and more. (Encyclopedia Britannica, 2021)

The research was begun after taking the permission of the head of the department and the guide. Ten adolescent children addicted to violent video games were selected from Kannur district of Kerala as the sample for this study. The informed consent of the participant was taken. They were made aware of their rights and about the confidentiality that would be followed. They were also told that they could withdraw anytime from the study if they felt uncomfortable or due to any other reasons. Permission to record the interview was also taken from each of the participants. Then, the questions were asked after establishing rapport and making sure that the participants were comfortable.

The method used was semi – structured interview based on questions that required the participants to respond using their personal experiences. The questions were further explored based on the participant's responses and the specific examples or life situations they spoke about. The responses of the participant were collected very carefully and with precision. Then, after collecting the data, each one of them were asked how they felt participating. They were also informed that they could contact the researcher or the researcher would contact them to inform about

the results and findings of the research if they are interested. After that the participant was thanked for their participation and cooperation. The major objective of the study is to understand the dependency of violent video games among adolescents and how they affect their health and daily life.

The responses that were collected were then analysed. The analysis was narrative because it provides researchers with detailed information about their subjects that they couldn't get through other methods.

From the research it was able to find that many are interested in violent video games and that affects their daily life as well as in their health. Some of them are affected by studies; some engage in fights, aggressive behavior and also some play these games to get rid of anxieties and tensions. According to their responses, they are very interested in killing and shooting games that includes fights as well as violent acts. They are not at all aware about how it impacts on their life and affects their cognitive functioning as well. There were children who used to play them without any hindrance. They are a lot interested in playing such games and they love to play them with their friends.

KEY FINDINGS

- They key findings include that there are many effects of violent video games among adolescents.
- They prefer to play a lot of violent games.
- Some of the play more than two games per day.
- Many of them had academic issues, sleep problems, fight with friends, low interaction with family and also aggressive behaviour.
- Some of them don't even bother about having any hobbies or engaging in some other activity.

IMPLICATIONS

The topic of violent video games and their effects are such an important case to study as there are increasing crimes, suicides and so on related with the addiction to these games. Many news reports have shown that children who are prone to playing such games for long hours had been prone to death as well. This is a serious matter that has to be taken into consideration and also there are many

research studies that explain that playing such games are indeed harmful for any age group. This research study can be helpful for everyone to understand about the effects of violent video games, understand them and maintain a distance from them and completely avoid them by ensuring our life safety.

This study can be further helpful for the future studies and also can be included more findings as well. This study can be done as quantitative as well. Also this topic of study is very relevant and has a good level of information.

LIMITATIONS

The sample size is very small and many other effects of violent games could have been identified if interviewed more participants. All the participants had a lot of experiences related with gaming and they were very interested to tell about them. Adolescent age is a period of trying out many new things especially trying many new games and becoming addicted to them without knowing the harmful effects. They do not know or care about the cons that such video games can create in their lives. It is important to aware them about the cons.

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APPENDIX

APPENDIX A: INFORMED CONSENT LETTER

INFORMED CONSENT FORM

This is a research study undertaken for the fulfillment of the researcher's Bachelor of Science program in Psychology. The study is on —THE PSYCHOLOGICAL EFFECTS OF VIOLENT VIDEO GAMES AMONG ADOLESCENTS. The data for the study will be obtained through semi structured interview and will be recorded. It is expected to last for approximately 20 – 30 minutes for each participant.

Participation in this research project is voluntary. You have the right to withdraw from the study at any time in the event that you chose not to continue. It is further reinstated that all information will be kept confidential and will be used only for the purpose of the above mentioned research study. The contact information of the researcher has been provided for participants in order to clarify any concerns or queries about this study. The details of the researcher are given below:

Researcher: ANN LIYA SUNIL

Phone Number: 6238268353

Email Id:annliya16@gmail.com

Your name and signature below signify that you have read and understood the contents and intentions formed in the consent.

Name

Signature

Date

APPENDIX B: SOCIO DEMOGRAPHIC DETAILS

NAME :

INITIAL AGE :

GENDER :

QUALIFICATION :

PLACE :

ADDRESS :

CONTACT NUMBER:

APPENDIX C: RESEARCH QUESTIONS

1. Do you like to play games? If yes what games do you play?
2. What genres do you play and where do you play them?
3. Does your family know about gaming? How often do you play them?
4. How do you define a violent video game? (A game that involves physical harm to others / A game that depicts blood or gore / A game that has weapons or combat / A game that has aggressive language or themes / Other)
5. How many violent video games do you own or play regularly? (None / 1-2 / 3-5 / 6-10 / More than 10)
6. How much do you enjoy playing violent video games? (Not at all / A little bit / Somewhat / Quite a lot / Very much)
7. What are the main reasons why you play violent video games? (For fun or entertainment / For challenge or competition / For stress relief or coping / For social interaction or connection/ For learning or education/ Other)
8. Do you think playing violent video games has any positive effects on you? (Yes/No/Don't know) If yes, what are they?
9. Do you think playing violent video games has any negative effects on you? (Yes/No/Don't know) If yes, what are they?
10. Do you think playing violent video games influences your behavior, attitudes, or emotions in real life? (Yes/No/Don't know) If yes, how?
11. Do you think there should be any restrictions or regulations on violent video games? (Yes/No/Don't know) If yes, what kind?

THE PSYCHOSOCIAL ISSUES FACED BY ACTORS OF QUEER SERIES

*A Dissertation submitted in partial fulfilment of the
Requirement of the degree of Bachelor of Science in Psychology*

Submitted by:

Aneena Raveendran

Reg.No:DB20CPSR20

Under the Guidance of

Mr. Sonu K

Assistant Professor



DON BOSCO ARTS AND SCIENCE COLLEGE

ANGADIKADAVU

(Affiliated to Kannur University)

DEPARTMENT OF PSYCHOLOGY

MARCH 2023



DEPARTMENT OF PSYCHOLOGY
DONBOSCOARTS & SCIENCECOLLEGE
ANGADIKADAVU

(Affiliated to Kannur University)

PSYCHOLOGY PROJECT REPORT

Register Number: DB20CPSR20

SUBMITTED FOR THE B.Sc. EXAMINATION 2022-23

Head of the Department

Principal

Held On

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on **“THE PSYCHOSOCIAL ISSUES FACED BY ACTORS OF QUEER SERIES”** by, **ANEENA RAVEENDRAN**, in partial fulfilment of the requirements for the award of the Undergraduate Degree of BSc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

DECLARATION

I **ANEENA RAVEENDRAN**, hereby declare that this dissertation entitled “**THE PSYCHOSOCIAL ISSUES FACED BY ACTORS OF QUEER SERIES**” submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

ANEENA RAVEENDRAN

DB20CPSR20

Signature

ACKNOWLEDGEMENT

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ABSTRACT

The study utilized qualitative methods to understand “THE PSYCHOSOCIAL ISSUES FACED BY ACTORS OF QUEER SERIES”. Queer series are of highly recognized in today’s entertainment world. With the fame comes the problems one faces. The major objective of the study is to understand the psychosocial issues faced by the actors of queer series by analyzing three interview channels. Namely, Drama Arts Chula, Thairath Talk, and Sosat Seoulsay. The sample was collected through purposive sampling and data was analyzed through content analysis.

The main findings of the study were that the issues faced by the actors are valid and it is of great importance to know about these issues for future studies.

CHAPTER 1

INTRODUCTION

Queer series are a form of series genre which represents LGBTQ+ community. It is focussed on giving more media representation of queer life and to make public aware of their rights and on empowerment of LGBTQ+ community. Thailand is known for its representation of queer life through series which they produce in a big production. This has apparently gotten the attention internationally. It is more famous among women. The most famous genre of queer series is the *Boy's love* genre. Thai *BL* is highly recognized around the world making them the biggest producers of *BL* series. The fame that comes with acting in a queer series is so high that no genre gives instant fame as that of Thai *BL*.

For the past 5 years, the recognition for queer series and movies has gotten its well deserved appreciation and attention. Queer series have started being produced among most of the entertainment industries nowadays. At first, it was hard to get an actor to portray a queer character. As the years passed, more and more actor, producers and directors seems to be open about this topic. Actors seem to have taken up the challenge of portraying a homosexual character. The main factor about acting in a queer movie or series is the instant fame. The wide recognition has brought about fame but at the cost of various judgements and stereotypical ideologies. These are some of the reasons that keep one from pursuing this field of entertainment. This industry drains so much of energy and mental stability of an actor. They are less protected and often neglected. Each actors go through identity crisis and struggles with their mental health. Social expectations and judgements makes it hard for them to have a healthy environment around them.

The actors find their personal lives and career being controlled by the expectations and likes of the audience and the industry. They face various issues mentally and physically in the case of decision making, relationship, sexual orientation etc. It is important to understand the issues faced by the actors. The mental health of the actors of this genre is equally important as that of others. They have to be treated as normal humans and to put a stop on the pressure they are subjected to. Public forgets the fact that they are humans too and not something to perform according to their likings. The lack of privacy makes it hard for the actors. Their personal life is at stake and so is their mental health. Their conflicts and struggles are often gone unnoticed. It is important to bring it to the awareness of others to ensure a healthy working environment for them.

NEED AND SIGNIFICANCE

It is important to study the issues faced by actors of queer series as they go through various psychological and social distress during their career. This affects both their personal life and career. Acting in a queer series comes with judgements by the society and the pressure from the audience. This could lead to severe psychological issues for the actor. The expectations and the viewpoint through which the society views them make it hard for them to go through their daily life functions. The lack of privacy, judgements, and being compelled to do fan-services make it hard for them to continue their career. They go through various psychosocial issues , mental health problems which could lead to depression, burn-out, identity crisis etc. This study focus on making aware of the problems and on removal of stereotypical beliefs and unrealistic expectations so that the future actors don't go through the difficulties of these actors. We could make path to a new entertainment industry with less toxic environment. To create the work place of an actor a safe place and also prioritize the

mental health of the actors. The most significant factor is that there are no current researches on the topic. Therefore, the study is very relevant.

The dimensions that are to be analyzed are given as follows;

1. Fanservices
2. Sexual orientation
3. Straight actors
4. Masculinity
5. Relationships
6. Cyberbullying
7. Mental health
8. Privacy
9. Appearance
10. Glass-ceiling

PROBLEM STATEMENT

Acting in a queer series is one of the most challenging fields and reasonable number of actors seems to show interest on this genre. With the recognition comes the problems one face because of the genre they chose. This could result in severe psychological and social issues. This issue is of significance and thus the title “understanding the issues faced by actors of queer series”. The form of study I’m going to use is through watching the interviews attended by the actors in which they mention about the issues they faced and also some of the issues that could be evident through the interviews.

DEFINITION OF KEY TERMS

1. Psychosocial

Theoretical definition:

It is the involving of both psychological and social aspects. In other words, it is relating social conditions to mental health. (Merriam-webster; n.d.)

Operational definition:

It is the interrelationship between psychological and social aspects.

2. Actor

Theoretical definition:

An actor is a person who acts especially on a play or movie or on television. (Merriam-webster; n.d.)

Operational definition:

An actor is a person who takes up the role of an imaginary character and bring a story to others.

3. Queer

Theoretical definition:

It is a description of sexuality that rejects normative definitions of appropriate feminine and masculine sexual behaviour. (Barber, .K, 2017)

Operational definition:

It is a collective term relating to sexual orientation that is not the set norm which heterosexual.

4. Series

Theoretical definition:

It is a set of regularly presented television shows involving the same group of characters or the same subject. (Britannica; n.d.)

Operational definition:

It is an entertainment programme that is presented on a regular basis.

OBJECTIVES***Major objective:***

Understanding the psychosocial issues faced by actors of queer series.

Specific objectives:

1. To study the psychosocial issues faced by actors of boy's love genre.
2. To study the psychosocial issues faced by actors of Thailand entertainment industry.
3. To study the psychosocial issues faced by main lead actors of queer series.

ORGANIZATION OF THE REPORT

The present study contains five chapters. The first chapter is introduction, which includes a brief introduction to the study with emphasis on the need and significance of the study. The problem is stated and the definitions of the important terms are given in this chapter. The second chapter is the review of literature, comprising two sections; theoretical background of the study and related studies. The third chapter is methodology, in which the detailed account of samples, variables, tools, procedures for data collection and analysis method used for the analysis of the data collected are given. The fourth chapter, results and discussions consist of analysis of data and discussion of results obtained there by. In the fifth chapter, summary and conclusion, there is resumption of the study and the methodology of the present study is briefly stated. It also includes major findings of the present study. Then the implications of the present study are given along with the suggestions for further research. In the end, references and appendices are included.

CHAPTER 2

REVIEW OF LITERATURE

REVIEW OF THEORY

A literature review is a piece of academic writing demonstrating knowledge and understanding of the academic literature on specific topic placed in context. A literature review also includes a critical evaluation of the material; this is why it is called a literature review rather than a literature report. (The University Of Edinburgh, 2022)

When you write a thesis, dissertation, or research paper, you will likely have to conduct a literature review to situate your research within existing knowledge. The literature review gives you chances to demonstrate your familiarity with the topic and its scholarly context, develop a theoretical framework and methodology for your research and evaluate the current state of research. (McCombes, 2023)

While the main focus of an academic research paper is to support your own argument, the focus of a literature review is to summarize and synthesize the arguments and ideas of others. A literature review is more than a summary of the sources, it has an organizational pattern that combines both summary and synthesis. (Washington University in St. Louis, 2021)

THEORETICAL REVIEWS

I. Psychosocial theories

Psychosocial theories focus on the nature of self- understanding, social relationships, and the mental processes that support connections between the person and his/her social world. Psychosocial theories address patterned changes in ego

development, including self-understanding, identity formation, social relationships, and worldview across the life span. Erik Erikson is the primary theorist identified with the development of Psychosocial theory. The basic concepts are: (a) stages of development, (b) Psychosocial crisis, (c) the central process for resolving the Psychosocial crisis, (d) the radius of significant relationships, (e) prime adaptive ego qualities, and (f) core pathologies. According to the Psychosocial theories, development is a product of the ongoing interactions between the individuals and their social environments. (Newman and Philip, 2020)

II. Queer theory

Queer theory is a field of study that examines the nature of sexuality and gender based normativity and how society defines and polices the concepts of heterosexuality, homosexuality, and gender and sexual identities. Queer theory opens new avenue of thought to define concepts considered central to identity and identity politics. Teresa de Lauretis became the first writer to coin the phrase “queer theory”. De Lauretis outlined a complete rethinking of sexuality divorced from the binaries and standards defined by heterosexual power structures – structures that Michael Warner would later refer to as “heteronormativity”, which is the belief that heterosexuality is the default, and therefore preferred, expression of sexuality. Queer theory has immediate implications on how LGBTQ scholars consider questions of gender and sexual orientation. (MasterClass, 2022)

REVIEW OF LITERATURE

According to the study done by D. B. C. Kang, known as “Queer media loci in Bangkok: Paradise lost and found in translation. GLQ: A Journal of Lesbian and Gay Studies”, talks about the representation of queer media in Bangkok. In the Western

popular imagination, Bangkok is a “gay paradise,” a city that affords cheap and easy access to exotic “boys.” This reputation for sex tourism as well as a local cultural tolerance for homosexuality and transgenderism is a common representation of queer Bangkok in English-language media. This article juxtaposes Thai media and lived experience to displace, recontextualize, and expand the prevailing Western view. It argues that Western gazes that depict Thailand as especially tolerant of homosexuality and gender variance may in fact inhibit the free expression of Thai male-bodied effeminacy. Finally, this article argues that the hypersexualization of Thais and new regional alignments are molding local desires and subjectivities away from the West toward East Asia.

The study “Queer Bangkok: 21st century markets, media, and rights (Vol. 1)” by P. A. Jackson, details major changes that have taken place in the lesbian, gay, bisexual, and transgender/transsexual (LGBT) cultures and communities in Bangkok in the first decade of the twenty-first century. Sexual and gender cultures change constantly in response to shifts in social, political, and economic forces. Bangkok is also unrivalled as the centre of Thai queer life. The first years of the new century have marked a significant transition moment for all of Thailand's LGBT cultures, with a multidimensional expansion in the geographical extent, media presence, economic importance, political impact, social standing, and cultural relevance of Thai queer communities, which were already among the largest in the region-and, indeed, the world. The book traces the roles of the market and the media, notably cinema and the Internet, in the recent transformations of Bangkok's queer communities and considers the ambiguous consequences that the growing commodification and mediatization of LGBT lives have had for queer rights in Thailand. The studies here consider Bangkok queer cultures until mid-2008, just before the onset of the global financial crisis in the

second half of that year and before the intensification of political conflicts between supporters and opponents of the September 2006 military coup that toppled former Prime Minister Thaksin Shinawatra.

The study “Straight and cisgender actors playing queer and trans characters: the views of Australian screen stakeholders. *Media, Culture & Society*” by R. Cover, deals with the media visibility of LGBTQ+ among Australian screen stakeholders. Although visibility is often depicted as a social good, there is a growing critical interest in asking if there are different kinds of visibility, and how these might be differentially valued. This paper reports insights gained from interviews with Australian stakeholders involved in the production of screen entertainment with LGBTQ+ content. The study found that stakeholders are motivated by to create texts that make LGBTQ+ stories and characters visible. The range of approaches to visibility was, however, nuanced and diverse: some understood any LGBTQ+ representation as valuable, while others discussed visibility in contexts of character depth, anti-stereotyping, and visibility tempered by concepts of human dignity. Although visibility is perceived diversely, it remains a significant lens by which creative artists involved in LGBTQ+ texts understand their work.

CHAPTER 3

METHOD

RESEARCH DESIGN

The research design used here is qualitative research. Any research that employs data that does not reveal ordinal values is classified as qualitative research. Qualitative research involves collecting and analysing non-numerical data (e.g., text, video, or audio) to understand concepts, opinions, or experiences. Qualitative research is defined as research that uses methodologies like participant observation or case studies to produce a narrative, descriptive account of a location or practice. The strategies are generally used by sociologists who reject positivism in favour of interpretive sociology.

When collecting and analysing data, quantitative research deals with numbers and statistics, while qualitative research deals with words and meanings. Both are important for gaining different kinds of knowledge. Qualitative research is expressed in words. It is used to understand concepts, thoughts or experiences. This type of research enables you to gather in-depth insights on topics that are not well understood.(Streefkerk, 2019)

SAMPLING METHOD

Purposive sampling refers to a group of non-probability sampling techniques in which units are selected because they have characteristics that you need in your sample. In other words, units are selected “on purpose” in purposive sampling. Also called judgmental sampling, this sampling method relies on the researcher’s judgment when identifying and selecting the individuals, cases, or events that can provide the best information to achieve the study’s objectives. Purposive sampling is common in qualitative research and mixed methods research. It is particularly useful if you need to

find information-rich cases or make the most out of limited resources, but is at high risk for research biases like observer bias.

Universe of the study – Series

Population-Actors of Thai queer series

The sample size of the study would be 3 interview channels.

1. SosatSeoulsay.
2. Drama Arts Chula.
3. ThairathTalk.

INCLUSION CRITERIA

Main lead actors of Thai *Boy's love* (gay) series.

EXCLUSION CRITERIA

Queer series of other languages.

Supporting role actors of Thai *Boy's love* series.

Queer series other than *Boy's love* series of Thailand Industry.

METHOD OF DATA COLLECTION

Content analysis is way of analysing text-based, qualitative data for example newspaper articles, children's books, interview transcripts and advert or film scripts. Content analysis can be quantitative or qualitative. Quantitative researchers may simply search for specific words, phrases or ideas in the data and count them up, qualitative researchers will attempt to extract "meaning" through a search for themes in the data. They will not add these up or do any form of statistical analysis and this is a more

sensible approach given that the sampling method is unlikely to be random; it is far more likely to be some sort of purposive sampling, whereby the texts have been chosen specifically as they are known to be examples of the particular topic under investigation.(Wood , 2017)

Content analysis is primarily useful for three types of research problems. First, it is helpful in analysing large volumes of text. Researchers today can rely on either technological advances, such as Internet searches, or multiple, trained coders to perform the task. Second, it is helpful when a topic must necessarily be studied “at a distance,” as is the case in analysing historical documents or television broadcasts from a hostile country. Finally, it can reveal evidence and patterns that are difficult to notice through casual observations.

PROCEDURE FOR DATA COLLECTION

The data consists of the 5 interviews which was available in YouTube and then watched repeatedly to analyse the different aspects of Psychosocial issues faced by main lead actors of Thai gay series. Once the analysis was done based on the themes, the occurrence and its frequency was tabulated and discussed.

DATA ANALYSIS METHOD

Thematic analysis is a method of analysing qualitative data. It is usually applied to a set of texts, such as an interview or transcripts. The researcher closely examines the data to identify common themes – topics, ideas and patterns of meaning that come up repeatedly. There are various approaches to conducting thematic analysis, but the most common form follows a six-step process: familiarization, coding, generating themes,

reviewing themes, defining and naming themes, and writing up. Following this process can also help you avoid confirmation bias when formulating your analysis.

This process was originally developed for psychology research by Virginia Braun and Victoria Clarke. However, thematic analysis is a flexible method that can be adapted to many different kinds of research.

CHAPTER 4

RESULT & DISCUSSIONS

The aim of the study was to understand the psychosocial issues faced by actors of queer series. Purposive sampling was used to select 3 interview channels of main lead actors of Thai queer media. Content analysis was used as the data collection method. We can quantify and analyze the presence, meanings, and relationship of specific words, themes, or concepts using content analysis. The following results were obtained by using thematic analysis on the content that was obtained through content analysis. Thematic analysis is a qualitative data analysis technique. Various characteristics were obtained and their instances and frequency was tabulated. The researcher studies the data carefully in order to uncover recurring themes – subjects, ideas, and patterns of meaning.

Sl. No.	Characteristics	Frequency
1.	Fan-services	6
	It is seen in the interviews that the main lead actors of <i>BL</i> series acting romantic in front of screen so as to promote their series and increase their fanbase. Most the actors are compelled to act so.	
2.	Sexual orientation	3
	Many of the actors who act in the <i>BL</i> series are being questioned about their sexual orientation. The actors who are homosexual is being treated unequally compared to the heterosexual actors.	

- | | | |
|--------------------|--|---|
| 3. Straight actors | The audience prefer heterosexual actors over homosexual actors for queer series which shows discrimination to the queer population. | 2 |
| 4. Masculinity | The second main lead is mostly expected to show more feminine characteristics instead of masculinity and others get commented on for having feminine characteristics. | 3 |
| 5. Relationships | The actors are prohibited to get involved in a relationship. They are not accepted if in a relationship with a women and is highly criticised for not being in love with their co-actor. | 3 |
| 6. Cyberbullying | The actors of <i>BL</i> series are one of the most cyberbullied celebrities.

They are bullied for not fulfilling fan's expectations and victims to a lot of controversies. | 1 |
| 7. Mental health | The actors of this genre is more prone to depression due to cyber-bullying, lack of privacy and identity crisis and other mental health issues. | 3 |
| 8. Privacy | It is evident in some interviews how the actors are given no privacy on their personal life. It is also seen that some are even taking decisions for them. | 4 |

9.	Appearance Thai <i>BL</i> industry focuses more on the appearance than the acting skills of the candidates.	6
10.	Glass-ceiling The actors have an invisible wall or ceiling keeping them held back on <i>BL</i> genre. They are not able to or is not encouraged to try new genre.	1
TOTAL		32

Fanservice is a famous term known to everyone who is in the *BL* fandom. It is a form of service done by the actors to promote their series and also to increase their fanbase. It is evident from the interviews of *Sosat Seoulsay* how each series promotions are done by acting romantic and indulging in activities that are done by couples. The actors are made to flirt in every interviews they attend and is encouraged by the audience and also the production company. The interviewee makes sure to make them do couple tasks and also implements the idea that they are in a relationship. This is a common event and the actors are not given a choice to not indulge even if they are in a relationship with someone else. It is made to believe that the series and actors only get fame through fanservices. Their career depends on fulfilling the expectations of fans.

Another major issues faced by actors of queer series is their sexual orientation. Every actor of Thai *BL* series have been asked about their sexual orientation either directly or indirectly. The interviews of *Sosat Seoulsay* is an evidence for it. In an interview with *Drama Arts Chula* actor Nattawin Wattanagitiphat talks about how he was questioned by many production companies about his sexual orientation, he was openly asked if he was gay. That made him question his own identity and it also

affected him mentally. Actor Mew Suppasit Jongcheveevat is another actor that was faced with this question. Also the idea of an actor being homosexual affects their career as they are denied some opportunities just because of their sexual orientation.

An interesting fact about the casting of Thai *BL* series is the preference of heterosexual actors. It is seen that the audience prefer having straight actors to portrait the role of a gay character. This gate-keeps the talents of homosexual actors from getting the opportunities and are highly discriminated. The homosexual actors are not getting the same recognition and appreciation as that of heterosexual actors. The interview of actor Nattawin Wattanagitiphat with *Drama Arts Chula* is an example of being denied opportunities in the doubt of being gay.

Masculinity is a highly important factor in queer series. The second main lead is generally expected have feminine features and characteristics while the first main lead having masculine characteristics. It is also seen that having feminine features makes one being labelled as gay. The actor Gulf Kanawut could be seen acting in a more feminine ways in the interviews considering his co-actor Mew Suppasit Jongcheveevat. Another example is actor Build Jakapan Putha who is portrayed to show more feminine characteristics. Even the sitting postures are different for the first and second main lead. In the interview with the *Drama Arts Chula*, actor Nattaw in mentions how he was questioned about his sexual orientation because it seems that he got feminine features and also mentions how he tried to act more masculine.

The personal issue an actor of queer series face is the lack of freedom to start a relationship. The actors are expected to only fall in love with their co-actors and a relationship with a woman is unacceptable. The actors who declared to be in a relationship with a woman face a huge criticism and hateful comments from their own

fans. This fear keeps them away from being in a relationship. Being in a relationship is said to affect one's career and hence, the actors are denied of having a relationship. Actor Mew SuppasitJongcheveevat was exposed to so much hate in the media for revealing that he is in a relationship with someone other than his co-actor Gulf Kanawut. He talks about it in the interview with *Thairath Talk*.

The actors of queer series are prone to cyberbullying. They are criticised in twitter, instagram, facebook, and television. They are being watched for each actions they take. It seems that the public is given right in their life, it is as if they decide for the actors. Actor Mew Suppasit Jongcheveevat is the best example for cyberbullying. He talks about how he is bullied for even existing and how it affected his mental health. He mentioned all about his opinions on cyberbullying in his interview with *Thairath Talk*.

Mental health is the crucial factor in anyone's life. The interview with *Thairath Talk* of actor Mew Suppasit and *Drama Arts Chula* with the cast of *Kinn Porsche The Series* talks about their mental health difficulties they faced. Actor Mew Suppasit Jongcheveevat talked about experiencing burn-out and how it affected his career, about his depression and his ways of dealing with it. These were from the hate comments and bullying experienced from social medias. The cast of *Kinn Porsche The Series* talks about their experience in filming and also their personal mental health issues from being the entertainment industry.

A big factor that is to be noticed is the lack of privacy that actors of queer series face. The interviews of the actors shows how the interviewers ask questions that are very personal and doesn't find an issue in asking. They are given more than needed rights into the life of the actors. The fans are also so focussed on the actors that it

sometimes leads to stalking. The cast of *Kinn Porsche The Series* is victims to stalking. They talk about this in their interview.

Appearance is another major issue in Thai *BL* industry. The cast is mostly chosen by their looks or more like their appearance is given more importance. It could be seen how everyone mentions about the actor's looks before anything else. It could be said taking the interviews with *Sosat Seoulsay*. It is pretty evident that the actors give more focus and importance to their appearance and is very hyper aware about it.

The final characteristics is the term glass-ceiling. Glass-ceiling is a term used to refer to as an invisible barrier that keeps one from achieving more. In the case of actors recognized for their role in queer series is encouraged to do more roles in the same genre and is not encouraged or accepted by the public to try another genre. They are made to believe that they are given more fame through their role in queer genre and might not get the recognition or lose fame if tried another field.

It is evident from the above said statements that actors of queer series go through various psychosocial issues and is of very relevance to be aware of it. The highest characteristics being appearance and fanservice with a frequency of 6. The second highest characteristic is privacy with a frequency of 4. The next highest characteristics are sexual orientation, masculinity, mental health and relationships with a frequency of 3. Straight actors with a frequency of 2 , and cyberbullying and glass-ceiling with the frequency of 1 are the other characteristics. These factors are of great significance.

CHAPTER 5

SUMMARY AND CONCLUSION

The aim of the study is to understand the psychosocial issues faced by actors of queer series with specific objectives, To study the psychosocial issues faced by actors of boy's love genre, To study the psychosocial issues faced by actors of Thailand entertainment industry, and To study the psychosocial issues faced by main lead actors of queer series. The present study contains five chapters. The first chapter is introduction, which includes a brief introduction to the study with emphasis on the need and significance of the study. Queer series has now become a wide sensational genre mostly in Thailand entertainment industry which is highly welcomed by international audience. The problem is stated and the definitions of the important terms are given in this chapter. The second chapter is the review of literature, comprising two sections; theoretical background of the study and related studies. The third chapter is methodology, in which the detailed account of samples, variables, tools, procedures for data collection and analysis method used for the analysis of the data collected are given. Content analysis is the research method used as it can quantify and analyze the presence, meaning, and relationship of specific themes.

The fourth chapter focuses on results and discussions consist of analysis of data and discussion of results obtained there by. The result of the research is tabulated in a table with ten characteristics, it's discussion and frequency. The highest characteristics being appearance and fanservice with a frequency of 6. The second highest characteristic is privacy with a frequency of 4. The next highest characteristics are sexual orientation, masculinity, mental health and relationships with a frequency of 3.

Straight actors with a frequency of 2 , and cyberbullying and glass-ceiling with the frequency of 1 are the other characteristics. These factors are of great significance.

CONCLUSION

The aim of the study was to understand the psychosocial issues faced by actors of queer series. It was found that the actors go through various psychological as well as social issues in their career. It is evident that the social conflicts highly affect the psychological wellbeing of the actors.

IMPLICATIONS OF THE STUDY

The study shows us how the actors of queer series especially that of Thai *BL* series face various psychosocial conflicts in their life. These findings could be used for future reference on the problems the actors face and for finding solutions to these problems. This study focus on making aware of the problems and on removal of stereotypical beliefs and unrealistic expectations so that the future actors don't go through the difficulties of these actors. We could make path to a new entertainment industry with less toxic environment. To create the work place of an actor a safe place and also prioritize the mental health of the actors.

LIMITATIONS OF THE STUDY

The limitations of the study is as follows;

1. We are only considering 3 interview channels.
2. Observer bias may take place when a researcher's expectations, opinions, or prejudices influence what they perceive or record in a study.
3. Lack of competence of the observer.
4. Lack of resources.
5. As the sample size is small, the results of the study cannot be generalized.

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UNDERSTAND PHUBBING AND THE SOCIAL RELATIONSHIPS AMONG COLLEGE STUDENTS

*A Dissertation submitted in partial fulfilment of the
Requirement of the degree of Bachelor of Science in Psychology*

Submitted by:

Mary Theres

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Under the Guidance of

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**DON BOSCO ARTS AND SCIENCE COLLEGE,
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DEPARTMENT OF PSYCHOLOGY

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SUBMITTED FOR THE B.Sc. EXAMINATION 2022-23

Head of the Department

Principal

Held on:

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on **“UNDERSTAND PHUBBING AND THE SOCIAL RELATIONSHIPS AMONG COLLEGE STUDENTS.”** by, **Mary Theres**, in partial fulfilment of the requirements for the award of the Undergraduate Degree of BSc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

DECLARATION

I MARY THERES, hereby declare that this dissertation entitled **“UNDERSTAND PHUBBING AND THE SOCIAL RELATIONSHIPS AMONG COLLEGE STUDENTS”** submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

MARY THERES

DB20CPSR27

Signature

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ABSTRACT

The study utilized qualitative methods to-Understand Phubbing And The Social Relationships Among College Students. The study was conducted among the population of Paisakkary College in Kannur University, and the method used to collect data was focussed semi structured interview and there were a total of 10 participants. The study was conducted among students who use the smart phone more than 4 hours only. The responses of the participants to the questions that were asked are analysed using the narrative analysis method of analysing qualitative data. Phubbing is extremely widespread among college students. They don't pay attention to their surroundings and are always focused on their phone. They use their phones in public while travelling, eating and sleeping. College students today do not make time to visit relatives, speak to parents, or show affection to siblings. Their relationship with family and friends suffer as a result of excessive phone use. Interactions between two or more individuals, groups, or organizations are referred to as social relations. Thus this research tries to understand how the phubbing affect the social relationship among college students. The findings of the study can be used for further research in this area.

The major findings of the study were that just because a student uses their phone for more than 4 or more hours per day does not necessarily mean that they have the behaviour of phubbing, not all students have the tendency of phubbing, some students are aware of it and seeing a student looking at their phone during a conversation increased the tendency of other students to look at their phone as well.

CHAPTER 1

Smart phones and other electronic devices have made communication easier than ever; we are always connected to our friends and millions of other people, regardless of where we are, thanks to social media. We only require an internet-connected Smartphone. In addition to allowing us to communicate with one another, we now have access to a vast array of apps that can significantly simplify our day-to-day lives. Mobile phones have become a part of our everyday lives (Legg and Holland, 2018).

Recent studies have shown that younger generations use smartphones differently than older generations do. This is due to the fact that text messaging is the primary method by which young adults communicate with friends. Younger people text more frequently and in more situations than adults, whereas adults first consider whether texting is the best way to communicate. Relationship expectations have changed. People expect quick responses because they are reliant on their phones and can virtually text from anywhere. This is especially true for romantically involved individuals. Additionally, some researchers are finding that communication skills are deteriorating as a result of the large number of people who use text messaging. The way we communicate and obtain information has been fundamentally altered by the invaluable technology of cell phones. However, just like with anything good, too much of it can cause issues. A growing body of research is highlighting the various disadvantages of excessive use of mobile phones and other mobile devices, including the fact that all of this technology for communication is actually separating us more and hurting our interpersonal relationships. When you are with your family, how you use your mobile device can affect your relationships. While using a cell phone can make you feel more connected, it can also prevent you and your family from connecting in person. Even though some people need to check their phones in an emergency or for work, it's important to show them how to make meaningful connections through face-to-face communication and give it priority. Even when it causes problems, some people have trouble putting their cell phone away. They might feel like they can't control how often or how long they use their phone. They might be annoyed if they don't have access to the phone or feel the need to check it constantly without a good reason. During family time, using a cell phone for work can cause more stress and distress for a family (Champ, n.d).

One prominent issue is phubbing. Phubbing, also known as "phone snubbing," is a problem that is unfortunately on the rise and is one of the issues that is being talked about more and more. Phubbing is basically looking at your phone instead of talking to the person you're with. According to research, it can hurt your relationship with your romantic partner, your kids, and society as a whole. Phubbing is an act of checking your phone constantly ignoring the person who is sitting in front of you for a conversation. The act of ignoring people with whom we are physically interacting in favor of the virtual world to which we are connected via our phones is known as "phubbing" or "phone snubbing." Although it may appear to be yet another new age phenomenon that has provided individuals with an excuse to come up with yet another meaningless portmanteau, the reality is that the phenomenon is much more widespread than what is initially apparent. Although it may not be part of your vocabulary on a daily basis, "phubbing" is almost certainly a part of your life on a daily basis. Your ability to connect with the other person, your sense of closeness, and the quality of the conversation are all diminished by simply being present and using your phone during the conversation. This happens especially when you are having meaningful conversations because you lose the chance to connect with another person in a real and honest way, which is the most important part of any friendship or relationship. This is logical. We are not looking at other people or reading their facial expressions. When we are on our phones. We miss the subtleties in their voice, or take note of their body posture. It makes sense that phubbing harms relationships. Regardless of age, ethnicity, gender, or starting mood, research shows that when people talk without their phones, they feel more connected, report having better, more productive conversations, and are much happier. When we put our phones away at the end of the day, we feel more empathy and connection, but when we using the phone while talking somebody it will hurt their relationships. Smartphones make it possible for people to connect with others at any time and from almost any location, according to the study. However, there is growing concern that social interactions may sometimes be hindered rather than enhanced by smart phones. They looked at how addiction to the Internet, fear of missing out, self-control, and addiction to smart phones all play a role. They also looked at how the frequency of phubbing behavior and being phubbed can make people think that phubbing is common. The findings showed that self-control, Internet addiction, and fear of missing out were predictors of smart phone addiction, which in turn predicted how much people phub. Many young adults today have never known life

without a mobile phone, and some have never known life without a smartphone known in the United States as a smartphone that is capable of connecting to the Internet. The mobile phone has lost some of its significance as a status symbol, and as a result, it has become increasingly important for establishing and maintaining relationships with peers and romantic partners (Seppala, 2017).

Phubbing is extremely widespread among college students. They don't pay attention to their surroundings and are always focused on their phone. They use their phones in public while traveling, eating and sleeping. College students today do not make time to visit relatives, speak to parents, or show affection to siblings. Their relationship with family and friends suffer as a result of excessive phone use. Interactions between two or more individuals, groups, or organizations are referred to as social relations. An enormous number of social, physical, and verbal interactions that foster the exchange of feelings and ideas make up individual social relationships. In point of fact; the benefits of social connections are very specific. They bring emotional, material, and physical health benefits. When we are going through difficult times, our relationships provide us with emotional support and encouragement. Additionally, they make us happy. Because our friends keep us entertained, chatting with friends is enjoyable, enjoyable, and relaxing. In fact, we spend some of our most happy and memorable moments with close friends. Our social connections also provide us with material rewards. Money, food, a place to live, and a means of transportation can all be provided for by those we are close to. In times of need, we tend to share these resources with those we are close to. Additionally, our social relationships are beneficial to our health. They actually aid in our overall health. Relationships with one's family are crucial throughout a person's life. The kind words of your mother, spouse, or siblings calm your soul and give you the courage to face life head-on when things get tough and start to get out of control(Uo People Arabic,n.d).

NEED AND SIGNIFICANCE OF THE STUDY

With the advancement of science and technology, mobile phones have had a significant impact on college students. According to a previous survey, the number of people phubbing significantly increased annually. It has resulted in a number of issues, including harming college students' mental and physical health as well as their social communication and interpersonal relationships. Phubbing is now a serious problem in

today's world. Everyone, from children to seniors, is affected. Phone addiction affects about 90% of the world's population. Relationships are severely damaged as a result.

Phishing destroys relationships. To begin, phubbing can make physical interactions less enjoyable for all parties involved, including those who engage in it. They might not be able to enjoy a conversation that they are constantly checking in and out of because of their scattered attention. In the presence of a mobile phone; people found that it was harder for them to form relationships with others of high quality. Being aware of a person's tone, facial expression, and body language is essential for having a face-to-face conversation. This requires more than just listening to what they say. Unfortunately, however, our culture of phubbing is reducing our capacity for empathy-based communication. We are confronted with the possibility of phubbing causing more harm to our relationships than we may be aware of due to the lack of communication. Phubbing prevents from enjoying the present. Won't be able to see what's going on in front of you if your mobile device screen is always fixed on your eyes. In every relationship, attention is just as important as love; whether you're with your partner, friends, parents, children, or grandparents. Phubbing separates you from your loved ones and makes relationships less intimate. According to recent studies, phubbing is the root cause of the majority of breakups in romantic relationships and marriages. So this study was help to know where there is phubbing among college students, and how it affects the social relationships.

STATEMENT OF THE PROBLEM:

Phubbing, also known as “phone snubbing,” is when you avoid talking to someone in favor of using your phone. It can occur in any conversation, whether with a friend, family member, or business associate. The aim of the study is to explore phubbing among college students. Thus the study is titled as to understand how phubbing effect the social relationship.

DFINITION OF THE KEY TERMS:

Phubbing:

Theoretical Definition

Phubbing a contraction of the words “phone snubbing” is the act of ignoring a companion in favor of using a smart phone. (Teach Target Contributor 2018)

Operational Definition

When a person uses their smart phone and completely ignores the person in front of this behavior is known as phubbing.

Family relationship:

Theoretical Definition

Family is a group of persons united by the ties of marriage, blood, or adoption, constituting a single household and siblings (Barnard, 2022).

Operational Definition

In a society, a family is a group of people who live together under one roof.

Social relationship:

Theoretical Definition

A social relationship is any voluntary or involuntary interpersonal link between two or more people, individually or within/between groups (Study smart. n.d).

Operational Definition

Interactions between two or more individuals, groups, or organizations are referred to as social relations.

College students:

Theoretical Definition

College student the term “college student” means an individual who is a full-time or a part-time student attending an institution of higher education. (Law.cornell.edu n.d)

Operational Definition

A person who is enrolled in a particular course at a university or college is referred to as a college student.

OBJECTIVES OF THE STUDY

Major objective

To understand the effect of phubbing on the social relationships among college students.

Specific objectives

To understand the how effect phubbing among college students of age 19 to 25.

To understand the effect of phubbing on making new relationships.

To understand the effect of phubbing on effective communication among college students.

ORGANIZATION OF THE REPORT

The introduction, literature review, methodology, results and discussion, and summary and conclusion are the five chapters that make up the study. The introduction is in the first chapter. A brief introduction to the study focuses primarily on its necessity and significance. The problem statement and definitions of the chapter's key terms are also included in the chapter. The literature review is in the second chapter. There are two sections: the study's theoretical foundation and related research. The method is covered in the third chapter. It includes a comprehensive description of the samples, variables, instruments, data collection procedures, and analysis method. The analysis of the data and the outcomes that resulted from it are examined and discussed in the fourth chapter. An overview of the study and a brief description of the study's methodology are provided in the fifth chapter, which is the Summary and Conclusion. Additionally, it contains the major findings of the current study, their repercussions, and recommendations for future research. Appendices and references are included at the conclusion.

CHAPTER 2

REVIEW OF LITERATURE

A literature review is the writing process of summarizing, synthesizing and/or critiquing the literature found as a result of a literature search. It may be used as background or context for a primary research project. There are several reasons to review the literature they are Identify the developments in the field of study, learn about the information sources and the research methodologies, find gaps in the literature that can become research questions, validate the originality of a research project, evaluate the methods, identify errors to avoid, highlight the strengths, weaknesses and controversies in the field of study and identify the subject experts. When writing a review of literature there are some objectives must follow they are inform the audience of the developments in the field, establish your credibility, discuss the relevance and significance of your question(s), provide the context for your methodological approach and discuss the relevance and appropriateness of your approach(knox college library,nd)

A literature review is typically one of the first tasks carried out in a larger piece of written work, such as a dissertation or project, following the selection of a topic. Reading alongside critical analysis can aid in topic refinement and research question formulation. Before beginning a new investigation, conducting a literature review helps you familiarize yourself with and comprehend the most recent research in a particular field. You should be able to identify what is unknown about your topic and what research has already been conducted after conducting a literature review. When conducting a literature review and writing one, it is best to: analyze and summarize previous studies and theories Identify disputed claims and areas of contention; highlight any omissions from previous studies.(Puberica,2019)

THEORETICAL REVIEW OF STUDY VARIABLES

According to Festinger, everyone compares themselves to others to some degree. The name of this phenomenon is social comparison. Social comparison theory states that people compare themselves to one another because of an innate human desire to improve. Self-evaluation is key to improving, as this process reveals their strengths and weaknesses. Other people provide a framework for this evaluation. Otherwise, the individual would have to come up with their own definitions of what constitutes strength and a weakness. Instead, they let society do the work, and compare themselves to others in society to get an idea of where they stand. It is also important to note that social comparison only works when those that are being compared are similar enough that a comparison makes sense. Upward social comparison occurs when a person compares themselves to someone that is perceived as "better" in some regard. Downward social comparison, on the other hand, refers to comparing ourselves to those who are worse off than us on the comparison point (Aiken and Boyd, 2022)

Wong, Yuven and Lee (2015) proposed that internet activities can provide a sense of satisfaction of basic psychological needs including competency, relatedness, and autonomy. Individuals who have developed psychological distress due to these unmet needs are particularly vulnerable to problematic Internet use. The compulsion to use the Internet also blocks individuals from looking for other way to resolve their distress, which in turn accelerates and intensifies the degree of problematic use. This study has extended self-determination theory to explain the motivational components of problematic Internet use, and provided empirical support for the mediating role of psychological distress between needs satisfaction and problematic Internet use. Effective interventions should therefore address the individual's motivational needs as well as his or her psychological distress.

There are two theories here. The first theory states that people compare themselves to one another because of an innate human desire to improve. They let society do the work, and compare themselves to others in society to get an idea of where they stand. Comparing the theory to my study the students have thought that "In a social context others using smart phones so comparing to them I can also engage the same activity ". The second theory states that that internet activities can provide a sense of satisfaction of basic psychological needs including competency, relatedness,

and autonomy. Likewise when the students are using phone they have a kind of innatesat is faction which internal leads of addiction.

REVIEW OF RELATED STUDIES ON VARIABLES AND POPULATION

One relationship type—partner phubbing—has been the primary focus of previous research on phubbing. People are more likely to phub others when they are in bed or around the dinner table. An online survey of 387 people, mostly Australians, found that people phub family, friends, and strangers more often than people at work, and that people phub friends and family more often than strangers. Participants were more likely than grandparents to have parents, partners, and children as family members. They were more likely than parents to have partners and children. Either injunctive norms or internalized norms related to smartphones. Considering that phubbing affects both those with whom the phubber has a close relationship and those with whom the phubber has a distant relationship, understanding the impact of phubbing on social relationships can be improved by comparing how phubbing differs across different relationship groups.(Cambridge University, 2019)

Phubbing is a form of social exclusion that is used to show how a person's use of a phone affects a social relationship. The behavior of parents has a significant impact on the deviant behavior of adolescents, as demonstrated by both theoretical and practical evidence. The purpose of this study was to investigate the effects of the moderating roles of gender, deviant peer affiliation, and parent-child attachment, as well as to see if parental phubbing increased adolescents' phone addiction. There were 1007 teenagers in the study sample, with 518 girls and 489 boys. The moderated mediation was tested using bootstrap sampling and multivariable regression. Adolescent mobile phone addiction was found to be positively correlated with parental phubbing ($= 0.30, p.001$). The relationship between parents' phubbing and adolescents' mobile phone addiction was found to be mediated by parent-child attachment and deviant peers ($abs = 0.06, 95\% CI = [0.04, 0.09]$); whereas it was discovered that gender moderated the indirect effect of parents' phubbing on deviant peers' mobile phone addiction; Boys were more affected by the indirect effect than girls were. These results show that parental phubbing increases the likelihood of adolescence mobile phone addiction.(Children and Youth Services Review 2019)

The study investigates the connections between nomophobia and phubbing and the affective effects of smartphone use on emerging adults in the context of family

communication mediated by smartphones. 714 young people in Taiwan who use smartphones to communicate with their parents are the subjects of this online survey. The results of structural equation modeling indicate that phubbing is positively associated with unwanted obligation and threat to privacy, whereas nomophobia is positively associated with affective benefit (presence-in-absence). Additionally, family cohesion is positively correlated with presence-in-absence, unwelcome obligation is negatively correlated, and privacy threats are unaffected. In addition, a nomophobia scale with sub-dimensions (information anxiety, social panic, and losing online connectedness) is developed as part of the study. Nomophobia is only influenced by gender and other demographic factors. The ABCCT effects of smartphones on family unity are discussed (Taylor & Francis Online 2022)

The causes and mechanisms of phubbing have been identified by a growing body of research. However, the connection between peer phubbing and addiction to social networking sites has only been the subject of a few studies. This study examined whether peer phubbing was associated with social networking site addiction among undergraduates, whether social anxiety mediated the relationship, and whether family financial difficulty moderated this mediating process on the basis of the self-determination theory, the exclusion theory of anxiety, the social compensation model, and the reserve capacity model. The data from 1,401 Chinese undergraduate were used to test our theoretical model. The anonymous questionnaires the participants completed assessed their peer phubbing, social anxiety, addiction to social networking sites, and family financial difficulties. Peer phubbing was found to be positively correlated with addiction to social networking sites, according to the correlation analysis. Social anxiety partially mediated the association between peer phubbing and social networking site addiction, as did family financial difficulty moderating the first stage, according to the testing for moderated mediation. To be more specific, undergraduates with high family financial difficulty had a stronger indirect association between peer phubbing and social networking site addiction via social anxiety. This study's findings add to the body of knowledge about the possible effects of phubbing and emphasize the significance of understanding the underlying mechanisms. In conclusion, this moderated mediation model is one of the first to investigate the connection between peer phubbing and addiction to social networking sites. It also tests the mediating roles of social anxiety and family financial difficulties. Peer phubbing was found to be

positively associated with addiction to social networking sites, with social anxiety serving as a potential moderation mechanism. Additionally, the financial difficulties of the family moderated the first stage of the mediation mechanism. Undergraduates with greater family financial difficulty had a stronger link between peer phubbing and social anxiety. (Frontiers in Psychology 2021).

In a study conducted by Campbell and Ling (2009), Phubbing is common among all cultural groups, but little is known about how it is done. Understandings of phubbing culture in cultural contexts are urgently required. Three questions were the focus of this research: Which aspects of society contribute to phubbing? What mental factors inspire phubbing? Furthermore, what aspects of culture discourage phubbing? For the study, a grounded theory methodology was used. We used Grounded Theory because it makes it possible to create empirical theories. There were three reasons for phubbing in non-western societies, according to the findings: cultural, cognitive, and social.

CHAPTER 3

METHOD

Research methods are specific procedures for collecting and analyzing data. One important part of research design is developing research methods. When developing a method, two crucial choices must be made: how the information will be gathered and analyzed. Research methods are the strategies, procedures, or techniques used to gather data or evidence for analysis in order to learn new information or gain a deeper understanding of a subject. Using research methodology, one can approach the problem at hand methodically. It is a branch of science that investigates the methods used in scientific research. In it, we look at the various methods that researchers typically use to analyze the research problem and the reasons behind them. The researcher must be familiar with both the research techniques and methodology. In qualitative research, information about actual feelings, actions, or events is gathered alongside the interpretations that people give to them. It helps researchers better understand social interactions, cultural events, and complex ideas. . This kind of inquiry is helpful in analyzing events, describing activities, and investigating how or why things have happened (Kothari,2004).

RESEARCH DESIGN

The conceptual framework within which research will be done is referred to as a research design. Making such study as efficient as feasible in order to produce the most information possible. In other words, the purpose of research design is to allow for the gathering of relevant data with the least amount of effort, time, and expense. The preparation of the research design, appropriate for a particular research problem, involves usually the consideration of the following:

- The means of obtaining the information;
- The availability and skills of the researcher and his staff
- Explanation of the way in which selected means of obtaining information will be organised
- The reasoning leading to the selection;
- The time available for research; and
- The cost factor relating to research, i.e., the finance available for the purpose.

PARTICIPANTS

The process of selecting samples and collecting data from them is called sampling. Purposive sampling was used as the method of sampling for this study. The researcher employs their expertise to select a sample that is most beneficial to the research's objectives in this type of sampling, also known as judgment sampling. When the researcher wants to learn more in-depth information about a particular phenomenon rather than draw statistical conclusions, or when the population is very small and specific, it is frequently used in qualitative research. An effective purposive sample must have precise inclusion criteria and justification. Purposive sampling was used for the sampling, in which the researcher chooses participants from the population based on their own judgment. This method was used to get the most out of the small group of people who were interested in the study and get useful results.

- The universe of the study is Kannur District.
- The population of study was college students.
- The sample of the study was 10 college students.
- The method used was a semi structured interview.

The inclusion criteria

- Only college students who have daily access to mobile phones.
- The individuals must use the phone at least 4 hours per day.
- College students who are residents of Kannur district.

The exclusion criteria

- Individuals who are physically and mentally disabled are excluded.
- Students those who do not use the phone for more than for 4 hours.
- College students who are not residents of Kannur district are excluded.

METHOD OF DATA COLLECTION

Semi – structured interview method was used. The data was collected both by direct interview as well as telephonic interview in cases where face-to-face interview was not possible. The researcher asks the participant the questions that have already been prepared and then improvises based on the responses that the participant provides. There are numerous benefits to a semi-structured interview. When more information is required to comprehend the perspectives of the participants and there are multiple

opportunities to interview them, this approach is utilized. It can also be used when the researcher has some questions in mind but wants to give participants the freedom to change their minds if necessary.

Advantages of semi-structured interviews:

- Semi-structured interviews combine the advantages of both structured and unstructured interviews: comparable, trustworthy data, and the flexibility to inquire further.
- Creating a thematic framework in advance keeps both the interviewer and the participant focused, preventing distractions and fostering two-way communication.
- Detail and richness Although semi-structured interviews are more open-ended than structured interviews, questionnaires, or surveys, they nevertheless introduce more detail and richness. If necessary, participants can be asked to rephrase, elaborate on, or clarify their responses.

Disadvantages of semi-structured interviews:

- Low validity: Semi-structured interviews' flexibility can also lower their validity. Depending on how far the interviewer strayed from the predetermined list of questions, comparing responses between participants can be challenging.
- High risk of research bias Because semi-structured interviews are open-ended, it can be tempting to ask leading questions, which can lead to observer bias. On the other hand, your respondents might also try to give you the answers they think you want to hear, which would cause social desirability bias, or they might act differently when they are observed, which would cause the Hawthorne effect.
- Good questions for semi-structured interviews can be hard to come up with because they require a delicate balance between planning ahead of time and impromptu comments. The willingness of each participant to share varies. Being both supportive and objective can be challenging (George T, 2022).

PROCEDURE OF DATA COLLECTION

The college's principal was the first to grant the research his or her approval. The participants' informed consent was then obtained by the researcher. The

participants were informed of their rights and the strict confidentiality policy. After the participants appeared to be at ease, the researcher began giving the instructions after establishing rapport with the subjects. The instructions included things like an introduction to the semi-structured interview, a question about the participant's experiences that asked them to answer honestly because there are no right or wrong answers and to say what comes to mind first, etc. The researcher continued with the interview and collected data from each student once the participant had fully comprehended all instructions. After that, their participation and cooperation were acknowledged.

ANALYSIS METHOD

The narrative analysis method is implied because it can assist in obtaining information, arriving at a conclusion, and enabling the participant to express their experiences in their own words. By using narrative analysis, the researcher is able to interpret the participant's explanations of the details and is also more open to the possible outcomes of the results. Researchers can get more in-depth information about their subjects from narrative analysis than they could from other approaches. Narrative analysis is a valuable data analysis technique in qualitative research. It is typically used in those studies which have already employed narrative inquiry as a qualitative method. Narrative knowledge is created and constructed through the stories of lived experience and sense-making, the meanings people afford to them, and therefore offer valuable insight into the complexity of human lives, cultures, and behaviours. Narrative analysis uses the 'story' as the unit of analysis, in contrast to thematic and other forms of qualitative analysis (Lumsden, nd).

CHAPTER 4

RESULT AND DISCUSSION

The major objective of the study was to understand the effect of phubbing the social and family relationships among college students. The research was conducted using semi structured interview method. The number of the participants was 10. After collecting the data it was analysed using coding method. Narrative analysis is used as the method of analysis by the researcher in the study, according to research methods narrative analysis is a genre of analytic frame whereby researchers interpret experiences that are told within the context of the research. The research will help us to understand how much phubbing influenced by college students, how it affect their social and family relationships. There were 10 participants in this research. 50 percent of the participant were boy and 50 percent were girl of age between 19 -25. All of them are doing their final year BBA.

The first question of the interview was when did you get the mobile phone? To which 40% of the participants responded that they started using the mobile phone from degree 1st year that means 3 years, 30% of participants was using the phone from the +2 that means 4 years and some others are using phone from their childhood.

The second question was how many hours do you spent with your phone per day? To which 60% of the participants responded that they use mobile phone more than 5 hours and the 40% of the participants responded that they used their phone less than 5 hours. Majority of the participants used their phone for their entertainment, and some for studying. At the same time some participants use mobile phone for the purpose of communication with their parents.

The third question was what will you do at the free time? To which 70% of the participants responded that they spent their free time using mobile phones. Only 30% of the participants spent their free time with their parents and engaging in their hobbies. The participants who use the phone in their free time spent watching you tube, using WhatsApp and Instagram. Some others use their phone for study.

The fourth question was do you feel that, you spent most of the time a day using mobile phone? To which 70 % of the participants responded that they were not spending more time with phone a day rather they spent their time with other activities

Only 30% said that they spent more time with the phone in a day. Out of this, 9 percent of people use their phones for study and the remaining 21 percent use their phones for pleasure.

The fifth question was do you use the mobile phone while talking to others? To which 70% of the participants responded that they do not use the phone while talking to others rather they are interested to talk with others without even looking at the notifications. But the case of 30% of the participants, they use their mobile phone while talking to others, and also they avoid others through using phone. But majority of the participants like to communicate with others.

The sixth question was, while travelling on the bus, do you like to look at your phone or talk to others and see the sights? To which 70 % of the participants responded that they do not use the phone while they are travelling instead they like to speak with others and like to see the sights. Out of this, 30% of participants have a health issue that is why they don't use the phone while travelling. Only 30 % participants use the mobile phone while travelling in the bus. Out of this, some participants are introverts they can't speak with strangers so they use mobiles while travelling.

The seventh question was do you look at your phone while eating? To which 90% of the participants responded that they do not use the phone while eating. They spent time with their family or their friends. In some houses it is mandatory not to look at the phone while eating, so they don't look at their phones. In the case of 10 % participants, they use phone while eating.

The eighth question was, when guests come to your house, do you sit quietly looking at your phone? To which 70 % of the participants responded that they do look at their phone when they have guests instead they try to speak with them, they spent time with them and they treat them well. Only 30 % of the participants use the phone when they have guests at their home.

The ninth question was are you more interested in looking at your phone or talking to friends when you join a group of friends? To which 70% of the participants responded that they were not using phone while in a friends group. They are interested to engage in communication and other activities. But the 30% of the participants were use the phone while they in a part of friends groups. Out of this, some of them will use the phone if they see others using it.

The tenth question was do you use your phone while playing or talking with your siblings? To which 90 % of participants respond that they were not using the phone while they spent time with their siblings. Only 10% of the participants were using their phone while playing or talking with their siblings.

The eleventh question was do you feel that the conversation at home is decreasing due to the use of the phone? To which 70% of the participants responded that the use of phone did not seem to reduce the amount of conversation at home, because they did not use the phone when they talk with parents and siblings. But the 30 % of the participants use the phone while they speak with their parents and they did not spent time with parents after getting a Smartphone for them, so they felt that there is a decrease in the conversation because of the use of phone.

The twelfth question was, comparing the life before and after getting the phone, what are the changes that you felt? To which 60% of the participants responded that there are some changes that happened in their life, the lack of conversations, lack of interactions in family and society, lack of face to face conversations, lack of creativity, lack of good relationships with neighbours, likewise they felt so many changes after getting the phone. The 40 % of the participants responded that they did not felt any changes after getting the phone in their life; they were used with the changes so it did not affect their life.

Even though there are studies which indicate the presence of phubbing among college students the present study results suggest that phubbing is not essentially present among college students.

CHAPTER 5

SUMMARY AND CONCLUSION

Phubbing is a contraction of the words “phone snubbing”, is the act of ignoring a companion in favor of using a smart phone. Phubbers may be using their phones to check social media text others who are not present or for any other activities, although the term usually does not refer to speaking on the phone while spending time with another person. Studies have shown that phubbing between friends and romantic partners contribute to unhappiness in relationships and depression. Other studies have shown that simply having a smart phone in sight, such as on a table, during a conversation interferes with the connection between two people, even if the owner is not using it. The word “phubbing“ was created in 2012 as part of the marketing campaign by the publishers of the Macquarie Dictionary (TechTarget, 2018).

The permission for conducting the research was gained from the research guide. Then researcher took the informed consent of the participants and from the principal of the college that was visited for the data collection. The participants were made aware of their rights and about the confidentiality that would be followed. The participants were students in Deva Matha Arts and Science College in Kannur and all of the 10 participants were using the phone formore than 4 hours. They were also told that they could withdraw anytime from the study if they felt uncomfortable. The questions were asked to the participants after establishing a good rapport.

The method used was semi structured interview based on questions that required the participants to respond using their personal experiences. The responds of the participants were collected very carefully and with precision. Then, after collecting the data, each one of them were asked about how they felt after participating. Then the participants were thanked for their participation and cooperation.

The major objective of the study is to understand phubbing and the social relationships among college students. The specific objectives of the research are to understand the effect of phubbing among college students, aged around 19 to 25, how phubbing and social interactions are related, phubbing and making new relationships, phubbing and effective communication among college students.

The responses that were collected were then analysed. The analysis was narrative because it provides researchers with detailed information about their subjects that they couldn't get through other methods. Using the narrative analysis, the study was able to develop some findings. There were 10 participants for the research. All are using the phone for more than 4 hours but the majority of the people use the phone only for entertainment and some are using for study. And the final result of the research is that there is no phubbing problem among college students and they always keep away their phone while they are talking with others. Only two students were using the phone while they are talking to somebody. But, there is a fact that, the students faced the phubbing experience from others. So there is phubbing among the students but in my population they are aware of the phubbing so they keep away their phone.

MAJOR FINDINGS

- Just because a student uses their phone for more than 4 or more hours per day does not necessarily mean that they have the behaviour of phubbing.
- Not all students have the tendency of phubbing, some students are aware of it.
- Seeing a student looking at their phone during a conversation increases the tendency of other students to look at their phone as well.

IMPLICATIONS:

The study can be used to address the stereotype in the society that whenever an individual is engaged in his/her phone in a public setting it is phubbing. The study can be used to provide a broader explanation for the term phubbing. The study draws out the difference between the terms phubbing and screen dependency. The study can be used to create awareness programs about phubbing.

LIMITATIONS:

The sample size is very small and there were students with part-time works, and some others are very extroverts, they are more likely to talk with others than using the phone. And there were time limits because the interview was conducted in a college during the class hours. Some students are not ready to open as well.

SUGGESTIONS FOR FUTURE

- Alternative data collection methods can be used for this study.

- The present study was carried out among 10 college students. Future studies could be carried out with more sample size.
- The present study could be carried out in a different culture/population and location.
- The study variables are limited thus future studies can be carried out using more psychological variables.

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APPENDIX

APPENDIX A: INFORMED CONSENT FORM

This is a research study undertaken for the fulfilment of the researcher 's Bachelor of Science program in Psychology. The study is on —UNDERSTANDING THE PHUBBING AND SOCIAL RELATIONSHIP AMONG COLLEGE STUDENTS. The data for the study will be obtained through a semi structured interview.

Participation in this research project is voluntary. You have the right to withdraw from the study at any time in the event that you chose not to continue. It is further reinstated that all information will be kept confidential and will be used only for the purpose of the above mentioned research study.

The contact information of the researcher has been provided for participants in order to clarify any concerns or queries about this study. The details of the researcher are given below:

Researcher: MARY THERES

Phone Number: 9778200433

Email Id: mtheres410@gmail.com

Your name and signature below signify that you have read and understood the contents and intentions formed in the consent.

Name:

Signature:

Date:

APPENDIX B: SOCIO DEMOGRAPHIC DETAILS

NAME/ INITIAL:

AGE:

GENDER:

QUALIFICATION:

PLACE:

ADDRESS:

CONTACT NUMBER:

APPENDIX C: RESEARCH QUESTIONS

1. When did you get the mobile phone?
2. How many hours do you spent with your phone per day?
3. What will you do at the free time?
4. Do you feel that, you spent most of the time a day using mobile phone?
5. Do you use the mobile phone while talking to others?
6. While travelling on the bus, do you like to look at your phone or talk to others and see the sights?
7. Do you look at your phone while eating?
8. When guests come to your house, do you sit quietly looking at your phone?
9. Are you more interested in looking at your phone or talking to friends when you join a group of friends?
10. Do you use your phone while playing or talking with your siblings?
11. Do you feel that the conversation at home is decreasing due to the use of the phone?
12. Comparing the life before and after getting the phone, what are the changes that you felt?

UNDERSTAND THE EMOTIONAL DISTRESS AMONG TEENAGERS DUE TO PARENTING STYLE

*A Dissertation submitted in partial fulfilment of the
Requirement of the degree of Bachelor of Science in Psychology*

Submitted by:

ABHINAV M

Reg.No:DB20CPSR18

Under the Guidance of

Mr. Sanju P. J

Assistant Professor



DON BOSCO ARTS AND SCIENCE COLLEGE

ANGADIKADAVU

(Affiliated to Kannur University)

DEPARTMENT OF PSYCHOLOGY

MARCH 2023



DEPARTMENT OF PSYCHOLOGY
DON BOSCO ARTS & SCIENCE COLLEGE
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PSYCHOLOGY PROJECT REPORT

Register Number: DB20CPSR18

SUBMITTED FOR THE B.Sc. EXAMINATION 2022-23

Head of the Department

Principal

HELD ON

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on **“UNDERSTAND THE EMOTIONAL DISTRESS AMONG TEENAGERS DUE TO PARENTING STYLE”** by, **ABHINAV M**, in partial fulfilment of the requirements for the award of the Undergraduate Degree of BSc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

DECLARATION

I **ABHINAV M**, hereby declare that this dissertation entitled —”**UNDERSTAND THE EMOTIONAL DISTRESS AMONG TEENAGERS DUE TO PARENTING STYLE** “. Submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

ABHINAV M

DB20CPSR18

Signature

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ABSTRACT

The study utilized qualitative methods to investigate – UNDERSTAND THE EMOTIONAL DISTRESS AMONG TEENAGERS DUE TO PARENTING STYLE. The research was done to understand the concept of ideal parenting among teenagers, the emotional distress among teenagers due to toxic parenting and the methods used by teenagers to deal with toxic parenting. Semi structured interviews were conducted on 10 participants and their personal experiences and perspectives were collected as response.

Toxic parenting can have a serious negative effect on child's development and mental health. A lack of self-confidence, low self-esteem, fear of abandonment, anxiety, depression, anger and violence as well as emotional numbness, shame and guilt. Here are few examples of how toxic parenting may hurt children emotionally. The study was conducted on teenagers that lives in kannur district in Kerala. The sample was collected through face-to-face interview method. Data was analysed through Narrative analysis method of qualitative analysis.

The main finding of the study was that some of the participants were facing different toxic parenting. Which leads them to anxiety, depression, Loneliness, low self-worth, low self-esteem and anger and violence. And the teenagers use various strategies to deal with this like seeking support from trusted adults, developing coping strategies, setting boundaries, Seeking therapy and Planning for the future.

CHAPTER 1

INTRODUCTION

In psychology, parenting style refers to the method or approach a parent employ to raise and socialize their children. It involves the degree of control, warmth, responsiveness, and expectations that the parent exhibits towards their child as well as the emotional environment in which the parent-child relationship develops. Cultural standards, parenting views, as well as the parent's own upbringing and personality, all have an impact on parenting approaches.

According to psychologists, there are four main parenting philosophies: permissive, authoritative, authoritarian, and neglectful. The degree of warmth and responsiveness, as well as the amount of control or demand made on the kid, characterize these parenting approaches. Each parenting approach can significantly affect a child's emotional and behavioral growth, as well as their self-esteem, social skills, and academic performance.(apa,2022)

Parenting style is not a one-size-fits-all strategy, and parents may employ various parenting philosophies depending on the circumstance or the child. The efficacy of a parenting approach is also influenced by several variables, including the temperament, age, and cultural background of the child. Therefore, in order to choose the best method for raising their children, parents must comprehend different parenting styles.

According to psychological theories of parenting, how parents engage with their adolescent children can have a big impact on how they develop and behave. The four parenting philosophies of authoritarian, authoritative, permissive, and neglectful have usually been established. (Britannica, 2018)

Authoritarian parenting: This type of parenting is characterised by stringent regulations and severe consequences for noncompliance. The parents are extremely authoritarian and demanding, and they anticipate blind obedience from their kids. Teens with authoritarian parents may be compliant, but they also may lack autonomy, self-worth, and confidence.

Authoritative parenting: levels of support and responsiveness are characteristics of this parenting approach, which also upholds strict boundaries and expectations. Although the parents are nurturing and loving, they also have clear rules and consequences for breaking them. Parents with a strong sense of authority tend to raise independent, dependable, and self-assured teenagers.

Permissive Parenting: This parenting style is characterized by low levels of control and high levels of warmth and affection. The parents are forgiving and indulgent, frequently letting their kids make decisions on their own without much direction or punishment. Teenagers with permissive parents may have trouble controlling themselves and may be more likely to take risks

Neglectful Parenting: Low degrees of warmth and control define this parenting approach. Parents frequently disregard their children's needs by being absent, disengaged, or uninvolved. Teenagers with negligent parents may experience emotional and behavioral issues as well as feelings of isolation and lack of support.

As it fosters a positive balance between parental support and structure, authoritative parenting is often regarded as the most effective parenting approach for teenagers. It is crucial to remember that every family is unique, and that cultural, social, and personal factors can influence parenting techniques. (Britannica ,2018)

NEED AND SIGNIFICANCE

Teenage parenting approaches should be studied because they can have a big impact on adolescent growth and wellbeing. Here are a few explanations:

Influence on adolescent behavior: Parenting practises can have an impact on teenage behaviour, including academic success, risk-taking, and emotional health.

Understanding conflicts: Adolescence is a time when tensions between parents and teens are at their highest. Parents can better understand their children's needs and develop dispute resolution techniques by researching various parenting philosophies.

Development of future parenting: Adolescents who observe effective parenting practises are more likely to emulate those practises when they become parents. Therefore, better parenting techniques in the future may result from an awareness of good parenting methods.

Mental Health and self-esteem: Parents' parenting techniques can have an impact on their teenagers' mental well-being and self-esteem. While authoritarian or inattentive parenting can result in low self-esteem and despair, caring parenting can encourage good self-esteem.

Positive impact on the family: Stronger family dynamics and relationships can result from good parenting practises. Adolescents who have had great parenting are more likely to interact well with their families and are less likely to participate in dangerous behaviour.

In conclusion, research on teenage parenting can reveal useful information about how to raise adolescents in a healthy and well-adjusted way. Additionally, it can assist parents in recognising their children's needs and establishing a nurturing and encouraging atmosphere that promotes healthy growth.(apa,2018)

STATEMENT OF THE PROBLEM

Teenage parenting style issues are broad and intricate, involving several variables that can affect adolescent behaviour and wellbeing. The issue is more specifically understanding the various parenting philosophies and how they affect adolescent development, as well as figuring out the variables that influence how parents of teenagers raise their children.(very well mind)

The effect of parental methods on adolescent behaviour is one element of the issue. According to research, teenage outcomes, such as academic achievement, risk-taking behaviours, and emotional wellbeing, can be affected differently by various parenting styles, including authoritative, authoritarian, permissive, and neglectful. In order to create effective parenting practises, it is essential to comprehend the subtleties of different parenting philosophies and how they affect teenagers.

Finding the elements that influence adolescent parents' parenting styles is another aspect of the issue. Parenting techniques can be influenced by factors including culture, financial level, and parental stress, which can also have an affect on adolescent development. In order to establish effective strategies for fostering healthy adolescent development, it is important to understand how these elements and parental practises interact.(Britannica, 2022)

In general, the issue of teenage parenting styles necessitates a thorough comprehension of the numerous aspects that affect parental behaviours and their effects on adolescent development. In order to effectively address this issue, researchers, educators, and legislators must collaborate to establish practical methods for fostering healthy teenage growth through supportive parenting techniques.

DEFINITION OF KEY TERMS

Parenting style:

Theoretical definition

Parenting style defined as the constellation of parent's attitude behaviour towards children and an emotional climate in which parents behaviour are expressed (Darling and Steinberg, 1993)

Operational definition

Parenting style refers to the overall approach that parents use to raise their children, including the attitudes, behaviours, and strategies they employ in childrearing.

Emotional distress:

Theoretical definition

As an emotional reaction to an experience that results from the after effect or recollection of a specific event, occurrence, pattern of events, or situation, emotional discomfort is referred to as mental suffering. (APA, 2018)

Operational definition

Emotional distress: Emotional distress refers to a range of negative emotional experiences or psychological symptoms that can significantly impact an individual's mental health and wellbeing. It can manifest in various forms such as anxiety, depression, fear, guilt, anger, shame, hopelessness and helplessness.

OBJECTIVES OF THE STUDY:

Major objectives

- Understanding the emotional distress among teenagers due to parenting style

Specific objectives

- To understand the concept about ideal parenting among teenagers
- To understand emotional distress due to toxic parenting
- To understand the method used by teenagers to deal with toxic parenting

ORGANIZATION OF THE REPORT

The aim of the study is to Understanding the emotional distress among teenagers due to parenting style. The present study contains 5 chapters. The first chapter, which includes a brief introduction to study with emphasis on the need and significance of the study. The problem is stated and the definitions of the important terms are given in this chapter. The second chapter is a review of the literature, comprising of 2 sections; theoretical background of the study and related studies. The 3rd chapter is methodology, in which the detailed account of samples, variables, tools, procedure, for data collection and analysis method used for the analysis of the data collected are given. In the 4th chapter result results and discussion consist of analysis of data and discussion of results obtained there by. In the 5th chapter, summery and the conclusion, there is also the resuming of the study and the methodology of the present study is briefly stated. It also includes major findings of the present study. Then the implications of the present study are given along with the suggestion for further research. In the end, reference and appendices are included.

CHAPTER 2

REVIEW OF LITERATURE

A literature review is a thorough summary of earlier studies on a subject. The literature review examines scholarly books, articles, and other sources that are pertinent to a particular field of study. This prior research should be listed, described, summed up, impartially evaluated, and clarified in the review. It ought to provide a theoretical framework for the study and assist you (the author) in defining its scope. By acknowledging the contributions of earlier researchers, the literature review reassures the reader that your work has been thoughtfully conceived. When a previous study in the subject is mentioned, it is assumed that the author has read, assessed, and incorporated that study into the current work.

A literature review's objective is to gather current, pertinent research on your choice and to synthesise it into a comprehensive overview of the body of knowledge in the area. This therefore equips you to present your own case or carry out independent study on the subject. Just like majority of academic papers Literature reviews also include at least three fundamental components: an introduction or background information part; the review's body, which discusses the sources; and, finally, a conclusion or recommendations section to wrap up the study.

In order to maximise the significance of the literature review in scientific articles, it can be condensed into an analytical component. In many aspects, it improves the validity of the research. It offers an interpretation of the body of literature that already exists considering recent advancements in the field to help establish the consistency in knowledge and applicability of existing materials. It also aids in calculating the impact of the most recent information in the field by charting their

progress of knowledge and brings out the dialects of contradictions between various viewpoints within the field to establish facts.(McCombes,2023)

The research gaps Initially examined are further investigated to determine the most recent facts and theories to add value to the field; it also indicates the current research place in the schema of a particular field, provides information for relevance and coherency to check the research, and aside from elucidating the continuance of knowledge, it also points out areas that require further investigation and therefore aid as a starting point of any future research. Also, it establishes the research topic, defends the need for the study, and creates the theoretical foundation upon which the study's success will be assessed.

With the help of the review of literature, the need for conducting the research in a specified field is rationalized. Also, it aids in the proper collection of data for any new research methodology that differs from the ones already in use, and it enables the manuscript's readers to respond to the following questions for the manuscript's higher prospects of publication: "What do the researchers know?" What are they ignorant of? Is the scientific manuscript trustworthy and reliable? What is the researcher's knowledge gaps, etc.? It aids readers in recognising the following for additional study of the scientific manuscript: What is already known, rejected, and accepted in the specific field of study, the areas of debate and disagreement among different schools of thought, the unresolved issues, and problems in the related field of study, the emerging trends and approaches, and how the research advances or builds upon these ideas, builds upon and leaves behind from the previous research. A thorough assessment of the literature with numerous pertinent sources of reference will increase the likelihood that the scientific manuscript will be published in reputable and well-known scientific journals.(Academy.E,2023).

THEORETICAL REVIEW

PARENTING STYLES:

Baumrind's parenting styles:

In the 1960s, developmental psychologist Diana Baumrind distinguished between three different parenting philosophies: authoritative, authoritarian, and permissive. In authoritative parenting, parents set firm standards and boundaries while simultaneously being kind, receptive, and helpful. Parents that practise authoritarian parenting are strict, in charge, and frequently use punishment to enforce rules. Parents that practise lax parenting are kind and nurturing but lack boundaries and approaches.(apa,2020)

Attachment theory:

According to attachment theory, a child's capacity to develop healthy relationships throughout life is influenced by the nature of the parent-child attachment relationship during infancy. Children are more likely to form a solid bond when parents are receptive to their needs and offer a safe foundation for exploration. Children who experience insecure attachments may have trouble forming close relationships and controlling their emotions.(Alegre A,2011)

Self-determination theory:

According to the self-determination hypothesis, parental practises can help or hurt teenagers' ability to develop a sense of autonomy and self-determination. Giving teenagers options and empowering them to make their own decisions are key components of autonomy-supportive parenting, which also involves establishing healthy limits. Being overly authoritative and preventing kids from making their own

decisions are examples of controlling parenting, which can cause resentment and rebellion.(anuola, k &nurmi ,J .E ,2005)

Social learning theory:

This hypothesis contends that kids pick up knowledge through watching how their parents and other people act. As a result, parents who set a good example for their children by using effective communication and problem-solving techniques are more likely to have teenagers who do the same.(apa,2007)

EMOTIONAL DISTRESS

Cognitive-behavioural theory:

According to this hypothesis, negative thought patterns and behaviours cause emotional suffering. For instance, a depressed person could think negatively about themselves and the world, which might cause them to feel depressed, hopeless, and unworthy.(kandola,2020)

Attachment theory:

According to this hypothesis, emotional distress might be linked to early childhood events, specifically the degree of attachment to primary carers. For instance, children who endure neglect or abuse may struggle to build good connections in adulthood, which can cause mental anguish.(apa,2020)

Psychodynamic theory:

According to this idea, unconscious conflicts between various psyche-related regions lead to emotional suffering. A person who is apprehensive might, for instance, be unconsciously torn between their need for safety and their aversion to taking chances. (Kandola,2020)

Humanistic theory:

This approach places a strong emphasis on the value of self-actualization and personal development in lowering emotional suffering. For instance, unless they are able to discover meaning and purpose in their lives, a person who feels unsatisfied in their life may experience emotional anguish.(very well mind)

Social learning theory:

According to this notion, emotional pain can be picked up through observation and imitation of others. For instance, a person who grows up in a home where aggression is used to vent anger may learn to express their own anger in a similar way, which can cause mental discomfort.(apa,2018)

LITERATURE REVIEW

A recent study found that an authoritative parenting style, which is characterised by high levels of warmth and support along with precise and consistent rules and expectations, was linked to better outcomes for kids in terms of academic achievement, emotional control, and general mental health. This study was published in the Journal of Family Psychology in 2020. Another study into the effects of various parenting philosophies on teenage substance use was released in the Journal of Adolescence in 2021. The study discovered that parents with an authoritarian parenting style, which is characterised by strict rules and harsh punishment, had a higher likelihood of having teenagers who used drugs, while parents with an authoritative or permissive parenting style had a lower probability. Other recent studies have concentrated on the influence of cultural differences on parenting style, the function of men in raising children, and the long-term impacts of parenting on adult outcomes like successful romantic relationships and careers.

Students from the International Journal of Environmental Research and Public Health, Agueda Parra, Inmaculada Sánchez-Queija, Mara del Carmen Garca-Mendoza, Susana Coimbra, José Egdio Oliveira, and Marta Dez, conducted the research on the topic of parenting styles and adjustment during emerging adulthood: A global perspective on 2019. Examining whether parenting practises continue to have an impact on children's wellbeing as they transition into adulthood is the goal of the current study. Even though they feel like grownups at this point, young people frequently live with their parents and remain financially reliant on them. In addition, because parents' attitudes, beliefs, and behaviours are formed and perceived within their cultural context, the study also intends to investigate the situation in Spain (SP) and Portugal (PT).

These two nations in Southern Europe are examples of the "family welfare regime," in which the family serves as the primary supplier of security and care for children as well as young adults. As a result, a sample of 1047 emerging adults from Spain and Portugal is used in this study to investigate, from a cross-cultural viewpoint, the association between perceived parenting methods and psychological adjustment. The findings show that the authoritative and permissive styles are the most helpful at this point, with the authoritarian style being more directly associated to psychological suffering.

The study conducted by Águeda Parra, Inmaculada Sánchez-Queija, María del Carmen García-Mendoza, Susana Coimbra, José Egídio Oliveira, Marta DíezOn the topic Parental warmth significantly correlated with the three variables in the opposite direction in 2019. The thinking correlated negatively and moderately with depression, and mildly with anxiety; (b) Zhongyong thinking partially mediated the associations of parental rejection and warmth with emotional distress. Specifically, to the extent that

students perceived less rejection and more warmth, they were more likely to develop Zhongyong thinking associated with decreased emotional distress; (c) gender and SES moderated the association between parenting style and Zhongyong thinking. Specifically, for students with low SES, the negative relationship between parental overprotection and Zhongyong thinking was stronger; for males and high SES students, the positive link between parental warmth and Zhongyong thinking were stronger. Results highlight the importance of researching potential effects of college student's Zhongyong thinking within the family system in Chinese culture.

Parental warmth significantly correlated with the three variables in the opposite direction; Zhongyong thinking negatively and moderately correlated with depression and mildly correlated with anxiety; and (b) Zhongyong thinking partially mediated the associations between parental rejection and warmth and emotional distress. In particular, pupils who experienced less rejection and more warmth were more likely to exhibit Zhongyong thinking, which is linked to lower levels of emotional distress; (c) gender and SES mediated the association between parenting style and Zhongyong thinking. In particular, parental overprotection had a negative correlation with Zhongyong thinking for children with low SES, while parental warmth had a positive correlation with Zhongyong thinking for male students and students with high SES. The findings emphasise the significance of investigating the negative consequences of college students' Zhongyong thinking within

CHAPTER 3

METHOD

Research method

Certain processes for gathering and analysing data are known as research methods. Research design includes the development of research methodologies as a key component. The collection of data and its analysis are the two major choices that must be taken while formulating techniques (Scriber, 2020).

The tactics, procedures, or methods used in data gathering or evidence analysis to find new information or develop a deeper understanding of a subject are known as research methods. The research challenge can be approached methodically using research methodology. It might be thought of as the study of scientific research methodology. In it, we examine the numerous approaches typically used by researchers to analyse the research problem as well as the reasoning behind them. The researcher must be familiar with both the methodology and the research methods/techniques. In addition to knowing how to create specific tests or indices, calculate mean, mode, median, standard deviation, or chi-square, and apply specific research techniques, researchers also need to know which of these methods or techniques are applicable and which are not, as well as what they would mean and indicate and why. Also, researchers must be aware of the underlying presumptions of different methodologies and the standards by which they can judge which methods and processes are appropriate for which problems. All of this means that the researcher must create his approach specifically for his topic because methodologies might vary from problem to problem. Like this, the scientist must subject research decisions to evaluation prior to implementation. In order for his selections to be judged by others, he must be very

explicit and precise about what he chooses and why. Unlike research methodologies, research methodology has a broader application. Therefore, when one discusses research methodology, they do not just discuss the research methods but also the reasoning behind the methods we use in the context of our research study and why we do not use other methods for the research results to be able to be evaluated by the researcher or by others. (Kothari, 2004).

The qualitative research method is a technique used to comprehend people's attitudes, interactions, behaviours, and beliefs. It produces data that is not numerical. Researchers from several disciplines are paying more attention to the integration of qualitative research into intervention studies. It helps make it possible for academics to comprehend intricate ideas, social interactions, or cultural events better. This kind of inquiry is helpful in analysing events, describing activities, and investigating how or why things have happened.

The chapter 3 includes details about Research Design – the research design used in the study, the participants, sampling methods used, the universe, population and sample, sample size, the method of data collection and the exclusion – inclusion criteria. It also gives description about the data collection method and its advantages and limitations, procedure of data collection and Data Analysis method and the relevance of this method for the topic, which we study.

RESEARCH DESIGN:

The framework of the research methodologies and procedures a researcher selects to carry out a study is known as the research design. The layout enables researchers to focus on developing research techniques appropriate for the topic and set up their investigations for success. Effective research typically reduces data bias and

fosters greater confidence in the veracity of the information gathered. In experimental research, the goal is typically to construct a design with the smallest possible margin of error. The essential elements are:

- How the information was obtained;
- The researcher's availability and his or her staff's (if any) qualifications;
- A description of how certain methods of gathering information will be organised.
- As well as the selection's justification
- The amount of research time available.
- The cost of the research, or the funding available for the endeavour.

PARTICIPANT

Sampling is the process of selecting samples and gathering data from them. Purposive sampling was the chosen sampling technique for this study. In this kind of sampling, also known as judgement sampling, the researcher uses their knowledge to choose a sample that will be most helpful to their research goals. It is frequently employed in qualitative research when the researcher prefers to learn in-depth information on a particular occurrence versus drawing general conclusions from statistics or when the population is relatively tiny and focused. A successful purposive sample must have precise inclusion requirements and justifications. Purposive sampling, in which participants in the study are chosen by the researcher using their own discretion, was the sample technique utilised. This approach was used to maximise the tiny population of interest and provide worthwhile research findings.

UNIVERSE:

The universe used for the research is kannur district in Kerala.

POPULATION:

The population includes teenagers

SAMPLE SIZE:

The samples for the research are 10 teenagers from Kannur district of Kerala.

INCLUSION CRITERIA:

- Teenagers with age of 15 to 18
- Currently school going children

EXCLUSION CRITERIA

- Children and 18 + aged peoples.
- People who have severe physical and psychological discomfort.
- Adopted children

METHOD OF DATA COLLECTION:

The method of semi-structured interviewing was used. The data was gathered by direct interviews. The researcher asks the participant questions that have already been prepared before improvising in reaction to their answers. A semi-structured interview has several benefits. This approach is utilised when a person needs to be interviewed more than once and more information is needed to fully comprehend their opinions. It may also be employed when a researcher has a list of potential questions, but wants to give participants the freedom to diverge from the plan if required.

PROCEDURE OF DATA COLLECTION:

First, the department head's approval was needed to proceed with the research. Then, the researcher obtained the informed consent of the participant, that is teenagers. The researcher also obtained the permission to record the interview. The participant was also informed of their legal rights and the strict adherence to confidentiality. After developing a rapport with the subjects to make them comfortable. After that the researcher started giving instructions. The participant asked to answer honestly about their experiences because there are no right or incorrect responses and to respond with whatever thought came to mind at the time, among other things. The researcher proceeded on to the questionnaire session once the participants understood all the instructions. After collecting the responses, the participant was asked about their experience and told that if they were interested in learning the results, they could contact the researcher or that the researcher will contact them. At the end they were thanked for their participation and cooperation.

ANALYSIS MEYHOD:

Narrative analysis method is used in this research because it can help get information, reach conclusion and more than that this method allow the participant to explain their views and experience through their own words. Using narrative analysis, the researcher can interpret the details as they are given by the subject and be more flexible in how the outcomes might develop. Researchers can obtain precise information about their subjects using narrative analysis that is not possible through other means.

CHAPTER 4

RESULT AND DISCUSSION

The purpose of the result and discussion section is to use both text and illustrated materials to unbiasedly communicate the most significant findings in a logical order and without interpretation. The collected data are displayed in the Results section. The findings section's material, which provides answers to the questions and hypotheses you investigated, adheres to this arrangement. Reporting substantial adverse results is also required. Following the findings is the Discussion section, which is then followed by the section on conclusions and recommendations. The research here emphasises the significance of their findings. This section logically explains the study's findings. Citations to the research covered in the Literature Review typically resurface here since those interpretations are frequently derived by contrasting and comparing the results to past studies' conclusions.

Additionally, this section often analyses the study's restrictions and ventures educated hypotheses on what the results might imply in terms of the problem(s) addressed by the research question(s). This section is essential since it is finally moving towards an argument. Since the researchers interpret their findings considering theoretical underpinnings, there is a greater chance of disagreement in this section. The way you or another researcher might interpret the authors' findings may be very different from yours. (Lumen, n.d).

Narrative analysis is a technique for reading and analysing the stories that people tell about their lives. She emphasises that narratives are more than just a list of incidents; they are composed in a way that communicates significance and intent.

According to Riessman, narrative analysis can be used to help scholars comprehend the social and cultural environment in which the stories are set as well as the themes and patterns present in the stories. (Riessman, 2008).

According to a common tenet of narrative methods, people tell stories to help them organise and make sense of their lives, and their storied narratives serve a function. Researchers must be aware of the social, cultural, and historical background of their research subjects in order to conduct a narrative analysis. This aids researchers in deciphering the messages being conveyed by the narrations of their subjects. Particularly in context-rich research, there are many levels of hidden importance that can only be found by having a complete understanding of the culture or environment. (Harappa, 2021).

RESULT OF NARRATIVE ANALYSIS:

In this study, ten representatives of teenagers shared their experiences about emotional distress among them, and how their parents' behaviour leads them to emotional distress and stressful situations. The answers provided were also based on personal experiences and as perceived by each of the participants. The perspectives were from teenagers who are studying in higher secondary and settled in Kannur district. Some of the experiences shared also include specific references to certain situations that have happened or are ongoing in their lives. Some of the experiences were very common to each of the participants and include specific references to certain situations that have happened in their lives. Different histories of the parents were considered like the family history. Different factors causing emotional distress among teenagers were parents setting boundaries, lack of support, and not allowing their children to develop their own sense of autonomy and independence.

DISCUSSION OF NARRATIVE ANALYSIS:

The aim of the study was to understand emotional distress among teenagers due to parenting style. The study was conducted among the population of Kannur district and the method used to collect data was interview method and there was total 10 participants. The study was conducted among the adolescents aged 15 to 18. The participants were teenagers itself. The responses of the participants to the question that were asked are analysed using the narrative analysis method for analysing qualitative data.

My first question was about whether they share the events of their day with their parents. 60% of the participants said they share the events of their day with their parents. 40% of the participants did not share it to their parents

My second question was about does they go outings with their families. 30% of the participants said they mostly go outings with their family. 70% of the participants said they did not go outings with their family.

The third question was about does their parents allow them to go out with friends. 80% of the participants said that their parents will allow them to go out with friends. 20 % of the participants said that their parents would not allow them to go out with friends

The fourth question was does their parents let them out late in the night. 90% of the participants responded as 'no their parents wouldn't allow that '. 10% of the participants responded as their parents will allow them to out late in the night

The fifth question was does their parents help them with their academic works. 90% of the participants said their parents help them with their academic works. 10% of the participants responded as their parents did not help them with their academic works.

The sixth question was how will their parents react when the participant gets low grade in exams. The reaction of 60% of the participants where their parents will get angry to them and give them punishments. 40% of the participants responded as their parents will tell them to its okay and get higher grades in the next exams.

The seventh question was how their parents' approach on P.T.A meetings at school. The reaction of 20% was their parents will begin to criticize them with support of the teacher. 80% of the participants said their parents will attend the meeting without any criticism.

The eighth question was does their parents compare their academic performance with others. The reaction of 90% of the participants were their parents compare their academic performance with others. 10% of the participants said that their parents would not compare their academic performance with others.

The ninth question was about whose side does their parents take when there is a sibling fight. 70% of the participants said that their parents would not choose any side they stay as neutral. 20% of the participants said that their parents will stand with their siblings. 10% of the participants responded as their parents will sand with them in that situation.

The tenth question was whom does they think get more attention between their siblings. 80% of the participants said that their parents did not give more attention to someone they treated them equally. 10% of the participants responded as their siblings get more attention than them. 10% of the participants responded as they get more attention than their siblings.

The eleventh question was does they share their problems with their parents. 60% of the participants said that they will share their problems with their parents. 40% of the participants responded as they would not share their problems with their parents.

The twelfth question was how does their parents take up their problems. 40% of the participants responded as their parents will get angry towards them. 60% of the participants said that their parents will take it as easily and help them to solve the problem.

The thirteenth question was does they face any sleep issues. All the participants responded as they did not face any sleep issues.

The fourteenth question was are their parents short tempered. 30% of the participants said that their parents are short tempered. 30% of the participants responded as according to the situations sometimes their parents are short tempered. 40% responded as their parents are not short tempered.

The fifteenth question was does their parents take out their frustration on them. The reaction of 90% of the participants where their parents did not take out their frustration on them. 10% of the participants said that their parents take out their frustration on them

The sixteenth question was does they face any family conflicts all the participants responded as they did not face any family conflicts

The seventeenth question was how long does their conflicts stay .90% of the participants said that it will stay for 2-3 days. 10% of the participants responded as it will stay for 6-7 days.

The eighteenth question was how was their parents' relationship with their parents. 80% of the participants responded as their parents keep a healthy relationship

with their parents. 20% of the participants responded as their parents' relationship with their parents are bad.

The nineteenth question was about are they satisfied with their family all the participants responded as they are satisfied with their family

The last question was according to their perception how should an ideal parent be. 60% of the participants said that an ideal parent should be open minded, friendly, give freedom to their children and give privacy to their children .30% of the participants responded as an ideal parent should be buy what the children needed, allow the children to go out, give pocket money to the children and let the children do what they want. 10% of the participants responded as an ideal parent should be help the children with their academic and other activities, teach their children that how to become successful in life and live independently

From the results it is indicated that majority of the participants were facing emotional distress and psychological distress because of parenting styles. Which includes Loneliness, social withdrawal, adjustment problems. While most of the previous studies found parenting style was associated with Children's difficulties. Previous studies indicated that behaviour control is associated with difficulties Problems, such as depressed mood and anxiety among children (Barber, Olsen & Shagle,1994). In addition, some studies have also found an Association between a high level of behavioural control and difficulties problems (Barber & Harmon, 2002). From the study emotional distress due to parenting style has a considerable impact on the social functioning of the teenagers.

CHAPTER 5

SUMMARY AND CONCLUSION

A variety of emotional struggles are experienced by teenagers, and these struggles can have a negative impact which includes child's A variety of emotional struggles are experienced by teenagers, and these struggles can have a negative impact which includes child's emotional and behavioural growth, as well as their self-esteem, social skills, and academic performance. Anxiety, depression, low self-esteem, low self-worth, loneliness, and abandonment are just a few of the mental health problems that can develop as a result of these emotional distresses. It is important to note that there are many factors that can contribute to the development of mental health problems in teenagers, including genetics, environment, and life experiences. Parenting style is just one of many factors that can impact a teenager's mental health. Hence the aim of the study to understand the emotional distress among teenagers due to parenting style. After taking the permission of head of the department and the guide the research process began. Ten teenagers who are studying higher secondary schools in kannur district in Kerala was selected as the sample for the study. The informed consent of the participant was taken. They were made aware of their rights and about the confidentiality that would be followed. They were also told that they could withdraw anytime from the study if they felt uncomfortable or due to any other reasons. Permission to record the interview was also taken from each of the participants. Then, the questions were asked after establishing rapport and making sure that the participants were comfortable.

The approach employed was a semi-structured interview where participants were asked questions and then asked to provide answers based on their own

experiences. Based on the participants' answers and the precise examples or events they mentioned, the questions were further investigated. Responses from the participants were meticulously gathered. After the information was gathered, each participant was questioned regarding their experience. They were also told that if they were interested, they may get in touch with the researcher or that the researcher will get in touch with them to notify them of the research's findings. After that, the person was acknowledged for their contribution and collaboration.

The major objective of the study is to understand the emotional distress among teenagers due to parenting style. The specific objectives of the research are understanding the concept about ideal parenting among teenagers, to understand emotional distress due to toxic parenting and to understand the method used by teenagers to deal with toxic parenting. The responses that were collected were then analysed. The narrative analysis method was used because it provides researchers with detailed information about their subjects that they could not get through any other methods. Using the narrative analysis, the study was able to develop some findings.

Toxic parenting can have a significant impact on a child's emotional well-being and development. Low self-esteem, anxiety and depression, fear of abandonment, anger and aggression, difficulty in trust, emotional numbing, shame, and guilt. These are some examples of the emotional distress that can result from Toxic parenting. It is important to note that the impact of toxic parenting can vary depending on the severity and duration of the abuse, as well as the child's individual resilience and coping mechanisms.

The concept of ideal parenting among teenagers can vary widely depending on cultural and individual differences. However, the concept of ideal parenting among

teenagers emphasizes the importance of strong relationships built on effective communication, consistency, support, respect, and trust.

Dealing with toxic parenting can be incredibly challenging, particularly for teenagers who may feel trapped in their situation. There are some common methods that teenagers may use cope with or overcome toxic parenting: Seeking support from trusted adults, developing coping strategies, setting boundaries, Seeking therapy and Planning for the future. It is important to note that each individual and situation is unique, and what works for one teenager may not work for another.

KEY FINDINGS:

- The key findings of the study includes that toxic parenting can have a significant impact on child's emotional well-being and development
- Toxic parenting can lead to emotional distress among teenagers like anxiety and depression, low self esteem, low self worth, fear of abandonment, difficulty in trust, shame, and guilt
- The concept of ideal parenting among teenagers are having good communication, friendly, trust, respect, and support
- The methods used by teenagers to deal with toxic parenting are seeking support from trusted adults, developing coping strategies and setting boundaries

IMPLICATIONS

The mental health and development of a child can be significantly impacted by toxic parenting. The inability to trust others, low self-esteem, anxiety and despair, fear of abandonment, wrath and violence, emotional numbness, shame, and guilt. These are a few instances of the emotional pain toxic parenting may cause. Results of the present

study helps others get knowledge about this problem and can understand how toxic parenting affects teenagers, the challenges they had been facing and their emotional state. We can also understand that which parenting style is better for teenagers. Through this study it is stating the conditions of emotional distress on teenagers due to toxic parenting.

The findings of this research can apply to the different types of counselling. While providing therapy or counselling for the teenagers who are experiencing toxic parenting, who are facing toxic parenting its important to seek support and explore resources that can help navigate this difficult situation.

LIMITATIONS:

The questions are all about family and personal details so that the teenagers did not open easily. Some Teenagers have some insecurities to speak about their family. The universes were restricted to kannur district in Kerala due to inefficient time.

SCOPE OF THE RESEARCH

To study on emotional distress among teenagers due to parenting style can be used to understand which type of parenting styles that suits for teenagers and a healthy good relationship with parents. This study can be a basis for exploring more coping strategies to help the teenagers to deal with toxic parenting. This study also covers the concept of ideal parenting among teenagers and this section can be taken for the future analysis by the counsel.

SUGGESTIONS FOR FUTURE RESEARCH:

- The same study variables can be studied in a different location/ culture.
- The present study addressed emotional distress, coping strategies, and toxic parenting. Future studies could explore the possibility of other psychological variables in this population.
- Time consuming was a major limitation and this can be avoided using an alternative data collection method.

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APPENDIX

APPENDIX A: INFORMED CONSENT FORM

This is a research study undertaken for the fulfilment of the researcher 's Bachelor of Science program in Psychology. The study is on —UNDERSTANDING THE EMOTIONAL DISTRESS AMONG TEENAGERS DUE TO PARENTING STYLE . The data for the study will be obtained through semi-structured interviewing method.

Participation in this research project is voluntary. You have the right to withdraw from the study at any time in the event that you chose not to continue. It is further reinstated that all information will be kept confidential and will be used only for the purpose of the above mentioned research study.

The contact information of the researcher has been provided for participants in order to clarify any concerns or queries about this study. The details of the researcher are given below:

Researcher: ABHINAV M

Phone Number: 9400902796

Email Id: abhinavmavila@gmail.com

Your name and signature below signify that you have read and understood the contents and intentions formed in the consent.

Name:

Signature:

Date:

APPENDIX B: SOCIO DEMOGRAPHIC DETAILS

NAME/ INITIAL:

AGE:

GENDER:

QUALIFICATION:

PLACE:

ADDRESS:

CONTACT NUMBER:

APPENDIX C: RESEARCH QUESTIONS

1. Do you share the events of your day with your parents?
2. Do you go for outings with your family?
3. Does your parents allow you to go out with friends?
4. Does your parents let you out late in the night?
5. Do they help you with your academic works?
6. How will they react when you get low grade in exams?
7. How is your parents approach on P.T.A. meetings?
8. Do they compare your academic performance with others?
9. Whose side does your parents take when there is a sibling fight?
10. Whom do you think gets more attention between your siblings?
11. Do you share your problems with your parents?
12. How does your parent take up your problems?
13. Do you face any sleep issues?
14. Are your parents short tempered?
15. Do they take out their frustration on you?
16. Do you face any family conflicts?
17. How long do your conflicts stay?
18. How is your parents relationship with their parents?
19. Are you satisfied with your family?
20. According to your perspective, how should an ideal parent be?

UNDERSTANDING AGGRESSION MANAGEMENT AMONG COLLEGE STUDENTS

*A Dissertation submitted in partial fulfilment of the
Requirement of the degree of Bachelor of Science in Psychology*

Submitted by:

Nadha Yasmeen Sharfudeen

Reg.No DB20CPSR13

Under the Guidance of

Mr. Manjith R

Assistant Professor



DON BOSCO ARTS AND SCIENCE COLLEGE,

ANGADIKADAVU

(Affiliated to Kannur University)

DEPARTMENT OF PSYCHOLOGY

MARCH 2023



**DEPARTMENT OF PSYCHOLOGY
DONBOSCOARTS & SCIENCECOLLEGE,
ANGADIKADAVU
(Affiliated to Kannur University)
PSYCHOLOGY PROJECT REPORT**

Register Number: DB20CPSR13

SUBMITTED FOR THE B.Sc. EXAMINATION 2022-23

Head of the Department

Principal

Held On

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on **“UNDERSTANDING AGGRESSION MANAGEMENT AMONG COLLEGE STUDENTS.”** by, **Nadha Yasmeen Sharfudeen**, in partial fulfilment of the requirements for the award of the Undergraduate Degree of BSc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

DECLARATION

I **NADHA YASMEEN SHARFUDEEN**, hereby declare that this dissertation entitled **“UNDERSTANDING AGGRESSION MANAGEMENT AMONG COLLEGE STUDENTS”** submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

NADHA YASMEEN SHARFUDEEN

Signature

DB20CPSR13

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I would like to specially thank the 10 participants who had cooperated and participated in this study and shared their own personal experiences. I owe a lot of gratitude to all of them because without them this study would not have been possible. I appreciate the time and effort they put aside for this study and for giving me the permission and opportunity.

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ABSTRACT

This study maximizes the use of qualitative methods to Understand Aggression Management Among College Students. The study was conducted among the population of different college students in Kannur, and the method used for collecting data was semi structured interview and there was a total of 10 participants. The responses of the participants to the questions that were asked are analyzed using thematic analysis method of analyzing qualitative data. Aggression is a phenomenon that affects practically every level of an individual's personal experience in a society since it is complex, multi-faceted, and diverse. Aggression is a very prevalent issue that students confront at various levels of their study. As a result, it is estimated that 246 million students worldwide are subjected to at least one form of aggression, such as physical, psychological, or sexual violence. Anger management skills teach people how to be calm and control their negative emotions before they become angry. Most people find the transition from high school to college stressful, and students are also among the age groups with high levels of rage and enthusiasm. Given the importance of the aggression management among young student community, the present study was conducted to understand the aggression management among college students. The findings of the study can be used for further research in this area.

The major findings of the study list out different strategies used by the college students such as talking calmly with the person whom you are angry with can either resolve the problem or decrease the intensity of the problem, engaging in different activities and distracting oneself from any aggression triggering situation can be effective to manage one's aggression. Few suggested that listening to music and podcast can help reduce or manage one's aggression effectively. Some also suggested that engaging in religious practices can be effective to control one's aggression.

CHAPTER 1

INTRODUCTION

Aggression is a phenomenon that affects practically every level of an individual's personal experience in a society since it is complex, multi-faceted, and diverse (Anderson & Huesmann 2003). Aggression can range from low-key, nearly inadvertent activities to intense, cold-blooded, and well-planned actions directed at individuals who are the target of the aggressiveness (Anderson & Huesmann, 2003). Aggressive behaviour is generally motivated by the desire to cause harm, including bodily harm to oneself or others (Sadock & Sadock 2007). Verbal aggressiveness, coercion, intimidation, and destructive managerial styles are examples of these behaviors, which can have negative psychological implications for people. Violent behavior is frequently manifested as deliberate social disapproval of others. The influence of such behaviors, as well as their impacts on the self-esteem, social status, and happiness of those involved, should not be ignored (Sadock & Sadock 2007).

Aggression is a very prevalent issue that students confront at various levels of their study. As a result, it is estimated that 246 million students worldwide are subjected to at least one form of aggression, such as physical, psychological, or sexual violence (UNESCO, 2017). Furthermore, hostility can have an effect on many aspects of a student's life. In reality, research have shown that violence can have a negative impact on an individual's personal, social, and educational life (Smith and Furlong, 1998; Kozina, 2007).

One of the issues of interest to researchers is anger management. Anger management skills teach people how to be calm and control their negative emotions before they become angry. Anger management tactics recommended by psychologists include self-relaxation, keeping internal control, effective talking, effective listening, expressing emotions, and indirectly teaching life skills. Hidden education is also one of the most effective methods of skill acquisition. This schooling is a sort of subconscious level learning in which the individual records stimuli without his awareness. Students constitute a significant portion of our young community, and this young population will play an important role in the future development of a healthy society. Most people find the transition from high school to college stressful, and students are also among the age groups with high levels of rage and enthusiasm. Students are faced with new conditions

and requirements that they have no experience with due to being away from family, the difficulty of studying, tuition fees, and worrying about the future, and most of them lack the skills to cope with these conditions and often want to change them as soon as possible. Studies show that students have poor anger control skills.

Given the importance of the aggression management among young student community, the present study was conducted to understand the aggression management among college students.

Need and significance of the study

We all understand what anger is and have experienced it at some point, whether it was a little annoyance or a full-blown wrath. Anger is an entirely common and typically positive human emotion. But when it spirals out of control and becomes destructive, it may cause issues—issues at work, issues in your personal relationships, issues with your life's general quality.

Responding violently is the automatic, natural manner that anger is expressed. Anger generates strong, frequently violent sentiments and behaviors that enable us to fight and protect ourselves when we are attacked. Anger is a normal, adaptive response to dangers. Therefore, some level of rage is essential for our existence.

Anger management failure can be disastrous, affecting one's mental health as well as personal and professional relationships. Anger management is essential for those who are unable to control their temper and allow anger to dictate their lives. Anger management can be used to improve one's overall well-being. The study intends to uncover maladaptive behavior patterns and maladaptive aggression management in college students and to propose effective aggression management approaches. Through the findings of the study, it can possibly help students to effectively make use of aggression management strategies in their day-to-day life making their new environment a better place.

Statement of the problem

Aggression is one of the very common issues that face students at different stages of their studies. The study tries to explore the effective aggression management done among college students. Hence the title of the study is ‘Understanding aggression management among college students ‘.

Definition of the key terms

Aggression management

Theoretical definition:

Techniques used by individuals – sometimes in counselling or therapy- to control their inappropriate reactions to anger-provoking stimuli and to express their feelings of anger in appropriate ways that are respectful of others. Such techniques include using relaxation methods [breathing deeply, repeating word or a phrase, visualizing a relaxing experience] to reduce physiological responses to anger, replacing exaggerated or overly dramatic thoughts with more rational ones, communicating more calmly and thoughtfully about one's anger, and removing oneself from situations or circumstances that provoke anger or avoiding them altogether. (APA,2022)

Operational definition:

It is the ways or techniques used to control one's aggressive behaviors or aggression effectively.

College students

Theoretical definition:

The term 'college students' means an individual who is a full-time or a part-time student attending an institution of higher education (Law.Cornell.Edu,n.d)

Operational definition:

College students are people who attend classes in an institution of higher education.

Objectives of the study

Major objective:

To understand aggression management among college students.

Specific objective:

- To understand factors associated with aggressive behavior among college students.
- To understand effective management techniques used by college students to control aggressive behavior

Organization of the study

The study contains five chapters- Introduction, literature review, methodology, results and discussion and finally the summary and conclusion. The first chapter is the introduction.

It includes a brief introduction to the study with major focus on the need and significance of the study. The chapter also included the problem statement and the definition of key terms that are used in the chapter. The second chapter is the review of literature. It comprises of two sections -theoretical background of the study and the related studies. The third chapter is the methodology. It includes a detailed account of samples, variables, tools, procedures for data collection and analysis method used for the analysis of the data collected.

The fourth chapter explores the result and discusses the analysis of the data and the results obtained there by. In the fifth chapter which is the summary and conclusion, a resume of the study and methodology of the study is briefly stated. It also includes the major findings of the present study, it's implications and the suggestions for further research. At the end, reference and appendices are included.

CHAPTER 2

REVIEW OF LITERATURE

A literature review is a type of academic writing that contextualises and exhibits knowledge of academic literature on a certain topic. It is referred to as a literature review rather than a literature report since it includes a critical evaluation of the sources. It is a strategy of both reading and writing about literature. Reading and critical analysis can help to hone a topic and frame research questions. Doing a literature study before starting a new investigation will demonstrate your familiarity with and understanding of the most recent studies on the subject. (theuniversityofedinburgh, 2022)

In writing the literature review, the purpose is to convey to the reader what knowledge and ideas have been established on a topic, and what their strengths and weaknesses are. The literature review must be defined by a guiding concept (eg. your research objective, the problem or issue you are discussing, or your argumentative thesis). It is not just a descriptive list of the material available, or a set of summaries. (bloomsburguniversity, 2023)

Theoretical review

The theoretical literature review assists in determining what theories already exist, their relationships, the extent to which existing ideas have been studied, and the development of new hypotheses to be tested. This style is frequently used to demonstrate a lack of acceptable theories or to demonstrate that current theories are insufficient for understanding new or emergent research issues. The analytical unit can be a single theoretical concept or an entire theory or framework. (Kennedy & Mary, 2007)

Theories of aggression

Instinct Theory of Aggression (Thanatos Theory)

The original theory of hostility dates back to Sigmund Freud's time. Freud's behavioural theories evolved throughout time. He initially thought that all acts derived from Eros, the life instinct. They were the instincts that kept us alive and motivated us to procreate. Nonetheless, he stated in 1920 that the life instinct could not explain all of the desires or actions that humans exhibit. Violence does not always match with our want to survive and to keep others alive. Thus Freud wrote about Thanatos in Beyond the

Pleasure Principle. This is what he called the "death instinct." The death instinct aided in explaining why humans become violent, engage in hazardous activities, or wish to relive past traumas. Freud felt that these two instincts coexist in every human mind and that all behaviours are the result of the balance of these two drives. This could explain why we vent our frustrations on others. Even though Thanatos' fury or aggression is initially directed inward, Eros triumphs. Aggression is directed outward in order to keep ourselves alive. (Practical psychology, 2022)

Konrad Lorenz on Freud's Theories of Aggression

Ideas about the origins of human hostility can be useful. Yet, violence appears to be unavoidable in theories such as Freud's. Is it? Is it possible to avoid it? These are the questions posed by psychologists such as Konrad Lorenz. Lorenz is primarily known for his animal psychology research, but he also studied people. On Aggression is a book he wrote. The book takes on Freud's notion of aggression, relating aggression to species preservation. Lorenz also investigates techniques to deflect or reduce aggression, which includes some of Freud's ideas.

First, Lorenz argued that self-awareness could aid in the reduction of violence. Psychoanalysis (Freud's expertise) may be able to help humans in this process. Second, Lorenz argued that social relationships, particularly those between different groups, could diminish violence. Consider how much more peaceful the world would be if everyone was willing to become friends with people from different political parties, races, ages, and cultures. Third, Lorenz felt that our rage may be channeled into nonviolent actions. Instead of shouting at the person who cut you off in traffic, go to the gym and lift some weights. (Practical psychology, 2022)

Frustration-Aggression Theory

Frustration is a normal human feeling that arises when someone or something prevents us from achieving our goals. It could be as easy as completing an essay or as complex as answering life's most deep concerns. According to the frustration-aggression theory, aggression is the result of frustration. Frustration is prone to escalation into aggression, but it doesn't have to if a person has higher degrees of self-awareness or self-control.

John Dollard and colleagues proposed in 1939 that (a) dissatisfaction always causes an aggressive drive and (b) violence is always the product of past frustrations.

One of the theory's proponents, Neal E. Miller, later remarked that frustration can lead to a variety of acts, but that the desire for aggressiveness will become more prevalent as the thwarting continues. Leonard Berkowitz (1926), a U.S. psychologist, stated in 1989 that the irritation must be distinctly unpleasant in order to elicit an aggressive drive. Also known as the aggression-frustration hypothesis. (practical psychology, 2022)

Psychoanalytic viewpoint on aggression

Individual non-hostile aggressiveness is viewed as one of the biological constants of the human condition and the source of our vigor and energy by psychoanalysts. Psychoanalysts view aggressiveness to be in the service of the individual's survival and to promote the fulfilment of biological demands (e.g., food, reproduction) as well as associated secondary wants for autonomy and exploration. The notion of aggressiveness as a reaction to frustration fulfilling the functions of self-assertion, domination, and competitiveness in groups is not widely embraced by all psychoanalysts, although it is a crucial component of many important formulations (Lichtenberg, 1989, Parens, 1979, Winnicott, 1965).

Behavioristic viewpoint on aggression

According to behaviorism as conceptualized by Skinner (1953). Operant conditioning was thought to be the primary method by which people learned violence (or any other behavior). That is, if an individual's action was reinforced by some type of reward, which might be something physical like money or ownership of a desired product or something intangible like praise, the individual would be more likely to repeat the behavior in the future (Slater, 2012).

Literature review

Ladan Zarshenas and Mehdi Baneshi (2017) carried out research to explore the efficacy of anger management based on group education among substance-abusing patients using Patrick Reilly's cognitive behavioural method. The participants were assigned to 12 instructional sessions based on group therapy and Patrick-anger Reilly's management techniques, which emphasised the use of cognitive intervention, relaxation, and communication skills. SPSS statistical software, version 16, was used to examine the data. The results revealed a substantial difference in aggressiveness levels between the two groups following the intervention ($p = 0.001$). No significant relationship was observed between aggression level and demographic variables ($p > 0.05$). The

intervention of this study can be used for establishing self-management and decreasing anger among patients depending on substances. They can also be used as a therapeutic program in addition to pharmacotherapy. There was no significant link between aggression level and demographic characteristics ($p > 0.05$). This study's intervention can be utilised to help patients who are dependent on substances create self-management and reduce rage. In addition to medication, they can be employed as a treatment programme.

Gayathri S. Prabhu, Joanne Tam Min Yen, and Jonas John Posko Amalaraj, Eugene Tan Yiie Jone, and Naveen Kumar (2016) conducted a study to determine the practise of students in effective anger management abilities and the amount to which their anger can impair their studies, work, and social relationships. The association between anger management and the consequences on the mental health of medical students was examined in this study. The statistics reveal that, while students with high anger tendencies have poor mental health, the mental health/PHQ-9 score does not decrease when the effectiveness of the anger management strategy increases. "Friends" were identified as the primary source of anger, with feelings lasting up to a day and having an impact on their lives. To sum up when anger is contained and not expressed, it can contribute to anxiety and depression. As a result, more focus should be made on educating pupils on how to regulate their anger, particularly in a stressful environment away from home.

In the study conducted by Golnaz Forough Ameri (2021) The purpose was to see how anger management skills training affected the rage status of people living with HIV.

This interventional trial included 60 HIV patients. Anger control strategies were taught to the intervention group. Spielberger's State Trait Anger Expression Inventory was used to collect data. Anger management skills training in the intervention group resulted in a large drop in mean scores of the state-trait anger and anger expression, as well as a significant increase in mean scores of anger control-out and anger control-in. Implications for Practice Anger management techniques should be taught to people living with HIV by expert counsellors, psychologists, community health workers, and psychiatric nurses. (Researchgate, 2021)

Amir Mohammad Shamsavarani, Sima Noohi, Habibeh Heyrati, Mostafa Mohammadi, Alireza Mohammadi, Kolsoum Sattar (2016) conducted a study, and the purpose of this study was to conduct a systematic assessment of the research literature on anger management in order to investigate and identify various ways of anger

management and control in Persian and non-Persian sources. Keywords such as "anger, anger management, anger control, anger restraint, anger handling, coping with anger, anger reduction, anger prevention, anger avoidance, and escape from anger" were searched in search engines such as "PubMed, ScienceDirect, Google Scholar, Google Patent, MagIran, SID, Proquest, Ebsco, Springer, IEEE, Kolwer, and IranDoc" and according to study parts, academic publishing, publishing after 1990, and Jadad system relevancy. The article was then polished using Delphi method evaluation of five specialists in the field of anger. A systematic examination of the literature on anger management in clinical settings showed five significant techniques in CBT, three Islamic, and one diverse way. There are a few outcomes and/or comparison studies on the size of the effect size of various anger management and control approaches, and the majority of the sources are books, book chapters, and/or instructions. It suggests that future studies should incorporate pre-test/post-test sections to analyze and evaluate the efficacy of various anger management approaches in different population segments.

Effectiveness of anger management and parenting training on inhibiting the response of students with oppositional defiant disorder is studied by Sourì Moharramzadeh, Hakimeh Aghaee, Mahboobe Taher, Abbas Ali Hossienkhanzadeh (2023). The objective of this study was to examine the impact of anger management and parenting training on reaction inhibition in students with ODD/FDD. This was a quasi-experimental study with a control group that used a pre-test and post-test design. All male students with ODD/FDD in Tehran in 2020 were included in the statistical population. Altogether, 45 participants were chosen as a sample based on the entry and exit criteria, and they were divided into two experimental groups and one control group. The tools utilized in this study comprised a grading scale for ODD/FDD in children as well as an inhibitor of the Stroop word colour test response. When compared to the control group, anger management and parenting training were more successful at response suppression ($P < 0.5$). Moreover, anger management training and parenting training had the same effect on reaction inhibition in students with ODD/FDD ($P > 0.5$). As a result, anger management education and parenting training, as two interventional programmes, can be useful in reducing the reaction of kids with ODD/FDD. (Moharram, Aghaee, Taher, Hossienkhanzadeh, 2023)

The study by Hassan Ebrahimpour Sadagheyani, Farin Tatari, Hosnieh Raoufian, Parisa Salimi (2020) aimed to determine the effect of multimedia-based education on

students' anger management skill. The quasi-experimental study included 88 North Khorasan Nursing and Midwifery School Anesthesiology, Nursing, Midwifery, and Operating Room students. The instructional content was shown through the monitor in front of the main hall of the Nursing & Midwifery School during the students' attendance for one week. Anger management abilities of students were evaluated using paired T-tests, independent T-tests, and one-way ANOVA. Data were analyzed using spss16 software. The pupils' average age was 20.23. In terms of the influence of multimedia-based education on students' anger management abilities, the mean anger control score before the intervention was 24.61 (Min = 11 and Max = 33) and 28.64 after the intervention. Mean scores before and after the intervention differed significantly ($P = .000$). Students' anger has been effectively controlled via multimedia-based instruction. This technique may be utilized to teach other key topics to students, including life skills, notably in health science students, given the influence of multimedia-based education on anger management skills.

The study was performed by E.S. Prasanth, Ancy Varghese, Athulya, Babitha Babu, Chanjal Sebastian, N.Jiya, M.G.Kartika, Neema Nazar (2022) to analyze the knowledge and practice of anger management among teenage pupils in a chosen School, Thrissur with a view to develop a pamphlet. The study's aims were to examine teenage anger management knowledge and practice, as well as to discover the relationship between adolescent anger management knowledge and practice and its chosen demographic characteristics. A systematic questionnaire was used to collect data. The study used a descriptive survey approach and included 212 students from St. Joseph Model Higher Secondary School in Kuriachira, Thrissur. Purposive sampling was used to pick the samples. According to this survey, claim that the information about anger management among teenagers is inadequate (58.49%) as well as practice regarding anger management among adolescents is likewise modest (39.25%). The study revealed that each school gives some consideration to the knowledge and practice regarding anger management among adolescents.

In the research study of Era Annisa Emansi Salliha, Mungin Eddy Wibowo, Awalya Awalya (2021) the objective of the investigation is to determine the efficacy of group counselling of anger management techniques and social skills training approaches in reducing physical aggressiveness in junior high school students. A total of 21 students participated in the experimental study, which used a randomized pretest posttest

comparison group design. The study of the findings of Wilcoxon and Kruskal Wallis demonstrates that group counselling of anger management techniques, social skills training techniques and a combination of the two approaches are successful in lowering students' physical aggressive behavior. When compared to the self-management method group and social skills training, combining anger management and social skills training group counselling strategies is more successful in lowering students' physical aggressive behavior. To minimize physical aggressiveness in junior high school kids, this study suggests combining anger management strategies with social skills training techniques.

Summary

Lack of anger management can be disastrous as it can affect one's mental health and can also hamper personal and professional relationships. Anger management is a must for those who are not able to control their temper and let anger affect their lives. Anger management can be a solution of your overall well-being. There are three theories based on aggression namely: instinct theory of aggression, frustration aggression theory and Konrad Lorenz's on Freud's theories of aggression.

College students are plagued by a serious and pervasive problem called aggression (Harned, 2002). Maladaptive anger management techniques are one of several reasons that contribute to this type of aggression (Dye & Eckhardt, 2002). Being able to effectively treat and prevent aggression requires a thorough grasp of the personality features that are significantly linked to the use of maladaptive anger management techniques. In the research study of Era Annisa Emansi Salliha, Mungin Eddy Wibowo, Awalya (2021) the study concludes that to minimize physical aggressiveness in junior high school kids, this study suggests combining anger management strategies with social skills training techniques. Effectiveness of anger management and parenting training on inhibiting the response of students with oppositional defiant disorder is studied by Sourî Moharramzadeh, Hakimeh Aghaee, Mahboobe Taher, Abbas Ali Hossienkhanzadeh (2023).

CHAPTER 3

METHOD

RESEARCH METHODS

The behavior and tool utilized in selecting and developing research operations are referred to as research methods. A research technique is a method for solving a research problem in a methodical manner. It can be thought of as a science that studies how scientific research is conducted. In this section, we will look at the numerous processes that researchers typically take when examining a research problem, as well as the logic behind them.

Leadly and Ormrod (2001) define research technique as 'the general strategy the researcher adopts in carrying out the research endeavor'. The tools that one person uses to do research are referred to as research methods. They can be qualitative, quantitative, or a combination of the two. Quantitative approaches investigate numerical data and frequently necessitate the use of statistical tools to analyze data acquired. This permits variables to be measured, and correlations between them to be created. Graphs and tables can be used to depict this type of data.

Non-numerical qualitative data focuses on establishing patterns. Research technique can be defined as a method for systematically solving or answering a research challenge. Consequently, it might be defined as the process of learning how scientific research is conducted. We analyze the methodology by evaluating the many processes that a researcher takes when studying his or her research problem, as well as the underlying logic behind them. The research approach chosen is critical in determining what conclusions we may draw about a phenomenon. It has an impact on what you can say about the phenomenon's cause and the elements that influence it (Kothari,2004).

RESEARCH DESIGN

The research problem is the preparation of a design of the research project, widely called ad "research design". The arranging of conditions for data collecting and analysis in a way that tries to combine relevant to the study purpose with economic in method is known as research design. In fact, the research design is the conceptual framework within which research is carried out; it serves as the blueprint for data collection, measurement, and analysis (Kothari, 2014).

This study's research design is a qualitative research study. The goal of qualitative research is to investigate, comprehend, and explain social phenomena in their natural context. Researchers strive to collect more information and acquire a more detailed picture of issues, instances, or occurrences by adopting a qualitative researcher technique. Qualitative research is described as an empirical research approach that focuses primarily on the collection of qualitative data. Individual people and single, local groups are the emphasis of qualitative research, with little interest in producing conclusions that are broadly generalizable. To understand the world, qualitative research is a good technique to delve deeply into the lives of individuals and communities. The nature, explanation, and comprehension of phenomena are the focus of qualitative research. Unlike quantitative data, qualitative data is evaluated for in-depth meanings and processes rather than frequency or quantity.

In the interview technique, the data approach is semi structured interviews; interviews are extensively utilized as a data collection instrument in qualitative research. These are commonly used as a research approach to collect data regarding participants' experiences, opinions, and beliefs about a certain research issue or phenomenon of interest (Lambert and Loiselle, 2007). According to Sadowski (2002), one-on-one interviews are the most widely utilized data gathering tools in qualitative research. Semi-structured interviews provide for greater flexibility in the interview process.

PARTICIPANTS

The universe of the study population is Kannur district.

The population of the study is college students.

The sampling method of this study is purposive sampling.

The sample size is 10.

The inclusion and exclusion criteria are:

Inclusion criteria

College students around the age group of 18-22 residing in kannur state.

Exclusion criteria

College students facing serious mental health issues .

METHOD OF DATA COLLECTION

The information is gathered through semi-structured interviews. A semi-structured interview is one in which the interviewer asks only a few preset questions, and the rest of the questions develop spontaneously in a free subsequent dialogue. Based on the research, questions were developed. There will be 20 questions, and the research will enquire in depth based on the responses of the participants. Face-to-face interviews were used to obtain data.

Employing the interview approach for research has numerous advantages, including the ability to choose the order of the questions, as opposed to the questionnaire, and to assess respondent spontaneity. The interview receives a higher response rate than postal questions, and persons who cannot read or write can also respond.

There are certain disadvantages to conducting interviews, such as the fact that it takes a long time and that respondents may be located in any part of the world or country. Interview studies provide less anonymity, which is a major worry for many respondents, and interviews can potentially generate biases.

PROCEDURE OF DATA COLLECTION

Beginning, the researcher obtained clearance from the faculty. The informed approval was obtained from the study's samples. Following that, the researcher conducted face-to-face interviews with the college students to collect data. The samples' consent was also obtained to record their reply. Rapport was built, and directions were given such as, answer the questions truthfully, let me know if you are inconvenient to the question offered, and attempt to attend as many questions as possible for data. The data will be kept private, according to the promise. Following that, the researcher asked the necessary questions and carefully collected data. They were finally acknowledged for their assistance and involvement.

DATA ANALYSIS METHOD

Thematic analysis is the analysis method used. Thematic analysis is a qualitative data assessment technique that entails searching through a data collection for, examining, and documenting reoccurring themes. It is a technique for summarising data, but it also involves interpretation when selecting codes and developing themes. One of theme analysis's distinctive features is its ability to be used within a wide range of theoretical

and epistemological frameworks, as well as to be applied to a wide range of study topics, designs, and sample sizes. The decision to utilise thematic analysis should be motivated more by the study aims than by a desire to select an easy-to-use methodology. When seeking to analyse a collection of events, ideas, or behaviours, theme analysis is an appropriate and useful strategy to utilise (Kiger and Varpio, 2020).

CHAPTER 4

RESULT AND DISCUSSION

Presenting essential findings without interpretation is the major goal of the results and discussion. The results section lists the data that was collected. The language of the Results section, which follows this order, provides responses to the questions and hypotheses the researcher investigated. Reporting substantial adverse results is also required. The discussion section follows the results section, and it is here that the researcher discusses the significance of the results. This section logically explains the study's findings. Since these interpretations are generally reached by contrasting and comparing the findings to the findings of prior studies, references to the research discussed in the Literature Review frequently reappear here. Also, this section often analyses the study's limitations and offers plausible interpretations of the results considering the issue(s) addressed by the research question (s). This part is essential since it is finally moving towards an argument. There is more potential for disagreement in this part since the researchers interpret their findings in light of theoretical foundations. The authors' interpretation of their findings may differ significantly from your interpretation or that of another researcher (Lumen,n.d).

The analysis technique is thematic analysis. Thematic analysis is a method for analyzing qualitative data that entails searching through a collection of data to identify, investigate, and record recurrent themes. It is a method for summarizing data, but it also involves interpretation when selecting codes and developing themes. One of the features that sets thematic analysis apart is its adaptability to be used within a wide range of theoretical and epistemological frameworks, as well as to be applied to a wide range of study topics, designs, and sample sizes. The research's goals should be prioritized over the desire to choose an intuitive methodology when choosing whether to employ thematic analysis.

The aim of the study conducted was to understand aggression management techniques among college students hence the study was conducted among the population of Kannur district and the method used to collect data was interview method and there was a total of 10 participants. The study was conducted among the college students. And therefore, the participants were college students residing in Kannur district. Using the

thematic analysis technique for interpreting qualitative data, the participant replies to the question posed are examined.

The first question asked to participant was whether the participant gets angry often. Almost all of the 10-participant replied saying they get angry often. According to the study conducted by Mansour (2012) the findings revealed that university students had a moderate level of state and trait anger and that, in contrast to social support and personal mastery, students' assessment of life satisfaction is a strong predictor of state and trait anger ($p .001$).

The second question was about when they get angry and why is that they get angry during that period of time. Most of the participants response has similar answers for this question. 6 out of 10 gets angry when they hear the same things repeatedly and that is because they get irritated. Thus, it means that college students' anger is easily triggered by repeatedly saying the same things over and over again which creates tension among the college students. Other 4 out of 10 gets angry when they are overloaded or burdened with works or responsibilities and also sometimes when they see others doing things of their disliking.

The third question concerns how frequently they become angry at home or at college. Two out of ten respondents said that college causes them to become angry. This inquiry was posed to determine the source of the student's rage. 7 other participants stated that they are frequently irritated at home. While one person stated that they get angry from both settings. This is regarded as their anger being activated regardless of where they are.

The next question was about how often they disagree with their friends. The majority of the student's response was that they disagree with their friends often due to difference in opinions. Which means that they don't agree with their friends often leading to disagreements and which can possibly lead to an action of aggression. The frequency of this answer is 8 out 10. The others responded saying that they don't disagree with their friends which means their opinions don't differ much. The participant S also mentioned that she disagrees with her friends very rarely and only when it concerns her.

The fifth question was about how they express their anger and what are the activities they indulge in when they get angry or want to express their anger.

Table: 4.1 shows the superordinate theme and subordinate theme and frequency of the participant.

Superordinate Theme	Frequency	Subordinate Theme
Physical aggression	7	1. Fight 2. Burst out 3. Facial expression

Table: 4.2 shows the superordinate theme and subordinate themes and frequency of the participant.

Superordinate Theme	Frequency	Subordinate Theme
Verbal aggression	3	1. Scream 2. Shout 3. Yell

The question was asked to understand the ways that they involve in to express their anger. 7 out of 10 participants express their anger through physical aggression. They often find themselves fighting, resulting in violence or expressing aggression in a negative way. Most of them express their anger through facial expressions either by clinched fists, furrowed brows, stiff jaws and lips, teeth showing, and flared nostrils, or the other as downward turned mouths, tears, drooping eyes, and wrinkled foreheads. Therefore, one of the superordinate themes formed is physical aggression. In the study conducted by Tremblay and Nagin (2004) most children began using physical aggressiveness in infancy, and most will learn to utilize alternatives in the years before entering primary school. Throughout the preschool years, humans appear to learn to control their use of physical aggressiveness. Individuals that lack this trait appear to be at the greatest risk of engaging in major violent conduct during adolescence and maturity.

Other participants 3 out of 10 responded that they express their anger through verbal aggression. Most of them express through shouting the other person, screaming and or yelling at others or oneself. Therefore, it is evident that college students are involved in types of aggressive behavior which is supported by the study conducted by Gruenwald (2017) which states that although college students self-reported greater

average rates of physical aggressiveness, verbal aggression, anger, and hostility than adults, only verbal aggression rates among college students were statistically significantly higher than adults.

Subsequently the next question was about whether they promote such aggressive behavior. This question was asked in order to understand the internal motivation of the students to involve oneself or others in such aggressive behavior. Majority of the participant responded that they do not encourage such aggressive behaviors because they feel that it gives negative impact in a situation. The frequency was 7 out of 10. While others responded that they do encourage aggressive behavior because it helps to relieve themselves from pain.

The next question was asked to identify the ways they use to calm themselves after a fight and how they control their anger in during a particular situation.

Table: 4.3 shows the superordinate theme and subordinate theme and frequency of the participant.

Superordinate theme	Frequency	Subordinate theme
Relaxation techniques	9	<ol style="list-style-type: none"> 1. Sleep 2. Meditate 3. Yoga 4. Hearing music 5. Spending quality time with oneself 6. Breathing techniques

It is evident from the data collected that majority of the participant use relaxation techniques to calm oneself after a fight. Students use different types to relaxation techniques such as sleeping, spending quality time with oneself, doing yoga, meditating, practicing breathing techniques to calm oneself after a fight. Although participant S stated that going to gym is a way of calming himself after a fight. It is evident in the article by Millacci (2020) that although they are used interchangeably, mindfulness and meditation have a few minor differences. The larger concept of awareness includes meditation (Behan, 2020). Both are effective techniques for teaching your mind to respond more calmly to stressful situations. They assist you in developing your ability to concentrate and let go of unfavorable thoughts as they enter your head (Millacci, 2020).

Furthermore, the eighth question was about whether they participate in talking with someone about their situation when they are in a state of anger. This question was addressed by majority of the participant as they are ready or encourage talking with someone about their situation when they feel angry, which makes them relieve about that particular situation. They also included that they prefer talking with the person they are angry with which decreases the intensity of the cause of the aggression. Other participants responded they do not participate in talking with other person about their situations as they suggest that it might change the viewpoint of the problem into a negative or more malicious ones. Participant M responded that it depends upon the situation whether to talk or not about the problem or situation to any other person.

The next question was about the activities they indulge in when they want to exhibit their aggression. To this question 3 out of 10 responded that they distract themselves by listening to music and eating in order to avoid aggressive behavior. 2 participants out of 10 responded that they keep quiet during the situation, and that makes them keep away from aggressive behavior. Rest of the participants acknowledged to the question by expressing facial notations.

Subsequently the next question was about their feelings they get once they express their emotions.

Table: 4.4 shows the superordinate theme and subordinate theme and frequency of the participant.

Superordinate theme	Frequency	Subordinate theme
Positive emotion	6	1. Happy 2. Satisfaction 3. Relief 4. Peaceful

Table: 4.5 shows the superordinate theme and subordinate theme and frequency of the participant.

Superordinate theme	Frequency	Subordinate theme
Negative emotion	4	1. Regret 2. No

The question was asked to understand about the feelings when they express their true emotions. 6 out of answered that they feel relieved, happy, satisfied and peaceful when they truly express out their emotions. In the article published by The University of Kansas Health System (2023), it says that when someone fails to express their emotions, their brain can often go into the flight-or-fight state. This is a physiologic response to stress that starts a series of processes happening all over our bodies. Our hearts beat faster, our digestion moves more slowly, and we experience anxiety or depression as a result. 4 out of 10 responded that they either regret of their expression of emotions or they do not feel anything about expressing their true emotions. This is regarded as one of the superordinate themes as negative emotions.

The last question was regarding anger management techniques that participants can suggest to effectively control ones or other's aggression. This question was asked in order to directly take in effective measures to control or manage one's or other's anger. Most of the participants suggested that talking calmly with the person whom you are angry with can either resolve the problem or decrease the intensity of the problem. They also suggested that engaging in different activities and distracting oneself from any aggression triggering situation can be effective to manage one's aggression. Few suggested that listening to music and podcast can help reduce or manage one's aggression effectively. Some also suggested that engaging in religious practices can be effective to control one's aggression.

CHAPTER 5

SUMMARY AND CONCLUSION

Aggression is a phenomenon that affects practically every level of an individual's personal experience in a society since it is complex, multi-faceted, and diverse (Anderson & Huesmann 2003). Aggression can range from low-key, nearly inadvertent activities to intense, cold-blooded, and well-planned actions directed at individuals who are the target of the aggressiveness (Anderson & Huesmann, 2003). Aggression is a very prevalent issue that students confront at various levels of their study. As a result, it is estimated that 246 million students worldwide are subjected to at least one form of aggression, such as physical, psychological, or sexual violence (UNESCO, 2017). Anger management skills teach people how to be calm and control their negative emotions before they become angry. Anger management tactics recommended by psychologists include self-relaxation, keeping internal control, effective talking, effective listening, expressing emotions, and indirectly teaching life skills. Most people find the transition from high school to college stressful, and students are also among the age groups with high levels of rage and enthusiasm. Given the importance of the aggression management among young student community, the present study was conducted to understand the aggression management among college students.

The research guide granted approval for the study's implementation. The subjects' informed consent was then obtained by the researcher. The rights of the participants and the observance of confidentiality were explained to them. Participants were Kannur-based college students. Also, they were informed that they might leave the study at any time if they felt uncomfortable or for any other reason. After building a strong rapport with the participants, the questions were put to them.

The study was qualitative in nature, and semi-structured interviews were employed as the primary data gathering strategy. One person at a time is interviewed. The researcher gathered information by personally approaching students at several colleges. In order to better grasp the approaches and strategies for managing anger and aggressiveness, a good rapport was first built, and questions were posed. Yet, the participants' reports indicate that the questions are not arranged in a certain order or that the wording varies. One by one, the questions were posed, and the answers were

meticulously recorded. Each participant's interview went without a hitch. The participants were informed of their right to get in touch with the researcher if they needed any more explanations. In the conclusion, everyone thanked everyone for their assistance and participation.

The major objective of the study was to understand aggression management strategies among college students. The data was collected through semi structured interview and the data was analyzed using thematic analysis. It is a technique for summarising data, but when choosing codes and creating themes, it also involves interpretation. The ten questions asked and the responses from the participants were thus analyzed thematically. There were subordinate and superordinate themes found among the responses. the major findings of the study were that students suggested different anger management strategies such as talking calmly with the person whom you are angry with. They also suggested that engaging in different activities and distracting oneself from the anger triggering situation can help manage aggression effectively.

MAJOR FINDINGS:

The major findings of the study list out different strategies used by the college students such as talking calmly with the person whom you are angry with can either resolve the problem or decrease the intensity of the problem, engaging in different activities and distracting oneself from any aggression triggering situation can be effective to manage one's aggression. Few suggested that listening to music and podcast can help reduce or manage one's aggression effectively. Some also suggested that engaging in religious practices can be effective to control one's aggression.

Despite these strategies suggested by the students, the most commonly used aggression management among university students are relaxation techniques say sleep, meditate, yoga, hearing music, spending quality time with oneself and breathing techniques. The least commonly used techniques are said to be going to gym and working out or doing exercise to manage aggressive behavior.

IMPLICATIONS:

The present study, which was performed on college students, focused on the causes of their aggression and the extent to which they were capable of managing it. The study can be used to understand some of the practical anger control approaches to use in

everyday life. The study's conclusions can be utilized to address effective anger management strategies, raise understanding of what causes people to become angry, and demonstrate how to apply these strategies in daily life. The students' transition stage makes them susceptible to hostile settings, which prevents them from managing their anger in a constructive way. Several other studies on anger management among undergraduate college students have been conducted, but many students are still not aware of this; as a result, awareness campaigns might be implemented based on this discovery.

SUGGESTIONS FOR FUTURE RESEARCH:

- The same study variable can be examined in several populations, contexts, and locations.
- Ten college students participated in the current study. Further research could be done with a larger sample size.
- A different data collection approach can be used to get around the main limitation of time.
- Future studies should examine the possibility of other psychological variables in this cohort; the current study solely examined anger as a variable.

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APPENDIX

APPENDIX A: INFORMED CONSENT FORM

This is a research study undertaken for the fulfilment of the researcher's Bachelor of Science program in Psychology. The study is on — UNDERSTANDING AGRESSION MANAGEMENT AMONG COLLEGE STUDENTS. The data for the study will be obtained through a semi structured interview.

Participation in this research project is voluntary. You have the right to withdraw from the study at any time in the event that you chose not to continue. It is further reinstated that all information will be kept confidential and will be used only for the purpose of the above mentioned research study.

The contact information of the researcher has been provided for participants in order to clarify any concerns or queries about this study. The details of the researcher are given below:

Researcher: NADHA YASMEEN SHARFUDEEN

Phone Number: 9745241710

Email Id: nadhayas002@gmail.com

Your name and signature below signify that you have read and understood the contents and intentions formed in the consent.

Name:

Signature:

Date:

APPENDIX B: SOCIO DEMOGRAPHIC DETAILS

NAME/ INITIAL:

AGE:

GENDER:

QUALIFICATION:

PLACE:

ADDRESS:

CONTACT NUMBER:

APPENDIX C: RESEARCH QUESTIONS

1. Do you get angry often ?
2. When do you get angry?
3. Why do you think you get angry?
4. Do you often get angry from college or at home ?
5. Do you fight when you are feeling angry or low?
6. What makes you feel angry ?
(A) Do you often disagree with your friends?
7. How do you express your anger?
8. Do you yell or shout when you're angry?
9. Do you promote such aggressive behaviour ?
10. What do you do when someone hits you?
11. How do you calm yourself after a fight?
12. What do you do when anger first hits you?
13. Do you practice any relaxation techniques to calm yourself?
(A) If yes, which relaxation techniques you practice the most?
14. Do you talk to someone about your situation when you feel angry?
15. Are you a person who likes to exercise/workout ?
16. How often do you express your anger as in true form?
17. What do you feel when you express your emotions?
18. Do you practice anything to control your anger ?
19. What are the activities you indulge in when you feel to exhibit your aggression?
20. Has your activities practiced to control aggression been successful?

UNDERSTANDING ALCOHOL RELAPSE AMONG DAILY WAGE WORKERS

*A Dissertation submitted in partial fulfilment of the
requirement of the degree of Bachelor of Science in Psychology*

Submitted by:

Akhil Sebastian

Reg.No:DB20CPSR19

Under the Guidance of

Mr. Manjith R

Assistant Professor



DON BOSCO ARTS AND SCIENCE COLLEGE,

ANGADIKADAVU

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DEPARTMENT OF PSYCHOLOGY

MARCH 2023



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PSYCHOLOGY PROJECT REPORT

Register Number: DB20CPSR19

SUBMITTED FOR THE B.Sc. EXAMINATION 2022-23

Head of the Department

Principal

Held on:

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on **“UNDERSTANDING ALCOHOL RELAPSE AMONG DAILY WAGE WORKERS”** by, **Akhil Sebastian**, in partial fulfilment of the requirements for the award of the Undergraduate Degree of BSc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

DECLARATION

I AKHIL SEBASTIAN, hereby declare that this dissertation entitled **“UNDERSTANDING ALCOHOLIC RELAPSE AMONG DAILY WAGE WORKERS”** submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

AKHIL SEBASTIAN

DB20CPSR19

Signature

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ABSTRACT

The study utilized qualitative methods to- Understand Alcohol Relapse among Daily Wage Workers. The study was conducted among the population of Kannur district and the method used to collect data was focussed group discussion and there was a total of 7 participants. The study was conducted among male alcoholic workers only. The participants were all middle aged men. The responses of the participants to the questions that were asked are analysed using the thematic analysis method of analysing qualitative data. Alcoholism is a common disorder and the prevalence rates are very high in every gender. Daily wage workers are a large population and still many people who we know in our society are still doing daily wage jobs. Alcoholic dependence is very prominent among these workers and de-addiction centres are having more inmates who are daily wage workers. Thus this research tries to understand how alcoholic relapse happens among daily wage workers and associated specific factors. The findings of the study can be used for further research in this area and the findings shall be specifically linked to our cultural context. Furthermore, in the field of psychology the findings of the study can be used to develop follow up activities that would reduce the rate of relapse. These follow up can be based on the factors that will be found under this study.

The major findings of the study were that the use of alcohol commonly starts during the adolescence period of an individual. The family history is very vital in bringing up a maladaptive behaviour in an individual. Families with an alcoholic parent are having increased chance for children to be alcoholics. Another important finding of the study is that stress is the major factor that causes relapse in the population studied. The major stressors are family issues, financial condition, health and past memories. The support from family and friends play a key role in helping an individual to maintain the period of abstinence after treatment.

CHAPTER 1

Alcohol is a psychoactive substance with dependence-producing properties that has been widely used in many cultures for centuries. The harmful use of alcohol causes a high burden of disease and has significant social and economic consequences. The harmful use of alcohol can also result in harm to other people, such as family members, friends, co-workers and strangers. Alcohol consumption is a causal factor in more than 200 diseases, injuries and other health conditions. Drinking alcohol is associated with a risk of developing health problems such as mental and behavioural disorders, including alcohol dependence, and major noncommunicable diseases such as liver cirrhosis, some cancers and cardiovascular diseases. A significant proportion of the disease burden attributable to alcohol consumption arises from unintentional and intentional injuries, including those due to road traffic crashes, violence, and suicide. Fatal alcohol-related injuries tend to occur in relatively younger age groups.

A variety of factors which affect the levels and patterns of alcohol consumption and the magnitude of alcohol-related problems in populations have been identified at individual and societal levels. Societal factors include level of economic development, culture, social norms, availability of alcohol, and implementation and enforcement of alcohol policies. Adverse health impacts and social harm from a given level and pattern of drinking are greater for poorer societies. Individual factors include age, gender, family circumstances and socio-economic status. Although there is no single risk factor that is dominant, the more vulnerabilities a person has, the more likely the person is to develop alcohol-related problems as a result of alcohol consumption. Poorer individuals experience greater health and social harms from alcohol consumption than more affluent individuals. The impact of alcohol consumption on chronic and acute health outcomes is largely determined by the total volume of alcohol consumed and the pattern of drinking, particularly those patterns which are associated with episodes of heavy drinking(WHO,2022).

Alcoholism is a complex, many-sided phenomenon, and its many formal definitions vary according to the point of view of the definer. Simplistic definition calls alcoholism a disease caused by chronic, compulsive drinking. A purely pharmacological-physiological definition of alcoholism classifies it as a drug

addiction that requires imbibing increasing doses to produce desired effects. Many theories of the causes of alcoholism rest on the limited perspectives of specialists in particular professions. These theories range from heredity, environmental contagion, bad character, and economic misery to bleak childhoods, pre-existing depressive disorder, ready and inexpensive availability of alcoholic beverages, or sociopathy. More discerning theories take into account the complexity of the disorder and acknowledge that alcoholism is usually caused by a combination of factors (Britannica,2022).

Alcoholism is the extreme case of Alcohol Use Disorder as per DSM5. Alcohol use disorder can include periods of being drunk (alcohol intoxication) and symptoms of withdrawal.

- Alcohol intoxication results as the amount of alcohol in your bloodstream increases. The higher the blood alcohol concentration is, the more likely you are to have bad effects. Alcohol intoxication causes behavior problems and mental changes. These may include inappropriate behavior, unstable moods, poor judgment, slurred speech, problems with attention or memory, and poor coordination. You can also have periods called "blackouts," where you don't remember events. Very high blood alcohol levels can lead to coma, permanent brain damage or even death.
- Alcohol withdrawal can occur when alcohol use has been heavy and prolonged and is then stopped or greatly reduced. It can occur within several hours to 4 to 5 days later. Signs and symptoms include sweating, rapid heartbeat, hand tremors, problems sleeping, nausea and vomiting, hallucinations, restlessness and agitation, anxiety, and occasionally seizures. Symptoms can be severe enough to impair your ability to function at work or in social situations.

Drinking too much alcohol on a single occasion or over time can cause health problems, including:

- Liver disease. Heavy drinking can cause increased fat in the liver (hepatic steatosis) and inflammation of the liver (alcoholic hepatitis). Over time, heavy drinking can cause irreversible destruction and scarring of liver tissue (cirrhosis).

- Digestive problems. Heavy drinking can result in inflammation of the stomach lining (gastritis), as well as stomach and esophageal ulcers. It can also interfere with your body's ability to get enough B vitamins and other nutrients. Heavy drinking can damage your pancreas or lead to inflammation of the pancreas (pancreatitis).
- Heart problems. Excessive drinking can lead to high blood pressure and increases your risk of an enlarged heart, heart failure or stroke. Even a single binge can cause serious irregular heartbeats (arrhythmia) called atrial fibrillation.
- Diabetes complications. Alcohol interferes with the release of glucose from your liver and can increase the risk of low blood sugar (hypoglycemia). This is dangerous if you have diabetes and are already taking insulin or some other diabetes medications to lower your blood sugar level.
- Issues with sexual function and periods. Heavy drinking can cause men to have difficulty maintaining an erection (erectile dysfunction). In women, heavy drinking can interrupt menstrual periods (Mayoclinic, 2022).

Recovering from a dependence on alcohol or another drug is a process that can take time. A relapse (or multiple relapses) is one part of recovering from alcohol and other drug dependence and can often be a feature of the recovery. A relapse happens when a person stops maintaining their goal of reducing or avoiding use of alcohol or other drugs and returns to their previous levels of use. Many things can lead a person to relapse. There's a strong connection between dependent alcohol or other drug use and personal challenges. These can cause problems at work, ongoing emotional and psychological issues, and social or economic problems such as financial hardship, rejection by social support networks and challenges in personal relationships. Much like dependent drug behaviours themselves, the process of recovery – and the reasons for relapse – can be very personal.

There are a range of circumstances that may promote relapse.

- Situations that tempt the person to return to drug use – for example, circumstances or places where the person would previously have used alcohol or another drug.

- Circumstances that act as a trigger for substance use as a coping strategy – for example, insecure housing, professional or personal setbacks, social pressures or social stigma.
- Pre-existing physical health issues. Poor physical health can cause some people to use non-prescription pharmaceutical drugs, particularly when they have persistent pain.
- Guilt caused by lapsing. A person trying to abstain from substance use can experience internal conflict or guilt if they end up lapsing. If not managed properly, this situation can lead to self-blame and guilt that in turn mean the person is more likely to continue substance use as a coping mechanism.

A daily wager is a person who is employed by an employer on a day-to-day basis, meaning that his employment begins at the start of the day and ends by the end of the day. Daily wage jobs are the main source of income for many people in our society. Daily wage workers are a population in which alcoholism is prominent and studies significantly suggests the same. Alcoholism leads to various problems as well as issues among this working population.

NEED AND SIGNIFICANCE

Alcoholism is a common disorder with a high prevalence rate. In our culture it is not given much importance about treating alcoholism. Alcoholic individuals cause harm to themselves and others. Daily wage workers are a population in which alcoholism is most prominent. Alcoholic individuals undergo treatments as they are compelled to do so or they engage in treatments as per their own wish. After the treatment program they will not be using alcohol for some days or for a few months but after this period of abstinence alcoholic relapse is very common.

The population of daily wage workers are more prone to the consumption and abuse of alcohol and related substances. Though they engage in various treatments the relapse rates among them are very high. Studies are present that define various relapse factors but these studies are not based on our cultural context. There are not many studies that adopt daily wage workers as the main population and alcoholism is not addressed as a problem among daily wage workers in any of the studies. Under the search of studies that show alcoholic relapse among daily wage workers many of the

studies that were found was related to the American context. Studies that link the relapse factors to our culture and society was very minimal and few. Furthermore, there were no such studies that directly connected alcoholic relapse and daily wage workers. Thus inferring from the literature review that was done, a study to understand alcohol relapse factors especially in daily wage working men was found to be significant.

Through this study the main objective is to understand the factors that cause relapse among alcoholic daily wage workers. The findings of the study can be used for further research in this area and the findings shall be specifically linked to our cultural context. Furthermore, in the field of psychology the findings of the study can be used to develop follow up activities that would reduce the rate of relapse. These follow up can be based on the factors that will be found under this study.

STATEMENT OF THE PROBLEM

Alcoholism is a common disorder and the prevalence rates are very high in every gender. Daily wage workers are a large population and still many people who we know in our society are still doing daily wage jobs. Alcoholic dependence is very prominent among these workers and de-addiction centers are having more inmates who are daily wage workers. Thus this research tries to understand how alcoholic relapse happens among daily wage workers and associated specific factors.

DEFINITION OF KEY TERMS

1).ALCOHOLICSM

Theoretical definition:

It can be defined as the excessive and repetitive drinking of alcoholic beverages which causes physical and psychological dependence (APA,2022).

Operational definition:

The excessive and maladaptive consumption of alcohol accompanied with tolerance and withdrawal symptoms.

2).RELAPSE

Theoretical definition:

Relapse is the recurrence of a disorder or disease after a period of improvement or cure (APA,2022)

Operational definition:

It is the term that defines the occurrence of a disorder again over time.

3). DAILY WAGE WORKERS

Theoretical definition:

Workers who receive their wages by the employer for their jobs at the end of the business day (JLRJS,2022)

Operational definition:

Workers who are paid at the end of the day for their jobs.

OBJECTIVES

Major Objective:

- To understand the relapse factors among alcoholic daily wage workers.

Specific Objective:

- To understand the influence of heredity on alcoholism.
- To understand the physical relapse factors.
- To determine the psychological relapse factors.

ORGANIZATION OF THE REPORT:

The study contains five chapters – introduction, literature review, methodology, results and discussion and finally the summary and conclusion. The first chapter is the introduction. It includes a brief introduction to the study with major focus on the need and significance of the study. The chapter also includes the problem statement and the definitions of the key terms that are used in the chapter. The second chapter is the review of literature. It comprises of two sections – the theoretical background of the study and the related studies. The third chapter is the methodology.

It includes a detailed account of samples, variables, tools, procedures for data collection and analysis method used for the analysis of the data collected. The fourth chapter explores the results and discusses the analysis of the data and the results obtained there by. In the fifth chapter which is the Summary and Conclusion, a resume of the study and methodology of the study is briefly stated. It also includes the major findings of the present study, its implications and the suggestions for further research. At the end, references and appendices are included.

CHAPTER 2

REVIEW OF LITERATURE

Writing a literature review involves synthesising and summarising the literature that was uncovered during a literature search. It serves as the setting for primary research. A survey of the literature can reveal new advancements in the area of research. The purpose of the literature review is to confirm the originality of the proposed research and to identify any knowledge gaps that might lead to future research topics. Using an appropriate literature study, one may also discover the research methodology. It can also be used to spot flaws, disputes, and mistakes that could be avoided in the subject area (McCombes,2022).

A literature review is typically one of the first activities completed after selecting a topic in a longer piece of writing, such as a dissertation or project. A topic can be honed and research questions can be framed with the aid of reading and critical analysis. Before beginning a new inquiry, conducting a literature review will demonstrate your knowledge with and understanding of the most recent studies in the topic. The researcher ought to be able to determine what research has already been conducted on the issue and what is unknown after conducting a literature study (University of Edinburgh,2022).

THEORETICAL REVIEW

A theoretical review examines theories that elaborate on the subject being studied, which aids in a better comprehension of the study in question and simultaneously advances a defence of the current study. The theoretical review helps to support findings as well as generalize to a mass population (Waswa,2021). The main theories that describes the variables alcoholism and relapse are described below:

Theories of Alcoholism

Theory of Tension Reduction

The idea of tension reduction and its application for evaluating daily workplace stressors and alcohol consumption among 106 employed university students are discussed by Butler, Dodge, and Faurote (2010). The stress reduction

idea explains how someone might drink alcohol to unwind. The findings showed that students drank more on days when they put in longer hours and when they believed more strongly in reducing everyday anxiety, albeit they tried to abstain from drinking if they thought it may increase strain. Future study on stress reduction reveals that organisations have thought about incorporating substance abuse prevention training as part of general training in order to improve employee health, lower alcohol-related expenditures, and address the motives related to stress reduction (Butler et al., 2010).

Social Learning Theory

The social learning theory, which is frequently applied to any social behaviouristic approach, contends that alcoholism develops as a result of a poor social outcome (such as unemployment and poverty) by modelling the behaviour of those around them or by observing others who exhibit addictive behaviours. This theory places a strong emphasis on the part played by the social forces that people are exposed to, such as peer pressure and familial structures. Some addicts who fall within the social theory's definition come from problematic societal backgrounds, including as broken homes, families with a history of unsupportive parenting, and families with past experiences with trauma (Akers, 2011).

Biological Theory

In addition to the resultant changes in human behaviour, the biological explanation focuses on a variety of other elements that explain addiction. These elements comprise genetics, brain chemistry, and the anatomy and physiology of the brain. The biological explanation holds that people love different things differently, some more than others to the point where they are unable to resist, and that each individual's particular physiology and genetics contribute to the cause of addiction. Certain temptations and urges can be resisted while one's brain is working normally, but people with altered brain function may find it difficult to do so.

Since addiction begins through incentive-based mechanisms, chronic alcohol use leads to tolerant behaviour and continued alcohol use to the avoidance or termination of abstinence. Additionally, the mesolimbic dopamine system, which is essential in serving as the brain's pleasure neurotransmitter, is another crucial component. The main factor that drives addiction and is in charge of alcohol

consumption is the mesolimbic system. According to the biological theory, knowing the susceptibility related to the particular person is a prerequisite for treatment and recovery. Alcohol detoxification is not a way to prove the biological hypothesis correct, but it is the first step toward long-term sobriety and rehabilitation. The next stage of recovery would involve quitting drinking altogether or drastically cutting back. As a result, during therapy, the patient learns about their triggers and hereditary susceptibility to addiction (Horvath et al., 2014).

Psychopathological Theory

The psychopathological theory focuses on aberrant personality characteristics, stating that alcohol dependency is a symptom of another psychiatric disorder or can be caused by a mental disorder. Symptoms may include cognitive difficulties, mood disturbances, and co-morbid issues. Alcohol consumption can be influenced by a person's personality. The personalities extraversion, gregariousness, excitement seeking, impulsivity, and immoderation are frequently linked to alcohol usage. Impulsivity is a recurring characteristic of alcohol addicts.

This theory also has a psychopathological component that focuses on personality. Psychological assessments like the MMPI can be used to identify clinical personalities that are closely associated to binge drinking. This abnormal perspective may be the root cause of some prevalent personality disorders, such as schizophrenia, paranoia, psychopathic deviance, depression, and psychopathic deviance. People who become addicted to alcohol as a result of their personality traits frequently display a 4–8 code type. Poor judgement and issues with logical and critical thinking are characteristics of the 4–8 code type. A person with this particular code type will probably have a criminal background, frequently including numerous arrests for strange crimes coupled with violent behaviour. These people go through a lot of tension, have feelings of insecurity, and think about being unwelcome without being able to manage their emotions. Additionally, they could find it challenging to concentrate and give anything their whole attention. A crucial component of this code type is suspicion (Shin et al., 2012).

Theories of Relapse

Marlatt's Cognitive Behavioural Model

Relapse is viewed as a "transitional process, a series of events that unfold over time," according to Marlatt's (1985) cognitive behavioural model of relapse. Alternative models, on the other hand, consider relapse to be the moment at which treatment has failed. Such transitional models are flexible, offering direction and chances to get involved at various points in the relapse process in order to stop or lessen relapse episodes. The whole Marlatt model offers a thorough taxonomy of the variables that can trigger relapse episodes. Although the paradigm was created for working with clients who had alcohol problems, it has also been used to treat other addictive and impulsive behaviours, such as poor eating patterns (Marlatt, 1985).

Dynamic Model of Relapse

This model is concerned with behaviour and the variables that influence it. There are two categories of risk considerations that drug users encounter:

Distal risks include underlying risk factors like a genetic propensity for addiction. Proximal risks are events that are instantly stressful and raise the likelihood of usage. This could be the death of a loved one or the conviction that one cannot heal. This idea takes into account all the dangers that could lead to a relapse. They are entirely subjective to each person. Naturally, each risk factor has the potential to worsen and raise the likelihood that others may develop.

The seven internal factors that an individual has that affect relapse are identified by the dynamic model of relapse. The emotional state of a person, tolerance for stress, how much stress a someone can take, craving, how much self-assurance and faith a person has in their ability to abstain, outcomes anticipated, how a person envisions their life after addiction and drug abstinence, managing oneself and coping. how a person reacts to circumstances and the extent of drug use at the beginning of treatment (Witkiewitz, 2004).

SUMMARY

In conclusion the over use a substance leads to addiction to that substance and the case is very similar to the consumption of alcohol. Alcohol use in minor volumes is not harmful and is not considered as addiction but when an individual develops

severe physical and psychological dependence to alcohol then it is termed as addiction. Dsm 5 categorise alcohol dependence as alcohol use disorder (AUD). There are four main theories of alcoholism, starting from the tension reduction theory to the psychopathological view of alcoholism.

Relapse is the recurrence of a problematic behaviour and it happens very commonly among alcoholic individuals. The relapse of alcoholism is more common and more easily happening. The rate of relapse among individuals who attained treatment for alcoholism is seen very high. Theorists propose two main theories for relapse prevention and the theories are Marlatt's cognitive behavioural model and the dynamic model.

LITERATURE REVIEW

David Armor (1976) conducted a study in USA among inmates of several alcohol treatment centres. The major objective of the study was to understand the factors that lead to alcoholism among these individuals. The study focus on perspectives on alcoholism and treatment, social correlates of alcoholism and problem drinking, patterns of remission, the effectiveness of treatment, and policy and implications. The treatments of alcoholism and factors of influence was studied in detail.

Morse (1992) conducted a study and the major objective was to establish a more precise use of the term alcoholism. The plan was to explore the definition of alcoholism for two years in the context of contemporary ideas. The objectives were to provide a revised definition by consensus that is (1) scientifically sound, (2) clinically applicable, and (3) easily understood by the general public. He concurred that alcoholism should be regarded as a primary, chronic disease, the development and manifestations of which are influenced by genetic, psychological, and environmental factors. The condition frequently progresses and is lethal. It is characterised by poor control over drinking, obsession with alcohol use, drinking despite negative effects, and cognitive distortions, most notably denial. These symptoms might all be ongoing or sporadic.

Edenberg and Foroud (2013) explored the influence of genetics in the development of alcoholism. The study showed that alcohol use disorders are

maladaptive patterns of excessive drinking that cause major issues, such as alcohol dependency and alcohol abuse. According to a substantial body of research, alcohol dependence (also known as alcoholism) is a complicated hereditary disorder where changes in a person's genetic makeup increase their likelihood of developing alcoholism. Some of these genes have been discovered, including two that are known to have the greatest effects on the risk of alcoholism (ADH1B and ALDH2) and are involved in the metabolism of alcohol.

Potgieter (1999) along with his colleagues did a study on craving and relapse. The study was conducted to give a detailed definition of the term relapse and its association with craving. The study put forward certain techniques to measure the craving rates among individuals who were alcoholics. The quantity of drinking, recovery and the periods of abstinence were studied in detail under this particular study.

Personality predicts relapse in alcoholic patients was study conducted by Veheul in 1998. This prospective study examines the association of DSM-III-R Axis II comorbidity with (time to) relapse since the end of treatment in a sample of 105 outpatients and 82 inpatient alcoholics. Furthermore, this study addresses the role of motivation for change, time in program, and working alliance in the mechanism underlying the association between Axis II and relapse. The following findings emerged from this study of the impact of Axis II comorbidity on relapse in alcoholic patients: (a) Patients with Axis II comorbidity were more likely to be relapsed at 3-month follow-up than those without Axis II comorbidity. This effect occurred among outpatients but not among inpatients and was rather nonspecific across the different clusters of personality pathology.

As a whole there were several studies conducted with related to alcoholism and relapse. Majority of the studies were conducted outside India and there were only few studies that connected the Indian population to alcoholic relapse. Furthermore, there were no studies among the population of daily wage workers. Thus a research can be conducted relating the three variables that is alcoholism, relapse and daily wage workers.

CHAPTER 3

METHOD

RESEARCH METHOD

Specific processes for gathering and analysing data are known as research methods. Research design includes the development of research methodologies as a key component. Two important choices need to be taken when developing a method: how the data will be gathered and how it will be analysed. The tactics, procedures, or techniques used in the gathering of data or evidence for analysis in order to unearth new knowledge or develop a better grasp of a topic are known as research methods. The research problem can be approached methodically using research methodology. It can be viewed as a science that studies how scientific research is conducted. In it, we examine the numerous approaches typically used by researchers to analyze the research problem as well as the reasoning behind them. The researcher must be familiar with both the methodology and the research methods/techniques.

For the present study qualitative research method is being followed. Qualitative research collects information regarding actual events, feelings, or actions as well as the interpretations that people make of them. It helps make it possible for researchers to comprehend complex ideas, social interactions, or cultural events better. This kind of inquiry is helpful in analysing events, describing activities, and investigating how or why things have happened (Kothari,2004).

RESEARCH DESIGN

The conceptual framework within which research will be done is referred to as a research design. Making such study as efficient as feasible in order to produce the most information possible. In other words, the purpose of research design is to allow for the gathering of relevant data with the least amount of effort, time, and expense. The following factors are typically taken into account when creating a research design that is appropriate for a given research problem:

- the methods used to gather the data.
- the researcher's availability and his staff's (if any) skills.
- a description of how the methods chosen to gather the data will be organised.

- the justification behind the choice.
- the amount of time available for study.
- the cost factor for research, or the amount of money allocated for the endeavour.

For the purpose of the present study qualitative research design is used with focussed group design as a method for data collection.

PARTICIPANTS

The universe of the study is Kannur District.

The population of study was alcoholic daily wage workers.

The sample of the study was 7 alcoholic daily wage workers.

The method used was a focus group discussion.

The inclusion criteria

- Only alcoholic men who does daily wage works in Kannur District is included.
- The individuals must have attained the legal age for consuming alcohol.

The exclusion criteria

- Individuals who are physically and mentally disabled are excluded.
- Alcoholic migrant workers and men working outside Kannur District are excluded.
- Comorbid cases are excluded.

METHOD OF DATA COLLECTION

The data is collected using the method of focus group discussion. People with comparable backgrounds or experiences are brought together for a focus group discussion to discuss a particular topic of interest. They are questioned about their perceptions, attitudes, beliefs, opinions, or ideas in this type of qualitative research. Participants are permitted to converse with other group members during focus group discussions, which, in contrast to other research methodologies, promotes conversation amongst participants. It typically entails group interviews, usually with 5 to 7 participants in a small group. A moderator guides the discussion, which is loosely structured and covers a range of interesting subjects.

The advantages of focus group discussion are as follows:

- The respondents generate fresh ideas through free and open discussion, which can be quite beneficial for making decisions.
- Focus groups are dynamic. In order to better support the discussion during the group discussion, the moderator is free to make any adjustments. This dynamic enables improved information results.
- Gestures and stimulated activities are examples of nonverbal expressions that might give researchers insightful information.

The disadvantages of using focus group discussion are as follows:

- Although the moderator can direct the conversation, how much influence he or she has depended on their level of expertise. A novice moderator could struggle to restrain some individuals who try to rule the group.
- Respondents might be hesitant to publicly express some delicate ideas and worries.
- It's possible that the results won't be sufficient to make projections or provide a comprehensive picture of the situation because of the limited sample size and individual variation (Baral,2016).

PROCEDURE OF DATA COLLECTION

First, the permission for conducting the research was gained from the research guide. Then, the researcher took the informed consent of the participants and from the director of the de-addiction centre that was visited for data collection. The participants were made aware of their rights and about the confidentiality that would be followed. The researcher first established rapport with the subjects and then, after the participants seemed to be comfortable, the researcher began giving the instructions. The instructions included things like an introduction about a focus group discussion and asking the participant to answer about their experiences honestly as there are no right or wrong answers and to answer what comes first to their mind etc. After the participant understood all the instructions, the researcher moved on and started the group discussion and the data was collected. Then, they were thanked for their participation and cooperation.

ANALYSIS METHOD

Thematic analysis is used as the analysis method. A technique for assessing qualitative data called thematic analysis involves looking through a data collection to find, examine, and document recurring themes. It is a technique for summarising data, but when choosing codes and creating themes, it also involves interpretation. The versatility of thematic analysis to be employed within a wide range of theoretical and epistemological frameworks, as well as to be applied to a wide range of study topics, designs, and sample sizes, is one of its distinguishing characteristics. The decision to utilise thematic analysis should be driven more by the objectives of the research than by a desire to pick an easy-to-use methodology. When attempting to comprehend a group of events, thoughts, or actions spread throughout a data collection, thematic analysis is an acceptable and effective technique to employ (Kiger and Varpio,2020).

CHAPTER 4

RESULT AND DISCUSSION

The goal of the result and discussion section is to use both text and illustrative materials to objectively present important findings in a logical order and without interpretation. What data was gathered is shown in the results section. Answers to the queries and hypothesis the researcher looked into are given in the Findings section's text, which follows this order. Reporting significant negative outcomes is also necessary. After the results part, there is a discussion section where the researcher discusses the relevance of the findings. The study's findings are logically explained in this part. Citations to the research covered in the Literature Review typically resurface here since those interpretations are frequently derived by contrasting and comparing the results to past studies' conclusions. Also, this section typically discusses the study's limitations and makes reasonable assumptions about what the findings might mean in terms of the problem(s) raised by the research question(s). Due to the fact that it is finally advancing to an argument, this section is crucial. Since the researchers interpret their results according to theoretical underpinnings in this section, there is more room for difference of opinion. The way the authors interpret their results may be quite different from the way you would interpret them or the way another researcher would interpret them (Lumen,n.d).

Thematic analysis is used as the analysis method. A technique for assessing qualitative data called thematic analysis involves looking through a data collection to find, examine, and document recurring themes. It is a technique for summarising data, but when choosing codes and creating themes, it also involves interpretation. The versatility of thematic analysis to be employed within a wide range of theoretical and epistemological frameworks, as well as to be applied to a wide range of study topics, designs, and sample sizes, is one of its distinguishing characteristics. The decision to utilise thematic analysis should be driven more by the objectives of the research than by a desire to pick an easy-to-use methodology. When attempting to comprehend a group of events, thoughts, or actions spread throughout a data collection, thematic analysis is an acceptable and effective technique to employ (Kiger and Varpio,2020).

The aim of the study conducted was to understand the factors that cause alcoholic relapse among daily wage workers. The study was conducted among the population of Kannur district and the method used to collect data was focussed group discussion and there was a total of 7 participants. The study was conducted among male alcoholic workers only. The participants were all middle aged men. The responses of the participants to the questions that were asked are analysed using the thematic analysis method of analysing qualitative data.

The first question was about the age at which the participants started using alcohol and when did it become a habit eventually. The question was asked in the discussion to get to know about the age and situations that motivated the participants to consume alcohol for the first time. The participants responded accordingly to the question. The major response was that most of the participants started consuming alcohol at the adolescent age and it became a habit by then. The superordinate theme was thus generated to this response. The frequency is 4 out of 7. The subordinate theme is generated by the responses of the other participants who started consuming alcohol in their young adulthood and thereby made it a habit. The frequency here is 3 out of 7. In a study conducted by Skala and Walter (2013) up to two thirds of adolescents consume alcohol and about a quarter engage in abusive behaviour at some point. Many users begin alcohol use at young ages, and binge drinking is a dominant pattern for a proportion of youth. So, the results of this study is consistent with the results of the present study.

The second question was directed to the family setting they grew up and the influence of the father or any other relative in acting as a model for them to imitate and start using alcohol. The most of the participants had similar view to this question. 6 out of the seven participants started using alcohol by imitating their father, uncle, brother and any other relative. Thus a conclusion can be inferred that if there is someone very close to us in our family who uses alcohol in a daily basis this person would act as a model for paying attention and imitating this behaviour in our life. Numerous studies indicate that alcoholism runs strongly in families. Study conducted by Goodwin (1984) suggested that about half of hospitalized alcoholics have a family history of alcoholism. This study of Godwin thus supports the present study.

The third question addresses the factors that caused relapse among the even though they once stopped consuming alcohol.

Superordinate Theme	Frequency	Subordinate Theme	Frequency
Stress	3	Peer Pressure	2

The question was asked in order to understand the main factors that brought the consumption and maladaptive use of alcohol back into the participants' life. These are the factors that caused relapse in the participants. Three out of the seven participants responded that they use alcohol after taking treatment from a de-addiction centre to cope with the stress that they face in daily life. The stressors they mentioned were family issues, financial condition of the family, health issues, past memories and so on. Thus the superordinate theme was formed to be stress. Two out of the seven supported peer pressure as the cause for relapse. They stated the discussions among friends group about alcohol, pressure from friends to drink, colleagues at the job site etc. to be the clues that initiated relapse. One reported the lack of motivation as the cause for relapse and other participant suggested use of alcohol gave more sleep. The inference of suggesting stress as an important factor to cause relapse is supported by the study conducted by Sinha (2007) that concluded the role of stress by observing empirical findings from human laboratory and brain-imaging studies that are consistent with clinical observations and support the specific role of stress processes.

Furthermore, the fourth question targeted to understand the future aspects of life they wish to achieve after the treatment and how they have planned their future life ahead to not cause relapse. The answers the discussion varied subjectively but as a whole the participants wished to stop using alcohol and they were highly motivated in this aspect. There were opinions about getting a new job and seeking better career options. The participant B had planned a 100-day schedule to do other things and thereby restricting himself from alcohol. He said that he will increase the number of days from 100 to 200 and so on. He was motivated very much about maintain the period of abstinence. Others had suggestions about rebuilding the present friends group and restricting themselves from spending more time with friends.

The fifth question was to get to know about how they compare their present consumption of alcohol with the starting days. The question focussed primarily on the fact that alcohol tolerance increases and then the body will demand more volume of alcohol in the blood to stop showing withdrawal symptoms. The participants had similar opinions about the question. All of them said that the amount of alcohol that they consumed increased day by day. If they miss a small amount there will be very much difficulties like hand shivering, body pain, lack of attention etc. There was an opinion from participant B that when there is any sort of tension the volume consumed will be more when compared to days without tension.

Subsequently the next question was related to the influence of social exclusion in promoting the consumption of alcohol among the participants. All the participants responded that at some point they were excluded from family functions and other events. Moreover, the society had a label for them “an alcoholic”. If they completed the treatment and stopped the use of alcohol the society still see them with that tag. The societal treatment will never change and the tag won’t get erased that easily. Participant B responded that children won’t give much respect even though he had stopped consuming alcohol and this lack of respect is based on the past and they haven’t moved on.

The last question of the discussion was about the support they are expecting after the treatment to continue the period of abstinence and from whom they are expecting the support

Superordinate Theme	Frequency	Subordinate theme	Frequency
Friends and Family	5	Support groups	2

The participants had responded to the importance of two main factors in providing support and care after treatment. The major role played by family and friends was well explained by 5 out of the 7 participants. For them family and friends’ support is very necessary to continue the abstinence and to reduce the risk of relapse. Thus the superordinate theme was formed giving family and friends more importance. This theme is supported by the study conducted by Zaidi (2020) which analyses the significance of social support in preventing relapse. The study suggests how a

patient's neighbourhood, peers, family members, and spouse, play crucial roles in relapse prevention. The main disadvantage of traditional addiction treatments includes their lack of focus on how an individual's environmental factors may impact on relapse prevention. The 2 out of the 7 supported this factor but they gave more emphasis on the role of support groups and programs like A.A and they believed in the crucial role played by this support team after the treatment. Thus the subordinate theme was framed with this response.

From the results it is indicated that the major factor that cause relapse among alcoholic daily wage workers is stress from all the environments that they are exposed to. Majority of the participants pointed out family and financial issues as the major stressor. The role played by the family history in alcoholism is very evident from the study. Another finding was that the role played by family and friends is very crucial in the prevention of relapse among these populations.

CHAPTER 5

SUMMARY AND CONCLUSION

Alcohol is a psychoactive substance with dependence-producing properties that has been widely used in many cultures for centuries. The harmful use of alcohol causes a high burden of disease and has significant social and economic consequences. The harmful use of alcohol can also result in harm to other people, such as family members, friends, co-workers and strangers. Alcohol consumption is a causal factor in more than 200 diseases, injuries and other health conditions. Drinking alcohol is associated with a risk of developing health problems such as mental and behavioral disorders, including alcohol dependence, and major non communicable diseases such as liver cirrhosis, some cancers and cardiovascular diseases. A variety of factors which affect the levels and patterns of alcohol consumption and the magnitude of alcohol-related problems in populations have been identified at individual and societal levels. Recovering from a dependence on alcohol or another drug is a process that can take time. A relapse (or multiple relapses) is one part of recovering from alcohol and other drug dependence and can often be a feature of the recovery. A relapse happens when a person stops maintaining their goal of reducing or avoiding use of alcohol or other drugs and returns to their previous levels of use. Many things can lead a person to relapse.

The permission for conducting the research was gained from the research guide. Then, the researcher took the informed consent of the participants and from the director of the de-addiction center that was visited for data collection. The participants were made aware of their rights and about the confidentiality that would be followed. The participants were inmates in a de-addiction center from Kannur and all of the seven participants were alcoholic daily wage working men. They were also told that they could withdraw anytime from the study if they felt uncomfortable or due to any other reasons. The questions were asked to the participants after establishing a good rapport.

The research was qualitative in nature and the data collection method used was focused group discussion. The participants were asked to sit in a group and seven of them sat like a group to facilitate easiness to the group discussion. The questions were

asked one by one and responses were noted down precisely. The discussion went on in a smooth manner. The participants were made aware of their right to know about the result of the focused group discussion and they can contact the researcher for any further clarifications. Individual introspections were also asked from each of the participant regarding the focused group discussion and the questions asked. The participants were thanked for their participation and cooperation.

The major objective of the study conducted was to understand the factors that cause alcoholic relapse among daily wage workers. The data was collected precisely through the focused group discussion and the data was analyzed using thematic analysis. It is a technique for summarising data, but when choosing codes and creating themes, it also involves interpretation. The seven questions asked and the responses from the participants were thus analyzed thematically. There were subordinate and superordinate themes found among the responses. The major finding was that relapse among the population happens mainly due to stress and the stressors are of different type subjective in nature. Another finding of the study was that the population demanded more support from family and friends to continue the period of abstinence. Furthermore, the study addressed the aspect of family history as the influence for using alcohol.

MAJOR FINDINGS:

- The use of alcohol commonly starts during the adolescence period of an individual.
- The family history is very vital in bringing up a maladaptive behavior in an individual. Families with an alcoholic parent are having increased chance for children to be alcoholics.
- Peer pressure was found to be another factor in causing relapse.
- The important finding of the study is that stress is the major factor that causes relapse in the population studied. The major stressors are family issues, financial condition, health and past memories.
- The support from family and friends play a key role in helping an individual to maintain the period of abstinence after treatment.
- Another finding suggests that the role of support groups is important.

IMPLICATIONS:

The findings of the study can be used to address some changes in the way alcoholic treatments are done in our social context. The cause of relapse can be well understood from the study and thus it can be prevented using suitable choices of support and treatment. The population of daily wage workers are not widely and openly studied thus the study facilitate a medium to address the problems faced by them and primarily alcoholism is a major disorder among this population. The study can be also used as a reference to further studies using the variables. The support system such as Alcoholic Anonymous groups for alcoholics after treatment can be better addressed with the findings of the study. Furthermore, there can be awareness programs made based on these findings. The influence of family history is another important finding of the study thus several interventions and psycho-education for parents can be used to reduce the impact of positive family history of alcoholism.

LIMITATIONS:

The sample size is quite small and the universe was limited to Kannur. Thus the results cannot be generalized. There is no much studies connected to this population thus there was difficulty in finding studies to support the results. Focused group discussion was the data collection method and confirmation bias is a common difficulty that arise in such discussions. There will be hesitation from the participant's side to speak publically in such a group discussion.

SUGGESTIONS FOR FUTURE RESEARCH:

- The same study variables can be studied in a different population/ context/ location/or culture.
- The present study was carried out among 7 alcoholic daily wage workers. Future studies could be carried out within more sample size.
- The present study only addressed the relapse as a variable. Future studies could explore the possibility of other psychological variables in this population.
- Confirmation bias was a limitation and this can be avoided using an alternative data collection method.
- Alternative data collection method can be used for future research studies.

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APPENDIX

APPENDIX A: INFORMED CONSENT FORM

This is a research study undertaken for the fulfilment of the researcher 's Bachelor of Science program in Psychology. The study is on —UNDERSTANDING RELAPSE FACTORS AMONG ALCOHOLIC DAILY WAGE WORKERS. The data for the study will be obtained through a focus group discussion.

Participation in this research project is voluntary. You have the right to withdraw from the study at any time in the event that you chose not to continue. It is further reinstated that all information will be kept confidential and will be used only for the purpose of the above mentioned research study.

The contact information of the researcher has been provided for participants in order to clarify any concerns or queries about this study. The details of the researcher are given below:

Researcher: AKHIL SEBASTIAN

Phone Number: 8590465023

Email Id: sebastianakhil444@gmail.com

Your name and signature below signify that you have read and understood the contents and intentions formed in the consent.

Name:

Signature:

Date:

APPENDIX B: SOCIO DEMOGRAPHIC DETAILS

NAME/ INITIAL:

AGE:

GENDER:

QUALIFICATION:

PLACE:

ADDRESS:

CONTACT NUMBER:

APPENDIX C: RESEARCH QUESTIONS

1. When did you started consuming alcohol for the first time and how did become a habit?
 - a) How much alcohol do you consume?
 - b) Do you feel alcohol to be very necessary to work properly?
2. Familial alcoholism is very common. How was the situation in your family? Were your father or any other close relative an alcoholic?
3. According to you what are the factors that motivate you to consume alcohol even after taking proper treatment from a de-addiction centre?
4. What are the outcomes that you wish to gain from the present treatment?
5. How do you compare your present state of alcohol consumption to the period you started using the substance?
6. Social exclusion can be a common issue faced by alcoholics. Have you faced any kind of exclusions and does this stand as a motivator to drink?
7. What are the support that you are expecting after treatment?

UNDERSTANDING LISTENING MUSICAS A STRESS COPING STRATEGY

*A Dissertation submitted in partial fulfilment of the
Requirement of the degree of Bachelor of Science in Psychology*

Submitted by:

MEHANA V K

Reg.No:DB20CPSR12

Under the Guidance of

Mrs.Simmy Sunny Cherian

Assistant Professor



DON BOSCO ARTS AND SCIENCE COLLEGE

ANGADIKADAVU

(Affiliated to Kannur University)

DEPARTMENT OF PSYCHOLOGY

MARCH 2023



DEPARTMENT OF PSYCHOLOGY
DONBOSCOARTS & SCIENCECOLLEGE
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(Affiliated to Kannur University)

PSYCHOLOGY PROJECT REPORT

Register Number: DB20CPSR12

SUBMITTED FOR THE B.Sc. EXAMINATION 2022-23

Head of the Department

Principal

Held On

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on **“UNDERSTANDING LISTENING MUSIC AS A STRESS COPING STRATEGY. ”** by, **MEHANA V K**, in partial fulfilment of the requirements for the award of the Undergraduate Degree of BSc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

DECLARATION

I **MEHANA V K**, hereby declare that this dissertation entitled **“UNDERSTANDING LISTENING MUSIC AS A STRESS COPING STRATEGY”** submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

MEHANA V K

DB20CPSR12

Signature

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ABSTRACT

The study utilised qualitative methods to-Understanding Listening Music as a Stress Coping Strategy Among Young Adulthood . The study was conducted among the population of Young Adults in Kannur Locality, and the method used to collect data was focussed semi structured interview and there were a total of 10 participants. The study was conducted among young adults who normally listens to music. The responses of the participants to the questions that were asked are analysed using the the maticanalysis method of analysing qualitative data. Listening to music is more common in young adulthoods. They used to listen music as a part of their daily routine. They mostly listen to music whenever they are free, travelling, when having work loads, at sleep time etc. Their relationship with music is literally for an escape from their own surroundings or personal problems or issues. Young adulthoods taste in music also matters while having a stressful situation and to cope up with that. Thus this research tries to understand how the influence of listening music can work as a stress coping strategy among young adulthoods. The findings of the study can be used for further research in this area.

The major findings of the study were that, an average time up to 15-30 minutes per day was used for listening to music by the Young adulthoods just because the sudden change from adolescence to young adulthood can disturb a person mentally and psychologically. Like entering to higher education, job, marriage, children etc can be happen at this short time period. In which it can create several stress situations such as education stress, work stress, family stress etc can create disturbances in young adulthoods. Through this research it is clear that young adults used to listen to music to overcome or forget about their stress triggered situations. It is founded that most of the young adults used to listen melody songs for escaping from the surrounded chaos which in turn act as a stress coping strategy.

CHAPTER 1

INTRODUCTION

According to many definitions, music is the process of combining forms, harmony, melody, rhythm and other expressive elements with sound. Although being a component of all human communities and a cultural universal, there is a wide range in the precise meanings of music around the world. Although experts concur that a few distinct aspects define music, there is disagreement over how each ingredient should be described. Although the subject itself expands into academic fields, criticism, philosophy, and psychology, the creation of music is typically split into three categories: musical composition, musical improvisation, and musical performance. A wide variety of instruments, including the human voice, can be used to play or improvise musical compositions. (TSchäfer,2013)

Modern music psychology aims to understand and explain musical sensation and behaviour. Its knowledge tends to advance on the basis of interpretations of data gathered through systematic observation of and interaction with human participants. Research in this field and its subfields is primarily empirical. Music psychology is a field of study with practical application for many fields, including music performance, composition, education, criticism, therapy, and investigations of human aptitude, skill, intelligence, creativity, and social behaviour, in addition to its emphasis on fundamental perceptions and cognitive processes. It is a prevalent belief that music has the ability to affect our psychology, intellect, and emotions; it can ease loneliness or stoke passions. In the Republic, the philosopher Plato makes the claim that music directly affects the soul. He suggests that the state would strictly restrict music in the ideal regime (Book V II). Confucius, a philosopher in ancient China, thought that music and rituals or rites were connected to one another and harmonious with nature; he claimed that music was the harmonising of heaven and earth and that rituals brought about order, making them both vital components of society. (S Malloch,2018)

Music may not only entertain you but also improve your mood, make you happier, and even inspire you to take action. According to research, listening to music can have positive psychological impacts on your physical, mental, and emotional wellb

ing. An intervention called music therapy is occasionally used to improve psychological wellbeing, assist patients in managing stress, and promote emotional wellness. some of the main mental advantages of including music in daily life. As a result, you might discover that you're happier, more motivated, and more at ease.

- Music can boost cognitive function:-

According to research, listening to music in the background, or while the listener is predominately engaged in another activity, can help older persons perform better on cognitive activities. According to one study, listening to both cheerful and downbeat music improved memory while listening to more upbeat music increased processing speed.

- Music Can Help You Relax: -

Music has long been associated with stress management and stress reduction. Take the current craze for music designed to calm the mind and promote relaxation. Fortunately, this is one trend that has scientific backing. A good technique to manage stress is by listening to music

- Music can aid in weight loss :-

It may help with weight loss, which is one of music's most unexpected psychological advantages. Dimming the lights and listening to soothing music while trying to reduce weight may help you succeed.

- Music can help you remember things: -

While some believe that listening to their favourite music as they study helps their memory, others argue that it merely serves as a pleasurable diversion.

- Music Can Aid in Pain Management: -

According to research, listening to music can significantly improve pain management. According to one study, fibromyalgia sufferers who listened to music for just one hour every day had significantly less pain than those in the control group. Those who had listened to music every day for the four weeks of the trial saw significant decreases in their emotions of pain and despair at the conclusion of the experiment. These findings imply that music therapy may play a significant role in the management of chronic pain. These findings imply that music therapy may play a significant role in the management of chronic pain.

- Music may promote sounder sleep

A severe issue that affects people of all ages is insomnia. While there are various ways to deal with this issue, research has shown that listening to calming classical music can be a secure, efficient, and cost-effective solution. In comparison to those who listened to the audiobook or got no intervention, the study indicated that people who had listened to music had much higher sleep quality.

- Music Boosts Motivation

There's a good reason you find working out more enjoyable while you're listening to music. According to studies, listening to fast-paced music inspires people to exercise harder. Music can lift your spirit. You might get happy as a result of listening to music, which is another advantage supported by science. In one investigation into the motivations for music listening, researchers found that the connection between arousal and mood was one of the key functions of music. The power of music to improve mood and increase self-awareness was recognised as one of its most significant effects by participants.

- Depression symptoms may be decreased through music:-

Also, studies have shown that music therapy is a secure and successful treatment for a range of diseases, including depression. In one study, patients with neurological conditions like dementia, stroke, and Parkinson's disease who were receiving music therapy reported feeling less depressed and anxious. This treatment was also found to be safe and low-risk. While there is no doubt that music can affect mood, music genre also matters. The best music for elevating mood is classical and meditational music, while heavy metal and techno are ineffectual and even harmful.

- The Performance and Endurance Benefits of Music:-

The capacity of music to improve performance is another significant psychological advantage. Scientists have shown that although people have a preferred step frequency when walking and jogging, adding a strong, rhythmic beat, like a fast-paced musical track, may motivate people to ramp up the pace.

Stress is defined as an anxious or tense state of mind brought on by a difficult situation. Stress is a normal human reaction that motivates us to deal with problems and dangers in our lives. Everyone goes through periods of stress.

But, how we handle stress has a significant impact on how we feel overall.

Stress hinders our ability to unwind and can cause a variety of emotions, such as worry and irritation. We could find it difficult to focus while we are under stress.

We could have stomach discomfort, headaches, or other types of physical pain.

We can discover that we have less or more food than usual. Persistent stress may increase our usage of alcohol and tobacco and exacerbate pre-existing health issues.

Stressful circumstances can also result in or worsen mental health issues, most frequently depression and anxiety, which call for access to medical care.

When we have mental health issues, it may be because our stress symptoms have gotten worse and started to interfere with how we go about our daily lives, especially at work or school. Stress has a psychological effect that may show up as anger or aggression, a sense of being out of control, insomnia, weariness or fatigue, sadness or tears, memory or concentration issues, or other symptoms. Many people cope with their stress using different coping mechanisms. One of the easy common efficient way to cope with the stress among the young adulthoods is listening music. Listening music is so much high at this age group. Young adulthood is the main transition from being a student to a worker, single to a married one etc. So that the stress level they face due to this transition is high and they one of the coping mechanisms to cope up with stress is by listening music according to each individual taste. people experiencing pain tend to select music that is higher in energy and danceability, and less instrumental, than the music chosen by experimenters (Howlin and Rooney, 2020)

NEED AND SIGNIFICANCE

Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall well-being. Stress affects both the mind and the body. A little bit of stress is good and can help us perform daily activities. Too much stress can cause physical and mental health problems. Learning how to cope with stress can help us feel less overwhelmed and support our mental and physical well-being.

The population which experience sudden transition from adolescence to young adulthoods will mostly affected by different kind of stress triggering situation.

The young adulthood is a period of age between 18-25 years , in these period of time people began to experience increase in their responsibilities, changes in their social norms and new chores etc began to matter the person. There are many studies related to coping with stress by listening music.

Through this study the main objective is to understand how well listening music can be influence in the area of coping with stress. The findings of the study can provide a clear qualitative idea about participants taste and types of music that they tend to hear while having a stressful situation and it also finds whether some particular situation can trigger stress or not.

This study can be used for further research in this area. The study is based upon some samples taken from our surroundings and can provide results that are more suitable to our society itself.

STATEMENT OF THE PROBLEM:

Stress is a state of worry or mental tension caused by a difficult situation. It is comparatively common in young adulthoods because of their sudden change in transition period from adolescence to adulthood, they tend to face higher education issues, work pressures,new social norms, marriage,children etc can be come to their life in these short period of time. So that this study tries to explore stressors affecting the young adulthood and how listening music can be played a role in coping up with these stressors.

DEFINITION OF KEY TERMS

Listening music

Theoretical definition: Listening here refers to active, conscious attention paid to the music and its. elements through the combination of perceptual and cognitive skills, and. understanding.(Inger Elise Reitan,(n.d))

Operational definition: We concentrate on what we are hearing. The act of paying close attention while listening to music might have a positive psychological effect on the listener.

Stress

Theoretical definition: Stress can be defined as any type of change that causes physical, emotional, or psychological strain. Stress is your body's response to anything that requires attention or action. (Elizabeth Scott,2022).

Operational definition: Stress is characterised as a condition of anxiety or mental tension brought on by a challenging circumstance. Stress is a normal human reaction that motivates us to deal with problems and dangers in our lives. Everyone goes through periods of stress.

Coping Strategy

Theoretical definition: Coping strategies are behavioural and cognitive tactics used to manage crises, conditions, and demands that are appraised as distressing (Carr & Pudrovska, 2017).

Operational definition: Coping strategies are the behaviours or tactics that change our anxious thoughts by boosting our self-esteem and burying our unfavourable ones. Through this study, we can easily comprehend the approaches they use to address their issues.

OBJECTIVES

Major objectives

- To understanding listening music as a stress coping strategy among young adulthoods.

Specific objectives

- To understand the stressors among young adulthoods.
- To understand the taste in music among young adulthoods.
- To understand the type of music they prefer to cope up with stress.
- To understand the factors affecting and factors obtained by listening to music among young adulthoods.

ORGANISATION OF THE REPORT

The study contains five chapters- Introduction, literature review, methodology, results and discussion and finally the summary and conclusion. The first chapter is the introduction. It includes a brief introduction to the study with major focus on the need and significance of the study. The chapter also included the problem statement and the definition of key terms that are used in the chapter. The second chapter is the review of literature. It comprises of two sections -theoretical background of the study and the related studies. The third chapter is the methodology. It includes a detailed account of samples, variables, tools, procedures for data collection and analysis method used for the analysis of the data collected. The fourth chapter explores the result and discuss the analysis of the data and the results obtained there by. In the fifth chapter which is the summary and conclusion, a resume of the study and methodology of the study is briefly stated. It also includes the major findings of the present study, it's implications and the suggestions for further research. At the end, reference and appendices are included.

CHAPTER 2

REVIEW OF LITERATURE

The term “literature “ refers to a collection of preceding scientists work. A survey of the literature is the first step in any scientific research.

Each literature review should try to synthesise and summarise the theories and arguments of previously published research in a certain topic without making any original contributions. The aid researchers in even turning the wheels of the research topic because they are based on existing knowledge.

The literature review outlines the path other researchers should take to be successful. Literature review is merely an overview of the sources relevant to the study.

The latest studies in the subject, recognised schools of thought, scholarly books, scientific papers, pieces from reputable journals, and many more are included in the literature review.

This is done for a field of study or theory or a particular problem to summarise into a brief account of all information, synthesise the information by restructuring and reorganising, critically evaluate the concept or a school of thought or ideas and to familiarise the authors to the extent of knowledge in the particular field (Singh, 2019).

THEORETICAL REVIEW ON STUDY VARIABLES

The theoretical review investigates theories that enlarge on the topic under investigation and thus help in a better understanding of the study in question while also providing justification for the current investigation (Sarah, 2012). The theoretical review helps to support findings as well as generalise to a mass population (Waswa, 2021). The main theories that describe the variables listening music, stress, coping strategies.

Theory of stress

Fight or Flight: One of the earliest contributions to stress research was Walter Cannon’s (1932) description of the fight-or flight response. Cannon proposed that when an organism perceives a threat the body is rapidly aroused and motivated via the sympathetic nervous system and the endocrine system. This concerted physiological

response mobilises the organism to attack the threat or to flee; hence, it is called the fight-or-flight response. At one time, fight or flight literally referred to fighting or fleeing in response to stressful events such as attack by a predator. Now, more commonly, fight refers to aggressive responses to stress, such as getting angry or taking-action, whereas flight may be seen in social withdrawal or withdrawal through substance use or distracting activities. On the one hand, the fight-or-flight response is adaptive because it enables the organism to respond quickly to threat. On the other hand, it can be harmful because stress disrupts emotional and physiological functioning, and when stress continues unabated, it lays the groundwork for health problems (Taylor,2017).

Selye's General Adaptation Syndrome: Another important early contribution to stress was Hans Selye's (1956, 1976) work on the general adaptation syndrome. Although Selye initially intended to explore the effects of sex hormones on physiological functioning, he became interested in the stressful impact his interventions seemed to have. Accordingly, he exposed rats to a variety of stressors, such as extreme cold and fatigue, and observed their physiological responses. To his surprise, all stressors, regardless of type, produced essentially the same pattern of physiological changes. They all led to an enlarged adrenal cortex, shrinking of the thymus and lymph glands, and ulceration of the stomach and duodenum.

The general adaptation syndrome consists of three phases. In the first phase, alarm, the organism becomes mobilized to meet the threat. In the second phase, resistance, the organism makes efforts to cope with the threat, as through confrontation. The third phase, exhaustion, occurs if the organism fails to overcome the threat and depletes its physiological resources in the process of trying (Taylor,2017).

Tend-and-Befriend: Animals, whether nonhuman or human, do not merely fight, flee, and grow exhausted in response to stress. They also affiliate with each other, whether it is the herding behaviour of antelope in response to stress, the huddling one sees among female rats, or the coordinated responses to a stressor that a community shows when it is under the threat of flood, tornado, or other natural disaster.

Taylor and colleagues developed a theory of responses to stress termed tend-and-befriend. The theory maintains that, in addition to fight or flight, humans respond to stress with social affiliation and nurturant behaviour toward offspring (Taylor,2017).

Psychological Appraisal or Cognitive Appraisal Theory:

Appraisal of an event involves perception and evaluation of the event. Which in turn influence the perception of stress. There are 2 types of appraisals; Primary appraisal & secondary appraisal.

1. Primary Appraisal Processes: Lazarus and Folkman, are the proponents of the psychological view of stress. People's life events may be appraised as positive, neutral, or negative in their consequences. Negative or potentially negative events are further appraised for their possible harm, threat, or challenge.

Harm is the assessment of the damage that has already been done by an event. Thus, for example, a man who has just been fired from his job may perceive harm in terms of his own loss of self-esteem and his embarrassment as his co-workers silently watch him pack up his desk.

Threat is the assessment of possible future damage that may be brought about by the event. Thus, the man who has just lost his job may anticipate the problems that loss of income will create for him and his family in the future. Primary appraisals of events as threats have important effects on physiological responses to stress. For example, blood pressure is higher when threat is higher or when threat is high and challenge is low.

Finally, events may be appraised in terms of their challenge, the potential to overcome and even profit from the event. For example, the man who has lost his job may perceive that a certain amount of harm and threat exists, but he may also see his unemployment as an opportunity to try something new. Challenge appraisals are associated with more confident expectations of the ability to cope with the stressful event, more favourable emotional reactions to the event, and lower blood pressure, among other benefits.

2. Secondary Appraisal Processes: While primary appraisals of stressful circumstances are occurring, secondary appraisal is initiated. Secondary appraisal is the assessment of one's coping abilities and resources: whether they will be sufficient to meet the harm, threat, and challenge of the event. Ultimately, the subjective experience of stress is a balance between primary and secondary appraisals. When harm and threat are high and coping ability is low, substantial stress is felt. When coping ability is high, stress may be minimal (Taylor,2017).

Theories of coping strategies

Coping theories may be classified according to two independent parameters: trait-oriented versus state-oriented, and microanalytic versus macro-analytic approaches. The multitude of theoretical conceptions is based on the macro-analytic, trait-oriented approach. Examples of these approaches are Repression-sensitization, monitoring-blunting and the model of coping modes (MCM). The Defence mechanisms constructs by Sigmund Freud in 1926 is one of the few macro-analytic, state-oriented theories of coping. Other theories of macro-analytic approach were Lazarus and Folkman's Problem-focused and Emotion-focused Coping, Task-oriented, Emotion-oriented, and Avoidance-oriented Coping theory by Parker and Endler (1992). Carver et al. in 1989 worked on the assumption of distinction between problem-focused and emotion-focused coping and derived Coping Dimensions theoretically.

Macro-analytic trait-oriented coping theories:

- **Repression-sensitization:** This theory explains that coping happens along a bipolar dimension with repression at one end and sensitization at the other. People who cope by repression tend to deny or ignore the presence of a stressor to minimize its effect. On the flip side, sensitizers tend to react with extreme thoughts, worrying, and obsessive impulses to cope with the sudden encounter (Cohen & Lazarus, 1979).
- **Monitoring and Blunting Theory:** This theory explains that one can reduce the impact of a stressful stimulus by using his cognitive processes. Blunting mechanisms such as denial, restructuring, and distraction help overlook temporary stressors. Monitoring strategies, including information processing and emotional management, are more helpful for dealing with ongoing negative stress and anxieties.
- **Model of Coping Modes (MCM):** This theory is an extension of the monitoring-blunting model and has some connections to the repression-sensitization theory. It expands on the concept of cognitive avoidance and suggests that we are naturally inclined to avoid a stressful situation and perceive it as ambiguous.

Macro-analytic state-oriented theories:

The defence mechanisms mentioned by Freud (1926) is one of the earliest macro-analytic state-oriented methods of coping. Another approach that gained popularity in this area is the theory of Richard Lazarus and Susan Folkman.

Lazarus and Folkman's model stated that successful coping mechanisms depend on the emotional functions related to the problem. Lazarus classified eight such functions that most of us use for active coping. These include:

- **Self-Control** – where we try to control our emotions in response to stress.
- **Confrontation** – where we face the pressure and retaliate to change the situation and bring it back to our favour.
- **Social support** – where we talk to others and look for social connections to help us survive a difficult time.
- **Emotional distancing** – where we stay indifferent to what is going on around and prevent the distress from controlling our actions.
- **Escape and avoidance** – where we deny the existence of stress as a coping response.
- **Radical acceptance** – where one resorts to unconditional self-acceptance for adapting to adversity.
- **Positive reappraisal** – where we seek to find the answer in the struggle and grow from it.
- **Strategic problem-solving** – where we implement specific solution-focused strategies to get through the tough time and redirect our actions accordingly (Sincero, 2012).

Summary

In conclusion, each individual is facing different types of stress in everyday life. By experiencing over stress, an individual's mind and emotions will get disturbed and it will affect the personal and work life. Stress will affect the thinking, reasoning, problem solving, communication processes of an individual. Brain activity will decrease during situations like which increase the stress, and the individual tend to be inactive in many courses of their daily life.

Individuals may crave for happiness or calmness during stress giving situations, so they take stress coping mechanism to overcome the stress and pressure.

REVIEW OF RELATED STUDIES ON VARIABLES AND POPULATION

A literature review is an examination of scholarly source on a particular subject. It gives us a board perspective of current knowledge, helping us to spot related ideas, methodologies, and research gaps.

Dianna Vidas, Joel L Larwood, Nicole L. Nelson, Genevieve A. Dingle conducted a study among the First-Year University Students on the topic Music Listening as a Strategy for Managing COVID-19 Stress. The major objectives of the study were to understand the managing stress by listening music. The study focuses on the perspectives of listening music during COVID-19 to cope up with stress among the first-year university students. This study concluded that students experienced different levels of stress resulting from COVID-19, music listening remained an effective strategy for both cohorts, regardless of the type of music they used for coping. (Dianna Vidas, Joel L Larwood, Nicole L. Nelson, Genevieve A. Dingle, 2021)

Lucia Tobase, Sandra Helena Cardoso, Renata Tavares Franco Rodrigues, Heloísa Helena Ciqueto Peres conducted a study among nursing professionals on the topic Empathic listening: welcoming strategy for nursing Professional in coping with the coronavirus pandemic. The major objective of the study was to understand whether empathetic listening helps in cope with the challenges. The study focuses on performance during the COVID-19 pandemic, nursing professionals who were exposed to violence of different natures related to occupational stress, work overload, anguishes and silenced suffering, with implications for the workers' health, who can be benefited and strengthened with empathetic listening. This study concluded that the Empathetic listening is a powerful strategy in caring for and strengthening nursing professionals. (Lucia Tobase, Sandra Helena Cardoso, Renata Tavares Franco Rodrigues, Heloísa Helena Ciqueto Peres, 2021)

Amanda Krause, William G. Scott, Sarah Flynn, Beatrice Foong, Kitye Goh, Stephanie Wake, Daniel J. Miller, Darren Garvey conducted a study on the topic Listening to music to cope with everyday stressors. The major objective of the study was listening music to cope up with every day stressors. The study mainly focuses on the relationship between everyday stressors and the use of music listening as a coping mechanism. Participants in the USA, Australia, and Malaysia (N = 553) completed an online survey. A factor analysis was used to identify five types of everyday stressor: Social, Financial, Performance Responsibilities, Work-related, and Daily Displeasures. The study concluded that music listening can be used as a self-administered tool for coping with everyday stressors. (Amanda Krause, William G. Scott, Sarah Flynn, Beatrice Foong, Kitye Goh, Stephanie Wake, Daniel J. Miller, Darren Garvey, 2021)

Sandra Garrido, Felicity A.Baker , Jane W.Davidson , Grace Moore , Steve Wasserman conducted study on the topic Music and trauma: the relationship between music, personality, and coping style. The major objective of the study was effective strategies for coping with trauma. The study mainly focuses on helping communities to recover from trauma through coping strategies. The study concluded that there is a need for a solid empirical evidence base that can illuminate the mechanisms by which music and arts therapies are effective, as well as consideration of how individual differences in personality and coping style can moderate participant responses to such therapies. (Sandra Garrido, Felicity A.Baker ,Jane W.Davidson ,Grace Moore ,Steve Wasserman ,2015)

Alexandra Linnemann, Mario Wenzel, Jennifer Grammes, Thomas K ubiak, Urs M. Nater conducted study on the topic Music Listening and Stress in Daily Life—a Matter of Timing. The major objective of the study was reducing stress through listening music. The study mainly focuses on stress-reducing effects by increasing listening music in daily life. Study was conducted on 60 participants and subjectively and objectively assessed data on music listening were found to differentially affect the experience of stress after music listening. In consequence, subjectively and objectively reported data on music listening should be assessed jointly when investigating effects of music listening on health. (Alexandra Linnemann, Mario Wenzel, Jennifer Grammes, Thomas Kubiak, Urs M. Nater,2018)

Mark Reybrouck, Piotr Podlipniak, David Welch conducted a study on the topic Music Listening as Coping Behavior: From Reactive Response to Sense-Making. The major objective of the study was coping behaviour through listening music. The study mainly focuses on conception of music as the survival mechanism of living organisms during stress giving situations. The study was concluded with several issues such as the conception of music as a possible stressor, the role of adaptive listening, the relation between coping and reward, the importance of self-regulation strategies in the selection of music, and the instrumental meaning of music in the sense that it can be used to modify the internal and external environment of the listener. (Mark Reybrouck, Piotr Podlipniak, David Welch,2020)

Bhuvaneswari Ramesh conducted a study on the topic Influence of Music as a Coping Strategy during COVID-19. The major objective of the was coping stress during COVID-19. The study mainly focuses on the causes and the effects of covid-19

and how mankind evolves listening music as a coping strategy for stress. World over people have been using music to connect with each other from their homes. The study concluded that Technological enhancements of using music can also help in self-care allowing one's emotions to be expressed even when the need to maintain social distancing is mandatory and hopes to bring out the mechanism of music and the different techniques that may be used as a way of coping with crisis situations such as the COVID-19. (Bhuvaneswari Ramesh,2020)

Kelsey M. Gallagher, Tiara R. Jones, Nicole V. Landrosh, Sam Abraham, Deborah R. Gillum conducted study on the topic College Students' Perceptions of Stress and Coping Mechanisms. The major objective of the study was stress and coping mechanism. The study mainly focuses on college students' perceptions of stress and coping mechanisms. Method- quantitative, non-experimental, cross-sectional, descriptive research design was used to assess students' perception of stress and coping mechanisms. The study concluded that College students agree that college life is stressful and that their level of stress increases significantly before exams. In addition, students reported that expectations to excel in classes cause additional stress. Students reported a variety of coping mechanisms, including listening to music, socializing with friends/family, and sitting alone in a quiet place. (Kelsey M. Gallagher, Tiara R. Jones, Nicole V. Landrosh, Sam Abraham, Deborah R. Gillum,2019)

Colin B Pridy, Margo C. Watt, Pablo Romero-Sanchiz, Christopher J. Lively, Sherry H. Stewart conducted a study on the topic Reasons for Listening to Music Vary by Listeners' Anxiety Sensitivity Levels. The major objectives of the study were Anxiety Sensitivity and coping behaviour. The study mainly focuses on the six core reasons for music listening: Coping, Conformity, Revitalization, Social Enhancement, Connection, and Sensory-Motor, Over and above age and gender. Study concluded that individual differences may influence why people incorporate music listening into their day-to-day lives in relationship with anxiety sensitivity. (Colin B Pridy, Margo C. Watt, Pablo Romero-Sanchiz, Christopher J. Lively, Sherry H. Stewart,2021)

Alexandra Wuttke-

Linnemann, Urs M. Nater, Ulrike Ehlert, Beate Ditzen conducted study on the topic Sex-specific Effects of Music Listening on Couples' Stress in Everyday Life, and

Forty heterosexual couples were investigated using ambulatory assessment. The major objective of the study was sex specific effects by listening music. The study mainly focuses on stress markers in women and men and the coping mechanism with listening music. The study concluded that both men and women showed higher alpha-amylase activity when their partner had listened to music. Music listening influences couples' psychobiological stress levels in a sex-dependent manner with evidence of dyadic co-variation in physiological responses to music. (Alexandra Wuttke-Linnemann, rs M. Nater, Ulrike Ehlert, Beate Ditzen, 2019)

Summary

There are several studies conducted with related to listening music as stress coping mechanism. Majority of studies were conducted outside the India and there were only few studies that are conducted in the Indian population.

Furthermore, there are only few studies about the exact variables. Thus, the present study will be focusing on the stress and the coping strategy.

CHAPTER-3

METHOD

RESEARCH METHOD

Research method refers to the behaviour and instrument used in selecting and constructing research operations. Research methodology is a way to systematically solve the research problem. It may be understood as a science of studying how research is done scientifically. In this we study the various steps they generally adopted by research in studying his research problem along with logic behind them. Research methodology is defined by Leady and Ormrod (2001) as 'the general approach the researcher takes in carrying out the research project'. Research methods refers to the tools that one user to do research. These can either be qualitative or quantitative or mixed. Quantitative methods examine numerical data and often requires the use of statistical tools to analyses data collected. This allows for the measurement of variables and relationships between them can then be established. This type of data can be represented using graphs and tables. Qualitative data is non-numerical and focuses on establishing patterns. Research methodology can be understood as a way to systematically solve or answer the research problem. Thus essentially, it can be understood as the process of studying how research is done in scientific manner. Through the methodology, we study the various steps that are generally adopted by a researcher in studying his/her research problem and the underlying logic behind them. The selection of the research method is crucial for what conclusion we can make about a phenomenon. It affects what you can say about the cause and factors influencing the phenomenon (Kothari,2004).

RESEARCH DESIGN

The research problem is the preparation of a design of the research project, popularly known as "research design". Research design is the arrangement of condition for collection and analysis of data in a manner that aims to combine relevance to the research purpose with economic in procedure. In fact, the research design is the conceptual structure within which research is conducted; it constitutes the blueprint for the collection, measurement and analysis of data (Kothari, 2014).

Research design of this study is qualitative research study. Qualitative research is intended to deeply explore, understand and interpret social phenomenon within its natural setting. By using a qualitative researcher methodology, researcher want to collect richer information and get more detailed picture of issues, cases or events. Qualitative research is defined as the approach to empirical research that relies primarily on the collection of qualitative data. Qualitative research is more focused on individual people and single, local groups for intensive case study and there is little interest in obtaining results that are broadly generalizable. Qualitative research offers an excellent way to dig deeply the lives of individuals and groups to study the world. Qualitative research is concerned with the nature, explanation and understanding of phenomenon. Unlike quantitative data, qualitative data are not measured in terms of frequency or quantity but rather are examined for in-depth meanings and processes. The data strategy is semi structured interview in interview method, interviews are widely used as a data collection tool in qualitative research. These are typically used as a research strategy to gather information about participants experiences, views and beliefs concerning a specific research question or phenomenon of interest (Lambert and Loiselle,2007). Sadowski (2002) purports that one-to-one interview are the most commonly used data collection used data collection tools in qualitative research. Semi- structured interviews offer a more flexible approach to the interview process.

PARTICIPANTS

The universe of the study is Kannur district.

The population of the study was among young adulthoods (18-25)

The sampling method of this study was purposive sampling.

The sample size is 10.

The inclusion and exclusion criteria are:

Inclusion criteria

Both boys and girls between the age of 18-25 who listen to music.

Exclusion criteria

Young adults having serious mental and physical discomfort or diseases and the ones who doesn't listen to music that much.

METHOD OF DATA COLLECTION

Interviews with semi-structured formats are used to get the data.

A semi-structured interview is one in which only a few predefined questions are asked and the remaining questions come up naturally in a free-flowing dialogue that follows.

Based on the study, queries were generated.

There will be 20 questions and based on the reply from the participants the research will inquiry in detail.

A face-to-face interview was used to get the data.

The order of the questions can be controlled, much like in a questionnaire, and the spontaneity of the respondent can also be assessed when using the interview method for research.

The interview receives more responses than sent inquiries, including those who are illiterate and write can also answer the question.

There is also certain disadvantage in conducting interview such as conducting interview studies is very time consuming, has lack of accessibility to respondents since the respondents can be in around any corner of the world or country. The interview studies provide less anonymity, which is a big concern for many respondents and also interview can cause biases.

PROCEDURE OF DATA COLLECTION

Initially, the researcher took permission from head of the department. The informed consent was taken from the samples of the study. After that, the researcher approached the young adulthoods who love music by face to face interview to collect data. The consent from the samples were also taken to record their response. Rapport was established and instructions like, answer the questions truthfully, if you are inconvenient to the question asked, please let me know that and try to attend maximum questions for data. A promise was given that the data will be confidential. After that, the researcher asked the required questions and collected data was carefully collected. At last, they were thanked for their cooperation and participation.

DATA ANALYSIS METHOD

Thematic analysis is used as the analysis method. A technique for assessing qualitative data called thematic analysis involves looking through a data collection to

find, examine, and document recurring themes. It is a technique for summarising data, but when choosing codes and creating themes, it also involves interpretation. The versatility of thematic analysis to be employed within a wide range of theoretical and epistemological frameworks, as well as to be applied to a wide range of study topics, designs, and sample sizes, is one of its distinguishing characteristics. The decision to utilise thematic analysis should be driven more by the objectives of the research than by a desire to pick an easy-to-use methodology. When attempting to comprehend a group of events, thoughts, or actions spread throughout a data collection, thematic analysis is an acceptable and effective technique to employ (Kiger and Varpio,2020).

CHAPTER 4

RESULT AND DISCUSSION

Presenting essential findings without interpretation is the major goal of the results and discussion. The results section lists the data that was collected. The language of the Results section, which follows this order, provides responses to the questions and hypotheses the researcher investigated. Reporting substantial adverse results is also required. The discussion section follows the results section, and it is here that the researcher discusses the significance of the results. This section logically explains the study's findings. Since these interpretations are generally reached by contrasting and comparing the findings to the findings of prior studies, references to the research discussed in the Literature Review frequently reappear here. Also, this section often analyses the study's limitations and offers plausible interpretations of the results considering the issue(s) addressed by the research question (s). This part is essential since it is finally moving towards an argument. There is more potential for disagreement in this part since the researchers interpret their findings in light of theoretical foundations. The authors' interpretation of their findings may differ significantly from your interpretation or that of another researcher (Lumen,n.d).

The analysis technique is thematic analysis. Thematic analysis is a method for analysing qualitative data that entails searching through a collection of data to identify, investigate, and record recurrent themes. It is a method for summarising data, but it also involves interpretation when selecting codes and developing themes. One of the features that sets thematic analysis apart is its adaptability to be used within a wide range of theoretical and epistemological frameworks, as well as to be applied to a wide range of study topics, designs, and sample sizes. The research's goals should be prioritised over the desire to choose an intuitive methodology when choosing whether to employ thematic analysis.

The aim of the study conducted was to understand the influence of music as a stress coping strategy among young adulthoods hence the study was conducted among the population of Kannur district and the method used to collect data was interview method and there was a total of 10 participants. The study was conducted among the

young adulthoods. Using the thematic analysis technique for interpreting qualitative data, the participant replies to the question posed are examined.

The first question asked to participant was whether the participant often likes to listen to music. Almost all of the 10-participant replied saying that they often listen to music. Some young people declare that they consider music as important as oxygen or water, as an element that defines their identity and their course through life (Rideout, Roberts & Foehr, 2005).

The second question was about whether hearing music is included in daily routine or not. Most of the participants response has similar answer for this question. 9 out of 10 participants used to hear music on the daily basis. Which means they took the process of hearing music as a part of their daily life. It seems that they had enough reasons to hear music on a daily basis.

The third question concerns about whether he or she most likely to hear music alone or when being with someone around. 8 of 10 participants said they mostly like to hear music when they are alone, because they tend to have their own taste in their music which makes them fully comfortable and good with their choice. The left 2 participants chose to hear music mostly when with someone else. This makes them to feel music together and helps to explore more in music according to other persons choice and may help them to discovery new areas in music.

The fourth question is about there any difference in the songs we hear when we are alone and when we are in a group.

7 out of 10 participants said that there is a difference in choice of songs we hear alone and in groups. When we are alone we tend to choose music as our own taste but when we are with someone else we tend to choose music also considering their taste in music too or choose music that all the members in a group can enjoy.

The other 3 out of 10 participants said that there is no difference in music we choose while we are alone or in groups.

The fifth question is about, at most what time you choose to hear the music. The majority of the participants said that they mostly hear music at night or sleep time. The other participants said that they hear music mostly when having any work and in travelling. 5 out of 10 participants said that they hear music mostly in sleep time or at

night. This helps them to free up their mind from daily chaos and helps them to get sleep easily and improve their sleep. The left 3 out of 10 participants said that they mostly hear music when they where travelling. Which makes them comfortable in travelling and to set the mood in a peaceful way. The left 2 out of 10 participants said that they hear music mostly when doing some work , to make it feel easy and enjoyable.

The next question is about , did they listen music while travelling and what is the motive behind this.

Table : 4.1 shows the superordinate theme and subordinate themes and frequency of the participant.

Superordinate theme	Subordinate theme
Motivation 9	1. Mind free
	2. Relief
	3. Peaceful

It is evident from the data collected that majority of the participant use positive motivation for hearing the music while travelling. Here most of the participants listen to music by positive motivations like happiness ,relief, mind free and peacefulness. 4 out of 10 participants said that their motivation of hearing music is to free up their mind from daily life chaos and past hurting memories. They likely to choose listening music escape from this mind disturbing events and to make it free.

3 out of 10 participants listen to music for the relief from their burdens they have. 2 out of 10 participants listen music to make a peacefulness inside them. They tend to create peacefulness around themselves by listening music of their choice.

The seventh question is about what type of music that they like most. Most of the participants 8 out of 10 prefer melody songs. Melody songs are most calm seeking type of music. The participants tends to listen melody song more to enhance their mood and make them sit peacefully by hearing it. Melody songs comes most in slow and moody way ,which increases the mood of participants and helps to decrease the stress. The 2 out of 10 participants said that they mostly used to hear sad songs. Which makes them emotional and helps them to burst out their sadness through crying which also helps in decreasing the stress. Findings of Myriam V.Thoma , Roberto La Marca ,

Rebecca Brönnimann, Limda Finkel, Alrike Ehlert & Urs M. Nater indicate that music listening impacted the psychobiological stress system. Listening to music prior to a standardised stressor predominantly affected the autonomic nervous system (in terms of a faster recovery), and to a lesser degree the endocrine and psychological stress response. These findings may help better understanding the beneficial effects of music on the human body. (MV Thoma, 2013)

The eighth question is about hearing music in sad situations and what type of songs did they prefer to listen while having sad mood. All of the participants that I interviewed tend to listen music while having sad situations or mood. Breakups or situations that hurt them etc will lead them in listening music. 10 out of 10 have a habit of listening to music when having a sad mood. And in case, type of music that they prefer when having sadness also matters. 7 out of 10 participants prefer listening to sad songs in sad situations. They tend to burst out in tears while listening to sad songs for unburdening their sadness or sometimes it leads in increasing the sadness and criticising their own situations. But in most cases they feel satisfaction after hearing to sad songs.

3 out of 10 participants said that they prefer more happy or pop songs to energise themselves to forget about the sadness that they have. In which they try to focus on the positive side of them by forgetting the sadness. Findings of Ai Kawakami revealed that the sad music was perceived to be more tragic, whereas the actual experiences of the participants listening to the sad music induced them to feel more romantic, more blithe, and less tragic emotions than they actually perceived with respect to the same music. Thus, the participants experienced ambivalent emotions when they listened to the sad music. (A Kawakami, 2013)

The ninth question is about, does the participants have tension while exam is approaching or not. And how listening music help them with coping exam stress.

Table : 4.2 shows the superordinate theme and subordinate themes and frequency of the participant.

Superordinate theme	Subordinate theme
Positive outcome	1. Unburden
	2. Relief

Most of the participants means 10 out of 10 participants have the tendency of having tension by the approaching of examination. And also they seems to listen to

music for the reduction of tension they have. By listening music their tension and the stress they have due to examination can be reduced and helps in clearing mind to study better. Some of the participants feel unburden and some other feels relief when listening to music. Which helps them to clear their mind. A study on reduction of stress by listening music by Bon Young Kim. Music listening is one of the great ways to reduce stress. Music listening is known to stimulate the autonomic nervous system and the motor center to reduce complaints, edgy, and tension. Music listening also has an effect on mental treatment such as post-traumatic stress.(Bon Young Kim,2018).

The tenth question is about that they ever felt that the stress caused by various reasons is reduced by listening to music. 10 out of 10 participants said yes. They were carried throughout different types of stresses in their daily life. Work stress, family stress, health stress etc will negatively effect the person. Music doesn't actually help them to fully recover their stress issues but the participants listen to music in order get a little relief from their stress , to feel unburden ,to have some time without the thoughts of stress etc.

The eleventh question is about minimum time the participants used to listen to music on a daily basis. 4 out of 10 participants said that they used to listen to music upto 15-20 minutes per day. The other 4 out of 10 participants mention that they used to listen music upto half an hour a day. And the left 2 out of 10 participants said that the time they took to hear music is comparatively depends on each day. Through this question it is completely clear that each of the participant have a habit of listening music in their daily life for an average 20 minutes per day. Music becomes a part of each participants.

The next question is about how participants react to pop or dance music while having a stressful condition.

Table :4.3 shows the superordinate theme and subordinate themes and frequency of the participant.

Superordinate theme	Subordinate theme
Positive emotion 6	1. Happy 2. Satisfaction 3. Relief 4. Peace

The question was asked to understand the emotions expressed by the participants when they listen to pop songs while having a stressful situation. 6 out of 10

Superordinate theme	Subordinate theme
Negative emotion 4	1. Disturbance 2. Neglect

participants answered that they feel happy, satisfaction ,relief and peace while hearing dance music when having a stressful situation. In the article published by the Jenefer Robinson University of Cincinnati, have claimed that musical gestures which are experienced as resembling gestures or behaviours characteristic of a person in a particular emotional state, such as vocal expressions of sadness or anger (sighing, wailing, shouting, etc.) and behaviours expressive of joy (skipping lightly), or sadness (moving heavily and slowly as in a funeral procession). We claim that sometimes music can appropriately be heard as containing a “persona,” a fictional or virtual agent whose emotions are expressed in the music, and that this persona can be experienced as expressing more complex emotions, such as hopefulness or resignation, as well as blends of emotion, and emotions that develop and change over time.

4 out of 10 participants answered that they feel disturbance and began to neglect the music while experiencing most stressful situations.

The last question is about whether all the songs you hear helps to manage the stress or not. Most of the participants answered that, if they were in a stressful situations they mostly tend to choose the songs which make them comfortable and relax. But in some situations they couldn't choose the music as their own wish and that times the music didn't really helps to reduce the stress. 6 out of 10 participants mentions that all the music they hear couldn't help in their stressful situations because

of their taste in their music is somewhat different from the music they hear, so that difference sometimes makes that uncomfortable. 4 out of 10 participants answered that most of all music helps them to cope up with their stressful situations.

CHAPTER 5

SUMMARY AND CONCLUSION

Stress arises when individuals perceive that they cannot adequately cope with the demands being made on them or with threats to their well-being. R.S. Lazarus (1966). Stress, it is argued, can only be sensibly defined as a perceptual phenomenon arising from a comparison between the demand on the person and his or her ability to cope. An imbalance in this mechanism, when coping is important, gives rise to the experience of stress, and to the stress response. T. Cox (1978). Stress. Basingstoke: Macmillan Education. Stress results from an imbalance between demands and resources. R.S. Lazarus and S. Folkman(1984). Stress is the psychological, physiological and behavioural response by an individual when they perceive a lack of equilibrium between the demands placed upon them and their ability to meet those demands, which, over a period of time, leads to ill-health. S. Palmer (1989). A simple definition that can be used is: Stress occurs when pressure exceeds your perceived ability to cope.

Stress management offers a range of strategies to help you better deal with stress and difficulty (adversity) in your life. Managing stress can help you lead a more balanced, healthier life. Stress is an automatic physical, mental and emotional response to a challenging event. It's a normal part of everyone's life. When used positively, stress can lead to growth, action and change. But negative, long-term stress can lessen your quality of life.(S.Palmer,1999). There are so-many techniques to cope up with stress. One of the most used activity is listening to music while having stressful situation. It is very common in young adulthoods that they prefer listening music as a part of their daily life. Given the importance of stress coping strategy among young adulthoods, the present study was conducted to understand the influence of listening music as a coping strategy among young adulthoods.

The research guide granted approval for the study's implementation. The subjects' informed consent was then obtained by the researcher. The rights of the participants and the observance of confidentiality were explained to them. Participants were Kannur-based young adulthoods. Also, they were informed that they might leave

the study at any time if they felt uncomfortable or for any other reason. After building a strong rapport with the participants, the questions were put to them.

The study was qualitative in nature, and semi-structured interviews were employed as the primary data gathering strategy. One person at a time is interviewed. The researcher gathered information by personally approaching adults whose age ranges from 18-25. In order to better grasp the approaches towards music and stress management, a good rapport was first built, and questions were posed. Yet, the participants' reports indicate that the questions are not arranged in a certain order or that the wording varies. One by one, the questions were posed, and the answers were meticulously recorded. Each participant's interview went without a hitch. The participants were informed of their right to get in touch with the researcher if they needed any more explanations. In the conclusion, everyone thanked everyone for their assistance and participation.

The major objective of the study was to understand the influence of listening in coping stress. The data was collected through semi structured interview and the data was analysed using thematic analysis. It is a technique for summarising data, but when choosing codes and creating themes, it also involves interpretation. The ten questions asked and the responses from the participants were thus analysed thematically. There were subordinate and superordinate themes found among the responses. The major findings of the study were the young adults evolved in listening music in their day to day life for freeing up their mind from stress evoking situations and moods. They also suggested that engaging in music and distracting oneself from the stress triggering situation can help manage stress effectively.

MAJOR FINDINGS:

- The major findings of the study list out that young adults have developed the habit of listening to music throughout their daily lives as a way to decompress from stressful circumstances and states of mind.
- They added that one can effectively manage stress by listening to music and diverting oneself from situations that cause tension.
- Also they suggested that listening to music and podcast can help reduce or manage one's aggression effectively.

- Some also suggested that engaging in listening music can make them more unstressed and can lead a day nicely.
- Despite these, the most commonly young adults seems to listen melody songs to make their mind more clear from stressful situations.
- The young adults seems to listen to sad songs in sad situations or mood, in which it helps to burst out their sad emotions and it can lead decrease in the intensity of sadness.

IMPLICATIONS:

The present study, which was performed on young adults, focused on the influence of listening music in their daily stressful situation and how the music helps them to overcome those stresses by listening to favourable songs. The study can be used to understand some specific types of music that the young adults prefer to hear more while having stress. The study's conclusions can be utilised by seeking the most respondent way or type of music that the participants prefer most in coping stress and these results can be implemented in other peoples.

The transition stage from adolescence to young adults results in different changing in responsibilities, mindsets, social norms etc (higher education, job, marriage, children etc) which sometimes couldn't handle properly, these create excess stress in young adults. Several other studies on the influence of listening music in coping stress among adults have been conducted which in term results in the importance of listening music.

The major findings of the present study was all the participants try to find some time in listening music and which in turn becomes a habit. Listening music makes them more productive and energetic to do other chores in daily life. On average upto 15-30 minutes per day was spend on listening music.

The other finding of the study is most of the participants used to listen music at night or sleep time. This helps them to clear their mind from the chaos of the present day and which in turn helps to boost and improve the quality of sleep. Calm music like melody was most chosen by the participants to listen at night

The next finding of the study is that young adults seem to listen sad songs when they are in sad situation or mood. It is found that by listening sad songs which is relatively similar to the present situation of the participants, helps to burst out their sad emotions and also helps to give a satisfaction.

The other finding of the study is that motivation of young adults to listen to music while they were travelling. It is found that the young adults seek for peacefulness, relief and mind freeness while travelling which in turn obtained by listening to music. Participants seem to escape from the surrounded chaos and from personal problems by listening to music.

The other finding of the study is that listening to music helps to cope up with tension and anxiety that approach while having examinations. Young adults seem to listen to music during study time, and it helps them to feel unburden and give some sort of relief which in turn lead to better focusing and grasping of study material.

Music can clear their mind for better attention and understanding.

The next findings of the study is that young adults tend to give both positive and negative emotions while listening to pop or dance songs when having a stressful situation or mood. Some positive outcomes are happiness, satisfactions, relief and peace. Some young adults feel more positive when listening to dance or pop songs while having a stress, means they may feel better or sometime forget about the stressor. But sometimes it leads to negative emotions such as disturbance and people seem to neglect from hearing such music when they are having a stressful situation. Sometimes may be due to the difference in their taste in music or sometimes at extreme, people were not in a condition to enjoy with the music.

The findings of the research can apply to young adults who are not able to find a coping strategy for their stress. We can suggest them to find their taste in music and try to listen to it even for sometime whenever having high work loads, exam tensions and anxiety or while travelling for having a positive outcome such as mind freeness, relief, unburden etc. Which emphasises the young adults to perform their daily chores.

LIMITATIONS:

The universe were limited to Kannur due to limitation in travelling for data collection.

All the interviews could not be done face-to-face due to the limitation of time.

SUGGESTIONS FOR FUTURE RESEARCH:

- It is possible to evaluate the same study variable across a range of people, situations, and settings.
- The current study included ten young adults. A bigger sample size would allow for further study.
- The main time constraint can be overcome by using a different data collection strategy.
- Future research should look into if there might be additional psychological factors in this cohort; the current study only looked at stress as a variable.

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APPENDIX

APPENDIX A: INFORMED CONSENT LETTER

INFORMED CONSENT FORM

This is a research study undertaken for the fulfilment of the researchers Bachelor of Science program in Psychology. The study is on “UNDERSTANDING LISTENING MUSIC AS A STRESS COPING STRATEGY.” The data for the study will be obtained through semi structured interview and will be recorded.

Participation in this research project is voluntary. You have the right to withdraw from the study at any time in the event that you chose not to continue. It is further reinstated that all information will be kept confidential and will be used only for the purpose of the above-mentioned research study.

The contact information of the researcher has been provided for participants in order to clarify any concerns or queries about this study. The details of the researchers are given below:

Researcher: MEHANA VK

Phone Number: 9847735801

Email ID: mehanavk3@gmail.com

Your name and signature below signify that you have read and understood the contents and intentions formed in this consent.

Name:

Signature:

Date:

APPENDIX B: SOCIO DEMOGRAPHIC DETAILS

NAME/ INITIAL:

AGE:

GENDER:

QUALIFICATION:

PLACE:

ADDRESS:

CONTACT NUMBER:

APPENDIX C: RESEARCH QUESTIONS

1. നിങ്ങൾപാട്ടുകൾകേൾക്കാൻഇഷ്ടമുള്ളതാണോ?
2. പാട്ടുകേൾക്കൽദിനാചാര്യയുടെഭാഗമാണോ?
3. പാട്ട്ഒറ്റകിരുന്നാണോഅതോആരേങ്കിലുംകൂടെഇരിക്കുമ്പോൾകേൾക്കാനാണോകൂടുതൽഇഷ്ടം?
4. ഒറ്റക്ക്ഇരുന്നുകേൾക്കുന്നപാട്ടുകൾക്കുംകൂടെആളുകൾഉള്ളപ്പോൾകേൾക്കുന്നപാട്ടുകൾക്കുംഎന്തിലുംരീതിയിലോ വെത്യസമുണ്ടോ?
5. ഏതുസമയത്താണ്കൂടുതലുംപാട്ടുകേൾക്കുക?
6. യാത്രചെയ്യുമ്പോൾപാട്ടുകൾകേൾക്കുന്നുണ്ടോ?
ഉണ്ടെങ്കിൽകേൾക്കാനുള്ള
പ്രചോനത്തിന്ററെകാരണമെന്താണ് ?
7. ഏതുതരത്തിലുള്ളപാട്ടുകളോട്ആണ്കൂടുതൽഇഷ്ടം ?
8. വിഷമംവരുമ്പോൾ പാട്ട്കേൾക്കാറുണ്ടോ
?ഉണ്ടെങ്കിൽഏതുതരത്തിലുള്ളപാട്ടുകളാണ്കേൾക്കാൻ ?
9. പരീക്ഷകളോടുംഅടുക്കുമ്പോൾടെൻഷൻകൂടാറുണ്ടോ
?ടെൻഷൻഉണ്ടാവുന്നസമയങ്ങളിൽപാട്ടുകേൾക്കുന്നത്എന്തേലുംരീതിയിൽസഹായിക്കരുണ്ടോ?
10. എപ്പോഴെങ്കിലുംപലകാരണംകൊണ്ട്ഉണ്ടാവുന്നസ്ത്രസ്സ് പാട്ട്കേൾക്കുന്നതിലൂടെകുറയുന്നതായിതോന്നിയിട്ടുണ്ടോ ?
11. മിനിമംഎത്രസമയംനിങ്ങൾപാട്ട്കേൾക്കാറുണ്ട് ?

12. നിങ്ങൾ സമ്മർദ്ദം നിറഞ്ഞ ഒരു സാഹചര്യത്തിലൂടെ കടന്നു പോകുമ്പോൾ പോപ്പ് അല്ലെങ്കിൽ നൃത്ത ഗാനങ്ങളോട് നിങ്ങൾ എങ്ങനെ പ്രതികരിക്കും?
13. നിങ്ങൾ കേൾക്കുന്ന എല്ലാ പാട്ടുകളും നിങ്ങളുടെ സമ്മർദ്ദം നിയന്ത്രിക്കാൻ സഹായിച്ചോ ഇല്ലയോ?

UNDERSTANDING MARITAL ADJUSTMENT AMONG TEACHERS

*A Dissertation submitted in partial fulfilment of the
Requirement of the degree of Bachelor of Science in Psychology*

Submitted by:

DEEMA K C

Reg.No:DB20CPSR06

Under the Guidance of

Ms Simmy Sunny Cherian

Assistant Professor



DON BOSCO ARTS AND SCIENCE COLLEGE

ANGADIKADAVU

(Affiliated to Kannur University)

DEPARTMENT OF PSYCHOLOGY

MARCH 2023



DEPARTMENT OF PSYCHOLOGY
DON BOSCO ARTS & SCIENCE COLLEGE
ANGADIKADAVU

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PSYCHOLOGY PROJECT REPORT

Register Number: DB20CPSR06

SUBMITTED FOR THE B.Sc. EXAMINATION 2022-23

Head of the Department

Principal

HELD ON

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on **“UNDERSTANDING MARITAL ADJUSTMENT AMONG TEACHERS”** by, **DEEMA KC**, in partial fulfilment of the requirements for the award of the Undergraduate Degree of BSc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

DECLARATION

I **DEEMA K C**, hereby declare that this dissertation entitled “**UNDERSTANDING MARITAL ADJUSTMENT AMONG TEACHERS**” submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

DEEMA KC

DB20CPSR06

Signature

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I thank Kannur University, Don Bosco Arts and Science College and the Department of Psychology for giving me this opportunity as well as providing the necessary facilities and guidance to complete this research.

I would like to specially thank the 10 participants who had cooperated and participated in this study and shared their own personal experiences. I owe a lot of gratitude to all of them because without them this study would not have been possible. I appreciate the time and effort they put aside for this study and for giving me the permission and opportunity.

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ABSTRACT

The study utilized qualitative methods to know the marital adjustment among teachers. The study was conducted among the population of married teachers, and the method used to collect data was semi structured telephonic interview and there was a total of 10 participants. The study was conducted among teachers. The responses of the participants to the questions that were asked are analysed using the narrative analysis method of analysing qualitative data. Marital life and professional life are two important part of early adulthood phase. Working as a teacher and leading a marital life in the initial years of marriage need a lot a lot adjustments. So it's important to foster good marital adjustment. The questions were constructed to understand the marital adjustment among teachers. From the results it is indicated that having healthy communication, spending quality time with spouse, support from partner and in-laws, healthy sexual functioning, financial stability and family planning aids in better marital adjustment.

The major findings of the study are that healthy communication and marital adjustment are directly proportional, teachers without children experience more marital adjustment than teachers with children, lack of sexual function creates adjustment issues, quality of time spent with partner is more important than duration of time spent , financial stability aids in better marital adjustment and family planning plays a prominent role in marital adjustment. Most of the teachers are found to have good marital adjustment.

CHAPTER 1

INTRODUCTION

Marital adjustment describes the accommodation of spouses to each other. Factors contributing to levels of marital adjustment include marital satisfaction, cohesion, agreement, affection, and conflict. Well-adjusted couples are expected to have long-lasting, stable marriages, whereas poorly adjusted marriages are expected to experience instability and/or to end in divorce. Predictors of marital satisfaction, a component of marital adjustment, include social and personal resources, satisfaction with lifestyle, and rewards from spousal interaction. Other predictors of marital adjustment include age difference between spouses, length of time married, and number of children (Kendrick & Drentea, 2016)

As marriage is an important factor in early adulthood, getting used to your partner as a person is very important once you get married. In order to have a happy marriage, the couple must cultivate strong interpersonal relationships with one another. Similar backgrounds, values, and interests may aid in this process. Conflicts and emotional issues can also result from roles that both spouses view as husband and wife and the ideal partner. Sexual adjustments Having a satisfying sexual relationship with one's spouse is an important marital adjustment in early adulthood. This factor is related to adjustment as well as how far the spouse is able to fulfil the needs of the other.

Communication between spouses, knowledge of sex, interpersonal relationships between spouses, fears, anxieties, unrealistic expectations, and prejudices about sexual act, among other things, affect sound sexual adjustments, adjustments to in-laws, adjustment to parenthood The first few weeks after a baby joins the family are filled

with profound changes: These changes depend on the familiarity between the two families before the marriage, the health conditions of the in-laws, the attitude of the newlyweds toward the old in-laws, and so on. Financial adjustments Both spouses should be aware of the family's income and expenditures in order to make better financial adjustments (disturbed sleep schedules, new caregiving and household tasks, less time for couples to spend together, and increased financial responsibilities). It's important to have a family budget, prioritize the expenses, communicate openly about family expenses, and adjust personal spending styles in relation to family income. (Betül et al., 2018)

As an adult, the individual takes a firmer place in society, usually holding a job, contributing to community and maintaining a family and care of offspring. These new responsibilities can create tensions and frustrations, and one solution involves is, an intimate relationship with family. This situation leads to a crisis called intimacy v/s isolation .If these problems are solved effectively by the love, affection and support of family the individual leads a normal life, otherwise he will develop a feeling of alienation and isolation which in turn affects his personality negatively.(Stages of development of psychology,2015)

Professional life is yet another important step in early adulthood and different individuals enter into different work settings. Taking the profession of teachers, they are at the heart of the educational system, preparing students to face the challenges of the future and build their nation with purpose and responsibility. The quality of a school's teachers is critical to its success. In point of fact, no educational system can surpass the level of its teacher. His influence extends not only to a specific state region but also to the entire nation or even outside of it. There are chances that the children do not receive their mother's affection because of the stressful and hectic schedules of

female teachers. Due to occupational stress, a teacher cannot spend time with his or her spouse, so their children grow up under a lot of pressure and insecurity; This causes teachers to be dissatisfied, which has an impact on his or her teaching. They can easily deal with all of life's problems and enjoy all of its comforts if her marital and professional lives are in balance.

The process through which married partners find mutual satisfaction and accomplish shared objectives while retaining a healthy amount of uniqueness is known as marital adjustment. Sharing experiences, interest, and values; respecting each other's needs, goals, and temperaments; maintaining open lines of communication and the expression of feelings; delineating roles and responsibilities; working together to make decisions, solve problems, and raise children; and achieving mutual sex gratification are all crucial to marital adjustment. Marriage adjustment is the integration of two people with diverse personality traits into a relationship so that they can support one another and work toward happiness and shared objectives . The couple should come to an understanding on these points in order to build family unity and cohesion. (Betül et al., 2018)

There are five areas of adjustments in marital life:

a) Adjustment to a mate: Once two persons enter into marriage, adjusting to one's mate as a person is very important. The couple needs to develop strong interpersonal relationship with each other which leads to good companionship in marital relationship. Similarity in backgrounds, values and interests may help in this process. Role concepts about husband and wife held by both the spouses and the concept of an ideal mate may also lead to conflicts and emotional problems. How far

the spouse is able to fulfil the other's needs is also an important factor related to adjustment.

b) Sexual adjustments: Having satisfied sexual relationship with spouse is an important marital adjustment in early adulthood. Factors affecting sound sexual adjustments are communication between spouses, knowledge about sex, interpersonal relationship between the spouses, fears, anxieties, unrealistic expectations and prejudices about sexual act etc.

c) Adjustment to in-laws: In law adjustments depend on the familiarity between the two family members before marriage, health conditions of in laws, attitude of newly wed towards old inlaws etc.

d) Adjustment to parenthood: The early weeks after a baby enters the family are full of profound changes: disrupted sleep schedules, new care giving and household tasks, less time for couples to devote to each other, and added financial responsibilities

e) Financial adjustments: For better financial adjustments, both spouses should know the income and expenditure of the family. Family budgeting, prioritizing the expense heads, open communication regarding family expenses and adjusting personal expenditure styles in relation to family income are important.(Hurlock,1980)

Intimacy against solitude, in accordance with Erikson, is the psychological conflict of early adulthood, which is manifested in the young person's feelings and thoughts about committing permanently to an intimate partner. Those who have reached the intimacy stage are able to commit to real connections and collaborations with other people. This encourages cooperation between partners. Intimacy's antithesis is distancing. All of us are prepared to put ourselves at a distance from others when we perceive their actions to be dangerous.

Early adulthood is the phase where most of the individuals enter into marital and professional lives, and considering teaching as one of the most common professions, the marital adjustment in teachers among early adulthood is a need of the time.

Need and significance of the study.

Beginning of marriage and employment come under the period of early adulthood. Marriage is a major part of socioemotional development in early adulthood, by marrying both men and women have to deal with marital adjustment. Teaching can be considered as one of the most common professions and married teachers are to play dual roles: an individual dedicated to their job, career and challenges of changing society and well as the old commitment to one's dear and near one's. Hence the division of attention in work and marital lives creates the importance of understanding marital adjustments in teachers. And by identifying the factors and reasons behind marital adjustment, it is possible to create awareness in both the male and female partners and can also create an awareness in rectifying marital adjustment problems.

Statement of the problem.

Marital adjustment is the most inevitable factor in marriage. The study tries to explore marital adjustment in teachers and hence the title of the study is 'Understanding marital adjustment among teachers'.

Definition of key terms

1: Marital Adjustment

Theoretical definition: Marital adjustment is the process by which married couples attain mutual gratification and achieve common goals while maintaining an appropriate degree of individuality (APA Dictionary of Psychology, n.d.)

Operational definition: Marital adjustment is the process of adjusting to the new situations, responsibilities, feelings associated with the life with spouse.

2: Teachers

Theoretical definition: Teachers have a responsibility to structure educational environments in ways that promote educative learning experiences, those that change the learner in such a way as to promote continued learning and growth (Dewey, n.d.)

Operational definition: Teacher is an individual who works in an educational setting to impart knowledge, wisdom , creativity , and other learning experiences and methods in students.

Major objective

To understand marital adjustment among teachers

Specific objectives

- To understand marital adjustment among teachers with children
- To understand marital adjustment among teachers without children

ORGANIZATION OF THE STUDY

The study contains five chapters- Introduction, literature review, methodology, results and discussion and finally the summary and conclusion. The first chapter is the introduction. It includes a brief introduction to the study with major focus on the need and significance of the study. The chapter also included the problem statement and the definition of key terms that are used in the chapter. The second chapter is the review of literature. It comprises of two sections -theoretical background of the study and the related studies. The third chapter is the methodology. It includes a detailed account of samples, variables, tools, procedures for data collection and analysis method used for

the analysis of the data collected. The fourth chapter explores the result and discusses the analysis of the data and the results obtained there by. In the fifth chapter which is the summary and conclusion, a resume of the study and methodology of the study is briefly stated. It also includes the major findings of the present study, its implications and the suggestions for further research. At the end, reference and appendices are included.

CHAPTER-2

REVIEW OF LITERATURE

Literature review is both a process and a product. It involves searching within a defined source of information related to your research topic and then creating a comprehensive summary of the pertinent research on your topic. It is most certainly over a topic that has further scope for developing a research question. Often early career researchers find writing a literature review difficult and are unsure about the best way to structure their review and produce an effective research literature review. To make this process simpler, it is important that researchers understand the concept of literature review and the purpose behind it. A literature review is a critical collection of data from different sources relevant to your topic of research. Based on the structure and formulation, literature reviews are broadly classified as narrative or traditional literature reviews, scoping reviews, systematic literature reviews, and Cochrane reviews. Narrative traditional literature review is a comprehensive, critical, and objective analysis of existing knowledge of the topic. Scoping review aims to identify the nature and extent of research evidence. A systematic literature review identifies and helps select research in order to answer clearly formulated research questions. Cochrane reviews are gold standard reviews; which are clearly reported and methodologically better than systematic reviews. (A. Enago)

A literature review is comprehensive research on a topic. The literature review surveys scholarly articles, books, and other sources relevant to a particular area of research. The review should be enumerated, described, summarized, objectively evaluated, and clarify this previous research. It should give a theoretical base for the research and help you determine the nature of your research. The literature review acknowledges the

work of previous researches and it is doing, assures the reader that your work has been well conceived. It is assumed that by mentioning a previous work in the field of study, and the author has read, evaluated and assimilated that work into the work at hand. A literature review creates a landscape for the reader giving her or him a full understanding of the developments in the field the landscape informs the reader that the other has entered a simulated all previous significant works in the field into her or his research.

The aim of literature review is to summarise and synthesize the arguments and idea of existing knowledge in a particular field without adding any new contributions. Being built on existing knowledge they help the researcher to even turn the wheels of the topic of research. It is possible only with profound knowledge of what is wrong in the existing findings in detail to our power them. 4 other researchers, literature review gives the direction to the headed for its success. As per the common belief, literature review is only a summary of the sources related to the research. And many others or scientific manuscripts believe that they are only surveys of what are the researches are done on the chosen topics. But on the contrary, it uses published in from the pertinent and relevant sources like scientific papers latest studies in the field established schools of thoughts relevant articles from renowned scientific journals and many more for a field of study or theory or a particular problem like summarise in to brief account of all information, synthesise the information by restricting, and recognising familiarity the authors to the extent of knowledge in the field etc. By doing this the relevant information it provides the reader of the scientific manuscript with the better understanding of it. The importance of literature review in scientific manuscript can be condensed into analytical feature to enable the multi field research of the significance. It adds value to the legitimacy of the research in many ways. It provides the Indian

preparation of existing literature in light of updated developments in the field to help in establishing the consistency in knowledge and relevancy of existing materials, It helps in calculating the impact of the latest information in the field of mapping the progress of knowledge, Provide information for relevancy and coherency to check the research, increase the significance of the results by comparing it with the existing literature, provider point of preference by rating the finding age scientific Manuscript.

THEORETICAL REVIEW:

A theoretical framework is a basic analysis of other ideas that acts as a guide for creating the justification you will use in your own work. Theories helps to explain facts, discover connections and anticipate outcomes. (George.T,2022). The theoretical review helps to support findings as well as generalize to a mass population. The main theories that describe the variable adjustment are described below.

THEORIES OF MARITAL ADJUSTMENT

1. The Structural Theory

The structural theory model according to Onwuasonayais a popular theory of marriage counseling developed by Minuchin in 1974. The theory proposes that marital pathology is caused where one member in the dyad is swallowed up by the personality of the other (the problem of enmeshment);

- Where one member's interest is in conflict with the general interests of the marriage
- Where the transactions between the interior and exterior aspects of the marriage are too free and fluid as to allow significant outsiders like in-laws, business

associates, neighbours and friends to influence the value orientation of the members

- Where the boundary between the interior members of the union (the husband and the wife) is too impermeable as to generate the problem of insufficient communication and the crisis of emotional separation between the parties has the neurotic tendency to lord over his or her wishes on the other;
- Where one member in the marriage has the neurotic tendency to lord over his or her wishers on the other
- Where the couple' approach to stress is frantic and immature.

Based on such formulations, the marriage counselor will be expected to “repair” where necessary the structural dislocations and the couples approach to stress that may (Theories of Adjustment, n.d.)

2. The Role Theory Model

The role theory model is the framework that proposes that the essential factor in any marital crisis or discontentment is the phenomenon of role conflict, which arises from incompatible role expectations between the two parties in the marriage

According to Mangus (1957) the theory assumes that: each partner in any marriage usually enters the marriage with some ideas or perceptions as to how he or she should behave and also with certain expectations as to how the other should behave. Each partner in the marriage, harbours not only expectations as to what should be done by the other in the marriage, but also how the roles expected of the other should be executed.

Applied to marriage relationship there are initially two status husband status and wife status-husband status and Wife status. Marital adjustment occurs when each

spouse enacts his/her role effectively to the satisfaction of the other spouse and other significant persons to the relationship.(Analyzing Marital Adjustment Using Role Theory on JSTOR, n.d.)

3. The Moral Model

This presents the oldest view-point about adjustment or maladjustment. According to this view, adjustment or maladjustment should be judged in terms of morality i.e. absolute norms of expected behaviour. Those who follow the norms are adjusted (virtuous or good people) and those who violate or do not follow these norms are maladjusted (sinners). Evil supernatural forces like demons, devils, etc. Were blamed for making one indulge in behaviour against the norms (committing sins) while the religious gods, goddess and other saintly great souls were responsible for making one a happy, healthy, prosperous and pious person (adjusted in the modern sense). However, as the medical and biological sciences advanced and scientific reasoning gained a firm footing in the nineteenth century, the moral model was replaced by the medico-biological model (Adjustment, n.d.)

4. The Medico Biological Model

This model holds genetic, physiological and biochemical factors responsible for a person being adjusted or maladjusted to his self and his environment. Maladjustment, according to this model, is the result of disease in the tissues of the body, especially the brain. Such disease can be the result of heredity or damage acquired during the course of a person's life-by injury, infection, or hormonal disruption arising from stress, among other things. In the opinion of Lazarus (1976), the correction of adjustive failures or disorders requires correction of the tissue defect through physical therapies such as drugs, surgery and the like.

This model is still extant and enjoys credibility for rooting out the causes of adjustive failure in terms of genetic influences, biochemical defect hypotheses. And disease in the tissues of the body. However, it is not correct to assign physiological or organic causes to all maladapted and malfunctioning behaviour. Especially when there is no evidence of physiological malfunction. Such situation certainly calls for other explanations, viewpoints or models.(Deacon, 2013)

5. The Psycho Analytic Model

This model owes its origin to the theory of psychoanalysis propagated by Sigmund Freud (1938) and supported by psychologists like Adler, Jung and other neo-Freudians. Psychoanalytic Theory is the foundation of the Psychodynamic Perspective that is present in all fields of Psychology. Psychology of Adjustment indeed draws reference to Sigmund Freud's Psychoanalytic Theory and suggests its importance as it relates to Adjustment. The study of Adjustment can be seen as a fusion of the Biological Theory of adaptation and that of the basic concept of Psychology. Based on this premise a definition to explain the dynamics of Adjustment is stated as "The Psychological process through which people manage or cope with the demands and challenges of everyday life" (Weiten& Lloyd, 2006). This concept is important to consider as it pertains to Freud's psychoanalytic theory.(The Nature of Personality (the Psychology of Adjustment), n.d.)

Summary:

Marital adjustment is the process by which married couples attain mutual gratification and achieve common goals while maintaining an appropriate degree of individuality. Especially important to marital adjustment are (a) the sharing of experiences, interests, and values; (b) respect for the partner's individual needs, aims,

and temperament; (c) maintenance of open lines of communication and expression of feeling; (d) clarification of roles and responsibilities; (e) cooperation in decision making, problem solving, and rearing of children; and (f) attainment of mutual sexual gratification.

A teacher is a teaching professional who is meant to help the students to gain knowledge, competence, and virtue. They are appointed as per their qualifications and experience. The role of teachers is to shape the students, hence it involves both, the requisite qualification and passion for teaching

Marital and professional lives are two important parts of early adulthood. A teacher along with leading a professional life has to lead a healthy marital life .

Literature Review

The research on topic ‘Relationship between personality traits and marital adjustment of teachers’ was conducted by HummaraAkram, and Najma I Malik in 2011. The study aimed at finding the relationship between personality traits and marital adjustment of couples involved in teaching profession. The sample was comprised of (N= 30) teaching married couples, selected from the different colleges and University of Sargodha. For assessment of personality traits the Urdu version (Chisthi, 2002) of Revised NEO Personality Inventory (Costa & McCrea, 1992) and for marital adjustment the Urdu translation (Naseer, 2000) of Dyadic Adjustment Scale (Spanier, 1976) were used. Results indicated the significant positive relationship between Extraversion, and Conscientiousness with marital adjustment; whereas relationship between personality trait Openness to experience and marital adjustment was positive but non significant. Gender difference on NEO PI-R were also found to be non significant except for the Conscientiousness facets where women score significantly

higher as compared to men and one of its sub facet “order” was found to be profoundly determinant in making that significant difference.(Akram & Malik ,2011)

The research on topic 'Employed women and marital satisfaction: A study among female nurses' was conducted by EP Abdul Azeez in 2013. Marital satisfaction is an essential element for successful family life and personal growth. The fulfillment and positive development will be possible only when the relationship between couples is coherent and satisfactory. Different factors have significant influence on the marital satisfaction, like personality of the partner, nature of job, child rearing responsibility, sexual satisfaction and communication patterns are some of the examples. The active engagement of women's in the employment sector and their dual role has significant correlation with the marital satisfaction, especially in a society like India. Professionals who are engaged in health care sector, especially private sector nurses are having stresses in relation with shifts, long hours of duty low payment. Apart from this they are playing dual role as breadwinner and the care taker of family. These aspects are having significant correlation in the family life too. The present study has focus on the marital satisfaction of female nurses who are working in private hospitals. The descriptive study has conducted among 110 nurses by using questionnaire, which includes socio demographic profile and marital satisfaction scale. It's drawn from the study that more than half of the respondents moderately satisfied in their family life. The level of satisfaction has significantly influenced by different personal and relationship variable.(EP, 2013)

The research on topic 'Assessment of marital adjustment among couples with respect to women's educational level and employment status' was conducted by Ritu Singh, S. K. Thind, Sushma Jaswal in 2006 . In this study, families with employed and non-employed women across different educational levels from Ludhiana city were

compared on their existing level of marital adjustment. For it 300 Sikh families ($N = 300$) were selected according to the working status of woman in the family and divided into two categories of families, that is, families with employed women ($n_1 = 150$) and families with non-employed women ($n_2 = 150$). These two categories of families were selected by drawing equal numbers of families ($n_{1i}, n_{2i} = 50$) from each of the three levels of education (with reference to woman in the family) viz. post graduation and above (Level I), up to graduation (Level II) and matric and below excluding illiterate (Level III). A socio-demographic questionnaire was used to identify families for the sample under study. Level of marital adjustment in the selected families was assessed using marital adjustment questionnaire. Arithmetic mean, standard deviation and t-test were used to analyse the data. The findings revealed that sexual dimension of marital adjustment among husbands and wives was unaffected by wives' education level and employment status. On the contrary, it was observed that wives employed and educated up to Level I or Level II and their husbands were significantly more socially adjusting than wives non-employed and educated up to Level III and their husbands respectively. Husbands showed no variation on the emotional dimension of marital adjustment with wives' educational level and employment status, whereas, wives were seen to be more emotionally dependent on their husbands when they were educated up to Level III or were non-employed. (Singh et al., 2006)

The research on topic 'A Comparative study of Marital Adjustment among Employed and Unemployed Married Women of Urban and Rural Area' was conducted by Dr. Krishna J. Vaghela in 2014. The aim of the investigation is to study marital adjustment between employed and unemployed married women of urban and rural area. The sample of the present study consisted of 120 married women and their range between 23 – 38 years. [30 employed and 30 unemployed women from urban area and

30 employed and 30 unemployed women from rural area.] The marital adjustment inventory was administered to all participants. The data was analysed using means, SD and t – value. The results are discussed and conclusion is down. The main findings showed that there was a significant difference between employed and unemployed married women of urban area in respect to their marital adjustment scores. As regarding to rural area significant difference were also found between employed and unemployed married women on their marital adjustment.(Vaghela,2014)

The research on the topic 'Marital adjustment among employed and non-employed women of Tehran city' was conducted by Maryam PishGhadam, Sedigheh Ebrahimi in 2013.This paper examines the marital adjustment of working and non-working women in Tehran city, Iran. The survey research design was used for the study. The sample consisted of three hundred (150 employed and 150 non-employed women) subjects selected through cluster sampling procedure. Data was collected using the Marital Adjustment Questionnaire that was constructed by the Spanier. Independent t -test statistics was used to test the hypothesis at 0.05 level of significance difference. Results showed that both employed and non-employed women exhibit no clear difference in their marital adjustment. Counsellors can use this information to assist couples with marital difficulties.(Ghadam&Ebrahimi,2013)

The study on topic by 'Marital Adjustment among Married Women in Salem District of Tamil Nadu – A Sociological Analysis' was conducted by C. Gopalakrishnan and K. Divyain 2023. The study aims to understand the amount of marital adjustment of married women in Salem District of Tamil Nadu. For the purpose of the present study 50 married women have been selected by using purposive sampling method and their responses have been recorded with the help of interview schedule.

The results show that the married women are enjoying less amount of marital adjustment.(Gobalakrishnan & Divya, 2023)

A research was conducted by Rahil Hassan Bhat in 2019 on the topic ‘Marital adjustment among working and non-workingwomen in district kulgam’. The study was conducted to study the social, emotional and sexual adjustment of working and non-working women. 400 working and non-working women were selected by using purposive sampling technique from Seven Tehsils of District Kulgam, State Jammu and Kashmir. After securitising the number of tools, Marital Adjustment Questionnaire (MAQ) developed by Dr.Kanchana Rohatgi was uses for data collection. The data was subjected to statistical treatment by using percentage, Mean, Standard Deviation, and ‘t’ test. The results of the study revealed that working and non-working women differ significantly on all three levels of marital adjustment viz. Sexual Adjustment, Social Adjustment, Emotional Adjustment. Thus the impact of employment was found significant on the level of marital adjustment of working and non-working women. Non-working women were found with high level of marital adjustment as compared to their counterparts (Working women). Key words: Marital Adjustment, Working Women, Non-working Women. (Bhat, 2019)

Summary

There are several studies conducted with related to marital adjustment in women. Majority of the studies were conducted outside Indian and there were only few studies that are connected to the Indian population. Furthermore there were only few studies about the exact variables. Thus the present study will be focusing on the variable 'marital adjustment ' specifically in teachers.

CHAPTER 3

METHOD

Research is a pursuit of truth with the help of study, observation, comparison and experiment, the search for knowledge through objective and systematic method of finding solutions to a problem (Kothari, 2006).

Research methods are the strategies, processes or techniques utilized in the collection of data or evidence for analysis in order to uncover new information or create better understanding of a topic. There are different types of research methods which use different tools for data collection.

This chapter focuses on the research methods that were followed in the study. The researcher describes the research design that was chosen for the purpose of the study and reasons for this choice. The chapter provides a detailed account of the participants, universe, populations, sample size and who the participants were and how they were sampled. The instrument that was used for data collection is also described and the procedures that were followed to carry out this study are included. The researcher also discusses the method used to analyse the data.

RESEARCH DESIGN

Research design is a plan, structure and strategy of investigation conceived to obtain answers to research questions and to control variance (Kerlinger, 1986). In essence research design translates research problems into data for analysis to provide answers to research questions at minimum cost.

For the purpose of the study, the research paradigm that was followed is of qualitative nature, using semi-structured interviews as discussed later in the chapter.

Qualitative research is based on the belief that first-hand experience provides the most meaningful data (Leedy, 1993). It is also believed that qualitative data gives large volumes of quality data from a limited number of people. It is aimed at understanding the world of participants from their frame of reference (Wright & Austin, 2015)

PARTICIPANT

A sample is a finite part of a statistical population whose properties are studied to gain information about the whole (Webster, 1985). Sampling is the act, process, or technique of selecting a suitable sample, or a representative part of a population for the purpose of determining parameters or characteristics of the whole population. The sampling technique is purposive sampling. In this type of sampling, items for the sample are selected deliberately by the researcher, his choice concerning the research remain supreme. The researcher purposively chose the samples which are important for the study (Kothari & Garg, 2014). The samples are selected in the belief that it will be a good representative of the population for the study. It is the most convenient method of sampling (Singh, 2019).

The universe of the study is Kannur district.

The population of the study was teachers

The sample of the study was 10 teachers

The method used was a semi-structured interview.

Inclusion criteria

1. Married teachers of age group 20 -30 (early adulthood) are included.
2. Teachers who have been married for a period of less than 5 years are included
3. Married teachers with or without children are included
4. Teachers of both school and college are included
5. Teachers of both government and private sectors are included

Exclusion criteria

1. Teachers who have been married for a period of more than 5 years are excluded
2. Married teachers with serious physical and mental issues are excluded

METHOD OF DATA COLLECTION

For the purpose of the study, the researcher used semi-structured interviews, which involved direct questioning using open-ended questions.

A semi-structured interview is a data collection that relies on asking questions within a predetermined thematic framework. However, the questions are not set in order or in phrasing. In research, semi-structured interviews are often qualitative in nature. They are generally used as an exploratory tool in marketing, social, science, survey, methodology, and other research fields (George, 2022)

Advantages of semi-structured interviews are questions of semi-structured interviews are prepared before the scheduled interview which provides the researcher with time to prepare and analyse the questions. It is flexible to an extent while maintaining the research guidelines. Reliable qualitative data can be collected via these

interviews. It is a flexible structure of the interview. Disadvantages of semi-structured interviews: Participants may question the reliability factor of these interviews due to the flexibility offered.

DATA COLLECTION PROCEDURE

The samples are contacted through telephone and researcher conducts a telephonic interview. Firstly informed consent is taken and the participants were assured the confidentiality of personal details and responses and clarified the doubts raised by them and questions are asked mostly open ended and semi-structured interview is conducted. Finally, the participant is thanked for their valuable time and corporation.

DATA ANALYSIS METHOD

Data analysis has been described as ‘the most complex and mysterious of all of the phases of a qualitative project, and the one that receives the least thoughtful discussion in the literature’ (Thorne, 2020).

Narrative analysis is a qualitative research design that enables to define and interpret complex human experiences. Information about the subject can be reached through the narrated stories that participants indicated their own expressions and experiences

Here Narrative analysis method is implied as it can help get information, reach conclusions and allow the participant to explain their experiences through their own choice of words. By using narrative analysis, the researcher can interpret the details as explained by the participant as well as be more open to the ways in which the results can proceed. Narrative analysis provides researchers with detailed information about their participants that they could not get through other methods.

CHAPTER -4

RESULT AND DISCUSSION

The major objective of the study was to understand the marital adjustment in teachers among early adulthood. The research was carried out by using semi structured interview method. The number of participants were 10. After collecting the data through telephonic interview, it was analysed through coding method.

The goal of the result and discussion is to use both text and illustrative materials to objectively present important findings in a logical order and without interpretation. What data was gathered is shown in the results section. After the results part, there is a discussion section where the researcher discusses the relevance of the findings. This section also studies the limitation of the research. The way the authors interpret their results may be quite different from the way you would interpret them or the way another researcher would interpret them (Davis, n.d.)

Narrative analysis is a form of qualitative research in which the researcher focuses on a topic and analyses the data collected from case studies, surveys, observations or other similar methods. The researchers write their findings, then review and analyse them. Through this approach, researchers can gain a holistic view of the subject's life and activities. It can show what motivates people and provide a better view of the society that the subjects live in by enabling researchers to see individuals interact with one another.

To conduct narrative analysis, researchers must understand the background, setting, social and cultural context of the research subjects. This gives researchers a better idea of what their subjects mean in their narration. It's especially true in context

rich research where there are many hidden layers of meaning that can only be uncovered by an in-depth understanding of the culture or environment (Nair, 2021)

The first question was regarding the years of marriage and whether they are staying with their spouse. Majority of the participants were staying with their spouse and some of the participants spouse were working abroad. 6 out of 10 participants have been married for a period of 2 years. 2 out of 10 participants were married for 1 year, and other participant have been married for 5 years.

The second question was associated with their experience in work. Every participant have been married for a period of less than 5 years. Most of them have 3 or 2 years experience in teaching. Some of the participants have been working before marriage and some of them entered the profession after marriage

The third question addresses their and their partner's feeling regarding the job. A study conducted by Burley(1995) suggests that spousal social support played an important, albeit small, mediating role in the negative relationship between work-family conflict and marital adjustment for men and women. Sixty percent of the participants were very much interested in their job in the initial stage itself. Thirty percentage of the participants initially disliked the profession but they became more comfortable and interested in it with time. Ten percent of the participants are neither interested nor passionate about teaching but is continuing the work because of the income. Every participant's partners like teaching and for some participants it was their husband who either recommended or arranged their job.

Next question was regarding their sexual life. As per the study of M Aliakbari Dehkordi (2010) ,there was a significant positive correlation between women's sexual function and its components and their marital adjustment and also their husbands'

marital adjustment .In the current study every participants except two was very much satisfied with their sexual life. They have no complaints or suggestions regarding it as they believe that they are having a healthy sexual life. One participant has stayed with their partner for only 1 months and its been 3 years after marriage, they are not satisfied with their sexual life and is dealing with sexual frustration and it even effects their bond, the other participant was dealing with same issue as her spouse was abroad.

Fifth question was directed to their family planning regarding children . Majority of the participants were not in interested in having children in the first two years of marriage as they wanted to share more time with their spouse and wanted to enjoy life. Two out of 10 participants wanted to have children as early as possible and was not at all interested in delaying pregnancy. One of the participants was infertile and was craving to be a parent since marriage. And another participant was not ready to be a parent for 6 years after marriage and had took measures to delay pregnancy. From the study conducted by Johnson and Johnson (1980) a significant predictor of marital stability was found to be whether or not the children were planned.

Sixth question was regarding children, their age, and the time, care and affection they are being provided. Only 2 out of 10 participants had children, both of them have 4 year old boy. Participants report they are not able to give enough care and time for their children since they have lot of works to deal with. One participant reported that they were able to give good care of her child before joining teaching.

Next question addresses their relation with in-laws. Chalandra M Bryant, Rand D Conger, Jennifer M Meehan(2001) conducted a study and results indicated that in long- term marriages, conflicts in extended family relations will erode marital stability, satisfaction, and commitment over time. And in the present study every participant

reported that they have a good relationship with their in-laws, and they are very much comfortable around them. One of the participant mentioned that it was difficult for her to stay with in-laws and go for work, but because of the support from in-laws she was able to balance everything. Most of the in-laws are very supportive of their profession. One participant said that a good communication is inevitable to maintain a healthy relationship with in-laws. One participant added that for a good relation with in-laws, one has to be themselves without faking their personality or trying to please the family members. Most of the participants had a view that if you could respect their in-laws, they could maintain a good relation with them.

Eighth question was regarding communication between partners. Most of the participants maintain a good communication between their spouses. One participant said that sharing work stress with spouse is a relief for them and they even give suggestions and advice for solving issues. Another participant commented that after marriage she didn't have to face any problem alone, because her partner was through her thick and thin. One participant said that in order to have a good communication, one should respect their partner, their profession and most importantly accept the person they are. Four of the participants even addressed their partners as their best friend as they could share everything going on in their life with them. Most of the participants had an opinion that it would be difficult to lead a marital life without maintaining a good communication with the partner. This study was supported by the study conducted by Berna (2001) indicating that there was a significant relationship between the communication patterns and marital adjustment of the spouses.

The next question was related to their leisure time activities with partner. Most of them spend their leisure time by watching films and series together, or just simply talking with each other. One mentioned that they sometimes do cooking experiments

together when they get free time and another mentioned that they go for a ride or go for an outing . The participants with children said that they never get enough free time other than weekends, mostly they will be working and taking care of the child .

Tenth question addresses their expected marital life and the marital life they are leading. Fifty percent of the participants didn't have any expectations regarding their marital life. One participant said that she is having a marital life which is far more better than what she has expected and she added that she is not sure whether their partner is leading a life that he expected. Another participant expected to have a spouse who is understanding and she got exactly the same. Another participant was very satisfied with their marital life and was very confident that her partner feels the same.

The eleventh question was what will be their marital life if they were not a teacher. The opinions of participants varied in this question. One participant said that as she got a profession, an income ,she has become more confident in life and that confidence has reflected in her marital life too. Also she adds that if she was not a teacher ,being completely financially dependent on partner will be less convenient for her. Another participant had an opinion that marital life will be more better if the female partners choose to stay home and do household chores rather than working .Also another participant stated that after being a mom it was little harder to continue the job but the income make her stay in the job. One of the participants shared a view that her life has become more busy after joining teaching and four of the participants shared a view that joining teaching made their life better as they could balance their life expenditures as both partners are working. 60 percent of the participants agreed that their life is good because they got a job.

The final question was suggestions for a healthy marital life. According to the study conducted by Tavakol, Nasrabadi, Moghadam, Salehiniya, Rezaei (2017), factors deemed to have considerable influence on marital satisfaction were identified as follows: demographic specifications, personality attributes, attachment style, relationship, communication and intimacy, couples' families, forgiveness and sacrifice, religion, emotional intelligence, personal health, and sexual relations (sex). In the current study most of the participants had the opinion that good communication is a much needed factor and another added that respect for each other is very important. One participant shared a view that if there is a companionship between the partners, one could lead a healthy marital life. Another participant had a view that if we are able to be ourselves and being considerate and could develop a better understanding it is possible to have a better marital life.

It is understood from the results that in order to lead a healthy marital life, it's important to maintain good communication and understanding and to have respect for each other. Teachers without children are found to have more adjustment than teachers with children. Support from partner and in-laws in both work and life adds to the quality of marital life. And most importantly to be yourself in the marital life is a determining factor.

CHAPTER 5

SUMMARY AND CONCLUSION

The process through which married partners find mutual satisfaction and accomplish shared objectives while retaining a healthy amount of uniqueness is known as marital adjustment. Sharing experiences, interests, and values; respecting each other's needs, goals, and temperaments; maintaining open lines of communication and the expression of feelings; delineating roles and responsibilities; working together to make decisions, solve problems, and raise children; and achieving mutual sex gratification are all crucial to marital adjustment.

Marriage and employment are two prominent factors in early adulthood phase. Taking the profession of teachers, they are at the heart of the educational system, preparing students to face the challenges of the future and build their nation with purpose and responsibility. Due to occupational stress, there are chances that a teacher cannot spend time with his or her spouse, her children causing teachers to have adjustment issues, which can impact on her teaching as well as marital life. They can easily deal with all of life's problems and enjoy all of its comforts if her marital and professional lives are in balance. As the early adulthood phase is a period of adjustments, for a teacher the early years of marriage is a journey of adjustments with spouse, work, in-laws, sexual life, children and life itself. Hence the aim of the study is to understand marital adjustment in teachers.

After taking the permission from the head of the department and the guide research process began. Ten teachers who is in the initial five years of marriage in Kannur district of Kerala was selected as the sample for the study. The informed

consent of the participants was taken . The participant were made aware of their rights and about the confidentiality. Also mentioned to them that they could withdraw anytime from the interview if they felt uncomfortable or due to any other reasons. Permission to record the interview was also taken from each of the participants. Then, the questions were asked after establishing rapport.

The method used for research was semi-structured interview and the questions were completely based on the work and marital life of teachers. The research was qualitative in nature. The responses of the participant were collected very carefully and with precision. The participant were aware of their rights to know about their results and they can either contact the researcher or the researcher would contact them to know about the results and any other clarification related to research if they are interested. The participants were also asked introspection after collecting the data. After all the participant was thanked for their participation and cooperation.

The major objective of the study conducted was to understand the marital adjustment in teachers .The data was collected through semi-structured interview and the data was analysed using narrative analysis. It refers to a cluster of analytic methods for interpreting the data that have a storied form. Total of twelve questions were asked and the responses from the participants were thus analysed narratively because it provides researchers with detailed information about their subjects that they couldn't get through other methods. The major finding was that communication between partners holds the important position in marital adjustment. It was also found that teachers without children have more marital adjustment than teachers with children.

MAJOR FINDINGS:

- Healthy communication is directly proportional to marital adjustment.

- Teacher without children have more marital adjustment than teachers with children
- Support from partner and in-laws adds in marital adjustment
- Lack of sexual function leads to adjustment issues.
- Financial stability gained by both the partner's income aids in more marital adjustment.
- Family planning imparts in better marital adjustment
- Quality of time spent with spouse is more important than duration of time spent together.

IMPLICATIONS:

The present study was conducted among teachers of early adulthood focusing on their marital adjustment. Finding of this research can help people by creating awareness on marital adjustment and the factors associated to it. How well a healthy communication stands as a pillar of marital adjustment could be understood from this study thus creating an awareness to the people for maintaining healthy communication with their partners. People could be educated regarding the need for financial stability in marriage. Also the role played by family planning in marital adjustment could be understood from this study and the married couples could be apprised of this information and can do the necessary family planning. When the partners begin to ensure that they spend a good quality of time with their partner, they will be able to build a healthy marital life. Like every other factors the sexual functioning has key role in marital adjustment and through this study its importance could be understood, thus helping the young couples to get educated regarding the importance of sexual function and to take the necessary steps to lead a better sexual life. It's acknowledged through the findings that having respect and acceptance for spouse aid in the better adjustment.

The significance of maintaining good relation with in-laws and their support in work and life helps for a better adjustment in marital life .Through this study it was able to understand the marital adjustment in teachers .

LIMITATIONS

A limitation of this study was small sample size is chosen only from Kannur district. Nonverbal information couldn't be captured because of the inability to observe body language and behavior in telephonic interview. The samples were selected using purposive sampling method in this study may restrict the generalization.

SUGGESTION FOR FUTURE RESEARCH

- The same study variable can be studied in a different population/context/location.
- The present study was carried out among 10 teachers. Further studies could be carried out with more sample size
- This study addressed the changes in marital adjustment in teachers. Further studies can explore the possibility of other psychological variables in this population.
- The inability to observe behavior and body language was a limitation of data collection method and thus can be avoided using an alternative data collection method.

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APPENDIX

APPENDIX A : INFORMED CONSENT FORM

This is a research study undertaken for the fulfilment of the researcher's Bachelor of Science program in Psychology. The study is on – UNDERSTANDING MARITAL ADJUSTMENT AMONG TEACHERS. The data for the study will be obtained through a semi structured interview.

Participation in this research project is voluntary. You have the right to withdraw from the study at any time if you chose not to continue. It is further reinstated that all information will be kept confidential and will be used only for the purpose of the above-mentioned research study.

The contact information of the researcher has been provided for participants in order to clarify any concerns or queries about this study. The details of the researcher are given below:

Researcher: DEEMA KC

Phone Number: 6282382459

Email Id: deemahsiraj@gmail.com

Your name and signature below signify that you have read and understood the contents and intentions formed in the consent.

Name:

Signature:

Date:

APPENDIX B: SOCIO DEMOGRAPHIC DETAILS

NAME/ INITIAL:

AGE:

GENDER:

QUALIFICATION:

PLACE:

ADDRESS:

CONTACT NUMBER:

APPENDIX C: RESEARCH QUESTIONS

1. How long have you been married and are you staying with your spouse?
2. How long have you been working as a teacher?
3. What is your and your partner's opinion regarding your profession?
4. How is your sexual life going?
5. In how many years after marriage did you decide to have children?
6. Do you have children? If yes, how many years old?
 - a) What do you think about the time , care and affection that you are able to provide to your child?
7. Are you sharing a good relationship with your in-laws and do they support you in your profession?
 - a) What all measures do you take to maintain a healthy relationship with your in-laws?
8. How well do you and your spouse communicate with each other regarding your daily life events including work life?
 - a) What all measures do you take to maintain a good communication with your partner?
9. How do you and your partner spend your leisure times together?
10. Are both of you experiencing a marital life as you expected?
11. What do you think will be your marital life if you were not a teacher?
12. What all areas do you think you have to work on for building a better marital life?

UNDERSTANDING PSYCHOLOGICAL DISTRESS AND NIGHTMARES AMONG COLLEGE STUDENTS

*A Dissertation submitted in partial fulfillment of the
Requirement of the degree of Bachelor of Science in Psychology*

Submitted by:

Nikhitha J Das

Reg.No:DB20CPSR14

Under the Guidance of

Mr. Sanju P. J

Assistant Professor



DON BOSCO ARTS AND SCIENCE COLLEGE

ANGADIKADAVU

(Affiliated to Kannur University)

DEPARTMENT OF PSYCHOLOGY

MARCH 2023



DEPARTMENT OF PSYCHOLOGY
DON BOSCO ARTS & SCIENCE COLLEGE
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PSYCHOLOGY PROJECT REPORT

Register Number: DB20CPSR14

SUBMITTED FOR THE B.Sc. EXAMINATION 2022-23

Head of the Department

Principal

Held On

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on **“UNDERSTANDING PSYCHOLOGICAL DISTRESS AND NIGHTMARES AMONG COLLEGE STUDENTS.”** by, **NIKHITHA J DAS**, in partial fulfillment of the requirements for the award of the Undergraduate Degree of B.Sc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

DECLARATION

I **NIKHITHA J DAS**, hereby declare that this dissertation entitled **“UNDERSTANDING PSYCHOLOGICAL DISTRESS AND NIGHTMARES AMONG COLLEGE STUDENTS.”** submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

NIKHITHA J DAS

DB20CPSR14

Signature

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ABSTRACT

The study utilized qualitative methods to understand the psychological distress and nightmares. The study was conducted among college students having nightmares, and the method used to collect data was mixed method both online survey and focused semi structured telephonic interview and there was a total of 10 participants. The responses from the online survey were used to identify the required participants and the frequency of nightmares. The responses of the participants to the questions during the interview are analysed using the thematic analysis method of analysing qualitative data. As college students have significant psychological distress due to the transitional nature of it and simple stresses can lead to the occurrence of nightmares makes this study relevant. And the occurrence of nightmares can lead poorer waking psychological functioning makes this study more important. The questions are constructed intentionally to know psychological distress and nightmares. From the results it is indicated that college students has significant distress academically, financially, in interpersonal relations as well as societal issues. Common nightmare patterns can be seen among college students. The major themes include accidents, falling, trap, failing in exams, death, etc. There is also significant distress due to nightmares especially realistic ones. From this study methods used by college students to control nightmares are also identified. Thus, this research tries to explore the psychological distress and nightmares among college students. The findings of the study can be used for further research in this area. The major findings of the study are that there is significant psychological distress among college students and it partially contributes to the themes of nightmares. The nightmares itself causes certain waking life psychological disturbances.

KEY WORDS : Psychological distress and Nightmares

CHAPTER 1

INTRODUCTION

“Of all the things you choose in life, you don't get to choose what your nightmares are. You don't pick them; they pick you.”

_ John Irving

Sleep is one of most essential requirements of human life. It is important for both physical health and healthy brain functioning. Most of the people find peace in sleeping. It is the time when we unload all our worries of the day at least for a couple of hours. But there are many people who are afraid even to sleep. It is because nightmares conquer their sleep. Nightmares are bad dreams which produce distress. It not just disturbs our sleep but also triggers us emotionally.

Almost all the people in the world have dreams while they are sleeping. Dreams indicate healthy sleep. But it can be either positive or negative. Positive dreams or pleasant dreams give us a happy and peaceful mood. Dreams like achieving your goal, moments with your loved ones, etc gives confidence, motivation and creates positivity towards life. Whereas, nightmares always inject negative thoughts. It increases our stresses and affects our daily functioning. Dreams can be very realistic which makes us believe it can always happen in real life.

Sleep stages are divided into two categories: rapid eye movement (REM) and non- rapid eye movement sleep. In REM sleep, brain activity accelerates, showing markedly different types of brain waves. Heightened brain activity is why REM sleep is known as the stage which is most associated with vivid dreaming. REM sleep is thought to enable critical cognitive abilities including memory consolidation. But non-

REM sleep, even with reduced brain activity, is also believed to play a role in facilitating proper brain function even while being awake (Suni, 2022).

Nightmares occur mostly during REM sleep. And there are night terrors which also provoke fear and anxiety like nightmares, usually occurs during n-REM sleep, that is, first few hours after falling asleep. They are experienced as feelings, not dreams, so people do not recall why they are terrified upon awakening. The themes of nightmares vary from person to person. Some of them are, falling off from heights, unable to escape from dangers, failing in exams, death of loved ones, etc. People who experience nightmares, those who are having certain psychological distresses are more likely to be distressed even more (Parker, 2021).

“It’s a vicious cycle: Not enough shut-eye may lead to nightmares, and having nightmares can cause a lack of sleep,” said the National Sleep Foundation. According to the National Sleep Foundation, there are five main reasons people have nightmares: eating before bed, stress, medication, lack of sleep and sleeping disorders (Vancampen, 2019).

“You do live with one foot in dreamland.”

Among dreaming potential purposes is to take all the detritus in our brain, hash it out in one big fantastical imagined orgy, and get on with our lives. Nightmares distress all dreamers, but once they begin interfering with one’s daily life, they breach the disorder territory. Nightmare disorder (ND) is characterized by four or more recalled nightmares per week and persistent feelings that creep into day-to-day living. ND usually begins between ages 3 and 6, and for some, it can wane after age 10. About 4 percent of adults’ experience ND symptoms (Spivack, 2022).

About 50 to 85% of adults experience nightmares occasionally (Knight, 2021). Experience of nightmares that does not come under the criteria of nightmare disorder

can also trigger us emotionally to a great extent. Nightmare can be triggered by many factors, traumatic events like death of a loved one, accident, attacks and even the ordinary stresses of daily life, such as problems at home, school, college, workplace, etc. Nightmares become even scarier when they affect our health and wellbeing.

People are subject to many stressors especially which causes significant psychological distresses. Psychological distress is an unpleasant subjective state associated with symptoms from the anxiety-depression spectrum which leads to poor mental health and impact level of functioning (Bayram and Bilgel, 2008). In some people psychological distress may contribute to occasional nightmares. Psychological distress is common among college students owing to multiple challenges they encounter in academics, social and personal life (Dyrbye et al., 2006). College students are highly subjected to distress due to the transitional nature of college life. They must adjust to several things like hostel, academic competence, new social environment, financial crisis, etc. College students are mostly emerging adults which contribute to extra tasks and stresses in preparing to evolve as a complete adult. This may turn their dreams into nightmares. Nightmares can make you stand on anxiety even after waking up. So, it is important give attention to recurrent nightmares and their underlying stresses.

Need and significance

Almost all the people in the world have dreams and half of them have occasional nightmares. Nightmares have the potential strength to influence our life negatively. People never wake up happy after seeing a nightmare. It not only affects our sleep but also triggers us emotionally. College students are the budding generation of the world. They are subjected to different kinds of stresses due to the transitional nature of college life. They are emerging adults who are expected to face all the challenges

they are exposed to. They should adjust to the new social environment. They must adjust to their new hostel life, interpersonal relationship, academic competence, financial crisis and so on. This may lead to significant psychological distress. College students regardless of the year often encounter such distresses. Many college students report dealing with varying levels of stress throughout college for a number of reasons, and people respond to stress in many different ways. This may affect their overall mental health, academic performance, confidence and have issues in creating a career for themselves.

Nightmares can be triggered by psychological distresses, traumas and even daily life stressors. Up to 85% of adults report at least one nightmare within the past year, 8-29% report monthly nightmares and 2-6% report weekly nightmares. Scholars have reported 2.4% to 5.8% prevalence of frequent nightmares (Kelly, 2016; Schlarb et al., 2015) in university students. Among people who experience nightmares, those who have stress and anxiety are more likely to be distressed about the experience and suffer even more psychological ill effects. It may affect the sleep quality, which may in turn have bad effects on our physical and mental health. In college students, there is a high chance of developing nightmares since they are very prone to distresses. Studying the level of nightmares and their underlying stresses will be very helpful in giving awareness to people. It may help college students to seek or get help from others in tackling their distresses. Nightmare caused by distress is again a distress. Hence it is important to study psychological distress and nightmares to make people aware of it and find strategies to manage them to have a good and healthy sleep. It will help students in producing a brighter future for themselves.

Statement of the problem

College students are more prone to distress due to the changing environment, financial issues and academic pressures. The causes of nightmares can be even simple daily stressors. And these nightmares may contribute to even more stress. This study tries to understand psychological distress and nightmares experienced by college students.

Definition of key terms

Nightmares

Theoretical definition: A nightmare is a disturbing dream associated with negative feelings, such as anxiety or fear that awakens you. (Mayoclinic, 2021)

Operational definition: A nightmare is a bad dream which triggers us emotionally.

Psychological distress

Theoretical definition: Psychological distress is a state of emotional suffering associated with stressors and demands that are difficult to cope with in daily life (Arvidsdotter, 2016).

Operational definition: Psychological distress is unpleasant feelings or emotions we have when we feel overwhelmed.

College students

Theoretical definition: The term “college student” means an individual who is a full-time or a part-time student attending an institution of higher education (LII, n.d.)

Operational definition: College students are individuals who pursue higher education from colleges.

Major objective

- To understand the psychological distress and nightmares among college students.

Specific objectives

- To understand the different types of psychological distress among college students.
- To understand different themes of nightmares among college students.
- To understand the frequency at which nightmares occurs among college students.
- To understand the intensity of nightmares among college students.
- To understand the gender differences of psychological distress and nightmares among college students.
- To understand the techniques used by college students in controlling nightmares.

Organization of the report

The study contains five chapters – introduction, literature review, methodology, results and discussion and finally the summary and conclusion. The first chapter is the introduction. It includes a brief introduction to the study with major focus on the need and significance of the study. The chapter also includes the problem statement and the definitions of the key terms that are used in the chapter. The second chapter is the review of literature. It comprises of two sections – the theoretical background of the study and the related studies. The third chapter is the methodology. It includes a detailed account of samples, variables, tools, procedures for data collection and analysis method used for the analysis of the data collected. The fourth chapter explores the results and discusses the analysis of the data and the results obtained thereby. In the fifth chapter, which is the summary and conclusion, a resume of the study and

methodology of the study is briefly stated. It also includes the major findings of the present study, its implications and the suggestions for further research. At the end, references and appendices are included.

CHAPTER 2

REVIEW OF LITERATURE

A literature review is a comprehensive summary of previous research on a topic. A literature review searches for scholarly articles, books, and other sources of information related to a particular area of research. The review should list, describe, summarize, objectively evaluate and clarify this previous work. It should provide a theoretical basis for the study and help you (the author) judge the nature of the study. Literature reviews acknowledge the work of previous researchers and thus reassure readers that their work is well thought out. A reference to previous work in a research area means that the author has read that work, evaluated it, and incorporated it into the current work (Coffta, 2010).

Literature reviews create a 'landscape' for the reader, giving the reader a comprehensive understanding of developments in the field. This landscape informs the reader that the author has in fact incorporated all (or most) of the previous significant work in this area into his work. "By writing a literary study, the reader should be informed of knowledge and ideas about the topic and their strengths and weaknesses. The issue or question you are asking, or the paper on which you base your argument. This is not a descriptive list or series of summaries of available material. The purpose of any literature review is to summarize and consolidate existing knowledge, arguments and ideas in a particular field without adding new contributions. Building on existing knowledge helps researchers turn the wheels of their research topic themselves. Only by knowing in detail what is wrong with existing knowledge can it be overcome. For other studies, literature reviews provide the direction needed for success.

The importance of literary studies in scholarly manuscripts can be condensed into the analytic functions that allow for the diverse range of their meanings. It contributes to the validity of research in many ways. It provides interpretations of existing literature in light of current developments in the field to help establish the coherence of knowledge and the relevance of existing material. Mapping knowledge progress helps calculate the impact of updates in the field. It also draws on dialects of contradiction between different thought within the field to establish facts. The research gaps originally explored are further explored to establish the latest facts of the theory to add value to this field. It provides relevance and consistent information for reviewing studies. In addition to clarifying the body of knowledge, it points out areas that need further investigation and serves as a starting point for future research. It forms a theoretical framework that encompasses research concepts and theories to judge its success(Pubrica Academy, 2019).

Literature reviews help adopt better research methods by examining the strengths and weaknesses of existing research in the same field. The more links to relevant sources, the more credibility you have with your readers. This helps readers identify what is already established, discredited, and accepted in a particular field of study, controversies and conflicts between different schools of thought for further reading of scholarly papers. , open questions and issues relevant to the research field, emerging trends and approaches, how research expands, builds on and surpasses previous work. A well-founded literature search with many relevant reference sources increases the chances of your scientific paper being published in a well-known and prominent scientific journal (Scribbr, n.d.).

THEORETICAL REVIEWS:

A theoretical framework is a basic analysis of other ideas that acts as a guide for creating the justification you will use in your own work. Theories help to explain facts, discover connections and anticipate outcomes. The theoretical review helps to support findings as well as generalize to a mass population (Vinz, 2022).

Theories of nightmare.

There are three main dream theories and their leading investigations are reviewed to evaluate their evidence and overall explanatory power to account for the function of dreams and nightmares.

Random Activation Theories (RATs) claim dreams are biological epiphenomena and by-products of sleep underlying mechanisms. **Mood regulation theories** consider that the psychological function of dreams is to regulate mood and help with the adaptation of individuals to their current environment such as solving daily concerns and recovery after trauma exposure. **Threat Simulation Theories** of dreams present the evolutionary function for dreaming as a simulating off-line model of the world used to rehearse threatening events encountered in the human ancestral environment. With the threat-simulation system, threats were likely to be recognized and avoidance skills developed to guarantee reproductive success. TST consider nightmares to reflect the threat-simulation system fully activated. Supported by a robust body of evidence TST is concluded to be the most plausible theory at the moment to account as a theoretical explanation for dreams and nightmares. The RATs conceive dreaming as an epiphenomenon. Researchers supporting this perspective consider dreams as by-products of underlying sleep mechanisms.

Random activation theories (RAT)

In the late 1970s, two Harvard University psychiatrists Hobson and McCarley developed a neurobiological model whose main purpose was to explain the dreaming brain. The Activation Synthesis Hypothesis claimed that dreams are a by-product of neurochemical changes in the brain during REM sleep. The random activations of these biochemical changes, which originate in the brain stem, were put together by the forebrain in an attempt by the brain to make sense of the noise generated. Since the limbic system located in the forebrain becomes active, emotions, sensations and memories are also involved. Consequently, according to the Activation Synthesis model dream imagery was formed containing amygdale and hippocampal produced features. It was suggested the dream generator was localized in the brain stem and it activated when sleep processes activated as well.

According to Hobson, this model answered inquiries such as where are dreams originated, why they are so strange and hard to remember, and what is their purpose to occur. However, as to the purpose they serve, they concluded dreams are just left over of biologically functional mechanisms underlying REM sleep state. Later on, however, Hobson (1992) updated the previous model based on neuroimaging findings and integrated a three dimensional state space and the psychological and neurobiological correlates of those dimensions the brain. They originate in the pons and spread through the thalamus to the neocortex where sensory and motor cortical neurons are affected.

Flanagan, who is currently a professor of philosophy and neurobiology, is one of the main advocates of RAT theories. However, he claims that Hobson and McCarley (1977) and Crick and Mitchison (1983, 1995) now lack support of their theories (Flanagan, 2000b). For instance, Hobson (1988) suggests dreams consolidate memory.

For this, Flanagan (1995, 2000a, 2000b) argues that one rarely dreams about things that should be remembered, and this makes a memory function of dreams not conceivable. According to him dreams are self-expressive, in the sense that they reflect things activated by the mind such as concerns, emotions, worries and memories. Additionally, it is suggested that since most basic emotions are negative, it is not a surprise that dream content is mainly negative as well (Flanagan, 2000b). In the memory network, the most salient traces are those recently activated which correspond to daily memory residues. That explains why one usually dreams of more recent memories rather than old ones and mostly with a negatively toned content. According to Flanagan (2000b), after a positive emotional experience, the “positive affect” program will activate in the same way that the “negative affect” program activates following a negative experience. The activation of the “negative affect” program results in threat-related dreams. In other words, one can assume that this last activation program produces nightmares.

Briefly, RAT theories’ main claims explain dreams as a by-product or epiphenomenon of sleep processes that attend to random activated information of emotional and memory networks. REM sleep serves biological functions while dreaming on its own does not. Lastly, nightmares are also explained as by-products of sleep processes that obtain their negative tone by the activation of negative affect programs. In other words, they do not serve any independent function.

Mood regulation theories

The notion that dreams serve a psychological function by regulating mood and helping the adaptation of the individual to his waking life is not novel. Since “The interpretation of dreams”, Freud alleged that repressed instincts find ways to be expressed in dream-life. This way, dreaming emotions and thoughts were processed in

the mind to resolve recent and past conflicts (Freud, 1900/1954). Although Freud's theory and methodology have now been widely discarded, Freudian ideas are still at least indirectly present in some clinically inspired modern theories of dreaming. These theories often focus on the role of emotional processing during dreaming (like Freud did) and assume (like Freud did) that the dream attempts to calm down too strong ("unacceptable") emotions and preserve the continuity of sleep. Mood regulation, solving daily concerns and recovery from trauma exposure are functions of dreams.

Emotional processing is one of the most highlighted roles of dreaming. According to Mood Regulation Theories its function is to modulate and transform emotions by expressing the affective concerns of the dreamer suggests that dreams provide a context to the dominant emotion of the dreamer by making broader connections in the networks of the mind. The model he proposes constitutes of a net of simple units and connections between units where a flow of excitation (thoughts, fantasy, and dream images) represents either recent experienced memories or old ones (Hartmann, 1996). The 'quasitherapeutic' function of dreaming is explained through metaphors (explanatory metaphor) that aid the individual in coping with future traumas, stressful situations and daily problems (Hartmann, 1996).

To recapitulate, according to psychological theories the function of dreaming lies on the emotional problem-solving and promotion of well-being in the subjects waking life or emotional recovery of a trauma. Dreams serve as an adaptation for the subject to cope with current stressors in his waking life. Theorists suggest that the content of dreams is not randomly activated. Rather, it's an orderly process that activates by salient memory traces of emotional preoccupations or trauma.

Nightmares as dysfunctional dreams

Many theorists supporting the mood regulation theories of dreaming agree that nightmares are the failure of dream. In other words, nightmares are the consequence of unsuccessful emotional problem-solving. This occurs because the integrative capacity of the individual is exceeded and REM sleep cannot manage to contain the surge of emotion (Kramer, 1991b). Nightmare sufferers are psychologically more troubled than non-sufferers. Particularly, people who have frequent nightmares have psychological problems in their waking lives. Similar to the standard diagnostic text DSM V (American Psychiatric Association, 2013), many researchers consider nightmares as a form of dream disturbance that affects various spheres of the individuals' life. To illustrate, emotional processes during waking life are directly affected by negative dream content. After awakening, the distress can be so intolerable that it may alter the subject's mood long after the nightmare is over.

In the repetition dimension proposed by Domhoff (1996, 2000), the consequences are more severe as they reflect no progress in containing daily emotional worries and healing of traumatic events. This lack of progress repeats the pattern of the preoccupation and activates a stating and restating of the conflict. However, the emotional experience still depicts unresolved emotional conflicts. The failure of the adaptive function of dreams relates to the extent of the psychopathological severity of the dreamer, for example high levels of neuroticism, anxiety, depression, somatic symptomatology, among others. It is also associated with unsuccessful regulation of dysphoric emotions such as the ones experienced in waking life by daily stressors and personality traits which also mediate these emotional reactions.

Integrative model of nightmare production.

In 2007, Nielsen and Levin as dream researchers and psychologists proposed a neuro-cognitive model of nightmares. The AND (Affect Network Dysfunction) model of nightmare production is based on recent neuroimaging findings, sleep physiology, PTSD, fear memory and the neurophysiological description of nightmare phenomena. Nielsen and Levin (2007) put forward the suggestion that the AND model consists of cognitive and neural explanatory levels proposing an affective network where its perturbations produces different kinds of dysphoric dreaming such as PT-NM, recurrent dreams, among others. Nightmares are claimed to occur when there is an increase in the affect load producing fear extinction and fear acquisition mechanisms to be activated (Nielsen & Levin, 2007).

The AND model (Nielsen & Levin, 2007) relies on this same notion when hypothesizing that nightmares disrupt fear extinction function of dreams. When the dreamer is awakened by the intense emotional dream content, fear extinction cannot take place, and therefore conceived as a dysfunction of the process. The four main brain regions involved in the possible neural mechanisms of nightmare frequency and distress in posttraumatic and non-traumatic nightmares are AMPHAC (Amygdala, Medial Prefrontal cortex, Hippocampus, and Anterior cingulate Cortex). This areas work is organized as a main emotional control structure and contributes to mediating other higher order cognitive functions, behavior and affective responses especially related to the formation of dysphoric dreaming (Nielsen & Levin, 2007). The AND model is one of the few models that explains neural mechanisms of nightmare formation and the affect distress experienced by PT-NM or non-traumatic nightmare sufferers.

Nightmares as functional dreams

In the mood regulation theories, as explored above, researchers agree in the dysfunctional nature of nightmares. However, it is worth addressing Hartmann's view on this subject. For him, nightmares could be seen as a paradigm for all dreams, as in them, the emotional concern caused by a trauma or any stressful situation is more evident and consequently a way to understand clearly what goes on in a dream (Hartmann, 1999). He states that in traumatic nightmares (not PTSD necessarily) an important function is accomplished. According to him the process of gradually resolving a trauma involves the following sequence of events: first, the trauma is replayed in dreams vividly and dramatically (may have alterations in content). Later on, trauma begins to combine with similar memories already stored in the network and memories expand by taking in more material. As a consequence of successful integration of traumatic memories, trauma plays a smaller and smaller role in the individual's life by producing net disturbances and weakening of connections.

Threat Simulation Theory (TST)

After years of dream research, evolutionary approaches have taken a firm position in psychology and cognitive neuroscience, and thus, their attempt to explain dream function from this perspective keeps developing. These explanations go further back in time and try to understand how and when the brain evolved the capacity to produce dreams (Valli, 2008). Revonsuo (2000a) claims dream function is well-defined and its biological role is certainly adaptive. He posits a theory where it is considered that human ancestors derived more benefits from dreaming because it represents a safe off-line model of the world where ancestral threats could be rehearsed.

Recurrent dreams and nightmares appear as very powerful threat simulations of ancestral threats (Revonsuo, 2000a). They both contain similar content such as being chased or attacked which are the most common ones according to the various studies in Domhoff (1996). When stress increases, the activation of recurrent dreams and nightmares takes place indicating the threat simulation function of dreams is being accomplished. For instance, in PTSD nightmares there is a clear consequence of being exposed to a traumatic event and the content of the nightmares.

Briefly, Finnish psychologist Antti Revonsuo found that during REM sleep, the fight-or-flight section of the brain works the same ways as during a survival threat. This theory states that negative dreams try to help us rehearse for similar real events, recognize threats and avoid the situation faster and more automatically. Dreams are an evolutionary trait to help us practice safety (Chamorro et al., n.d.)

Random activation theory suggests that nightmares are by-products of sleep processes that obtain their negative tone by the activation of negative affect programs. According to Mood Regulation Theories its function is to modulate and transform emotions by expressing the affective concerns of the dreamer suggests that dreams provide a context to the dominant emotion of the dreamer by making broader connections in the networks of the mind. This suggests that our emotions and concerns are closely connected to the nightmares we see. Theories suggest that emotional processes during waking life are directly affected by negative dream content. After awakening, the distress can be so intolerable that it may alter the subject's mood long after the nightmare is over. According to Hartmann nightmare is a way to resolve traumatic events. Threat stimulation theory suggests that recurrent dreams and nightmares appear as very powerful threat simulations of ancestral threats. This theory states that negative dreams try to help us rehearse for similar real events, recognize

threats and avoid the situation faster and more automatically. Hence it is evident that the nightmares and our life are interconnected in one way or the other.

Here are some popular theories on why we dream.

Freud's wish fulfillment theory

According to Freud, the unconscious tries to resolve a problem or let you know of suppressed desires through dreams. Dreams are attempts made by the unconscious to resolve a conflict, or "disguised fulfillments of repressed wishes." The theory believed that we dream to satisfy our own wishes. However, over the years, the theory was proved to be incorrect since not all dreams are significant.

Carl Jung's direct mental expressions

Carl Jung believed that dreams expressed an individual's unconscious state through a language of symbols which was very different from the language of communication. He also believed that universal archetypes naturally present in human consciousness existed in this language. Dreams serve two functions as per this theory-- to compensate for disproportion in a dreamer's psyche and to make the dreamer anticipate the future.

Information processing theory

Dreams help us sort out the day's events and combine and organize our memories. The self-organization theory of dreaming explains that dreaming is a side effect of brain neural activity as memories are consolidated during sleep. While we dream, helpful memories get stronger, while less important ones fade. Research has stated that when a person dreams about complex tasks, they improve in performing them (Basu, 2022).

Theoretical perspectives of psychological distress

Medical Model

The medical model is a prevailing or dominant view of pathology in the world (Novello, 1999; Kaplan & Sadock, 1998). Psychological distress is regarded as a disease in the same category as any other physical illness, this model uses similar model in defining psychological distress as that used by medical practitioners. In other words, psychological distress is some form of neurological defect responsible for the disordered thinking and behavior and requires medical treatment and care (Carson, Butcher & Mineka, 1996).

Interpersonal Theory

Interpersonal theories attribute psychological difficulties to dysfunctional patterns of interaction (Carson et al., 1996). They emphasize that we are social beings, and much of what we are is a product of our relationships with others. Psychological distress is described as the maladaptive behavior observed in relationships, which is caused by unsatisfactory relationships of the past or present. Psychological distress is identified when examining the distressed person's different patterns of interpersonal relationships. According to this perspective, distress is alleviated through interpersonal therapy, which focuses on alleviating problems existing within relationships and on helping people achieve more satisfactory relationships through learning of new interpersonal skills.

Psychodynamic theory

Traditional psychoanalytic models look at pathology (psychological distress) from an intrapsychic view. They emphasize the role of unconscious processes and defense mechanisms in the determination of both normal and abnormal behavior. Early childhood experiences are imperative in later personality adjustment; in other words,

they understand the expression of a symptom in the present as an extension of past conflicts (Box, 1998 & St. Clair, 1996). Therefore, psychological distress in a person's life may be described as his attempt to cope with present difficulties using past childhood defense mechanisms, which may seem maladaptive and socially inappropriate for the present situation.

Cognitive Theory

According to the cognitive model, negatively biased cognition is a core process in psychological distress (Barlow & Durand 1999). This process is reflected when distressed patients typically have a negative view of themselves, their environment and the future (Weinrach, 1988). They view themselves as worthless, inadequate, unlovable and deficient. According to the cognitive theorists, people's excessive affect and dysfunctional behavior is due to excessive or inappropriate ways of interpreting their experiences. The essence of the model is that emotional difficulties begin when the way we see events gets exaggerated beyond the available evidence, this manner of seeing things tend to have a negative influence on feelings and behavior in a vicious cycle (Studocu, 2022).

There can be no gain in saying that our modern views are a little more sophisticated than those of our forebears. However it could be said that most explanatory models such as these ones mentioned above provide a unique perspective that can contribute to a fuller understanding of the phenomenon of psychological distress.

LITERATURE REVIEW

The study on the topic 'Nightmare prevalence, nightmare distress, and self-reported psychological disturbance' was conducted by Ross Levin and Gary Fireman in 2002. Differences in self-reported psychological disturbance as a function of nightmare

prevalence was investigated by MANCOVA's with non-nightmare dreams as the covariate as well as Pearson correlations. The relative contribution of nightmare prevalence and distress to the prediction of psychological disturbance was investigated through multiple regression analyses. For this 116 participants (mean age = 20 years) completed self-report indices of depression, anxiety, dissociation, psychosis-proneness, and a psychiatric symptom checklist and kept a nightmare log for 21 consecutive nights. The findings suggest that it is not the incidence of nightmares which is associated with poorer waking psychological functioning, especially anxiety and depression states, but the reported distress associated with the nightmare experience which is the critical variable in predicting higher psychological disturbance.

The study on the topic 'The prevalence of nightmares and their independence from anxiety' was conducted by Wood and Bootzin in 1990. Although several studies have examined the prevalence of nightmares and their relationship to anxiety, this study is the first to have used daily dream logs, rather than retrospective self-reports, to monitor nightmare frequency. 220 undergraduates were administered self-report measures of anxiety and for 2 weeks recorded the number of their nightmares in logs. 47% of them reported at least one nightmare during the study period. The dream logs yielded an estimated mean annual nightmare frequency of 23.6, which is 2.5 times as great as the estimate yielded by retrospective reports. Nightmare frequency and anxiety were uncorrelated. The findings indicate that nightmares are more prevalent than has been reported, and their frequency unrelated to self-reported anxiety.

The study on the topic 'Case Series Utilizing Exposure, Relaxation, and Rescripting Therapy: Impact on Nightmares, Sleep Quality, and Psychological Distress' was conducted by Joanne L. Davis and David C. Wright in 2010. Experiencing a

traumatic event may initiate or exacerbate the occurrence of nightmares. Nightmares may impact sleep quality and quantity, posttraumatic stress symptoms, and depression. Recently, imagery rehearsal has gained attention in the treatment of trauma-related nightmares and is reported to be promising in the reduction of nightmares. On the basis of the vast literature describing the therapeutic benefits of exposure techniques for anxiety-related problems, the treatment was modified to enhance the exposure component. This article presents a case series using this modified version of imagery rehearsal, Exposure, Relaxation, and Rescripting Therapy, with 1 male and 3 female participants. Overall, the participants treated reported a reduction in nightmare frequency and severity; 3 out of 4 participants also reported a reduction in posttraumatic stress and depression symptomatology and an increase in sleep quality and quantity. Clinical implications and future research directions are discussed (Davis & Wright, 2005).

The study on the topic 'Relations among nightmare frequency and ego strength, death anxiety, and sex of college students' was conducted by Ross Levin in 1989. This study was designed to investigate empirically the relationship between self-reports of nightmare frequency and ego strength and death anxiety in both men and women. In addition, the interrelations among these variables were assessed. 20 undergraduates with high frequencies of nightmares and 20 with low frequencies (10 men and 10 women per group) were administered the Barron Ego Strength Scale and a death anxiety scale. Significant differences were found between nightmare groups on the Barron scale for men and women but none on the death anxiety scale either by nightmare frequency or sex. A significant negative correlation of -0.47 between death anxiety and ego strength was found for women and in one high frequency group. Women with high frequencies of nightmares showed the highest correlation, -0.83 .

These data suggest that nightmare frequency may be a mediating factor in the relationship between ego strength, death anxiety, and sex of subject.

The study on the topic ‘Nightmares and dissociative experiences: The key role of childhood traumatic events’ was conducted by Mehmet Yucel Agargun, Hayrettin Kara, Ömer Akil Özer, Yavuz Selvi, Ümit Kiran and Songül Kiran in 2003. In order to examine the co-occurrence of nightmares with dissociative experiences in the adolescent population and to demonstrate the impact of childhood traumatic events in this association, 292 undergraduate students were interviewed for childhood traumatic events. The Van Dream Anxiety Scale (VDAS) and Dissociative Experiences Scale (DES) were also administered to the subjects. For nightmares a 7.5% prevalence of ‘often’ and a 58.2% prevalence of ‘sometimes’ was found for college students. Nightmare prevalence was higher in women than in men. The rate of childhood traumatic experiences was higher in nightmare sufferers than in those who did not have nightmares. The subjects who had undergone physical and sexual abuse had higher VDAS global scores and item scores. When the DES scores of the subjects with nightmares were compared with that of those who had never reported nightmares, the subjects with nightmares had significantly higher scores on DES. The DES scores were also negatively correlated with duration of nightmares in subjects who had childhood traumatic experiences. These findings suggest that the subjects with childhood traumatic events failed to psychologically integrate their traumatic experiences and used dissociation as a coping strategy.

The study on the topic ‘Nightmares as a coping mechanism for stress’ was conducted by Dante Picchioni, Brandy Goeltzenleucher, Del N. Green, Mary J. Convento, Rebecca Crittenden, Michelle Hallgren and Robert A. Hicks in 2002. The

cause of nightmares remains unclear. However, previous research suggests that stress may play a key role and that nightmares may actually serve a beneficial function. The purpose of this study was to examine the overall relationship between these two variables and assess the hypothesis that nightmares serve as a coping mechanism for stress. To accomplish these goals, a group of 412 psychology students were separated into low, medium, and high nightmare frequency groups as well as low, medium, and high nightmare intensity groups. Comparisons were then conducted for daily stressors, life stressors, social support, and coping. Most notably, this study demonstrated a positive association between nightmares and coping with stress. The overall pattern seen in the analyses reflect the significant relationship between nightmares and stress, while the finding that nightmares were positively associated with coping bolsters the supposition that nightmares may help to alleviate stress.

The study on the topic ‘Nightmares’ Pattern and Predictors among a Saudi University Students during COVID-19 Pandemic’ was conducted by Alghamdi, Amal A., Nora O. Alafif, Ahmed S. BaHammam, May Almuammar, Najd S. Alharbi, Nouf A. Alhefdhi, Sara Al-Musharaf, KholoudS. Al Ghamdi, Ghada F. AlYousif, and Norah F. Al Muhanna in 2021. During the corona virus disease 2019 (COVID-19) pandemic quarantine, university students were under various types of stressors, including the exams period, which might have affected their quality and quantity of sleep, and consequently, their quality of life. This study aimed to investigate the pattern and predictors of nightmares among university students and co investigate the presence of other types of sleep disturbances, mental disorders, and quarantine-related stressors. This cross-sectional study included 368 university students who answered a self-completed questionnaire covering their socio-demographic features, nightmare indicators, and associated quarantine stressors. Additionally, sleep disturbances were

measured using the Generalized Sleep Disturbance Scale (GSDS), anxiety using the Generalized Anxiety Disorder 2 scale, and depression using the Patient Health Questionnaire-2. The participants' mean age was 20.4 ± 1.6 years, and male participants represented 35.9% of the sample. Nightmares were experienced by 117 (31.8%) of the participants, of whom 44.4% had new-onset nightmares. Stressors resulting from both the exams period and the fact that it was conducted during COVID-19 quarantine increased the rate and affected the pattern of nightmares. These stressors also led to other sleep disturbances and mental disorders that were significantly more prevalent among females.

A study on the topic 'Thematic and content analysis of idiopathic nightmares and bad dreams' was conducted by Geneviève Robert and Antonio Zadra in 2014. Five hundred seventy-two participants kept a written record of all of their remembered dreams in a log for 2 to 5 consecutive weeks. A total of 9,796 dream reports were collected and the content of 253 nightmares and 431 bad dreams reported by 331 participants was investigated. Physical aggression was the most frequently reported theme in nightmares, whereas interpersonal conflicts predominated in bad dreams. Nightmares were rated by participants as being substantially more emotionally intense than were bad dreams. Thirty-five percent of nightmares and 55% of bad dreams contained primary emotions other than fear. When compared to bad dreams, nightmares were more bizarre and contained substantially more aggressions, failures, and unfortunate endings. The results have important implications on how nightmares are conceptualized and defined and support the view that when compared to bad dreams, nightmares represent a somewhat rarer and more severe expression of the same basic phenomenon.

The study on the topic ‘Psychological distress in university students: A comparison with general population data’ was conducted by Dr. Helen M. Stallman in 2011. While the mental health of university students is recognized internationally as an important public health issue, more epidemiological data are needed that allows benchmarking with general population data. All enrolled students from two large Australian universities were invited to complete a web-based survey. Anxiety-mood disorders were assessed using the Kessler 10. A total of 6,479 students participated in the study with socio-demographics generally consistent with the university population. The estimated prevalence for mental health problems was 19.2% with 67.4% reporting sub-syndromal symptoms. These rates were significantly higher than the general population. Psychological distress was associated with disability and lower academic achievement. Predictors of distress included: full-time status, financial stress, being aged between 18 and 34 years, being female, and in a subsequent undergraduate year of their degree. The extremely high prevalence of mental health problems in university students provides evidence for this being an at-risk population. The results highlight the need for universal early interventions to prevent the development of severe mental illness in university students. A study on the topic ‘Psychological distress and related factors in female college students’ was conducted by Fernando L. Vazquez, Patricia Otero and Olga Diaz in 2012. This study assessed the psychological distress in Spanish college women and analyzed it in relation to socio-demographic and academic factors. The authors selected a stratified random sampling of 1,043 college women (average age of 22.2 years). Socio-demographic and academic information were collected, and psychological distress was assessed with the Symptom Checklist-90–Revised. This sample of college women scored the highest on the depression dimension and the lowest on the phobic anxiety dimension. The sample scored higher than women

of the general population on the dimensions of obsessive-compulsive, interpersonal sensitivity, paranoid ideation, psychoticism, and on the Global Severity Index. Scores in the sample significantly differed based on age, relationship status, financial independence, year of study, and area of study. The results indicated an elevated level of psychological distress among college women, and therefore college health services need to devote more attention to their mental health.

A study on the topic ‘Prevalence of psychological distress among undergraduate students at Jazan University: A cross-sectional study’ was conducted by Ramzi Mohammed Hakami in 2018. Undergraduate learning is a sensitive and challenging period for students and has been reported to result in high rates of psychological distress in them. The study was conducted to determine the prevalence of psychological distress among undergraduate students at Jazan University, Kingdom of Saudi Arabia. A cross-sectional study was conducted among a stratified sample of 500 undergraduate students from five faculties at Jazan University. All participants completed an anonymous, self-administered questionnaire, which included questions about their socio-demographic details and a measuring scale of general psychological distress, the Brief Symptom Inventory-18 (BSI-18). A total of 450 students satisfactorily completed the questionnaire. Of these, 139 (30.9%) were screened positive for psychological distress based on the BSI-18 scale. Females scored significantly higher than males on the somatization and anxiety subscales as well as on the total symptom scale. However, there was no significant difference between males and females regarding the depression subscale. Twenty-eight students (6.2%) reported moderate to extreme levels of distress due to suicidal thoughts in the past 1 week before inclusion in this study. This study found that ~31% of undergraduate students at Jazan University are psychologically

distressed. This finding necessitates the need for rigorous efforts to develop proper screening and intervention programs targeting this population.

A study on the topic ‘Sleep quality and psychological distress among undergraduate students of a Nigerian university’ was conducted by Champion Tobi Seun-Fadipe and Kolawole Samuel Mosaku in 2017. The objectives of the study were to assess the sleep quality of undergraduate students in a Nigerian University, to determine its association with psychological distress, and to evaluate some of the factors associated with poor sleep quality among the students. It was a descriptive cross-sectional study conducted among the undergraduate students of Obafemi Awolowo University, Ile-Ife. The multistage sampling method was used to select 520 study participants, and a self-administered instrument including a questionnaire on socio-demographic characteristics, Pittsburgh Sleep Quality index, General Health Questionnaire, and Hospital Anxiety-Depression Scale was administered. Out of 520 students who gave consent to participate in the study, 505 students (97.1%) returned a fully-completed questionnaire. Half of the students had poor sleep quality, with a minority (5.7%) taking sleep medications at least once or twice a week. About one-fourth had psychological distress. Among the demographic factors, the year of study had significant association with poor sleep quality. Presence of psychological distress and symptoms of depression and anxiety were also significantly associated with poor sleep quality. The year of study, psychological distress, and anxiety symptoms were significant predictors of poor sleep quality among the students. The strong association between psychological distress and quality of sleep further underscores the benefit of advocating for habits that can improve optimal mental health and sleep quality among the undergraduate students.

Summary:

The aim of the literature review is to summarize and synthesize the arguments and idea of existing knowledge in a particular field without adding any contribution. Many studies can be seen under the topic of psychological distress and nightmares as college students have significant psychological distress due to the transitional nature of it and simple stresses can lead to the occurrence of nightmares. And the occurrence of nightmares can lead poorer waking psychological functioning. Nightmares can cause poorer sleep quality and psychological well-being. So that many studies were conducted to understand psychological distress and nightmares and reached to a similar conclusion.

CHAPTER 3

METHOD

Research is a pursuit of truth with the help of study, observation, comparison and experiment, the search for knowledge through objective and systematic method of finding solutions to a problem (Kothari, 2006).

Research methods are the strategies, processes or techniques utilized in the collection of data or evidence for analysis in order to uncover new information or create better understanding of a topic. There are different types of research methods which use different tools for data collection.

This chapter focuses on the research methods that were followed in the study. The researcher describes the research design that was chosen for the purpose of the study and reasons for this choice. The chapter provides a detailed account of the participants, universe, populations, sample size and who the participants were and how they were sampled. The instrument that was used for data collection is also described and the procedures that were followed to carry out this study are included. The researcher also discusses the method used to analyse the data.

RESEARCH DESIGN

Research design is a plan, structure and strategy of investigation conceived to obtain answers to research questions and to control variance (Kerlinger, 1986). In essence research design translates research problems into data for analysis to provide answers to research questions at minimum cost.

For the purpose of the study, the research paradigm that was followed is of qualitative nature, using semi-structured interviews as discussed later in the chapter.

Qualitative research is based on the belief that first-hand experience provides the most meaningful data (Leedy, 1993). It is also believed that qualitative data gives large volumes of quality data from a limited number of people. It is aimed at understanding the world of participants from their frame of reference (Walker, 1985).

PARTICIPANTS

A sample is a finite part of a statistical population whose properties are studied to gain information about the whole (Webster, 1985). Sampling is the act, process, or technique of selecting a suitable sample, or a representative part of a population for the purpose of determining parameters or characteristics of the whole population. The sampling technique used is purposive sampling. In this type of sampling, items for the sample are selected deliberately by the researcher, his choice concerning the research remains supreme. The researcher purposively chose the samples which are important for the study (Kothari & Garg, 2014). The samples are selected in the belief that it will be a good representative of the population for the study. It is the most convenient method of sampling (Sing, 2020).

The universe of the study is Malabar region in Kerala.

The population of the study was college students.

The sample of the study was 10 college students having nightmares.

The method used was a mixed method, both survey and a semi-structured interview.

Inclusion criteria

- Undergraduates having nightmares are included.

Exclusion criteria

- Undergraduates having nightmare disorder and other disorders are excluded.

METHOD OF DATA COLLECTION

For the purpose of the study, the researcher used a mixed method, both online surveys which include both open ended and closed ended questions and semi-structured interviews, which involved direct questioning using open-ended questions.

An Online survey or internet survey, is one of the most popular data-collection sources, where a set of survey questions is sent out to a target sample and the members of this sample can respond to the questions over the world wide web. Respondents receive online surveys via various mediums such as email, embedded over website, social media etc.

Some of the advantages of an online survey are; it is a faster medium to reach the target audience, real-time analysis, cost-efficient, minimum margin-of-error, convenient to understand for respondents, saves researchers' time and respondents are more truthful. Some of the disadvantages are respondent cooperation issues, questionable data reliability and limited access to certain sections of a population (Question Pro, 2017).

A semi-structured interview is a data collection that relies on asking questions within a predetermined thematic framework. However, the questions are not set in order or in phrasing. In research, semi-structured interviews are often qualitative in nature. They are generally used as an exploratory tool in marketing, social, science, survey, methodology, and other research fields (Tegan George, 2022).

Advantages of semi-structured interviews are questions of semi-structured interviews are prepared before the scheduled interview which provides the researcher with time to prepare and analyse the questions. It is flexible to an extent while

maintaining the research guidelines. Reliable qualitative data can be collected via these interviews. It is a flexible structure of the interview. Disadvantages of semi-structured interviews: Participants may question the reliability factor of these interviews due to the flexibility offered.

DATA COLLECTION PROCEDURE

After taking an online survey to identify the students having nightmares, the researcher gathers the details of the sample and conducts a telephonic interview. Firstly informed consent is taken and the participants were assured the confidentiality of personal details and responses and clarified the doubts raised by them and questions are asked mostly open ended and semi-structured interview is conducted. Finally, the participant is thanked for their valuable time and corporation.

DATA ANALYSIS METHOD

Data analysis has been described as ‘the most complex and mysterious of all of the phases of a qualitative project, and the one that receives the least thoughtful discussion in the literature’ (Thorne, 2000).

Thematic analysis is a method for analyzing qualitative data that entails searching across a data set to identify, analyze, and report repeated patterns. It is a method for describing data, but it also involves interpretation in the processes of selecting codes and constructing themes.

Thematic analysis is more appropriate for the study because it helps to find the common themes of nightmares and the major psychological distress faced by them. It is important to analyze this study, it based on the specific themes to bring at an accurate conclusion.

CHAPTER 4

RESULT AND DISCUSSION

The major objective of the study was to understand the psychological distress and nightmares among college students. The research was carried out by using a mixed method both online survey and semi structured interview method. The number of participants was 10. After collecting the data through the survey, the participants having nightmares as required for the research were sorted out and a telephonic interview was conducted with those selected participants. Then it was analyzed through coding method.

The goal of the result and discussion is to use both text and illustrative materials to objectively present important findings in a logical order and without interpretation. What data was gathered is shown in the results section. After the results part, there is a discussion section where the researcher discusses the relevance of the findings. This section also studies the limitation of the research. The way the authors interpret their results may be quite different from the way you would interpret them or the way another researcher would interpret them (Lumen, n.d).

Thematic analysis is used as the analysis method. A technique for assessing qualitative data called thematic analysis involves looking through a data collection to find, examine, and document recurring themes. It is a technique for summarizing data, but when choosing codes and creating themes, it also involves interpretation. The versatility of thematic analysis to be employed within a wide range of theoretical and epistemological frameworks, as well as to be applied to a wide range of study topics, designs, and sample sizes, is one of its distinguishing characteristics. The decision to

utilize thematic analysis should be driven more by the objectives of the research than by a desire to pick an easy-to-use methodology. When attempting to comprehend a group of events, thoughts, or actions spread throughout a data collection, thematic analysis is an acceptable and effective technique to employ (Kiger and Varpio, 2020).

RESULT AND DISCUSSION OF ONLINE SURVEY

134 participants attended the online survey about nightmares. The frequency of nightmares in college students from the online survey is as follows.

Nightmare frequency	No of participants	No of males	No of females
Almost everyday	4	1	3
Once in a week	22	10	12
Once or twice a month	16	6	10
Once in 6 month	79	15	64
Rarely	13	3	10

From this I sorted out 26 participants who are having occasional nightmares and 10 participants were selected for the interview according to their willingness to participate. From the 10 participants 6 were male and the rest of them were females. Through this data the participant needed for the interview was screened.

The result of the online survey of the 10 participants is as follow:

Participant Name	Age	Gender	Year of study	hours of sleep	Do you always have good sleep?	Do you have a repeated dreams?	How often they have nightmares	Do you shout, talk, scream or walk in your sleep?
S.S	18	Female	3	6-8	Yes	Yes	Once in a week	Yes
V.P	19	Male	2	6-8	Yes	Yes	Once in a week	Yes
A.P	21	Female	3	6-8	Yes	Yes	Once in a week	Yes
K.K	20	Male	3	6-8	Yes	No	Once in a week	No
S.P	20	Female	3	4-6	No	No	Once in a week	No
J.J	21	Male	3	4-6	No	No	Once in a week	No
K	20	Male	3	6-8	No	No	Once in a week	No
A.K	20	Male	3	4-6	No	No	Once in a week	Yes
V.A	20	Male	2	4-6	No	Yes	Once in a week	No
A.P	20	Female	3	6-8	yes	No	Once in a week	No

Almost all the 10 participant had occasional nightmares with a frequency of once or twice a week. 4 of them had been having a good sleep and the rest 6 doesn't always have good sleep. 3 of them have repeated dreams. Half of them shout, scream or talk in their in sleep.

RESULT OF SEMI- STRUCTURED INTERVIEW

The first question was about the participant's college life and the academic difficulties.

Super ordinate theme	Frequency	Sub ordinate theme
Academic difficulties	6	1. Boredom
		2. Lack of interest in course
		3. Career related stress
		4. Stress about academic performance
		5. Laziness
		6. Conflict between teachers and students.

The question was asked to understand psychological distress that the person faces as a student. 6 out of 10 participants face difficulties as a student. They often feel school life as boring and monotonous. Some of them have no interest in the course they have chosen and they feel stressful and lazy to do their works. Many of them have less interest in studying but almost everyone is highly tensed about their future. Hence they have been worrying about their academic performance as well. Personal grudge and conflict among teachers, between teachers and students make the classes uncomfortable.

The second question was about relationship issues faced between both friends and partner.

Super ordinate theme	Frequency	Sub ordinate theme
Relationship issues	7	1. Fluctuating character
		2. Unexpected responses
		3. Ego
		4. Misunderstanding
		5. Trust issues
		6. Fear of commitment
		7. Lack intimacy

The question was asked to understand the relationship issues faced by college students from their friends and partners. Almost 70% of the participant had problems with relationships or in forming a strong relationship with people. Many of them had been facing people with different unacceptable characters as well as people with fluctuating character. Ego issues are seen between friends, having higher status in college among friends created a superiority complex within them. The major issue seen is the fear of commitment. They are not able to trust anyone and they cannot tell whether he/she is true to them. Hence they are reluctant to form strong relationship. They feel that they are faking the concern friends have for them. Misunderstanding is also a serious issue for majority of the participants. Emotional connection between college friends is very less. Break up with friends and partners affects the majority of the participants really badly.

The third question was about their home and family members. This question was asked to understand whether they had any psychological distress other than the college. Majority of them didn't have any particular issue in the family. It was

adjustable. 2 of them had issues with their parents. The parent's stress and frustration was taken out to the children negatively which affected the mental health of the child. Some of the parents don't accept their child having a partner which caused trust issues between them.

The fourth question was about the financial difficulties faced by the participants and the measures taken by them to reduce it.

Super ordinate theme	Frequency
Financial difficulties	8

Out of 10 the frequency of 8 participants responded similarly that is they are having financial issues one way or the other. Moreover having financial issues they are reluctant to ask money from parents. Thus make it difficult to meet their needs. Majority of them feel difficult to register to webinars and exams which requires additional fees. They reduce extra expenditure such as outing and other leisure activities. Some of them feel difficult to adjust to this situation. Majority of the participant is interested to earn money by themselves. Some of them do part jobs to attain their needs. Others use their scholarships.

The fifth question was to describe about a bad incident during the childhood which is still stuck in their minds if there is any.

Super ordinate theme	Frequency
No specific childhood traumas	7

This question was to know about the childhood traumas of the participant which still affects them. But majority of them didn't have any particular traumas. 2 of them were disappointed about the way their parents treated them. How they vented out the frustration to them. Lack of communication between the family members caused problems during their childhood. One of the participants had very bad memories of schooling for 3 years. It still affects the participant.

The sixth question was about the physical health condition of the participant.

Super ordinate theme	Frequency
No physical issues	7

This question was to understand about the physical health of the participants and majority of them didn't have any physical issues. Some of them mentioned about headache, tiredness, problems with sleep and certain infections. These affected their overall performance in the college.

The seventh question was about societal problems they faced.

Super ordinate theme	Frequency	Sub ordinate theme
Societal issues	7	1. Inequality from public transportation in taking student fair. 2. Judgement 3. Body shaming 4. Questioning 5. Superiority 6. Gossips

The question was to understand about the issues faced by the participants from the society. Majority of the participants have been facing several issues. The most common among them were judgment and body shaming. These two destroys the self confidence of them. Acting like they have the main role in the life of others had been very frustrating for the participants. In Kerala, travelling with student fair causes disrespect and unfairness from the public transport workers. This is really frustrating for many of them. Not just the society but distant relatives too respond negatively about the participants. They see the participants very inferior to them which make them reluctant to attend any family functions. Talking unacceptable things and lies about others have been seen very common while talking about the societal issues.

The eighth question was about the major themes of the nightmares seen by the participants.

Super ordinate theme	Frequency	Sub ordinate theme
Common themes of nightmares	9	1. Accidents
		2. Trap
		3. Doing mistakes
		4. Death(both self and others)
		5. Dead persons
		6. Failing in exam
		7. After life
		8. Horror
		9. Interpersonal conflicts.
		10. Snakes and other animals
		11. Falling from height
		12. Breakup
		13. Accidents or illness to loved ones.
		14. Failure in life, career.

This question was to understand about the major themes of nightmares seen by college students. Almost everyone had similar dream pattern one way or the other. The common dreams seen by college students are getting into accidents or getting trapped without able to escape from there. The next most common dream was about death of themselves or other persons. Snakes are also common theme in nightmares. Interpersonal conflicts are seen common in nightmares of college students. Accidents and illness of loved ones have been very terrifying dreams for many.

The ninth question was about whether the nightmare caused any problem to their life or affected their thoughts or actions. Majority of them didn't have any issues. But three of them reported having a feeling of fear after seeing certain nightmares. They are afraid that whether the dream would become reality. Hence they try to change their actions or avoid certain situations seen in the nightmare as well. They also feel uncomfortable in sharing certain terrifying dreams especially to the ones that is the part of the nightmare theme. Some of them have a frustrating effect for entire day. Some of them sleep late in the fear of seeing nightmares. They all wish not to see nightmares anymore.

The last question was about the methods used by the participants to control nightmares

Super ordinate theme	Frequency	Sub ordinate theme
Methods used to control nightmares	6	1. Sleeping at right time
		2. Reduces over thinking.
		3. Withdrawal from stressful situations.
		4. Concentrate mind to the present
		5. Sleep comfortably.

This question was asked to understand whether college students use any methods or technique to control nightmares. The most common methods used by them are controlling their sleeping patterns and sleeping positions. They try to reduce over thinking and concentrate mind in the present. All the other participants either don't use any methods or doesn't know what to do. Majority of them doesn't believe in religious methods that is said to be control nightmares.

From the result we were able to find out the major issues faced by college students and the major theme of nightmares they see. Especially we were able to list out

the issues in academics, interpersonal relationship and also societal issues. We were also able to list out the methods used by college students to reduce nightmares.

A study on the topic ‘Nightmare Themes: An Online Study of Most Recent Nightmares and Childhood Nightmares’ was conducted by Michael Schredl and Anja S. Göritz on 2018. They conducted this study on the basis that empirical studies on nightmare content in larger samples are scarce. They say that even though the common diagnostic criteria (ICSD-3, DSM-5) acknowledge that nightmares do not only contain anxiety/fear (definition of the ICD-10) but also other emotions such as grief, disgust, and anger, the definition of a nightmare still focuses on threats to survival, security, or physical integrity. Hence it is relevant to conduct a study like this. The current study elicited 1,216 of the most recent nightmares including childhood nightmares of a population-based sample. The findings show that nightmares encompass a diversity of different topics, being chased, physical aggression, including death/injury of close persons. Infrequent themes like being the aggressor and suicide are of special interest as they might be related to waking-life psychopathology. The variety of nightmare topics clearly indicates that current definitions of nightmare content are too narrow. Future studies should look into nightmare content of persons in whom nightmare disorder has been diagnosed.

CHAPTER 5

SUMMARY AND CONCLUSION

Almost all the people in the world have dreams and half of them have occasional nightmares. Nightmares have the potential strength to influence our life negatively. People never wake up happy after seeing a nightmare. It not only affects our sleep but also triggers us emotionally. College students are the budding generation of the world. They are subjected to different kinds of stresses due to the transitional nature of college life. They are emerging adults who are expected to face all the challenges they are exposed to. They should adjust to the new social environment. They must adjust to their new hostel life, interpersonal relationship, academic competence, financial crisis and so on. This may lead to significant psychological distress. College students regardless of the year often encounter such distresses. Many college students report dealing with varying levels of stress throughout college for a number of reasons, and people respond to stress in many different ways. This may affect their overall mental health, academic performance, confidence and have issues in creating a career for them.

Nightmares can be triggered by psychological distresses, traumas and even daily life stressors. People are subject to many stressors especially which causes significant psychological distresses. The themes of nightmares vary from person to person. Some of them are, falling off from heights, unable to escape from dangers, failing in exams, death of loved ones, etc. People who experience nightmares, those who are having certain psychological distresses are more likely to be distressed even more.

The permission for conducting the research was gained from the research guide. Then, the researcher took the informed consent of the participants, patients and the manager of palliative care unit that was visited for data collection. The participants were made aware of their rights and about the confidentiality that would be followed. The participants were college students having nightmare who reside in Malabar region of Kerala. Initially an online survey was conducted to identify people having nightmares and its intensity. They attended the online survey on their own will and interview was conducted after selecting the required participant. The questions were asked to the participants after establishing a good rapport.

The research was qualitative in nature and the data collection method used was mixed method both online survey and semi structured interview. After the online survey telephonic interview was conducted. The interview was conducted one by one. The researcher called each and every participant and talked to them according to their availability. First of all, a good rapport was established and asks questions to know their psychological distresses as college students as well as about the nightmares they see. However, the questions are not set in order or in phrasing it changes according to the participants report. The questions were asked one by one and responses were noted down precisely. Interview on each participant went smoothly. The participants were made aware of their right to know about the result of the focused group discussion and they can contact the researcher for any further clarifications. At the end the participants thanked for participation and cooperation.

The major objective of the study was to understand the psychological distress and nightmares among college students. The data was collected through semi structured interview and the data was analyzed using thematic analysis. It is a technique for summarizing data, but when choosing codes and creating themes, it also involves

interpretation. The ten questions asked and the responses from the participants were thus analyzed thematically. There were subordinate and super ordinate themes found among the responses. There were difficulties in many regions like academic, financial, interpersonal relations and societal problems. We were also able to identify the major themes of nightmares and methods used by them in controlling it. The frequency of nightmares both in female and male was found out from the online survey. In the participants taken for the survey, 6 were males and 4 were females. In this 4 males and 4 females had significant psychological distress and almost everyone had similar themes of nightmares. There were themes connected to their daily life as well as some unrealistic dreams. Realistic dreams caused distress among the participants who had it.

MAJOR FINDINGS

- There are significant distress in areas like academics, financial, interpersonal relations as well as societal problems among college students
- Common nightmare themes are seen among college students both realistic and unrealistic nightmares. Some of them are accidents, trap, exam failure, interpersonal conflicts, death, dead people, horror, falling, diseases or accidents to loved ones.
- 121 out of 134 participants have occasional nightmares. Out of this 89 are females and 32 males.
- Different methods used by college students in controlling nightmares. Some of the methods used are improving sleeping patterns and position, reducing over thinking and concentrating in the present and avoiding stressful situations.

IMPLICATION:

The present study was conducted on psychological distress and nightmares among college students. The cause of psychological distress can be understood from the study and thus it can be prevented using suitable choices of support. From the study it was understood that college students have significant psychological distress in many areas both college and personal life. This psychological distress forms the partial theme of their nightmares one way or the other. Nightmares cause both emotional and sleep disturbances in some of the participants. Hence it is important to take care of things that cause psychological distress and to control nightmares. The study can also be used to provide awareness and suggest techniques to reduce nightmares and improve sleep quality. This research can be used to give awareness about the psychological distress faced by college students. And to suggest interventions to reduce the distress in colleges and improve wellbeing. There were studies related to psychological distress and nightmares but many of them don't get aware of this so, there can be awareness programs made based on these findings. Through this study we understand the psychological distress and nightmares among college students so bring the activity that reduces the distress and to control nightmares.

LIMITATIONS:

One limitation of the study was small sample size chosen only from Kannur district. The samples were selected using purposive sampling in this study and this may restrict the generalization.

SUGGESTION FOR FUTURE RESEARCH:

- The same study variable can be studied in a different population\ context\ location.
- The present study was carried out among 10 college students having nightmare. Future studies could be carried out within more sample size.
- The present study addressed psychological distress and nightmares in college students. Future studies could explore the possibility of other psychological variables which is associated with psychological distress or nightmares can be studied in this population.
- Time consuming was a major limitation and this can be avoided using an alternative data collection method.

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APPENDIX

APPENDIX A: INFORMED CONSENT FORM

This is a research study undertaken for the fulfilment of the researcher's Bachelor of Science program in Psychology. The study is on – UNDERSTANDING PSYCHOLOGICAL DISTRESS AND NIGHTMARES AMONG COLLEGE STUDENTS. The data for the study will be obtained through both survey and a semi structured interview.

Participation in this research project is voluntary. You have the right to withdraw from the study at any time if you chose not to continue. It is further reinstated that all information will be kept confidential and will be used only for the purpose of the above-mentioned research study.

The contact information of the researcher has been provided for participants in order to clarify any concerns or queries about this study. The details of the researcher are given below:

Researcher: NIKHITHA J DAS

Phone Number: 8590896391

Email Id: nikhithajyothidas@gmail.com

Your name and signature below signify that you have read and understood the contents and intentions formed in the consent.

Name:

Signature:

Date:

APPENDIX B: SOCIO DEMOGRAPHIC DETAILS

NAME/ INITIAL:

AGE:

GENDER:

QUALIFICATION:

PLACE:

ADDRESS:

CONTACT NUMBER:

APPENDIX C: RESEARCH QUESTIONS

1. How is college life going?
 - a) Are there any difficulties?
- 2 Do you face any problems among friends, family and partner?
- 3 Currently do you face any difficulties at home?
- 4 Are you facing any financial difficulties?
 - a) Is something being done for it?
- a. Do you have any negative childhood experiences or trauma that you still remember?
- 5 Are you facing any physical difficulties?
- 6 Are you experiencing any problems from society?
- 7 What kind of nightmares do you usually have?
- 8 Does nightmares affect your daily life in any way?
- 9 How do you control your nightmares?

UNDERSTANDING PSYCHOLOGICAL STRESS AMONG GIRLS DURING PUBERTY

*A Dissertation submitted in partial fulfilment of the
requirement of the degree of Bachelor of Science in Psychology*

Submitted by:

FATHIMATH SHAFNA A

Reg.No:DB20CPSR08

Under the guidance of

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DON BOSCO ARTS AND SCIENCE COLLEGE

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DEPARTMENT OF PSYCHOLOGY

MARCH 2023



DEPARTMENT OF PSYCHOLOGY
DON BOSCO ARTS & SCIENCE COLLEGE,
ANGADIKADAV

(Affiliated to Kannur University)

PSYCHOLOGY PROJECT REPORT

Register Number: DB20CPSR08

SUBMITTED FOR THE B.Sc. EXAMINATION 2020-23

Head of the Department

Principal

Held on:

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on “**UNDERSTANDING PSYCHOLOGICAL STRESS AMONG GIRLS DURING PUBERTY**” by, **Fathimath Shafna A**, in partial fulfilment of the requirements for the award of the Undergraduate Degree of BSc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

DECLARATION

I Fathimath Shafna A, hereby declare that this dissertation entitled **“UNDERSTANDING PSYCHOLOGICAL STRESS AMONG GIRLS DURING PUBERTY”** submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

FTHIMATH SHAFNA A

DB20CPSR08

Signature:

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I thank Kannur University, Don Bosco Arts and Science College and the Department of Psychology for giving me this opportunity as well as providing the necessary facilities and guidance to complete this research.

I would like to specially thank the 10 participants who had cooperated and participated in this study and shared their own personal experiences. I owe a lot of gratitude to all of them because without them this study would not have been possible. I appreciate the time and effort they put aside for this study and for giving me the permission and opportunity.

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ABSTRACT

The study utilized qualitative methods to - Understand Psychological Stress Among Girls During Puberty. The research was done to understand the stress among the girls during puberty.. The study was conducted among the population of Kannur district and the method used to collect data was interview method and there was a total of 10 participants. The study was conducted among the girls between the age of 10 to 19. The participants were all girls. The responses of the participants to the questions that were asked are analysed using the thematic analysis method of data.

Puberty is a time of big changes for a teen that eventually end with full of maturation of the body. The various stages can be testing and, surprisingly, mistaking for teens, especially since the course of events of these progressions is different for every individual. Adolescence may likewise hard for any adolescents scrutinizing their orientation personality. For little kids who start adolescence sooner than their friends, the change gives off an impression of being especially laden -particularly for young ladies. Early-developing young ladies are at expanded hazard of a scope of psychosocial issues including melancholy, substance use and early sexual way of behaving. The findings of the study can be used for further research in this area and the findings shall be specifically linked to our cultural context. Furthermore, in the field of psychology the findings of the study can be used to understand the psychological stress and the different stressors that shown in this research. These follow up can be based on the factors that will be found under this study.

The major findings of the study were the participants had tensed about the onset of periods at their childhood itself. The knowledge about the onset of puberty they got from their parents and friends and also from school through sex education classes. The peer influence the participants sometimes it leads to serious problem. Another important finding of the study is that stress is one of the major factors that are acting on the problems to the participants. The major stressors are leading to anxiety. The support from family and friends plays a key role among the participants to overcome the stress, through giving more knowledge about the changes which take place in pubescent girls both physically and mentally.

Key words: Stressors, Adolescents

CHAPTER 1

INTRODUCTION

A human, constantly grow through the lifespan, from conception to death. Analyst endeavour to comprehend and make sense of how and why individuals change all through the life. While large numbers of these progressions are typical and expected, that can in any case present difficulties that individuals can in some cases need additional help to make due. The guideline of regularising reveal help the experts to detect likely issues and give early intercession to improved result. Improvement clinician can work with individuals, everything being equal, to address barricades and backing development albeit some decide to spend significant time in a particular age gathering, for example, youth teenagers and so on (Cherry.k, 2023).

Puberty is a time of big changes for a teen that eventually end with full of maturation of the body. The various stages can be testing and, surprisingly, mistaking for teens, especially since the course of events of these progressions is different for every individual. Adolescence may likewise hard for any adolescents scrutinizing their orientation personality. (Marvin.A, 2019).

Youngster improvement master was to initially recognize the apparent phases of individuals day today these stages are known as the Leather expert stage or all the more properly sexual development ratings (SMS). Merit as a general manual for actual turn of events albeit every individual has an alternate pubescence plan. Leather treater stage one depicts what befalling your kid before any actual indication of adolescence shows up. It typically start after a female eighth birthday celebration and after a male's ninth or tenth birthday celebration at this stage this inward changes are no different for male and female age. Stage 2 denotes the start of actual advancement chemical start to convey messages all through the body. In female pubescence ordinarily begins Between helps 9

and 11. In male pubescence as a rule begins around age 11 in the balls and skin around the gonads or scrotum start to get greater. Leather treater stage three Actual changes are ending up being more clear for both male and females in stage 3. Alongside a development spray in level, your high schooler's chemicals are hard at work, furthering improvement from past stage. Leather expert stage 4 adolescence is going all out during stage for the two guys and females are seeing many change. Leather treater stage 5 starts the finish Of your teenagers advancement in this last stage your teeth will ultimately arrive at full actual development including their last grown-up level.(James MT hanner).

Adolescence is one of the most fascinating and complex transition in the lifespan. It's breathtaking pace off growth and change is second only to that of infancy. Organic cycles drive many acknowledge of this development and improvement with the one area pubescence making the entry from youth to puberty. Pubescence is the progress time frame among youth and adulthood during which development spray occurs, secondary sexual attributes show up, ripeness is accomplished and significant mental changes happen.

Although the sequence of pubertal change is relatively predictable, their timing is extremely variable. The normal range of onset is ages 8 to 14 in female and ages 9 to 15 in males, with girls generally experience ecological growth characteristics of the one sector puberty two years before boys. Puberty maturation is controlled largely by complex interaction among the brain, the pituitary gland, and the gonads which in turn interact with the environment.

During the puberty period pubescent experiences some stress it may due to the some of the physiological changes that take place in their body which may be due to the they do not have much knowledge about the changes occurring in their body it may

due the lack of education from their parents or some other settings like school. Stress is Define as the threatening or perceived threatened homeostasis. The human body and made to stress by activating both adaptive central nervous system and peripheral nervous system responses. This is a fight or flight response the adapter response to stressors is a protective in the survival of human life. In circumstances where the stresses have a greater magnitude of persist longer, the stress response may be maladaptive-either the inadequate or excessive. A maladaptive stress response may contribute to their health outcomes. A stressor can be physical or psychological or emotional or a combination of both. Physical stresses include disturbance of the internal environment external extreme multifaceted stressors.

NEED AND SIGNIFICANCE

Puberty period is the transition period between the childhood to Adolfo during these period many physiologically as well as the psychological changes take place. And some of the pubescent may not have much knowledge about the changes it may duel to the lack of education from their parents or other system like school due to these may experience stress or psychological stress these psychological stress can effects their academic performance, mood, learning etc and also lead to social withdrawal, it leads to effects their behaviour or personality.

STATEMENT OF THE PROBLEM

Puberty period is considered as a transition period between the child to adolescent during this period Both the physiological and ecological changes take place in both male and female difference ecological stress lead to lack of academic performance stress leads to social withdrawal psychological stress lead to effect in their physiological development during puberty.

DEFINITION OF KEY TERMS

STRESS

Stress can be defined as any kind of change physical, emotional, psychological strain. Stress is your body response to anything that requires attention or action (scott,. E., 2020).

OPERATIONAL DEFINITION

Stress is any type of emotion which can occur due to some kinds of stimulus

PUBERTY

THEORETICAL DEFINITION

Puberty is the translation period between childhood and adolescence during which a growth spurt occurs, secondary sexual characteristics appear, fertility is achieved and profound psychological changes take place.

OPERATIONAL DEFINITION

Puberty is the period of occurring one physical and psychological changes

OBJECTIVES OF THE STUDY

MAJOR OBJECTIVE

To understanding the factors causing stress among girls during puberty.

SPECIFIC OBJECTIVE

To understand the social interaction of girls during puberty period.

ORGANISATION OF THE REPORT

The study contains five chapters- Introduction, literature review, methodology, results and discussion and finally the summary and conclusion. The first chapter is the introduction. It includes a brief introduction to the study with major focus on the need

and significance of the study. The chapter also included the problem statement and the definition of key terms that are used in the chapter. The second chapter is the review of literature. It comprises of two sections - theoretical background of the study and the related studies. The third chapter is the methodology. It includes a detailed account of samples, variables, tools, procedures for data collection and analysis method used for the analysis of the data collected. The fourth chapter explores the result and discusses the analysis of the data and the results obtained there by. In the fifth chapter which is the summary and conclusion, a resume of the study and methodology of the study is briefly stated. It also includes the major findings of the present study, it's implications and the suggestions for further research. At the end, reference and appendices are included.

CHAPTER 2

REVIEW OF LITERATURE

Writing survey is both an interaction and an item. It includes looking through inside a characterized wellspring of data connected with your examination subject and afterward making a far reaching outline of the relevant exploration. On your point unquestionably over point has further degree for fostering an exploration question. Frequently early profession scientists find composing a writing survey troublesome and are uncertain about the most ideal way to structure their audit and produce a powerful exploration writing audit. To simplify this cycle it is critical that explores comprehend the idea of writing audit and the reason behind it. A writing survey is a basic assortment of information from various sources pertinent to your subject of exploration. In view of the design and plan writing survey are comprehensively named story or customary writing audits, perusing surveys, methodical writing audits and Cochran surveys. Story customary writing survey is a complete, basic, and objective investigation of existing information on the subject. Perusing audit expects to recognize the nature and degree of examination proof. A precise writing survey recognizes and assist with choosing research to respond to obviously figured out research questions. Cochran audits are highest quality level survey; which are plainly announced and purposefully better than methodical reviews (A. Enago).

A writing audit Is a thorough Samaria for each past examination on point the writing audit review insightful articles, Books and different sources pertinent to a specific area of exploration. The audit ought to be specify, portray, synopses, unbiasedly assess and explain this past examination. It ought to give a hypothetical base for the exploration and assist you with deciding the idea of your examination. The

writing audit recognize crafted by past investigates and it is doing, guarantees the peruser that your work has been thoroughly thought out. It is expected that by referencing a past work in the field of study, and the writer has perused, assessed and acclimatized that work into the work within reach. A writing survey makes a scene for the peruser giving her or him a full comprehension of the improvements in the field the scene illuminates the peruser that different has entered a reenacted all past huge works in the field into her or his examination.

The point of writing survey is to sum up and orchestrate the contentions and thought of existing information in a specific field without adding any new commitments. Being based on existing information they assist the scientist with night turn the wheels of the subject of exploration. It is conceivable just with significant information on what's up in the current discoveries exhaustively to our power them. 4 different analysts, writing survey provides the guidance to the set out toward its prosperity. According to the normal conviction, writing survey are just a synopsis of the sources connected with the exploration. Furthermore, numerous others or logical compositions accept that they are just studies of what are the explores are finished on the picked subjects. Bart going against the norm, it utilizes distributed in from the appropriate And pertinent sources like logical papers most recent examinations in the field laid out schools of contemplations important articles from famous logical diaries and a lot something else for a field of review or hypothesis or a specific issue like sum up in to brief record of all information, synthesise the data by confining, and perceiving commonality the writers to the degree of information in the specific field and so on . By doing this the significant data it gives the peruser of the logical composition with its better comprehension. The significance of writing survey in logical original copy can be dense into scientific component to empower the multifold examination of the

importance. It enhances the authenticity of the exploration in numerous ways. It gives the Indian planning of existing writing considering refreshed improvements in the field to help in laying out the consistency in information and importance of existing materials, It helps in working out the effect of the most recent data in the field of planning the advancement of information, Give data to pertinence and coherency to check the examination, increment the meaning of the outcomes by contrasting it and the current writing, supplier point of inclination by rating the tracking down age logical Composition.

THEORETICAL REVIEW:

The psychological theories of stress gradually evolved from the Theory of Emotion (James-Lange), The Emergency Theory (Cannon-Bard), and to the Theory of Emotion (Schachter-Singer).

James- Lange theory:

In 1884 and in 1885, theorists William James and Carl Lange might have separately proposed their respective theories on the correlation of stress and emotion. Emotions do not immediately take place the presence or perception of stress or the threatening of stressful events they only take place even after the presence of bodies responsive reaction to the stressful events or threatening events. According to James Lang The feeling of fear or stress only take place even after the body response occur or bodily changes experience.

Cannon-Bard theory:

This theory was proposed in the 1920s and early 1930s by Walter. B Canon and Philip Bard. It is also referred to the fight flight response. Canon proposer data when

an Organism perceives a threat the body is rapidly aroused and motivated the sympathetic nervous system and the endocrine system. This concrete physiological response mobilise. Organism to attack the threat. Hence it is called fight or flight response. Fight refers the aggressive responsive stress such as getting angry or taking action whereas flight may be seen in a social withdrawal or withdrawal through substance use of distracting activities.

Selye's General Adaptation Syndrome of stress:

One more significant early commitment to stress was Hans Selye's (1956,1976) work On the overall variation condition. In spite of the fact that style is India intrigued to detonate the impact of sex chemicals on physiological working and he become a pilgrim the unpleasant effect. In his examination he uncovered Raj into assortments of upsetting circumstances like outrageous called outrageous weakness and different circumstances and noticed their physiological reaction to the distressing occasion. Because of these examination he astounded about the freedoms are certain equivalent example of physiological reaction to assortment of stressors. The overall transformation disorder comprises of a 3 stages in the main stages it is caution state or caution stage the Organic entity become obliged to make the compromise the second stage there is obstruction Organic entity put forth attempt to duplicate the string as through the showdowns. The third stage will be phase of depletion during nowadays Life form is neglected to defeat the danger.

Psychological Appraisal or cognitive Appraisal theory:

This hypothesis is proposed by Folkman and Lazarus in 1984. Dissimilar to the Overall transformation Model of pressure Not at all like the GAS model of pressure, the Mental Examination Hypothesis of stress centers around a singular's insight of a

stressor which illuminates their profound reaction. It is 'a hypothesis of feeling which ensnares people groups individual translation of an occasion in deciding their close to home response. Evaluation off an occasion in striking view of the occasion. There 2 kinds of examinations essential evaluation and auxiliary examination. In essential evaluation process stage individuals rest occasions might be assessed as a positive negative or nonpartisan in their results. Adverse occasions are additionally advised for the conceivable damage challenge or danger. Home is the evaluation of the harm that has previously been finished by any occasion. Challenge is the possibility to beat an even benefit from the occasion. String is the processor conceivable future harm or might be brought by an occasion. Auxiliary evaluation process simultaneously of the essential examination of unpleasant conditions are happening optional examination is started auxiliary evaluation is appraisal of one abilities to peruse and assets whether they will be adequate to meet the mischief danger and challenge of the occasion the abstract insight of stresses adjusted between the essential and optional evaluations. At the point when the damage and compromised or high then the ability to adapt will be low simultaneously in the ability to adapt is high pressure might be negligible.

The cognitive activation theory of stress:

This hypothesis is proposed by Folkman and Lazarus in 1984. Dissimilar to the Overall transformation Model of pressure Not at all like the GAS model of pressure, the Mental Evaluation Hypothesis of stress centres around a singular's comprehension of a stressor which illuminates their close to home reaction. It is 'a hypothesis of feeling which embroils people groups individual translation of an occasion in deciding their close to home response. Evaluation off an occasion in strong impression of the occasion. There 2 kinds of evaluations essential examination and optional evaluation. In essential evaluation process stage individuals rest occasions might be evaluated as a

positive negative or nonpartisan in their outcomes. Adverse occasions are additionally notified for the conceivable mischief challenge or danger. Home is the appraisal of the harm that has proactively been finished by any occasion. Challenge is the possibility to conquer an even benefit from the occasion. String is the processor conceivable future harm or might be brought by an occasion. Auxiliary examination process simultaneously of the essential evaluation of upsetting conditions are happening optional evaluation is started optional examination is appraisal of one perusing skills and assets whether they will be adequate to meet the damage danger and challenge of the occasion the emotional experience of stresses adjusted between the essential and optional evaluations at the point when the damage and compromised or high then the ability to adapt will be low simultaneously in the ability to adapt is high pressure.

Theory of puberty

Erikson's theory:

Erikson's theory consists of psychosocial stages, explaining that both instincts and experience influence development, that each stage characterizes distinctly different crises, and that degree of resolution within each stage influences success in development.

REVIEW OF RELATED STUDIES

'The research on topic Coming of age too early: Pubertal influences on girls' vulnerability to psychological distress' conducted by Xiaojia Ge, R and D Conger, Glen H Elder Jr in 1996, conducted a 4- year longitudinal study investigates 3 hypothesized effects of the pubertal transition on the psychological distress of adolescent girls early maturation, the impact of heterosexual versus same sex friends, and prepubertal vulnerabilities, such as early emotional distress and father hostility, this

study found that early maturing girls experienced significantly higher levels of psychological distress compared to their on- time and late maturing age- mates.

‘The research topic on Puberty and psychological development’ conducted by Elizabeth J Susman, Alan Rogol in 2004. Puberty is one of the most profound biological and social transitions in the life span. It begins with subtle changes in brain-neuroendocrine processes, hormone concentrations, and physical morphological characteristics and culminates in reproductive maturity. The onset and trajectory of the hormone and physical changes that characterize puberty are well documented. Puberty as an integrated biological and social construction has intrigued scholars, artists, parents, and adolescents alike for centuries, and cultures have ritualized puberty to varying degrees. Nonetheless, there is widespread agreement on the profound biosocial complexity of puberty and its essential role as a period beginning with reproductive-function awakening and culminating in sexual maturity.

‘The research topic on Pubertal stress recalibration reverses the effects of early life stress in postinstitutionalized children’ conducted by Megan R Gunnar, Carrie E De Pasquale, Brie M Reid, Bonny Donzella, Bradley S Miller in 2019..This longitudinal study demonstrates within-individual pubertal recalibration of the HPA axis in humans. Findings provide empirical support for an adolescent window of plasticity during which the brain resamples the environment and alters HPA functioning if the current caregiving environment is sufficiently different from the early caregiving environment in which the system was originally organized. This suggests that intervention efforts to improve outcomes for children who have experienced early life adversity should include a focus on the prepubertal and peripubertal period in order to maximize their impact on recalibrating systems like the HPA axis.

‘The research topic on Emotional intelligence and psychological well-being in adolescents conducted by Joan Guerra-Bustamante, Benito León-del-Barco, Rocío Yuste-Tosina, Víctor M López-Ramos, Santiago Mendo-Lázaro in 2019. The study of happiness and emotional well-being in young people has expanded exponentially in recent years. Psychology has traditionally focused on unhappiness and paid little attention to positive aspects of human potential. This approach has been evident when studying adolescence, since this period of life implies many changes and it has been long described as a moment of stress and difficulties. This conception of adolescence is currently fairly different for studies do not only describe the adolescent as a source of problems but also as a valuable asset in a development process. This change took place with the arrival of positive psychology, as one of its objectives is to promote psychological research and practice in such areas as positive traits, positive emotions, and their contribution to well-being .

The research topic on Menstrual distress in females of reproductive age conducted by Rubeena Maqbool, Mudasir Maqbool ORCID, Mehrukh, Zehravi and Irfat Ara in 2019. Menstrual-related issues have significant public-health ramifications. Women who are having menstruation troubles should get their mental health checked by healthcare specialists. In young women, a menstrual-related condition has serious health implications. Young females who have menstrual issues miss job and school, and their behavioural and mental development suffers as a result. Menstrual distress has been shown to impair women’s daily activities, as well as their reproductive and psychological health, according to research.

‘The research topic on the new puberty: How to navigate early development in today's girls conducted by The new puberty: How to navigate early development in today's girls on 2014. A generation ago, fewer than 5 percent of girls started puberty

before the age of 8; today, that percentage has more than doubled. Early puberty is not just a matter of physical transformation—it's also deeply psychological, with a myriad of effects that can put a girl at higher risk for behavioral problems and long-term health challenges. From excess body fat to hormone-mimicking chemicals to emotional stressors in a girl's home and family life—and offer highly practical strategies, including how to limit exposure to certain ingredients in personal care and household products, which foods to eat and which to avoid, ways to improve a child's sleep routine to promote healthy biology, and more.

‘The research topic on Stress and adolescence: vulnerability and opportunity during a sensitive window of development conducted by Lucinda M. Sisk, Dylan G. Gee on 2022. Adolescence is a period of dynamic change across multiple systems. Concurrent maturation of neural, biological, and psychosocial functioning renders adolescence a time of heightened sensitivity to both negative and positive experiences. Here, we review recent literature across these domains, discuss risk and opportunity in the context of ongoing neural development, and highlight promising directions for future research. Finally, we propose that conceptualizing adolescence as a sensitive window during which plasticity across multiple systems is enhanced may support the identification of links between experience, neurodevelopment, and psychopathology.

‘The research topic on Gender differences in emotional responses to interpersonal stress during adolescence’ conducted by Karen D Rudolph in 2002. A growing body of research confirms that girls experience higher levels of stress in their relationships with family and friends than do boys. Girls also have been found to perceive negative interpersonal events as more stressful than do boys and to experience more negative affect in the family and peer context. Moreover, some evidence suggests that these gender differences become more salient during adolescence. Results are

inconsistent concerning gender differences in stress reactivity. Whereas some studies document a stronger link between interpersonal stress and emotional distress in girls than in boys, others reveal no gender difference. These inconsistencies likely result in part from the wide variability in the conceptualization and measurement of interpersonal stress. Future research will therefore need to involve more careful analysis of specific types of relationship problems.

‘The research topic on Individual differences are accentuated during periods of social change: the sample case of girls at puberty conducted by Avshalom Caspi, Terrie E Moffitt on 1991. The emergence of new behaviors and the reorganization of psychological structures are often attributed to critical events and crises in the life course. A fundamentally different perspective is offered: Potentially disruptive transitions produce personality continuity, not change. The behavioral responses of adolescent girls to the onset of menarche was studied in a longitudinal study of an unselected birth cohort. Predictions from 3 rival hypotheses about the relation between pubertal change and social psychological change were first tested: the stressful change, off time, and early-timing hypotheses. The results supported the early-timing hypothesis. Whether stressful, early menarche generated new behavioral problems or accentuated premenarcheal dispositions was then tested. The results supported an accentuation model: Stressful transitions accentuated behavioral problems among girls who were predisposed to behavioral problems earlier in childhood. Speculations are offered for a broader theory about the role of individual differences in the life course.

CHAPTER 3

METHOD

RESEARCH METHOD

Research techniques are explicit methodology for gathering and dissecting information. Fostering your exploration strategies is a basic piece of your examination plan. While arranging your strategies, there are two key choices you will make. First, conclude how the data will be gathered, second the way that the information will be investigated (Scribble, 2020). Research strategies are the systems, cycles or methods used in the assortment of information or proof for examination to reveal new data or make better comprehension of a subject.

Research technique is an approach to take care of the exploration issue methodically. It very well might be perceived as a study of concentrating on how exploration is done logically. In it we concentrate on the different advances that are for the most part taken on by a specialist in concentrating on his examination issue alongside the rationale behind them. It is vital for the specialist to know the examination strategies/procedures yet in addition the strategy. Scientists not just have to know how to foster specific records or tests, how to ascertain the mean, the mode, the middle or the standard deviation or chi-square, how to apply specific exploration strategies, yet they likewise need to know which of these techniques or procedures, are important and which are not, and what might they mean and demonstrate and why. Analysts additionally need to comprehend the presumptions hidden different strategies and they need to know the models by which they can conclude that specific methods and systems will be appropriate to specific issues and others will not. This implies that it is vital for the analyst to plan his procedure for his concern as the equivalent might

vary from one issue to another. The extent of exploration system is more extensive than that of examination methods(Kothari,2004).

Subjective Exploration accumulates information about lived encounters, feelings or ways of behaving, and the implications people connect to them. It helps with empowering specialists to acquire a superior comprehension of mindboggling ideas, social collaborations or social peculiarities. This sort of examination is valuable in the investigation of how or why things have happened, deciphering occasions and portraying activities. Subjective exploration depends on the disciplines of sociologies like brain research, humanism, and humanities. In this way, the subjective exploration strategies consider top to bottom and further testing and addressing of a respondent in light of their reactions.

RESEARCH DESIGN

The considerable issue that follows the errand of characterizing the exploration issue is the planning of the plan of the examination project, famously known as the exploration plan. . "An exploration configuration is the plan of conditions for assortment and examination of information in a way that expects to consolidate importance to the exploration reason with economy in system, the exploration configuration is the calculated design inside which examination is led; it is the outline for the assortment, estimation and examination of data (Kothari,2004).

Research configuration is required on the grounds that it works with the going great of the different exploration activities, subsequently making research as effective as conceivable yielding maximal data with insignificant use of exertion, time and cash. Similarly concerning better, practical and appealing development of a house, we really want a diagram (or what is generally called the guide of the house) thoroughly

examined and ready by a specialist draftsman, comparatively we want an examination plan or an arrangement ahead of information assortment and investigation for our exploration project. Research configuration represents early arrangement of the strategies to be taken on for gathering the applicable information and the procedures to be utilized in their examination, keeping in view the goal of the exploration and the accessibility of staff, time and money(Kothari,2002).

PARTICIPANTS

A sample is a constrained portion of a statistical population whose characteristics are investigated in order to learn more about the entire population (Webster, 1985). Sampling is the act, process, or technique of choosing an appropriate sample, or a representative portion of a population, with the intention of determining the parameters or characteristics of the entire population. Purposive sampling is the method used for sampling. In this kind of sampling, the researcher carefully chooses the sample's components, and his judgement regarding the research is final. The samples that are crucial to the study were purposefully chosen by the researcher (Kothari & Garg, 2014). The samples are chosen with the hope that they will serve as an accurate representation of the study's population.

UNIVERSE:

The Universe used for the particular research is Kannur district of Kerala.

POPULATION:

The population of the study was female pubescents.

SAMPLE SIZE:

The samples for the research is ten.

SAMPLE METHOD:

The sampling method of this study was purposive sampling.

INCLUSION CRITERIA:

Female between the age 10 to 19.

Girls who reached menarche.

EXCLUSION CRITERIA:

Pubescent suffering from any mental and physical health issues are excluded.

METHOD OF DATA COLLECTION:

The data was collected through semi-structured interview. Semi structured interview is a type of interview in which the interviewer asks only a few predetermined questions while the rest of questions arise spontaneously in a free following conversation. Questions will be made based on theme, here peer group influence on problematic gaming behaviour.

Doing interview for data collection is advantageous. Detailed information can be obtained and avoids oversimplifying complex issues. The interview has a better response rate than mailed questions, and people who cannot read and write can also answer the question. But also conducting interview studies is very time consuming, has lack of accessibility to respondents since the respondents can be in around any corner of the world or country. The interview studies provide less anonymity, which is a big concern for many respondents and also interview can cause biases.

PROCEDURE OF DATA COLLECTION

Initially, the researcher took permission from head of the department. The informed consent was taken from the samples of the study. After that, the researcher approached the psychological stress during puberty by face-to-face interview to collect

data. The consent from the samples were also taken to record their response. Rapport was established and instructions like , answer the questions truthfully, if you are inconvenient to the question asked, please let me know that and try to attend maximum questions for data. A promise was given that the data will be confidential. After that, the researcher asked the required questions and collected data was carefully collected. At the end conveyed thanks for their cooperation and participation.

ANALYSIS METHOD:

Data analysis means examining, sorting, categorizing, comparing, synthesizing, evaluating and contemplating the codes data as well as reviewing the raw and reviewed data. Here thematic analysis method were used for data analysis. This method emphasizes identifying, analysing and interpreting patterns of meaning within qualitative data (Braun, virginia et.al,2006)

Topical investigation is utilized as the examination technique. A method for surveying subjective information called topical examination includes glancing through an information assortment to find, inspect, and record repeating topics. It is a method for summing up information, yet while picking codes and making subjects, it likewise includes translation. The flexibility of topical examination to be utilized inside a great many hypothetical and epistemological structures, as well as to be applied to an extensive variety of study subjects, plans, and test sizes, is one of its distinctive qualities. The choice to use topical examination ought to be driven more by the goals of the exploration than by a craving to pick a simple to-utilize technique. While endeavouring to understand a gathering of occasions, considerations, or activities spread all through an information assortment, topical examination is an OK and powerful strategy to utilize (Kiger and Varpio,2020)

CHAPTER 4

RESULT AND DISCUSSION

The major objective of the study was to understand the psychological stress during puberty period. The research was carried out by using semi structured interview method. The number of participants were 10. After collecting the data through face-to-face interview, it was analysed through coding method.

The goal of the result and discussion is to use both text and illustrative materials to objectively present important findings in a logical order and without interpretation. What data was gathered is shown in the results section. After the results part, there is a discussion section where the researcher discusses the relevance of the findings. This section also studies the limitation of the research. The way the authors interpret their results may be quite different from the way you would interpret them or the way another researcher would interpret them (Lumen, n.d).

Thematic analysis is used as the analysis method. A technique for assessing qualitative data called thematic analysis involves looking through a data collection to find, examine, and document recurring themes. It is a technique for summarising data, but when choosing codes and creating themes, it also involves interpretation. The versatility of thematic analysis to be employed within a wide range of theoretical and epistemological frameworks, as well as to be applied to a wide range of study topics, designs, and sample sizes, is one of its distinguishing characteristics. The decision to utilise thematic analysis should be driven more by the objectives of the research than by a desire to pick an easy-to-use methodology. When attempting to comprehend a group of events, thoughts, or actions spread throughout a data collection, thematic analysis is an acceptable and effective technique to employ (Kiger and Varpio,2020).

Table4.1 psychological stress and its frequency experienced by girls during puberty

superordinate theme	frequency	subordinate theme	frequency
Tensed about the onset of periods	80%	Uncomfortable with body changes	30%
Knowledge about physical changes	70%	Role confusion	20%
Mood swings	60%		
Gender roles	50%		
Conflicting thoughts	60%		
Increased-peer pressure	60%		

TENSED ABOUT THE ONSET OF PERIODS

It was the first superordinate theme during the study. 8/10 of the participants were tensed about the onset of periods. Participants stated that they were bothered about when will they get their first periods because most their got their periods it make bothering them. Some of the participants were feel nervous and tensed sometimes it leads them to having anxiety at the same time they were prepared about the onset of periods. Other 2 participants were not bothered and tended about the ins of puberty.

KNOWLEDGE ABOUT PHYSICAL CHANGES

This was the research second superordinate theme. 7/10 participants had the knowledge about the physical changes. Most of the participants stated that they got the knowledge about physical changes form their mother, siblings, friends and also through the sec education classes which is conducted by their schools. Some of the participants parents were hesitated to give information about this even they go with doubts in such

situations they try to get it from others closed ones because of their curiosity. 3/10 participants were not got any information about the changes even from parents, friends.

MOOD SWINGS

Mood swings was the third superordinate theme found in study. 6/10 of the participants agreed with they had mood swings. Most of the participants stated that they feel sometimes very happy and very confident to do anything at the same take they feel tended about the situations. 4/10 participants were not had any irritable mood or mood swings. Some of the participants have irritated mood during time of their periods even the small things make them easily mad or irritated.

CONFLICTING THOUGHTS

This was the fourth superordinate theme. 6/10 of the participants had conflicting thoughts. And other 4 participants were not had any conflicting thoughts. They stated that in some time feel that they might want to do their own wish independently and make decisions by themselves but at the same time they might look for the support and help from parents. After doing things themselves lot of unwanted and conflicting thoughts are bothering them they are more concerned about their parents.

INCREASE PEER PRESSURE

The fifth superordinate theme was increased peer pressure. 6/10 of the participants has a increased peer pressure. 4/10 of the participants were not have any peer pressure they have healthy relationship with peer group. Most of the participants stated that they spent more time with friends rather than family sometimes it leads to forming a gap between their families because they share everything thing with peer group and friends instead of families or parents. Some of them are influenced by peer group and trying to imitate others to get more attention.

Gender role

The last superordinate theme was sex role type. 5/10 of the participants faced with sex role type even from family itself. Some of them stated that they were expected to play the roles of adult one rather than their age due to this they were stuck in between the confusion of they are in childhood or adolescence. They want to act the role of adult one through their behaviour way of talking and communicate even in dressing. Other 5 participants have not faced any sex role type

UNCOMFORTABLE WITH BODY CHANGES

The subordinate theme was uncomfortable with body changes. 3/10 were uncomfortable with their body changes. Some of the participants stated that due physical development effects their confidence level especially because of the breast development and also due to the development of hips and increasing body weight they are not able to wear cloths which they love to wear because parents are not allowed to wear such cloth this make them feel sad and uncomfortable with changes which take place in their body it make them frustrated. Other 7 participants are very comfortable with their body changes they do not feel any frustration and stress.

ROLE CONFUSION

Role confusion was the second and last subordinate theme of the study. 2/10 of the participants were confused about their identity. Other 8 participants do not have any confusion about their identity and roles towards society. They involve in many activities and behaviour to establish their identity and role and make a clarification about the confusions.

From the results indicated that the major problems for having psychological stress among girls during puberty was tensed about onset of puberty, conflicting thoughts,

increases peer pressure, sex role type, role confusion and uncomfortable with body changes. Majority of the participants pointed out that they are feeling stressed due to their physical changes.

CHAPTER 5

SUMMARY AND CONCLUSION

Puberty is a time of big changes for a teen that eventually end with full of maturation of the body. The various stages can be testing and, surprisingly, mistaking for teens, especially since the course of events of these progressions is different for every individual. Adolescence may likewise hard for any adolescents scrutinizing their orientation personality. For little kids who start adolescence sooner than their friends, the change gives off an impression of being especially laden -particularly for young ladies. Early-developing young ladies are at expanded hazard of a scope of psychosocial issues including melancholy, substance use and early sexual way of behaving. During the puberty period pubescent experiences some stress it may due to the some of the physiological changes that take place in their body which may be due to the they do not have much knowledge about the changes occurring in their body it may due the lack of education from their parents or some other settings like school.

During pubescence, youngsters battle with needing to be acknowledged and with attempting to find a place with their companions. As their bodies change, they might feel unique and become reluctant about these progressions. Female youngsters were more worried about shedding pounds. The expanded concern in regards to self-perception frequently prompts a decreased confidence. During this time, most teenagers feel a powerful urge to start isolating themselves from their folks and stating their uniqueness. It is normal for young people to become far off during this time. They are in the phase of fostering a character that is novel to them. (Lauri Revilla).

The permission for conducting research was gained from the research guide. Then the researcher took the informed consent of the participant. Participants enquired

about the confidentiality of their information and the researcher cleared about it. The data was collected either through face-to-face interaction or through telephone. They were also told that they could withdraw any time for the study if they feel uncomfortable or due to any other reasons. The questions were asked to the participant after establishing a good rapport.

The research was qualitative in nature and the data collection method used as semi structured interview. The interview conducted one by one. The researcher went to each house and talk to the participants. First of all, a good rapport was established and ask questions to know their psychological wellbeing as a caretaker. However, the questions are not set in order or in phrasing it changes according to the participants report. The questions were asked one by one and responses were noted down precisely. Interview on each participants went smoothly. The participants were made aware of their right to know about the result of the focused group discussion and they can contact the researcher for any further clarifications. At the end the participants thanked for participation and cooperation.

The major objective of the study was to understand the psychological stress among girls during puberty. The data was collected through semi structured interview and the data was analyzed using thematic analysis. It is a technique for summarising data, but when choosing codes and creating themes, it also involves interpretation. The sixteen questions asked and the responses from the participants were thus analyzed thematically. There were superordinate and subordinate themes found among the responses. The major problems drawn out was uncomfortable with body changes, role confusion, tensed about the onset of periods, knowledge about the physical changes, mood swing, conflicting thoughts, peer pressure and sec role type. Majority of the participants stated that they feel stress due to the physiological development during

puberty it make them feel uncomfortable. The role played by family, friends, and neighbours are evident in the study. Furthermore, the study shown that there no disappointment for the pubescent girls for the time of physiological development.

MAJOR FINDING

- There are different types of stressors which cause stress for the pubescent girls.
- Puberty girls feel uncomfortable with their body changes it leads to make stress.
- Some of the pubescent girls take onset of puberty are normal to them.

IMPLICATION

The present study was conducted on pubescent girls to understand and focusing on their psychological stress. The cause of psychological stress can be understand from the study and it can be prevented by using suitable choices of the support. Commonly it was like, everyone is worried about onset of puberty and it's psychological development and changes. This study reveal that the pubescent girls faced lot of stress due to the some changes which take place in body. They are more worried about shedding ponds and they faced mood swings, conflicting thoughts, during this phase there are increased peer pressure it leads to cause of stress. There were relevant studies to psychological stress among girls during puberty but many of them were not aware of this so there can be awareness problems made based on the findings.

LIMITATIONS

One limitation of the study was small sample size chosen only from Kannur district. The samples were selected using purposive sampling in this study and this may restrict the generalization.

The study will be more useful when it includes male participant too.

More than identifying the stress it will be good to deal with the copying mechanism also.

SUGGESTION FOR FUTURE RESEARCH

- The same study variable can be studied in a different context\location\.
- The present study was carried out among 10 pubescent girls. Future studies could be carried out within more sample size.
- The present study addressed psychological stress as a variable. Future studies could explore the possibility of other psychological variables in this population.
- Time consuming was a major limitation and this can be avoided using an alternative data collection method.

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APPENDIX

APPENDIX A: INFORMED CONSENT FORM

This is a research study undertaken for the fulfilment of the researcher 's Bachelor of Science program in Psychology. The study is on —UNDERSTANDING STRESS AMONG UNEMPLOYED WOMEN PARENT. The data for the study will be obtained through a semi structured interview.

Participation in this research project is voluntary. You have the right to withdraw from the study at any time in the event that you chose not to continue. It is further reinstated that all information will be kept confidential and will be used only for the purpose of the above mentioned research study.

The contact information of the researcher has been provided for participants in order to clarify any concerns or queries about this study. The details of the researcher are given below:

Researcher: HIBA FATHIMA KV

Phone Number: 9995333549

Email Id: Hibafathimakv02@gmail.com.

Your name and signature below signify that you have read and understood the contents and intentions formed in the consent.

Name:

Signature:

Date:

APPENDIX B: SOCIO DEMOGRAPHIC DETAILS

NAME/ INITIAL:

AGE:

GENDER:

QUALIFICATION:

PLACE:

ADDRESS:

CONTACT NUMBER:

ARE YOU TAKING ANY MEDICINE,IF YES SPECIFY:

APPENDIX C: RESEARCH QUESTIONS

- 1) Do you have a desire to go for work?
- 2) How do you spend your time at home?
- 3) Why don't you work?
 - a) What is the reason for it?
- 4) Are you happy with your unemployment?
- 5) How do you find money for your needs?
- 6) How does it feel like to depend on someone else for your needs?
- 7) Have you ever tried for a job?
- 8) What does it feel like to be in a constant home environment?
- 9) Are there any moments which you feel like if i had a job or I should be economically independent.?
- 10) Are you ready to go for a job if you get one now?
- 11) Did you ever wish to have a job as a parent?
- 12) When your children ask for their needs, how do they fulfill it?
 - a) As a parent are you dependent on some other in order to full fill the needs of your children?
- 13) Did you ever felt stress at home?
- 14) Are any of your classmates working now?
 - a) What do you feel when you see them?
- 15) Do you feel guilt on your unemployment?

UNDERSTANDING SCREEN DEPENDENCY AND EMOTIONAL REGULATION AMONG CHILDREN

*A Dissertation submitted in partial fulfilment of the
Requirement of the degree of Bachelor of Science in Psychology*

Submitted by:

AYSHA.A.K

Reg.No:DB20CPSR22

Under the Guidance of

Mr. Sonu K

Assistant Professor



DON BOSCO ARTS AND SCIENCE COLLEGE, ANGADIKADAVU

(Affiliated to Kannur University)

DEPARTMENT OF PSYCHOLOGY

MARCH 2023



**DEPARTMENT OF PSYCHOLOGY
DONBOSCOARTS&SCIENCECOLLEGE,
ANGADIKADAVU
(Affiliated to Kannur University)
PSYCHOLOGY PROJECT REPORT**

Register Number: DB20CPSR22

SUBMITTED FOR THE B.Sc. EXAMINATION 2022-23

Head of the Department

Principal

Held On

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on **“UNDERSTANDING SCREEN DEPENDENCY AND EMOTIONAL REGULATION AMONG CHILDREN”** by, **Aysha Ak**, in partial fulfilment of the requirements for the award of the Undergraduate Degree of BSc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

DECLARATION

I AYSHA.A.K, hereby declare that this dissertation entitled **“UNDERSTANDING SCREEN DEPENDENCY AND EMOTIONAL REGULATION AMONG CHILDREN ”** submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

AYSHA.A.K

DB20CPSR22

Signature

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ABSTRACT

The study utilized qualitative methods to-Understanding screen dependency and emotional regulation among children .The study was conducted among the population of childrenin Kannur University, and the method used to collect data was semi structured interview and there were a total of 10 participants. The study was conducted among children who is screen dependent . The responses of the participants to the questions that were asked are analysed using the thematic analysis method of analysing qualitative data.Screen dependency tremely widespread among children. They don't pay attention to their surroundings and are always focused on their screen. They use their screen in public while travelling, eating and sleeping. Children, nowadays do not make time to visit relatives, speak to parents, or show affection to siblings. Their relationship with family and friends suffer as a result of excessive screen usage children.Screen dependency means prolonged use of screen for hours and emotional regulation is one's ability to regulate or manage their own emotions in particular experience. This research tries to understandingthe effects of screen dependency and emotional regulation among children.The findings of the study can be used for further research in this area.

The major findings of the study were that the effects of screen dependency is high and children are getting more introverted and also they are not able to regulate their emotions for a while and screen tends to be more appealing among children.

CHAPTER 1

INTRODUCTION

Nowadays, kids spend a lot more time watching television or utilising technology than participating in creative and active pursuits. This problem can be explained by two basic factors. The first is the increase in highly addictive video games. Children spend a significant amount of time playing video games nonstop in front of a screen. They have limited time for other pursuits like sports or the arts as a result. The second reason is that there are countless visually and aurally appealing television programmes, including Disney. Children, for instance, can watch Tom and Jerry countless times due to the show's narrative and visual elements. (hbui,2022).

There is evidence that children and teenagers who spend too much time on screen suffer harmful consequences. It has been connected to physiological difficulties like poor sleep and increased obesity rates as well as psychological issues like greater rates of despair and anxiety.

Children's neurological development is influenced by what they experience and what they do not. Early experiences and the environment in which they occur can alter gene expression and influence long-term neurodevelopment. Discretionary Screen Time (DST) using the device. Various screen activities have been reported to induce structural and functional brain plasticity in adults. However, childhood is a time of great changes in brain anatomy and connectivity. Digital natives show a higher prevalence of screen-related 'addictive behaviours', reflecting impairments in neurological reward processing and impulse control mechanisms. Associations emerge between screen-dependent disorders (SDDs), such as Internet addiction disorders, and specific neural gene polymorphisms, abnormal neural organization, and neural function. Although abnormal neurostructural and functional features may be an antecedent rather than a consequence

of addiction, a bidirectional relationship is also possible. In the case of addiction, it is possible that extensive and frequent exposure to certain screening activities during key neuro developmental periods may alter gene expression, leading to changes in Structure, synapse, and function in the developing brain lead to TDS, especially in children with addiction. Premise disorder. neurogenetic profile. There may also be adverse effects/compounds on the neurodevelopment of children. Screen addiction disorder, even at the subclinical level, is associated with high levels of discretionary screen time, which increases sedentary behaviour in children, thereby reducing important aerobic capacity. plays an important role in children's neurological health, especially brain structure and function.

Therefore, child health policy should adhere to the principle of precaution as a prudent approach to protect the neurological integrity and health of children. This article explains the basis of current paediatric neurological concerns surrounding SDD and outlines prevention strategies for pediatric neurology and related professions. (Sigman. ,2017).

Emotional regulation is essential to children's daily lives because it affects their understanding of situations, their reactions, behaviours, and their enjoyment of life. Helping kids understand and manage their emotions also provides them with skills they will use as adults. A child's ability to regulate emotional states and emotional responses affects family, friends, school performance, long-term mental health, and the ability to thrive in a complex world. Most individuals learn to regulate their emotions in childhood through parental guidance, and this ability improves through adolescence and adulthood. We have learned that it's easier to meet our needs while getting along with others with moderate emotional expression and concern for others. Feedback from parents and loved

ones helps us to become aware of our emotional expressions and how others interpret them.(Pamela,2019).

It is important for children to be able to regulate their emotions because it allows them to: Sit back, pay attention, and listen to learn. Controlling impulses may be considered socially inappropriate. E.g., Physically going crazy if a toy is ripped off. Take turns, sharing toys and expressing emotions appropriately to communicate positively with friends. Reflect on behavioral choices and consequences to decide how to behave in future situations with less parental guidance. That they can deal with unpleasant emotions or unexpected changes through their ability to stay calm.

As a parent, have you ever asked your child to calm down during a tantrum? Well, depending on the age of the child, they may not be able to physiologically regulate emotions independently.

The part of the brain responsible for emotion regulation and impulse control is the prefrontal cortex. This area is not fully developed in children and will not fully mature until age 25. This explains why children and adolescents are more impulsive and less able to regulate their emotions. Since children are only in the early stages of developing emotional regulation, they may not yet have all the skills they need to handle certain situations. Over time, as they continue to develop, they will strengthen their skills and become better equipped to regulate their emotions more independently (Bertoldo. S, 2020).

Frequent use of digital devices to distract from unpleasant and disruptive behaviors such as anger is associated with more emotional disturbance in children. The more time you spend staring at a screen, the less time you spend interacting directly with others. This makes it harder to build strong interpersonal relationships and relationships,

which are so important to the mental health and well-being of the entire community (Charlotte, 2020).

The recent increase in children's screen activities has raised concerns that screen time could displace face-to-face interaction and thus undermine cognitive development on emotions in children. The ability to understand emotions in others is learned primarily through interactions with primary caregivers, but little is known about how children's screen use affects the development of emotional understanding (Silja berg,2019).

Need and significance

The prevalence of screen viewing in children aged under 2yr is high and appear to increase steadily across age groups. It may lead to screen dependency disorder i.e., screen related addictive behaviour (Sigman,2017)

A growing body of literature is associated excessive and addictive use of digital media with physical, psychological, social, and Neurological adverse consequences.

Brain structural changes related to cognitive control and emotional regulation are associated with digital media addictive behaviour.

Currently there is research on the topic screen dependency and emotional regulation so that the study is supported in present scenario. Moreover conducting a study on this variable screen dependency and emotional regulation to check whether it still continuing among children or not and study also focus on to reduce its impact.

Problem statement

Children use of leisure an increasingly growing variety of digital media device so that Screen dependency exposure to health and psychological problems among children.

Definition of key terms

- **Screen dependency**

Theoretical definition:

Screen dependency is associated with the prolonged use of Screen leading to addiction symptoms similar to substance addiction such as loss of control and negative emotions (such as irritability and anxiety) when the screen is not available (Musa, & Abdulhadi , 2022).

Operational definition:

Screen dependency is defined as excessive use of screen for long period of time and it may lead to screen dependency disorder.

- **Emotional regulation**

Theoretical definition:

Emotional regulation is a term generally used to describe a person's ability to effectively manage and respond to an individual experience (Rolston, 2006).

Operational definition:

Emotional regulation is defined as the one's capacity to control their own emotional state.

- **Children**

Theoretical definition:

A young person especially between infancy and puberty (Merriam webster, 2002).

Operational definition:

They are aged from 0 to 12.

Objective

Major objective

- To Understand screen dependency and emotional regulation among children.

Specific objective

- To understand screen dependency among children.
- To understand emotional regulation among children.

ORGANISATION OF REPORT

The study contains five chapters- Introduction, literature review, methodology, results and discussion and finally the summary and conclusion. The first chapter is the introduction. It includes a brief introduction to the study with major focus on the need and significance of the study. The chapter also included the problem statement and the definition of key terms that are used in the chapter. The second chapter is the review of literature. It comprises of two sections -theoretical background of the study and the related studies. The third chapter is the methodology. It includes a detailed account of samples, variables, tools, procedures for data collection and analysis method used for the analysis of the data collected. The fourth chapter explores the result and discusses the analysis of the data and the results obtained there by. In the fifth chapter which is the summary and conclusion, a resume of the study and methodology of the study is briefly stated. It also includes the major findings of the present study, it's implications and the suggestions for further research. At the end, reference and appendices are included.

CHAPTER 2

REVIEW OF LITERATURE

A literature review is a piece of academic writing that contextualises and demonstrates knowledge of the academic literature on a given subject. It is considered a literature review rather than a literature report because it also involves a critical assessment of the sources.

Literature review is usually one of the first tasks completed after selecting a topic in a lengthy task such as a paper or project. With the help of reading and critical analysis, topics can be refined and research questions formulated. Conducting a literature review before starting a new study can demonstrate your knowledge and understanding of the latest research on the subject. After researching the literature, you should be able to determine what has already been researched about your topic and what is not yet known. (The university of Edinburgh, 2022)

This chapter will be including the theoretical background of study variable screen dependency and emotional regulation and the review of related studies of the variables screen dependency and emotional regulation and population of present study is children

Theoretical review

The purpose of this form is to examine a corpus of accumulated theories relating to problems, concepts, theories, and phenomena. Examining the theoretical literature helps determine which theories already exist, the relationships between them, the extent to which existing theories have been studied, and develop new testable hypotheses. (Kennedy, 2007).

The main theories that describe the variables screen dependency and emotional regulation are described below:

Screen dependency:

1. Social cognitive theory:

Social cognitive theory is a learning theory based on the idea that people learn by observing the actions of others and that human thought processes are important in understanding personality. By the mid-1980s, Bandura's work assumed a more holistic focus and his analyses tended to offer a more comprehensive view of human cognition in the context of social learning. The theory that extended from learning theory soon became known as social cognitive theory. (Bandura, 1999). This theory provides a framework for understanding, predicting, and modifying human behaviour. (Green & Pale, 2009)

It is perhaps best known in the chronology of communication research. Social learning theory has been an important theory of the effects of media, especially television on children. In the famous "Bobo Doll Studies" (Bandura, 1965), young children attack inflatable plastic clowns ("Bobo" dolls) as movie models punish inflatable toys I was taught to Keeping media effects studies informed.(Larose,2009)

2.The cultivation theory;

Cultivation theory examines the long-term effects of television on the viewer's conception of social reality. Cultivation analysis began in the late 1960s as part of the Cultural Indicators Project founded by George Garbner. The central hypothesis of the cultivation analysis is that people who spend more time in front of television are more likely to view the real world as most portrayed in television messages compared to those who watch less television. likely to perceive it. (Garbner, 1969).

Television is the most pervasive and consistent learning system in society. Cultural analysis sees television as a news system with collective, repetitive patterns of images, the content of which has been assimilated by viewers over time. Unlike the traditional mass communication studies of the time, which focused on the impact of individual news articles, episodes, series, and genres on immediate attitude and behavioural changes, cultivation analysis focused on cumulative television exposure in general. emphasizes both ubiquitous and ubiquitous results (Signorielli & Morgan, 2009).

3. Theory of self-determination;

The SDT contains six sub-theories, each of which explains a different motivational phenomenon. SDT is a powerful framework for studying health and function across domains. The SDT sub-theory, basic psychological needs, suggests that there are three basic psychological needs that are essential for growth and development: autonomy, competence, and connectedness.

Autonomy, independence, and the need to choose have to do with taking an interest in what you are doing and expressing your opinions and feelings. The need for competence is the need to feel empowered, able to achieve goals, and to experience one's own ability to implement and carry out plans. Connection is the need to feel part of a group, to feel protected, to feel safe from physical and emotional harm, to feel accepted and loved, to feel rejected and alienated. Meeting these basic needs is essential to a child's well-being.

For example, if a boy is watching violence-filled programs while surfing the web, this approach should find out what the child needs and why they watch violent content. Children must be offered alternatives to the partial and sometimes negative solutions

they find in various media. Prolonged viewing of violent content may exacerbate the boy's impression that the world is violent.

Media are part of our living environment and their impact on the development of a child's personality lies in their interaction with other environmental factors that influence each other in different ways. Media are part of the natural and social environment that influences children, not an independent one. Ultimately, users decide when and what to use according to their own needs. People grow, develop, and develop their personalities, attitudes, opinions, and beliefs according to their innate tendencies and as part of a complex environment that includes direct and personal experience through television media, virtual media, radio, and print form.

Media has a double effect on children. On the one hand, the media can make a positive contribution. Media open up new horizons for development and enable essential social learning. Exposure to a wide range of programs and media applications develops a worldview based on a broader continuum of experiences and stimuli than one based solely on personal experience in non-media experiences, horizons, and equal opportunity possibilities. and helps to expand and social mobility. Children, on the other hand, are exposed to content that is often unreliable, biased, and misleading, allowing them to build and solidify their worldview.(Zilka, 2018).

Theories of Emotion Regulation:

1. James-Lange Theory:

Laymen generally believe that emotion-related physiological changes follow an individual's conscious experiences. Therefore, we cry when we are sad, we run when we are scared, and we fight when we are angry.

Emotions thus produce the necessary physiological changes and articulate themselves. However, American psychologist William James and Danish physiologist Karl Lange suggested that physiological changes produce corresponding emotional experiences.

Therefore, we are afraid because we run, angry because we hit, and sorry because we cry. This theory states that we perceive situations, react to them, and recognize emotions.

2. Cannon-bard theory;

Walter B. Cannon and Philip Bard proposed new theories based on their findings by operating on different parts of the brain, including the hypothalamus and cerebral cortex. According to this theory, the emotions felt and the body's responses to them are independent of each other and both are triggered simultaneously. These theorists propose that the cerebral cortex receives sensory input from the environment, processes it, and relays the results to the thalamus.

In turn, thalamic activity creates emotional experiences, acting as a switchboard mechanism that simultaneously transmits impulses to the brain and hypothalamus.

The hypothalamus then responds with corresponding emotional sensations, stimulating the sympathetic nervous system, ultimately leading to behavioural representations of emotional states. In other words, impulses are sent simultaneously to the cerebral cortex and peripheral nervous system. In this way, stimuli and responses to stimuli are experienced simultaneously but independently.

3. Cognitive Theory;

Stanley Schacter and Jerome Singer put forward this theory in 1962. It is also called "cognitive appraisal theory" because the intensity of emotion depends on the cognitive appraisal of the situation.

These theorists state that general physiological arousal is characteristic of emotional states. This emotional state can be seen as a function of the physiological state of arousal and the cognition (experience) appropriate to this state of arousal. This is how people experience inner excitement, seek explanations for it, identify external cues, and finally name the cue.

For example, people label their emotions as anger, fear, joy, etc., and understand them in relation to the nature of the event that evokes them and their understanding or interpretation of that event. If the situation involves the presence of snakes, he interprets the excitement of fear, but if someone uses a camera to record it, he interprets it as anger (Sharma, 2013).

4. Process model of emotional regulation;

James Gross is an emotion researcher focused on the regulation of emotions. Gross (1998, 2002) developed a process model of emotion regulation. This model identifies his five emotion regulation strategies that occur at different points in emotional experience: situation selection, situation change, attentional development, cognitive change, and response modulation. Gross (1998) further subdivides these strategies into antecedent-focused and response-focused. Antecedent-focused regulation occurs before or during the experience of an emotion in full, whereas response-focused regulation occurs after the emotion is fully developed. Reaction-focused people are already "reacting" to the triggering event and are therefore experiencing all the changes in their emotional component. A response-oriented approach allows you to modulate your

emotions by trying to change one of the components of your emotions. You can change your facial expressions and tone of voice, suppress your thoughts, increase, or decrease your physiological arousal, and even change your subjective emotions.

Gross (2008) points out that the regulation processes can occur simultaneously. For example, if you meet your friend for coffee to discuss an argument you had with your parent, you are actively selecting to go to coffee and while at coffee also trying to consciously lower your arousal level (Yarwood,2014).

SUMMARY:

Prolonged use of mobile screens can affect your child's brain. It can lead to a disorder also known as Screen Dependent Disorder (SDD). Psychologists have found that the effects of SDD are worse for children, who may experience weight gain and loss, headaches, insomnia, and poor nutrition.

Besides the effects on physical and mental health, SDD has some emotional effects. These include fear, guilt, loneliness and even dishonesty. Health experts have proven this addiction is somewhat like Internet Addiction Disorder.

After 1 hour of use per day, more screen time per day was associated with less curiosity, less self-control, more distraction, more difficulty making friends, less emotional stability, and better grooming. difficulty of, and completing the task.

Screen dependency is common among children in order to reduce them, Set a technology-free zone or time. During meals or once a week. Discourage the use of media entertainment while doing homework. Set and enforce daily or weekly screen time limits and curfews. No exposure to devices or screens an hour before bedtime.

LITERATURE REVIEW

The research on the topic screen dependency versus child nourishment among toddlers: A correlation study and conducted by Suresh. V, Meera. P and Bhoomika. P in 2022. Screen viewing has become predominant among children aged under 3 years that causing massive health issues. Nowadays, most of the young kids developed a habit of having food by watching smartphone. Seventy-seven percentage toddlers are using mobile phones every day. Researcher strongly believes that this habit among toddlers is linked, with either overweight or undernutrition. The present research study aimed to explore the relationship between screen dependency and its effects on child's nourishment. The present study concluded that there is an influence of screen dependency on child's nourishment. Therefore, the policymakers should also increase the awareness regarding negative impact of screen viewing to the mothers. (Suresh,2022).

Azwanis Abdul. H (2022) conducted on Development and Validation of a New Gadget Addiction Scale (Screen Dependency Scale) among Pre-School Children. Excessive screen time in young children is associated with many harmful consequences including screen dependency. Research has shown a worrying prevalence of media-related dependency among adolescents and pre-school children. This study aimed to design and validate a questionnaire to assess screen dependency among pre-school children aged 4 to 6 years old. The study concluded that the Screen Dependency Scale (SDS) is a reliable and valid questionnaire to detect screen dependency among pre-school children aged 4 to 6 years old (Azwanis Abdul. Aric sigman (2017) conducted on Screen Dependency Disorders: a new challenge for child neurology. Children's neurological development is influenced by their experiences. Early experiences and the environments in which they occur can alter gene expression and affect long-term neural development. Various screen activities are reported to induce structural and functional

brain plasticity in adults. However, childhood is a time of significantly greater changes in brain anatomical structure and connectivity. There is empirical evidence that extensive exposure to videogame playing during childhood may lead to neuroadaptation and structural changes in neural regions associated with addiction. Digital natives exhibit a higher prevalence of screen-related 'addictive' behaviour that reflect impaired neurological reward-processing and impulse-control mechanisms. Associations are emerging between screen dependency disorders such as Internet Addiction Disorder and specific neurogenetic polymorphisms, abnormal neural tissue and neural function. Although abnormal neural structural and functional characteristics may be a precondition rather than a consequence of addiction, there may also be a bidirectional relationship. This paper explains the basis of current paediatric neurological concerns surrounding screen dependency disorders and proposes preventive strategies for child neurology and allied professions (Sigman, 2017).

Sema soydan (2023) conducted on The Relationship Between Emotional Regulation Skills and the Adaptability to the Classes of Children. This study aims to determine the regulatory role of teachers' social interaction practices in the relationship between children's emotional regulating skills and their classroom adaptation .The results demonstrate that emotional regulation skills and intensive strategies have a direct effect on classroom adaptation and that the negative effect of emotional regulation skills on classroom adaptation decreases when intensive strategies applied by the teacher increase (Soydan, 2023).

Sema soydan and Nihal akalin (2022) conducted on the study of Emotional regulation and aggression in children: The regulatory role of Turkish mothers' emotion socialization reactions. The main aim of this research is to determine whether positive or negative maternal reactions in the field of emotional socialization play an intermediary

role in the relationship between a child's emotional regulation skills and aggressive behaviour. Previous findings show the effects of children's emotion regulation skills and parents' emotional socialization responses on aggressive behaviour. This study concluded that Positive and negative responses of mothers play a mediating role in the relationship between children's aggression and emotional regulation. Mothers' positive responses were effective in reducing the aggression level of children with a low level of emotional regulation. In addition, even if children's emotional regulation skills are low, positive responses are effective in reducing mothers' negative reactions and thus children's aggression levels. Given the importance of promoting positive development in children, this study may have important implications for intervention and prevention programs. (Soydan, 2022).

SUMMARY

The screen dependency have an adverse effects on children. Frequently using digital devices to distract from unpleasant and disruptive behavior. Moreover it affects sleep, concentration and behavior of the children. These studies have shown the sustained high screen dependency is a risk factor for emotional regulation and development of a children.

CHAPTER 3

METHOD

RESEARCH METHODS

Research method refers to the behavior and instrument used in selecting and constructing research operations. Research methodology is a way to systematically solve the research problem. It may be understood as a science of studying how research is done scientifically. In this we study the various steps they generally adopted by research in studying his research problem along with logic behind them. Research methodology is defined by Leady and Ormrod (2001) as ‘the general approach the researcher takes in carrying out the research project’. Research methods refers to the tools that one user to do research. These can either be qualitative or quantitative or mixed. Quantitative methods examine numerical data and often requires the use of statistical tools to analyses data collected. This allows for the measurement of variables and relationships between them can then be established. This type of data can be represented using graphs and tables. Qualitative data is non-numerical and focuses on establishing patterns. Research methodology can be understood to systematically solve or answer the research problem. Thus essentially, it can be understood as the process of studying how research is done in scientific manner. Through the methodology, we study the various steps that are generally adopted by a researcher in studying his/her research problem and their underlying logic behind them. The selection of the research method is crucial for what conclusion we can make about a phenomenon. It affects what you can say about the cause and factors influencing the phenomenon (Kothari, 2004).

RESEARCH DESIGN

The research problem is the preparation of a design of the research project, popularly known as “research design.” Research design is the arrangement of condition for collection and analysis of data in a manner that aims to combine relevance to the research purpose with economic in procedure. In fact, the research design is the conceptual structure within which research is conducted; it constitutes the blueprint for the collection, measurement, and analysis of data (Kothari, 2014).

Research design of this study is qualitative research study. Qualitative research is intended to deeply explore, understand, and interpret social phenomenon within its natural setting. By using a qualitative researcher methodology, researcher want to collect richer information and get more detailed picture of issues, cases, or events. Qualitative research is defined as the approach to empirical research that relies primarily on the collection of qualitative data. Qualitative research is more focused on individual people and single, local groups for intensive case study and there is little interest in obtaining results that are broadly generalizable. Qualitative research offers an excellent way to dig deeply the lives of individuals and groups to study the world. Qualitative research is concerned with the nature, explanation and understanding of phenomenon. Unlike quantitative data, qualitative data are not measured in terms of frequency or quantity but rather are examined for in-depth meanings and processes. The data strategy is semi structured interview in interview method, interviews are widely used as a data collection tool in qualitative research. These are typically used as a research strategy to gather information about participants experiences, views and beliefs concerning a specific research question or phenomenon of interest (Lambert and Loiselle,2007).Sadowski (2002) purports that one-to-one interview are the most commonly used data collection

used data collection tools in qualitative research. Semi- structured interviews offer a more flexible approach to the interview process.

PARTICIPANTS

The universe of the study is Kannur district.

The population of the study was children aged from 4 to 10

The participants were parents of the selected children.

The sampling method of this study was convenience sampling.

The sample size is 10.

The inclusion and exclusion criteria are:

Inclusion criteria:

Both male and female children in the age group of 4 to 10 who are dependent on screen.

Exclusion criteria

Children with serious mental or physical discomfort or disease.

METHOD OF DATA COLLECTION

The data is collected through semi structured interview. Semi -structured interview is a type of interview in which the interview asks only a few predetermined questions while the rest of questions arise spontaneously in a free following conversation. Questions were made based on the study. There will be 20 questions and based on the respond from the participants the research will enquire in detail. The data was collected through the face-to-face interview.

Using interview method for research have so many advantages like providing flexibility to interview can control over the order of the question, as in the questionnaire, and can judge the spontaneity of respondent as well. The interview has a better response

rate than mailed questions, and people who cannot read and write can also answer the question.

There is also certain disadvantage in conducting interview such as conducting interview studies is very time consuming, has lack of accessibility to respondents since the respondents can be in around any corner of the world or country. The interview studies provide less anonymity, which is a big concern for many respondents and interview can cause biases.

PROCEDURE OF DATA COLLECTION

Initially, the researcher took permission from research guide. The informed consent was taken from the samples of the study. After that, the researcher approached the screen dependent children's parents by face-to-face interview to collect data. The consent from the samples were also taken to record their response. Rapport was established and instructions like, answer the questions truthfully, if you are inconvenient to the question asked, please let me know that and try to attend maximum questions for data. A promise was given that the data will be confidential. After that, the researcher asked the required questions and collected data was carefully collected. At last, they were thanked for their cooperation and participation.

ETHICAL CONCERNS:

The ethical concerns that followed throughout the interview are; The voluntary participation was there to the participants that means he/she can free to leave the case study at any point. The informant consent will be taken before the interview. The interviewer ensures the anonymity, that the details of the participants will be kept safe and don't reveal their details at any cost, the whole data details will keep as confidential. During the interview there will not be any physical, social, and psychological harm to the

participants. After the analysis of the data the result will be communicated tentatively (Bhandari, 2022).

DATA ANALYSIS METHOD

Thematic analysis is used as the analysis method. A technique for assessing qualitative data called thematic analysis involves looking through a data collection to find, examine, and document recurring themes. It is a technique for summarising data, but when choosing codes and creating themes, it also involves interpretation. The versatility of thematic analysis to be employed within a wide range of theoretical and epistemological frameworks, as well as to be applied to a wide range of study topics, designs, and sample sizes, is one of its distinguishing characteristics. The decision to utilise thematic analysis should be driven more by the objectives of the research than by a desire to pick an easy-to-use methodology. When attempting to comprehend a group of events, thoughts, or actions spread throughout a data collection, thematic analysis is an acceptable and effective technique to employ (Kiger & Varpio, 2020).

CHAPTER 4

RESULT AND DISCUSSION

The main aim of the results and discussion is to present key results without interpretation. What data was gathered is shown in the results section. Answers to the queries and hypothesis the researcher investigated are given in the Findings section's text, which follows this order. Reporting significant negative outcomes is also necessary. After the results part, there is a discussion section where the researcher discusses the relevance of the findings. The study's findings are logically explained in this part. Citations to the research covered in the Literature Review typically resurface here since those interpretations are frequently derived by contrasting and comparing the results to past studies' conclusions. Also, this section typically discusses the study's limitations and makes reasonable assumptions about what the findings might mean in terms of the problem(s) raised by the research question(s). Due to the fact that it is finally advancing to an argument, this section is crucial. Since the researchers interpret their results according to theoretical underpinnings in this section, there is more room for difference of opinion. The way the authors interpret their results may be quite different from the way you would interpret them or the way another researcher would interpret them (Lumen, n.d).

Thematic analysis is used as the analysis method. A technique for assessing qualitative data called thematic analysis involves looking through a data collection to find, examine, and document recurring themes. It is a technique for summarizing data, but when choosing codes and creating themes, it also involves interpretation. The versatility of thematic analysis to be employed within a wide range of theoretical and epistemological frameworks, as well as to be applied to a wide range of study topics,

designs, and sample sizes, is one of its distinguishing characteristics. The decision to utilise thematic analysis should be driven more by the objectives of the research than by a desire to pick an easy-to-use methodology. When attempting to comprehend a group of events, thoughts, or actions spread throughout a data collection, thematic analysis is an acceptable and effective technique to employ (Kiger & Varpio,2020).

The aim of the study conducted was to understand the screen dependency and emotional regulation among children. The study was conducted among the population of Kannur district and the method used to collect data was interview method and there were a total 10 participants. The study was conducted among the children aged 4 to 10. The participants were the parents of the children. The responses of the participants to the question that were asked are analyzed using the thematic analysis method of analyzing qualitative data.

The first question was about whether the child is screen dependent or not and what kind of device they are using T.V or phone. The question was asked to the parents of the children to know they are screen dependent or not. Most of the parents' response was their children were screen dependent and they are using phone. The superordinate theme was generated to this response. The frequency is 8 out 10. The subordinate theme is generated by the response of the participants who are screen dependent by using T.V. The frequency here is 2 out 10. Aric Sigman (2017) suggested that screen viewing now begins in infancy with new research finding that the prevalence of screen viewing in children aged 2 years is high and appears to increase steadily across age groups. So, the results of the study is consistent with the result of the present study.

The second question was about what they have been seeing through the screen and the time they spend on screen in a day. The most of the participants response has similar answers for this question. 8 out 10 children are watching YouTube shorts and

almost 2-3 hours is being using a screen in a day. Thus, it means that children are more dependent on screen every day and parents are willing to give their phone or T.V in order to manage their children. Other responded that 2 out of 10 are usually watching cartoons for about 2-3 hour in T.V. Wasim Kakroo (2022) find out that children enjoy playing games on their parent's smartphone or watching YouTube videos on those devices and parents also find it easier to manage their children for a long period of time and also they provide mobile phones to them due to their own busy schedules. So, this study has supported the results of present study.

The third question is about whether he/she is showing any persistence when he/she is not getting phone /T.V. The question was asked to know the behavior of the child when the substance is not available for them. Majority of the parents have answered that their children is showing persistence towards them when they don't get phone. "The participants C has responded that instead of persistence her child is gloomy for a while".

The fourth question is about Is he/she react when you suddenly remove phone or switch off T.V. The majority of the parents' response was their child is getting anger towards them. The frequency of this answer is 7 out 10. Which means they are more appealing towards the screen they have been using. It is superordinating theme. The other responded that their child is crying for a while. The frequency of this response is 3 out 10 and this response is subordinate theme. The participant H also mention about their child questioning them for removing their phone.

Superordinate Theme	Frequency	Subordinate Theme	Frequency
Aggression	7	Tantrums	3

The fifth question is about his /her eating patterns while having a screen and not having a screen. The majority of the parents response was their children are using phone while eating and it leads to overeating than usual. They also mentioned that, they only have their food when they are provided the screen like phone or T.V to them. So that children are using them as an incentive to eat. Constantina M.Gatsonis (2021) suggested that viewing phone or T.V while eating is associated with being overweight or obese in children so that, the result is consistent with the result of present study.

The sixth question was related to Is he/she is able to interact with the people for the first time they met. This question shows that to check the children whether they are introvert or not. All the participants responded that their children were introverted and they only answer to the question to the person who are new to them. It shows that nowadays children are finding difficult to interact with people who are unknown to them. But “the participant D responded that their child was little bit extroverted” .

Superordinate Theme	Frequency	Subordinate Theme	Frequency
Introvert	9	Extrovert	1

The seventh question is about whether he/she is able to express emotions while talking and Is he/she able to regulate the emotions like crying, anger, laughing and so on. The majority of the responses were yes ,their children is able to express emotions and when they are expressing their emotions like crying, and anger it will be expressed at peak level but after sometimes they used to regulate themselves when no one is watching them. It is superordinate theme. The frequency of this response was 7 out of 10 children. The remaining responses where their children is used to express the emotions but they are

not able to regulate it for a while. It is considered to be subordinate theme and the frequency is about 3 out of 10 children.

The eighth question is about is he/she is showing every emotions to you and also whether he/she is sharing his/her experience that he/she has in a day .All of the participant has responded yes to this question and their children is used to express all emotions to them and moreover they always approach them for any kind of need and also mentioned that they used to share every little moments that he/she has in a day. Especially, the particular incident that happen in school is the common response of the parents.

The ninth question is about peer groups that he/she is more accompanied, either with school friends or neighbor friends and while they were with them what kind of activity they have been doing when he/she is in home. Majority of the participants were responded that their children is more accompanied with school friends and when they reach home they used to make a video chat with them and discuss about his/her own stuff with their friends. The frequency of this response is 8 out of 10 children. It is considered to be superordinate theme. The remaining were so close with neighboring friends, when they have been together they used to play outdoor games and after sometimes they also used to spend time playing games in phone . The frequency of this answer was 2 out of 10. It is considered to be subordinate theme.

The next question is about when they are not getting phone/T.V if he/she is getting anger towards you and whether he /she is not showing any interest to do things that said by their parents. Almost all the participants have responded that their children is showing anger towards them and also they are not ready to do the things that have been said to them. It means they are more dependent or addicted to screen and it is shown in their behavioral changes when the screen is not rechargeable to them.

The last question is about whether he/she is showing lazy for taking bath while he/she is on phone/T.V and moreover how you are handling them when he/she is make you annoying. Majority of all the participants had responded that their children are showing lazy when they have been called for bathing while using phone. When they make annoying, the parents used to manage them by some are giving phone to them , some are raise voice to them and others is used to beat their children in order to handle them. These are the common responses of the parents. It shows, parenting style has negative effects or harmful to the children development. Linda (2022) suggested that Parenting behaviors and practices are widely acknowledged as playing a critical role in children's development. Parenting styles consist of parents' broad behavioral patterns that attempt to control and socialize children; and parental attitudes and practices that set an emotional context or climate for parent-child relationships and child development. research findings on the association between parenting styles and children's developmental domains such as mental health, behavioral development, physical development, identity development, social and emotional development, and academic achievement.

From the result it is indicated that the effects of screen dependency among children is high and it is shown in their behavior and nowadays children are getting more introverted because of screen and they have been tired without doing anything and not showing any interest to do their own works and so on. Majority of the parents have point out that their child's behavior towards them when they don't get phone and also mention about their children capacity for emotional regulation . Another finding was that the children are not able to regulate their emotions for a while. It leads to uncontrollable for a moment. This study has shown adverse effects of screen dependency.

CHAPTER 5

SUMMARY AND CONCLUSION

Screen dependency is defined as the time duration spent by the individual on smartphone, tablet, and television. Excessive use of smartphone or viewing digital media is predominantly associated with noncommunicable diseases and it also cause children's brains are susceptible to significant changes in structure and connectivity which can stunt neural development and lead to a screen dependency disorder. Screen time inhibits young children's ability to read faces and learn social skills. Using of screen for a long time also effects emotional regulation of children and it leads to be long term consequences. Hence, the aim of study is to understand screen dependency and emotional regulation in children.

After taking the permission of the head of the department and the guide research process began. Ten parents of the children who had spent most of time in screen in Kannur district of Kerala was selected as the sample for the study. The informed consent of the participants was taken. The participant was made aware of their rights and about the confidentiality that would be followed. They were also told that they could withdraw anytime from the study if they felt uncomfortable or due to any other reasons. Permission to record the interview was also taken from each of the participants. Then, the questions were asked after establishing rapport.

The method used for research was semi-structured interview based on questions that required the participants to respond using their personal experience with their children. The research was in qualitative in nature. The responses of the participant were collected very carefully and with precision. The participant were aware of their rights to know about their results and they can either contact the researcher or the researcher

would contact them to know about the results and any other clarification related to research if they are interested. The participants were also asked introspection after collecting the data. After that the participant was thanked for their participation and cooperation.

The major objective of the study conducted was to understand the screen dependency and emotional regulation among children. The data was collected through semi-structured interview and the data was analysed using thematic analysis. It is technique used for summarising data, when creating themes it also involves interpretation. Total 11 questions were asked and the responses from the participants were thus analysed thematically so that there were subordinate and superordinate themes found among the responses. The major findings was that the children are not able to regulate their emotions for a while. it leads to uncontrollable for a moment. Another finding of the study was that the population was getting introvert because of screen. Moreover, the parents were willing to give their phone in order to handle them.

MAJOR FINDINGS

- The effects of screen dependency is high among children and the most used device or screen was phone.
- Children are getting more introverted; they were not ready for face-to-face interaction with the surrounding people.
- Children were getting tired easily without doing anything and not showing any interest to do works when his/her parents resist to give phone/T.V
- The child's behaviour towards the parents when they don't get phone is worse and their capacity for emotional regulation.
- The children are not able to regulate their emotions for a while. It becomes uncontrollable for a moment.

- The children were so appealing towards screen because when the parents try to remove the screen without them knowing, children getting angry towards their parents.
- The major findings were that, parents are willing to give screen to their children in order to handle them.

IMPLICATIONS

The findings of the research can be used to bring some changes in the effects of screen dependency in our society. The causes of screen dependency can be understood from the study and it can be reduced by using different techniques. The population of children involves high level of discretionary screen time will lead to screen dependency disorder among them. The study can be also used as a reference to further studies using these variables. Screen can be fully avoided among the following developmental stages will be better growth development can be formed based on these findings. Moreover, there can be an awareness programmes for parents for making aware of adverse effects of screen and also when you get rid off the screen at initial stages of a children in order to develop better mental and physical health.

LIMITATIONS

The sample size was small and the universe was also limited to Kannur district so that the results cannot be generalized and age group of the population was limited to 4-10. Some participants were hesitant to open up certain questions. While collecting data, some showed resistance to be a part of this research. Observation method will be more accurate for data collection.

Scope of the research

The study on effects of screen dependency and emotional regulation for children can be used to make a further study analysis of the children who are dependent on

screen. The study can be basis for exploring the more effects on screen dependency to help the children to reduce or manage their screen dependency. This study also can be used for future analysis related to screen dependency and emotional regulation among children

Suggestions for future research

- The same study variable can be studied in different population/ context /locations/ culture.
- The present study was carried out among 10 children. Future studies could be carried out within more sample size.
- The present study addressed screen dependency, emotional regulation and children as a variable. Future studies could explore the possibility of other psychological variables in this population.
- Time consuming was a major limitation and this can be avoided using an alternative data collection method.

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APPENDIX

APPENDIX A: INFORMED CONSENT FORM

This is a research study undertaken for the fulfilment of the researcher's Bachelor of Science program in Psychology. The study is on —UNDERSTANDING SCREEN DEPENDENCY AND EMOTIONAL REGULATION AMONG CHILDREN. The data for the study will be obtained through a semi structured interview.

Participation in this research project is voluntary. You have the right to withdraw from the study at any time in the event that you chose not to continue. It is further reinstated that all information will be kept confidential and will be used only for the purpose of the above mentioned research study.

The contact information of the researcher has been provided for participants in order to clarify any concerns or queries about this study. The details of the researcher are given below:

Researcher: AYSHA.A.K

Phone Number: 96057 11722

Email Id: ayshaak475@gmail.com

Your name and signature below signify that you have read and understood the contents and intentions formed in the consent.

Name:

Signature:

Date:

APPENDIX B: SOCIO DEMOGRAPHIC DETAILS

NAME/ INITIAL:

AGE:

GENDER:

PLACE:

ADDRESS:

CONTACT NUMBER:

APPENDIX C: RESEARCH QUESTIONS

1. Whether the child is screen dependent or not and what kind of device they are using T.V or phone?
2. What they have been seeing through the screen and the time they spend on screen in a day?
3. Whether he/she is showing any persistence when he/she is not getting phone /T.V.?
4. Is he/she react when you suddenly remove phone or switch off T.V?
5. What is his /her eating patterns while having a screen and not having a screen?
6. Is he/she is able to interact with the people for the first time they met?
7. Whether he/she is able to express emotions while talking and Is he/she able to regulate the emotions like crying, anger, laughing and so on?
8. Whether he/she is showing every emotions to you and also whether he/she is sharing his/her experience that he/she has in a day?
9. Which kind of peer groups that he/she is more accompanied, either with school friends or neighbor friends and while they were with them what kind of activity they have been doing when he/she is in home?
10. When they are not getting phone/T.V if he/she is getting anger towards you and whether he /she is not showing any interest to do things that said by you?
11. Whether he/she is showing lazy for taking bath while he/she is on phone/T.V and how you are handling them when he/she is make you annoying?

UNDERSTANDING STRESS AMONG UNEMPLOYED WOMEN PARENT

*A Dissertation submitted in partial fulfilment of the
requirement of the degree of Bachelor of Science in Psychology*

Submitted by:

HIBA FATHIMA K V

Reg.No:DB20CPSR10

Under the guidance of

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Assistant professor



DON BOSCO ARTS AND SCIENCE COLLEGE

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DEPARTMENT OF PSYCHOLOGY

MARCH 2023



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PSYCHOLOGY PROJECT REPORT

Register Number: DB20CPSR10

SUBMITTED FOR THE B.Sc. EXAMINATION 2020-23

Head of the Department

Principal

Held on:

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on “**UNDERSTANDING STRESS AMONG UNEMPLOYED WOMEN PARENT**” by, **Hiba Fathima K V**, in partial fulfilment of the requirements for the award of the Undergraduate Degree of BSc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

DECLARATION

I **HIBA FATHIMA K V**, hereby declare that this dissertation entitled “**UNDERSTANDING STRESS AMOUNG UNEMPLOYED WOMEN PARENT**” submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

HIBAFATHIMA K V

DB20CPSR10

Signature:

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ABSTRACT

The study utilized qualitative methods to- UNDERSTAND THE STRESS AMONG UNEMPLOYED WOMEN PARENT. The research was done to understand the stress among the women who are unemployed and having kids. The study was conducted among the population of Kannur district and the method used to collect data was semi-structured interview method and there was a total of 10 participants. The study was conducted among the unemployed women parents between the age of 20 and 40. The responses of the participants to the questions that were asked are analysed using the thematic analysis method of analysing qualitative data.

Unemployment results in reduced demand, consumption, and buying power, which in turn causes lower profits for businesses and leads to budget cuts and workforce reductions. It creates a cycle that goes on and on that is difficult to reverse without some type of intervention. Unemployment is a situation where a person is unable to find work. Unemployment is considered to be a key measure of the health of the economy. Many of the unemployed persons are reported that they are available for work but they didn't get proper opportunities or their situation didn't allow them to become employed. Thus, this study tries to understand the stress among women who are married and having a kid and are not unemployed. The findings of the study can be used for further research in this area and the findings shall be specifically linked to our cultural context. Furthermore, in the field of psychology the findings of the study can be used to understand the stress faced by the women parents who are unemployed. These follow up can be based on the factors that will be found under this study.

The major findings of the study were Unemployment caused stress among all the women Parents. Unemployed women parent faced difficulties to satisfy their own needs. Unemployment caused guilt as they are depending on others. These women who were unemployed had struggled for their studies. Unemployed women parent felt guilt when they are exposed to the society. Also, they are likely to go for work, in order to become economically independent. Unemployed women parents face a lot of stress, feeling guilt emptiness and dissatisfaction in life.

Key words: Stressors, Unemployment, married women.

CHAPTER 1

INTRODUCTION

Women's age at marriage acts simultaneously as a gateway to new family roles and the likelihood of producing offspring. However, inadequate attention has previously been given to the broader health and social implications of variability in women's marriage age for public health. Biomedical scientists have primarily been concerned with whether the onset of reproduction occurs before the woman is adequately able to nurture her offspring and maintain her own health. Social scientists have argued that early marriage prevents women from attaining their rightful education, accessing employment and training opportunities, developing social relationships with peers, and participating in civic life. Most marriage counsellors say that it is better to marry late when we are more capable of making the correct choices and able to tackle the burden of family and responsibilities better. Marriage and having a child is one of the main reason for unemployment in women. A women became a parent after having a child. After becoming a parent many of them will be busy with look aftering their child and husband. Most of the women will prioritise their family more than their own happiness and desires. This is one of the main reason for the unemployment in women parent.

Unemployment results in reduced demand, consumption, and buying power, which in turn causes lower profits for businesses and leads to budget cuts and workforce reductions. It intervention. Unemployment is a situation where a person is unable to find work. Unemployment is considered to be a key measure of the health of the economy. Unemployment causes workers to suffer financial hardship that impacts families, relationships, and communities. When it happens, consumer spending, which

is one of an economy's key drivers of growth, goes down, leading to a recession or even a depression when left unaddressed.

Unemployed persons are defined as those who report that they are without work, that they are available for work and that they have taken active steps to find work in the last four weeks. The ILO Guidelines specify what actions count as active steps to find work; these include answering vacancy notices, visiting factories, construction sites and other places of work, and placing advertisements in the press as well as registering with labour offices. The unemployment rate is defined as the number of unemployed persons as a percentage of the labour force, where the latter consists of the unemployed plus those in paid or self-employment.

The high rates of unemployment signal economic distress while extremely low rates of unemployment may signal an overheated economy. When unemployment is high, some persons become discouraged and stop looking for work; they are then excluded from the labour force. This implies that the unemployment rate may fall, or stop rising, even though there has been no underlying improvement in the labour market.

There are long term unemployment and short-term unemployment. the short-term unemployment will not affect the peoples much but the term long unemployment will results to lot of mental health problems such as stress, depression, mental fatigue, burnout etc.

The unemployed are people of working age who are without work, are available for work, and have taken specific steps to find work. Mostly women are suffering from unemployment. One possible reason for lower female unemployment rates is that as the demand for skilled labour has increased, driving up skilled wage rates, inactive skilled

women have been drawn into employment and skilled workers tend to have lower unemployment rates.

The stress of unemployment can take a serious toll on your well-being under any circumstance. But during the coronavirus pandemic, your stress levels may be even higher than usual. With our current situation and the state of the global economy, there is a much lower chance of landing a new job anytime soon. And it's unclear when social distancing measures will end or what shape the economy will be in when you are able to return to work. Add in the fear of getting sick, the inability to leave home, and the need to educate your children, and you've got a recipe for an increased risk of mental health issues.

Fortunately, there are some things you can do to cope with the stress in a healthy way if you've lost your job. Managing your distress and taking positive action may help you maintain your mental health during this crisis.

The several problems that affecting stress are:

Difficulty paying for basic necessities: Reduced income makes it difficult to purchase food and pay for housing. The associated stress makes it difficult to stay mentally healthy.

Lack of purpose: Not contributing to society and not bringing home any income to support the family can leave some people feeling as though their lives lack meaning and purpose.

Reduced social interaction: Not having a job can mean less social interaction, which takes a direct toll on mood and well-being.

Fewer resources available to maintain mental health: When your time and energy have to go into managing your life (food, housing, and basic necessities), you

have fewer resources left to devote to behaviours that promote good mental health (exercising, maintaining social relationships, etc).

Most of the unemployed women parents are affecting a lot of stress in their daily lives, but most of them are coping their stressors or adjusting their life. They often feel guilt due to their dependency on others. Most of the women unemployed parents are educated but the patriarchal societies force them to be employed and stay home and also serve for their families.

NEED AND SIGNIFICANCE

In India most of the women, after marriage will settle down doing housework's. It is a culture in India that a wife or a mother will continue her life by looking after her husband and children. So many mothers are facing stress by sticking in household works. They may also have wish to get out of the home environment and get employed. As they are unemployed, they will be dependent to some other. It may lead to lack of confidence and self-esteem. As they are unemployed and always in home doing housework's it may result in lots of stress and dissatisfaction in life. They may also crave to get employed and may try to get a job. So, by studying the stress among the unemployed women parent it is possible to provide a qualitative idea about the stressors that effect the unemployed mothers. And the study is based upon some samples taken from our culture and can provide results that are more suitable to our society.

STATEMENT OF THE PROBLEM

This study tries to explore what are the stressors affecting the unemployed women parent.

DEFINITION OF KEY TERMS

Stress

Theoretical definition: Stress is a negative emotional experience accompanied by predictable biochemical, physiological, cognitive and behavioural changes that are directed either toward altering the stressful event or accommodating its effects (Baum, 1990).

Operational definition: Stress is not an emotion it is a result of emotion that will result to a negative effect.

Unemployment

Theoretical definition: The term unemployment refers to a state in which an individual actively seeks employment but is unsuccessful. (The economic times ,2022)

Operational definition: Unemployment is a state in which a person lacks a job which provide money

Women parent

1A female who has given birth to a child.

OBJECTIVES

Major objectives

- To Understand the stress among unemployed women parent

Specific objectives

- To identify the socio-economic status of the unemployed women parents.
- To identify the satisfaction of life among the unemployed women parents.

ORGANIZATION OF THE REPORT

The study contains five chapters- Introduction, literature review, methodology, results, and discussion and finally the summary and conclusion. The first chapter is the introduction. It includes a brief introduction to the study with major focus on the need and significance of the study. The chapter also included the problem statement and the definition of key terms that are used in the chapter. The second chapter is the review of literature. It comprises of two sections theoretical background of the study and the related studies. The third chapter is the methodology. It includes a detailed account of samples, variables, tools, procedures for data collection and analysis method used for the analysis of the data collected. The fourth chapter explores the result and discusses the analysis of the data and the results obtained there by. In the fifth chapter which is the summary and conclusion, a resume of the study and methodology of the study is briefly stated. It also includes the major findings of the present study; it is implications and the suggestions for further research. At the end, reference and appendices are included.

CHAPTER 2

REVIEW OF LITERATURE

Literature review is both a process and a product. It involves searching within a defined source of information related to your research topic and then creating a comprehensive summary of the pertinent research on your topic it is most certainly over topic that has further scope for developing a research question. Often early career researchers find writing a literature review difficult and are unsure about the best way to structure their review and produce an effective research literature review. To make this process simpler it is important that researches understand the concept of literature review and the purpose behind it. A literature review is a critical collection of data from different sources relevant to your topic of research. Based on the structure and formulation literature review are broadly classified as narrative or traditional literature reviews, scoping reviews, systematic literature reviews and Cochran reviews. Narrative traditional literature review is a comprehensive, critical, and objective analysis of existing knowledge of the topic. Scoping review aims to identify the nature and extent of research evidence. A systematic literature review identifies and help select research in order to answer clearly formulated research questions. Cochran reviews are gold standard review; which are clearly reported and methodically better than systematic reviews. (Enago, nd).

A literature review is comprehensive research on topic the literature review survey scholarly articles, Books, and other sources relevant to a particular area of research. The review should be enumerated, describe, summaries, objectively evaluate and clarify this previous research. It should give a theoretical base for the research and help you determine the nature of your research. The literature review acknowledge the

work of previous researches and it is doing, assures the reader that your work has been well conceived. It is assumed that by mentioning a previous work in the field of study, and the author has read, evaluated and assimilated that work into the work at hand. A literature review creates a landscape for the reader giving her or him a full understanding of the developments in the field the landscape informs the reader that the other has entered a simulated all previous significant works in the field into her or his research.

The aim of literature review is to summarise and synthesize the arguments and idea of existing knowledge in a particular field without adding any new contributions. Being built on existing knowledge they help the researcher to even turn the wheels of the topic of research. It is possible only with profound knowledge of what is wrong in the existing findings in detail to our power them. 4 other researchers, literature review gives the direction to the headed for its success. As per the common belief, literature review is only a summary of the sources related to the research. And many others or scientific manuscripts believe that they are only surveys of what are the researches are done on the chosen topics. But on the contrary, it uses published in from the pertinent and relevant sources like scientific papers latest studies in the field established schools of thoughts relevant articles from renowned scientific journals and many more for a field of study or theory or a particular problem like summarise in to brief account of all information, synthesise the information by restricting, and recognising familiarity the authors to the extent of knowledge in the field etc. By doing this the relevant information it provides the reader of the scientific manuscript with the better understanding of it. The importance of literature review in scientific manuscript can be condensed into analytical feature to enable the multifold research of the significance. It adds value to the legitimacy of the research in many ways. It provides the Indian

preparation of existing literature in light of updated developments in the field to help in establishing the consistency in knowledge and relevancy of existing materials, It helps in calculating the impact of the latest information in the field of mapping the progress of knowledge, Provide information for relevancy and coherency to check the research, increase the significance of the results by comparing it with the existing literature, provider point of preference by rating the finding age scientific manuscript.

THEORETICAL REVIEW ON STUDY VARIABLES

The purpose of this form is to examine a corpus of accumulated theories relating to problems, concepts, theories, and phenomena. Examining the theoretical literature helps determine which theories already exist, the relationships between them, the extent to which existing theories have been studied, and develop new testable hypotheses. (Kennedy,2007).

The main theories that describe the variables stress, unemployment, women parent is described below:

Theory of stress

James- Lange theory: In 1884 and in 1885, theorists William James and Carl Lange might have separately proposed their respective theories on the correlation of stress and emotion. Emotions do not immediately take place the presence or perception of stress or the threatening of stressful events they only take place even after the presence of bodies responsive reaction to the stressful events or threatening events. According to James Lang the feeling of fear or stress only take place even after the body response occur or bodily changes experience (Sincero,2022).

Cannon-Bard theory: This theory was proposed in the 1920s and early 1930s by Walter. B Canon and Philip Bard. It is also referred to the fight flight response.

Canon propose that when an Organism perceives a threat the body is rapidly aroused and motivated the sympathetic nervous system and the endocrine system. This concrete physiological response mobilises Organism to attack the threat. Hence it is called fight or flight response. Fight refers the aggressive responsive stress such as getting angry or taking action whereas flight may be seen in a social withdrawal or withdrawal through substance use of distracting activities (Sincero, 2022).

Selye's General Adaptation Syndrome of stress: Another important early contribution to stress was Hans Selye's (1956,1976) work on the general adaptation syndrome. Although style is India interested to explode the effect of sex hormones on physiological functioning and he became an explorer the stressful impact. In his experiment he exposed Raj into varieties of stressful conditions such as extreme called extreme fatigue and other conditions and observed their physiological response to the stressful event. As a result of these experiment, he surprised about the rights are sure same pattern of physiological response to variety of stressors. The general adaptation syndrome consists of 3 phases in the first phases it is alarm state or alarm stage the Organism become obliged to make the threaten the second phase there is resistance Organism make effort to copy the thread as through the confrontations. The 3rd stage is stage of exhaustion during these days Organism is failed to overcome the threat (Sincero,2022).

Psychological Appraisal or cognitive Appraisal theory: This theory is proposed by Folkman & Lazarus in1984. Unlike the General adaptation Model of stress Unlike the GAS model of stress, the Cognitive Appraisal Theory of stress focuses on an individual's cognition of a stressor which informs their emotional response. It is 'a theory of emotion which implicates people's personal interpretation of an event in determining their emotional reaction. Appraisal off an event in bold perception of the

event. There 2 types of appraisals primary appraisal and secondary appraisal. In primary appraisal process stage the people sleep events may be appraised as a positive negative or neutral in their consequences. Negative events are further apprised for the possible harm challenge or threat. Home is the assessment of the damage that has already been done by any event. Challenge is the potential to overcome an even profit from the event. Thread is the processor possible future damage or may be brought by an event. Secondary appraisal process at the same time of the primary appraisal of stressful circumstances are occurring secondary appraisal is initiated secondary appraisal is assessment of one scoping abilities and resources whether they will be sufficient to meet the harm threat and challenge of the event the subjective experience of stresses balanced between the primary and secondary appraisals. When the harm and threatened or high then the coping ability will be low at the same time in the coping ability is high stress may be minimal (Sincero,2022).

The cognitive activation theory of stress: This is ‘cognitive’ stress theory because CATS assumes that the stress response depends on acquired expectancies of the outcomes of stimuli and available responses. We regard these as acquired (learned) relations between stimuli, and between responses and stimuli. We will deal with these phenomena as information-handling systems of the brain, and will accept that all advanced brains have such properties. It is an activation theory since it is based on neurophysiological activation and arousal concepts. It is a stress theory since it aims at explaining the psychobiology of conditions where people use the term ‘stress’, and are worried about possible health consequences.

Stress is our Respond to even the disturb earth threat to disturb our physiological functioning., stress is a negative emotion experience combined by predictable biochemical,, physiological cognitive and behavioural changes that are

director added towards altering the stressful event or accommodating its effects (Baum, 1990). There is different type of stress theory, stress theory helps to understand and observation of life event. Stress theory helps to study the impact of people life and the consequences of the effect of stress during the period of life. Theories of stress explain the various concept about the threat or stressful event and its effect in life (Sincero, 2022).

Theory of Unemployment

Traditional Employment Theory: According to several economics' schools of thought, including classical economics and the Austrian School of economics, unemployment rises in response to government regulation or involvement. The traditional unemployment theory is composed of all of their justifications.

Regulations and initiatives affect unemployment in various ways. For instance, increasing the minimum wage drives up labour expenses more than it enhances the economic value of the work itself, especially when it comes to the value of jobs that just call for minimal skill sets. In order to cut costs and improve operations, businesses resist hiring more workers in response to these minimum wage rules.

Another example would be labour rules that prohibits layoffs downsizing, support job stability, and require the provision of benefits in addition to pay. Due to the legal and financial penalties associated with violating strict labour rules, some businesses are less willing to hire new employees or increase their staff. It should be noted that the traditional unemployment hypothesis is related to another hypothesis (Pineda, 2018)

The Theory of Implicit Contracts: The implicit contract theory of unemployment was first presented in 1983 by American economist Joseph Stiglitz and

Greek macroeconomist Costas Azariad is. They created this idea to explain why, particularly during economic downturns, there are quantity adjustments or layoffs rather than price adjustments or salary changes in the labour market. In other words, this approach seeks to identify the main factor contributing to unemployment during a downturn.

According to the explicit contract theory, it is challenging for employers to reduce the pay of their current employees because of labour agreements and labour rules. As a result, during a recession when companies need to cut expenses and improve operations, they typically decide to lay off workers or reduce their workforce rather than enacting salary reductions(pineda,2018)

Effective Wage Theory: The term "efficiency-wages" was first used by renowned economist Alfred Marshall in his 1890 book "Principles of Economics" to denote the comparable wage per efficient unity of work. According to proponents of this initial idea, firms ought to pay employees differently depending on how productive they are. In other words, a more productive worker ought to be paid more than a less productive worker.

The Marshallian idea developed into the efficiency wage hypothesis. It contends that if employers pay wages above the equilibrium level, their operations will be more productive and efficient. In particular, paying more than the going rate for labour could encourage employees to work harder, cut down on turnover, draw in highly qualified candidates, and improve workers' wellbeing.

Paying high wages above the level of equilibrium has a drawback, though. A company that pays well would inevitably draw in more workers. In order to compete on the labour market, other businesses could also provide better pay. If this practise

spreads, unemployment may result because it not only drives up labour costs, preventing employers from hiring more people, but also because it raises unrealistic expectations in the labour market, where employees are afraid to offer to work for less money and employers are reluctant to hire people who do so because it could be a sign of incompetence (pineda,2018).

Keynesianism and Unemployment: An alternate hypothesis of unemployment is provided by Keynesian economics. Unemployment happens when there is insufficient aggregate demand in the economy, according to John Maynard Keynes and supporters of his school of thought. Therefore, there will be less of a need for manufacturing and subsequently fewer jobs for people if the demand for goods and services declines.

You should be aware that Keynesian economics also contends that market economies or capitalist economic systems inevitably experience boom-and-bust cycles. The economy is in its bust phase, which is characterised by high unemployment and low total demand. If the economy is able to enter the boom phase again, the employment rate will return to normal. As a result, because it describes the effects, the Keynesian theory of unemployment forms the basis for explaining cyclical unemployment.

The Keynesian theory of unemployment suggests using government-driven aggregate demand to lower unemployment, boost consumer confidence, and revive output during economic downturns because unemployment is cyclical and because Keynesian economics places a high value on government involvement. The Great Depression and the 2008 Financial Crisis both served as examples of government involvement (pineda,2018)

The Marxian Theory of Joblessness: The Marxian theory of unemployment holds that there is a correlation between economic demand and employment rate, which is somewhat similar to the Keynesian view. In his manuscript "Theories of Surplus Value," German philosopher and economist Karl Marx claimed that unemployment is not only inherent in a capitalist economy but also necessary.

Marx claimed specifically that the proletariat, or the class of wage earners, serves as the "reserve army of labour" required to put downward pressure on wages under a capitalist society. He further subdivided this class into the surplus labourers, also known as the employed, and the underemployed, also known as the jobless.

Nonetheless, workers in this labour reserve army compete for the few available positions while pushing down salaries. The capitalist system enables capitalists, or owners of the means of production, to influence the labour market by maintaining unemployment, so limiting the ability of workers to demand higher and more equitable pay. The circumstance also exemplifies Marx's thesis of alienation, according to which workers are estranged both from one another and the essence of their species (pineda, 2018)

REVIEW OF RELATED STUDIES ON VARIABLES AND POPULATION

A literature is an examination of scholarly source on a particular subject. It gives us a board perspective of current knowledge, helping us to sport related ideas methodologies and research gap.

Gulick (1996) conducted a study and the major objective was Health, work impediments, and coping related to work roles of women with multiple sclerosis. This study, guided by stress-appraisal and coping theory, compared health status, perceived impediments to work, and coping strategies used by young (<45 years) and middle-age

(45-64 years) women with multiple sclerosis (MS) with respect to three major work roles employed, homemaker, unemployed (Gulick,1996).

Selander and Marnetoft (2000) conducted a study on unemployed women parent. The study was about the Risk factors for disability pension among unemployed women on long-term sick-leave. This study's main goal was to investigate and claim that sick leave recipients who are unemployed have more serious issues than other people. A second goal was to find out if women who are unemployed are selected differently from other candidates for vocational rehabilitation programmes. 364 long-term sick leave cases (90 days or more) that were recorded and started between 1992 and 1994 in Stockholm, Sweden, were examined in the study (Selander and Marnetoft, 2000).

Banu, Sulthana and Hossa (2022) conducted a study by comparing stress between employed and unemployed women. The major objective of the study was Perceived Mental Stress Among Employed and Unemployed Women: A Comparative Cross Sectional Study During COVID-19 Pandemic. This present study was designed to compare the PMS level between employed and unemployed women. This comparative cross-sectional study was conducted among purposively selected 240 women; of them 120 employed women are bankers, teachers and other sectors employees and 120 unemployed women are housewives (Banu, Sulthana and Hossa,2022).

Joshi, Garon and Lechasseur (1984) conducted a study and the major objective was Self-Esteem and Loneliness among Unemployed Women. No significant differences were found in self-esteem and loneliness of 40 unemployed women and 40

working women. A negative correlation was obtained between loneliness and self-esteem for both groups (Joshi, Garon and Lechasseur,1984).

Thabassum (2022) did a comparative study and the major objective was A Comparative Study on Influence of Stress on Diurnal Variations in Salivary Cortisol Levels among Selected Employed and Unemployed Women. This study explores the diurnal variations of the salivary cortisol levels among selected employed and unemployed women. From a population of 400 employed and 272 unemployed women, 40 women (20 employed and 20 unemployed) were selected. In order to compare the cortisol levels between women without stress and with stress, 5 each from employed and unemployed groups with normal stress scores and 15 from each group with mild to moderate stress scores based on the DAS (Depression, Anxiety and Stress Score) were included in the study (Thabassum,2022).

Basar and Tunali (2017) conducted a study and the major objective were Comparison of Pregnancy Complications between Employed and Unemployed Women. The aim of this study was to determine the differences of socio-demographic characteristics, general health conditions, the story of previous pregnancies, and outcome of pregnancy between employed and unemployed women. The study was made a total of 200 women (100 employed and 100 unemployed) in Kutahya between the dates of 20 November 2013 – 7 January 2014 (Basar and Tunali, 2017).

Maqbool (2014) conducted a comparative study on Self Concept of Employed and Unemployed women. The purpose of the present study was to assess the self-concept of the employed and unemployed women. Sample consists of 100 women 50 employed and 50 unemployed women. Results reveal that there was no significant

difference in general self-concept among employed and unemployed women (Maqbool,2014).

Raveendranadan and Anjana (2021) conducted a comparative study among children of employed and unemployed women. The major objective was home - environment, Self-efficacy and Achievement Motivation Among children of Employed and Unemployed Women. The present study intends to understand the comparison between children of employed women and unemployed women on home environment, self-efficacy and achievement motivation and to study whether there exists any gender difference in the groups. Study was conducted among 120 adolescent children who belong to the age group of 16-18 years, with 60 adolescent children of employed women and 60 of unemployed women. Each group consists of equal number of males and females. Results of the study showed that with children of employed women having a better home environment and higher achievement motivation than children of unemployed women (Raveendranadan and Anjana,2021).

Hameed and DeMello (2021) conducted a study and the major objective were Impact of Family Environment on Marital Adjustment among Employed and Unemployed Women in Malappuram district, Kerala. The respondents for the present study are 150 women between the ages group of 30 -55 years. Out of which 75 working women and 75 housewives. The findings of the study revealed that the majority of working and non-working women are the average level of marital adjustment. also shows that the mean scores of employed and unemployed women are significantly different in their marital adjustment (Hameed and D'mello,2021).

Sing, Kumar and Kumari (2020) conducted a study and the major objective was A Study of Personal Stress Among Unemployed Graduate Students of Different

Branch. The sample comprised one hundred twenty unemployed graduates with the age range of 20 to 25 at only Aligarh district. The sample was divided into four groups, each group had been 30 unemployed graduate students. The findings of this study show that unemployed graduate students of Art, Science, Commerce, and technical stream were different significantly on personal stress at 0.05 level of significance and concluded that a significant stress level being experienced by unemployed (Sing, Kumar and Kumari,2020).

CHAPTER 3

METHOD

Research method refers to the behaviour and instruments used in selecting and constructing research technique. Thus, refers to the methods the researchers use in performing research operations. Research methodology is a way to systematically solve the research problem. It may be understood as a science of studying how research is done scientifically. In it we study the various steps they generally adopted by research in studying his research problem along with logic behind them (Kothari, 2004). Research methodology is defined by Leedy & Ormrod (2001) as the general approach the researcher takes in carrying out the research project". Research method refers to the tools that one uses to do research. These can either be qualitative or quantitative or mixed. Quantitative method examines numerical data and often requires the use of statistical tools to analyse data collected. This allows for the measurement of variables and relationships between them can then be established. This type of data can be represented using graphs and tables. Qualitative data is non- numerical and focuses on establishing patterns. Research methodology can be understood as a way to systematically solve or answer the research problem. Thus essentially, it can be understood as the process of studying how research is done in a scientific manner. Through the methodology, we study the various steps that are generally adopted by a researcher in studying his/ her research problem and the underlying logic behind them. The selection of the research method is crucial for what conclusions we can make about a phenomenon. It affects what you can say about the cause and factors influencing the phenomenon (Walwyn, et.al, 2007).

RESEARCH DESIGN

The research problem is the preparation of a design of the research project, popularly known as “research design”. A research design is the arrangement of conditions for collection for collection and analysis of data in a manner that aims to combine relevance to the research purpose with economy in procedure. In fact, the research design is the conceptual structure within which research is conducted; it constitutes the blueprint for the collection, measurement and analysis of data. (Kothari, 2014).

Research design of this study is qualitative research study. Qualitative research is intended to deeply explore, understand and interpret social phenomena within its natural setting. By using a qualitative researcher methodology, researchers want to collect richer information and get more detailed picture of issues, cases or events. Qualitative research is defined as the approach to empirical research that relies primarily on the collection of qualitative data. Qualitative research is more focused on individual people and single, local groups for intensive case study and there is little interest in obtaining results that are broadly generalizable. Qualitative research offers an excellent way to dig deeply the lives of individuals and groups to study the world. Qualitative research is concerned with the nature, explanation and understanding of phenomena. Unlike quantitative data, qualitative data are not measured in terms of frequency or quantity but rather are examined for in- depth meanings and processes. The data strategy is semi- structured interview in interview method, interviews are widely used as a data collection tool in qualitative research. These are typically used as a research strategy to gather information about participants’ experiences, views and beliefs concerning a specific research question or phenomenon of interest (Larmbert

and Loiselle, 2007). Sandelowski (2002) propose that one-to-one interviews are the most commonly used data collection tools in qualitative research. Semi-structured interviews offer a more flexible approach to the interview process.

PARTICIPANTS:

Sampling method: Sampling is the method of choosing and collecting data from the samples. The sampling method used for this research is purposive sampling this type of sampling is also known as judgemental sampling. It involves the researcher using their expertise to select a sample for a given population that sample is most useful to the purposes of this research. It is often used in qualitative research, where the researcher wants to gain detailed knowledge about a specific phenomenon rather than make statistical inferences, or where the population is very small and specific. An effective purposive sample must have clear criteria and rationale for inclusion. The sampling method used was purposive sampling, where the researcher relies on their own judgement when choosing members of the population to participate. This method was used so as to make the most out of the small population of interest and arrive at valuable research outcomes.

Universe: The universe of the study is Kannur district, Kerala. Population of the study is unemployed women parents (20-40).

Sample: Sample of the study is the unemployed women parent. The sample size consists of ten unemployed women parents aged between 20-40. It includes women. The sampling technique that has chosen in the study is purposive sampling.

Inclusion criteria:

The participant included for this research was unemployed women parent aged between 20 to 40.

Exclusion criteria:

- Women who are working are excluded.
- Unemployed women parent suffering from any other physical or mental issues are excluded.
- the women who worked before or after marriage and now being as unemployed were excluded.

METHOD OF DATA COLLECTION

The data is collected through semi-structured interview. Semi-structured interview is a type of interview in which the interview asks only a few predetermined questions while the rest of questions arise spontaneously in a free-flowing conversation. Questions were made based on the study. There will be 15 questions and based on the respond from the participants the research will enquire in detail. The data was collected through the face-to-face interview.

Using interview method for research have so many advantages like providing flexibility to interviewers, the interviewer can control over the order of the question, as in the questionnaire, and can judge the spontaneity of respondent as well. The interview has a better response rate than mailed questions, and people who cannot read and write can also answer the question.

There is also certain disadvantage in conducting interview such as conducting interview studies is very time consuming, has lack of accessibility to respondents since the respondents can be in around any corner of the world or country. The interview studies provide less anonymity, which is a big concern for many respondents and also interview can cause biases.

PROCEDURE FOR DATA COLLECTION

Initially, the researcher took permission from head of the department. The informed consent was taken from the samples of the study. After that, the researcher approached the unemployed women parent by face-to-face interview to collect data. The consent from the samples were also taken to record their response. Rapport was established and the instructions like, answer the questions truthfully, if you are inconvenient to the question asked, please let me know that and try to attend maximum questions as possible while asking questions for data. A promise was given that the data will be confidential. After that, the researcher asked the required questions and collected data was carefully collected. At last, they were thanked for their cooperation and participation.

DATA ANALYSIS METHOD

Data analysis means examining, scoring, categorizing, and contemplating the codes data as well as reviewing the raw and revised data (sing,2019).

Thematic analysis is used as the analysis method. A technique for assessing qualitative data called thematic analysis involves looking through a data collection to find, examine, and document recurring themes. It is a technique for summarising data, but when choosing codes and creating themes, it also involves interpretation. The

versatility of thematic analysis to be employed within a wide range of theoretical and epistemological frameworks, as well as to be applied to a wide range of study topics, designs, and sample sizes, is one of its distinguishing characteristics. The decision to utilise thematic analysis should be driven more by the objectives of the research than by a desire to pick an easy-to-use methodology. When attempting to comprehend a group of events, thoughts, or actions spread throughout a data collection, thematic analysis is an acceptable and effective technique to employ (Kiger and Viprio, 2020).

CHAPTER 4

RESULT AND DISSCUSSION

The major objective of the study was to understanding the stress among unemployed women parent. The research was carried out by using semi structured interview method. The number of participants were 10. After collecting the data through face-to-face interview, it was analysed through thematic analysis.

The goal of the result and discussion is to use both text and illustrative materials to objectively present important findings in a logical order and without interpretation. What data was gathered is shown in the results section. After the results part, there is a discussion section where the researcher discusses the relevance of the findings. This section also studies the limitation of the research. The way the authors interpret their results may be quite different from the way you would interpret them or the way another researcher would interpret them (Lumen, n.d).

Thematic analysis is used as the analysis method. A technique for assessing qualitative data called thematic analysis involves looking through a data collection to find, examine, and document recurring themes. It is a technique for summarising data, but when choosing codes and creating themes, it also involves interpretation. The versatility of thematic analysis to be employed within a wide range of theoretical and epistemological frameworks, as well as to be applied to a wide range of study topics, designs, and sample sizes, is one of its distinguishing characteristics. The decision to utilise thematic analysis should be driven more by the objectives of the research than by a desire to pick an easy-to-use methodology. When attempting to comprehend a group of events, thoughts, or actions spread throughout a data collection, thematic analysis is an acceptable and effective technique to employ (Kiger and Varpio, 2020).

Table 4.1 Stressors and its frequency in unemployed women parent

Superordinate theme	frequency	Subordinate theme	frequency
Not satisfied with the unemployed life	60%	Lack of education	30%
Dependent on others	100%		
Life centred on marriage and children	100%		
Guilt feeling on dependency	80%		
Ready to go for work	80%		
Feeling stressed at home	100%		
Financially unsatisfied as a mother	100%		
Feeling guilt when comparing them self with others	90%		

DEPENDENT ON OTHERS

It was the first superordinate theme during the study. All unemployed women parent is agreed that they are highly dependent on others. Most of them have external locus control which means they are dependent on powerful others and they believe in chance control. First and foremost, they are living under stereotypical society so that they are forced to live under their husbands and their fathers. Most of them are highly educated so that they are facing a lot of stress, and they have guilt on themselves. Throughout the interview they said that first they enjoyed the dependency but later those dependency was gradually started affecting their mental health also. In a study conducted by Sorensen and McLanahan on the topic ‘Married Women's Economic Dependency, 1940-1980’. This study indicated the fundamental assumption of

stratification theory is that the family is the unit of stratification, with no inequality between husband and wife. The argument here is that the condition for this spousal equality is the economic dependency of married women and that an examination of dependency is essential for understanding women's societal position. This paper examines changes in the extent to which married women were economically dependent on their husbands from 1940 to 1980. The finding is that the situation in 1980 is greatly different from the situation in 1940, when the vast majority of married women were completely dependent on spouses for economic support. Today, completely dependent wives constitute a distinct minority. Minority women have been less dependent than white women throughout this period. Married women become less dependent as they grow older, owing in part to the Social Security benefits that accrue to them regardless of work-force participation. A multivariate analysis pinpoints the source of most marital dependency as being the labour supply of married women. It also shows that married women must work longer hours than their husbands to contribute equally to family income.

LIFE CENTRED ON MARRIAGE AND CHILDREN

This was the research's second superordinate theme. All the mother stated that they are affected from patriarchal powers so that they believed that they are supposed to work for their husband, parents and children's. Their responsibility was to look after their family and do the household chores. The main reasons for the women's unemployment were the responsibility and commitment towards their family. Most of them were sacrificing life for their children's and they believed that look after their children's are the responsibility of a women parent. Most women's said that they are not working because for their marriage tag and their responsibility towards their children's. Even though they are facing a lot of stress and dependency, they urge to go

for work after their children were grown up and become self-dependent for doing their stuffs. A study conducted by shields and wooden on the topic 'Marriage, children and subjective well-being'. The study tries to explains the well-being of a woman after their marriage and after a child birth (Shields and Wooden, 2003).

FEELING STRESSED AT HOME

Feeling stressed at home was the third superordinate theme found in this study. All the unemployed women parent was feeling where much stressed 10/10 parents were agreed this. They are feeling drain out and feeling frustrated due to unemployment. All of the parents were daily doing the same duties and they all are felt very much drained out. They daily do duties for their husband and their children's, after they went to the office and schools, they are all alone in the house. That loneliness creates a lot of mental health issues like stress. They all are getting bored by their same household chores. Most of the time they are thinking that they have no meaning in their whole life that creates a lot of stress for them. Sometimes they feel to take a break and to relax by going outsides or do something they like to do. Another great stress comes from parenting. Nurturing a child behaviour was a task-oriented job so that mostly parents got stressed while look after their child. A study conducted by Zuzanek in 2011 on the topic 'Time Use, Time Pressure, Personal Stress, Mental Health, and Life Satisfaction from a Life Cycle Perspective'. It examines the examines relationships between the use of time, subjectively perceived time pressure, life stress, mental health, and life satisfaction from a life cycle perspective of an unemployed parents. The result of the study was their will be a high stress, pressure and they have low quality of life (Zuzanek, 2011).

FINANCIALLY UNSATISFIED AS A MOTHER

The fourth superordinate theme was financially unsatisfied as a mother. As the participants are unemployed, they need to depend on others. So as a mother when their children are directly asking for their little needs, they are unable to satisfy them. This causes them a lot of stress as well as guilt. Most of them feel that if they have a job, they can easily satisfy their children's needs without depending upon others. The financial unsatisfaction creates a lot of problems which negatively affect the well-being of the healthy family.

FEELING GUILT WHEN COMPARING THEM SELF WITH OTHERS

The fifth superordinate theme was feeling guilt when comparing them self with others. 9/10 of the participants has feeling guilt when they see their friends who were working. Only one participant said that she doesn't feel any guilt. Most of them have fear to go for a get together party as they were compered to others who are economically independent. When they see their batchmates who are now working, they feel to go for work and became independent. Sometimes a joke simple about their dependency from their friends creates a guilt as well as stress. All of them are happy for their batchmates who have job even though they feel a guilt about themselves for not working.

GUILT FEELING ON DEPENDENCY

The sixth superordinate theme was guilt feeling on dependency. 8/10 of the participants has a feeling of guilt about their dependency on others. 2/10 of the participant was has no feeling of guilt and they are adjusted with the dependency. The most of the participant was educated so that they are feeling guilty. They are experiencing stress due to depending on others for their basic needs. They are feeling a high level of guilt when their own children started to blame them for their dependency. At that time most of them was feeling to have a job but they realise the quality time was gone. The other factors for guilt are some of them are not enough educated and most of them are early married and became a young mother.

READY TO GO FOR WORK

The seventh superordinate theme was ready to go for work. 8/10 of the participants are ready to go for any kind of work but other 2 participants were satisfied with their unemployment. The most important factor that prompting them to go for work was the dependency on others. They are drained out and they have an immense urge to come out from the home environment and work for the family. They are ready to do any kind of work that gives a personal satisfaction and economical independence. But the other 2 participant was reinforced with their unemployment so that they had no urges to do any work.

NOT SATISFIED WITH THE UNEMPLOYED LIFE

The last superordinate theme was not satisfied with the unemployed life. 6/10 of the participant were not satisfied with their unemployed life but 4 participants said that they are satisfied with their unemployed life. As they are depending on others and having a repeated daily routine by doing house hold chores the most of them are unsatisfied with their unemployed life.

LACK OF EDUCATION

The only subordinate theme was lack of education. 3/10 of the participant doesn't get an enough education even though they are much interested on the studies. This cause a high stress on them as they are studious on their studies and ambitious. Other 7 participant got enough education but the situation doesn't allow them to work. These are two different cases but they cause a same level of stress and unsatisfaction.

From the result it is indicated that the major problem of the unemployed women parents was dependent on others, feeling guilt, lack of education, life centred on marriage and children, stress at home, and not satisfied with the unemployed life. Majority of the participants pointed out that they are feeling stressed due to unemployment and dependencies.

CHAPTER 5

SUMMARY AND CONCLUSION

Unemployment results in reduced demand, consumption, and buying power, which in turn causes lower profits for businesses and leads to budget cuts and workforce reductions. It creates a cycle that goes on and on that is difficult to reverse without some type of intervention. Unemployment is a situation where a person is unable to find work. Unemployment is considered to be a key measure of the health of the economy. Unemployment causes workers to suffer financial hardship that impacts families, relationships, and communities. When it happens, consumer spending, which is one of an economy's key drivers of growth, goes down, leading to a recession or even a depression when left unaddressed.

The high rates of unemployment signal economic distress while extremely low rates of unemployment may signal an overheated economy. When unemployment is high, some persons become discouraged and stop looking for work; they are then excluded from the labour force. This implies that the unemployment rate may fall, or stop rising, even though there has been no underlying improvement in the labour market.

There are long term unemployment and short-term unemployment. The short-term unemployment will not affect the peoples much but the long-term unemployment will result to lot of mental health problems such as stress, depression, mental fatigue, burnout etc.

The unemployed are people of working age who are without work, are available for work, and have taken specific steps to find work. Mostly women are suffering from

unemployment. One possible reason for lower female unemployment rates is that as the demand for skilled labour has increased, driving up skilled wage rates, inactive skilled women have been drawn into employment and skilled workers tend to have lower unemployment rates.

The stress of unemployment can take a serious toll on your well-being under any circumstance. But during the coronavirus pandemic, stress levels may be even higher than usual. With peoples current situation and the state of the global economy, there is a much lower chance of landing a new job anytime soon. And it's unclear when social distancing measures will end or what shape the economy will be in when you are able to return to work. Add in the fear of getting sick, the inability to leave home, and the need to educate your children, and you've got a recipe for an increased risk of mental health issues.

Fortunately, there are some things you can do to cope with the stress in a healthy way if you've lost your job. Managing your distress and taking positive action may help you maintain your mental health during this crisis.

The permission for conducting the research was gained from the research guide. Then, the researcher took the informed consent of the participants. The participants were made aware of their rights and about the confidentiality that would be followed. The participants were unemployed women parent aged between 20 and 40, all are residing in Kannur. The questions were asked to the participants after establishing a good rapport.

The research was qualitative in nature and the data collection method used as semi structured interview. The interview conducted one by one. The researcher went to each house and talk to the participants. First of all, a good rapport was established and

ask questions to know their psychological wellbeing as an unemployed women parent. However, the questions are not set in order or in phrasing it changes according to the participants report. The questions were asked one by one and responses were noted down precisely. Interview on each participants went smoothly. The participants were made aware of their right about the purpose of the research and they can contact the researcher for any further clarifications. At the end the participants thanked for participation and cooperation.

The major objective of the study was to understanding the stress among unemployed women parent. The data was collected through semi structured interview and the data was analysed using thematic analysis. It is a technique for summarising data, but when choosing codes and creating themes, it also involves interpretation. The fifteen questions asked and the responses from the participants were thus analysed thematically. There were subordinate and superordinate themes found among the responses. The major problem of the unemployed women parents is dependent on others, feeling guilt, lack of education, life centred on marriage and children, stress at home, and not satisfied with the unemployed life. Majority of the participants pointed out that they are feeling stressed due to unemployment and dependencies. The role played by family, friends, and neighbours are evident in the study. Furthermore, the study shown that they had a great disappointment and guilt to depend on the families and had stress due to unemployment.

MAJOR FINDINGS

- Unemployment caused stress among women parents.
- Unemployed women parent faced difficulties to satisfy their own needs.
- Unemployment caused guilt as they are depending on others.

- Unemployed women parents had struggled for their studies.
- Unemployed women parent felt guilt when they are exposed to the society.
- Unemployed women parents are likely to go for work, in order to become economically independent.

IMPLICATION

The present study was conducted on unemployed women parent focusing on their psychological wellbeing specifically stress. The cause of stress can be understood from the study and thus it can be prevented using suitable choices of support. Commonly it was like, the unemployed women parent is likely to do work but their patriarchal society makes those women's over dependent among others. This study reveals that the unemployed women parents face a lot of stress, feeling of guilt, emptiness and unsatisfaction in life. There were related studies that reveals stress of the unemployed women parent. Through this research we found that there are unemployed women parents who are adjusting their life and thinks that those are their responsibility so that they won't blame anything or anyone. The others are not ready to adjust their life and they are thinking that they will get a right time to bloom like a star. So in-order to reduce unemployment in women girls should be educated well and the marriage pressure from the side of society and family should be decreased. The girls should be provided with good education and need to be economically independent. Also women should be provided with opportunity for self development. The government programs such as Kudumbashree programs should be made of more public thus it help for self development and gives more opportunity for the women who are unemployed. The main reason for the unemployment in women are due to the patriarchal view of society that married women should look-after their spouse and children and the husband should provide all economical needs of their wife and children. This patriarchal view should

be changed. The people should be psycho-educated well and make them aware of the need and significance of the education in women.

LIMITATIONS

One limitation of the study was small sample size chosen only from Kannur district. The samples were selected using purposive sampling in this study and this may restrict the generalization.

SUGGESTION FOR FUTURE RESEARCH

- The same study variable can be studied in a different population\context\location\.
- The present study was carried out among 10 Unemployed women parents. Future studies could be carried out within more sample size.
- The present study doesn't specify the number of children the women parent had, so that the future study can addresses those specific details.
- The present study addressed stress and unemployment as a variable. Future studies could explore the possibility of other psychological variables in this population.

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APPENDIX

APPENDIX A: INFORMED CONSENT FORM

This is a research study undertaken for the fulfilment of the researcher 's Bachelor of Science program in Psychology. The study is on —UNDERSTANDING STRESS AMONG UNEMPLOYED WOMEN PARENT. The data for the study will be obtained through a semi structured interview.

Participation in this research project is voluntary. You have the right to withdraw from the study at any time in the event that you chose not to continue. It is further reinstated that all information will be kept confidential and will be used only for the purpose of the above mentioned research study.

The contact information of the researcher has been provided for participants in order to clarify any concerns or queries about this study. The details of the researcher are given below:

Researcher: HIBA FATHIMA KV

Phone Number: 9995333549

Email Id: Hibafathimakv02@gmail.com.

Your name and signature below signify that you have read and understood the contents and intentions formed in the consent.

Name:

Signature:

Date:

APPENDIX B: SOCIO DEMOGRAPHIC DETAILS

NAME/ INITIAL:

AGE:

GENDER:

QUALIFICATION:

PLACE:

ADDRESS:

CONTACT NUMBER:

ARE YOU TAKING ANY MEDICINE, IF YES SPECIFY:

APPENDIX C: RESEARCH QUESTIONS

- 1) Do you have a desire to go for work?
- 2) How do you spend your time at home?
- 3) Why don't you work?
 - a) what are the reason for it.
- 4) Are you happy with your unemployment?
- 5) How do you find money for your needs?
- 6) How does it feel like to depend on someone else for your needs?
- 7) Have you ever tried for a job?
- 8) What does it feel like to be in a constant home environment?
- 9) Are there any moments which you feel like if i had a job or I should be economically independent.?
- 10) Are you ready to go for a job if you get one now?
- 11) Did you ever wish to have a job as a parent?
- 12) When your children ask for their needs ,how do they fulfill it?
 - a) As a parent are you dependent on some other inorder to full fill the needs of your children?
- 13) Did you ever felt stress at home?
- 14) Are any of your classmates working now?
 - a) What do you feel when you see them?
- 15) Do you feel guilt on your unemployment?

ADJUSTMENT ISSUES FACED BY NEWLY MARRIED WOMAN

*A Dissertation submitted in partial fulfilment of the
requirement of the degree of Bachelor of Science in Psychology*

Submitted by:

Vishnupriya Varapravan

Reg.No:DB20CPSR30

Under the Guidance of

Ms.Simmy

Assistant Professor



DON BOSCO ARTS AND SCIENCE COLLEGE,

ANGADIKADAVU

(Affiliated to Kannur University)

DEPARTMENT OF PSYCHOLOGY

MARCH 2023



DEPARTMENT OF PSYCHOLOGY
DONBOSCOARTS&SCIENCECOLLEGE,
ANGADIKADAVU

(Affiliated to Kannur University)

PSYCHOLOGY PROJECT REPORT

Register Number: DB20CPSR30

SUBMITTED FOR THE B.Sc. EXAMINATION 2022-23

Head of the Department

Principal

Held On:

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on “**ADJUSTMENTAL ISSUES FACED BY NEWLY MARRIED WOMEN**” by, **Vishnupriya Varapravan**, in partial fulfilment of the requirements for the award of the Undergraduate Degree of BSc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

DECLARATION

I VISHNUPRIYA VARAPRAVAN, hereby declare that this dissertation entitled “**ADJUSTMENTAL ISSUES FACED BY NEWLY MARRIED WOMEN**” submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

VISHNUPRIYA VARAPRAVAN

DB20CPSR19

Signature

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ABSTRACT

The study utilized qualitative methods to investigate the “ADJUSTMENTAL ISSUES FACED BY NEWLY MARRIED WOMEN” regarding their learnings and experience. Semi-structured interviews were conducted with 10 women of age 18 to 30. Positive and negative experiences of participants were observed and examined. Factors that contribute to those experiences were also identified.

During the onset of marriage, women face many difficulties such as adjustment issues, staying away from parents, assuming new cultures, new family members and new roles and responsibilities. They may have to completely change their personality and their habits and lose a sense of self identity. The sample size of the study was 10 newly married women. The major objective of this study is to understand the adjustment issues faced by women during the onset of marriage. The study was conducted in Kasaragod district of Kerala. The sample was collected through random sampling and telephonic interview method was used to collect data. Data was analysed through thematic analysis technique of qualitative analysis.

Through the study was found that women during the onset of marriage women faced increased amount of psychological distress. Almost all women have adjustment issue faced by women during the onset of marriage and Had access amount of fear and anxiety to the new role and environment. All women indicated that they need some amount of psychological and emotional support in order to deal with the changing pattern of living.

CHAPTER 1

INTRODUCTION

Human is social creature that has a role and duty of growing progress in every stage of life. In a phase of being a grown up, there comes a duty of human to be married. In fact, some people called it as a critical period in marriage life, since the couple still has a few experiences of being together. Therefore, the couple must learn more about the husband/wife and train themselves to be able to settle a problem if it is existed someday. This statement explains that when human is being married or has husband or wife, it does not mean that the issue is done, because actually it is time for the couple to adjust their selves into the new position and condition. However, some researchers found that there are many couples who do not have certain preparation of marriage, since their marriages have been arranged by the parents. (Cinebell & Cinebell, 2005)

Marriage involves emotional, legal commitment that is quite important in any adult life. Moreover, selecting a partner and entering into marital life is considered to be both maturational milestone and personal achievement. There is no doubt that the choice of a marital partner is one of the most important decisions one makes in his/her life lifetime. People marry for many reasons like, love, happiness, companionship, and the desire to have children, physical attraction, or desire to escape from any unhappy situations. Marriage is a commitment with love and responsibility for peace, happiness and development of strong family relationships. Marriage as “socially legitimate sexual union, begun with a public announcement and undertaken with some ideas of permanence; it is assumed with more a less explicit marriage contract, which spells out the reciprocal right and obligations between the spouses and future children”. (Boucom and Synder, 2019)

Marital adjustment as ‘the state in which there is an overall feeling in husband and wife of happiness and satisfaction with their marriage and with each other’. All the marriages are aimed at happiness in one or another way. Most couples marry filled up with expectations. Some of the expectations will be realistic while others unrealistic. This is due to the complex nature of marriage and each individual is as complex as a universe. Therefore, in marriage two universes gets close together. Marital adjustment

calls for maturity that accepts and understands growth and development in the spouse. (Bradbury and Karney, 2014)

There is no well-defined and worldwide accepted theoretical concept of marriage. Because for everyone these concepts will keep on changing. But there are some basic concepts which are common in every marriage. These concepts are children, communication, problem-solving, and influences. Here, children may be the most considerable issue. Because many think that having a child is a stressful thing. While others do not believe it. But one thing is sure that having children will change the couple's life. Now there is someone else besides them whose responsibilities and duties are to be done by the parents. In general, marriage can be described as a bond/commitment between a man and a woman. Also, this bond is strongly connected with love, tolerance, support, and harmony. Also, creating a family means to enter a new stage of social advancement. (Bradbury and Karney, 2014)

Marriages help in founding the new relationship between females and males. Whenever we think about marriage, the first thing that comes to our mind is the long-lasting relationship. Also, for everyone, marriage is one of the most important decisions in their life. Because you are choosing to live your whole life with that one person. Thus, when people decide to get married, they think of having a lovely family, dedicating their life together, and raising their children together. The circle of humankind is like that only. (Fincham and Beach, 2010)

As it is seen with other experiences as well, the experience of marriage can be successful or unsuccessful. If truth to be held, there is no secret to a successful marriage. It is all about finding the person and enjoying all the differences and imperfections, thereby making your life smooth. So, a good marriage is something that is supposed to be created by two loving people. Thus, it does not happen from time to time. Researchers believe that married people are less depressed and much happy as compared to unmarried people. Marriage is like a huge painting where you brush your movements and create your own love story. (Fincham and Beach, 2010)

With the government contemplating changing the legal age of marriage for women from 18 to 21, this topic is again under lens to which the need and rationale of legislature for an institution for an institution which is historically a social practice for making an economic unit to create bonds, control inheritance, share resources and

labor. Talking about weddings is said to be our national past time, with the number of covid-delayed weddings witnessed in this season.

Adjustment is a process to find and adopt behavior and custom that applies in circles of life. The process of adjustment will keep going on until the human die (Mohd Shohaib M, M. Amin Wani & Sangkar, 2016). Every individual is strived to persistently adjust along with ages and growth duty as a human being. Within the process, human should be able to face a variety of surroundings condition and different social culture which demands human must be adjusted in order to survive and keep going in his/her surroundings. The marriage adjustment means acceptance between couple of marriage, which then creates a feeling of friendship between the couple about the importance of affection, intimacy, and support from each other (Mohd Shohaib M, M.Amin Wani & Sangkar, 2016). Hurlock (2002) stated that the marriage adjustment is important to apply in the life of married couple. Since, this adjustment becomes a process of adaptation between husband and wife to avoid and settle down conflicts that might be existed in household matters. Therefore, the happiness and unhappiness of couple in a marriage is depended on how they could do this adjustment in their relation as husband and wife. Hurlock. 1990) also said that the indicator of success in the marriage adjustment is indicated from the happiness of husband and wife, the good relation between the parent and children, the good adjustment on the children, the contentment of having different opinion, the togetherness, the good adjustment on financial, the good adjustment on couple's family. While, the factors that might be a problem within the process of marriage adjustment are lack of marriage preparation, role in marriage, young marriage, unrealistic concept of marriage, mixed marriage, short time of relationship, romantic concept of marriage, and lack of identity (Hurlock, 2002).

After the marriage, there are many challenges come for both of them while redeeming their relationship, and in the first of year of marriage, it becomes more difficult and challenging. But, after a marriage a woman undoubtedly face much more challenges, after the marriage as she has to leave her home, her father, her mother, siblings and move in to a new house.

Women have always been strong. They are always on the forefront of struggle for the betterment of mankind. They have given strength and have been of great support to their male counterpart. Women play multiple roles in their life. Especially after marriage they play many roles and handle all the circumstances in a better way at home

as well as in various organizations. All the marriages are aimed at happiness. Marriage involves the legal commitment that is quite important in any adult life. But selecting a partner and entering into a marital relationship required one's maturity and personal achievement. Choice of marital partner is one of the most important decisions in one's life. There are so many reasons for people's marriage like they need companionship, happiness and to escape from an unhappy situation. Strong and healthy married life requires adjustment. If person can do adjustment in his/her married life, the life could be much better than those who are low on adjustment. According to Thomas (1977) Marital adjustment is "the state in which there is an overall feeling in husband and wife of happiness, satisfaction with their marriage and with each other". Usually, couples marry with full of high expectations from each other. Dalack (1990) defined marriage as socially legitimate sexual union, begun with a public announcement and undertaken with some ideas of performance. There is a list of six areas of marital adjustment, which is defined by the psychologist, such as, religion, social life, mutual friends, in-laws, money and sex (Lazaru & Delingis 1983).

NEED AND SIGNIFICANCE OF THIS STUDY

Marriage is a big commitment and perhaps one of the biggest life decisions we will make, pretty much like what education to pursue or what career we should take up. The person we decide to pair for life, have children, share a home with, play a huge role in how our life pans out and how satisfied and happy we are with it. Though marriage changes the role of both men and women, it has far more impact in the daily life of a woman vis-a-vis that of a man. While her old roles continue to be as important, she has to shoulder new ones too. She is not just a daughter or sister anymore but a wife, a daughter-in law, house manager and in the future a mother too! She, especially in the Indian system, is the one to leave behind her home, routine and the comfort of a house she has grown up in and move in with her husband to either his home or set up a new one for the two of them or to relocate to a new city altogether.

Women experience many changes post marriage which can be both enriching and daunting at the same time. Life after marriage is a new ball game altogether. A woman's life undergoes a complete change, sometimes dramatically after she ties the knot. Things a woman inherits along with a husband are, expectations of in-laws, oftentimes an entire kitchen even though she may not be able to distinguish between different types of dals, a completely new wardrobe which may not be to her liking, etc.

And of course, a completely new lifestyle. Overnight, their priorities and routine changes, and from a bubbly, carefree girl one day, they can suddenly find themselves waking up with a load full of responsibilities.

STATEMENT OF THE PROBLEM

Many a times, women suppress their voices, even if they do not deem something to be right. They believe that they are supposed to ‘willingly’ accept everything that’s going in that marriage. The impact of the past learnings and conditioning often leads to them accepting the wrong being done to them, in the name of the societal norms. Women often includes moving to a new space. While some move into new an unfamiliar family, others move away from their own families to a new city to join their parents to a new city to join their parents. During the start of a marriage life, women face many difficulties such as adjustment issues, staying away from parents, assuming new cultures, new family members and new roles and responsibilities. They may have to completely change their personality and their habits and lose a sense of self identity. Women faces more problems than men during the start of a marriage. They enter into a new phase of their life surrounded by people whom she doesn’t know.

Women often includes moving to a new space. Depending on the support from her. The purpose of this study is to investigate the role of communication in marital adjustment among women who have been married for two years or less. Despite the widely acknowledged importance of for maintaining healthy relationships, little is known about how specific adjustment patterns or strategies relate to marital adjustment in early marriage. This study will contribute to our understanding of the factors that influence marital adjustment in the early stages of marriage, and may inform interventions aimed at improving marital communication and adjustment.

DEFINITION OF THE KEY TERMS

Theoretical definition

Marital Adjustment: The process by which married couples attain mutual gratification and achieve common goals while maintaining degree of individuality.

Married women: A female member of staff who has contracted a marriage in accordance with marriage in accordance with marriage act. The term shall not include a widow, or a woman divorced or legally separated from her husband.

Operational definition

Marital Adjustment: Is defined as the integration of a couple with different personality traits in a union to order to complement each other to achieve happiness and common goals.

Married women: A woman who has contracted marriage which is recognized as such by the law of marriage act of the place where it is contracted.

OBJECTIVES

Major objectives:

- To understand the marital adjustment faced by newly wedded women.

Specific objectives:

- To understand the emotional changes in women after marriage.
- To understand the mental struggles faced by women after their marriage.
- To understand the impacts of past learnings and the expectations that leads to change in behavior in women after marriage.

ORGANIZATION OF THE REPORT

The present study contains 5 chapters. The first chapter is Introduction, which includes a brief introduction to a study with emphasis on the need and significance of the study. The problem is stated and the definitions of the important terms are given in the chapter. The second chapter is the Review of the Literature, comprising of two sections; theoretical background of the study and related studies. The third chapter is Methodology, in which the detailed account of samples, variables, tools, procedures for data collected are given. The fourth chapter, Results and Discussions consists of analysis of data and discussions of results obtained there by. In the fifth chapter, Summary and Conclusion, there is resume of the study and the methodology of the present study is briefly stated. It also includes major findings of the present studies. Then the implications of the present study are given along with the suggestions for further research. In the end, References and Appendices are included.

CHAPTER-2

REVIEW OF LITERATURE

A review of literature is a type of academic writing that provides an overview of existing knowledge in a particular field of research. A good literature review summarizes, analyses, evaluates and Synthesis the relevant literature within a particular field of research. It illuminates how knowledge has evolved within the field, highlighting what has already been done, what is generally accepted, what is emerging and what is current state of thinking on the topic. Additionally, literature review identifies the gaps in the current knowledge that is, uninvestigated or under-researched areas. A literature review functions as a tool to provide a background to the work by summarizing the previously published work on the topic. It classifies the research into different categories and demonstrates how the research in a particular area has changed overtime by indicating historical background if applicable.

THEORETICAL REVIEW

Theoretical review provides evidence about the theoretical background of research under and explores the theories that clearly present the topic and thus help to better understand the research in question while providing justification for the research being conducted.

THEORIES OF MARITAL ADJUSTMENT

Inferiority-Complex theory

Inferiority complex theory is a psychological framework that explains how individuals develop feelings of inferiority and inadequacy, which can impact their behaviour and relationships. This theory can be applied to the study of marital adjustment by exploring how feelings of inferiority may impact individuals' ability to form and maintain healthy relationships.

The term “inferiority complex” was coined in the 1920’s by French psychologist Alfred Adler, a one-time follower of Sigmund Freud who became disenchanted with Freud’s emphasis on the influence of unconscious factors as motivators in human behaviour. According to Adler, all humans experience feelings of inferiority as children and spent the rest of their lives trying to compensate for those feelings. As people replace the dependence of childhood with the independence of

adulthood, the feelings of inferiority persist in varying intensity in different people. In the context of marital adjustment, individuals with an inferiority complex may struggle to form and maintain healthy relationships due to their negative self-perceptions. They may feel unworthy of love and affection, or may doubt their ability to be a good partner. These feelings can impact communication, intimacy, and overall satisfaction in the relationship.

Research has found that individuals with an inferiority complex may benefit from interventions that focus on improving self-esteem and self-worth. This can involve cognitive-behavioural therapy (CBT) to challenge negative self-perceptions and develop positive self-talk and coping strategies. It can also involve practicing self-compassion and self-care, and building a supportive social network.

In the context of marital adjustment, couples may benefit from therapy that focuses on improving communication and building trust and intimacy. Couples therapy can provide a safe space for partners to express their feelings and needs, and to work together to develop strategies for overcoming the impact of an inferiority complex on their relationship.

In conclusion, inferiority complex theory can provide insights into how feelings of inferiority and inadequacy can impact marital adjustment. By recognizing the impact of these feelings on the relationship, individuals can work to improve their self-esteem and communication, and couples can work together to develop strategies for building a more satisfying and fulfilling relationship.

Attachment Theory

On the basis of careful studies of mothers and infants, Bowlby developed the concept of attachment style. Infants, Bowlby suggests, acquire two basic attitudes during their earliest interactions with an adult. The first is an attitude about self, self-esteem. The behaviour and the emotional reactions of the caregiver provide information to the infant that he or she is a valued, important, loved individual or, at the other extreme, someone who is without value, unimportant, and unloved. The second basic attitudes concern other people, and involves general expectancies and beliefs about them. This attitude is interpersonal trust and is based largely on whether the caregiver is perceived by the infant as trustworthy, dependable, and reliable or as relatively untrust. Attachment styles are patterns of relating to others that develop in childhood and persist

into adulthood. There are three main attachment styles: secure, anxious-ambivalent, and avoidant. People with a secure attachment style tend to be comfortable with intimacy and are able to form close relationships easily. People with an anxious-ambivalent attachment style tend to be preoccupied with relationships and have a strong need for closeness, but may also feel insecure or clingy. People with an avoidant attachment style tend to avoid closeness and may struggle with trust and emotional vulnerability.

Research has found that couples with different attachment styles can face challenges in marital adjustment. For example, couples where one partner has a secure attachment style tend to have higher levels of marital satisfaction and adjustment compared to couples where both partners have an anxious or avoidant attachment style. Moreover, attachment theory suggests that couples can improve their marital adjustment by becoming aware of their own attachment styles and those of their partner. Couples can work together to develop a secure attachment style by building trust, communicating openly, and providing emotional support. Interventions based on attachment theory can be effective in improving marital adjustment. These interventions often focus on helping couples to identify and understand their own attachment styles and those of their partner, and to learn skills to promote secure attachment. Couples can also benefit from learning effective communication strategies and practicing empathy and validation.

In conclusion, attachment theory can provide insights into how attachment styles impact marital adjustment. By recognizing the influence of attachment styles on couples' relationships, couples can work to develop a secure attachment style and build a more satisfying and fulfilling relationship. (Bowlby, 1969)

Self-determination theory

Self-determination theory (SDT) is a psychological framework that can be applied to various areas of human functioning, including marital adjustment. SDT proposes that people have three basic psychological needs: autonomy, competence, and relatedness. These needs are critical for human growth and well-being, and when they are satisfied, individuals are more likely to experience optimal functioning and positive outcomes. In the context of marital adjustment, SDT suggests that both partners in a marriage need to feel that their basic psychological needs are being met. For example, partners who feel that they have a say in decision-making (autonomy), are able to

contribute to the relationship in meaningful ways (competence), and feel connected and valued by their partner (relatedness) are likely to have a more satisfying and successful marriage.

Research has found that marital satisfaction is positively correlated with the degree to which each partner's basic psychological needs are met. Partners who feel that their needs are being satisfied report higher levels of marital satisfaction and adjustment, whereas partners who feel that their needs are not being met report lower levels of marital satisfaction and adjustment.

Moreover, research has shown that interventions based on SDT principles can be effective in promoting marital adjustment. These interventions focus on helping couples to understand and fulfil each other's basic psychological needs, by encouraging open communication, empathy, and mutual support.

In conclusion, SDT can be a useful framework for understanding marital adjustment. By recognizing the importance of satisfying each partner's basic psychological needs, couples can work to build a more satisfying and fulfilling relationship. (Deci and Ryan, 2000)

Social Exchange theory

Social exchange theory suggests that individuals in relationships make decisions based on a cost-benefit analysis, where they weigh the rewards and costs of the relationship. In the context of marital adjustment, this theory proposes that couples make decisions about their relationship based on what they feel they are gaining or losing. According to social exchange theory, individuals in a relationship seek to maximize their rewards and minimize their costs. Rewards may include things like companionship, emotional support, and physical intimacy, while costs may include things like conflict, sacrifice, and compromise. Couples who feel that the rewards of the relationship outweigh the costs are more likely to be satisfied with their relationship and have a higher level of marital adjustment.

Research has found support for social exchange theory in the context of marital adjustment. For example, a study by, Rusbult and Martz (1995) found that individuals who perceived their relationship to have more benefits than costs were more likely to be satisfied with their relationship and committed to their partner. However, social exchange theory has also been criticized for not fully capturing the complexity of

human relationships. Critics argue that social exchange theory oversimplifies the decision-making process in relationships and does not account for factors like emotional attachment, intimacy, and trust.

In conclusion, social exchange theory provides a framework for understanding how individuals in relationships make decisions based on a cost-benefit analysis. In the context of marital adjustment, couples who feel that the benefits of the relationship outweigh the costs are more likely to be satisfied with their relationship. However, social exchange theory should be considered alongside other theories of marital adjustment to fully understand the complexity of human relationships. (Thibaut and Kelly, 1959)

Family systems theory

Family systems theory proposes that individuals in families are interconnected and that changes in one part of the family system can impact other parts. In the context of marital adjustment, family systems theory suggests that couples may experience challenges in their relationship due to external factors, such as extended family, children, and cultural or societal norms. According to family systems theory, families operate as a system, with each member impacting and being impacted by the others. In the context of marriage, couples may need to navigate the impact of external factors on their relationship. For example, a couple may experience conflict due to differences in parenting styles or pressures from extended family members to conform to certain cultural or societal norms.

Family systems theory also proposes that families develop patterns of interaction and communication, which can impact the quality of relationships within the family. In the context of marriage, couples may need to address negative patterns of interaction and communication in order to improve their relationship. For example, a couple may need to work on improving their communication skills and reducing patterns of criticism or defensiveness.

Research has found support for family systems theory in the context of marital adjustment. For example, a study by Cox and Paley (1997) found that family systems factors, such as the quality of communication within the family and the level of involvement of extended family members, were significantly associated with marital adjustment.

In conclusion, family systems theory provides a framework for understanding the impact of external factors and patterns of interaction and communication on marital adjustment. Couples may need to navigate external factors and address negative patterns of interaction in order to improve their relationship. (Bowen, 1978)

Cognitive-Behaviour theory

Cognitive behavioural theory (CBT) proposes that individuals' thoughts, feelings, and behaviours are interconnected and that negative thoughts and beliefs can contribute to negative emotions and behaviours. In the context of marital adjustment, CBT suggests that couples may experience challenges in their relationship due to negative thoughts and beliefs about their partner or their relationship. According to CBT, individuals develop cognitive distortions or negative thinking patterns that can impact their emotional and behavioural responses. In the context of marriage, couples may need to identify and address negative thinking patterns that contribute to conflict or dissatisfaction in their relationship. For example, a spouse may have a negative belief that their partner is always critical of them, leading them to respond defensively in interactions with their partner.

CBT also proposes that individuals can learn to modify their negative thinking patterns and develop more adaptive responses to challenging situations. In the context of marriage, couples may need to learn new communication and problem-solving skills to improve their relationship. For example, couples may need to practice active listening skills, assertiveness, and empathy to improve communication and reduce conflict.

Research has found support for CBT in the context of marital adjustment. For example, a study by Bodenmann, Plancherel, Beach, Widmer, and Gabriel (2008) found that a couple-focused CBT intervention was effective in improving marital satisfaction and reducing conflict in couples.

In conclusion, CBT provides a framework for understanding the impact of negative thinking patterns on marital adjustment and suggests that couples can learn new skills to improve their relationship. CBT interventions can be effective in improving marital satisfaction and reducing conflict. (Beck, 1976)

LITERATURE REVIEW

A literature review is an examination of scholarly sources on a particular subject. It gives you a broad perspective of current knowledge, helping you to spot related ideas, methodologies, and research gaps.

Review of Studies on Marital Adjustment

There have been numerous studies on marital adjustment, exploring various factors that may contribute to or detract from the quality of marital relationships. Some examples of studies on marital adjustment are:

- a. Amato, P. R., & Previti, D. (2003). People's reasons for divorcing: Gender, social class, the life course, and adjustment. *Journal of Family Issues*, 24(5), 602-626. This study examined the reasons people give for divorcing and how these reasons relate to adjustment following divorce.
- b. Bodenmann, G., Ledermann, T., & Bradbury, T. N. (2007). Stress, sex, and satisfaction in marriage. *Personal Relationships*, 14(4), 551-569. This study investigated the impact of stress on sexual satisfaction and overall relationship satisfaction in married couples.
- c. Halford, W. K., & Bouma, R. (1997). The effects of relationship education on marital satisfaction: A randomized controlled trial. *Journal of Family Psychology*, 11(4), 485-494. This study examined the effectiveness of a relationship education program in improving marital satisfaction in couples.
- d. Johnson, S. M., & Greenberg, L. S. (1985). The differential effects of experiential and problem-solving interventions in resolving marital conflict. *Journal of Consulting and Clinical Psychology*, 53(2), 175-184. This study compared the effectiveness of two different types of interventions (experiential and problem-solving) in resolving marital conflict.
- e. Karney, B. R., & Bradbury, T. N. (1995). The longitudinal course of marital quality and stability: A review of theory, method, and research. *Psychological Bulletin*, 118(1), 3-34. This study provided a comprehensive review of the longitudinal research on marital adjustment, exploring the factors that predict marital stability and decline over time.
- f. A study conducted by Afridi and Iqbal (2014) examined the post-marital adjustment of working and non-working women in Pakistan. The study found

that both groups of women experienced adjustment issues related to their new role as wives, but working women faced additional stress related to their professional responsibilities.

- g. Javed et al. (2019) conducted a study in Punjab and Pakistan, to explore the socio-demographic factors and adjustment problems of married women. The study found that newly married women faced challenges related to their relationships with their husband's family, household responsibilities, and balancing their pre-marital interests and responsibilities with their new role as a wife.
- h. In a study conducted by Zaheer and Bajwa (2016) in Pakistan, the researchers examined the adjustment and marital satisfaction of married women. The study found that newly married women experienced adjustment issues related to managing the expectations of their husband and in-laws, and adjusting to their new household routines and responsibilities.
- i. A study by Abubakar et al. (2017) examined the adjustment problems faced by sojourners in Nigeria, including newly married women who had moved to Nigeria to be with their husbands. The study found that adjusting to a new living environment and culture shock were significant adjustment issues faced by newly married women.

Overall, these studies highlight the range of adjustment issues faced by newly married women, including managing expectations, adjusting to a new living environment, and balancing pre-marital responsibilities with new household responsibilities. Effective interventions and support systems are needed to help newly married women navigate these challenges and adjust to their new roles as wives.

CHAPTER-3

METHOD

RESEARCH METHOD

Research methods are all those methods which are used by the researcher in conducting the research. These include data collection methods, statistical techniques which are used in finding a connection between the data and the methods that are commonly used to evaluate the accuracy of the results obtained. Research methodology is the science how the research is conducted. It is mainly a way to systematically solve research problems (Singh, 2019).

RESEARCH DESIGN

Research design refers to the overall strategy utilized to carry out research that defines a succinct and logical plan to tackle established research question (s) through the collection, interpretation, analysis, and discussion of data. In the present study qualitative research design was used. Qualitative research is defined as research where the researcher is interested in analysing the subjective meaning or social production of issues, events or practices by collecting non-standardized data and analysing texts and images rather than numbers and statistics (Singh,2019).

In the present data the data was collected through a semi-structured interview method and analysis is done through the thematic analysis method.

Thematic analysis is a **method of analysing qualitative data**, which are non-numerical data such as text, audio, or video. The method involves identifying, analysing, and interpreting patterns of meaning (themes) that come up repeatedly in the data and address a research question. Thematic analysis is widely used in many disciplines and fields, especially in the social, behavioural, and applied sciences

Advantages of Thematic analysis:

The advantage of Thematic Analysis is that this approach is **unsupervised**, meaning that you don't need to set up these categories in advance, don't need to train the algorithm, and therefore can easily capture the unknown unknowns. The disadvantage of this approach is that it is phrase-based. Sometimes phrases cannot capture the meaning correctly.

Disadvantages of thematic analysis:

- a. A Phrase-Based Analytical Approach: The first disadvantage of this analysis approach is that it is phrase-based. ...
- b. Too Much Generic Information: This analysis method is okay to use for thesis at lower levels of studies like undergraduate and sometimes postgrad. ...
- c. Takes too much time: Time is crucial for any research project. ...
- d. Researcher's Bias: Bias is a disproportionate inclination towards something.

PARTICIPANTS

Sampling is a process used in statistical analysis in which a predetermined number of observations are taken from a larger population. The methodology used to sample from a larger population depends on the type of analysis being performed, but it may include simple random or systematic sampling.

Population: newly married women

Universe: newly married women in Kasaragod

Sample: Women have completed six months of marriage

Sample size: The sample size of the study would be 10 individuals. Women who have undergone six months of marriage.

Inclusion criteria

The inclusion criteria include newly married women in the age range of 18 to 30.

Exclusion criteria

The exclusion criteria include women who have recently married.

METHOD OF DATA COLLECTION

Direct interview: The directed interview is a straightforward, face-to-face question-and-answer situation or Telephonic interview.

Semi-structured interview: A semi-structured interview is a type of interview in which the interviewer asks only a few predetermined questions while the rest of the questions are not planned in advance.

Advantage: This study is conducted for the women who faces adjustment issues during the onset of marriage. It helps to recognize the adjustment issues in detail.

Limitations: Women who have been married for a long time, divorced, widowed, women with serious mental or physical discomfort or diseases cannot be taken for the research.

PROCEDURE FOR DATA COLLECTION

The research is a qualitative study where the data is collected through direct interview. The researcher selects participants who are relevant to the research question and can provide rich and insightful data. Selection of participants can be based on criteria such as demographic characteristics, experiences, or behaviours. The first step is to identify the research question that the study aims to answer. This question should be focused and specific to guide the data collection process. The researcher chooses data collection methods that are best suited to the research question and the participants. Qualitative research typically uses methods such as interviews, focus groups, observation, or document analysis. For data collection through interviews or observations, the researcher develops a guide that outlines the topics and questions to be covered during the interview or observation. This guide helps to ensure consistency across interviews or observations and facilitates analysis. The researcher collects data from the participants using the chosen data collection method. The data collected may be audio or video recorded, transcribed, or documented in notes. After data collection, the researcher analyses the data by reviewing and interpreting the information collected. Qualitative data analysis typically involves identifying patterns and themes in the data, which are then used to answer the research question. Finally, the researcher verifies the results by checking the analysis against the data collected to ensure that the findings are accurate and reliable. This can be achieved through methods such as member checking or peer review.

Ethical considerations

Qualitative research often involves working with human subjects and collecting personal and sensitive information. As such, ethical considerations are a crucial aspect of the research process. Some of the ethical considerations in qualitative research include:

Informed consent: Researchers must obtain informed consent from participants before collecting data. This involves providing clear and understandable information about the research and allowing participants to voluntarily choose whether or not to participate.

Confidentiality: Researchers must ensure that participants' personal information is kept confidential and not disclosed to others without their permission.

Anonymity: Researchers may choose to use anonymous data collection methods to protect participants' identities.

Respect for participants: Researchers must respect participants' autonomy and dignity, and ensure that they are not subjected to harm or discomfort as a result of the research.

Power dynamics: Researchers must be aware of the power dynamics involved in their interactions with participants, and ensure that they do not exploit or coerce them in any way.

Researcher bias: Researchers must be aware of their own biases and how they may influence the research process, and take steps to minimize their impact.

Cultural sensitivity: Researchers must be aware of and respect cultural differences, and ensure that their research does not harm or offend participants from different cultural backgrounds.

DATA ANALYSIS METHOD

- Data analysis methods can vary depending on the type of data being analyzed and the research question being addressed. In general, data analysis can be classified into two categories: quantitative analysis and qualitative analysis. Quantitative analysis involves the use of numerical data, such as survey responses or experimentally measured values, to make statistical inferences about a population. Some common methods of quantitative analysis include:
 - Descriptive statistics, such as mean, median, and standard deviation, to summarize and describe the data.
 - Inferential statistics, such as t-tests or ANOVA, to test hypotheses and make inferences about the population from the sample data.

- Regression analysis, to examine the relationships between variables and make predictions based on those relationships.
- Factor analysis, to identify underlying dimensions or factors within a set of variables.

The method used for analysis of the data is qualitative method of data analysis in which Thematic analysis is used. Thematic analysis is a method of analysing qualitative data. It is usually applied to a set of texts, such as interviews or transcripts. The researcher closely examines the data to identify common themes, topics, ideas and patterns of meaning.

CHAPTER 4

RESULT AND DISCUSSION

The Results section follows the Methods and precedes the Discussion section. This where the authors provide the data collected during their study. The data can sometimes be difficult to understand because it is often quite technical. In qualitative research, the results might not all be directly related to specific hypothesis. In this case, you can structure your results section around key themes and topics that emerged from your analysis of the data.

The discussion chapter is where you delve into the meaning, importance and relevance of your results. It should focus in explaining and evaluating what you found, showing how it relates to your literature review and research questions, and making an argument in support of your overall conclusion.

Thematic analysis is good approach to research where you're trying to find out something about people's views, opinions, knowledge, experiences or values from a set of qualitative data. Thematic analysis is a method of analysing qualitative data. It is usually applied to a set of texts, such as an interview or transcripts. The researcher closely examines the data to identify common themes; topics, ideas and patterns of meaning that come up repeatedly.

The aim of the study was to understand the adjustment issues faced by newly married women. During the onset of marriage, women face many difficulties such as adjustment issues, staying away from parents, assuming new cultures, newly family members and new roles and responsibilities. They may have to completely change their personality and their habits and lose a sense of self identity. Often the reality differs from what is expected before marriage. The sample size of the study was 10 individuals. Women have undergone six months after marriage. The study is conducted for women who face adjustment issues during the onset of marriage and in the present data was collected through a semi-structured interview method and analysis is done through the thematic analysis method.

Based on the analysis of the data, six major themes emerged regarding the adjustment issued faced by newly married women (see Table 1. These themes will be defined below and will be illustrated by statements made by the study participants.

The table, shows super ordinate themes, subordinate themes, and the frequency of the participants.

Super ordinate themes	Subordinate themes	Frequency
Adjustment issues	New role	10
	Home sick	7
	Sacrifice	4
	Freedom	3
	Anxiety	7
Let-downs	Disappointment with relatives	
	In- laws	4
	Communication	5
Serious responsibilities	Mutual interest	5
	Lack of social maturity	9

Adjustment issues

The table1.1 shows super ordinate themes, subordinate themes, and the frequency of the participants. From the analysis, it is clear that there are adjustment issues found among women during the onset of marriage. The first super ordinate theme is adjustment issues, within that there are some subordinate's themes also generated such as, new role, homesick, sacrifice, freedom and anxiety. Hundred percentage of the participant explained that they were having anxiety about adjustment issue at the onset of marriage. Adjustment issue is most common in women, marital adjustment describes the accommodation of women with their spouses. Factors contributing to levels of marital adjustment include marital satisfaction, cohesion, agreement, affection, and conflict. A component of marital adjustment includes social and personal resources, satisfaction with lifestyle. A hundred percentage of the participants also explained that new roles and responsibilities for newly married women are emerging. Building a strong and healthy relationship with their partner is a top priority for newly married women. They need to communicate effectively, resolve conflicts, and work together to build a fulfilling and meaningful life together.

Household Responsibilities: Women often take on more household responsibilities than men, which can be a significant adjustment for newly married women. They may have to learn new skills, manage household finances, and balance work and family responsibilities. Newly married women also have a responsibility to be a supportive partner to their spouse. This includes providing emotional support, encouragement, and being there for their partner during both good and challenging times. Financial management is another important responsibility for newly married women. They need to work with their partner to create a budget, manage expenses, and plan for their future together. Newly married women have many responsibilities that require balance and effective management. By prioritizing their relationship, household and financial management, personal development, and contribution to society, newly married women can successfully navigate this new phase of their lives while also achieving their personal goals and aspirations. Seventy percentage of the participant explained that they experience homesickness. Homesickness is a common experience among newly married women who have left their family, friends, and familiar surroundings to start a new life with their partner. It is a feeling of longing for the comfort and security of their previous home, and it can impact their emotional and mental well-being. Forty percentage of the participants indicated that they will have to often make significant sacrifices as they navigate their new roles and responsibilities in their relationship.

These sacrifices can include personal, professional, and social sacrifices, and they can impact their emotional, mental, and physical well-being. Seventy percentage of the participant expressed that when they adjust to their new roles and responsibilities in their relationship, a feeling of worry, fear, and uncertainty about the future, was felt. Anxiety can be caused by several factors, including the pressure to adapt to a new life and roles, the fear of making mistakes, the uncertainty of the future, and the pressure to meet their partner's expectations.

Let-downs

The second super ordinate theme is let-downs, within that there are some subordinate's themes also generated such as, Disappointment with relatives and in-laws and communication.

Newly married women may experience let-downs as they navigate their new roles and expectations in their relationship. These let-downs can be emotional, mental, or physical and can have a significant impact on their well-being. Forty percent of the participant indicated that they experienced disappointment with their spouse's relatives and in-laws. They may have expectations about their partner or relationship that may not be met. This can include unrealistic expectations about their partner's behaviour, relationship dynamics, or future plans. Fifty percentage of the participants explained about the quality of communication. It is important for newly married women to communicate their needs and boundaries, and work together with their partner to build a healthy and fulfilling relationship. communication problems can be a significant challenge for newly wedded women as they adjust to their new roles and expectations in the relationship. Effective communication requires active listening, open and honest communication, and understanding each other's communication styles. It is important to address conflicts and external stressors, and prioritize creating a safe and supportive space for communication to build a healthy and fulfilling relationship.

Serious Responsibilities

The third super ordinate theme is serious responsibilities, within that there are some subordinate's themes also generated such as, mutual interest and lack of social maturity. Fifty percent of the participant indicated that the new pressures and "the stress of the future" were weighted heavily on them. Marriage consisted "of much stuff you had to do by yourself" that parents had taken care of in the past. Marriage also required "big decisions"; often financial, that had serious implications of the future. Ninety percentage of the participants explained that they are having lack of social maturity. Emotionally mature individuals do not blame their partners or others for any anger or anxiety they feel. Because maturity affects emotional control and reasoning, it affects a couple's ability to successfully make joint decisions, work together towards relationship goals and to resolve conflicts effectively. Maturity is not linked completely with development of age but also seen in; spiritually, financially, physically and mentally.

From the results it's clear that women during their onset of marriage they face adjustment issues which is also associated with let-downs and social maturity. The adjustment theme has also generated some subordinates theme such as adjustment issues faced after marriage, anxiety for having new role, having homesickness,

sacrificing their needs after marriage, losing of freedom, anxiety. The second subordinate, let down theme generated communication a disappointment with relatives and in-laws and the theme of serious responsibilities generated lack of social maturity and mutual interest among women during the onset of marriage.

CHAPTER-5

SUMMARY AND CONCLUSION

The aim of the study was to understand the adjustment issues faced by newly married woman. The main objective of my study is to understand the adjustment issues faced by newly married woman and the specific objective was to understand analyse the emotional changes, mental struggles, the impacts of past learnings and the expectations.

In the present study, qualitative research design was used. Qualitative research is defined as research where the researcher is interested in analysing the subjective meaning or social production of issues, events or practices by collecting non-standardized data and analysing texts and images rather than numbers and statistics. Data was collected through a semi-structured interview method in the thematic analysis method. Population was newly married woman in the age range 18 to 30 and the universe was Kasaragod district of Kerala. The sample size of the study was 10 individuals. It includes only newly married woman who have undergone minimum six months after marriage and this excludes woman who have been married for long time, mentally and physically disabled or divorced.

After framing the study, the researcher proceeded with the research. Prepared the questions and then found the samples. Then asked their consent and started the telephonic interview. First established the rapport and made them comfortable. Among the ten samples most of them were cooperative. From the analysis of semi-structured interview of 10 samples, three major superordinate themes have emerged: Adjustment issues, Let-downs and Serious responsibilities.

The study reveals that many factors play an important role in adjustment issues faced by woman at the onset of marriage. From the results it is clear that the woman does face adjustment issues at the onset of their marriage which is also associated with Adjustment, let-downs and serious responsibilities. The adjustment issues theme also generated some superordinate themes such as new roles, having homesickness, sacrificing their needs after marriage, losing of freedom and anxiety. The let-down theme generated communication problems and disappointment with relatives and in-laws and the serious responsibility's theme generated mutual interest a social maturity.

The study reveals that during the onset of marriage, women face many difficulties such as adjustment issue, staying away from parents, assuming new culture, new family members and new roles and responsibilities. They think they may have to completely change their personality, habits, lose a sense of identity after marriage. After marriage they have to change their entire personality and character in order to adjust with the new family members. They have to adjust with new environment and culture. Marriage means that two persons who have previously lived by themselves as single individuals must learn to live together with common purpose and aims. A happy marriage is characterized by learning the art of living together to share, to compromise, to accommodate, and to plan together in the pursuit of effective performance of marital roles. In turn, it makes the person feel needed, wanted, desired, approved, belonged and pampered to a degree not possible in any other human relationship. A happy marriage is realized, only when both husband and wife make a determined effort to make their marriage a success. Most of the participant responded that having a partner for life is good. Most participants acknowledge the importance of premarital counselling as premarital counselling is a therapy to help prepare the couples mentally for marriage. This scope of this study would be helpful in providing premarital counselling for women at the onset of their marriage.

The study reveals that during the onset of marriage, women face many difficulties such as adjustment issues, staying away from parents, assuming new cultures, and new family members and new roles and responsibilities. They think that they may have to change their personality, lose a sense of identity after marriage. After marriage they have to change their entire personality and character in order to adjust with new family members. They have to adjust with new environment had culture. A happy marriage is characterized by learning the art of living together- to share, to compromise, to accommodate, and to plan together the pursuit of effective performance of marital roles. Most of the participants responded that having a partner for life is good. Most participants also acknowledged the importance of premarital counselling and that it is a therapy to help prepare the couples mentally for marriage. This scope of study would be helpful in providing premarital counselling for women at the onset of their marriage.

Major findings

- Through the study was found that women during the onset of marriage faced increased amount of psychological distress.
- Almost women have adjustment issues faced during the onset of their marriage.
- Had excess amount of fear and anxiety to the new role and environment.
- All women indicated that they need some amount of psychological and emotional support in order to deal with the new pattern of living.

IMPLICATION OF THE STUDY

Through the study found that most of the women have adjustment issues after marriage. Most of the participant responded that having a partner for life is good. Most participants acknowledged that premarital counselling as a therapy to help prepare the couples mentally for marriage. The scope of this study would be helpful in providing premarital counselling for women at the onset of marriage.

LIMITATIONS

Women who have been married for a long time, divorced, widowed, physically and mentally disabled are excluded. Due to the participant availability issue, most of the interviews were conducted through telephonic interview. A purposive sampling method has been used for this study which makes generalizability of this result less plausible.

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APPENDIX

APPENDIX-A: INFORMED CONSENT FORM

This is a research study undertaken for the fulfilment of the researcher's Bachelor of Science program in Psychology. The study is on "Adjustment issues faced by newly married women". The data for the study will be obtained through semi-structured interview and will be recorded. It is expected to last 30 seconds for each participant.

Participation in this research project is voluntary. You have the right to withdraw from the study at any time in the event that you choose not to continue. It is further reinstated that all information will be kept confidential and will be only used for the purpose of the above mentioned research study.

The contact information of the researcher has been provided for participant in order to clarify any concerns or queries about the study. The details of the researcher are given below:

Researcher: Vishnupriya Varapravan

Phone no: 7306561795

Email Id: vishnupriyavarapravan@gmail.com

Your name and signature below signify that you have read and understood the contents and intentions formed in the consent.

Name

Signature

Date

APPENDIX B: SOCIO-DEMOGRAPHIC DETAILS

NAME/INITIAL: VISHNUPRIYA VARAPRAVAN

AGE: 20

GENDER: FEMALE

OCCUPATION: UNDERGRADUATE

PLACE: KASARAGOD

ADDRESS: CHEMBRAKANAM, THIMIRI POST, 671313, KASARAGOD

CONTACT NO: 7306561795

APPENDIX C

- 1) How long have you been married?
- 2) Was it a love or arrange marriage?
- 3) What was the problem you used face while building a new relationship after marriage?
- 4) What was the biggest fear of yours at the time of marriage?
- 5) Do you often fell homesickness while you are at your in-laws?
- 6) What was your husband's response to marriage? Did he support and help you with his home environment?
- 7) How long did it take to adjust to that situation?
- 8) Did you have any certain expectations for in-laws?
- 9) Did the concept of marriage according to you change?
-Did you attain maturity after marriage?
- 10) At the time of marriage, did you think that you are matured enough to get married
- 11) If you could say two things that changed about you after getting married, what would they be?

DEPICTION OF DIFFERENT PARENTING STYLES IN TAMIL CINEMEA

*A Dissertation submitted in partial fulfilment of the
requirement of the degree of Bachelor of Science in Psychology*

Submitted by:

Suryapriya G

Reg.No:DB20CPSR16

Under the Guidance of

Ms. Keerthana

Assistant Professor



**DON BOSCO ARTS AND SCIENCE COLLEGE,
ANGADIKADAVU**

(Affiliated to Kannur University)

DEPARTMENT OF PSYCHOLOGY

MARCH 2023



DEPARTMENT OF PSYCHOLOGY
DONBOSCOARTS&SCIENCECOLLEGE, ANGADIKADAVU
(Affiliated to Kannur University)
PSYCHOLOGY PROJECT REPORT

Register Number: DB20CPSR16

SUBMITTED FOR THE B.Sc. EXAMINATION 2022-23

Head of the Department

Principal

HELD ON

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on “**DEPICTION OF DIFFERENT PARENTING STYLES IN TAMIL CINEMA**” by, **Suryapriya G**, in partial fulfilment of the requirements for the award of the Undergraduate Degree of BSc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

DECLARATION

I SURYAPRIYA G, hereby declare that this dissertation entitled “**DEPICTION OF DIFFERENT PARENTING STYLES IN TAMIL CINEMA**” submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

SURYAPRIYA G

DB20CPSR16

Signature

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ABSTRACT

This study aimed to investigate the depiction of different parenting styles in Tamil cinema through a content analysis of 4 films released between 2002 and 2022. The four parenting styles examined were authoritative, authoritarian, permissive, and uninvolved. Results indicated that authoritative parenting was the most frequently depicted style, followed by permissive and uninvolved parenting. In contrast, authoritarian parenting was depicted the least. Additionally, warmth and responsiveness were more common than strict discipline and control in the portrayal of parenting styles. These findings suggest that Tamil cinema tends to promote positive parenting styles that emphasize communication, support, and guidance, while avoiding the negative consequences associated with authoritarian and uninvolved parenting styles.

The depiction of authoritative parenting in Tamil cinema may reflect a growing awareness of the benefits of this parenting style, which has been associated with positive outcomes for children, such as higher academic achievement, better mental health, and lower rates of risky behavior. Moreover, the cultural values of Tamil society, which place a strong emphasis on family values and collectivism, may also contribute to the preference for positive parenting styles. However, further research is needed to explore the potential impact of these portrayals on viewers' attitudes and beliefs about parenting, as well as the role of Tamil cinema in shaping parenting practices and norms in Tamil society.

CHAPTER 1

“At the end of the day, the most overwhelming key to a child’s success is the positive involvement of parents.”

- Jane D. Hull

A lot of people might think parenthood is just about having children. However, parenthood is a long and difficult journey where one does not simply bring a new human life into the world, but leads them on a journey to adulthood. The calling of a parent is to take an infant who is completely dependent on other people physically and emotionally, then nurture and raise them to be a completely independent adult. Parenthood requires a great deal of energy, effort, resolve, courage and patience to succeed in. In the past, there used to be a lot more support from tribal elders and community leaders to assist people in being successful parents. However, society has changed a great deal and many people face the difficult prospect of raising children either alone or without family or community support. Parenthood is about accepting that one is primarily responsible for their child’s education, well-being, safety, emotional maturity and eventual attainment of adulthood. (Fourbirdseducation, n.d.)

Parenting is a continuous process that usually does not produce immediate results. This implies that parents have to be actively involved in child rearing to ensure positive development and nurture desired norms and values. Parenting is termed as a gift and a privilege since parents are given the opportunity to positively impact a person’s life. Parenting, often referred to as child rearing, refers to the process of providing emotional, physical, social and financial support towards the full growth of a child. It can be carried out by biological parents or adoptive parents who take it upon themselves to ensure that a child develops progressively from infancy to adulthood. Upon reaching adulthood, children are in better positions to assume independence. Competent parenting is achieved through a gradual process of acquiring skills and adapting to different environments which a child and a parent are often exposed to (Ivy Panda, 2019).

Parenting depends on pre-existing conditions of a child which include traits, abilities, characteristics and type of temperament. Competent parenting entails several features which parents should strive to cultivate: perceptiveness, flexibility, responsiveness and persistence (Parenting Today, 2013)

Perceptiveness calls for the need to be aware and observant of a child's emotional and behavioral changes. This facilitates identification and regulation of child behavior. Observance requires parents to be attentive to small details that often go unnoticed. Some events that occur during child growth require parents to be sensitive to different changes which influence them. Upon identifying these changes, parents can thereby act accordingly. This eliminates the problem of 'passive parenting', which is evident in some families. Flexibility refers to the ability to adapt to different situations appropriately. This implies that parents should be armed with a wide range of problem-solving skills, usually acquired from experience and previous learning. This facilitates the possibility of effectively responding to different demands and situations, as and when need arises. Different situations present themselves (ranging from academics, social and personal issues) during child development. It is the responsibility of the parent to ensure that they are armed with adequate problem-solving skills to deal with these situations adequately. Responsiveness is aimed at fostering adjustment based on changing needs of a child. Parents should be aware of what their children are going through and, in the process, understand that a parents' warmth is vital for child development. Affection should be expressed in all situations including rebuke. Gradual persistence builds on optimism which arises from positive attitudes. Children often learn from parents' behaviour through observation and this affects impartation of skills (IvyPanda, 2019).

The ecological model supports the idea that children's growth and development is equally determined by external factors. Healthy maturity depends on settings that are beyond the confines of a home. The ecological model places a child at the centre of micro systems which the child is in constant interaction with. External events, values and norms are learned by children depending on the environments they are in. Child development is evidently affected by settings like educational institutions, extended families and community neighbourhoods. As a child grows and time passes by, contexts change and each of the new developments affect the growth of the child hence parenting should accommodate these changes (Luster & Okagaki, 2005).

Parenting has been termed as a demanding task despite being a natural process. A parent needs to invest time in ensuring proper upbringing of a child. Becoming a better parent call for acquisition of certain skills to foster good health, success and development of a child. The most important is love. Parents should be affectionate to their children and create time to bond with them. This in turn creates a feeling of

appreciation. Relationship skills allow the parent and child to have a healthy relationship and in turn the child is in a better position to establish healthy relations with others. Parents should be respectful and encourage autonomy. The child should be encouraged to understand their sense of purpose in life and reminded that they are self-sufficient. Other skills that are vital in parenting include stress management, behavior management, safety and support of spiritual development (Golombok, 2000).

The medias' role in parenting has recently evolved over the years. The media has played an important role in parenting in several ways. Parents are increasingly looking to the media for information on child rearing through access to a wide array of topics on parenting. Parenting information is available online where parents can borrow lessons from true stories and other experienced parents. Psychologists also offer chunks of advice to assist parents in child growth and development. The TV also provides a considerable amount of content on parenting which parents can learn from. The print media equally discusses topics on child rearing and other child related stories. Several media owners in the print industry have devoted several pages to discussions on issues relating to family life (Simpson, n.d., para 11).

Despite the positive influence of media, there are several challenges that the media has generated. TV has largely been viewed as the major source of parenting advice hence overlooking other important aspects that build parenting like family and religion. Sometimes, application of parenting advice varies from situation to situation. Therefore, what is portrayed in the media may be confusing and fail to apply efficiently in different situations. This implies that parents should not treat the media as 'gospel truth' hence they should discern what is right and applicable (DeGaetano, 2004).

NEED AND SIGNIFICANCE:

Tamil cinema has a massive impact on the social and cultural norms of Tamil Nadu. It shapes the attitudes and behaviors of parents, especially in urban areas. Studying the depiction of parenting styles in Tamil cinema can help us understand how these films influence the way parents raise their children. Tamil cinema has portrayed different types of parenting styles, including authoritarian, permissive, uninvolved and authoritative. By analysing these depictions, one can identify the positive and negative aspects of each style and help parents understand the impact of their parenting style on their children. Understanding the different parenting styles portrayed in Tamil cinema can help parents develop more effective strategies for raising their children. For

example, parents can learn from positive portrayals of parenting and avoid negative ones. Tamil cinema has the potential to promote positive parenting by depicting positive role models for parents. Such depictions can be identified and analysed and used them to promote positive parenting practices among parents.

Hence, researching the depiction of different parenting styles in Tamil cinema can help understand the impact of these films on parenting practices, identify positive and negative portrayals of parenting, develop better parenting strategies, promote positive parenting, and enhance social and emotional development.

STATEMENT OF THE PROBLEM:

Despite the significant impact that Tamil cinema has on the social and cultural norms of Tamil Nadu, there is a lack of research on the depiction of different parenting styles in these films. With the increasing diversity in parenting styles, it is essential to understand how Tamil cinema portrays various parenting styles and their impact on children's social and emotional development. Therefore, this study aims to explore the portrayal of different parenting styles in Tamil cinema and their impact on parenting practices and children's social and emotional development. The research aims to identify positive and negative portrayals of parenting, develop better parenting strategies, and promote positive parenting practices among parents and filmmakers. The study will fill the gap in the literature and provide insights into the influence of Tamil cinema on parenting practices and children's development.

DEFINITION OF KEY TERMS:

Parenting: -

Theoretical definition:

Parenting is the process of raising children and providing them with protection and care in order to ensure their healthy development into adulthood. (Kretchmar-Hendricks, 2017)

Operational definition:

Parenting is the process of nurturing and way of establishing morals, principles and conduct within a child.

Tamil cinema: -

Theoretical definition:

Tamil cinema, also known as the Tamil film industry or Kollywood, refers to the Indian film industry based in the state of Tamil Nadu, where movies are made in the Tamil language. Tamil cinema is known for producing a wide variety of films, ranging from romantic comedies to action movies and historical dramas (Encyclopaedia Britannica, n.d.).

Operational definition:

Tamil cinema is having a wide range of audience in India and across the world which produce a lot of realistic movies that have a strong tendency to influence the attitude of the audience.

MAJOR OBJECTIVES:

- ❖ To understand the depiction of different parenting styles in Tamil cinema.

SPECIFIC OBJECTIVES:

- ❖ To understand the Baumrind's 4 parenting styles depicted in Tamil cinema.
- ❖ To analyse how Tamil movies have depicted the effects and impacts of different parenting styles.
- ❖ To identify positive and negative portrayals of different parenting styles in Tamil cinema.

ORGANIZATION OF THE REPORT:

The study contains five chapters – introduction, literature review, methodology, results and discussion and finally the summary and conclusion. The first chapter is the introduction. It includes a brief introduction to the study with major focus on the need and significance of the study. The chapter also includes the problem statement and the definitions of the key terms that are used in the chapter. The second chapter is the review of literature. It comprises of two sections – the theoretical background of the study and the related studies. The third chapter is the methodology. It includes a detailed account of samples, variables, tools, procedures for data collection and analysis method used for the analysis of the data collected. The fourth chapter explores the results and discusses the analysis of the data and the results obtained there by. In the fifth chapter which is the Summary and Conclusion, a resume of the study and

methodology of the study is briefly stated. It also includes the major findings of the present study, its implications and the suggestions for further research. At the end, references and appendices are included.

CHAPTER 2

REVIEW OF LITERATURE

A literature review is a piece of academic writing demonstrating knowledge and understanding of the academic literature on a specific topic placed in context. A literature review also includes a critical evaluation of the material; this is why it is called a literature review rather than a literature report. It is a process of reviewing the literature, as well as a form of writing.

To illustrate the difference between reporting and reviewing, think about television or film review articles. These articles include content such as a brief synopsis or the key points of the film or programme plus the critic's own evaluation. Similarly, the two main objectives of a literature review are firstly the content covering existing research, theories and evidence, and secondly your own critical evaluation and discussion of this content. Usually, a literature review forms a section or part of a dissertation, research project or long essay. However, it can also be set and assessed as a standalone piece of work.

In a larger piece of written work, such as a dissertation or project, a literature review is usually one of the first tasks carried out after deciding on a topic. Reading combined with critical analysis can help to refine a topic and frame research questions. Conducting a literature review establishes your familiarity with and understanding of current research in a particular field before carrying out a new investigation. After doing a literature review, you should know what research has already been done and be able to identify what is unknown within your topic.

The aim of any literature review is to summarize and synthesize the arguments and ideas of existing knowledge in a particular field without adding any new contributions. Being built on existing knowledge they help the researcher to even turn the wheels of the topic of research. It is possible only with profound knowledge of what is wrong in the existing findings in detail to overpower them. For other researches, the literature review gives the direction to be headed for its success.

As per the common belief, literature reviews are only a summary of the sources related to the research. And many authors of scientific manuscripts believe that they are

only surveys of what are the researches are done on the chosen topic. But on the contrary, it uses published information from pertinent and relevant sources like scholarly books, scientific papers, latest studies in the field, established school of thoughts, relevant articles from renowned scientific journals and many more for a field of study or theory or a particular problem to summarize into a brief account of all information, synthesize the information by restructuring and reorganizing, critical evaluation of a concept or a school of thought or ideas, familiarize the authors to the extent of knowledge in the particular field, appraise, identify, evaluate, encapsulate, correlate, compare & contrast. By doing these on the relevant information, it provides the reader of the scientific manuscript with the following for a better understanding of it. That is, it establishes the authors' in-depth understanding and knowledge of their field subject, it gives the background of the research, portrays the scientific manuscript plan of examining the research result, illuminates on how the knowledge has changed within the field, highlights what has already been done in a particular field, information of the generally accepted facts, emerging and current state of the topic of research, identifies the research gap that is still unexplored or under-researched fields, demonstrates how the research fits within a larger field of study, and provides an overview of the sources explored during the research of a particular topic.

The importance of literature review in scientific manuscripts can be condensed into an analytical feature to enable the multifield reach of its significance. It adds value to the legitimacy of the research in many ways. It provides the interpretation of existing literature in light of updated developments in the field to help in establishing the consistency in knowledge and relevancy of existing materials, it helps in calculating the impact of the latest information in the field by mapping their progress of knowledge, it brings out the dialects of contradictions between various thoughts within the field to establish facts. The research gaps scrutinized initially are further explored to establish the latest facts of theories to add value to the field. It indicates the current research place in the schema of a particular field and provides information for relevancy and coherency to check the research. Apart from elucidating the continuance of knowledge, it also points out areas that require further investigation and thus aid as a starting point of any future research. It also justifies the research and sets up the research question. Literature review sets up a theoretical framework comprising the concepts and theories of the research upon which its success can be judged and helps to adopt a more

appropriate methodology for the research by examining the strengths and weaknesses of existing research in the same field. It increases the significance of the results by comparing it with the existing literature. It also provides a point of reference by writing the findings in the scientific manuscript. It helps to get the due credit from the audience for having done the fact-finding and fact-checking mission in the scientific manuscripts. The more the reference of relevant sources of it could increase more of its trustworthiness with the readers. Literature review helps to prevent plagiarism by tailoring and uniquely tweaking the scientific manuscript not to repeat other's original idea. By preventing plagiarism, it saves the scientific manuscript from rejection and thus also saves a lot of time and money. It helps to evaluate, condense and synthesize gist in the author's own words to sharpen the research focus and to compare and contrast to show the originality and uniqueness of the research than that of the existing other researches. It rationalizes the need for conducting the particular research in a specified field and helps to collect data accurately for allowing any new methodology of research than the existing ones. It enables the readers of the manuscript to answer the following questions of its readers for its better chances for publication like what do the researchers know, what do they not know, is the scientific manuscript reliable and trustworthy and what the knowledge gaps of the researcher are. It helps the readers to identify the following for further reading of the scientific manuscript, that is, what has been already established, discredited and accepted in the particular field of research, areas of controversy and conflicts among different schools of thought, unsolved problems and issues in the connected field of research, the emerging trends and approaches, and how the research extends, builds upon and leaves behind from the previous research. A profound literature review with many relevant sources of reference will enhance the chances of the scientific manuscript publication in renowned and reputed scientific journals.

THEORETICAL REVIEW:

Parenting practices around the world share three major goals: ensuring children's health and safety, preparing children for life as productive adults, and transmitting cultural values. A high-quality parent-child relationship is critical for healthy development. Researchers have described different human parenting styles—ways in which parents interact with their children—with most classifications varying

on the dimensions of emotional warmth and control. Keeping kids safe and healthy and providing basic needs are crucial survival needs. Parenting involves these other missions, too, responsibilities that infuse parenting with deeper meaning. Preparing children for adulthood is the overarching role of a parent. A phrase to illustrate the idea is this: You're not raising a child; you're raising an adult. Every day, parents make choices and act in deliberate ways to help shape their children into people with character, respect, a sense of responsibility, motivation, and skills to help them be both successful as kids and as adults. Leading relates to this preparation. Parents' actions speak louder than words; indeed, leading by example is more effective than lecturing. While it seems like this preparation and leading by example are heavy responsibilities that require multiple parenting skills, they're also fun. This preparation is done largely through outings together, playing games together, generally living life together. Preparation is about actions. It can create strong parent-child bonds and infuses parenting with meaning.

Parental meaning, maybe even stronger than preparation, is the act and attitude of unconditional love. Raising kids can be challenging and peppered with difficult times; however, when your relationship is rooted in love, you have a bond that remains strong and can bring you together any time you disagree and argue. Loving your children nurtures them and helps them thrive. A hug, a kiss on the head, laughter, and the joy of being together is perhaps the best description of the meaning of parenting. It's what parenting is all about.

Research has found consistent links between parenting and child behavioural adjustment. For instance, a mother's parenting behaviours, including the extent to which she displays affection toward and exerts behavioural and psychological control over her child, when that child is five years of age are linked to later child internalizing and externalizing behaviours (Aunola & Nurmi, 2005). Internalizing, or emotional, behavior problems often refer to anxiety and depression (Akhter et al., 2011). Externalizing, or disruptive, behavior problems commonly include attention-deficit hyperactivity disorder and conduct problems (Akhter et al., 2011). These are just a few common behavioral problems that are, in part, shaped by particular styles of parenting.

The attempt to study the influence of parenting practices on child outcomes is complex because there exists an overwhelmingly wide range of parenting behaviors

and an equally wide range of child behavioral outcomes. The causal relation between parenting practices and child behavior outcomes is similarly opaque depending on the timing and measurement of the behaviors in question. For example, in a study of adolescents' perception of their parents' psychological control, or the extent to which parents try to control their children's emotions and beliefs, and adolescents' self-reported internalizing and aggressive behaviors, researchers found child behavior as a stronger predictor of changes in parental psychological control than parental behavior as a predictor of changes in adolescent behavior (Albrecht et al., 2007). Because this relation is multidirectional, studying the influence of parenting practices over child behavioral outcomes becomes even more complex.

A common way of addressing these complexities is to organize parenting behaviors into four distinct parenting styles: authoritarian, permissive, uninvolved, and authoritative (Maccoby & Martin, 1983). These four parenting styles are based on two parental dimensions: parental warmth, which is related to parental affection toward and acceptance of the child, and parental control, which is related to the active role parents play in promoting respect for rules and social conventions (Maccoby and Martin, 1983). There has been extensive research on the implications parenting styles have on behavioral outcomes in children.

Authoritarian parenting:

The authoritarian parent combines low levels of warmth with high levels of control and employs a strict discipline style characterized by minimal negotiation with the child, high expectations, limited flexibility, frequent use of punishment, and one-way communication from parent to child (Baumrind, 1991). Authoritarian parenting has been associated with child outcomes such as hostility, delinquency, rebelliousness, and antisocial aggression (Baumrind, 1991). Research has also found that a child's early experience with excessive parental control tends to correlate with the development of anxiety (Chorpita & Barlow, 1998). It is possible this anxiety stems from a lack of opportunity to develop autonomy through independent exploration of the environment (Bowlby, 1977). It has also been proposed that the low warmth typical of authoritarian parenting could be linked to child depression (Rapee, 1997).

Permissive parenting:

The permissive parent exhibits high levels of warmth and low levels of control. He or she acts more like a friend than a parent, employing a lax discipline style with

few rules, little to no expectations, and minimal guidance or direction (Baumrind, 1991). Parents with this style have a tendency to be very loving and nurturing, but also allow their children to solve problems without parental involvement (Baumrind, 1991). In a study of permissive parenting, lack of involvement, lack of follow through, and lack of confidence in parenting ability were important predictors of child behavior problems reported by both parents and teachers (Calzada, 2001). Because permissive parents tend to be non-demanding, it becomes much more difficult to control children's behaviors and outline boundaries in children's environments (Baumrind & Black, 1967). Research has found links between the excessive parental indulgence often found in permissive parenting practices and children's decreased social competence and academic achievement (Chen et al., 2000). Permissive parenting has been linked to bossy, dependent, impulsive behavior in children, with low levels of self-control and achievement and a failure to learn persistence and emotional control (Baumrind, 1967).

Uninvolved parenting:

The uninvolved parent combines low levels of warmth and low levels of control, and does not utilize any particular discipline style (Baumrind, 1991). He or she often displays little interest in being a parent. Communication is limited, nurturance is low, and the child, generally, has an excessive amount of freedom (Baumrind, 1991). Because the uninvolved parent is neither demanding, nor responsive, and because young children are highly dependent on parental structure and support, uninvolved parenting has been associated with behavioral problems and depression in children (Downey & Coyne, 1990). Additionally, adolescents who are exposed to uninvolved parenting practices often perceive high levels of rejection and tend to exhibit more externalizing behaviors, aggressive behaviors, delinquent behaviors, hostility, and attention problems (Ruchkin et al., 1998; Meesters et al., 1995; & Barnow et al., 2002). It is also possible that the effects of uninvolved parenting persist through adolescence and into adulthood (Nijhof & Engles, 2007). In a study of first year college students, researchers found that individuals who reported being raised by uninvolved parents showed more internalizing and externalizing problems in reaction to negative emotions such as homesickness (Nijhof & Engles, 2007). Additionally, these students, generally, coped with problems less effectively than individuals who reported growing up in a loving and accepting home environment (Nijhof & Engles, 2007).

Authoritative parenting:

The authoritative parent displays both high levels of warmth and high levels of control (Baumrind, 1991). Parents in this category are reasonable and nurturing, set high expectations, explain disciplinary rules clearly, and engage in frequent communication with their children (Baumrind, 1991). Authoritative parenting has been associated with greater child competence, exceptional maturity, assertiveness, and self-control (Baumrind, 1991). Authoritarian parents who employ child-centered disciplinary practices, and who use verbal reasoning and explanations, tend to raise children who display high levels of moral reasoning, markers of moral conscience, and prosocial behaviors (Krevans & Gibbs, 1996).

Research has shown that authoritative parenting may be the most effective style, however, it also tends to be the most demanding in terms of parental energy and time (Greenberger & Goldberg, 1989). It is possible that parents who are living under conditions of stress, such as poverty, may be less likely to display authoritative parenting behaviours, and more likely to employ less effective parenting practices. Research suggests parents of a higher socioeconomic status household, are more likely to employ democratic (Hoffman, 1963) and child-centered (Sears et al., 1957) parenting practices, in contrast to the authoritarian and parent-centered style that characterizes lower socioeconomic status homes. This would lead to an increased likelihood of raising children who display internalizing and externalizing behavior problems, which, in turn, is likely to put the family under more stress. This circular trend has major implications for the future, as it contributes to systemic inequity for families in poverty (Kohen, 1998).

More extensive research is critical to enhancing the field's current understanding of parenting styles and the role they play in child behavioral outcomes. An increased understanding of the roots of different parenting practices, may enable the field to more effectively address the environmental factors that lead parents to adopt less ideal strategies. This research should be used to guide the development of more effective prevention and intervention programs aimed at fostering adaptive behavioral development in children. Because parenting programs have been found to demonstrate a large and sustained effect on early disruptive behavior problems (Comer et al., 2013), it is important to ensure these programs are widely available to at-risk families, and that

these families are aware of their availability. Additionally, parenting programs are typically delivered in a group format versus individualized therapy, which has been found to be cost-effective, decrease stigma, and promote peer support (Comer et al., 2013; Gross et al., 2003; Sanders, 1999). It is imperative parents are not blamed for their parenting practices or for their children's behavioral outcomes, but are instead given the opportunities and resources they need. Taking advantage of these resources may help parents employ more appropriate parenting practices and promote the adaptive behavioral development of their children.

LITERATURE REVIEW:

Samiullah Sarwar published a qualitative research paper on the topic 'Influence of parenting style on children's behaviour' in 2016. The author examined different parenting styles to understand which style leads the children to be juvenile delinquent, that ultimately makes the children low academic achievers. In this paper, the research attempts to bring an original contribution through the identification of what is missing in the literature thus offering recommendations for future research on the role of parents in shaping the future of their children. Much research has been done on the role of parents in shaping the future of their children; however, more comprehensive research needs to be conducted on the role of parents and different parenting styles on their children's behavior. In the light of the interviews conducted as well as literature reviewed, it was revealed that Authoritarian parenting style is related with the lower level of ability and self-confidence to employ coping mechanisms among adolescents; therefore, it restricts a child to explore his/her capabilities and social interactions, eventually resulting in the child's dependence on parental guidance and direction. In contrast, either authoritarian parenting or permissive and neglecting parenting usually leads children to be delinquent.

Carlos Salavera, Pablo Usan, and Alberto Quilez-Robres conducted a study on the topic 'Exploring the Effect of Parental Styles on Social Skills: The Mediating Role of Affects' in 2022. The study which comprised of 456 participants, with an average age of 22.01 years, aimed to analyse the relationship between parental styles, affects and social skills, as well as the role played by affects in the relationship between parental style and social skills. They used Positive and negative affects PANAS Scale and ICQ-15 Social Skills Questionnaire for this study. The study suggests that parenting styles are related to affects and social skills. The study also indicates that

affects play a mediating role in the relationship between parenting styles and social skills. Finally, owing to the implications of parenting styles not only for affects and social skills but for the overall psychological, social and personal development of children, it is concluded that these issues should be addressed jointly by families and schools.

A study conducted by K. Pradeep in 2016, attempts to introduce the possibility of doing research in the manifestation of Critical Discourse Analysis (CDA) approach with Tamil films. In India, Tamil film has attracted worldwide influence, particularly in the visual text and visual elements are mapped with multicultural sense. In the film study domain number of methodological perspective used to study Tamil films, apart from Critical Discourse Analysis perspective. In a very short era of time, Tamil cinema industry highly praised one of the foremost film productions in world wide. Apart from other film industry, Tamil movies attract different region and world audience for its style and sophistication of cinematic technique. However, in the visual element it has the complex ideological political and cultural terrain that are inbuilt in the narrative process. In this concern to study, the inner dimensions of Tamil film discourses should need the critical perspective to analyse the narrative genre. From this study, it was concluded that Tamil films language have the decisive ways of representing people, particular construction of social identities and the particular construction of social relations. These relations are strongly bonded with ideology and power discourses in visual text. These dominant narrative texts are the complex identity to produce meaning. This invisible textual sense is very crucial in representations of people identity, gender discourse, narrative elements, location, cast identity, socio-political and economic aspects itself. In this context of the narrative, not only possible to reveal the dimensions of invisibility in the narrative. It also helps to the dominant ideology of narrative text, and image. The Critical Discourse Analysis (CDA) like specific framework helps to unveil the hidden dominant discourse of textual meaning and its intertextuality.

CHAPTER 3

METHOD

RESEARCH METHOD:

Research methods refers to the tools that one uses to do research. These can either be qualitative or quantitative or mixed. Quantitative methods examine numerical data and often requires the use of statistical tools to analyse data collected. This allows for the measurement of variables and relationships between them can then be established. This type of data can be represented using graphs and tables. Qualitative data is non-numerical and focuses on establishing patterns. Mixed methods are composed of both qualitative and quantitative research methods. Mixed methods allow for explanation of unexpected results.

Research methodology can be understood as a way to systemically solve or answer the research problem. Thus essentially, it can be understood as the process of studying how research is done in a scientific manner. Through the methodology, we study the various steps that are generally adopted by a researcher in studying his/her research problem and the underlying logic behind them. The selection of the research method is crucial for what conclusions you can make about a phenomenon. It affects what you can say about the cause and factors influencing the phenomenon.(Subject Guides: Research Guide: Research Methods, n.d.).

Research methodology is a way of explaining how a researcher intends to carry out their research. It's a logical, systematic plan to resolve a research problem. A methodology details a researcher's approach to the research to ensure reliable, valid results that address their aims and objectives. It encompasses what data they're going to collect and where from, as well as how it's being collected and analysed. A research methodology gives research legitimacy and provides scientifically sound findings. It also provides a detailed plan that helps to keep researchers on track, making the process smooth, effective and manageable. A researcher's methodology allows the reader to understand the approach and methods used to reach conclusions.

Having a sound research methodology in place provides some benefits. That is, other researchers who want to replicate the research have enough information to do so,

researchers who receive criticism can refer to the methodology and explain their approach, it can help provide researchers with a specific plan to follow throughout their research, the methodology design process helps researchers select the correct methods for the objectives, and it allows researchers to document what they intend to achieve with the research from the outset.

Qualitative research involves collecting and analysing written or spoken words and textual data. It may also focus on body language or visual elements and help to create a detailed description of a researcher's observations. Researchers usually gather qualitative data through interviews, observation and focus groups using a few carefully chosen participants. This research methodology is subjective and more time-consuming than using quantitative data. Researchers often use a qualitative methodology when the aims and objectives of the research are exploratory. For example, when they perform research to understand human perceptions regarding an event, person or product.(Indeed Editorial Team, 2022)

Chapter 3 includes details about Research Design - what it is; the research design used in the study, the participants, the sampling methods used, the universe, population and sample of the study, sample size, inclusion criteria – exclusion criteria, the method of data collection etc. It also gives a description of the data collection method (interview/contentanalysis), its advantages & limitations, the relevance of this method for the study topic, the procedure used for Data Collection and Data Analysis Method.

RESEARCH DESIGN:

A research design is a systematic procedure or an idea to carry out different tasks of the research study. It is important to know the research design and its types for the researcher to carry out the work in a proper way. A research design is a plan or framework for conducting research. It includes a set of plans and procedures that aim to produce reliable and valid data. The research design must be appropriate to the type of research question being asked and the type of data being collected.

A Good research design consists of the following important points:

- Formulating a research design helps the researcher to make correct decisions in each and every step of the study.
- It helps to identify the major and minor tasks of the study.

- It makes the research study effective and interesting by providing minute details at each step of the research process.
- Based on the design of experiments (research design), a researcher can easily frame the objectives of the research work.
- A good research design helps the researcher to complete the objectives of the study in a given time and facilitates getting the best solution for the research problems.
- It helps the researcher to complete all the tasks even with limited resources in a better way.
- The main advantage of a good research design is that it provides accuracy, reliability, consistency, and legitimacy to the research.

PARTICIPANTS:

In research, a participant is an individual who takes part in a study or experiment. Participants may be selected based on certain characteristics, such as age, gender, health status, or specific experiences. In content analysis research, a participant is typically a unit of analysis, such as a text document, image, video, or audio recording, that is being analyzed for the presence, frequency, or characteristics of certain content or messages.

UNIVERSE:

The Universe used for the particular research is Tamil cinema.

POPULATION:

The population includes parents in Tamil cinema.

SAMPLE:

A sample is a smaller set of data that a researcher chooses or selects from a larger population using a pre-defined selection method. The process of deriving sample is called sampling. Sampling forms an integral part of the research design as this method derives the quantitative and qualitative data that can be collected as part of a research study. The sampling method used for this research is Purposive sampling. The purposive sampling method is a method of developing a sample purely on the basis and discretion of the researcher, based on the nature of the study along with his/her

understanding of the target audience. This sampling method selects people who only fit the research criteria and end objectives, and the remaining are kept out. The sample size for the research is 4 parents from Tamil cinema.

Inclusion Criteria:

- Movies that have reached a wide range of audience according to box office.
- Movies that are released between the range of 2002 and 2022.
- Having scenes showing the parental interactions of either antagonist or the protagonist.

Exclusion Criteria:

- Movies that have less reach according to box office.
- Movies that are not released in the range of 2002 and 2022.
- Having less or no scenes of the parents of any main character.

METHOD OF DATA COLLECTION:

Content analysis method was used for the data collection. Content analysis is a research tool used to determine the presence of certain words, themes, or concepts within some given qualitative data. Using content analysis, researchers can quantify and analyse the presence, meanings, and relationships of such certain words, themes, or concepts. Content analysis is a readily-understood and an inexpensive research method that allows a closeness to data and the coded form of the text can be statistically analysed.

PROCEDURE FOR DATA COLLECTION:

Initially, the permission for conducting the research was gained from the head of the department. Then, 4 criterias for each parenting styles for the analysis of content is determined. After forming a content analysis schedule, the 4 sample movies are keenly observed and the contents that falls under the desired criteria and its frequency are noted. That is, First, it is very important to capture the relevant information needed for the content analysis so that there is enough data for the intended content analysis. Secondly, measurement of content in content analysis is based on structured observation, which is a systematic observation based on certain written rules. These rules detail how the content should be categorized. These written rules help to make replication easier and also to improve reliability. Third, Coding is a set of rules that explain the method of observing the content in a given text. During the coding process,

a number should be assigned to each category. The code should be mutually exclusive. Coding fetches highly reliable data as the word or phrase either exists or is absent.

ETHICAL CONSIDERATIONS:

- No deceptions are used to obtain access to the movie. Movies are accessed from publicly available platforms.
- It is ensured that the content analysis does not cause harm to any individuals or groups depicted in the movie.
- The study is aware of and respectful of the cultural and societal norms depicted in the movie. Any potential misrepresentations or stereotypes are carefully considered and addressed in the analysis.

Overall, the researcher should strive to conduct the content analysis in an ethical and responsible manner, with the goal of producing meaningful and useful findings while minimizing any potential harm or negative impact on the movie or its participants.

ANALYSIS METHOD:

Content analysis method is used as it identifies the frequency with which an idea is shared or spoken about or the patterns of deeper underlying interpretations. Content analysis allows for a systematic and objective approach to analysing data. It relies on a set of predefined categories or codes, which helps to eliminate subjective biases and interpretations. Content analysis can be highly reliable, as it can be used to analyse large amounts of data in a consistent and replicable manner.

CHAPTER 4

RESULT AND DISCUSSION

The aim of this study was to understand the depiction of different parenting styles in Tamil cinema. Taking the ethical considerations, 4 films were selected through purposive sampling, namely Don, Adanga Maru, Thulluvadhollamai, and Vaaranam Aayiram. These movies were selected in the basis of decent box office collection and the fame it got from the audience. The movies were released between the time period of 2002-2022. Content analysis was used as the data collection method, as the presence of certain words, themes, or concepts within some given qualitative data can be determined. The following results were obtained through the content analysis of the 4 movies.

Authoritarian parenting:

Table 4.1: Content and frequency of Corporal punishment.

Sl no.	Content	Frequency
1	The father shaves the Chakravarthy's head into bald for failing in the exam. (Don)	1
2	The father orders Chakravarthy to write down 1000 times that he'll never score below 80%. (Don)	1
3	The father beating Chakravarthy. (Don)	2
4	Harish's father beats him and tortures him by cigarette burns. (Thulluvadhollamai)	1
TOTAL		5

Corporal punishment refers to the use of physical force as a means of disciplining or punishing children. This can include spanking, slapping, or hitting a child with a hand or an object. Corporal punishment is a controversial issue, with many experts arguing that it is harmful to children and can have negative long-term effects on their mental and emotional well-being. Some parents believe that corporal punishment is an effective way to teach children to behave appropriately and to deter them from

engaging in undesirable behaviors. However, research has shown that corporal punishment can actually have the opposite effect, leading to increased aggression, antisocial behavior, and mental health problems in children. In movie Don, the leading character Chakravarthy's father gives corporal punishments like shaving his head, beating, slapping, and giving impositions. In the Thulluvadhoilamai movie, Harish's father brutally abuses him by beating and burning him with cigarette buds. The total frequency of corporal punishments in these 4 movies are 5. It is important for parents to understand that effective discipline is not about punishment, but about teaching children appropriate behavior and helping them develop self-control and responsibility.

Table 4.2: Content and frequency of being impatient with misbehaviour.

Sl no.	Content	Frequency
1	The father burns Chakravarthy's laptop for disobeying him. (Don)	1
2	The father beats Chakravarthy in front of everyone for lying to him. (Don)	1
TOTAL		2

Being impatient with misbehavior refers to a tendency to quickly become frustrated or irritated when a child or other individual engages in undesirable behavior. This impatience may lead to an overreaction, such as yelling or using physical force to punish the child. In the movie Don, Chakravarthy's father takes an extreme step of burning Chakravarthy's laptop as he shot a short film behind his back even after the father denies his career choice. Also, he beats Chakravarthy in front of the whole college students and staffs for lying about his academic performance and his love, which is an impatient reaction from the father's side. The total frequency of being impatient with misbehaviour is 2. While it is natural to feel frustrated or impatient when dealing with misbehaviour, it is important for parents and caregivers to remain calm, patient, and consistent in their approach to discipline.

Table 4.3: Content and frequency of showing no love and empathy.

Sl no.	Content	Frequency
1	Father hits Chakravarthy as he cries and refuses to go to school on his first day. (Don)	1
2	Father shouts and refuses to buy Chakravarthy a bicycle as he asks for it. (Don)	1
3	Chakravarthy fell down while driving his father's bicycle, but the father worries about his bicycle and didn't care about helping his son to get up. (Don)	1
4	The father made Chakravarthy write the exam when his arm was fractured. (Don)	1
5	The father shouts at Chakravarthy when he confesses about his dream. (Don)	2
6	Father tries to make Chakravarthy guilty for his decision. (Don)	2
TOTAL		8

Parenting without showing love and empathy can have serious negative consequences for a child's emotional and social development. Children who grow up without feeling loved and valued may struggle with low self-esteem, trust issues, and difficulty forming healthy relationships with others. Without empathy from their parents, children may also struggle to understand and regulate their own emotions, leading to behavioral problems and difficulty with social interactions. In the movie Don, there are many instances where the father denies to express his love and not trying to empathize Chakravarthy, like not giving parental care and love when he needs the most. The frequency of not showing love and empathy is 8, which is significantly high. It's important for parents to prioritize love and empathy in their parenting style, as these qualities create a foundation of trust and understanding that can help children thrive emotionally and socially.

Table 4.4: Content and frequency of taking most of the life decision of children.

Sl no.	Content	Frequency
1	Father forces Chakravarthy to study engineering while he wants to study arts. (Don)	1
2	The father insists Chakravarthy to become an engineer when he says wants to be a film director. (Don)	1
TOTAL		2

Parents taking most of the decisions for their children can have both positive and negative consequences, depending on the situation. In some cases, it may be appropriate for parents to make decisions for their children, such as when the child is very young, or when the decision involves safety or health concerns. However, as children grow and develop, it's important for them to have increasing levels of autonomy and independence, and to be involved in decisions that affect their lives. When parents make all the decisions for their children without involving them, children may feel like their opinions and perspectives are not valued, and may struggle with decision-making skills and self-confidence. In this movie, the father takes the important decision of choosing the stream that Chakravarthy has to study instead of letting him to choose. He also forces Chakravarthy to become an engineer even after Chakravarthy confessed about his dream of becoming a filmmaker. The frequency of taking most of the life decision of the children is 2. Ultimately, the decision-making process for children should involve a balance between parental guidance and support, and opportunities for children to learn and grow by making their own decisions.

Permissive parenting:

Table 4.5: Content and frequency of giving excess freedom.

Sl no.	Content	Frequency
1	Abhijit, Deepak, Christie, and Bhuvandoing Hotbox. (Adanga maru)	2
2	Abhijit, Deepak, and Christie partying in clubs and bars.	2
TOTAL		4

If children are given too much freedom without appropriate guidance and boundaries, it can lead to negative consequences. Children who are not held accountable for their actions may develop a sense of entitlement and lack respect for authority. They may also engage in risky behaviors without considering the consequences, or struggle with decision-making skills if they are not given appropriate guidance. Furthermore, children who are given excessive freedom without proper supervision and guidance may be exposed to dangers such as drugs, alcohol, and other risky behaviors. In the movie *Adanga Maru*, the 4 antagonist's sons Abhijit, Christie, Deepak, and Bhuvan excessively smoke, consumes alcohol, and drugs, from which it is pretty evident that they are given excess freedom by their fathers. The frequency of giving excess freedom is 4. It is important for parents to strike a balance between allowing children freedom and setting appropriate boundaries and rules.

Table 4.6: Content and frequency of being too friendly.

Sl no.	Content	Frequency
1	Bhuvan's father teaches him to shoot a gun. (Adanga maru)	1
2	Abhijit having alcohol in front of his father. (Adanga maru)	2
TOTAL		3

Parents being too friendly with their kids can have both positive and negative consequences, depending on the situation. On the positive side, being friendly and approachable can help children feel comfortable opening up to their parents and foster a strong bond between parent and child. However, if parents are too friendly and don't set appropriate boundaries, it can lead to negative consequences. Children may begin to see their parents as peers rather than authority figures, which can result in a lack of respect and discipline. In this movie, the 4 antagonists are too friendly with their sons, that the sons drink and smoke in front of them, and Bhuvan's father teaching him to shoot with a gun. The frequency of being too friendly is 3. It is important for parents to strike a balance between being friendly and approachable and setting appropriate boundaries and expectations. Parents can foster a positive relationship with their children by being

supportive and understanding, while also being clear about their role as a parent and the rules and expectations for behavior.

Table 4.7: Content and frequency of children being letting off the hook for their mistakes easily.

Sl no.	Content	Frequency
1	The fathers of the 4 rapists (Deepak, Bhuvan, Abhijit, and Christie) bails them out from the rape case that Subash laid on them. (Adanga maru)	1
2	The fathers of Deepak, Bhuvan, Abhijit, and Christie tries to save them from Subash who attempts to kill them for their crime.	5
TOTAL		6

Children being let off the hook for their mistakes easily by their parents can have negative consequences in the long run. If children are not held accountable for their actions, they may not learn from their mistakes or take responsibility for their behavior. This can result in a lack of accountability and a sense of entitlement, where children believe they can do whatever they want without consequences. The 4 fathers bail their sons out of the rape case, and haven't punished or even advised them for the terrible thing they did. They also try to save from Subash, as a tries to kill them all. The total frequency is 2. t's important for parents to strike a balance between being understanding and supportive while also holding their children accountable for their actions. Parents can help their children learn from their mistakes by using natural consequences, setting appropriate consequences for misbehaviour, and helping their children come up with solutions to their problems. By doing so, parents can help their children develop into responsible, resilient, and independent individuals.

Table 4.8: Content and frequency of rarely discouraging poor decisions and bad behaviour.

Sl no.	Content	Frequency
1	The fathers of the 4 rapists didn't discourage them for gang raping more than 30 girls. (Adanga maru)	1
2	The fathers didn't blame their sons for killing Subash's entire family. (Adanga maru)	1
3	Abhijit, Deepak, Christy, and Bhuvan drinks alcohol and smokes weed. (Adanga maru)	5
TOTAL		7

Allowing children to make poor decisions without intervention can lead to negative consequences for both the child and the family as a whole. In the movie, the fathers didn't scold or say a word about their sons gang raping many girls. They also didn't blame them for killing Subash's entire family, nor they discouraged their habit of smoking, drinking alcohol and usage of drugs. The frequency of not discouraging poor decisions and bad behaviours is 7. When children make poor decisions or engage in bad behavior, parents should address the behavior immediately and provide appropriate consequences, such as loss of privileges or time-outs. It is the responsibility of parents to provide guidance and structure for their children, which includes discouraging poor decisions and bad behavior.

Uninvolved parenting:

Table 4.9: Content and frequency of having low demands and low responsiveness.

Sl no.	Content	Frequency
1	Mahesh's father asks him to stop studying in order to have sex with his mother. (Thulluvadhoilamai)	1
2	Vishnu's father having very low responsiveness. (Thulluvadhoilamai)	3
TOTAL		4

Low demands refer to a lack of structure and rules that help a child understand what is expected of them. Low responsiveness refers to a lack of emotional support,

attention, and involvement in a child's life. Parents who are low in responsiveness may be emotionally distant, uninterested in their child's life, or unavailable to provide support and guidance when needed. This lack of emotional support can lead to feelings of neglect, low self-esteem, and difficulty forming healthy relationships. Low demands and low responsiveness in parenting can have negative effects on a child's development, including difficulties with self-regulation, social skills, and academic success. In the movie *Thulluvadhollamai*, Mahesh's father is having low demands on Mahesh in the case of his studies. He asks him to stop study just to have sex with Mahesh's mother because their house is small and having a single room. It is also evident in many scenes that Vishnu's father is having very low responsiveness and doesn't care about what Vishnu is doing. The frequency of having low demands and low responsiveness in this film is 4. Parents can provide a more supportive and nurturing environment by setting clear expectations and rules, and being emotionally available and involved in their child's life.

Table 4.10: Content and frequency of not giving enough instruction, nurturing, or parental attention.

Sl no.	Content	Frequency
1	Mahesh's father consumes alcohol in front of him in his childhood. (<i>Thulluvadhollamai</i>)	1
2	Mahesh's father calls his mother in front of him for having sex. (<i>Thulluvadhollamai</i>)	2
3	Mahesh's father having sex with his mother in front of him without noticing that Mahesh is watching. (<i>Thulluvadhollamai</i>)	1
4	Mahesh's asks him to hold his cigarette while he is working. (<i>Thulluvadhollamai</i>)	1
5	Pooja's father not giving any emotional support, love or care. (<i>Thulluvadhollamai</i>)	4
5	Vishnu's father not giving him any kind of nurturing or parental attention. (<i>Thulluvadhollamai</i>)	3
TOTAL		12

Not giving enough instruction refers to a lack of guidance and direction for a child's behavior and development. Not giving enough nurturing refers to a lack of emotional support, love, and care that a child needs for healthy development. Not giving enough parental attention refers to a lack of involvement in a child's life and activities. The negative effects of not giving enough instruction, nurturing, or parental attention on a child's development can be severe and long-lasting. In this movie, there are so many instances where lack of nurturing and parental attention are depicted like, Mahesh's father consuming alcohol and has sex with Mahesh's mother in front of him. Pooja's father also does not show any gestures of love and caring. The total frequency of not giving enough instruction, nurturing, or parental attention is 12. It is important for parents to recognize the importance of giving adequate instruction, nurturing, and parental attention to their child's development and well-being.

Table 4.11: Content and frequency of not devoting much time or effort to meet the basic needs of children.

Sl no.	Content	Frequency
1	Anitha's parents not devoting time for her. (Thulluvadhoilamai)	2
2	Vishnu's father not spending time with him. (Thulluvadhoilamai)	2
TOTAL		4

Parents who exhibit this parenting style may fail to provide basic necessities such as food, shelter, clothing, and healthcare, or may not prioritize meeting these needs. In addition to physical needs, children also require emotional support and guidance to develop into healthy and well-adjusted adults. Neglectful parenting can also impact a child's emotional well-being, leading to feelings of neglect, low self-esteem, and difficulty forming healthy relationships with others. In this movie, Anitha's parents work in abroad and does not devote any time or effort to meet her emotional needs, and Vishnu's father is busy with his second wife and does not care about Vishnu and his mother. The total frequency of not devoting much time or effort to meet the basic needs of children is 4. This can impact a child's emotional well-being, leading to feelings of neglect, low self-esteem, and difficulty forming healthy relationships with others. It is important for parents to recognize the importance of meeting their child's

basic needs and providing a nurturing and supportive environment for their growth and development.

Table 4.12: Content and frequency of being unaware of their children's actions and are often distracted by other issues.

Sl no.	Content	Frequency
1	Anitha's both parents working in abroad haven't come to see their daughter for years. (Thulluvadhoilamai)	1
2	Anitha's parents and guardian are unaware of her drug addiction. (Thulluvadhoilamai)	2
3	Mahesh's father being unaware of Mahesh's smoking habit. Thulluvadhoilamai)	3
4	Vishnu's father distracted by his extra marital affair and is unaware of vishnu's actions. (Thulluvadhoilamai)	2
5	Pooja's parents didn't care about her sudden disappearance. (Thulluvadhoilamai)	1
TOTAL		9

Parents who exhibit this parenting style may be preoccupied with work, personal problems, or other issues that take priority over their child's well-being. Parents who are unaware of their children's actions may not be aware of potential dangers or risks that their child may be exposed to. Parents who are often distracted by other issues may not have the time or energy to provide emotional support and guidance to their children. In this movie, Anitha's parents working in abroad haven't come to see Anitha since she was 3 years old, and they are unaware of her drug addiction. Both Mahesh's and Vishnu's father are unaware of their drinking and smoking habits. Pooja's father didn't care about her sudden disappearance. The total frequency of being unaware of their children's actions and are often distracted by other issues is 9. It is important for parents to be aware of their child's behavior and activities, and to provide supervision and guidance when necessary. This can involve monitoring their child's social media and internet activity, attending school events, and being involved in their child's life. Additionally, parents can prioritize their time and responsibilities to ensure that they are

able to provide the necessary attention and support for their child's development and well-being.

Authoritative parenting:

Table 4.13: Content and frequency of being warm and attentive.

Sl no.	Content	Frequency
1	Parents talking with Subash freely and warmly. (Adanga maru)	1
2	Subash's mother feeds him when he is busy at work. (Adanga maru)	1
3	Surya's parents spending quality time with him. (Vaaranamaayiram)	7
4	Surya's parents sharing their love story. (Vaaranamaayiram)	3
5	Surya's parents ask about Surya's well-being and his love after he left to USA. (Vaaranamaayiram)	2
6	Surya's parents being with him after Meghna's demise and when he takes drugs as a coping mechanism. (Vaaranamaayiram)	3
TOTAL		17

When parents are warm and attentive, it means that they provide their children with emotional support, love, and attention. Warm and attentive parents are responsive to their children's needs, emotions, and behaviors, and they strive to create a nurturing environment in which their children feel loved, supported, and safe. Children who grow up in warm and supportive homes tend to have higher self-esteem, better social skills, and fewer behavioral problems. They are also more likely to succeed academically and have better mental health outcomes. In the movie *Adanga Maru*, Subash's parents were very warm and attentive. In the movie *Vaaranam Aayiram*, Surya's parents spend quality time with him, shares their love story, and stood by his side every single time. The total frequency of being warm and attentive is 17, significantly high. Warm and attentive parenting is an important factor in promoting healthy development and well-being in children, and it is portrayed well in this film.

Table 4.14: Content and frequency of offering rationale and explanations for their behaviour to their children.

Sl no.	Content	Frequency
1	Surya's father offers rationale for his action of driving the lorry. (Vaaranamaayiram)	1
2	Surya's father being the role model for him in how to treat a woman. (Vaaranamaayiram)	2
3	Surya's father gives explanation for why he smokes and asks Surya not to smoke. (Vaaranamaayiram)	1
4	Surya's father apologizes for coming into Surya's room when he is not around. (Vaaranamaayiram)	1
TOTAL		5

Offering rationale and explanations for their behavior to their children is a key component of authoritative parenting. When parents offer rationale and explanations for their behavior, they help children understand the reasons behind rules and expectations. This can help children feel more motivated to comply with rules and guidelines, rather than simply obeying out of fear or obligation. Furthermore, offering rationale and explanations can also help children develop a sense of autonomy and responsibility. By understanding the reasoning behind rules and expectations, children can learn to make informed decisions and take responsibility for their actions. In this movie, there are few instances where Surya's father offers rationale and explanations for his behaviours such as why he smokes, how to treat a woman, apologizing for breaking into Surya's privacy, etc. The total frequency of offering rationale and explanations for their behaviour to their children is 5. Overall, offering rationale and explanations for their behavior is an important aspect of authoritative parenting. It can help children develop a sense of autonomy, critical thinking skills, and motivation to comply with rules and guidelines.

Table 4.15: Content and frequency of giving their kids individuality and empowering them to be independent.

Sl no.	Content	Frequency
1	Surya's father tells him not to be submissive. (Vaaranamaayiram)	1
2	Surya's father tells him to be independent. (Vaaranamaayiram)	2
3	Surya's father encourages him to go to USA to seek his love, Meghna. (Vaaranamaayiram)	2
4	Surya builds his career by himself and the father lets him to be independent. (Vaaranamaayiram)	1
5	Surya's father supports Surya when he decides to join Indian Army. (Vaaranamaayiram)	1
TOTAL		7

Empowering children to be independent means allowing them to make age-appropriate decisions, encouraging them to think for themselves, and allowing them to experience natural consequences of their actions. This can help children develop self-confidence, self-reliance, and problem-solving skills, which are essential for success in adulthood. Additionally, parents who give their children individuality respect their child's unique needs, preferences, and personality. This means allowing children to express themselves, make choices, and pursue their interests. When parents support their children's individuality, it can foster a strong sense of self-identity and self-esteem, which can promote healthy development and well-being. In the movie, Surya's father always allows Surya to take decisions independently, and encourages his individuality by supporting him when he tells he wants to become an Army officer. The total frequency of giving their kids individuality and empowering them to be independent is 7. Parents who give their kids individuality and empower them to be independent are helping their children develop important life skills and a strong sense of self. This parenting style can promote healthy development, well-being, and success in adulthood.

Table 4.16: Content and frequency of holding constructive discussions with their children and giving them direction and guidance.

Sl no.	Content	Frequency
1	Surya's father teaches him how to play cricket. (Vaaranamaayiram)	1
2	Surya's father discusses with Surya about him talking with girls at streets and asks him to bring them home. (Vaaranamaayiram)	1
3	Surya's father gives him guidance about how to be a good boy in college. (Vaaranamaayiram)	1
4	Surya's parents guiding him to come out of the drug addiction. (Vaaranamaayiram)	2
TOTAL		5

When parents hold constructive discussions with their children, they are encouraging open communication and helping their children develop problem-solving skills. These discussions can involve sharing opinions, brainstorming solutions, and working collaboratively to find a resolution to a problem. Additionally, when parents give their children direction and guidance, they are helping them develop a sense of purpose and direction in life. This can involve setting goals, discussing future plans, and encouraging children to pursue their interests and passions. In the film, Surya's father gives many guidance and instructions such as how to play certain games, how to behave in college, and most importantly guiding him to get out of the drug addiction. The total frequency of holding constructive discussions with their children and giving them direction and guidance is 5. Overall, parents who hold constructive discussions with their children and give them direction and guidance are helping their children develop important life skills, such as effective communication, problem-solving, and goal-setting. This parenting style can promote healthy development, well-being, and success in adulthood.

The sum of four Parenting styles:

Table 4.17: Baumrind's four parenting styles and their frequency in Tamil cinema.

Sl no.	Parenting Styles	Frequency	Frequency percentage
1	Authoritarian parenting	17	17%
2	Permissive parenting	20	20%
3	Uninvolved parenting	29	29%
4	Authoritative parenting	34	34%
TOTAL		100	100%

From the **Table 4.17**, it is evident that Authoritarian parenting is having 17% of frequency, Permissive parenting with 20%, Uninvolved parenting having 29%, and Authoritative parenting with 34% of frequency in Tamil cinema. In general, Tamil cinema is known for depicting strong family values and parent-child relationships, which can provide insights into the types of parenting styles that are often portrayed in these films. Based on previous research on parenting styles and how they are portrayed in the media, it is possible that Tamil cinema may depict authoritative parenting with high frequency and authoritarian parenting with low frequency. Authoritative parenting is a style that involves setting clear expectations and boundaries for children, while also being warm, responsive, and supportive. This type of parenting is associated with positive outcomes for children, such as better mental health, academic success, and social skills. On the other hand, authoritarian parenting is a style that involves strict rules and punishments, with little room for negotiation or discussion. This type of parenting is associated with negative outcomes for children, such as poor mental health, lower academic achievement, and behavioral problems. Based on the general themes and values depicted in Tamil cinema, it is possible that authoritative parenting is more commonly portrayed due to its positive associations.

There are several possible reasons why authoritative parenting may be highly depicted in Tamil cinema. One reason is that authoritative parenting is a parenting style that is associated with positive outcomes for children, such as better mental health, academic success, and social skills. As such, it may be seen as a desirable parenting style to promote in Tamil cinema, which often depicts strong family values and parent-

child relationships. Additionally, authoritative parenting may be seen as a culturally appropriate parenting style in Tamil culture. Tamil culture places a strong emphasis on family values and respect for elders, which can align with the values of authoritative parenting. This parenting style involves setting clear expectations and boundaries for children while also being warm, responsive, and supportive, which can be seen as an appropriate way to maintain family values while also promoting positive child development.

Moreover, it is possible that the prevalence of authoritative parenting in Tamil cinema reflects a broader trend towards this parenting style in contemporary society. As parents become more aware of the benefits of authoritative parenting, they may be more likely to seek out media representations of this parenting style and be drawn to films that promote it.

CHAPTER 5

SUMMARY AND CONCLUSION

The aim of this study was to understand the depiction of different parenting styles in Tamil cinema. Parenting refers to the process of raising and nurturing children from birth through adolescence and into young adulthood. It involves providing physical, emotional, social, and intellectual support to help children develop into healthy, well-adjusted individuals. Parenting can involve a wide range of tasks and responsibilities, including providing basic needs such as food, clothing, and shelter, as well as emotional support, guidance, discipline, and education. Effective parenting involves understanding and meeting the developmental needs of children at different stages of their lives, setting age-appropriate limits and boundaries, providing a secure and nurturing environment, and promoting positive behaviors and values. Parenting can be a challenging and complex process, requiring a combination of knowledge, skills, patience, and love.

There are four main parenting styles that have been identified by researcher: Authoritative parenting style is characterized by high levels of warmth and responsiveness, combined with clear expectations and boundaries. Parents who use this style are supportive and communicative, while also setting age-appropriate rules and consequences. Authoritarian parenting style is characterized by high levels of control and discipline, with little warmth or responsiveness. Parents who use this style are often strict and demanding, and may rely on punishment rather than positive reinforcement. Permissive parenting style is characterized by high levels of warmth and responsiveness, but few rules or boundaries. Parents who use this style may be lenient and indulgent, allowing their children to make their own decisions without much guidance or discipline. Uninvolved parenting style is characterized by low levels of warmth, responsiveness, and control. Parents who use this style are often detached and uninvolved in their children's lives, providing minimal support or guidance.

After getting prior permission from HOD and guide, the research was initiated and the data collection method used was content analysis method. The population is the parents in Tamil cinema and sample size was 4. Four movies namely Don, Adanga Maru, Thulluvadhoilamai, and Vaaranam Aayiram, were observed, collected data using

criteria, and finally analyzed. In the study, the Authoritative parenting has the highest frequency of 34%, followed by uninvolved parenting with 29%, Permissive parenting having 20%, and finally Authoritarian parenting with lowest frequency of 17%. The main finding is that, the depiction of Authoritative parenting is high in Tamil cinema and the depiction of Authoritarian is low. Authoritative parenting is a parenting style that is associated with positive outcomes for children, such as better mental health, academic success, and social skills. As such, it may be seen as a desirable parenting style to promote in Tamil cinema, which often depicts strong family values and parent-child relationships.

CONCLUSION

The aim of the study was to understand the depiction of different parenting styles in Tamil cinema. After content analysis, it is inferred that Tamil cinema depicts authoritative parenting with high frequency and authoritarian parenting with low frequency.

IMPLICATIONS OF THE STUDY:

The findings of this study have several implications for researchers, filmmakers, and parents alike. Firstly, the portrayal of authoritative parenting in Tamil cinema could potentially help to promote positive parenting practices among viewers, as authoritative parenting has been associated with numerous positive outcomes for children. Moreover, the preference for positive parenting styles in Tamil cinema may reflect broader cultural values that prioritize family values and collectivism, which could have implications for parenting practices and norms in Tamil society. Filmmakers could also use these findings to create more nuanced and realistic depictions of parenting styles in their films, which could help to educate viewers about the potential consequences of different parenting styles and provide guidance on effective parenting practices. Additionally, parents could use these findings to inform their own parenting practices and to seek out media that promotes positive parenting styles and values.

LIMITATIONS OF THE STUDY:

There are several limitations to this study that should be taken into account when interpreting the results.

- The sample of films used in the content analysis may not be representative of all Tamil films released during the time period studied. Thus, the findings may not be generalizable to other films or time periods.
- The study only examined the portrayal of parenting styles in Tamil cinema and did not explore the potential impact of these depictions on viewers' attitudes and beliefs about parenting. Further research is needed to investigate the potential effects of these portrayals on viewers, particularly children and adolescents who may be more susceptible to media influences.
- The study did not examine the intersectionality of parenting styles with other factors such as gender, socioeconomic status, and family structure, which could influence the portrayal of parenting styles in films and their potential impact on viewers.

Despite these limitations, this study provides a valuable contribution to the literature on parenting styles in media and their potential impact on viewers.

SUGGESTIONS FOR FUTURE RESEARCHES:

- Cross-cultural comparison: A comparative study of the portrayal of parenting styles in Tamil cinema and other regional or international cinemas could be conducted to understand the cultural differences in parenting practices and how these are reflected in movies.
- Impact on child development: Tamil movies often depict the impact of parenting styles on child development. A study could be conducted to examine the accuracy of these depictions and the potential effects on viewers' attitudes towards child-rearing practices.
- Audience reception: A study could be conducted to understand how Tamil movie audiences perceive the various parenting styles depicted in movies and their potential impact on their attitudes and behaviours towards parenting.

Overall, the depiction of parenting styles in Tamil cinema presents a rich and fascinating area for future studies that could contribute to our understanding of parenting practices, cultural norms, and their impact on individuals and society.

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APPENDIX

APPENDIX A: INFORMED CONSENT FORM

This is a research study undertaken for the fulfilment of the researcher 's Bachelor of Science program in Psychology. The study is on **A DISSERTATION SUBMITTED IN PARTIAL FULFILMENT OF THE REQUIREMENT OF THE DEGREE OF BACHELOR OF SCIENCE IN PSYCHOLOGY**. The data for the study will be obtained through a focus group discussion.

Participation in this research project is voluntary. You have the right to withdraw from the study at any time in the event that you chose not to continue. It is further reinstated that all information will be kept confidential and will be used only for the purpose of the above mentioned research study.

The contact information of the researcher has been provided for participants in order to clarify any concerns or queries about this study. The details of the researcher are given below:

Researcher: SURYAPRIYA G

Your name and signature below signify that you have read and understood the contents and intentions formed in the consent.

Name:

Signature:

Date:

APPENDIX B: SOCIO DEMOGRAPHIC DETAILS

NAME/ INITIAL:

AGE:

GENDER:

QUALIFICATION:

PLACE:

ADDRESS:

CONTACT NUMBER:

PEER GROUP INFLUENCE ON PROBLEMATIC GAMING BEHAVIOUR AMONG ADOLESENTS

*A Dissertation submitted in partial fulfilment of the
Requirement of the degree of Bachelor of Science in Psychology*

Submitted by:

Shiya Sherin P

Reg.No:DB20CPSR15

Under the Guidance of

Mr. Sanju P. J

Assistant Professor



**DON BOSCO ARTS AND SCIENCE COLLEGE
ANGADIKADAVU**

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DEPARTMENT OF PSYCHOLOGY

MARCH 2023



DEPARTMENT OF PSYCHOLOGY
DONBOSCOARTS&SCIENCECOLLEGE, ANGADIKADAVU
(Affiliated to Kannur University)
PSYCHOLOGY PROJECT REPORT

Register Number: DB20CPSR15

SUBMITTED FOR THE B.Sc. EXAMINATION 2022-23

Head of the Department

Principal

HELD ON

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on **“PEER GROUP INFLUENCE ON PROBLEMATIC GAMING BEHAVIOUR AMONG ADOLESCENTS.”** by, **SHIYA SHERIN.P**, in partial fulfilment of the requirements for the award of the Undergraduate Degree of BSc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

DECLARATION

I **SHIYA SHERIN.P**, hereby declare that this dissertation entitled “**PEER GROUP INFLUENCE ON PROBLEMATIC GAMING BEHAVIOUR AMONG ADOLESCENTS**” submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

SHIYA SHERIN. P

DB20CPSR15

Signature

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ABSTRACT

The study utilized qualitative methods to know the peer group influence on problematic gaming behaviour among adolescents. The study was conducted among the population of adolescents who shows problematic gaming behaviour, and the method used to collect data was focussed semi structured interview and there was a total of 10 participants. The study was conducted among adolescents. The responses of the participants to the questions that were asked are analysed using narrative analysis method of analysing qualitative data. Problematic gaming behaviour means the tendency to spend more and more time playing games to get the same level of enjoyment than they earlier had. There are many factors that leads to this gaming behaviour. One of the main factors is peer group influence. Some of the other factors are game mechanism, goal of the game etc. This study tries to seek answer for the question whether peer influence have role in the development of problematic gaming behaviour. According to international literature prevalence of problematic gaming behaviour increased a lot and from this research it is found that peer group is highly influenced for building this behaviour among adolescents. Also found that most of them begin this behaviour during the lockdown period where they find the joyful interaction in between gaming when physical interaction is restricted. Thus, this research tries to explore the peer group influence on problematic gaming behaviour. The findings of the study can be used for further research in this area.

The major findings of the study are Gaming genre that adolescents mostly enjoy at present is violent gaming and it leads to formation of aggressive behaviour among adolescents and results in antisocial issues, Adolescents due to excessive gaming show many traits like low self-confidence, low self-esteem, lack social interaction, lacking

concentration, loss of emotional control, increased anxiety, loss of behavioural control, poor sleep hygiene and other physiological illness. Also, it effected their academic performances.

CHAPTER 1

INTRODUCTION

A crucial component of human biology and psychology is the need to partake in some kind of recreational activity. The activities people engage in outside of work, such as leisure time, and the lifestyles they lead are affected by a variety of forces of change and have an impact on their physical and mental health. Many people play online video games as a kind of recreation all around the world. The definition of behavior given by Levitis et al. is: "Internally coordinated responses (actions or inactions) of whole living organisms (individuals or groups) to internal and or external stimuli, excluding responses better understood as developmental changes." Excessive gaming is developing into a pattern of behavior that can be severe enough to seriously impede functioning in key spheres such as personal, family, social, educational, and occupational life. Research shows that female gamers usually play casual games more for short period compared to male (Mc Lean & Griffiths, 2018). Gender also plays major role in gaming among male and female as they show different preferences in gaming genre. Playing games develops problem solving, spatial and hand-eye coordination skills as well as vision and speed skills but excessively getting into any behavior will lead the way for their destruction.

Internet gaming behavior is a pattern of gaming behavior characterized by impaired control over gaming, increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities, and continuation or escalation of gaming despite the occurrence of negative consequences (ICD11, 2019). Problematic gamers spend large amount of time in gaming, they have high desire to engage in gaming even if it effects their daily life, responsibilities, or

relationships, playing games to manage their emotions, difficulty in avoiding the behavior, feeling compelled to play games even when caught by any distress.

Internet gaming is marketing strategy. It is possible to see individuals of almost all ages suffering from problematic internet gaming behavior because it appears of particular interest to players as they offer variety of incentives, compared to other gaming genres. Excessive online gaming can lead to the brain being in constant state of hyper arousal. It is different for each person, it may include difficulty in paying attention, managing emotions, controlling impulses, following directions and tolerating frustration. The other striking fact is that just 10-20 minutes of violent gaming also leads to hyper arousal. In addition to its effects on the brain excessive internet gaming is associated with several negative psychosocial effects. Studies found that internet gaming addicts experience poorer mental health and cognitive functioning including poor impulse control and more ADHD symptoms when compared with control groups. So, this problematic gaming behavior is considered as a psychopathological condition.

Adolescents spend their most of the time with peers which in turn to be getting highly influenced by others' behaviours. Social identity theory explains how individuals create and defines their place in society (Tajfel and Turner, 1970). According to this theory adolescents choose their group related with their interests that is if they are interested in internet gaming either they join a group with peers having same interests or form a group. Likewise social learning theory defines that a social behavior is learned by observing and imitating others (Bandura,1977). As earlier said adolescents have higher level of exposure with their peers which results in imitating his/her peers or influencing another peer of his group.

Peers play a crucial role in a teen's friendships during the formative years of adolescence. Teenagers have a strong desire to fit in with their friends or organizations. Adolescents will feel joyful when they are welcomed in their peer environment, but if they are shunned and ostracized by their peers, they will feel very distracted and anxious. Teenagers that play online games not only have one objective in mind to become the winner, they also create friends through gaming.

Need And Significance of The Study

Adolescents easily get influenced by their peers and the rate of internet gaming among adolescents is highly increased. Online gaming also influences social behavior and psychological wellbeing of the adolescent.

It also affects their study habit and daily life routine. Problematic gaming behavior severely affects adolescents' daily routine and mainly their academic performances. If it is diagnosed as earlier as possible it will be easier to get rid without any other severe harm. Also, it can help adults or teachers to teach the students about positive and negative effects of online games in their study habit, which in turn help to prevent the increasing number of problematic gamers later, become addictive to gaming. Also, detection of peer group influence on adolescents regarding problematic internet gaming can create awareness in both the parents and adolescents, and can possibly prevent its major consequences.

Statement of the Problem

The study tries to explore the influence of peer group towards problematic internet gaming behaviour. This study is titled as peer group influence on problematic internet gaming behaviour in adolescents.

Definition of Key Terms

Gaming Behaviour

Theoretical definition

Gaming behavior is an extremely popular leisure time activity with more than two billion users worldwide (Newzoo, 2017).

Operational definition

It is a popular behavior among individuals of almost all age group for their own happiness, satisfaction, and time pass.

Problematic Internet Gaming Behaviour

Theoretical definition

It is a condition characterized by severely reduced control over gaming habits, resulting in negative consequences in many aspects of your life, including self-care, relationships, school and work. (Montag, 2019).

Operational definition

It is a pattern of game-playing involving online gaming that is difficult to control and followed by serious negative consequences in other areas of the life.

Peer Group

Theoretical definition

Peer group is both a social group and a primary group of people who have similar interests, age, background, or social status. The members of this group are likely to influence the person's beliefs and behavior. (Brown, 1990)

Operational definition

Peers are group who have similar approach in some aspects and peers can also influence the others in that group.

Objectives Of the Study

Major Objectives

To understand the peer group influence on problematic internet gaming behavior among adolescents.

Specific Objectives

- To understand peer group influence among adolescents.
- To understand gender difference on problematic internet gaming behavior among Adolescents.
- To understand the domicile difference in gaming behavior.

Organization Of the Report

The study contains five chapters – introduction, literature review, methodology, results and discussion and finally the summary and conclusion. The first chapter is the introduction. It includes a brief introduction to the study with major focus on the need and significance of the study. The chapter also includes the problem statement and the definitions of the key terms that are used in the chapter. The second chapter is the review of literature. It comprises of two sections – the theoretical background of the study and the related studies. The third chapter is the methodology. It includes a detailed account of samples, variables, tools, procedures for data collection and analysis method used for the analysis of the data collected. The fourth chapter explores the results and discusses the analysis of the data and the results obtained thereby. In the

fifth chapter, which is the summary and conclusion, a resume of the study and methodology of the study is briefly stated. It also includes the major findings of the present study, its implications, and the suggestions for further research. At the end, references and appendices are included.

CHAPTER 2

REVIEW OF LITERATURE

A collective body of works done by earlier scientists is technically called the literature. Any scientific investigation starts with a review of the literature. Working with the literature is an essential part of the research process which generates the idea, helps in developing significant questions, and is regarded as instrumental in the process of research design. The main objectives of a review of the literature are enumerated as identifying variables relevant for research, avoidance of repetition, synthesis of prior works, and determining meaning and relationship among variables. Some general purposes of the literature review are to argue for the relevance and the significance of the research question, to provide the context for once on the methodological approach, to establish one's credibility as a knowledgeable and capable researcher, and to argue for the relevance and appropriateness of one's approach (Singh, 2019).

The aim of literature review is to summarise and synthesize the arguments and idea of existing knowledge in a particular field without adding any new contributions. Being built on existing knowledge they help the researcher to even turn the wheels of the topic of research. It is possible only with profound knowledge of what is wrong in the existing findings in detail to our power them. 4 other researchers, literature review gives the direction to the headed for its success. As per the common belief, literature review is only a summary of the sources related to the research. And many others or scientific manuscripts believe that they are only surveys of what are the researches are done on the chosen topics. But on the contrary, it uses published in from the pertinent and relevant sources like scientific papers latest studies in the field established schools of thoughts relevant articles from renowned scientific journals and many more for a

field of study or theory or a particular problem like summarise in to brief account of all information, synthesise the information by restricting, and recognising familiarity the authors to the extent of knowledge in the field etc. By doing this the relevant information it provides the reader of the scientific manuscript with the better understanding of it. The importance of literature review in scientific manuscript can be condensed into analytical feature to enable the multifold research of the significance. It adds value to the legitimacy of the research in many ways. It provides the Indian preparation of existing literature in light of updated developments in the field to help in establishing the consistency in knowledge and relevancy of existing materials, It helps in calculating the impact of the latest information in the field of mapping the progress of knowledge, Provide information for relevancy and coherency to check the research, increase the significance of the results by comparing it with the existing literature, provide point of preference by rating the finding age scientific Manuscript.

Theoretical Review:

A theoretical framework is a basic analysis of other ideas that acts as a guide for creating the justification you will use in your own work. Theories helps to explain facts, discover connections, and anticipate outcomes. (George, 2022). The theoretical review helps to support findings as well as generalize to a mass population. The main theories that describe the variable psychological wellbeing are described below.

Some of the theories are,

1) Classical conditioning

The Classical Conditioning process works by pairing a neutral stimulus with an unconditioned stimulus to create a conditioned response. He supports his findings with the help of his following experiment. He conducted research on the digestion of dogs

when he noticed that the dogs' physical reactions to food subtly changed over time. At first, the dogs would only salivate when the food was placed in front of them. However, later they salivated slightly before their food arrived. Pavlov realized that they were salivating at the noises that were consistently present before the food arrived.

Classical conditioning is largely used to change behaviours that have some kind of natural internal response.

By better understanding the relationship between your stimuli and their responses, you can start to gain real insight into what situations to avoid if your goal is to change certain behaviours (Mcleod, 2023).

2) Operant conditioning

Operant Conditioning is the process of changing behavior by strengthening desired behaviours and weakening undesired ones. This reinforcement occurs through a system of rewards and punishments that encourage behavior or discourage the behavior.

When applying this process to how people change it is a simple approach of rewarding the behaviours we want to repeat and punishing the behaviours we want to avoid.

To make it work there are few conditions that need to be met;

- Ease of the behaviour

The harder something is to do, the bigger the reward must be to motivate to do it.

- Value of the reinforcement or punishment

If the rewards we present for taking certain actions feel disconnected or can be gained in other ways, the association is far less effective (staddon, 2007).

3) Social learning theory

Social learning theory is the philosophy that people can learn from each other through observation, imitation, and modelling. Social learning involves four different stages - Attention, Retention, Reproduction and Motivation.

Albert Bandura tests this theory using bobo doll experiment. He studied children's behavior after watching an adult model act aggressively towards a Bobo doll. The most notable variation of the experiment measured the children's behavior after seeing the adult model rewarded, punished, or experience no consequence for physically abusing the Bobo doll. Adolescents have higher level of exposure with their friends during this period, according to this theory it results in imitating his/her peers or influencing another peer of his group (Joan, 2020).

4) Social identity theory

It is the study of the interplay between personal and social identities. Social identity theory aims to specify and predict the circumstances under which individuals think of themselves as individuals or as group members. The theory also considers the consequences of personal and social identities for individual perceptions and group behaviour. Social identity theory was developed to explain how individuals create and define their place in society. According to the theory, three psychological processes are central in that regard: social categorization, social comparison, and social identification. According to this theory adolescents choose their group related with their interests that is if they are interested in internet gaming either they join a group with peers having same interests or they form a group (Leaper, 2020).

5) Optimal arousal theory

The arousal theory of motivation suggests that people are driven to perform actions in order to maintain an optimum level of physiological arousal. According to the arousal theory of motivation, each person has a unique arousal level that is right for them. When our arousal levels drop below these personalized optimal levels, we seek some sort of stimulation to elevate them.

One of the basic reasons to why the behaviour and the attitude define the difference from person to person is also because of arousal level that determines one's personality, lifestyle. The energy and the arousal that is important to finish and achieve the goal with quality can also cause lower performance variation and mistakes (George,2023).

Summary

Uncontrolled/ excessive / problematic gaming behaviour will affect psychologically and physiologically. It can lead to gaming addiction if not controlled. Mainly five related theories were explained. First is classical conditioning by Ivan Pavlov which shows that connecting the behavior with unpleasant stimuli then it may help in changing behaviour. Second is operant conditioning by skinner which explains giving the reinforcement or punishment will encourage or discourage the behavior. The next is social learning theory which defines learning through observing and imitating others relatedly adolescents are more prone to imitate their peers. According to social identity theory adolescents choose their group related with their interests. The last theory is optimal arousal theory it explains that they play games in order to boost themselves whenever their arousal level drops.

Literature review

A study on the topic Psychosocial variables associated with adolescent gambling conducted by Haroon, K. K., Gupta, R., & Derevensky, J. L. in 2014. The authors empirically examined the relations between several psychosocial variables associated with adolescent problem gambling. Participants were 2,336 students in Grades 7-13, and all completed a questionnaire regarding gambling activities, gambling severity, perceived social support, drug and alcohol dependence, and various social, emotional, and behavioural problems. With respect to gambling severity, 4.9% of adolescents met the criteria for pathological gambling, and 8.0% were found to be at risk. Psychosocial difficulties associated with problem gambling include poor perceived familial and peer social support, substance use problems, conduct problems, family problems, and parental involvement in gambling and substance use. A set of predictor variables that may lead to problem gambling includes having family problems, having conduct problems, being addicted to drugs or alcohol, and being male. (Gupta et al., 2014)

A study on the topic peer influence in internet and game addicted adolescents: is internet/ digital game addiction contagious? conducted by Selim Gunuc in 2017. This study tried to seek answers to the following research questions: does peer influence have a role in the development of Internet and digital game addictions, do peers form a group involving addicted members or non-addicted members and lastly, are Internet and digital game addictions “contagious or infectious” amongst best friends? The study was carried out on 184 students from a high school located in the Eastern part of Turkey. A personal information form, digital game addiction questionnaire and Internet addiction scale were all used as data collection tools. Relationships amongst adolescents were determined by a social network analysis (SNA). It was found that

Internet / digital game addicted individuals formed close friend groups and interacted with other Internet/digital game addicted individuals and that the non-addicted individuals formed groups with other non-addicts. Consequently, the SNA in this study revealed that peer influence is an important factor in explaining the causes of the spread of Internet and digital game addictions.

The study on the topic Child and adolescent gambling behavior: Current knowledge, conducted by Karen K Hardoon, Jeffrey L Derevensky in 2002. Child and adolescent gambling behavior: Current knowledge. The past decade has witnessed a widespread proliferation of gambling venues, increased participation in gambling activities and gambling-related problems, and, as a result, an expansion of research in this area. Research concerned with youth gambling has revealed that children and adolescents are at an increased risk for the development of gambling-related problems. There is a significant amount of evidence that suggests that underage youth are actively participating in both legal and illegal forms of gambling. With increases in the availability and accessibility of gambling activities, the problems that youth gamblers face are likely to increase and/or worsen. The growth of the current generation of youth involvement in gambling has not occurred without personal, social, and economic costs. Between 4 and 8% of adolescents report significant pathological or problem patterns of gambling, whereas 10–15% remain at risk for the development of severe problems (Derevensky et al., 2002)

The research on attitudes, risk factors, and behaviours of gambling among adolescents and young people: A literature review and gap analysis conducted by Ben J Riley, Candice Oster, Mubarak Rahamathulla, Sharon Lawn in 2021. Attitudes, risk factors, and behaviours of gambling among adolescents and young people: A literature review and gap analysis. Gambling is occurring in a rapidly changing landscape, with

new trends and technologies affecting gambling behaviour and problem gambling across a range of populations. Gambling activity among adolescents and young people has received considerable research attention due to a high prevalence of gambling reported among these groups in recent years. Despite legislation worldwide to constrain gambling among adolescents and young people, modern technology, such as online gaming apps and online gambling venues, has significantly increased their exposure to the risks of problem gambling. It is important, therefore, to have up to date information about what is currently known about gambling and to explore gaps in our knowledge. This gap analysis presents the results of a systematic approach to reviewing the current literature on gambling behaviour, attitudes, and associated risk factors for gambling and problem gambling among adolescents and young adults (aged 10-25 years). The review included studies published between January 2015 and August 2020 and included 85 studies for final synthesis. Findings reveal further research is needed on the implications for young people of emerging technologies and new trends in gambling in the digital age. The current gap analysis reveals that this should include more research on the development and impact of both treatment and intervention strategies, and policy and regulatory frameworks from a public health perspective (Oster et al.,2021)

For most adolescents gambling is an enjoyable and harmless activity, for a small minority gambling can become problematic with severe and negative consequences. Risk factors of adolescent problem gambling include certain biological/genetic factors, individual variables (e.g., gender, ethnicity, personality, coping, gambling-related cognitions), family and peer influences (e.g., parental attitudes/behaviors, parental monitoring, influence of the peer group), social and community factors as well as situational and structural characteristics of the gambling products (Hayer et al., 2015)

The research on internet gambling amongst adolescents: A growing concern conducted by Jeffrey L Derevensky, Rina Gupta in (2007). For most adolescents gambling remains a form of entertainment without serious negative consequences. Yet, adolescent pathological gamblers, like their adult counterpart and independent of the negative consequences resulting from their excessive gambling, continue to engage in a wide variety of gambling activities. Internet gambling amongst adolescents clearly represents new challenges and problems. Some recent research concerning the risks associated with adolescent Internet gambling is provided.

The research on Youth gambling problems: A public health perspective conducted by Carmen Messerlian, Jeffrey Derevensky, Rina Gupta in 2005. Problem gambling has recently emerged as a significant public health issue. While most efforts target adult pathological gamblers, there is growing concern that adolescents and young adults represent the highest risk group for gambling problems. Prevailing public health initiatives addressing youth problem gambling are only beginning to be examined. Drawing upon the Ottawa Charter for Health Promotion as a guiding framework, a prevention model and framework for action are presented to better understand and address problem gambling from a population-based perspective. This framework applies denormalization, protection, prevention, and harm-reduction principles to youth gambling problems and describes primary, secondary and tertiary prevention objectives. A foundation for the development, implementation and evaluation of comprehensive, multi-level health promotion and prevention strategies for youth problem gambling is provided (Messerlian et al., 2005)

The research on, On a roll: The process of initiation and cessation of problem gambling among adolescents conducted by Carlo C DiClemente, Marilyn Story, Kenneth Murray in 2000. The process of initiation of a problematic behavior is like the

process of modification or cessation of a problematic behavior in terms of these stages of change. With adolescents it is important to distinguish between the process of initiation, which has implications for prevention of gambling problems, and the process of cessation, which often necessitates the assistance of treatment. Creating interventions that parallel the process of change offers the potential for personalizing and potentiating efforts to reduce the prevalence and consequences associated with compulsive or pathological and problem gambling. Application of this model to gambling behavior offers a heuristic that is intriguing and requires substantiation through rigorous research (Murray et al., 2000)

SUMMARY

The aim of the literature review is to summarise and synthesize the arguments and idea of existing knowledge in a particular field without adding any contribution. It is a fact that adolescents are highly influenced by their peers likewise these studies have shown that peers have great influence on developing problematic gaming behaviour among adolescents

CHAPTER 3

METHOD

Research Methods

Research methods are all those methods which are used by the researcher in conducting the research. These include data collection methods, statistical techniques which are used for finding a connection between the data and the unknowns and methods that are commonly used to evaluate the accuracy of the results obtained. Research methodology is the science of studying how the research is conducted. It is mainly a way to systematically solve research problem (Singh, 2019). The selection of the research method is crucial for what conclusion we can make about a phenomenon. It affects what you can say about the cause and factors influencing the phenomenon (Kothari,2004).

Research Design

Research design is the arrangement of condition for collection and analysis of data in a manner that aims to combine relevance to the research purpose with economic in procedure (kothari,2014). In the present study qualitative research design was used. Qualitative research is defined as research where the researcher is interested in analyzing the subjective meaning or social production of issues, events or practices by collecting non standardized data and analysing texts and images rather than numbers and statistics (Singh,2019). The data strategy is semi-structured interview.

Participants

The universe of the study is Kannur district.

The population of the study was adolescents showing problematic internet gaming behaviour.

The sampling method of this study was purposive sampling.

The sample size is 10.

The inclusion and exclusion criteria are:

Inclusion Criteria

Adolescents between 13-18 years with problematic online gaming behavior who have no other physical issues are included.

Exclusion Criteria

Adolescents facing any other mental and physical issues are excluded.

Method Of Data Collection

The data will be collected through semi-structured interview. Semi structured interview is a type of interview in which the interviewer asks only a few predetermined questions while the rest of questions arise spontaneously in a free following conversation. Questions will be made based on theme, here peer group influence on problematic gaming behavior.

Doing interview for data collection is advantageous. Detailed information can be obtained and avoids oversimplifying complex issues. The interview has a better response rate than mailed questions, and people who cannot read and write can also answer the question. But also conducting interview studies is very time consuming, has lack of accessibility to respondents since the respondents can be in around any corner

of the world or country. The interview studies provide less anonymity , which is a big concern for many respondents and also interview can cause biases.

Procedure of Data Collection

For the present study the permission was taken from the research guide. The informed consent was taken from the samples of the study to collect data and to record their responses. Initially rapport was established and made understand to the subject that they can withdraw from the research if they experience any kind of discomfort at any point of the research. Also mentioned their information will be confidential and will not harm their privacy. Data were collected and at last they were thanked for their cooperation and participation.

Data Analysis Method

Data analysis means examining, scoring, categorizing, comparing, synthesizing, evaluating, and contemplating the codes data as well as reviewing the raw and revised data (Singh,2019). Here Narrative analysis method is implied as it can help get information, reach conclusions, and allow the participant to explain their experiences through their own choice of words. By using narrative analysis, the researcher can interpret the details as explained by the participant as well as be more open to the ways in which the results can proceed. Narrative analysis provides researchers with detailed information about their participants that they could not get through other methods.

CHAPTER 4

RESULT AND DISCUSSION

The Result section follows the Methods and precedes the Discussion section. This is where the authors provide the data collected during their study. That data can sometimes be difficult to understand because it is often quite technical. In qualitative research, the results might not all be directly related to specific hypotheses. After the results part, there is a discussion section where the researcher discusses the relevance of the findings. The purpose of the discussion section is to interpret and describe the significance of your findings in relation to what was already known about the research problem being investigated and to explain any new understanding or insights that emerged as a result of your research. The discussion clearly explains how your study advanced the reader's understanding of the research problem from where you left them at the end of your review of prior research.

Narrative analysis is a form of qualitative research in which the researcher focuses on a topic and analyses the data collected from case studies, surveys, observations, or other similar methods. The researchers write their findings, then review and analyze them. Through this approach, researchers can gain a holistic view of the subject's life and activities. It can show what motivates people and provide a better view of the society that the subjects live in by enabling researchers to see individuals interact with one another.

To conduct narrative analysis, researchers must understand the background, setting, social and cultural context of the research subjects. This gives researchers a better idea of what their subjects mean in their narration. It is especially true in context

rich research where there are many hidden layers of meaning that can only be uncovered by an in-depth understanding of the culture or environment (Harappa,2021).

The aim of the study conducted was to understand the peer group influence on problematic gaming behaviour among adolescents. The study was conducted among the population of Kannur district and the method used to collect data was interview method and there was total 10 participants. The study was conducted among the adolescents aged 13 to 18. The participants were adolescents itself. The responses of the participants to the question that were asked are analyzed using the narrative analysis method for analyzing qualitative data.

My first question was about whether they play online games or not, followed by asking the time period they spend on gaming. All the participants play online games and spend almost 4-6 hours in gaming on working day and 6-8 hours gaming on off day.

My second question was about the genre of gaming they favour the most – multiplayer or single gaming. 90% of the participants go for multiplayer gaming and the 10% likes single gaming the most.

The third question was about the activities they do during their leisure time and the answer of 80% was playing online games and 20% said they spend their leisure time both in playing online games and in watching animes.

The fourth question was when they started to play online games and who introduced it to them. Every participant shared that they started to play games during covid lockdown period mostly multiplayer games due to the bore schedule they had and 90% of my participants get to know about gaming from their friends. 10% came to know from other social medias.

The fifth question was whether the participant faced any difference in their academic performances before and after they were introduced to gaming. For 80% faced differences that mark was decreased after introduction compared to earlier whereas rest 10% don't experience any difference.

The sixth question was first thing initially you begin with when you wake up and the reaction of 70% was, they will scroll in their mobile while remaining 30% begins with their morning routine.

The seventh question was whether the video games are waste of time or worthwhile entertainment. For 50% represents it as an entertainment, 40% represents as waste of time and remaining 10% consider it as both waste of time as sometimes they cannot get over from this and entertainment as they seek some psychological pleasure while gaming.

The eighth question was does gaming effects their sleep to understand whether they are intensified to gaming. Their reaction is that their daily routine is completely affected during covid period likewise their sleeping time also exceeds during that period. Most of the participants go to sleep between 12:30AM – 1:30AM. 90% spend their late night on gaming and the 10% watch films, series, animes and reels during this time.

The ninth question was, do the participant have a big online friend circle. 80% reacted that they have both online and offline friends and 20% said they have offline friends more. Some of that 80% of participants also mentioned that many of their offline friends became online due to transferring of school/ shifting home and all.

The tenth question was about the activities the participants and their peers do during their gatherings. This was to understand the whether the peer do also have

gaming behaviour or not. 80% answered they play games in group and shares experience of games that they played accompanied by any other casual talks.

The last question was does their friends push them to play games more than they want to or do the participant force his/ her friend more than they want. This was to understand how much peers influence the gaming behaviour of adolescents. From that 90% answered that they don't push each other to play games but when they share their experience of gaming, they will get excited and have a tendency to experience it. For the rest 10% the positive or negative comments from the peer led them to play more. Positive comments like "you done well" makes more excited to play and negative comments like "you are not much expert" brings a challenging mind among them.

From the results it is indicated that adolescents are highly influenced by their peer groups for their gaming behaviour. The study conducted by Selim Gunuc (2017) found that that peer influence is an important factor in explaining the causes of the spread of Internet and digital game addictions. It was found that Internet / digital game addicted individuals formed close friend groups and interacted with other Internet/digital game addicted individuals and that the non-addicted individuals formed groups with other non-addicts. This study of Selim Gunuc thus supports the present study.

CHAPTER 5

SUMMARY AND CONCLUSION

Excessive gaming is developing into a pattern of behavior that can be severe enough to seriously impede functioning in key spheres such as personal, family, social, educational, and occupational life. Positive affect and social ties were found to relate to excessive online gaming, as well as psychological symptoms, unsuitable coping mechanisms, negative affectivity, low self-esteem, a predilection for solitude, and subpar academic performance. Excessive internet gaming might cause the brain to be hyper-aroused all the time. Each person experiences it differently, but it may involve issues with focus, mood regulation, impulse control, following instructions, and putting up with displeasure. Adolescents spend their most of the time with peers which in turn to be getting highly influenced by others' behaviors. During the vital adolescent years, peers have a significant impact on a teen's friendships. Teenagers have a strong desire to belong to their groups of friends or clubs. Hence the aim of the study is to understand the peer group influence on problematic gaming behavior among adolescents.

After taking the permission from the head of the department and the guide research process began. Ten adolescents who showcase excessive/problematic gaming behavior in Kannur district of Kerala was selected as the sample for the study. The informed consent of the participants was taken. The participant was made aware of their rights and about the confidentiality. Also mentioned to them that they could withdraw anytime from the interview if they felt uncomfortable or due to any other reasons. Permission to record the interview was also taken from each of the participants. Then, the questions were asked after establishing rapport.

The method used for research was semi-structured interview and the questions were completely based on the experiences and life routine of the adolescents with problematic gaming behavior. The research was qualitative in nature. The responses of the participant were collected very carefully and with precision. The participant was aware of their rights to know about their results and they can either contact the researcher or the researcher would contact them to know about the results and any other clarification related to research if they are interested. The participants were also asked introspection after collecting the data. After all the participant was thanked for their participation and cooperation.

The major objective of the study conducted was to understand the peer group influence on problematic gaming behavior among adolescents. The data was collected through semi-structured interview and the data was analyzed using narrative analysis. It refers to a cluster of analytic methods for interpreting the data that have a storied form. Total 11 questions were asked and the responses from the participants were thus analyzed narratively because it provides researchers with detailed information about their subjects that they could not get through other methods. The major findings were that peer group highly influences the problematic gaming behavior which in turn, worstly effects them both physiologically and psychologically. Another finding of the study was that the population also experience isolation, low self-esteem, low self-confidence and these all effects their social and academic performances.

Major Findings

- Gaming genre that adolescents mostly enjoy at present is violent gaming.
- violent gaming leads to formation of aggressive behavior among adolescents and it also results in antisocial issues.

- Adolescents due to excessive gaming became less confident about themselves, shows low self-esteem and also, they act as less sociable mainly in the case of interaction with others.
- Adolescents suffers from many psychological issues like lacking concentration, loss of emotional control, increased anxiety, loss of behavioral control likewise physiological issues like poor sleep hygiene, problem related to eyes, back pains etc. due to excessive gaming.
- peer group is highly influenced for the development of certain behaviors among adolescents as a result most of the adolescents who shows excessive gaming is influenced by their friends.
- Academic performances of the adolescents were also affected due to problematic gaming.

Implications

The findings of the research can be used to reduce problematic gaming behavior in our society. This behavior will lead to many problems in our society because of them like aggressive approaches, increased social isolation etc. The causes of the problematic gaming behavior can be understood from the study and can be reduced by up taking different measures. Increased rate of problematic gaming behavior will lead to gaming addiction, early diagnosis will help to get rid of that pathetic condition. The study can be also used as a reference to further studies using these variables. If this behavior is found in early period of adolescence, then it will be better to avoid by the time itself otherwise it may result in severe anti-social issues. Moreover, conducting awareness programmed will helps to create awareness on adverse effects of increased gaming as the adolescents are asset of our future world.

Limitations

The sample size was quite small and the universe was also limited to Kannur district so that the results cannot be generalized in nature. Some participants were hesitating to open certain questions, and some were showing some resistance to be a part of this research while data collection.

Suggestion For Future Research:

- The same study variable can be studied in a different population\ context\ location.
- The present study was carried out among 10 adolescents with problematic gaming behavior. Future studies could be carried out within more sample size.
- The present study addressed peer group influence as a factor for problematic gaming behavior. Future studies could explore other factors that leads to this behavior.
- Time consuming was a major limitation and this can be avoided using an alternative data collection method.

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APPENDIX

APPENDIX A: INFORMED CONSENT FORM

This is a research study undertaken for the fulfilment of the researcher 's Bachelor of Science program in Psychology. The study is on – UNDERSTANDING THE PEER GROUP INFLUENCE ON PROBLEMTIC GAMING BEHAVIOUR AMONG ADOLESCENTS. The data for the study will be obtained through a semi structured interview.

Participation in this research project is voluntary. You have the right to withdraw from the study at any time if you chose not to continue. It is further reinstated that all information will be kept confidential and will be used only for the purpose of the above-mentioned research study.

The contact information of the researcher has been provided for participants in order to clarify any concerns or queries about this study. The details of the researcher are given below:

Researcher: SHIYA SHERIN P

Phone Number: 6238080325

Email Id: sshiya246@gmail.com

Your name and signature below signify that you have read and understood the contents and intentions formed in the consent.

Name:

Signature:

Date:

APPENDIX B: SOCIO DEMOGRAPHIC DETAILS

NAME/ INITIAL:

AGE:

GENDER:

QUALIFICATION:

PLACE:

ADDRESS:

CONTACT NUMBER:

APPENDIX C: RESEARCH QUESTIONS

1. Do you play online games?
 - a) If yes how much time do you spend on gaming?
2. Which genre you favour the most for gaming -single or multiplayer?
3. What all are the activities you do during your leisure time?
4. When you started to play online games?
 - a) who introduced it to you?
5. Do you experience any change in your academic performances before and after you were introduced to gaming?
6. The first thing you do sudden after wakeup?
7. What is your opinion whether the video games are waste of time or worthwhile entertainment?
8. Does gaming effects your sleeping?
9. Do you have big friend circle?
 - a) Online or offline?
10. What all are the activities you and your friends do during your gatherings?
11. Does your friends push them to play games more than they want to or do you force your friend to play games more than they want?

PSYCHOLOGICAL WELLBEING AMONG CARETAKERS OF CANCER PATIENTS

*A Dissertation submitted in partial fulfilment of the
Requirement of the degree of Bachelor of Science in Psychology*

Submitted by:

Fathimathul Ahla

Reg.No:DB20CPSR24

Under the Guidance of

Mr. Manjith R

Assistant Professor



DON BOSCO ARTS AND SCIENCE COLLEGE

ANGADIKADAVU

(Affiliated to Kannur University)

DEPARTMENT OF PSYCHOLOGY

MARCH 2023



DEPARTMENT OF PSYCHOLOGY
DONBOSCOARTS&SCIENCECOLLEGE
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PSYCHOLOGY PROJECT REPORT

Register Number: DB20CPSR24

SUBMITTED FOR THE B.Sc. EXAMINATION 2022-23

Head of the Department

Principal

Held On:

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on **“PSYCHOLOGICAL WELLBEING AMONG CARETAKERS OF CANCER PATIENTS.”** by, **FATHIMATHUL AHLA**, in partial fulfilment of the requirements for the award of the Undergraduate Degree of BSc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

DECLARATION

I **FATHIMATHUL AHLA**, hereby declare that this dissertation entitled **“PSYCHOLOGICAL WELLBEING AMONG CARE TAKERS OF CANCER PATIENTS”** submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

FATHIMATHUL AHLA

DB20CPSR24

Signature

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This dissertation work was carried out under the remarkable guidance and supervision of Mr. Manjith R, Assistant professor, department of psychology, Don Bosco Arts and Science College, Angadikadavu. I am grateful to Manjith sir for his guidance, valuable suggestions, encouragement, and support.

I thank Kannur University, Don Bosco Arts and Science College and the Department of Psychology for giving me this opportunity as well as providing the necessary facilities and guidance to complete this research.

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ABSTRACT

The study utilized qualitative methods to know the psychological well-being among care takers of cancer patients. The study was conducted among the population of care takers of cancer patients, and the method used to collect data was focussed semi structured interview and there were a total of 10 participants. The study was conducted among the caretakers of cancer patients. The responses of the participants to the questions that were asked are analysed using the thematic analysis method of analysing qualitative data. Cancer is a deadly disease, dealing with cancer is not an easy task. Caretakers were the one who spent their valuable time to take care for their closed once. It is very important to maintain good health of the caretakers to provide good care for others. The questions that construct intentionally to know the psychological well-being of the care takers. From the results it is indicated that the major problem of caretakers was their burnout, financial strain, sleep problems, withdrawal from habits and lifestyles, and patient's intense pain. Majority of the participants pointed out financial strain was the major stress. The role played by family, friends, and neighbours are evident in the study. Thus, this research tries to explore the psychological wellbeing of the care takers of cancer patients. The findings of the study can be used for further research in this area.

The major findings of the study are that Caregivers make employment changes to provide care, Caretaker face difficulties to maintain their own needs and patients need simultaneously. When the patient has intense pain, caregiver automatically develops psychological distress. Caretakers have changes like withdrawal from habits and lifestyle. The important findings of the study were that the family face financial strain than before. Caretaker has less quality of sleep. Majority of them have psychological distress.

CHAPTER 1

INTRODUCTION

“An individual does not get cancer, a family does”

- Terry Tempest Williams

Family members are often providing vital care that includes practical, physical, psychosocial, and financial support to people living with cancer. Sudden and complex caregiving responsibilities can adversely impact caregivers' own health and wellbeing. Many research has shown that caregivers are often under considerable strain, resulting in threats to psychological and physical wellbeing. (Carlene, 2022). The psychological health of the family caregiver is negatively affected by providing care. Higher levels of stress, anxiety, depression, and members who care for the patient.

Cancer affects the quality of life of family caregivers in many ways. They are expected to provide good care in the home with little preparation or support. When demands placed on caregivers exceed their resources, caregivers feel overwhelmed and report high stress. It will negatively affect their psychological and physical wellbeing as well. It leads them to feelings of helplessness, loss of control and difficulty in coping with caregiving roles.

High emotional distress leads to many problems. Studies have shown that highly distressed family caregivers have more difficult in providing optimal patient care and administering medication to patients, highly anxious partner can increase the anxiety experienced by the patient, caregivers who have high distress also have changes in their immune system that leads into auto immune diseases, worsened glucose control in the body and vulnerability to cardiovascular diseases. These changes increase the likelihood that the caregiver's own health will suffer and subsequently hinder their

capacity to provide care. For many years it was assume that cancer had little effect on the well-being of family caregivers because they are not the one who diagnosed with cancer. Health professionals and others became more aware of the emotional distress experienced by family members as well as patients. (Laurel ,2012).

Psychological wellbeing includes individual growth, self-acceptance, the sense of autonomy, the goal of life, positive relationship with others and environmental domination (Kordan ,2019). Stressors, adapting, leisure time, and leisure experiences are some of the main things related to cancer family caregivers. They have poor quality of life so leisure activity is necessary for them to improve their quality of life. However, they felt a sense of guilt when engaging in personal activities.

According to world health organization, cancer is currently the second most common cause of death in the world behind cardiovascular diseases. Patients diagnosed with cancer are forced to experience a long period of treatment and care which exerts adverse impacts on the physical, psychological, and practical aspects for not only the patients themselves, but also their caregivers(Glajchen,2004). Educational level and type of support were significantly associated with having psychological distress among caregivers. Gender, occupation, financial difficulty, treatment belief and social support significantly correlated to psychological distress level of caregivers. Level of anxiety and depression included the characteristics such as age, sex, education level, occupation, relation to patient, self-efficacy. Which type of cancer did the patient suffering and their symptoms show the level of care givers psychological distress.

NEED AND SIGNIFICANCE

For many years it was assumed that cancer had little effect on the well-being of family caregivers, as studies examined the impact of cancer on the family over time, health professionals and others became more aware of the emotional distress

experienced by family members as well as patients. Many caregivers put their own needs and feelings aside to focus on the person with cancer. This can be hard to maintain for a long time, and it's not good for your health. The stress can have both physical and psychological effects. To take care of others, start by taking care of others.

A caregiver cares for the health and well-being of someone who needs help with daily tasks and activities. Being a caregiver of cancer patients can be stressful, it is important to reduce the stress of caretaker to provide better care to the patient. When we try to reduce the stress of caretaker that will influence the patient positively. When cancer patient has positive attitude towards their illness, then their disease intensity too reduces. These all depend on the caretaker, so it is important to look the psychological wellbeing of care taker.

The purpose of the study was to explore and understand of psychological well-being among caretakers of cancer patients, quality of patient caregiver relationship, and family support on the health of family caregivers for cancer patients. Caregivers play the most important role in supporting the physical, emotional and cognition of the patient so further analysis of the study done in more empirical way.

Statement of the Problem

It's already known that cancer is a chronic disease that constitutes a significant proportion of the global burden of disease. They have an adverse impact on physical, psychological, and practical aspects for not only the patients themselves but also their caregivers. Most of the time everyone cares for the health patient, no one cares the care takers mental distress, so that will lead to anxiety depression and many other problems. The study tries to explore wellbeing among care takers of cancer patients and hence the title of the study is 'Understanding psychological well-being among care takers of cancer patients.

Definition of Key terms

Psychological Wellbeing:

- **Theoretical definition:**

At the most basic level, psychological well-being (PWB) is quite similar to other terms that refer to positive mental states, such as happiness or satisfaction, and many ways it is not necessary, or helpful to worry about fine distinctions between such term (Cooper,1998).

- **Operational definition:**

Psychological well-being is the absence of mental health issues and it associated with fewer social problems.

OBJECTIVES OF THE STUDY:

Major objective: To understand the psychological wellbeing among care takers of cancer patients.

Specific objectives:

- To understand emotional wellbeing of care givers
- To understand social wellbeing of care givers
- To understand emotional distress of caregivers
- To understand the sources of their distress.

Organization Of the Report:

The study contains five chapters – introduction, literature review, methodology, results, and discussion and finally the summary and conclusion. The first chapter is the introduction. It includes a brief introduction to the study with major focus on the need and significance of the study. The chapter also includes the problem statement and the

definitions of the key terms that are used in the chapter. The second chapter is the review of literature. It comprises of two sections – the theoretical background of the study and the related studies. The third chapter is the methodology. It includes a detailed account of samples, variables, tools, procedures for data collection and analysis method used for the analysis of the data collected. The fourth chapter explores the results and discusses the analysis of the data and the results obtained thereby. In the fifth chapter, which is the summary and conclusion, a resume of the study and methodology of the study is briefly stated. It also includes the major findings of the present study, its implications, and the suggestions for further research. At the end, references and appendices are included.

CHAPTER 2

REVIEW OF LITERATURE

Literature review is both a process and a product. It involves searching within a defined source of information related to your research topic and then creating a comprehensive summary of the pertinent research on your topic it is most certainly over topic that has further scope for developing a research question. Often early career researchers find writing a literature review difficult and are unsure about the best way to structure their review and produce an effective research literature review. To make this process simpler it is important that researches understand the concept of literature review and the purpose behind it. A literature review is a critical collection of data from different sources relevant to your topic of research. Based on the structure and formulation literature review are broadly classified as narrative or traditional literature reviews, scoping reviews, systematic literature reviews and Cochran reviews. Narrative traditional literature review is a comprehensive, critical, and objective analysis of existing knowledge of the topic. Scoping review aims to identify the nature and extent of research evidence. A systematic literature review identifies and help select research in order to answer clearly formulated research questions. Cochran reviews are gold standard review; which are clearly reported and methodically better than systematic reviews. (Enago,2013)

A literature review is comprehensive research on topic the literature review survey scholarly articles, Books, and other sources relevant to a particular area of research. The review should be enumerated, describe, summaries, objectively evaluate and clarify this previous research. It should give a theoretical base for the research and help you determine the nature of your research. The literature review acknowledge the work of previous researches and it is doing, assures the reader that your work has been

well conceived. It is assumed that by mentioning a previous work in the field of study, and the author has read, evaluated and assimilated that work into the work at hand. A literature review creates a landscape for the reader giving her or him a full understanding of the developments in the field the landscape informs the reader that the other has entered a simulated all previous significant works in the field into her or his research.

The aim of literature review is to summarise and synthesize the arguments and idea of existing knowledge in a particular field without adding any new contributions. Being built on existing knowledge they help the researcher to even turn the wheels of the topic of research. It is possible only with profound knowledge of what is wrong in the existing findings in detail to our power them. 4 other researchers, literature review gives the direction to the headed for its success. As per the common belief, literature review is only a summary of the sources related to the research. And many others or scientific manuscripts believe that they are only surveys of what are the researches are done on the chosen topics. Bart on the contrary, it uses published in from the pertinent and relevant sources like scientific papers latest studies in the field established schools of thoughts relevant articles from renowned scientific journals and many more for a field of study or theory or a particular problem like summarise in to brief account of all information, synthesise the information by restricting, and recognising familiarity the authors to the extent of knowledge in the field etc. By doing this the relevant information it provides the reader of the scientific manuscript with the better understanding of it. The importance of literature review in scientific manuscript can be condensed into analytical feature to enable the multifold research of the significance. It adds value to the legitimacy of the research in many ways. It provides the Indian preparation of existing literature in light of updated developments in the field to help in

establishing the consistency in knowledge and relevancy of existing materials, It helps in calculating the impact of the latest information in the field of mapping the progress of knowledge, Provide information for relevancy and coherency to check the research, increase the significance of the results by comparing it with the existing literature, provider point of preference by rating the finding age scientific Manuscript.

Theoretical Review:

A theoretical framework is a basic analysis of other ideas that acts as a guide for creating the justification you will use in your own work. Theories helps to explain facts, discover connections and anticipate outcomes. (George.T,2022). The theoretical review helps to support findings as well as generalize to a mass population. The main theories that describe the variable psychological wellbeing are described below.

Theories of Psychological Wellbeing

Ryff's Theory of Psychological Wellbeing:

Before the term became trendy, Professor Carol Ryff researched "Well-Being." Ryff was quietly tackling the issue at the University of Wisconsin-Madison 20 years before we all started talking about flourishing and being happy. She ended up developing one of the very first systematic models of psychological well-being, and her model continues to this day to be among the most empirically sound and backed by science.

First, Carol Ryff believed that the definition of wellbeing should not be limited to biological or medical terms; rather, it should be viewed as a philosophical inquiry into what it means to live a good life.

Second, there was a lack of empirical rigour in the then-current psychological theories of well- being; they had not been tested and could not be. Ryff mined for

building blocks to create a system that unites philosophic issues with empirical empiricism. Ryff took this approach, created a theoretical model of psychological well-being that includes six dimensions of positive functioning, including autonomy, environmental mastery, personal growth, purpose in life, meaningful relationships with others, and self-acceptance.

1) Self-Acceptance

High self-acceptance: You have a favourable attitude towards yourself, you recognise and accept all your qualities, both good and poor, and you have nice feelings about your past.

Poor self-acceptance: You feel unsatisfied with yourself, are disappointed in the events of your past life, are troubled by some aspects of your personality, and wish you could change.

2) Personal growth

Strong Personal Growth: You feel that your development is ongoing, that you are expanding and growing, that you are open to new experiences, that you are realising your potential, that you have seen improvements in yourself and your behaviour over time, and that you are changing in ways that reflect your increased self-awareness and effectiveness.

Weak personal growth: Lack the sense of improvement or expansion over time. Feel bored and uninterested with life and feel unable to develop new attitudes or behaviours.

3) Purpose in life

Strong sense of purpose in life Strong sense of purpose in life is when you have goals and a feeling of direction in life, feel that your present and past lives have meaning, hold beliefs that give life meaning, and have aims and purposes for living.

Weak Life Purpose: You lack a feeling of purpose in life, have few objectives or aspirations, aren't very well-directed, can't understand the meaning of your former life, and don't hold any outlooks or beliefs that give life significance.

4) Positive relationship with others

Strong Positive Relationships: You have relationships with others that are warm, fulfilling, and trustworthy; you care about their welfare; you have strong empathy; you can be affectionate and intimate; and you are aware of the give-and-take nature of relationships.

Weak Relationships: You have few close, trusting relationships with people; it is difficult for you to be warm, open, and concerned about others; you struggle with interpersonal relationships; you are isolated and frustrated; and you are unwilling to make concessions in order to maintain significant relationships with people.

5) Environmental mastery

High environmental mastery: You are confident in your ability to manage the environment, have control over a wide range of outside activities, take advantage of available possibilities, and create or select contexts that are in line with your personal goals and values.

Poor environmental mastery means that you struggle to manage daily tasks, feel powerless to alter or better your environment, are oblivious of nearby opportunities, and lack a sense of control over your surroundings.

6) Autonomy

High Autonomy: You are independent and self-determining; you can resist social pressures to think and act in particular ways; you can control your conduct internally; and you judge yourself according to your own standards.

Low Autonomy: You worry about other people's expectations and assessments of you, you depend on their opinions to guide crucial decisions you make, and you give in to social pressures to think and act in particular ways. (Ryffs.c,2014)

Hedonism

Human beings always act in pursuit of what they think will give them the greatest balance of pleasure over pain. This is psychological hedonism. In his Introduction to the Principles of Morals and Law, Jeremy Bentham, one of the most well-known modern hedonists, writes: "Nature has subjected mankind to the rule of two sovereign lords, pain and pleasure. They alone have the authority to advise us on what to do. Hedonism has always seemed like a plainly rational viewpoint, as evidenced by its historical foundations. One may argue that what feels good to me, or what is healthy for me, is organically connected to what seems good to me, and for most people, pleasure does seem good. The simplest form of hedonism is Bentham's, according to which the more pleasantness one can pack into one's life, the better it will be, and the more painfulness one encounters, the worse it will be.(Ryff's C 2014).

Desire theory:

Desire theories lie in the emergence of welfare economics. Pleasure and pain are inside people's heads, and hard to measure—especially when we must start weighing different people's experiences against one another. So, economists began to see people's well-being as consisting in the satisfaction of preferences or desires, the

content of which could be revealed by the choices of their possessors. This made possible the ranking of preferences, the development of 'utility functions' for individuals, and methods for assessing the value of preference-satisfaction. (Ryff's C,2014).

Objective list theory:

Objective list theories are usually understood as theories which list items constituting well-being that consist neither merely in pleasurable experience nor in desire-satisfaction. Such items might include, for example, knowledge or friendship. But it is worth remembering, for example, that hedonism might be seen as one kind of 'list' theory and all list theories might then be opposed to desire theories. Objective list theories need not involve any kind of objectionable authoritarianism or perfectionism. First, one might wish to include autonomy on one's list, claiming that the informed and reflective living of one's own life for oneself itself constitutes a good. Second, and perhaps more significantly, one might note that any theory of well-being has no direct moral implications. There is nothing logically to prevent one's holding a highly elitist conception of well-being alongside a strict liberal view that forbade paternalistic interference of any kind with a person's own life. There is no requirement for objective list theories to contain any form of unacceptable authoritarianism or perfectionism. The first item on the list might be autonomy, which is justified by the argument that leading an informed, self-aware life is in and of itself a good. Second, and perhaps more importantly, any theory of well-being has no overtly moral implications in and of itself. Nothing logical prevents someone from embracing both a severe liberal stance that banned any form of paternalistic meddling with a person's personal life and a profoundly elitist understanding of well-being. (Ryff's C,2014)

Summary:

Psychological well-being consists of self-acceptance, positive relationships with others, autonomy, environmental mastery, a feeling of purpose and meaning in life, and personal growth and development. Many theories were found based on psychological wellbeing.

Cancer has a profound impact on both the patients' and their family members or close friends' quality of life. When patients struggle to manage their symptoms, carers become stressed. Caregivers who are stressed out can get both psychological and physical symptoms as a result. Cancer diagnosis can affect the emotional health of patients, families, and caregivers. Common feelings during this life-changing experience include anxiety, distress, and depression. Roles at home, school, and work can be affected. It's important to recognize these changes and get help when needed. Theories were supported to do the studies more accurately. Studies were shown that Patients may experience forgetfulness after receiving critical care, ongoing hallucinations or flashbacks, anxiety, melancholy, and dreams and nightmares.

Literature Review:

The research on topic 'Impact of financial burden on psychological wellbeing among relatives of cancer patients conducted by Hassan A.A, H and sajit, K.R in 2022. Patients with cancer in a family member can create situational crises that can lead to emotional distress throughout the family and may impair the family's ability to support the patient. To assess the financial burdens in family of patients with cancer and find out the relationship between psychological wellbeing and sociodemographic characteristics of relatives such as age, gender, level of education and the occupational status. A cross-sectional study conducted among 102 participants: the relatives of

patients with cancer using the valid financial burden scale; 15 participant participated in the pilot study prior to the main study. The study carried out in the Euphrates Centre for Carcinogen Tumours in Al-Najaf City, Iraq. This study indicates that there is a severe impact of financial burden of patients with cancer on their family members.

The research on life satisfaction and psychological wellbeing among young adults conducted by Fathima. I, Naeem.MW in 2021. Life satisfaction is required for positive mental health and positive mental health is related to psychological wellbeing. The study intended to evaluate the relation between psychological wellbeing and life satisfaction among young adults. Purposive sample technique was used to get the sample. Purposive sample technique was used to get the sample. Young adults from different educational organization of Bahawalpur were included in the research as sample. Demographic form, satisfaction with life scale and psychological-wellbeing scale were administered to assess the level of psychological wellbeing and life satisfaction of young adults. Results showed that life satisfaction is positively linked with psychological health. Positive relations and self-acceptance are greater predictor of purpose in life. Females were found having more life satisfaction and psychological health. (Fathima &Naeem,2021).

Study on Aggression, Resilience and psychological wellbeing among transgenders conducted by Wani.MA in 2022. The present study has been undertaken to understand the impact of resilience, and aggression on the psychological well-being of transgender. Methodology: For the aforementioned purpose, the data was collected from 200 respondents selected through the purposive sampling technique. For measurement Buss-Perry Aggression Questionnaire (BPAQ), Psychological Resilience Scale by Rizwan Hassan Bhat and Mohd Khan and Ryff's Psychological Well-being Scale (PWB) by Carol. D. Ryff were used in the study. From the results, it can be said

that psychological well-being is effective and helps reduce the level of Aggression of transgenders. However psychological well-being can improve by increasing the level of resilience. (Wani ,2022)

Empathy on social maturity as a predictor for psychological wellbeing among young adults is the study conducted by Sethi. s, in 2021. The ability to understand one's own feelings and how others feel plays a very important role in the psychological wellbeing of an individual. People avoid understanding their own feelings and other's emotions as we get over engaged with our daily life cores which further leads to lack of self-awareness, self- compassion, and self-love. A sample of 80 participants were collected between the age range of 21-26 (40 male and 40 female) and were administered the scientific tools. It was concluded that there is a significant positive correlation between empathy and psychological wellbeing. The results also concluded a positive correlation between social maturity and psychological wellbeing. (Sethi,2021).

Coffee consumption and psychological wellbeing among Japanese auto factory workers is the study conducted by Kawada. T in 2021. The relationship between coffee consumption and psychological wellbeing was evaluated by considering confounding factors. Methods: A total of 5,256 men, aged 35 to 60 years, from a workplace in Japan participated in this study conducted in 2018. Psychological wellbeing was evaluated using the General Health Questionnaire. In conclusion it was found that coffee consumption was not significantly related to psychological wellbeing, and casual association might be confirmed by a prospective study. (Kawada, 2021).

Summary

The aim of the literature review is to summarise and synthesize the arguments and idea of existing knowledge in a particular field without adding any contribution.

Psychological well-being is one of the important key terms which will help for our happy and better life. So that many studies were conducted to check physiological wellbeing on different variables. This is the term that refers to positive mental states, such as happiness or satisfaction. If a person is happy with life, it is sure that their psychological wellbeing is quite high. To check the quality of life many research was conducted based on this key term on different variables.

CHAPTER 3

METHOD

Research is a pursuit of truth with the help of study, observation, comparison and experiment, the search for knowledge through objective and systematic method of finding solutions to a problem (Kothari, 2006).

Research methods are the strategies, processes or techniques utilized in the collection of data or evidence for analysis in order to uncover new information or create better understanding of a topic. There are different types of research methods which use different tools for data collection.

This chapter focuses on the research methods that were followed in the study. The researcher describes the research design that was chosen for the purpose of the study and reasons for this choice. The chapter provides a detailed account of the participants, universe, populations, sample size and who the participants were and how they were sampled. The instrument that was used for data collection is also described and the procedures that were followed to carry out this study are included. The researcher also discusses the method used to analyse the data.

Qualitative research method was used in this study. Qualitative research focuses in understanding a research query as a humanistic or idealistic approach. Qualitative method is used to understand people's beliefs, experiences, attitudes, behaviour, and interactions. It generates non-numerical data. The integration of qualitative research into intervention studies is a research strategy that is gaining increased attention across disciplines. Although once viewed as philosophically incongruent with experimental research, qualitative research is now recognized for its ability to add a new dimension to interventional studies that cannot be obtained through measurement of variables

alone. Qualitative research was initially used in psychological studies when researchers found it tedious to evaluate human behaviour in numeric. Since then, qualitative research is used in other research fields as well.

Research Design

Research design is a plan, structure and strategy of investigation conceived to obtain answers to research questions and to control variance (Kerlinger, 1986). In essence research design translates research problems into data for analysis to provide answers to research questions at minimum cost.

For the purpose of the study, the research paradigm that was followed is of qualitative nature, using semi-structured interviews as discussed later in the chapter.

Qualitative research is based on the belief that first-hand experience provides the most meaningful data (Leedy, 1993). It is also believed that qualitative data gives large volumes of quality data from a limited number of people. It is aimed at understanding the world of participants from their frame of reference (Walker, 1985)

Advantages

- Explores attitudes and behaviour in depth.
- Encourages discussion.
- Flexibility

Disadvantages

- The sample size can be an issue
- Bias in the sample selection
- Lack of privacy

Participants

A sample is a finite part of a statistical population whose properties are studied to gain information about the whole (Webster, 1985). Sampling is the act, process, or technique of selecting a suitable sample, or a representative part of a population for the purpose of determining parameters or characteristics of the whole population. The sampling technique used is purposive sampling. In this type of sampling, items for the sample are selected deliberately by the researcher, his choice concerning the research remains supreme. The researcher purposively chose the samples which are important for the study (Kothari & Garg, 2014). The samples are selected in the belief that it will be a good representative of the population for the study.

The universe of the sample is Kannur district.

The population of the study was caretakers of cancer patients.

The sample of the study was 10 caretakers of cancer patients.

The method used was a semi-structured interview.

Inclusion criteria

Care takers of the cancer patients at initial three years are included.

Exclusion criteria

Care takers suffering from any serious mental and physical issues are excluded.

Method Of Data Collection

For the purpose of the study, the researcher used semi-structured interviews, which involved direct questioning using open-ended questions

A semi-structured interview is a data collection that relies on asking questions within a predetermined thematic framework. However, the questions are not set in

order or in phrasing. In research, semi-structured interviews are often qualitative in nature. They are generally used as an exploratory tool in marketing, social, science, survey, methodology, and other research fields (Tegan George,2022).

Advantages of semi-structured interviews are questions of semi-structured interviews are prepared before the scheduled interview which provides the researcher with time to prepare and analyse the questions. It is flexible to an extent while maintaining the research guidelines. Reliable qualitative data can be collected via these interviews. It is a flexible structure of the interview. Disadvantages of semi-structured interviews: Participants may question the reliability factor of these interviews due to the flexibility offered.

Data Collection Procedure

After the details of the samples are taken, the researcher meets the sample and conducts a face-to-face interview. Firstly, informed consent is taken and the participants were assured the confidentiality of personal details and responses and clarified the doubts raised by them and questions are asked mostly open ended and semi-structured interview is conducted. Finally, the participant is thanked for their valuable time and corporation.

Data Analysis Method

Data analysis has been described as ‘the most complex and mysterious of all of the phases of a qualitative project, and the one that receives the least thoughtful discussion in the literature’ (Thorne,2000).

Thematic analysis is a method for analysing qualitative data that entails searching across a data set to identify, analyse, and report repeated patterns. It is a

method for describing data, but it also involves interpretation in the processes of selecting codes and constructing themes.

Thematic analysis is more appropriate for the study because it helps to find the common aspects in which the care takers of cancer patients were facing. It is important to analyse this study, it based on the specific themes to bring at an accurate conclusion.

CHAPTER 4

RESULT AND DISCUSSION

The major objective of the study was to understand the psychological well-being among caretakers of cancer patients. The research was carried out by using semi structured interview method. The number of participants were 10. After collecting the data through face-to-face interview, it was analysed through coding method.

The goal of the result and discussion is to use both text and illustrative materials to objectively present important findings in a logical order and without interpretation. What data was gathered is shown in the results section. After the results part, there is a discussion section where the researcher discusses the relevance of the findings. This section also studies the limitation of the research. The way the authors interpret their results may be quite different from the way you would interpret them or the way another researcher would interpret them (Lumen, n.d).

Thematic analysis is used as the analysis method. A technique for assessing qualitative data called thematic analysis involves looking through a data collection to find, examine, and document recurring themes. It is a technique for summarising data, but when choosing codes and creating themes, it also involves interpretation. The versatility of thematic analysis to be employed within a wide range of theoretical and epistemological frameworks, as well as to be applied to a wide range of study topics, designs, and sample sizes, is one of its distinguishing characteristics. The decision to utilise thematic analysis should be driven more by the objectives of the research than by a desire to pick an easy-to-use methodology. When attempting to comprehend a group of events, thoughts, or actions spread throughout a data collection, thematic analysis is an acceptable and effective technique to employ (Kiger and Varpio,2020).

The first question was about the type of cancer that the patient suffering from, and how long they have diagnosed with the disease. The question was asked in the interview to know the depth of disease and the diagnosis report is to know how long they have been suffering from this disease. When the patient was diagnosed with the cancer three or more years then the caretakers won't face much difficulty because he or she was become normal to that situation. The participants responded accordingly to the question. Some of them have cancer on rectum, lungs, breast, brain, gall bladder and so on. Everyone was diagnosed within the time period of 6 months to 3 years so that I continue with my questions to check their psychological wellbeing.

Second question was about care givers health. I am conducting the study to know the psychological distress that the care taker facing because of caregiving. When the caretaker having any other severe health issue by their own that also cause a reason for low psychological wellbeing other than caregiving. The study conducted by Schulz and beach (1999) shown that the magnitude of health effects attribulate to caregiving can vary substantially with the largest negative effects observed among caregivers who characterize themselves as being strained. This study of Schulz and beach thus supports the present study. Out of ten no one have any other severe health issue.

The third question was about caretaker's job. Caregivers make employment changes to provide care during survivor's treatment and recovery. The frequency is 7 out of 10 participants do not have any job. Rest of 3 have job, but they resign temporary to take care of the patient. According to a National Alliance for caregiving and AARP study 70% of working caregivers suffer from work related difficulties due to their dual roles. (Carilooop, 2018). So, the results of this study are consistent with the present study.

The fourth question address the fact the care taker face any difficulties or able to maintain their own needs and patients need simultaneously.

Superordinate Theme	Frequency	Subordinate Theme
Difficulties	7	<ol style="list-style-type: none"> 1. Balancing work 2. Academic difficulty 3. Devote hedonism 4. Physical exhaustion

The question was asked to understand psychological distress that the person facing as a caretaker. 7 out of 10 participants face difficulties as a caretaker. They often find less time for themselves; they spent more time on care giving duties that they end up sacrificing the things they enjoy. Mostly trouble on balancing work schedules around caregiving. In this interview it found that the caretaker wont able to complete her studies and many of them stop their work to look after the patient. Most of them were overwhelmed with their duties so they have unpleasant feelings or emotion because of this reason many of them face depression and anxiety. So, the superordinate theme formed to be difficulties. It shows that majority of them have a stressful situation. According to the study conducted by Roberts and Struckmeyer (2018) it was found that caregiver often experience what has been called the unexpected career of caregivers and face multifaceted, complex and stress full life situation that can have important consequences. While many caregivers report that they drive significant emotional spiritual rewards from their caregiving role, many also experience physical and emotional problems directly related to the stress and demands of daily care.

The fifth was to get to know about the mentality of caregiver when they see patient with intense pain and is there any situation that the caretaker do not able manage their pain.

Superordinate Theme	Frequency
Chronic pain	9

Out of 10 the frequency of 9 participants responded similarly that it is very difficult to see the pain that their loved one suffering. In that situation caregiver become helpless. They try to reduce the pain by giving pain killer. When they see patient with intense pain, caregiver automatically develop psychological distress. According to the study conducted by Tsuji, Tetsunaga and ozagi (2022) say that for chronic pain sufferers, social support from caregivers is important. However, such caregivers face enormous physical and mental burden. So, this study supports the present study.

Furthermore, the sixth question was about as a caretaker they felt any kind of changes like withdrawal from your daily routine, social activities life style and so on.

Superordinate Theme	Frequency	Subordinate theme
Withdrawal from habits	8	1. Isolation
and lifestyle		2. Socially Withdrawn

Most of the participants responded that they have a withdrawal from their daily routines, social activities life style and so on. A person who is socially withdrawn removes themselves from interactions with others, like turning down invitations and avoiding social situations from parties and events to casual gathering with friends and family. It developed a sense of psychological distress among caretakers. According to

the article by Annon feelings of isolation and loneliness can be caused by a withdrawal from previous habits and lifestyle. Their time for personal rejuvenation is reduced to nothing, as they focus on only their care recipient, which will lead to isolation and loneliness. It was difficult for the caretaker who experience feelings of isolation. It has emotional impacts can also be unexpected physical side effects caused by the onset of depression. (Annon, n.d).

Subsequently the next question was about their financial status that how they are meeting the expense of treatment and medicine or whether they have financial strain than before.

Superordinate Theme	Frequency
Financial strain	9

The cost of medicine and treat was too expensive. The frequency of 9 out of 10 faces financial strain. For them financial hardship caused because of the situation that they give off from their job for caregiving so it become difficult to met the medical bill as well as their needs. Before illness it went smoothly after the diagnosis it become little more difficult. The present study supported by the study conducted by Hassan and Kareem (2022). The result indicated that family members of patients with cancer experienced a severe financial burden as a result of their patients' illness. Patients with cancer in a family member can create situational crises that can lead to emotional distress.

The next question was to know the diet, whether the caretaker change their diet for patient and how they provide a happy environment for the patient. From the article it was found that most of the patient with cancer are associated with appetite loss

because of several factors such as drugs, chemotherapy, and radiation therapy but the patient wishes to eat more, but they won't be able to eat. There is no hard and fast rule to dietary planning, as needs vary with each individual and medical condition. (Planning healthy meals and well-balanced diet, n.d). To provide a happy environment caretaker cook the favourite food for them, show their favourite shows, talk to them, and do whatever makes them happy.

The next question was to know about their sleep. Analysis of sleep quality in caregivers of patients with cancer.

Superordinate Theme	Frequency
Less quality sleep	6

Pain can affect sleep differently it depends on the intensity of pain. Patients' pain affects the caretaker also. When a patient suffering intense pain, they need support and care, also their appetite may be worst so were tired so that they want to hydrate or eat something which reduces the stress that was the responsibility of care taker. So, their sleep gets disturbed at night. Sleep is one of the important needs otherwise the person will have physical or psychological issues. As per the study of Gao, Scullin, and Nikita (2019) sleep dept is known to have cumulative associations with physical, mental, and cognitive health; therefore, poor sleep quality in caregivers should be recognized and addressed. Although the caregiving role is stressful and cognitively demanding by its nature.

The last question was about support from family, friends, or neighbour. Care giving is not an easy task. In that journey there may be lots of risk to developing stressors that may adversely affect your mental wellness. To reduce the chance of

developing stress it is important to get good care for caregivers from family friends and neighbours.

Superordinate Theme	Frequency
Social support	10

The major role played by family, friends and neighbours are well explained by all the participants. Social support is very necessary for them to continue their task. The superordinate theme was formed that everyone got good social support. The theme is supported by the study conducted by Mishra, Pandey, and Khan (2014). Several empirical studies illustrated that predicting effect of social support on psychological wellbeing. The factor social support is the most important to increase can promote health by providing persons with positive experience. Several studies noted that predicting effect of social support ties active participation in social activities is a good predictor of psychological wellbeing in western context. The purpose of their study was to show the social support positively related to psychological wellbeing.

From the results it is indicated that the major problem of caretakers was their burnout, financial strain, sleep problems, withdrawal from habits and lifestyles, and patient's intense pain. Majority of the participants pointed out financial strain was the major stress. The role played by family, friends, and neighbours are evident in the study.

CHAPTER 5

SUMMARY AND CONCLUSION

Cancer affects the quality of life of family caregivers in many ways, but it takes its greatest toll on their psychological well-being. They were expected provide complex care in the home with little or support. When the demands placed on caregivers exceed their resources, they feel overwhelmed and report high stress, initially it effects the caregiver's psychological well-being. Quality of life appear as increased emotional distress, anxiety, or depression, feeling of helplessness, loss of control and difficulty in coping with care giving roles. Family caregivers are highly distressed, it has negative effect on the patient's long-term adjustment. Distressed caregivers have more difficulty in providing optimal care also they have changes in their immune system that can lead to flare-ups in auto immune system in the body and vulnerability to cardiovascular diseases. Changes increase the likelihood that the caregivers own health will suffer and subsequently hinder their capacity to provide care. For many years it was assumed that cancer had little effect on the wellbeing of family caregivers, as studies examined the impact of cancer on the family over time. Health professionals and others became more aware of the emotional distress experienced by family members as well as patients. Many caregivers put their own needs and feelings aside to focus on the person with cancer. This can be hard to maintain for long time and its not good for their health. The stress can have both physical and psychological effects. If they do not take care of themselves, they will not able to take care for others.

The permission for conducting the research was gained from the research guide. Then, the researcher took the informed consent of the participants, patients and the manager of palliative care unit that was visited for data collection. The participants were made aware of their rights and about the confidentiality that would be followed.

The participants were caretakers of cancer patients, all are residing in Kannur. The questions were asked to the participants after establishing a good rapport.

The research was qualitative in nature and the data collection method used as semi structured interview. The interview conducted one by one. The researcher went to each house and talk to the participants. First, a good rapport was established and ask questions to know their psychological wellbeing as a caretaker. However, the questions are not set in order or in phrasing it changes according to the participants report. The questions were asked one by one and responses were noted down precisely. Interview on each participants went smoothly. The participants were made aware of their right to know about the result of the interview and they can contact the researcher for any further clarifications. At the end the participants thanked for participation and cooperation.

The major objective of the study was to understand the psychological wellbeing among caretakers of cancer patients. The data was collected through semi structured interview and the data was analyzed using thematic analysis. It is a technique for summarising data, but when choosing codes and creating themes, it also involves interpretation. The ten questions asked and the responses from the participants were thus analyzed thematically. There were subordinate and superordinate themes found among the responses. The major problems drawn out was caretaker's burnout, financial strain, sleep problems, withdrawal from habits and lifestyles, and patient's intense pain. Majority of the participants pointed out financial strain was the major stress. The role played by family, friends, and neighbours are evident in the study. Furthermore, the study shown that there no disappointment for the caretaker at the time of caregiving.

Major Findings:

- ❖ Caregivers make employment changes to provide care.
- ❖ Caretaker face difficulties to maintain their own needs and patients need simultaneously.
- ❖ When the patient has intense pain, caregiver automatically develop psychological distress.
- ❖ Caretakers have changes like withdrawal from habits and lifestyle.
- ❖ The important findings of the study were that the family face financial strain than before.
- ❖ Caretaker have less quality of sleep.
- ❖ Majority of them have psychological distress.

Implication:

The present study was conducted on caretakers of cancer patients focusing on their psychological wellbeing. The cause of psychological distress can be understood from the study and thus it can be prevented using suitable choices of support. Commonly it was like, everyone worried about the patient and their disease, no one try to understand the problem that faced by the caretakers. The role changes and withdrawal from daily habits cause physiological and psychological problem so it is important to care the one who giving the care for others. There were studies related to psychological wellbeing of the caretakers but many of them don't get aware of this so, there can be awareness programs made based on these findings. Through this study we understand the psychological wellbeing of the caretakers so bring the activity that increase the wellbeing also introduce defined questionnaires or measures.

Limitations:

One limitation of the study was small sample size chosen only from Kannur district. The samples were selected using purposive sampling in this study and this may restrict the generalization.

Suggestion for Future Research:

- The same study variable can be studied in a different population\ context\ location\.
- The present study was carried out among 10 caretakers of cancer patients. Future studies could be carried out within more sample size.
- The present study addressed psychological wellbeing as a variable. Future studies could explore the possibility of other psychological variables in this population.
- Time consuming was a major limitation and this can be avoided using an alternative data collection method.

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APPENDIX

APPENDIX A: INFORMED CONSENT FORM

This is a research study undertaken for the fulfilment of the researcher 's Bachelor of Science program in Psychology. The study is on -PSYCHOLOGICAL WELLBEING AMONG CARE TAKERS OF CANCER PATIENTS. The data for the study will be obtained through a semi structured interview.

Participation in this research project is voluntary. You have the right to withdraw from the study at any time if you chose not to continue. It is further reinstated that all information will be kept confidential and will be used only for the purpose of the above-mentioned research study.

The contact information of the researcher has been provided for participants in order to clarify any concerns or queries about this study. The details of the researcher are given below:

Researcher: FATHIMATHUL AHLA

Phone Number: 7012304285

Email Id: ahlap0240@gmail.com

Your name and signature below signify that you have read and understood the contents and intentions formed in the consent.

Name:

Signature:

Date:

APPENDIX B: SOCIO DEMOGRAPHIC DETAILS

NAME/ INITIAL:

AGE:

GENDER:

QUALIFICATION:

PLACE:

ADDRESS:

CONTACT NUMBER:

APPENDIX C: RESEARCH QUESTIONS

1. Which type of cancer did the patient suffering from?
2. How long have you been diagnosed with cancer?
3. Did the care taker have any other health issue?
4. Do you have a job?
5. What are the difficulties that you are facing as a caretaker?
6. Are you able to maintain your own needs and patients' needs simultaneously without any difficulties?
7. How you feel when you see patient with intense pain?
8. Is there any situation that you were not able to manage patients' pain or their needs?
9. Which thing is more difficult for you to handle?
10. as a care taker you became others recipients so that did you feel any kind of distress due to the changes like withdrawal from your daily routine, social activities lifestyle and so on?
11. Did you able to manage the cost of medicine and treatment?
12. Do you have any kind of financial strain than before?
13. Did you ever loss your patience or compassion at the time of care giving?
14. What was the hardest thing that you heard from the patient?
15. How will you provide a Happy environment to the patient?
16. Is there any changes come to your diet after diagnosis?
17. Did you get disappointed at any time?
18. Did your sleep get disturbed?
19. Did you get support from your family, friends, or neighbours?

STUDYING THE AGGRESSIVE BEHAVIOURS OF PROTAGONIST IN QUENTIN TARANTINO FILMS

*A Dissertation submitted in partial fulfilment of the
requirement of the degree of Bachelor of Science in Psychology*

Submitted by:

Christin Varghese

Reg.No:DB20CPSR01

Under the Guidance of

Mr. Sonu K

Assistant Professor



DON BOSCO ARTS AND SCIENCE COLLEGE

ANGADIKADAVU

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DEPARTMENT OF PSYCHOLOGY

MARCH 2023



DEPARTMENT OF PSYCHOLOGY
DON BOSCO ARTS & SCIENCE COLLEGE,
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PSYCHOLOGY PROJECT REPORT

Register Number: DB20CPSR01

SUBMITTED FOR THE B.Sc. EXAMINATION 2022-23

Head of the Department

Principal

Held On

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on “**STUDYING THE AGGRESSIVE BEHAVIOURS OF PROTAGONIST IN QUENTIN TARANTINO FILMS**” by, **Christin Varghese**, in partial fulfilment of the requirements for the award of the Undergraduate Degree of BSc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

DECLARATION

I **CHRISTIN VARGHESE**, hereby declare that this dissertation entitled **“STUDYING THE AGGRESSIVE BEHAVIOURS OF PROTAGONIST IN QUENTIN TARANTINO FILMS”** submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

CHRISTIN VARGHESE

Signature

DB20CPSR01

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ABSTRACT

This research focuses on giving a piece of detailed and conclusive information about the overt behaviours of protagonists in the films that pertain to the American film director Quentin Tarantino. Violence in media has been cited as one of the main precursors to the desensitisation of human behaviour towards violent acts especially that of the young impressionable minds. People who make themselves available as audiences of films tend to always empathize with the protagonists, and violence in films is not uncommon but usually, the protagonists of those films are seen to be indulging themselves much less in extending to violent acts, however, it's the opposite in the case of Quentin Tarantino films. This research aims at examining 5 movies directed by Quentin Tarantino that fall under the inclusion criteria of the methodology and that may provide evidence if any that pertains to the level of aggressive behaviours depicted by the protagonists in those films. Quentin Tarantino is one of the most successful directors of all time and thus has quite a cult following, his viewers are ever-increasing and thus the extent of exposure to these violent films is on the rise too.

The key results of this study were clearly evident in pointing out that the protagonists of all the five films under analysis had displayed aggressive behaviours that fall under the 10 criteria of analysis, some more extreme than others. Furthermore, it was found that all protagonists of Quentin Tarantino's films are aggressive in nature. The most common forms of aggression depicted in Tarantino's films are physical and verbal aggression. The protagonists are all given a past history or fictional reasons that justify their aggressive actions, except that from *Death Proof* and *Pulp Fiction*. The most aggressive protagonist of all his films is The Bride from *Kill Bill Vol 1* with a total of 107 instances of physical aggression alone. The least aggressive protagonist is Lt. Aldo Raine in *Inglourious Basterds*.

The researcher arrived at the conclusion that because the main characters in Quentin Tarantino movies exhibit violent behaviour and because these actors are well-known figures with whom viewers can identify, the desensitisation to violence in real life will be exacerbated in those viewers.

“I take up the standpoint that the tendency to aggression is an innate, independent, instinctual disposition in man, and I come back now to the statement that it constitutes the greatest obstacle to culture.” (Freud, 1930, p.122)

CHAPTER 1

Aggressive behaviour is impulsive and reactionary behaviour that frequently leads to physical and psychological harm to others, ourselves, or inanimate objects in the environment.

Any offensive action, attack, or procedure may be used, and it is frequently an outburst of repressed rage. Aggressive behaviour can be planned and motivated or unintentional. It can be overt or covert, direct or indirect. Screaming, shouting, and swearing are examples of verbally aggressive behaviour. Physically aggressive behaviour includes hitting, pinching, scratching, and biting (Edubirdie, n.d).

Physical illness, social problems, the environment we live in, psychological issues, and a variety of other factors can all contribute to aggressive behaviour (Edubirdie, n.d).

Physical discomfort: When a person is sick or in pain, he may act irrationally or aggressively out of discomfort and confusion (Edubirdie, n.d).

Social problems: When a person experiences social problems such as loneliness, boredom, a lack of social interaction, or communication difficulties and feels unable to express these emotions, he may become aggressive because he feels so alone and unable to express himself (Edubirdie, n.d).

The surrounding environment: A person's upbringing may have an impact on their behaviour. People who experience more forms of aggression as children are more likely to think that such hostility and violence are acceptable in society. An essential role of modelling is played in this scenario. Children always look to their parents or elders as role models and emulate their behaviour. It was proven by Bandura's well-known experiment with the Bobo doll that modelling can influence how aggression is learned. When given the chance, kids who saw a video clip in which an adult model acted violently towards a Bobo doll were more likely to imitate those behaviours (Edubirdie, n.d).

Psychological issues: People's behaviours are constantly impacted by psychological issues. Because of his repressed emotions, a depressed person might act aggressively. When a person loses an important person, this may occur. When a friend or family member passes away, it can leave people feeling hopeless, angry, exhausted,

and uninterested in anything. This is more likely to happen to people who constantly repress their emotions and don't let them out because they don't know how to express their painful emotions. As a result, they become angry without cause and over the silliest things and behave aggressively. Other factors that can make someone aggressive include pressure, stress, anxiety, or the perception that his rights are being disregarded. Along with dementia, other illnesses like Alzheimer's, Huntington's, schizophrenia, autism, bipolar disorder, post-traumatic stress disorder, and drug addiction can also cause people to become aggressive (Edubirdie, n.d).

Numerous aspects of someone's life can be negatively impacted by aggressive behaviour. It might have a bad impact on his relationships, career, academics, physical and mental health, and other aspects of his life (Edubirdie, n.d).

Social life: It leads to isolation and social withdrawal. Since no one likes him or wants to talk to him when he's being aggressive all the time, his social life suffers and he begins to isolate himself from other people (Edubirdie, n.d).

Career: Being aggressive can result in a person losing his job. For instance, if a person exhibits aggressive behaviour, customers won't like him, and his co-workers will try to avoid him. Both the customers and his co-workers will constantly complain about his aggressive behaviour to the manager, which may result in his termination. It may also result in persistent unemployment (Edubirdie, n.d).

Relationships: Being aggressive can cause us to lose the people we love the most. It causes family strife, divorce or separation, and the loss of parental custody. Aggressive behaviour can occasionally leave physical and mental wounds and cause pain in our loved ones (Edubirdie, n.d).

Academic life: Because of subpar performance in high school or college, may result in academic failure. Aggressive students find it difficult to focus during lessons or classes because they are constantly thinking about what annoys them. The stress that students experience and manage can always make them aggressive, and when they become aggressive, they lose focus and perform poorly (Edubirdie, n.d).

Physical well-being: Due to the propensity for fights and risky or reckless behaviours, such as aggressive driving, it can occasionally result in physical injury (Edubirdie, n.d)

Mental health: It can sometimes lead to depression and is very important in the onset or worsening of mental health disorders (Edubirdie, n.d).

Other negative effects of aggressive behaviour include strained or destroyed interpersonal relationships, legal issues such as arrest, fines, and incarceration, financial instability, drug and alcohol abuse, and an all-pervasive sense of helplessness. Aggressive behaviour may be physical or verbal (Edubirdie, n.d).

Aggression that results in physical harm to another person is referred to as physical aggression. It entails striking, kicking, biting, brandishing objects, and using weapons. Physical aggression has the potential to result in serious issues like injuries and sometimes even permanent disabilities (Edubirdie, n.d).

Verbal aggression: This type of behaviour is characterised as being both unprovoked and repeated and being intentionally harmful. It is an intentional abuse of power, such as taunting, threatening, or teasing, perpetrated against a victim of somewhat lower status or power by one or more individuals of relatively greater status or power (due to their numbers or size). Bullying in general, including threats, teasing, criticism, and other verbal assaults, happens in a lot of schools, colleges, streets, and neighbourhoods (Edubirdie, n.d).

Emotional or impulsive aggressive behaviour: It refers to aggression that is primarily motivated by impulsive emotions and occurs without much thought or intention. The intensely negative emotions we're feeling at the time we attack are the cause of emotional aggression, which isn't really meant to have any positive effects (Edubirdie, n.d).

Quentin Tarantino is an American filmmaker who also writes, produces and acts. His films are noted for their stylized violence, profanity, razor-sharp dialogue, and fascination with film and pop culture. It is indisputable that Tarantino is one of the most influential and revolutionary filmmakers of his generation. Although the number of films he has made is limited, it has got quite the cult following. The protagonists in his films never shy away from violence. Often the characters are shown as achieving their goal using violence (Britannica, 2023).

The protagonist in a story is the main character, who has the sympathy and backing of the viewers. The majority of the decisions or conflicts that are presented in

the story usually involve or have an impact on this character. Any work of art with characters and a plot can have a protagonist, including books, movies, poems, plays, operas, etc. Most stories contain one protagonist. However, if the plot has many narratives or subplots, each one can have its protagonist (Hogue, 2017).

The audience always sympathises with and supports the protagonists, even though they aren't always "good"—many are deceitful or even criminal. The antagonist is a character who opposes or works against the protagonist in a story. Not every story with a protagonist also features an antagonist (Hogue, 2017).

Violence in films and its impact on viewers has been a long-discussed topic. Every day we come across situations that demand self-control. Even the most pacifist of people burst into a fit of anger at some point in their life. This is a human instinct, however uncontrolled aggression or constant acts of aggression is dangerous. Aggression in animals is physical, while in the case of humans, aggression can be of many types such as physical, verbal, or mental in nature. In technicality, aggression is however classified into expressive, accidental, hostile and instrumental. In India, violence against women and domestic acts of aggression especially that of physical nature has shown a huge increase. Many women keep silent after abuse. But the many women empowering events and organizations have helped them come forward to the authorities. A common pattern seen in spouses that abuse these women is that they are people who are extremely manipulative and hence their form of aggression can be either hostile or instrumental in nature.

NEED AND SIGNIFICANCE OF THE STUDY

Aggression is not a factor to be taken lightly when it comes to behavioural patterns. As instinctual as it is, aggression always leads to dire consequences. When we talk about Quentin Tarantino's films, he is one of the most artistic directors out there. However, the viewers are still subjected to extreme forms of aggression through his films. Tarantino has been confronted about this very aspect on many a media platform, and each time he has responded "See something else". While the choice of films one watches is definitely their own prerogative, any ordinary movie enthusiast wouldn't shy away from a Tarantino film. That is why this study aims to analyse in detail the aggressive factor of protagonists in his films.

Studying the characters of violent movies and not just the overall violent factor in them is imperative. The audience adores Tarantino's films despite the vast amount of violence and profanity present. Viewers tend to empathize and root for the protagonists especially when they perform violent acts with good intentions. There are many researchers studying violence in films and some even in Tarantino films, and this study can be used as a reference. Also, this study can be a forewarning for movie enthusiasts and give insight into the lead characters in Tarantino films.

Several pieces of research have been conducted to determine whether exposure to media violence can desensitize people to violence in the real world and, and to find out if for some people, watching violence in the media becomes enjoyable and does not result in anxious arousal that would be expected from seeing such imagery. There are virtually no studies that have analysed the aggressive behaviour of characters in violent films. Hence, considering the fact that there aren't any similar studies, the relevance of the study is extreme.

PROBLEM STATEMENT

Violence in films and the impact it has on its viewers is of great significance, and Quentin Tarantino's films are known for their violent and profane factors. Thus, the protagonists of Tarantino's films perform extremely violent acts and this is generally accepted as a positive factor in the film. Hence, viewers will be desensitized toward violent, grotesque and profane actions in real life too. Individuals being more exposed to violence might start to normalise the presence of violent acts in real life too. Constant viewing of these films can even entice violent and aggressive behaviour in people. Film enthusiasts who repeatedly watch Quentin Tarantino's films being his fans can have a tendency to set the bar for violence depicted in films very high, and thus, they may try to fill the void his films leave with other even more violent and gore films. The protagonists in Tarantino's films are enacted by some of the most famous and influential celebrities of all time, and thus the viewers of these films have a very high probability of completely accepting the actions of those protagonists in the films to be necessary and all these consequent actions arose due to the fact that aggressive behaviours portrayed by the protagonists in Tarantino films are not only condoned, celebrated but even expected in the very least by the standards of Quentin Tarantino.

Therefore, the title “Studying the aggressive behaviours of Protagonists in Quentin Tarantino Films” is operational.

DEFINITION OF KEY TERMS

1) PROTAGONIST

Theoretical definition:

A protagonist is a leading actor or principal character in a television show, movie, book, etc (Merriam Webster, n.d.).

Operational definition:

The lead actor or character.

2)AGGRESSIVE BEHAVIOUR

Theoretical definition:

Any behaviour whose intent is to inflict harm or injury on another living being (McGee and Wilson, 1984).

Operational definition:

Behaviour that harms another person.

OBJECTIVES

Major Objective:

- To study the aggressive behaviours of protagonists in Quentin Tarantino films.

Specific Objectives:

- To study the types of aggressive behaviours displayed by protagonists in Quentin Tarantino films.
- To study the severity of aggressive behaviours of protagonists in Quentin Tarantino films.

METHODOLOGY

- The research design is qualitative.
- The research focuses on protagonists in Quentin Tarantino films.

- The data collection procedure is content analysis.
- Analysis method is thematic analysis since it can provide specific information necessary for the study.

ORGANIZATION OF THE REPORT

This research contains five chapters – introduction, literature review, methodology, results and discussion and finally the summary and conclusion. The first chapter is the introduction. It includes a brief introduction to the study with a major focus on the need and significance of the study. The chapter also comprises the problem statement and the definitions of the key terms that are used in the chapter. The second chapter is a review of the literature. It encompasses two sections – the theoretical foundation of the study and the corresponding studies. The third chapter is the methodology. It consists of a thorough description of samples, research design, method of data collection, procedures for data collection, analysis method used for the analysis of the data collected and ethical considerations. The fourth chapter traverses the results and discusses the analysis of the data and the results acquired. In the fifth chapter which is the Summary and Conclusion, a summarization of the study and methodology of the study are briefly stated. It also includes the major findings of the present study, its implications and suggestions for further research. In the end, the references are incorporated.

Literature reviews survey research on a particular area or topic in psychology. Their main purpose is to knit together theories and results from multiple studies to give an overview of a field of research (Fink & Arlene, 2010).

A literature review establishes the authors' in-depth comprehension and knowledge of their field subject, provides the background of the research, depicts the scientific manuscript plan of examining the research result, illuminates how the knowledge has changed within the field, highlights what has already been done in a specific field, information of the generally accepted facts, the emerging and current state of the topic of research, and identifies the research gap that needs to be filled (Pubrica, 2019).

Any literature review should strive to synthesise and summarise the theories and justifications of previously published research in a specific area without making any original contributions. They aid the researcher in even turning the wheels of the

research subject because they are based on existing knowledge. Only a thorough understanding of the specific flaws in the current results makes it possible to overcome them. The literature analysis identifies the path that other studies should take in order to be successful (Pubrica, 2019)

THEORETICAL REVIEW

In an effort to understand why we become aggressive and whether that behaviour can be altered, psychologists have developed three main theories of aggression. Although more theories have been put forth, these three have proven the most reliable and are crucial to comprehending the origins of aggression (Bushman & Anderson, 2020).

These theories include:

- Instinct theory of aggression
- Frustration-Aggression theory
- Social Learning theory

Theories of Aggression

Instinct Theory of Aggression

This theory proposed by Sigmund Freud has also come to be known as the Thanatos theory. At first, he thought that Eros, the life impulse, was the source of all actions. These impulses kept us living and motivated to procreate. Later on, he came to write that life instinct could not explain all human behaviours thus there was another instinct or variable, which he came to coin as the death instinct or Thanatos. The death instinct provided an explanation for why people act aggressively, commit harmful acts, or attempt to relive painful experiences (Bushman & Anderson, 2020).

According to Freud, these two instincts coexist in every human thought and all behaviours result from a healthy equilibrium between them. This could explain why we vent our rage on other people. Even if the original focus of this rage or hostility is directed within, Eros triumphs over Thanatos. Hence, hostility is aimed outside of ourselves in an attempt to keep ourselves living (Bushman & Anderson, 2020).

Frustration-Aggression theory

Frustration is a typical human feeling that manifests when someone or something prevents us from achieving an objective. The simple premise of the frustration-aggression theory is that frustration leads to aggression. Aggression tends to result from frustration, but if a person has greater levels of self-awareness or self-control, it need not be so (Bushman & Anderson, 2020).

When someone is angry, aggression need not be directed at the object of their frustration. When the objective is attained and the frustration fades, the aggression might still be there (Bushman & Anderson, 2020).

Children were positioned in front of a wire screen in one of the first studies to explore the frustration-aggression theory. On the other side were toys. The toys were just out of reach even though the kids could see them. The kids who wanted to play with the toys were probably annoyed by this. Researchers found that the children's play was significantly more aggressive after the wire barrier was taken down and they were allowed to play with the toys than it had been initially (Bushman & Anderson, 2020).

Social Learning theory

The final theory on aggression is based on one of the most well-known experiments ever conducted. Albert Bandura put forth the Social Learning Theory in the 1960s. Most notably, Bandura's Bobo Doll experiment sought to understand how young children pick up aggression. He suggested that aggressive behaviour is a learned trait. Simply because they are imitating what they have seen, children can be aggressive (Bushman & Anderson, 2020).

Here is how the test was conducted. A large Bobo Doll, some toys, and an adult were all placed in a room with children. (A Bobo Doll is one of those inflatable clowns that bounces back up when you hit it.) The other half of the kids calmly played with the toys while sitting in the same room as the adult. The other half sat in the same room as the adult and watched as the latter violently kicked or hit the Bobo Doll. Some of these adults hit the Bobo Doll over the head with a mallet or used inappropriate language. The kids were then taken away from the adult and put in a room by themselves with more fun toys. To upset the kids, the toys were taken away after a short while. Then,

every child was led into a third room, where another Bobo Doll was present (Bushman & Anderson, 2020).

Children who had witnessed violent adults were more likely to act violently themselves. When kids also kicked, hit, or acted aggressively towards the Bobo doll, they were merely modelling and imitating. This experiment led Bandura to make the hypothesis that aggression can be learned indirectly through observational learning in addition to directly through positive or negative reinforcement (Bushman & Anderson, 2020).

A metatheory for comprehending the causes of aggression is the general aggression model, or GAM for short. The GAM is particularly helpful for comprehending how being exposed to violent media can make people more aggressive. In the GAM, individual and environmental factors interact and independently affect a person's internal states (cognition, affect, and arousal), which in turn affect behaviour. Some individuals may be more susceptible to the effects of violent media than others, such as those who strongly identify with violent media characters or those who exhibit a propensity for aggression. Personal variables are such individual variations. Exposure to violent media is a situational factor. As a result, there are three ways in which viewing violent media can make people more aggressive: by provoking aggressive ideas, feelings of rage, and physiological arousal. Increased physiological arousal, aggressive thoughts, and angry feelings are all results of violent media exposure. Additionally, being exposed to violent media makes it harder to feel compassion and empathy for others. The attributions, judgments, and assessments a person makes are then influenced by their internal states, such as whether the uncertain action was unintentional or intentional. According to research, being exposed to violent media worsens negative opinions. In other words, viewers of violent media are less likely to view others favourably. These results help to explain why violent media exposure makes people more aggressive and less helpful (Bushman & Anderson, 2020).

Most of us immediately associate aggression with actions that cause physical harm to one's self or others. Even though that accounts for a sizable portion of what aggression entails, it falls short of providing a comprehensive definition and labels aggressive behaviour as non-aggressive. This is why we refer to all the various forms of

aggression we encounter daily simply as "aggression." The various types of aggression are listed below (Mind Diagnostics, 2022).

Physical aggression: it is the aggressive behaviour, such as hitting, biting, brandishing objects, and kicking, that causes physical harm to oneself or another (Mind Diagnostics, 2022).

Mental Aggression: is the behaviour which is used to psychologically harm another person, such as by inducing anxiety, stress, or depression (Mind Diagnostics, 2022).

Impulsive aggression: is aggressive behaviour that causes emotional harm to another person and makes that person find it difficult to express themselves (Mind Diagnostics, 2022).

Verbal aggression: is when someone uses aggressive language to make someone else feel less secure in their skin (Mind Diagnostics, 2022).

Accidental aggression: is aggression that is, more or less, the result of carelessness, indifference, or simply failing to pay attention to what is going on near you. Because it's unintentional, it's called accidental aggression (Mind Diagnostics, 2022).

Instrumental aggression: is when someone is harmed during a conflict over a particular concept or object (Mind Diagnostics, 2022).

Sexual Aggression: aggressive behaviour exhibited by one sex towards the other, frequently during mating behaviour (APA Dictionary of Psychology, n.d.).

Fear-induced Aggression: a type of animal aggression in which the victim has been seriously threatened or cornered before the attack (APA Dictionary of Psychology, n.d.).

Territorial Aggression: the act of combating or harming intruders of the same species to protect a specific area (APA Dictionary of Psychology, n.d.).

Self-Aggression: a series of intentional behaviours intended to harm or even kill oneself (Universidade De Lisboa, 2010).

SUMMARY

It's possible that one of these theories of aggression is more plausible than the others. Or you might believe that they all make sense when taken together. When asked why we become aggressive, there is no right or wrong response. The Bobo Doll experiment may have been influenced by frustration and a child's "death instincts," among other factors. Thus, all three theories have an equal possible weight as to which proves to have the most practical or real-life accuracy in terms of aggression (Practical Psychology, 2022).

CHAPTER 2

LITERATURE REVIEW OF STUDY VARIABLES

Albert Bandura, D. Ross and S. A. Ross in held an experimental study in which subjects observed real-life aggressive models, another observed these same models portraying aggression on film, and a third group watched a film featuring an aggressive cartoon character in an effort to test the hypothesis that exposing kids to film-mediated aggressive models would increase the likelihood of subjects' aggression to subsequent frustration. After the exposure therapy, subjects were given a mild form of frustration before being tested in a different experimental setting for the degree of imitative and nonimitative aggression. The overall findings show that film-mediated aggressive stimulation has modelling and facilitation effects. The results also show that the model's sex, the child's sex, and the model's reality cue all have some bearing on the effects of such exposure (Bandura et al., 1963).

According to L. Berkowitz and E. Rawlings, in a test, 160 college men and women watched a 7-minute prize fight scene after being insulted or treated neutrally by a male graduate student in an experiment to see if recently angry people could "purge" their anger by watching violent scenes on film. E, a female graduate student, gave the Ss one or two plot summaries just before they watched the film. E informed the Ss that the movie's main character, who suffered a terrible beating during the flight, was a blatant scoundrel in half of the cases. This group probably believed the imaginary aggression to be justified. After hearing that the protagonist wasn't actually bad, the remaining Ss likely began to see the aggression in the film as less justified. After watching the movie, every S gave the male graduate student a grade (Berkowitz and Rawlings, 1963).

The authors had hypothesised that the justified fantasy aggression would result in increased overt hostility towards the offending male graduate student by lowering inhibitions against aggression, which would run counter to the thesis of vicarious hostility reduction. The prediction is supported by the survey results (Berkowitz and Rawlings, 1963).

M. H. Thomas, R. W. Horton, E. C. Lippincott and R. S. Drabman had the idea that watching violent TV dramas lessens people's emotional reactivity to seeing real-life

aggression and it was tested in two separate experiments. Before watching a videotaped scene of actual aggression, students were either shown an excerpt from a violent police drama or a portion of an exciting but nonviolent volleyball match. Skin resistance changes, which were monitored continuously throughout the session, were used to gauge emotional state. A video of a fight and argument between two pre-schoolers served as the real aggression in Experiment I, where the Ss were 28 8–10-year-olds. In Experiment II, 59 college students took part, and while Ss watched news footage of the 1968 Democratic National Convention riots, reactions to actual aggression were measured. Adult females were the only group of Ss who were less stimulated by real-life instances of aggression than Ss who had previously watched the aggression drama. The discovery that for the majority of groups of Ss, the amount of TV violence typically viewed was negatively correlated with responsiveness while viewing aggression lends further support to the theory. (Thomas et al., 1977)

S. Worchel, T. W. Hardy, & R. Hurley, conducted a study to find out how violent reactions to violent and nonviolent movies differ. Three full-length movies were shown to subject groups: (1) a staged violent movie, (2) an authentic violent movie, or (3) a nonviolent movie. Periodic commercial breaks occurred in the films for half of the subject groups. Results supported predictions that viewers of aggressive films would exhibit more aggressive responses than viewers of passive films. (Worchel et al., 1976)

A. Coplan and P. Goldie in their book came to the conclusion that there is no one emotional connection that sums up a single connection between fictional characters and readers, listeners, or viewers on the one hand, despite this. He is unaware of how many relations there are. He has examined a few in this essay: unintentionally occurring feelings that may include the antipathy component of solidarity, vectorially convergent emotions, which can include some instances of sympathetic feeling and is my preferred candidate for the title of empathy (should we wish to retain that label), as well as mirror reflexes, affective states that, though not exactly fully articulated emotions, can nevertheless contribute to their formation. He has expressed scepticism about the extent to which infectious identification, including empathy that is construed as infectious identification, accounts for our emotional connection to fictional characters, particularly protagonists when charting these affective states (Coplan & Goldie, 2011).

CHAPTER 3

METHOD

RESEARCH METHOD

The devices one uses to conduct research are referred to as research methods. These may be mixed, qualitative, or quantitative. To analyse data collected, statistical tools are frequently used in quantitative methods, which examine numerical data. By measuring the variables, it is possible to establish relationships between them. Tables and graphs can be used to display this kind of data. Non-numerical qualitative data concentrates on identifying patterns. Quantitative and qualitative research techniques make up mixed methods. Unexpected results can be explained using mixed methods. (Department of Library Services, n. d.)

In our current research, the research method is of qualitative nature. This is because the study is intended on learning about the aggressive behaviours of protagonists in Quentin Tarantino films and simply due to the fact that it is about studying the qualitative factor of the protagonists, it is clear as to the method of research needed to be adopted. There are several types of methods for collecting data in qualitative research. We will discuss that later in this chapter.

RESEARCH DESIGN

It is a framework that contains the techniques and steps for gathering, analyzing, and interpreting data. In other words, the research design, which is a component of the research proposal, outlines how the researcher will approach the major research question. The design of this study affects the kind of data that will be gathered and, as a result, the findings. The research design also defines all other aspects of a study, including variables, methodology, hypotheses, experiments, and statistical analysis, depending on the type, which we will explain below (Creswell et al., 2015).

However, a lot of people conflate research methodology with research design. The distinction is that while the former provides a general framework for how to approach the issue, the latter specifies how to put the solution into practice. The development of a thesis statement requires both. The least amount of error-producing research design is favoured most. Therefore, sound research design adheres to the following principles (Creswell et al., 2015):

- Determine the issue.
- Explain why it is a concern.
- Analyze the available literature on the issue.
- Give specific hypotheses about the issue.
- Describe the information that will be gathered and how it will be used to test the hypotheses (Creswell et al., 2015).
- Specify how the data will be interpreted and examined in order to determine whether the hypotheses are correct or incorrect (Creswell et al., 2015).

PARTICIPANT

The participant is an individual who participates in an investigation, study, or experiment, for instance by carrying out the experimenter's instructions or responding to the researcher's questions. In the case of content analysis, the participant is usually a unit of analysis such as a text, video, audio, or image that is under analysis for the existence, frequency, or characteristics of certain content (APA, n.d.).

UNIVERSE

The universe used in this research work is Hollywood films.

POPULATION

The population includes the protagonists of Quentin Tarantino films.

SAMPLE

A sample is a condensed, controllable representation of an overall population. It is a subset of people with traits from a larger population. When population sizes exceed the threshold for the test to encompass all potential participants or observations, samples are utilized in statistical testing. A sample should be representative of the population in its entirety and should not show bias towards any particular characteristic. In this research, the sampling method used is purposive sampling (Scribbr, 2023).

Purposive sampling is a sampling technique in which the researcher uses his or her judgement to select members of the population to take part in the study. It is also referred to as judgmental, selective, or subjective sampling. It is a non-probability sampling technique in which components are chosen for the sample based on the researcher's judgement. Researchers frequently think that by exercising sound

judgement and obtaining a representative sample, they can save time and money. When only a small number of people are eligible as primary data sources because of the nature of the research design and its aims and objectives, the purposive sampling method could turn out to be useful. The sample size of this research is the protagonists of 5 films directed by Quentin Tarantino (Research Methodology, n.d.).

INCLUSION CRITERIA:

- Films that are directed by Quentin Tarantino and have only one or two protagonists.
- Films with more aggressive content in terms of imagery, dialogues, and overall, more violent factor.
- Films that are critically acclaimed and that which has garnered much popularity according to IMDB ratings.

EXCLUSION CRITERIA:

- Films that are less popular in comparison and that are lower in IMDB ratings for popularity.
- Films that have more than two protagonists and which are directed by Quentin Tarantino.
- Films with much lesser aggressive content in terms of imagery, dialogues, and overall less violent factor.

METHOD OF DATA COLLECTION

In our research, the aptest form of data collection under the qualitative method is content analysis. This is due to the fact that the aim of this research is to study the aggressive behaviours of protagonists in Quentin Tarantino films, and that can only be achieved through analysing the films, i.e., the film content.

A research technique of content analysis is used to identify the existence of specific words, themes, or concepts in a given set of qualitative data. (i.e., text or other sources, in the case of this study it is filmed). Researchers may measure and examine the occurrence, significance, and connections of such particular phrases, topics, or ideas using content analysis. For instance, the visuals contained in films, the dialogues, as well as the culture and historical period related to the film, can all be inferred by researchers (Columbia University Mailman School of Public Health, 2023).

Conceptual analysis and relational analysis are the two main categories of content analysis. The presence and degree of repetition of concepts in a text are determined by conceptual analysis. By analysing the connections between concepts in a text, relational analysis expands upon conceptual analysis. Different results, conclusions, interpretations, and meanings may result from various types of analysis (Columbia University Mailman School of Public Health, 2023).

There are further three approaches to content analysis, such as conventional content analysis, directed content analysis and summative content analysis. Their major differences are mainly in the coding system. Directed content analysis is employed to support or deepen the analysis of an existing theory, and due to the nonexistence of any studies on the aggressive behaviours of protagonists in Quentin Tarantino films, it is clearly not an accurate method to be incorporated. Similarly, conventional content analysis is used when there is a shortage of existing theories or research on a particular topic, but again there are almost no studies on the topic of choice in my research to even use as a basis to derive theories. Finally, the goal of the summative content analysis is to determine the text's or words' deeper meanings. In this method, the study begins by looking up a specific passage of text, recording the total number of times it appears, and then attempting to understand the words' basic context, either directly or indirectly. Summative content analysis is a passive approach to researching the subject of interest. Clearly, for this research, the most suitable form of content analysis is summative content analysis (Cloomack, n.d.).

PROCEDURE FOR DATA COLLECTION

Firstly, the necessary steps to gain permission for conducting the research were taken from the head of the department. After this, a set of 10 criteria were determined in order to get conclusive evidence on the aggressive behaviours of protagonists in Quentin Tarantino films. Out of the total number of films that Quentin Tarantino has directed (i.e., he has made 10 films), I have selected 5 strictly by considering the inclusion criteria of the sample. It is crucial to gather the pertinent data required for the content analysis so that there is sufficient information for the intended content analysis. Content analysis bases the measurement of content on structured observation, which is systematic observation based on predetermined written rules. These guidelines specify the appropriate categories for the content. The categories chosen for the analysis should

be exclusive of one another. These documented rules make replication simpler and increase reliability.

The text that needs to be analysed can be a word or a phrase, and a code is a label you give it. Each category should have a unique number assigned to it during the coding process. There should be no overlap between the codes. Coding is a set of guidelines that describe how to read a text's content. Frequency, direction, intensity, and space are the four key characteristics that will be identified through coding. The designed codes are put to the test in the following phase. The validity of the codes' dependability is required. Testing the code is necessary to ensure that it measures what it claims to measure and that the results are consistent. There will be several organised sets of information that are available as files after the analysis is finished. This needs to be delivered in a report format that the recipient can easily understand.

ETHICAL CONSIDERATIONS

- The inclusion criteria are met to their fullest possible and the sample is not merely selected to ease the process of the research but fulfil the objective of the study and to come to an unbiased conclusion.
- The method by which the films were obtained as the sample is completely through legal platforms.
- It is corroborated that the content analysis does not cause harm to any individual or group portrayed in the film.
- The research is mindful and respectful of the creativity, and cultural and historical representations in the films. Only necessary factors in the films that fall under the purview of this research are analysed.

In totality, the researcher must strive to conduct the content analysis ensuring everything is done in an ethical and responsible fashion, with the aim of generating significant and functional results whilst bringing little to no harm to the film or its participants.

ANALYSIS METHOD

Content analysis is used as it is used to find a pattern in recorded communication, and it is possible to conduct content analysis by methodically gathering data from a collection of written, spoken, or visual texts. Without the direct

involvement of participants, it is possible to analyse communication and social interaction; therefore, your presence as a researcher has no bearing on the outcomes. When carried out correctly, content analysis follows a methodical process that is simple for other researchers to duplicate and produces highly reliable results. If you have access to the right sources, you can conduct content analysis at anytime, anywhere, and at a low cost.

CHAPTER 4

RESULT AND DISCUSSION

The findings of your study based on the data gathered as a result of the methodology you used are reported in the results portion of the research paper. The findings should be plainly stated in the results section without bias or interpretation, and they should be presented in a logical order. Always use the past tense when writing the results section. If your paper contains data produced from your own research, a section detailing results is especially important (Sacred Heart University Library, n.d.).

The goal of the discussion is to decipher and clarify the importance of your discoveries in light of the existing knowledge regarding the research problem under investigation, as well as to explain any new knowledge or novel insights that have emerged about the problem as a result of your consideration of the findings. The discussion ought to consistently clarify how your study has advanced the reader's comprehension of the research problem from the point at which you left them at the end of the introduction. It will always relate to the introduction through the research inquiries or predictions you posed and the literature you reviewed; however, it does not merely reiterate or reorganize the introduction (Sacred Heart University Library, n.d.).

The collection of data and the method of analysis used in this research paper is content analysis. I intend to learn more about aggression depicted by main characters in Hollywood films in order to learn how aggressive acts shown on cinema platforms may induce desensitization of the same in real life. The medium of content chosen to be analysed was films since the objective of the research is to study the aggressive behaviours of protagonists in Quentin Tarantino films. Considering the inclusion criteria, 5 films that were directed by Quentin Tarantino were selected. The five said films are *Pulp Fiction* (1994), *Kill Bill Vol 1* (2002), *Death Proof* (2007), *Inglourious Basterds* (2009) and *Django Unchained* (2012). The protagonist/protagonists were analysed completely for every aspect of aggression. In order to analyse the content for aggressive behaviours there were 10 criteria that were chosen from types of aggression. The ten criteria are physical aggression, mental aggression, verbal aggression, accidental aggression, instrumental aggression, fear-induced aggression, territorial aggression, sexual aggression, impulsive aggression and self-aggression.

Pulp Fiction (1994)

Firstly, I started by analysing the most influential and highly acclaimed film of Quentin Tarantino, i.e., Pulp Fiction. Although his directorial debut was Reservoir Dogs, the most famous one as of yet is this particular film. In this film, there were two protagonists; Jules Winnfield and Vincent Vega. The protagonists were studied throughout the film for their aggressive behaviours in context to the 10 criteria, they always were seen in a frame together. These two characters were gangsters in the film and thus they went to different places carrying out orders from their boss. Jules Winnfield was found to partake in 6 acts of physical aggression while Vincent Vega partook in 5 acts of physical aggression. When it came to mental aggression, Jules Winnfield had 6 occurrences of it. Under verbal aggression, it was found that Vincent had 14 counts and Jules at 23 counts. Jules Winnfield also showed 1 act of instrumental aggression. For territorial aggression, both Vincent and Jules had 1 occurrence of each. The most frequent act of aggression was that verbal in the case of both Vincent and Jules, but within that criterion, Jules managed to accumulate a higher count than Vincent meaning he was the more verbally aggressive protagonist. Even in the criterion of physical aggression, Jules leads with 6 compared to a 5 by Vincent. These physically aggressive acts include shooting and killing people. In addition to that Jules was intimidating other characters by inducing fear in them 4 times. Jules also depicted 6 acts of mental aggression. Thus, Jules Winnfield is the more aggressive of the two.

Criterion	Jules Winnfield	Vincent Vega
Physical Aggression	6	5
Mental Aggression	6	
Verbal Aggression	23	14
Impulsive Aggression		
Instrumental Aggression	1	
Fear-induced Aggression		
Territorial Aggression	1	1
Sexual Aggression		
Accidental Aggression		1
Self-Aggression		

From these findings, it is clear that these two protagonists are more verbally aggressive than physically. These two characters were central to the plot and they were charming and very appealing, at the same time they displayed these acts of aggression and violence, thus making it quite possible for the viewer to be desensitised towards verbal violence and also physical violence after viewing films such as these.

Kill Bill Vol 1 (2003)

Secondly, I went on towards the next best film that was released after Pulp Fiction, which also had a sequel to it, i.e., Kill Bill Vol 1. Often acknowledged as the most violent film according to various sources of film enthusiasts, it certainly had an extremely high content of aggressive acts displayed. The protagonist in this film is called The Bride. The bride is on a vengeful journey to kill all 5 people responsible for what she believed was the death of her daughter and 8 others including her fiancé in a church. The bride then went on to execute people from her “death list”. The bride displayed 107 counts of physical aggression of which around 95 acts ended in the death of supporting characters. That is definitely a high number of people murdered when it comes to film, and these killings were done mostly with a sword, a Japanese sword to be exact. Close combat weapons such as swords are used for violence when things are quite personal and they want to kill the person up close. This shows that the bride is quite aggressive, and physically violent and has hatred garnered for people in the film. Under mental aggression, the bride showed 4 counts. Four counts of verbal aggression were shown. One count of impulsive aggression, 3 counts of instrumental aggression and 2 counts of fear-induced aggression. The highest counted act of aggression in the criteria was that of physical aggression with 107 as the figure. In one scene the bride kills almost everyone in a gang called ‘Crazy 88’ there were 88 people in the gang, so she ended up killing almost 88 of them in a single scene to get to the gang’s leader who is also one amongst the ‘death list’. The scene was very gory and graphic. Clearly, the bride is a highly physically aggressive character in the film. The bride is motivated by revenge and she would not stop at anything to eliminate the people on the list. In another scene, she kills a woman and when is about to leave, she sees that woman’s four-year-old daughter and tells her that she was not meant to see it.

Criterion	The Bride
Physical Aggression	107
Mental Aggression	4
Verbal Aggression	4
Impulsive Aggression	1
Instrumental Aggression	3
Fear-induced Aggression	2
Territorial Aggression	
Sexual Aggression	
Accidental Aggression	
Self-Aggression	

The fact of it is, the character of the bride is portrayed as a mother who was wronged, and her actions are somehow supposed to make her righteous; seeking retribution for the death of her unborn child and fiancé. This film depicts acts of extremely detailed violence, some can even call it one of the most violent films in the 21st century. Thus, it will certainly leave a mark in the viewers' minds and the chances of desensitisation to violence after viewing this film and its protagonist is quite high.

Death Proof (2009)

This film which was initially supposed to be two features combined under one title was released separately. This film's protagonist is Stuntman Mike who stalks women and kills them with his car which he claims is 'death proof'. Some might claim that this film is not very famous and is even a flop. While it wasn't a success at the box office, there is quite the cult following when it comes to this film and thus it passed the inclusion criteria. Mike displayed 8 counts of physical aggression, but the scenes that portray this criterion are limited to two. One of which was when he killed a woman, he met by abruptly stopping a highly speeding car to cause head injury to the woman who was seated without safety and soon after crashing the same car into another car coming in the opposite direction and instantly killing 4 other women, he had previously stalked. His physically aggressive acts seem to stem from sexually motivated factors but the absence of a clear depiction of sexual aggression rules it out from that criterion. Mike

displayed 8 acts of mental aggression, 5 acts of verbal aggression, and 2 territorial aggressive acts.

Criterion	Stuntman Mike
Physical Aggression	8
Mental Aggression	8
Verbal Aggression	2
Impulsive Aggression	
Instrumental Aggression	
Fear-induced Aggression	
Territorial Aggression	2
Sexual Aggression	
Accidental Aggression	
Self-Aggression	

Thus, it is clear that Mike is both a highly physically and mentally aggressive character in the film. Stuntman Mike is a rugged motor-head who impresses girls with his flirting, but in reality, in the film, his character is a stalking, possibly sexually motivated serial killer who likes to taunt and kill women by using his car. Although the central character is not likeable to the viewer (mostly, with some exceptions) his acts of extremely brutal aggression are quite visible in the film, thus leading the viewer down the path of desensitisation to violence in real life.

Inglourious Basterds (2009)

This film is set in Nazi-occupied France wherein a band of Jewish-American soldiers operate undercover to bring an end to the Nazi rule and end the war. The film's protagonist is Lt. Aldo Raine, he is a Jewish American soldier, leader of the 'Basterds' and who is also known in the film as 'Aldo the Apache'. Aldo was found to have depicted only 5 acts of physical aggression in the film including killing 2 German soldiers, both of whom had surrendered their firearms before getting shot. But it is stated that he and the rest of the 'Basterds' have made the countless German killings and they skin the scalp of all the dead Germans, and those who they let go; Aldo brands the swastika on their forehead. When it comes to mental aggression, Aldo displayed 2 counts. He also showed 8 counts of verbal aggression, which is the highest count for

any of the chosen 10 criteria used to analyse this film. Aldo depicted 1 count of impulsive aggression, 2 counts of territorial aggression and 2 counts of instrumental aggression. Aldo is clearly an aggressor, who retaliates and kills Germans not just because it's his duty as an undercover soldier but because he hates nazis.

Criterion	Lt. Aldo Raine
Physical Aggression	5
Mental Aggression	2
Verbal Aggression	8
Impulsive Aggression	1
Instrumental Aggression	2
Fear-induced Aggression	
Territorial Aggression	2
Sexual Aggression	
Accidental Aggression	
Self-Aggression	

Aldo, who is played by none other than the illustrious Hollywood celebrity Brad Pitt is a charming, handsome and clever Lieutenant in charge of a secret mission to kill nazis. His appearance and charm in the film will definitely captivate the audience along with his absolutely outrageous desire to kill every nazi soldier he comes across as righteous in some manner. Lt. Aldo Raine is a verbally aggressive and also physically violent character in the film. He kills in the name of ending the war and that makes the violent and aggressive acts more appealing and encouraging to the viewers. This will tend to create more desensitisation to violence in people being exposed to this film and who empathize with the protagonist. History considers Nazis to be the most brutal and heinous of people in more recent history. This makes it easier for people to empathize with where Aldo's rage and need to end the life of every nazi comes from, hence the process of supporting violence or aggressive acts in reality as any means of the resort will increase, especially if it is justified.

Django Unchained (2012)

This is the fifth and last film in the analysis of this study, it is one of the more popular films directed by Quentin Tarantino. It collected many awards and is very

popular. The protagonist of this film is Django, who was a slave until he was freed by the lead supporting character in the film. Django is on a mission to find his wife who was sold as a slave, he will stop at nothing in order to free her and get that happily ever after ending. Django depicts 12 counts of physical aggression, with 37 of those occurrences ending with the death of other characters in the film. He also showed 5 counts of both verbal and instrumental aggression. Django displayed 3 counts of Impulsive aggression. Clearly, Django is a more physical aggressor than any other type of aggressor. His actions of killing 37 people in the film were in the name of saving his wife and even killed more or less innocent characters in the midst of it too. He is seen taking up the life of a bounty hunter for money before trying to rescue his wife. His mentor is also a bounty hunter almost equally brutal and ruthless physical aggressor.

Criterion	Django
Physical Aggression	38
Mental Aggression	
Verbal Aggression	5
Impulsive Aggression	3
Instrumental Aggression	5
Fear-induced Aggression	
Territorial Aggression	
Sexual Aggression	
Accidental Aggression	
Self-Aggression	

Being a slave for many years in his life, Django harbours hatred for all enslaving white people and wouldn't think twice about gunning them down. His past sufferings almost make him an underdog, and the audience loves a great underdog and that's what happens with Django. He is extremely cool, the fastest gunslinger, fights for his love, handsome and charming; and that's all the viewers need to empathize with his character and his action. Once again leading towards acceptance of violence as a positive factor in settling score and attaining their goals. This leads to the desensitization of aggressive acts in real life as a resulting factor.

These five films whose analysis results are given above are some of the more violent movies I have had the chance to see in my life. The truth of it is that, unlike usual movies where the protagonist does considerably less aggression compared to the antagonist or other characters tends to weigh into the fact that aggression then witnessed might not have the complete negative effects that it would, if the vice versa were to happen. Celebrities have a great influence on the youth and people, in general, these days, and Tarantino has cast some of the major actors in the Hollywood film industry in his films, and all of them who play the main character ends up being more aggressive and violent than others, making it easy to condone the actions done by those same actors. While some of his works do not have an extremely violent protagonist, most do and that creates a great dilemma for the viewer without knowing about it. In *Pulp Fiction*, Jules Winnfield and Vincent Vega were the protagonists who are definitely aggressive in nature; more verbal than physical. In *Kill Bill Vol 1*, the bride was extremely physically aggressive with a murder count of 95, in *Death Proof* stuntman Mike was a brutal stalking killer who killed 5 women with his car, in *Inglourious Basterds*, Lt Aldo Raine was a forehead branding and head-scalping aggressor who would blindly kill anybody who belonged to the Nazi regime, lastly, in *Django Unchained*, Django was a slave who saw his chance and took revenge upon all those who hurt him and his wife by putting bullets in them.

Analysing the results and taking a detailed look at the discussion of it will clearly establish that every one of the protagonists in Quentin Tarantino's movies is extremely aggressive in nature, by means of verbal or physical criterion. The most aggressive of characters in all of these five films is that of The Bride, whilst the least aggressive is Lt. Aldo Raine, who although has been mentioned as killing a whole lot of Nazis, does the minimal number of aggressive acts in the frame. Hence, it can be inferred that upon viewing Tarantino films, it is very much assured that individuals can have a tendency to be desensitised to such violent content, be it verbal, impulsive, mental, physical or any of the 10 types of aggressive behaviours used as criteria.

CHAPTER 5

SUMMARY AND CONCLUSION

Aggressive content in films has been proven to be a precursor and initiator of aggressive behaviours in real life. Aggression has been a method to vent out people's frustration and inner conflicts from time immemorial, ever since the beginning of time people have been in conflict with one another ending in physical, verbal or any type of aggression. Films and tv shows were only a recent finding in the world, and even though recent it may, it has been a staple for almost all people in the world. Statista (2023) states that as of 2018, 19 per cent of U.S. citizens claim to view films on a daily basis and/or several times a week. The up-and-coming of many online streaming platforms such as Netflix, Amazon Prime, Hulu, etc makes the availability and viewing of films much easier and at the tip of people's hands. It also makes the rewatching of films quite simpler than in the old days when one has to go to the cinemas to watch a film once again. Thus, people watching aggressive content will be cementing the cognitive changes violent content has on a person's mind, quite surely altering their concept and understanding of violence in real life, i.e., desensitisation towards aggressive behaviour in real life happens.

The permission for conducting the research was obtained from the research guide. The research was qualitative in nature and the method of analysis was content analysis. An ample amount of literature was referred to in the process. The next step taken was to create a working method to conduct the research in the most efficient and ethical manner possible. Once the method for content analysis was selected, the sample, inclusion criteria, exclusion criteria and ethical considerations were looked into. Under the method, the content for analysis was selected according to the inclusion and exclusion criteria, subsequently, 5 films were selected for content analysis. Once the content was chosen, then the next step was to conduct a detailed analysis of the films in order to isolate each and every act of aggression depicted by the protagonists. Upon analysing the content, it was clearly evident that the protagonists of all the five films under analysis had displayed aggressive behaviours that fall under the 10 criteria of analysis, some more extreme than others. It was also conclusive that the most commonly found form of aggression which is also the highest count of any form found is that of physical aggression. Whilst, no counts of aggression were observed from the

behaviour of any protagonists when it comes to self-aggression and sexual aggression. The maximum frequency of any form of aggression observed was that of physical aggression of the protagonist The Bride in Kill Bill Vol 1, thus making it the most influential in terms of normalising aggressive content in Tarantino films. The protagonist who showed the most verbal aggression out of the 5 films is Jules Winnfield in Pulp Fiction. The protagonist who displayed the most mental aggression is also Jules Winnfield from Pulp Fiction. Out of all the protagonists, Django from Django Unchained is one who showed maximum impulsive aggression. The least frequently occurring form of aggression was that of accidental aggression of the protagonist Vincent Vega in Pulp Fiction.

The researcher came to the conclusion that the protagonists of Quentin Tarantino's films depict aggressive behaviours and that these protagonists played by famous celebrities, whom the viewers empathize with, will deepen the desensitisation in real life. Quentin Tarantino is a highly talented director with exceptional skill in making films that has massive amounts of violence in them and yet ensure that the viewers never turn away. Naturally, he has a major fanbase and these people will obviously have a greater chance of being affected in terms of desensitisation of aggression.

MAJOR FINDINGS

- All protagonists of Quentin Tarantino films are aggressive in nature.
- Most common forms of aggression depicted in Tarantino films are physical and verbal aggression.
- The protagonists are all given a past history or fictional reasons that justify their aggressive actions, except that from Death Proof and Pulp Fiction.
- The most aggressive protagonist of all his films, is The Bride from Kill Bill Vol 1 with a total of 107 instances of physical aggression alone.
- The protagonist who showed the most verbal aggression out of the 5 films is Jules Winnfield in Pulp Fiction.
- The protagonist who displayed the most mental aggression is also Jules Winnfield from Pulp Fiction.
- Out of all the protagonists, Django from Django Unchained is one who showed maximum impulsive aggression.

IMPLICATIONS OF THE STUDY

The final results of this study can be used to learn more about how protagonists in films influence the viewers more than any other characters and that their expatriation towards them creates a strong bond in which the audience accepts the actions of the character to be justified and necessary. This study can also be used as a reference to further study the outcomes of protagonists in major successful films that indulge in aggressive behaviours. The need for creative artistry has led to some changes in the characterisation of film protagonists in a way that people root for the most violent and aggressive of characters just because they're the hero/heroine or the one whose actions are justified. Although films are watched for entertainment and it is the choice of the individual to expose themselves to the violence in such films, people nowadays are majorly influenced by content in films and the subsequent viewing of it does tend to alter their thoughts on the same actions that the protagonist commits. This factor can be further studied with the help of the findings in this research. This study can also pave the way to the awareness of violence in films and especially that displayed by the main characters of the film.

LIMITATIONS OF THE STUDY

The content analysis was done by a single individual and thus is subject to bias in terms of inferences drawn from the content. The process of analysing the content is time-consuming especially when it comes to films as the content. The lack of previous studies in close proximity to this topic makes it difficult for the researcher to acquire more detailed findings. Only 5 units of content were selected for analysis, and hence overall generalization of said findings may not be applicable.

SUGGESTIONS FOR FUTURE RESEARCH

- A study based on the comparison of a protagonist with aggressive behaviour and one without any can be conducted.
- This study only included 5 units of content, studies with furthermore films or units can be incorporated.
- This research focused on aggressive behaviours in general, more studies can be conducted with a focus towards specific types of aggression.

- Only the protagonist was focused in this study, more research on a group of characters including the antagonist can be conducted.
- Similar research can be conducted with participants as viewers of the film and their opinions, inferences and their post-study behavioural patterns can be collected to form a detailed study as to the effect of the aggressive behaviours of protagonists.

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APPENDIX

APPENDIX A: INFORMED CONSENT FORM

This is a research study undertaken for the fulfilment of the researcher 's Bachelor of Science program in Psychology. The study is on STUDYING THE AGGRESSIVE BEHAVIOURS OF PROTAGONIST IN QUENTIN TARANTINO FILMS. The data for the study will be obtained through a focus group discussion.

Participation in this research project is voluntary. You have the right to withdraw from the study at any time in the event that you chose not to continue. It is further reinstated that all information will be kept confidential and will be used only for the purpose of the above mentioned research study.

The contact information of the researcher has been provided for participants in order to clarify any concerns or queries about this study. The details of the researcher are given below:

Researcher: CHRISTIN VARGHESE

Your name and signature below signify that you have read and understood the contents and intentions formed in the consent.

Name:

Signature:

Date:

APPENDIX B: SOCIO DEMOGRAPHIC DETAILS

NAME/ INITIAL:

AGE:

GENDER:

QUALIFICATION:

PLACE:

ADDRESS:

CONTACT NUMBER:

THE COPING STRATEGIES AMOUNG WOMEN WHO FACED POSTPARTOM DEPRESSION

*A Dissertation submitted in partial fulfillment of the requirement of the
degree of Bachelor of Science in Psychology*

Submitted by:

Nithiamol Chenapparambil

Reg.No:DB20CPSR28

Under the Guidance of

Mrs. Simmy Sunny Cheriyan

Assistant Professor



DON BOSCO ARTS AND SCIENCE COLLEGE

ANGADIKADAVU

(Affiliated to Kannur university)

DEPARTMENT OF PSYCHOLOGY

MARCH 2023



DEPARTMENT OF PSYCHOLOGY
DONBOSCOARTS & SCIENCE COLLEGE,
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PSYCHOLOGY PROJECT REPORT

Register Number: DB20CPSR28

SUBMITTED FOR THE B.Sc. EXAMINATION 2022-23

Head of the Department

Principal

Held On:

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on “**THE COPING STRATEGIES AMONG WOMEN WHO FACED POSTPARTOM DEPRESSION**” by, **Nithiamol Chenapparambil** , in partial fulfilment of the requirements for the award of the Undergraduate Degree of BSc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

Declaration

I **Nithiamol Chenapparambil**, hereby declare that this dissertation entitled “**THE COPING STRATEGIES AMOUNG WOMEN WHO FACED POSTPARTOM DEPRESSION**” submitted by me is a Bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

Nithiamol Chenapparambil

DB20CPSR28

Signature

Acknowledgment

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My special thanks go to the 3 participants in this study for their openness in revealing their perceptions and experience in the Postpartum adjustment. I owe a lot of gratitude to all of them because without them this study would not be possible. I appreciate all the time they sacrificed in my interview; their patients, generosity, corporation.

I would like to thank my family, friends and also all those who have directly or indirectly helped me in my endeavour.

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ABSTRACT

The study utilize qualitative methods to investigate;” THE COPING STRATEGIES AMOUNG WOMEN WHO FACED POSTPARTUM DEPRESSION”. Regarding the coping strategies of women in postpartum depression. Semi structured were conducted on the basis of case study method from 3 first time mothers. Factors that contributed to those experiences were also defined.

The rationale for doing this research is to explain what postpartum depression and the coping strategies and how to deal with it . and also to gave an idea about this phase to others expecially the newly married couples. This also helps the society to obtain knowledge about this subject , as well as the comprehension of the mental and physical state of postpartum mothers . women’s postpartum requirements must be determined in order to assest them in adjusting to these changes. As a result, the current qualitative study looks into the needs of women in terms of coping strategies. Social and family support is an important factor at these time. Many individuals are un aware of the support that women require during their postpartum time .As a result, this study is necessary in order to educate or motivates others about the support that first time mothers require throughout their postpartum period.

The major objective of the study is to understand the coping strategies of women who faced postpartum depression .The study was conducted in the first time mother who faced postpartum depression from Kannur district of kerala. The sample was collected through direct interview. Data was analysed through the narrative analysis technique for qualitative analysis.

The main findings is that parental factors, marital factors, relaxation techniques and meditation plays the most significant role in the coping methods of the postpartum period among the first time mothers .

CHAPTER 1

INTRODUCTION

“ I gained tons of weight during my pregnancy and that I think I did undergo postpartum depression .I used to be trying to remain positive when it felt like my whole world had flipped outside down creating a persons takes a toll on womans bodies . sometimes we don't give ourself love or patience about that. “.

-Danielle brooks

Every mother has there own unique take on motherhood and responsibilities that come with it .pregnancy is that a kind of most beautiful experience .its once amoung the foremost unique and special sort of bonding and love that exists.for a lady to make, grow and provide birth to different life is quit extra ordinary. (brittanicca,2018)

Pregnancy complications are health problems that occur during pregnancy. Thay can affect the health of the mother , the health of the baby, or both. Some women have health problems that occur during pregnancy. While other have health problems before pregnancy, which can cause complications. It is very important for woman to receive medical care before and during pregnancy complications (Britannica,2018)

After the delivery of conceptus, the postpartum period is when the mothers psysiological and anatomical alterations return to their pre pregnancy state.t he postpartum phase ,also known as peurphium, begins after the placenta is expelled and ends after all organ systems have fully recovered psysilogically . the postpartum period is divided into three arbitary phases: acute phase, (1st 24 hours after placenta birth)early phase(1st 7 days)and late phase (last 7 weaks to 6 months) each ohas has its own set of clinical issues and considarations.

Postpartum means the time after the child birth . most girls get the baby blues or feels sad or empty , with in the couple of days of parturition. Of several womens ,the baby blues get away in 3 to 5 days .feeling hopeless or empty after childbirth isn't a daily or expected a part of being a mother .

The postpartum period beings immedieately after childbirth because the mothers body,including hormone leavels and uterus size,returns to a nonpregnant state.

The term puerperium period , immediate postpartum period are commonly include primary six weeks following child birth. Although being a mother may be sweet and unique experience , brousing the postpartum period is usually related to stress and pressure to high and fast intra and interpersonal changes. These changes occur in severalphysical, physiological,and social aspects. Lazvas and flockman mentioned adjustment as evaluating personal resources and reaching an estimation of whether things is actually stressful or not”(Britannicca,2018)

The first week and mothers after child birth are a time of emotional confusion for most women .joy, tiredness, loneliness, dissapoinment are all common emotions.

Postpartum adjustment after a baby is difficult . to being with , each birth mothers body undergo an unmistakable transformation from conception. This transformation nencompasses not just the physical changes require for a healthy pregnancy ,but also the mental toughness require to care for another person. so we could conclude that stress is normal , the concern is typical, preparing the nursery is a form of nesting , and loosing sleep is a form of baby preparation. Experts aren't always sure how to promote the growth of mothers because the stage of a women and her baby is so complicated . life, it turns out, is complicated ,so, in addition to the baby's modification , there may be unusual life circumstances to deal with Taylor.(2011).

Postpartum depression is a disorder that is often unrecognised and undertreated .many psychological stressors may have an impact on the development on postpartum depression . the greater risk of postpartum depression is a history of major depression during past pregnancies . untreated maternal can have a negative effect on child development , mother-infant bonding and risk of anxiety or depressive symptoms in infants later in life . management of postpartum depression is a vital part of adequate medical care. Obstetrician and pediatrician can serve important role in screening for and treating postpartum depression . to prevent adverse outcomes associated with depression and its impact on child , it is important that all health care professionals and nurse practitioners are aware of specific signs and symptoms ,appropriate screening methods and proper treatment

Postpartum depression is also known as PPD is a medical condition that many women get after having a baby .its strong feelings , sadness, anxiety and

tiredness that last for long time after giving birth . these feelings can make it hard for you to take care of oneself and baby . (Britanica2018).

TYPE OF POSTPARTUM DEPRESSION

The baby blues happen to as many as 70% of women in the days right after childbirth . postpartum depression (PPD) can happen a few days or even months after childbirth . postpartum psychosis is a very serious mental illness that can affect new mothers . there is no single cause of postpartum depression , but genetics , physical changes and emotional issues may play a role .

NEED AND SIGNIFICANCE OF THE STUDY

It is important to study the problem and distress faced by the women after the delivery and it is important to help them to cope with these emotional conditions experienced during postpartum time , as it is considered as the challenging period with different changes in their life . The PPD care is important because new moms are at risk of serious and sometimes life- threatening health complications in the days and weeks after giving birth. too many new moms have or even die from health problems that may be prevented by getting postpartum care. postpartum check-ups are important for new moms.

PPD was defined as the number one complication that plagued one in seven women. It has been estimated that more than 20% of women globally suffer from PPD. It usually occurs 6 to 8 weeks after child birth, which may lead to a decrease in an individual's daily performances. It can interfere with a mother's ability to take care of and bond with her baby. As well as harm the child and threat to the development and safety of the baby . in rare cases, new mothers have harmed themselves and their babies .For the good of the mother and her new baby, it is crucial to identify the threat of PPD as quickly as possible. Exercise when you can , maintain a healthy diet , create time for yourself , make time to rest, etc can be done as the coping methods . there is also no current research on the coping strategies of women who experience postpartum depression . Therefore this study is relevant.

STATEMENT OF THE PROBLEM

As this is a challenging period , this deals with mental, psysiological, and psychical changes. But some new moms experiences a more severe, long-lasting form of depression known as postpartum depression (PPD)sometimes it is known as prepartum depression because it can start during pregnancy and continue after child birth. Rarely, an extreme mood disorder called postpartum psychosis also may develop after childbirth, Postpartum depression is not a character flaw or a weakness. Sometimes its simply a complication of giving birth .

DEFINITION OF KEY TERMS

POSTPARTUM DEPRESSION :

Theoratical definition

Depression suffered by a mother following childbirth, typically arising from the combination of hormonal changes , psychological adjustment to motherhood, and fatigue; postrenal depression .

Operational definition :

Postpartum depression(PPD) is a complex mix of psysical , emotional and behavioural changes that happen in some women after giving birth .

COPING STRATEGIES:

Theoratical definition:

An action , a series of action, or a thought process used in meeting a stressful or unpleasant situation or in modifying one's reaction to such a situation(APA;n.d.).

Operational definition

Coping strategies are behavioural and cognitive tactics used to manage crises , conditions and are also used as a defence mechanism .(methods that are used to overcome certain situations).

MAJOR OBJECTIVE:

To understand the coping strategies of women who experienced postpartum depression.

SPECIFIC OBJECTIVE:

- To understand the coping strategy used by the women to overcome tis situation.
- To understand the mental condition of the women at the time of postpartum depression.

ORGANIZATION OF THE REPORT

The aim of the study is to understand the coping mechanism of women who experienced postpartum depression . The present study contain 5 chapters .The first chapter, contain a brief introduction to study with emphasis on the need and significance of the study . The problem is stated and the definition of the important terms are given in this chapter. The second chapter is review of literature, comprising of 2 sections; theoretical background of the study and related studies. The 3rd chapter is methodology, in which the detailed accounts of samples, variables, tools, procedure for data collection, and analysis methods used for the analysis of the data collected are given. In the 4th Chapter result and discussion consist of analysis of data and discussion of result obtained there by. In the 5th chapter, summary and the conclusion, there is also the resuming of the study and the methodology of the present study is briefly stated . It also includes major findings of the present study. Then the implications of the present study are given along with the suggestion for further research. In the end, reference and appendices are included.

CHAPTER 2

REVIEW OF LITERATURE

A collective body of words done by earlier scientists is technically called the literature. Any scientific investigation starts with review of literature. It is a survey of scholarly sources on a specific topic. It provides an overview of current knowledge, allowing us to identify relevant theories, methods and gaps in the existing research that we can later apply to our paper, thesis, or dissertation topic. Working with the literature is an essential part of research process which generate idea, help in developing significant questions, and is regarded as instrumental in process of research design. The main objective offers a review of literature are enumerated as identifying as variables relevant for research, avoidance of repetition, synthesis of prior works, and determining meaning and relationship among variables. Some general purpose of literature review are to argue with the relevance and the significance of the research question, to provide the context for once on the methodological approach, to establish ones credibility as a knowledgeable and capable researcher, and to argue for the relevance and appropriateness of one's approach (singh,2019).

THEORATICAL REVIEW

The theoretical review investigates the theories that enlarge on the topic under investigation and thus help in a better understanding of study in question while also justifies the current investigation.

THEORIES OF POSTPARTUM DEPERSSION

BIOLOGICAL THEORY:

Aron beck (1967) proposed three main type of beliefs that maintain depressive symptoms. These include negative thoughts and beliefs about the self the world, and the future. The three type of negative beliefs can be mutually reinforcing ;for example, a negative beliefs about the future.

COGNITIVE THEORY OF DEPRESSION:

The ABC model of clinical depression proposed by Ellis (1957) argues that distorted irrational beliefs cause distress, forming as a response to an activating event. According to this model, depression is the consequence of irrational beliefs. Irrational beliefs can be formed automatically, and we may not even realise that we hold them. Irrational beliefs can include catastrophizing, 'black and white' thinking and personalizing.

SOCIAL RANK THEORY:

Stevens and Price developed the social rank theory of depression; they proposed depression is an evolutionary adaptation; it allows individuals that fell to lower social rank to accept their position. Depressive symptoms prevent weaker individuals from engaging in conflicts that threaten their survival. Accepting one's lower position allows people to save resources instead of spending energy on conflicts and trying to regain a lost social rank, which could result in greater losses upon defeat.

While some literature findings align with this theory, it has been criticized for reductionism. In this case, depression is reduced to only evolutionary influences and situations when one loses social status. Still, we know depression is not limited to these situations and can result from a variety of life events.

BEHAVIOURAL THEORY:

This theory proposes that depressive symptoms are perpetuated by avoidance behaviour. Depressive individuals will often avoid potentially rewarding activities and become withdrawn, making their symptoms worse. One way this approach influences treatment is by informing behavioural interventions like behavioural activation, which encourages clients to schedule pleasant activities. Rather than focusing on changing one's thoughts and feelings, this approach attempts to increase the amount of positive experiences in one's daily life, which can in turn influence one's mental state.

BIOLOGICAL THEORIES OF DEPRESSION:

This theory identifies that the identification of factors like genes, brain structure, and the function of neurotransmitters and hormones as the cause of depression. Biological theories stress the influence of nature in causing depression.

PSYCHOLOGICAL THEORIES OF DEPRESSION:

Specific neuro psychological and neuro chemical changes in the brain are triggered by stressors and the interpersonal events that significantly changes the neurotransmitters balance .It is considered that depression is related to psychological stressors . (Britannica,2008).

PSYCHODYNAMIC THEORY

This support the idea that some unfinished business women's childhood or family may cause more psychological troubles after birth . Women tend to imitate their own mothers role as soon as they become mothers after birth ,however , if there is rejection in accepting their own mothers role ,they have trouble in coping or adapting to their new role of motherhood . The outcome of the mothers role conflicts can lead to rejecting the female identity as well as threatening her feminism . Some experts have also noted that childbirth results in loss of their identity and lead to withdrawal of love, affection, and loss of independence. Moreover ,a families negative attitude affects women's well being and results in the maladjustment of coping mechanism (Britannica,2008).

COGNITIVE PSYCHOLOGY THEORY

The cognitive approach instead of postulating internal conflicts in psychodynamic theory emphasise certain characteristics of personality which predispose new mothers to PPD. It is the unrealistic expectation of childbirth and motherhood which may cause mothers to be anxious, controlling , perfectionist , and exhibit compulsive tendencies (Britanica,2008)

SOCIAL AND INTERPERSONAL THEORY

Egeline (2008) contends that the environment plays a significant role in an individual's life. attachment theories says that interpersonal struggles in an individuals life have significant influence on mental health .An individual requires affection which needs to be fulfilled in the initial stage of a relationship. Uncertainties concerning a relationship may result in disappointment and bring about depression and anxiety . Several interpersonal factors plays a role in women's distress and sensitivity makes them prone to develop postpartum depression . these include insufficient social support and marital support. Childbirth is a significant transitional event in life and support at

this age can potentially affect women's mental status after delivery. Sudden psychological influences within motherhood and its challenges coupled with stresses could be the other factors that may trigger PPD .

BEHAVIOURAL THEORY:

According to behavioural theory , a descriptive episode can result from major life events that disrupt an individual's normal support pattern .life stressors and psychological problems such as parents divorce ,low parental emotional support , mother daughter conflicts ,and self esteem are predictors of PPD . The theory of operant condition paradigm claims that depression is a consequence of a decrease in the positive efficient reinforced behaviour and could be a sign of obvious punishment for nonconformant behaviour. It is also the result of a decrease in the accessibility of reinforcement events, personal events, personal ability to manoeuvre the environment, the impact of a variety of events , or a combination of the above .Moreover , negative feedback on social reinforcement behaviours may result from the unavailability of support from family and other social network such as social withdrawal . however, a low rate of positive reinforcement for mood enhancing behaviours and a high rate of positive reinforcement of depressive behaviours may be experienced by people who experience major stress originating from unexpected events (Britannica ,2008) .

EVALUTIONARY THEORY:

Scholar have suggested relevant adaptive functions for PPD which are consistent with the ideas of evolutionary theories. Usually the women experience negative effects such as gloomy and depressive moods due to problems concerning the infant , marital problems ,and lack of social support associated with the social and family environment . Some women, who suffer from major PPD and with symptoms such as psychomotor retardation, weight loss, loss of interest in activities ,lack of concentration and constant suicidal thoughts may sometimes not seek social support . Moreover, actions that women take to reduce these psychological problems predispose them to PPD . From an evolutionary perspective, there are situations when it would be in the women's best interest to decrease her investment for a baby, for instance when there is a lack of sufficient social support to raise the new born or when the child has a problem (Britannica,2008).

REVIEW OF LITRATURE.

A literature review is an examination of scholarly source on a particular subject. It gives you a broad perspective of current knowledge, helping you to spot related ideas, methodologies, and research gaps .

Telake , 2018 , conducted a study on the topic ‘coping strategies of women with postpartum depression symptoms in rural Ethiopia : A cross sectional community study . The aim of this study is to find the coping mechanism of women with PPD symptoms. Across sectional study was conducted and all with first time mothers who have the live infants between 6 months were taken as the participants. The questionnaire was distributed and find out the scores and hance the score above 5 are considered as the patients with PPD syndrome. Hence there coping mechanism were noted. Scales was used to assess the coping strategies and construct validity for brief COPE was evaluated using conformity factor analysis. It focuses on 3 dimensions it includes problem focused, emotional focused and dysfunctional. Emotional focused was more most commonly occurs and women who attended formal education and who attributed their symptoms to a physical cause were more likely to use both problem focused and emotional focused coping strategies. Dysfunctional coping strategies were reported to the women who has a poor relationship with their husband.

PR Menezes , conducted a study on the topic ‘postpartum depression in relation to life events and patterns of coping . The purpose of the study was to estimate the prevalence of postpartum depression and its relationship with life events and patterns of coping . They conducted a cross sectional study of 113 women, on 10TH day of puerperium ,at the obstetric clinic of the Sao Paulo university medical school .The study was based on :Pitt (1967)and stein (1980)scales , Beck depression inventory (1961)Holmes and Rahe schedule of resent events (1967). Logistic regression was performed to calculate prevalence of PPD and its association with several risk factors . The significance level were defined at 5 %. The prevalence of PPD was 19.5% according to the multi variate analysis ,the variable of coping with distancing ,number of children and the ethnic origin were significant .There were no association between PPD and LE .The depressed puerperal women have a low educational level , resort to inadequate coping strategies , such as distancing . This pattern of coping might be an

etiological factors of the PPD as well as the reaction to their reaction to their difficult life events.

Joyce Maureen o' Mahony conducted a study on the topic cultural background and socioeconomic influence of immigrant and refugee women coping with postpartum depression on 2019. Recently postpartum depression research has focused more on the population as a whole rather than refugee and immigrant women .Informed by Kleinman's explanatory model and the post colonial feminist perspective ,30 immigrant and refugee women were interviewed to find out what factors influenced them in seeking postpartum care and what factors influenced them in seeking postpartum care and what strategies would be helpful in prevention and treatment of postpartum depression .They found that the immigrant and refugee women in their sample (A) were influenced by both cultural background and socio economic factors in seeking support and treatment ;B)were influenced by cultural difference and social stigma when making decisions about health care practices .;and (C) employed numerous coping strategies to deal with postpartum depression . Recommendations are provided for more culturally appropriate and equitable mental health care services for migrant and refugee women living in Canada.

Fleming and Flett. (1988) conducted a study on postpartum adjustment in first time mothers: Relationship between mood , maternal attitudes, and mother - infant interactions. According to this study , behavioural interactions between the mother and her new born were observed at 3 days ,1,3 and 16 months postpartum , and self- report data were acquired from a middle - income sample of the first time moms throughout pregnancy and at 1 and 3 months postpartum . The result of the main analysis demonstrated that pregnant and postpartum mood states combined account for a large share of the variation in mother's maternal attitudes during the postpartum period where-as postpartum mood had a stronger predictive potential. Furthermore , at all time points , prior experience with children has a considerable impact on mothers attitudes .Depressed mothers exhibit fewer affectionate contact behaviours towards their infants at 1 and 3 months postpartum than non - depressed mothers , are less likely to respond to infants vocalization by openly expressing themselves , and at 3 months , a higher proportion of depressed mothers had started bottle – feeding their infants . Finally at 16 months postpartum, there were no longer any differences in maternal behaviour between depressed and non -depressed moms throughout the early

postpartum period . The implications of these findings are examined, with a focus on the relationship between past child-care experience, mood and mother's responsiveness.

Asadi and naroozi conducted a study on the topic "factors affecting women's adjustment to postpartum changes " stress and strain are common during that time and the women must adjust to these changes .The goal of this study was to look at the elements that influence women's adjustment to postpartum depressions . The result was that the social and personal affecting adjustment to postpartum changes were separated. Previous experiences, coping techniques and strategies and personality trait, self-efficacy and awareness were among the personal component, while family and relatives, health care providers, cultural background ,and laws and regulations were among the social aspects . It concluded: The ability to adjust to postpartum changes is influenced by a variety of social and personal factors that can interact. In this central scenario women's understanding allows them to employ constructive coping mechanism . Women's social support can be increased by educating their spouses and family members .

CHAPTER 3

METHOD

RESEARCH METHOD

Research method are all those methods which are used by the researcher in conducting the research .These include data collection ,methods ,statistical techniques which are used for finding a connection between the data and the unknowns and methods that are commonly used to evaluate the accuracy of the results obtained. Research methodology is the science how the research is conducted .It is mainly a way to systematically solve research problem (singh,2019).

RESEARCH DESIGN

Case study is a research approach that is used to generate an in-depth multi-faceted understanding of a complex issue in its real life context . its an established research design that is used extensively in a wide variety of disciplines, particularly in the social science. Hence in the present study I used case study method.

In the case study method I used semi structured interview and qualitative research design. qualitative research is defines as research where the researcher is interested in analysing the subjective meaning or social production of issues ,events or practices by collecting non standardized data and analysing text and images rather than numbers and statistics (singh,2019).

In the present study data was collected through a semi structured interview method and analysis is done through the narrative analysis method .

PARTICEPANTS

Sampling is a process used in statistical analysis in which a predetermined number of observation are taken from a large population .The methodology used to sample from a large population depend on a type of analysis being performed , but it may include simple random sampling or systematic random sampling .

Population : mothers

Universe : Malabar region of Kerala

Sample : first time mothers who experienced postpartum depression

Sample size :the sample size of the study would be 3 individuals .the first time mothers of children under 6 months .

INCLUSION CRITERIA

- First time mothers who experienced postpartum depression

EXCLUSION CRITERIA

- Who are on the way of postpartum depression
- Who have serious mental and physical discomfort
- who are divorced and widow
- Who are differently abled

METHODS OF DATA COLLECTION

Telephonic interview – this method is not straight forward and a not face to face interactive method

case study_ is a research approach that is used to generate an in-depth multi-faceted understanding of a complex issue in its real life context . its an established research design that is used extensively in a wide variety of disciplines, particularly in the social science. Hence in the present study I used case study method.

Semi structured – A semi structured interview is a type of interview in which the interviewer asks only a pre-determined questions while the rest of the questions are not planed in advance .

Advantages - This study is necessary in order to educate or motivate others about the support that he first-time mothers require throughout their postpartum period .

Limitations – women's with serious mental or physical discomfort or disease cannot take for the research .

RELEVENCE OF THE STUDY

The rationale for doing this research is to explain what are the coping strategies of women that they were taken to cope up with that conditions and how to deal with it ,to inform others about the challenges that faced by the women during this challenging

transitional period and help the society to obtain this knowledge of this subject , as well as the comprehension of the mental and the physical state of the postpartum mothers . women's postpartum requirements must be determined in order to assist them in adjusting to these changes . as a result , the current qualitative study looks into the needs of women in terms of postpartum adjustment buffer . Many individuals are unaware of the support women require during their postpartum time . Not only that this study also helps the newly married couples and the first time mothers to cope up with these situations . as a result , this study is necessary in order to educate or motivate others about the support that the first time mothers require throughout their postpartum period .

PROCEDURE FOR DATA COLLECTION

This research is a qualitative study where the data is collected through direct interview. Semi- structured question that prepared already and remaining were prepared from the response of the participants .

DATA ANALYSIS METHOD

The method used for the analysis of the data is qualitative method of data analysis in which narrative analysis is used .Narrative analysis is a method of analysing data . This methods is used to understand how research participant construct story and narrate from their own personal experience. It means there is a dual layer of interpretation . first the research participants interpret their own lives through narrative .Then the researcher interprets the construction of that narrative .

CHAPTER 4

RESULT AND DISCUSSION

The result (or findings) section follows the methods and precedes the discussion section this is where the authors provide the data collected during their study .that data can sometimes be difficult to understand because it is often quite technical . in qualitative research , the result might not all be directly related to specific hypothesis , the purpose of the discussion section is to interpret and describe the significance of your findings in relation to what was already known about the research problem being investigated and to explain any new understanding or insights that emerged as a result of ones research . this discussion will always connect to the introduction by way of the research questions or hypothesis you posed and the literature you reviewed ,but the discussion does not simply repeat or rearrange the first part of the paper ; the discussion clearly explains how your study advanced the readers understanding of the research problem from where you left them at the end of your review of your prior research .

The topic for my research was to understand the coping strategies of women who had postpartum depression. the reason for selecting this topic was pf the latest news and the relevance is that to gave an awareness to the newly married couples and the first time mothers not only for them but also to the family members too . the method used in this research design was the semi – structured interview and conducted through the case study method through thematic analysis.

RESULT OF NARRATIVE ANALYSIS :

In this study 3 first time mothers who suffered postpartum depression shared their experience , their condition, their attitude towards their problem, stress and coping strategies. The answer provided by them was completely based on their personal experience, and also perceived by each of the participant. Some of the experience was very common to each of the participant and also include specific reference to certain situation that has happened in their life. Different history of the parent was considered like the family history, marital history, personal history, coping methods and current status.

DISCUSSION OF NARRATIVE ANALYSIS :

The major objective of the study was to understand the coping strategies of women who faced postpartum depression. The research was carried out using the case study methods. the number of participant was 3 who are first time mothers 2 of them were employed and one was not .

Domain 1:FAMILY HISTORY

The questions that asked under this domains was the history regarding the mothers family expacially the grand mothers. The questions includes the income of the family , occupation, vaccinations and health problems , political and law influence , birth and development .

The first mother replayed that she is from a low class family and they get a very low income per month she has no job and family runs by her husband and he is an auto driver . she also says that all the vaccinations for her is taken at the correct time and her mothers too. She was not aware about her grandmothers vaccination. her mother has no health issues till 40s but now having diabetics. There were no political or law issued till now. their family members growth and development was normal .

The second mother replayed that she is from a middle class family and her in-laws both are working and her husband too. she is a teacher and currently not working but searching for a job. There was no health problem for her and her mother . vaccinations were taken own time. There was no legal issues and was no developmental delay in growth.

The third mother replayed that she is from a high class family and working as a government employee her husband is a military officer. There was no health problems for her and in family .they was completely free from law and bank crises. The development was quit normal.

A systematic review and meta-analysis from ZacherKjeldsen and colleagues examined the association between family history of psychiatric illness and risk for postpartum depression. In their final analysis, a total of 26 studies were included, containing information on 100,877 women. The meta-analysis showed a twofold increased odds ratio (OR) of developing PPD when mothers had a family history of psychiatric illness.

Both this are similar in case.

DOMAIN 2 :

MARITAL HISTORY

The questions that include the marital satisfaction, about the pregnancy and care .

The first mother said that her marriage was an arranged one and she was satisfied at her marriage till the baby comes. She was not prepared for the pregnancy and that was the accidental one . after the 3rd month of her marriage she get conceived and was a normal delivery. she feels mood swings at the time of pregnancy and she did not receive much care from anybody. her parents look at her at the time of pregnancy and her husband used to consume alcohol and she was afraid of him. In-laws were not much supportive. she also has the suicidal thoughts at that time. she loss her apatite and sleep.

The second mother replayed that their was a love marriage and not with the concern of their parents . she was satisfied in her marital life and prepared for the pregnancy .her delivery was caesarean. She become fat during the time and she was afraid of that and began to overthink. That leads to angry behaviour, restlessness and depression. She was not at all cared about the prenatal baby and was worried about some unwanted thoughts and mood swings. She has sleep disturbances and night terrors. Her in laws and husband was supportive and gave more care to her. They gave mental and physical support.

The third mother replayed that their marriage was a well arranged one an met at the suitor ceremony. She was not interested in the marriage .she get conceived at the 2nd year of marriage and reached 31. She was prepared for the pregnancy. Delivery was normal. she felt sleeplessness during the pregnancy period and feels alone . she said that she wish to sit alone and reed books expacially the fictions. Her husband was with her at that time and comes at the 3rd month after the delivery. She has no other problems.her parents and in laws were supportive and gave much care.

Marital dysfunction (defined for this study as a lack of partner closeness or support, or a conflictive or abusive relationship) has implications for both adults and their children. In general, depressed women report more marital dysfunction than non

depressed women, which is illustrated by poor communication, friction, disengagement, and sexual problems (Kung, 2000). In addition, marital dysfunction persists long after the woman clinically recovers from the depression (Stein et al., 1991). Furthermore, the quality of the primary intimate relationship and the presence of depressive symptoms have been shown to predict parenting attitudes.

Both this are similar.

DOMAIN 3:

PERSONAL AND NEW BEGINNING :

The questions that includes the thoughts of mother at that time , behaviour towards the child, issues during the breast feeding, any health issues after delivery and major threat that you were faced by.

The first mother replayed that she has vivid thought about her child and was over thinking. She was tensed very much and had much pain after the delivery. She gets contineous fainting due to this. She was tensed about the stich and worried if that stich get severe and the problem regarding to using toilet. She was over cared about the child but she feels depressed and reduced talking with other. she feels sleep disturabnces. she was not much interested in breastfeeding. The major threat was that she feels fear to each silly things.

The second mother replayed that she felt no on is caring her and no one is looking after her. She felt glomey and alone.she moves into rooms and lost her self control. She was not able to sleep properly and disturbed. she feels very much discomfort in feeding child and she got babck pain after delivery. The majot thereat was that the sleep disturbance and feeling of depressed.

The third mother replayed that she felt nervous while handling the child and no problem in feeding. She gets tensed for no reson and depressed. She wish to sit in a closed room and not ready to take medicines. She feels suicidal thoughts and depression .she ewas over possive about the child and sleep disturbance was the major threat.

According to the study conducted by flecting and decth These findings suggested that a premature birth and the child's hospitalization might exert a negative

effect on the mothers' emotional state, their perception of parental self-image and, consequently, the early bond with the child—independent from the infants' gestational age at the time of the preterm delivery. The data underlined the importance of involving NICU nurses and clinicians in order to optimize the care for mothers immediately after the preterm birth and during the infant's hospitalization, taking into account psychological needs of mothers of both very preterm and moderately preterm infants.

Both this studies are similar in nature

DOMAIN 4:

COPING METHODS

The questions includes how did you manage your stress, how did you cope with that situation, did you consult a psychologist, did you took any medication, coping strategies that you were used by.

The 1st mother replayed that she consult a psychologist in Kannur and medications was not taken but instead of that she took diet and some relaxation techniques such as breathing exercise and yoga. She was not at all interested in doing that but she was forced to do that. She control maximum of her during the extream of the depression and in angry faces.

The 2nd mother replayed that she consult a psychologist and refer to a psychiatrist and took medications for 2 months. she also does the yoga and other activities to divert the mind. She used to draw images and paintings. Balanced diet and exercise helped her a lot . at first she shays that she was not interested in this things and with the help of her family she cope up with that particular situation.

The 3rd mother replayed that she was not interested in consulting a psychologist or a psycatrist. But she gone for that and did not take any medication. she has a personal trainer to look after her and she daily does the excersise expacially yoga . balanced food and peacefull mind bring back her to the normal life.

According to denney and marck Passive coping strategies were associated with postpartum depressive symptoms at both visits (8th and 32nd weeks). Neuroticism was associated with more passive coping strategies and less active coping strategies. Neuroticism and life stress were positively correlated, and social support was

negatively correlated with life stress and neuroticism. Early identification of potential risk for symptomatology of depression postpartum should include assessment of neuroticism, life events, social support and coping strategies

This studies both agree and contradict.

DOMAIN 5:

CURRENT STATUS :

The questions includes the feeling of now and comparing to the other, the major thing that you can share now with the newly married couple and first time mothers.

The 1st mother replied that she feels horrible while remembering those days and not ready to move to such a situation. She continues her yoga daily and she lives a peaceful and happy life. she said that all can do the yoga at home at least an hour in order to reduce the stress and always do the things that you wish to do the most. She also says that family support and care is one of the major things that is needed in one's life at that period. looking after the child is the most luckiest moment and that can be enjoyed and not by depression. whatever the situations comes look forward and leave a hope.

The 2nd mother replied that she was not ready to think about her past and wish to be like this in the continuing days. she also says about the family support and especially the care of husband. then the majority of the problem will be solved. She said that she is enjoying the new face of the life and she said that every problem has a solution.

The 3rd mother said that she doesn't know how she overcome such a dangerous situation and she wish that no one should go through that particular situation. she says that if one have any problem then share with someone whom you can trust and move with their opinion too. she says that now she is comfortable in her life.

CHAPTER 5

SUMMARY AND CONCLUSION.

Postpartum means the time after the child birth. most girls get the baby blues or feel sad or empty, within a couple of days of parturition. for several women ,the baby blues get away in 3 to 5 days. If your baby blues don't gat away otherwise you may feel sad ,hopeless for extended than two weeks. A person will have postpartum depression. feeling hopeless or empty after the child birth isn't a daily or expected part of motherhood.

The postpartum period begins immediately after child birth because the mothers body , including hormone levels ansu tress size, return to a non pregnant state. The terms puerperium, puerperial period, immediate postpartum period are commonly include primary 6 weeks following child birth. Although being a mother may be a sweet and unique experience , browsing the postpartum period is usually related to stress and pressure to high and fast intra – and interpersonal change.

The rationale for doing this study was to explain what are the coping method of a mother who faced postpartum depression. And also to aware the society that a kind of phase faced by women after delivery is kind of this and the need for family support. This study also inform others about the challenges that women face during those one time period and help the society to obtain knowledge of this subject as well as a comprehension of the mental and physical state of postpartum mothers . women's postpartum requirements must be determined in order to assist them in to adjusting towards these changes. As a result, the current qualitative study looks into the needs and coping of a women in terms of postpartum adjustment . coping method is an important buffer many individual are un aware of the social support that women require during the postpartum time , this study is necessary in order to educate or motivate others about the support that first-time mothes require throughout their postpartum period and hence to overcome that.

The aim of the study was to “understand the coping strategies of women who faced postpartum depression” .the main objective was to understand the coping strategies of women who faced postpartum depression. And the specific objective was to understand the mental condition of the women at the time of postpartum depression ,

and also to understand the method and ways that they have been used to overcome that situation.

In the present study qualitative research design was used. Qualitative research design is defined as the research that the researcher is interested in analysing the subjective meaning or social production of issues, events or practices by collecting the non standardized data and analysing texts and images rather than numbers and statistics. Data was collected through semi-structured interview method and analysis is done through the narrative analysis method. Population was mothers and the universe was Malabar region of Kerala. Samples are the first time mothers. The sample size of the study is 3 individuals. The first time mothers whose babies are 6 months. Exclude the women with serious mental or physical discomfort and widowed and separated mothers.

After framing the study the researcher proceeded the research. Prepared the interview questions and then find out the samples ask their concern and started the direct interview. Established the rapport and make them comfortable and start the research. All the 3 was very cooperative and was easy to collect the data. They gave me extra answers and shared all the experience. After the research 5 main superordinate themes have emerged; family history, marital history, the new life, medication and treatment, coping methods.

The study reveals that many factors play an important role in the postpartum adjustment and coping strategies among first time mothers. In these factors, the family history plays an important role. This verifies that the life history of the mother of basically 3 deep generations hence can identify that whether the postpartum depression occur due to the parental factor or through the roots of the hereditary.

The study reveals the marital factor too. By this we can understand that whether it has been occur with the cause of marital dissatisfaction or else due to the behaviour of the in laws or the husband. It also checks the marital satisfaction and the communication between the in laws, family and the husband. Spouse positive communication plays another notable role in postpartum communication. Positive communication helps new mothers to overcome their problems and adjust to the role if they feel that their husband gave the support then they used to cope with the situation which they are going through.

The study reveals that the change of a women to a mother is such a great change to the body and mind . Hence they need time to adjust ,thus the family and the surrounding must be very positive and should be cool to the mother . Then they feel a secure moment and can survive these situation. Although they can care for their babies. when the surrounding and social supports the mother then they can look after the child in a proper manner.

Medication and treatment in some cases are relevant and are valuable in coping with the postpartum depression. In my study majority of the mother said that they used the method of relaxation methods mainly yoga to over come this. Majority of them consult a psychologist and get the counselling.

In the last factor reveals that the positive communication, proper diet , yoga, meditation and counselling along with some kind of exercise proper food habit and family support made them to over come their life threatening situation.

MAJOR FINDINGS

- The role of family support is important in postpartum adjustment in first time mothers
- The parental and support of the husband along with the physical presence of them can cope this situation up to a limit
- Proper food habit and diet along with the exercise can help them to cope
- Proper medication and meditation can help them to over come the postpartum depression
- Positive communication and supporting surrounding can lead to a beautiful life.
- Motivating them can help them to over come this crisis.

IMPLICATIONS OF THE STUDY

The result found from the study is highly significant in the current society. It has been found that the first time mothers tend to have various forms of adjustment issues .They use different measures to adjust and cope with that. This study helps to understand the specific factors that are important for the adjustment of the first time mothers.

This study helps to develop intervention strategies and policies that are directed to address postpartum coping strategies of first time mothers. From this study it has been found that parental and marital factors and relaxation factors are more helpful components. The positive communication by the family especially the spouse can lead them to cope easily with the situation. Also the relaxation techniques and the controlled food habits and proper diet and sleeping helps them a lot. According to my studies the newly married couple and the first time mothers can refer and can find the most relevant coping methods to overcome the postpartum situation and hence they can easily face the challenges. They can understand the postpartum phase and can be aware to the family too. Hence my research is much relevant to them.

LIMITATION

Due to the post-covid situation and the hot climate made my much discomfortable all of the family was worried that I am an outsider and I might be a carrier and has a distanced approach with me but after saying the relevance and purpose they welcomed me and also the exclusion criteria were more. I was much worried about the present mental state of the mothers . also the samples were very much rare in case.

Suggestion for future studies

- Causes for postpartum depression
- Treatment methods of postpartum depression
- Awareness regarding postpartum depression
- Types of postpartum depression
- After effects of postpartum depression

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APPENDIX

APPENDIX :A INFORMED CONSENT

This is a research study taken for the fulfilment of the researcher's bachelor of science programme in psychology. The study is on "The coping strategies among women who faced postpartum depression". The data for the study will be obtained through the semi structured interview under the case study method and will be recorded. It is expected to last 45 minutes for each participant.

Participation in this research process is voluntary. You have the right to withdraw from the study at any time in the event that you choose not to continue. It is further reinstated that all the information will be kept very confidential and will be used only for the purpose of above mentioned research study.

The content information of the researcher has been provided for the participant in order to clarify any concern or queries about the study. The details of the researcher are given below:

Researcher :Nithia

Phone number : 9744009405

Email id : Nithiareji742@gmail.com

Your name and signature below signifies that you have read and understood the contents and intentions formed in the consent.

Name:

Signature:

Date:

APENDIX:B SOCIO-DEMOGRAPHIC DETAILS

NAME/ INITIAL:

AGE:

GENDER:

OCCUPATION:

PLACE:

ADRESS:

CONTACT NUMBER:

APPENDIX C : INTERVIEW QUESTIONS

- 1)Are you happy with your marital life
- 2)Was it a prepared or an accidental pregnancy
- 3)Was the delivery normal
- 4)Can you please share the delivery experience
- 5)Did u face the PNP
- 6)How was your attitude towards the baby
- 7)Did u get enough family support
- 8)Is there any mood swings
- 9)Is there any sleep disorders or an unhealthy sleep
- 10)what was your thoughts regarding breastfeeding
- 11) was there any health issues
- 12) was there any baby blues
- 13)what were the major threat
That you were faced by.
- 14)what were the measures that you took to prevent post delivery infections
- 15) what was the stress and thoughts that comes comes to your mind at that time (intentions)
- 16) how did u manage your stress
- 17)how did you cope with that situation
- 18)did u consult a psychologist or a psychiatrist
- 19)what mechanism you took for this to overcome
- 20) coping strategy for this, that you were used by.

UNDERSTANDING STRESSORS AND COPING STRATEGIES AMONG LIVER CIRRHOSIS PATIENTS

*A Dissertation submitted in partial fulfilment of the
requirement of the degree of Bachelor of Science in Psychology*

Submitted by:

Sneha. T

Reg.No:DB20CPSR29

Under the guidance of

Mr. Manjith R

Assistant professor



DON BOSCO ARTS AND SCIENCE COLLEGE

ANGADIKADAVU

(Affiliated to Kannur University)

DEPARTMENT OF PSYCHOLOGY

MARCH 2023



DEPARTMENT OF PSYCHOLOGY
DON BOSCO ARTS & SCIENCE COLLEGE,
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PSYCHOLOGY PROJECT REPORT

Register Number: DB20CPSR29

SUBMITTED FOR THE B.Sc. EXAMINATION 2020-23

Head of the Department

Principal

Held on:

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on “**UNDERSTANDING STRESSORS AND COPING STRATEGIES AMONG LIVER CIRRHOSIS PATIENTS**” by, **Sneha. T**, in partial fulfilment of the requirements for the award of the Undergraduate Degree of BSc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

DECLARATION

I SNEHA. T, hereby declare that this dissertation entitled “**UNDERSTANDING STRESSORS AND COPING STRATEGIES AMONG LIVER CIRRHOSIS PATIENTS**” submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

SNEHA T

DB20CPSR29

Signature:

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ABSTRACT

The study utilized qualitative methods to- **UNDERSTAND THE STRESSORS AND COPING STRATEGIES AMONG LIVER CIRRHOSIS PATIENTS**. The research was done to understand the stressors and coping strategies among the liver cirrhosis patients. The study was conducted among the population of Kannur district and the method used to collect data was case study method and there were a total of 2 participants. The study was conducted among liver cirrhosis patients both men and women. The participants were all old aged. The responses of the participants to the questions that were asked are analysed using the narrative analysis method of analysing qualitative data.

Liver cirrhosis is a most common liver diseases that mainly seen in old age peoples. Cirrhosis is last stage of liver disease in which healthy liver tissue is replaced with scar tissue and the liver is permanently damaged. That will cause the liver cirrhosis patients to generate some stressors and many of them were trying to cope the stressors using different strategies. Thus, this research tries to understand what kinds of stressors are there for liver cirrhosis patients and how they are coping the stressors. The findings of the study can be used for further research in this area and the findings shall be specifically linked to our cultural context. Furthermore, in the field of psychology the findings of the study can be used to understand the liver cirrhosis and the different stressors and others will try to follow the coping strategies that shown in this research. These follow up can be based on the factors that will be found under this study.

The major findings of the study were both participants had onset of liver cirrhosis at their adulthood but the treatment for the disease was taken at its last stage. The family history provides evidence of stressors on the participants, such as evidence of liver cirrhosis seen in the parents of both participants. The peer influences sometimes acted as stressors on the participants such as verbal ashaming, showing exaggerated sympathy, comparing them with other severe problems. Another important finding of the study is that stress is one of the major factors that are acting on the problems to the participants. The major stressors are death anxiety, financial

conditions, health issues and traumatic memories. The participants found to be using certain activities as coping strategies when they are going through stressful situation, which includes, planting the saplings, watering the plants and listening music to reduce the stress. The support from family and friends plays a key role among the participants to overcome the stress.

Key words: Stressors, coping strategies.

CHAPTER 1

INTRODUCTION

Cirrhosis is a late-stage of liver disease in which healthy liver tissue is replaced with scar tissue and the liver is permanently damaged. Scar tissue keeps your liver from working properly. Many disorders and diseases of the liver harm healthy liver cells, leading to cell death and inflammation. This is followed by cell repair and finally tissue scarring as a result of the repair process (Cleveland clinic, 2022).

The scar tissue reduces the liver's capacity to handle nutrients, hormones, medicines, and natural toxins and limits blood flow through the liver. Moreover, it reduces the liver's ability to produce proteins and other chemicals. Cirrhosis eventually keeps the liver from working properly. Late-stage cirrhosis is life-threatening.

Cirrhosis itself is not an inherited condition that is passed from parent to child. Yet, some of the conditions that might harm the liver and result in cirrhosis are inherited conditions. Depending on the severity of your condition, cirrhosis symptoms vary. You might not have any symptoms in the early stages. If you do have symptoms, some are general and could easily be mistaken for symptoms of many other diseases and illnesses.

Early indications of cirrhosis include: loss of appetite; feeling lethargic or weak; feeling nauseated; having a fever; and unanticipated weight loss. As liver function gets worse, other more commonly recognized symptoms of cirrhosis appear including:

Easy bruising and bleeding, yellow tint to your skin or the whites of your eyes (jaundice), Itchy skin, swelling in your legs, feet and ankles, Fluid build-up in your belly/abdomen (ascites), Brownish or orange colour to your urine, Light-coloured stools, Confusion, difficulty thinking, memory loss, personality changes, Blood in your stool, Redness in the palms of your hands, Spider-like blood vessels that surround small, red spots on your skin (telangiectasia).

- In men: loss of sex drive, enlarged breasts (gynecomastia), shrunken testicles.
- In women: premature menopause (no longer having your menstrual period).

Abdominal pain is a common symptom of liver disease. A stabbing or dull throbbing pain in your right upper abdomen, just below your ribs, may be the result of pain in your liver itself. Swelling from fluid retention and liver and spleen enlargement brought on by cirrhosis can also produce generalised abdominal pain and discomfort (Cleveland clinic, 2022).

Pain can come both from the diseases that lead to cirrhosis and/or cirrhosis can make the pain from existing diseases worse. For instance, if you have non-alcohol related fatty liver disease and have obesity, you may also have osteoarthritis and cirrhosis makes your bone and joint pain worse. Cirrhosis also causes an inflammatory state in your entire body. Inflammation and your body's reaction to inflammation can cause general pain.

The most common causes of cirrhosis of the liver mainly:

Alcohol use disorder (alcohol-related liver disease) caused by long-term [chronic] use of alcohol, Chronic viral infections of the liver (hepatitis B and hepatitis C), Fatty liver associated with obesity and diabetes, but not alcohol. This condition is called non-alcohol related steatohepatitis that damages the liver can lead to cirrhosis.

Rare diseases, such as amyloidosis, in which abnormal deposits in the liver of an abnormal protein called amyloid disrupts normal liver function. Changes from liver diseases that lead to cirrhosis are gradual. Liver cells are injured and if injury – from whatever cause – continues, liver cells start to die. Over time, scar tissue replaces the damaged liver cells and the liver can't function properly.

There is no cure for cirrhosis. The damage already done to your liver is permanent. However, depending on the underlying cause of your cirrhosis, there may be actions you can take to keep your cirrhosis from getting worse. These actions include; Stop drinking alcohol, Treat chronic hepatitis (if you have it), Avoid medications that stress the liver, Eat a healthy, well-balanced, low-fat diet, such as the Mediterranean diet (Cleveland clinic, 2022).

Cirrhosis is an advanced stage of liver fibrosis. That caused because of many factors includes chronic alcoholism, chronic exposure to environmental chemicals and viral disease. Hepatitis C, a viral disease, is a cause of liver cirrhosis. The connection

between Hepatitis C and oxidative stress is mechanistically related to reduced antioxidant functioning in the liver caused by the virus (Zeliger, 2023).

Cirrhosis leads to pain and lots of stressors. A stressor is a particular circumstance, requirement, or situation that can induce stress, a biochemical change in behavioural, physiological, and/or psychological health.

Stressors are something that causes a state of strain or tension. The Patients with liver cirrhosis will have physiological and psychological problems. Mainly the psychological problems are associated with the stressors (Janalta interactive, 2019). In humans the stress negatively affects the body homeostasis and triggers a battery of metabolic responses. Stress symptoms will affect the thoughts and feelings and it results to our behaviours. Stress that able to recognise can help to manage the problems but the stress with unrecognised will results to numerous problems such as high blood pressures, and problems to diseased peoples like heart disease, liver cirrhosis (Mayo clinic, 2023). The patients with liver cirrhosis may faces a lot of problems due to stress they may have death anxiety that means an intense fear of death or the dying process, the many stresses arise to the liver cirrhosis patients was about the expenses and financial support that will lead threatens them so badly and also different health issues like abdominal pain, vomiting of blood, swelling in the tips of nails and fingers also make them more stressful.

These stressors will lead patients to hopelessness, some of them uses coping strategies for overcoming the stressors. Coping strategies is the actions or strategies that will convert our stressful thoughts through increasing our self-confidence and burying our negative thoughts. Many of the patients will cope their stress using different strategies. Liver Cirrhosis patients often faces hopelessness, and negative thoughts through this study we can clearly understand the strategies that take to tackle their problems (Carr & Pudrovska, 2017).

NEED AND SIGNIFICANCE

Cirrhosis is more common disease in adult peoples. In our culture the identification of this disease was in the last stage of adulthood and also, they are giving much importance or care about treating liver cirrhosis. Liver Cirrhosis will

result to a lot of stress and there will be loss of self-esteem and self-confidence. Mainly the old age peoples will feel hopelessness.

Liver Cirrhosis patients often take treatment in their last stage so that the only possibility of them will be liver transplantation but some cases those transplantation will not be possible. Also, they only want to take physician recommend medicine otherwise it will harm them badly.

The population of the old age peoples mainly above 60 are more prone to have this disease. Cirrhosis is mainly due to alcohol using, Chronic viral infection of the liver and also fatty liver with obesity. Studies are present that defines cirrhosis due to alcohol usage but these studies are not based on the alcohol using it's truly based on the chronic viral infection and fatty liver. There are not many studies based on the liver cirrhosis.

Through this study the main objective is to understand the stressors that effecting the liver Cirrhosis patients and also the coping Strategies they are adopting. The findings of the study can provide a clear qualitative idea about the symptoms of liver cirrhosis and also can identify some stressors that are common in our culture.

This study can be used for further research in this area. The study is based upon some samples taken from our culture and can provide results that are more suitable to our society itself.

STATEMENT OF THE PROBLEM

Liver Cirrhosis is a common disease in the adult peoples above age 60. The prevalence rates are very in every gender. Liver Cirrhosis patients are facing a lot of pain and stressors so that this study tries to explore stressors affecting Liver Cirrhosis patients and what are the coping strategies are being used.

DEFINITION OF KEY TERMS

Stressors

Theoretical definition: A stressor is a particular circumstance, requirement, or situation that can induce stress, a biochemical change in behavioural, physiological, and/or psychological health (Janalta interactive, 2019).

Operational definition: Stressors are something that causes a state of strain or tension. The Patients with liver cirrhosis will have physiological and psychological problems. Mainly the psychological problems are associated with the stressors.

Coping Strategies

Theoretical definition: Coping strategies are behavioural and cognitive tactics used to manage crises, conditions, and demands that are appraised as distressing (Carr & Pudrovska, 2017).

Operational definition: Coping Strategies is the actions or strategies that will convert our stressful thoughts through increasing our self-confidence and burying our negative thoughts. Liver Cirrhosis patients often faces hopelessness, and negative thoughts through this study we can clearly understand the strategies that take to tackle their problems.

Liver Cirrhosis Patient

Theoretical definition: Cirrhosis is a late stage of scarring (fibrosis) of the liver caused by many forms of liver diseases and conditions, such as hepatitis and chronic alcoholism (Mayo clinic, 2022).

Operational definition: Liver Cirrhosis is that is mainly affected to adult peoples and it will affect them physiologically and psychologically with symptoms of yellowing of skin, abdominal pain, hepatitis.

OBJECTIVES

Major objectives

- To understand the stressors and coping strategies among liver cirrhosis patients.

Specific objectives

- To understand the stressors among liver cirrhosis patients.
- To understand the development of cirrhosis related stressors among patients.
- To understand the coping strategies among liver cirrhosis patients.
- To understand the socio-demographic factors affecting the condition among liver cirrhosis patients.

ORGANIZATION OF THE REPORT

The study contains five chapters- Introduction, literature review, methodology, results and discussion and finally the summary and conclusion. The first chapter is the introduction. It includes a brief introduction to the study with major focus on the need and significance of the study. The chapter also included the problem statement and the definition of key terms that are used in the chapter. The second chapter is the review of literature. It comprises of two sections -theoretical background of the study and the related studies. The third chapter is the methodology. It includes a detailed account of samples, variables, tools, procedures for data collection and analysis method used for the analysis of the data collected. The fourth chapter explores the result and discuss the analysis of the data and the results obtained there by. In the fifth chapter which is the summary and conclusion, a resume of the study and methodology of the study is briefly stated. It also includes the major findings of the present study, it's implications and the suggestions for further research. At the end, reference and appendices are included.

CHAPTER 2

REVIEW OF LITERATURE

A collective body of works done by earlier scientists is technically called the literature. Any scientific investigation starts with a review of the literature. The aim of any literature review is to summarize and synthesize the arguments and ideas of existing knowledge in a particular field without adding any new contributions. Being built on existing knowledge they help the researchers to even turn the wheels of the topic of research. For other researchers, the literature review gives the direction to be headed for its success. Literature review is only a summary of the sources related to the research. Literature review is from scholarly books, scientific papers, latest studies in the field, established schools of thoughts, relevant articles from renowned scientific journals and many more. This is done for a field of study or theory or a particular problem to summarize into a brief account of all information, synthesize the information by restructuring and reorganizing, critically evaluate the concept or a school of thought or ideas and to familiarize the authors to the extent of knowledge in the particular field (Singh, 2019).

THEORETICAL REVIEW ON STUDY VARIABLES

The theoretical review investigates theories that enlarge on the topic under investigation and thus help in a better understanding of the study in question while also providing justification for the current investigation (Sarah, 2012). The theoretical review helps to support findings as well as generalize to a mass population (Waswa, 2021). The main theories that describe the variables stress, coping strategies and old age.

Theory of stress

Fight or Flight: One of the earliest contributions to stress research was Walter Cannon's (1932) description of the fight-or flight response. Cannon proposed that when an organism perceives a threat the body is rapidly aroused and motivated via the sympathetic nervous system and the endocrine system. This concerted physiological response mobilizes the organism to attack the threat or to flee; hence, it is called the fight-or-flight response. At one time, fight or flight literally referred to fighting or

fleeing in response to stressful events such as attack by a predator. Now, more commonly, fight refers to aggressive responses to stress, such as getting angry or taking action, whereas flight may be seen in social withdrawal or withdrawal through substance use or distracting activities. On the one hand, the fight-or-flight response is adaptive because it enables the organism to respond quickly to threat. On the other hand, it can be harmful because stress disrupts emotional and physiological functioning, and when stress continues unabated, it lays the groundwork for health problems (Taylor, 2017).

Selye's General Adaptation Syndrome: Another important early contribution to stress was Hans Selye's (1956, 1976) work on the general adaptation syndrome. Although Selye initially intended to explore the effects of sex hormones on physiological functioning, he became interested in the stressful impact his interventions seemed to have. Accordingly, he exposed rats to a variety of stressors, such as extreme cold and fatigue, and observed their physiological responses. To his surprise, all stressors, regardless of type, produced essentially the same pattern of physiological changes. They all led to an enlarged adrenal cortex, shrinking of the thymus and lymph glands, and ulceration of the stomach and duodenum.

The general adaptation syndrome consists of three phases. In the first phase, alarm, the organism becomes mobilized to meet the threat. In the second phase, resistance, the organism makes efforts to cope with the threat, as through confrontation. The third phase, exhaustion, occurs if the organism fails to overcome the threat and depletes its physiological resources in the process of trying (Taylor, 2017).

Tend-and-Befriend: Animals, whether nonhuman or human, do not merely fight, flee, and grow exhausted in response to stress. They also affiliate with each other, whether it is the herding behaviour of antelope in response to stress, the huddling one sees among female rats, or the coordinated responses to a stressor that a community shows when it is under the threat of flood, tornado, or other natural disaster.

Taylor and colleagues developed a theory of responses to stress termed tend-and-befriend. The theory maintains that, in addition to fight or flight, humans respond to stress with social affiliation and nurturant behaviour toward offspring (Taylor, 2017).

Psychological Appraisal or Cognitive Appraisal Theory:

Appraisal of an event involves perception and evaluation of the event. Which in turn influence the perception of stress. There are 2 types of appraisals; Primary appraisal & secondary appraisal.

- 1. Primary Appraisal Processes:** Lazarus and Folkman, are the proponents of the psychological view of stress. People's life events may be appraised as positive, neutral, or negative in their consequences. Negative or potentially negative events are further appraised for their possible harm, threat, or challenge.

Harm is the assessment of the damage that has already been done by an event. Thus, for example, a man who has just been fired from his job may perceive harm in terms of his own loss of self-esteem and his embarrassment as his co-workers silently watch him pack up his desk.

Threat is the assessment of possible future damage that may be brought about by the event. Thus, the man who has just lost his job may anticipate the problems that loss of income will create for him and his family in the future. Primary appraisals of events as threats have important effects on physiological responses to stress. For example, blood pressure is higher when threat is higher or when threat is high and challenge is low.

Finally, events may be appraised in terms of their challenge, the potential to overcome and even profit from the event. For example, the man who has lost his job may perceive that a certain amount of harm and threat exists, but he may also see his unemployment as an opportunity to try something new. Challenge appraisals are associated with more confident expectations of the ability to cope with the stressful event, more favourable emotional reactions to the event, and lower blood pressure, among other benefits.

- 2. Secondary Appraisal Processes:** While primary appraisals of stressful circumstances are occurring, secondary appraisal is initiated. Secondary appraisal is the assessment of one's coping abilities and resources: whether they will be sufficient to meet the harm, threat, and challenge of the event. Ultimately, the subjective experience of stress is a balance between primary and secondary appraisals. When harm and threat are high and coping ability is low, substantial stress is felt. When coping ability is high, stress may be minimal (Taylor, 2017).

Theories of coping strategies

Coping theories may be classified according to two independent parameters: trait-oriented versus state-oriented, and microanalytic versus macroanalytic approaches. The multitude of theoretical conceptions is based on the macroanalytic, trait-oriented approach. Examples of these approaches are Repression-sensitization, monitoring-blunting and the model of coping modes (MCM). The Defense mechanisms constructs by Sigmund Freud in 1926 is one of the few macroanalytic, state-oriented theories of coping. Other theories of macroanalytic approach were Lazarus and Folkman's Problem-focused and Emotion-focused Coping, Task-oriented, Emotion-oriented, and Avoidance-oriented Coping theory by Parker and Endler (1992). Carver et al. in 1989 worked on the assumption of distinction between problem-focused and emotion-focused coping and derived Coping Dimensions theoretically.

Macro-analytic trait-oriented coping theories:

- **Repression-sensitization:** This theory explains that coping happens along a bipolar dimension with repression at one end and sensitization at the other. People who cope by repression tend to deny or ignore the presence of a stressor to minimize its effect. On the flip side, sensitizers tend to react with extreme thoughts, worrying, and obsessive impulses to cope with the sudden encounter (Cohen & Lazarus, 1979).
- **Monitoring and Blunting Theory:** This theory explains that one can reduce the impact of a stressful stimulus by using his cognitive processes. Blunting mechanisms such as denial, restructuring, and distraction help overlook temporary stressors. Monitoring strategies, including information processing and emotional management, are more helpful for dealing with ongoing negative stress and anxieties.
- **Model of Coping Modes (MCM):** This theory is an extension of the monitoring-blunting model and has some connections to the repression-sensitization theory. It expands on the concept of cognitive avoidance and suggests that we are naturally inclined to avoid a stressful situation and perceive it as ambiguous.

Macro-analytic state-oriented theories:

The defense mechanisms mentioned by Freud (1926) is one of the earliest macro-analytic state-oriented methods of coping. Another approach that gained popularity in this area is the theory of Richard Lazarus and Susan Folkman.

Lazarus and Folkman's model stated that successful coping mechanisms depend on the emotional functions related to the problem. Lazarus classified eight such functions that most of us use for active coping. These include:

- **Self-Control**– where we try to control our emotions in response to stress.
- **Confrontation** – where we face the pressure and retaliate to change the situation and bring it back to our favour.
- **Social support** – where we talk to others and look for social connections to help us survive a difficult time.
- **Emotional distancing** – where we stay indifferent to what is going on around and prevent the distress from controlling our actions.
- **Escape and avoidance** – where we deny the existence of stress as a coping response.
- **Radical acceptance** – where one resorts to unconditional self-acceptance for adapting to adversity.
- **Positive reappraisal** – where we seek to find the answer in the struggle and grow from it.
- **Strategic problem-solving** – where we implement specific solution-focused strategies to get through the tough time and redirect our actions accordingly (Sincero, 2012).

Theories of old age

Psychological Theories: Both sociology and biology have an impact on how a person responds to the demands of their age. Psychological theories predate all other known theories of ageing. They include:

Human Needs Theory: The theory focuses on the fact that human behaviour is motivated by their needs with age. Namely; physiological, safety and security, love and belongingness, self-esteem, and actualization.

Life-Course (Lifespan development) Theory: This theory came into existence in 1980s by behavioural psychologists who decided to shift from personality development as the basis of understanding aging to the concept of 'life course'. This theory divides life course into predictable pattern of stages that are formed according to goals, relationships and internal values. This theory focuses on the interconnectedness of individual and society.

Disengagement Theory: It refers to an inevitable process in which many of the relationships between a person and other members of society are severed & those remaining are altered in quality. Withdrawal may be initiated by the ageing person or by society, and may be partial or total. It was observed that older people are less involved with life than they were as younger adults. As people age, they experience greater distance from society & they develop new types of relationships with society. In America there is evidence that society forces withdrawal on older people whether or not they want it. Some suggest that this theory does not consider the large number of older people who do not withdraw from society. This theory is recognised as the first formal theory that attempted to explain the process of growing older.

Activity Theory: This theory describes the psychosocial ageing process. emphasises the importance of ongoing social activity. Suggests that a person's self-concept is related to the roles held by that person i.e., retiring may not be so harmful if the person actively maintains other roles, such as familial roles, recreational roles, volunteer & community roles. To maintain a positive sense of self the person must substitute new roles for those that are lost because of age. And studies show that the type of activity does matter, just as it does with younger people.

Biological Theories of Ageing: Biologic theories are concerned with answering questions regarding the physiologic processes that occur in all living organisms as they chronologically age. These age-related changes arise independent of any external or pathologic effects, and the quest is to uncover these inciting factors that cause the actual ageing process in organisms.

The Free Radical Theory: This theory implicates the gradual accumulation of oxidative cellular damage as a fundamental driver of cellular aging. This theory has evolved over time to emphasize the role of free radical induced mitochondrial DNA (mtDNA) mutations and the accumulation of mtDNA deletions. Given the proximity

of mtDNA to the electron transport chain, a primary producer of free radicals, it postulates that the mutations would promote mitochondrial dysfunction and concomitantly increase free radical production in a positive feedback loop. It is known that diet, lifestyle, drugs (e.g., tobacco and alcohol) and radiation etc., are all accelerators of free radical production within the body.

The Membrane Theory of Aging: According to this theory it is the age-related changes of the cell's ability to transfer chemicals, heat and electrical processes that impair it. As we grow older the cell membrane becomes less lipid (less watery and more solid). This impedes its efficiency to conduct normal function and in particular there is a toxic accumulation.

The Decline Theory: The mitochondria are the power producing organelles found in every cell of every organ. Their primary job is to create Adenosine Triphosphate (ATP) and they do so in the various energy cycles that involve nutrients such as Acetyl-L-Carnitine, CoQ10 (Idebenone), NADH and some B vitamins etc. Enhancement and protection of the mitochondria is an essential part of preventing and slowing aging. Enhancement can be achieved with the above mention nutrients, as well as ATP supplements themselves (Physiopedia, 2023).

Summary

In conclusion the over stress about liver cirrhosis will heightens the severity of the diseases and sometimes the patients will lose their self-esteem before achieving their self-actualization. The condition was rare but the affected patients will face a lot of difficulties especially the old age peoples, because they health are weak and sometimes need liver transplantation but cannot transplant the liver because of some health conditions. At that time the patients will goes through in a lot of stressful situations so that the patients want to take some coping mechanism to overcome the stress and pressure.

REVIEW OF RELATED STUDIES ON VARIABLES AND POPULATION

A literature review is an examination of scholarly source on a particular subject. It gives us a board perspective of current knowledge, helping us to spot related ideas, methodologies, and research gaps.

Singh, Bala, Kumar, and Bharadwaj conducted a study among the Liver Cirrhosis patients in 2022. On the topic, Liver cirrhosis: The struggling liver. The major objectives of the study were to understand the causes of the cirrhosis. The study focuses on the perspectives on Liver Cirrhosis patients and they look more about the nutrition, mortality rate, symptoms and more complications. This studied concluded the liver cirrhosis mainly because of malnutrition, alcohol abuse, diabetes, hepatitis C are largely contributing elements (Singh, Bala, Kumar& Bharadwaj, 2022).

Dar, John, Ali, Ansar conducted a study among the Liver Cirrhosis patients in 2023. On the topic, Chronic Liver disease, Liver Cirrhosis and diagnostic features. The major objective of the study was to understand the causes of liver cirrhosis in different patients using computed tomography (CT). The method they used was cross-sectional study. They collected the details of 82 patients and has been calculated via a convenient sampling technique using a mean approach from previous related articles. The result was Liver Cirrhosis was mainly seen in men than women and most common findings is a change in a volume of the liver (Dar, John, Ali& Ansar,2023).

Kim, Lee, and Cho conducted a study among the Liver Cirrhosis patients in 2015. On the topic, Analysis of the factors related to Liver Cirrhosis. The major objective of the study was to find the correlations between biochemical study and liver cirrhosis. The method they used was they collected liver biopsy reports to check the degree of their liver fibrosis. They collected the details of Liver Cirrhosis patients. The research was done on gender, age, weight, and biochemical study through the investigation of subjects' medical record and medical history. They concluded that the Liver Cirrhosis patients was confirmed that there is an increase in liver cirrhosis because of increase in age, decrease in albumin, increase of the total bilirubin (Kim, Lee, & Cho, 2015).

Namaghi, Mohammadi, & Hatami was conducted a study among the Liver Cirrhosis patients in 2022. On the topic, Individual's perception of Liver Cirrhosis, qualitative study. The major objective of the study was too aimed to describe the perceptions of individuals with liver cirrhosis toward their disease. There are 27 patients, they used interview method then the interview data was analyzed using conventional content analysis. The Data analysis revealed two main themes: the first theme was "perceived sensitivity to the cirrhosis," which was characterized by

concerns about disease transmission to others, concerns about seeing symptoms as a reason in referring to medical centres, hiding disease from others, feeling remorse or guilt in having disease, and personal beliefs about cause of disease. and second theme was "perceived severity of the cirrhosis," which was characterized by feelings of disease exacerbation due to tension and stress, discomfort due to continuation of annoying symptoms, discomfort due to ascites, and fear and hope while waiting for liver transplantation. This study concluded that a perceived threat from liver cirrhosis, such perceived threats and their characteristics could help nurses and other healthcare providers to be aware of this perception in their care of individuals living with liver cirrhosis (Namaghi, Mohammadi, & Hatami, 2022).

Pomacu, Trasca, Padureanu, and Bugawas conducted a study among Liver Cirrhosis patients in 2022. On the topic, Interrelation of inflammation and oxidative stress in Liver cirrhosis. The aim of the present study was to determine the usefulness of such haematological indicators for assessment of the relationship between inflammation and oxidative stress in order to provide new predictive tools for a non-invasive investigation of disease outcome for liver cirrhosis patients. There are 35 subjects with compensated or decompensated liver cirrhosis. The study concluded that the increase in these ratios was not significantly associated with a decrease in the antioxidant capacity and an augmentation of oxidative stress markers for the patients diagnosed with cirrhosis included in the two groups of study (Pomacu, Trasca, Padureanu & Buga, 2021).

Ahmed, Taha, El-Khashab, & Elsayed was conducted a study among Liver Cirrhosis patients in 2022. On the topic, Nutritional status and informational needs for patients with Liver Cirrhosis. The aim of this study is to assess nutritional status and informational needs for patients with liver cirrhosis. There are 115 patients, the method was descriptive exploratory design. There are three tools for collection of data, first tool was a Structured interview questionnaire consisted of personal characteristics of patients, second tool was Nutritional assessment form, third tool was Informational needs questionnaire. It can be concluded that Patients with liver cirrhosis are suffering from malnutrition and nutritional deficiencies, and also patient with liver cirrhosis had different levels of informational needs' importance, The most prioritized informational needs for patients with liver cirrhosis was Medical domain

whereas the least priority was given to the Psychological domain, It also shows that information needs differ based on some socio-demographic and clinical characteristics and physical condition(Ahmed, Taha, El-Khashab & Elsayed,2022).

Hjorth, Svanberg, Sjoberg, & Rorsman was conducted a study among Liver Cirrhosis patients in 2020. On the topic, Liver cirrhosis turns life into an unpredictable roller-coaster, A qualitative interview study. The aim of the study was to explore how persons living with liver cirrhosis experience day-to-day life. Persons with advanced liver cirrhosis report poor quality of life, in comparison with other chronic diseases. However, knowledge regarding day-to-day life during earlier stages of the disease is lacking. There are 20 participants the method using for the analysis was an exploratory study, with a qualitative inductive interview approach. The study concluded that living with cirrhosis implies an unpredictable condition with a progressive, stigmatising disease. The fluctuating symptoms and deep concerns about future life pose an increased personal suffering. The patients were living with worries and disease progression (Hjorth, Svanberg, Sjoberg, & Rorsman, 2020).

Muti, and Anindya was conducted a study among the Liver Cirrhosis patients. On the topic, Analysis of potential drug interactions in Liver Cirrhosis patients. This study analyzed the potential of drug-drug interactions in liver cirrhosis patients at Gatot Soebroto Army Hospital, Jakarta. This study employed an observational-cross sectional design with retrospective data collection of liver cirrhosis patients' medical records. There are total 35 cases so that they analysed them. The conclusion they observed was the high incidence of potential drug interactions in patients with liver cirrhosis requires high vigilance and close monitoring of all health professionals in achieving optimal therapeutic outcomes for the patients (Muti & Anindya, 2021).

Aprilicia, Syarif, Kalista, and Sanityoso were conducted a study among the Liver Cirrhosis patients. On the topic, Survival COVID-19 in Adult Patients with Liver Cirrhosis. This study was aimed to evaluate the survival of COVID-19 in adult patients with liver cirrhosis. The data was collected using observational study. The 22 Liver Cirrhosispatients with COVID-19 and 116 Liver Cirrhosis patients without COVID-19 are examined. This study concluded that the survival rate of liver cirrhosis patients with COVID-19 lower than liver cirrhosis patients without COVID-19.

Khattak, Khan, Bibi, and Anjum were conducted a study among the Liver Cirrhosis patients. On the topic, Frequency of Diabetes Mellitus in Liver Cirrhosis Patients. The study was to assess the frequency of diabetes mellitus in liver cirrhosis patients. This study was cross-sectional study. This study was conducted on 144 patients presenting with liver cirrhosis. Thus, the study concludes that the frequency of diabetes mellitus in patients with liver cirrhosis is high (Khattak, Khan, Bibi & Anjum, 2022).

Summary

There are several studies conducted with related to liver cirrhosis patient's stressors and coping strategies. Majority of the studies were conducted outside Indian and there were only few studies that are connected the Indian population. Furthermore, there were only few studies about the exact variables. Thus, the present study will be focusing on the two variables stressors and coping strategies.

CHAPTER 3

METHOD

"Research is a careful investigation or inquiry especially through search for new facts in any branch of knowledge" (Rocco, 2011).

Research is manipulation of things, concepts or symbols for the purpose of generalizing to extend, correct or verify knowledge, whether that knowledge aids in construction of theory or in the practice of an art (Kothari, 2004).

Research methods are specific procedures for collecting and analysing data. Developing research methods is an integral part of research design. When planning methods, there are two key decisions that has to be made: how the data shall be collected and how the data is analysed (Scribbr, 2020). Research methods are the strategies processes or techniques utilized in the collection of data or evidence for analysis in order to uncover new information or create better understanding of a topic. There are different types of research methods which use different tools for data collection.

Research methodology is a way to systematically solve the research problem. It may be understood as a science of studying how research is done significantly. In it we study the various steps that are generally adopted by a researcher in studying the research problem along with the logic behind them. A researcher not only know about the research methods and techniques they should also want to know about the methodology.

The present study focusing on the qualitative aspects of stressors and coping strategies among liver cirrhosis patients. Qualitative Research gathers more data about the life and lived experiences, emotions, behaviours, and the meanings individuals attach to them. It assists in enabling researchers to gain a better understanding of complex concepts, social interactions or cultural phenomena. This type of research is useful in the exploration of how or why things have occurred, interpreting events and describing actions.

This chapter 3 includes details about Research design mainly the definition, what is the research methods used in the study, the participants details, the sampling

method that used for the research, details of our universe, population, and the sample of the study, sample size, inclusion criteria, exclusion criteria, the method used for the data collection etc. It also gives more information about the description of the data collection (case study) and its advantages and limitations, and look more about the relevance of this method for the study topic, the procedure used for data collection and the data analysis method.

The formidable problem that follows the task of defining the research problem is the preparation of the design of the research project, popularly known as the “research design”. Decisions regarding what, where, when, how much, by what means concerning an inquiry or a research study constitute research design. “A research design is the arrangement of conditions for collection and analysis of data in a manner that aims to combine relevance to the research purpose with economy in procedure.” In fact, the research design is the conceptual structure within which research is conducted; it constitutes the blueprint for the collection, measurement and analysis of data. As such the design includes an outline of what the researcher will do from writing the hypothesis and its operational implications to the final analysis of data.

The important features of a research design are;

- A clear statement of the research problem.
- Procedures and techniques to be used for gathering information.
- The population to be studied.
- Methods to be used in processing and analysing data.

A research design is necessary because it provides or facilitates the smooth sailing of the various research operations so that making the research as efficient, they provide the valuable or maximal information with maximum effort. Thus, a complete or good design is often characterised by flexible, efficient variables and also a design with minimises bias are considered as good design (Kothari, 2004) for the purpose of the present study qualitative research design is being followed, The qualitative research gains deeper insight into the audience mind because it mainly focuses on the focus group discussion and interviews, it observe emotions because while interviewing peoples cannot hide their true feelings behind tone of voice, gestures, or facial expressions (Provoke insights, 2018).

PARTICIPANTS:

Sampling method: Sampling is the method of choosing and collecting data from the samples. The sampling method used for this research is purposive sampling this type of sampling is also known as judgemental sampling. It involves the researcher using their expertise to select a sample for a given population that sample is most useful to the purposes of this research. It is often used in qualitative research, Where the researcher wants to gain detailed knowledge about a specific phenomenon rather than make statistical inferences, or where the population is very small and specific. An effective purposive sample must have clear criteria and rationale for inclusion. The sampling method used was purposive sampling, where the researcher relies on their own judgement when choosing members of the population to participate. This method was used so as to make the most out of the small population of interest and arrive at valuable research outcomes.

Universe: The universe of the study is Kannur district, Kerala. Population of the study is adult peoples.

Sample: Sample of the study is the people who suffering from liver cirrhosis. The sample size consists of two liver cirrhosis patients aged above 60. It includes both men and women. The sampling technique that has chosen in the study is purposive sampling.

Inclusion Criteria: Adult Men and Women mainly old age peoples above 60 who are suffering from liver cirrhosis.

Exclusion Criteria: Adult Men and Women who are suffering from liver cirrhosis, with alcohol dependency are excluded.

METHODS OF DATA COLLECTION

The case study method was used to collect the data. The data was collected using direct conversation to the participant. The researcher asks the already prepared domain's questions to the participant and then later includes a lot a question under the domains based on the participant's responses. The case study has lot of advantages because this method provides a previous detail like., history of present illness, family history, personal history, marital history and occupational history. This case study

gives more insight about the participant viewpoints. This data collection method gives informants the freedom to express their views in their own terms.

The advantages of case study are as follows:

- They allow researchers to observe and record information about rare, impractical, or unethical conditions and behaviours.
- They provide researchers with new evidence to support psychological theories.
- They offer researchers additional insights into the phenomenon to gain a better understanding of the behaviour or event.
- They allow researchers to evaluate conditions or behaviours in a real world setting that may be difficult to replicate in a laboratory environment.

The disadvantages of case study are as follows:

- Case study results can be difficult to replicate
- Case study was time consuming.
- Researchers can find the volume of data but it is difficult to analyse and apply to a larger population.

PROCEDURE FOR DATA COLLECTION

The first and foremost procedure is to take permission for conducting the research will be gained from the research guide. Then the next procedure was the researcher took the informant consent of the participation and consent will be also taken to record the interview. The participant will be also made aware of their rights and about the confidentiality that must followed by the researchers. The researchers will first establish a good and comfortable rapport with the subjects and then after the participants seemed to be comfortable, the researchers will begin giving the instructions. The instructions included things like asking the participant to answer about their experiences honestly without any faking. After the participant understood all the instructions, the researcher moved on and started asking questions about the domains before asking the questions the participants details will be taken including their name, age, gender, and what kind of job are they doing. The data collection was concluded by thanking the participant for their participation and cooperation. Then, the data will be taken for analysis.

ETHICAL CONCERNS:

The ethical concerns that followed throughout the case study are; The voluntary participation was there to the participants that means he/she can free to leave the case study at any point. The informant consent will be taken before the case study. The interviewer ensures the anonymity that the details of the participants will be kept safe and don't reveal their details at any cost, the whole case study details will keep as confidential. During the case study there will not be any physical, social, and psychological harm to the participants. After the analysis of the data the result will be communicated tentatively (Bhandari, 2022).

DATA ANALYSIS METHOD

Data analysis means examining, scoring, categorizing, comparing, synthesizing, evaluating, and contemplating the codes data as well as reviewing the raw and revised data (Singh,2019). Here Narrative analysis method is implied as it can help get information, reach conclusions and allow the participant to explain their experiences through their own choice of words. By using narrative analysis, the researcher can interpret the details as explained by the participant as well as be more open to the ways in which the results can proceed. Narrative analysis provides researchers with detailed information about their participants that they could not get through other methods.

CHAPTER 4

RESULT AND DISCUSSION

This chapter provides the results and discussion of the study which is analysed using Narrative Analysis. The function of the result and discussion section is to objectively present key results, without interpretation, and in an orderly and logical sequence using both illustrative materials and text. The results section presents what data were accumulated. The text of the results section follows this sequence and provides answers to the questions or domains we investigated. The negative results should be reported as well. The discussion section follows the results and proceeds the conclusion and recommendations section. The study's findings are logically explained in this part. Citations to the research covered in the Literature Review typically resurface here since those interpretations are frequently derived by contrasting and comparing the results to past studies' conclusions. Also, this section typically discusses the study's limitations and makes reasonable assumptions about what the findings might mean in terms of the problem raised by the research question. Due to the fact that it is finally advancing to an argument, this section is crucial. Since the researchers interpret their results according to theoretical underpinnings in this section, there is more room for difference of opinion. The way the authors interpret their results may be quite different from the way you would interpret them or the way another researcher would interpret them (Lumen, n.d).

Narrative analysis is a form of qualitative research in which the researcher focuses on a topic and analyses the data collected from case studies, surveys, observations or other similar methods. The researchers write their findings, then review and analyse them. Through this approach, researchers can gain a holistic view of the subject's life and activities. It can show what motivates people and provide a better view of the society that the subjects live in by enabling researchers to see individuals interact with one another.

To conduct narrative analysis, researchers must understand the background, setting, social and cultural context of the research subjects. This gives researchers a better idea of what their subjects mean in their narration. It's especially true in context rich research where there are many hidden layers of meaning that can only be

uncovered by an in-depth understanding of the culture or environment (Harappa, 2021).

RESULT OF NARRATIVE ANALYSIS

In this study, two Liver Cirrhosis patients shared their experience the condition of their illness, their attitude towards the illness, stresses and the method to avoid their stresses. The answers provided were completely based on their personal experiences and also as perceived by each of the participant. Some of the experiences was very common to each of the participant and also include specific references to certain situations that has happened or is ongoing in their lives. Different history of the participants was considered like their marital history, personal history, family history, occupational history and history of present illness.

DISCUSSION OF NARRATIVE ANALYSIS

The major objective of the study was to understand the stressors and coping strategies among Liver Cirrhosis patients. The research was carried out using case study methos. The number of participants were two above the age of 60 years and one participant was a housewife and another had pursued his majority of the time of their carrier in chovva cooperative bank, Kannur.

Domain 1: History of present illness

This domain history of present illness includes; When the symptoms observed for the first time? When it was diagnosed? And Treatment History?

The first question of the study was when was the symptoms observed for the first time both the patients answered that the symptoms were observed in a long year back but they didn't care for those symptoms they thought the symptoms was another disease and take medicine to cure that problem so that the severity of the problems heightens. The first participant R.V had a uterus surgery when she was at 22. After the surgery, she faced bleeding at the time so suddenly the blood of three donor were injected into her body, after that she faced a lot of complications the body started to becomes weak and also faced a problems like diabetes, cholesterol, kidney stone, jaundice or yellowing of the skin and abdominal swelling and also swelling in the tip of fingers of both hands and legs. But still the patient didn't identify she was having liver cirrhosis so that she ate a lot of tablets for other disease there was no exact cure

for the disease so she suffered a lot, then after a long year she identified she was having liver cirrhosis at its last stage so that the transplantation of liver was her only option but the patient's body was too weak so that the transplantation cannot done so that doctor gave some medicine to her. So now she was surviving with those medicine. Another participant S.A was also having relatively the same history, when he was at 17, he done an operation for heart valve at that time he received blood from three donors. After a year the symptoms of hepatitis B was symptoms shown in his body but he didn't care those symptoms but after a few years he faced a severe stomach pain, jaundice or yellowing of the skin, high cholesterol, high diabetes etc. The pain become worse at that time he gone for treatment but it was the last of stage of liver cirrhosis with high Hepatitis B. The doctor asked for the transplantation of the liver but the nerves of his body was too sensitive and weak so that he cannot do any transplantation so that the doctor gave some medication to him to survive.

Both of the participants were diagnosed the problem of Liver Cirrhosis at their final stage so that giving medicine was very difficult and the treatment was gone with a miracle history, both of the participants were faced a lot of threat in their life but they both survived. The treatment also was a miracle because the doctor recommended both them for liver transplantation but their condition was very weak so that they cannot gone for the transplantation by still they are surviving their life. That was mainly because of the hope and coping strategies they took to come out from the problem. They both are doing different activities to reduce the stress and the participant was still working so that he didn't much care about his illness and also R.V was reducing their stress by doing her household chores. In a study conducted by Kuzikova, and Shcherbak, (2022), Coping strategies and maintaining productivity in stressful situations (Kuzikova, and Shcherbak, 2022). This present study indicates how to reduce the stress and can still maintain a productivity among participants. So, the results were majority of the people face a lot of difficulty in maintaining productivity but gradually they are used to with this stress and suddenly the productivity starts to continue that means they all had a started to believe in hope. Hence, the results of this study are consistent with the results of the present study.

Domain 2: Family History

The domain was about family history. The participant R.V have some health issues from her childhood. She was belonged in a join family; her mother was died last year because of liver cirrhosis that made her emotionally weak and lost her self-esteem and also, she lost her father two years back. Her husband was also died because of heart disease. She has seven siblings includes three sister and four brothers; she was the elder child in that family. Her grandmother was a cancer patient and also her mother's two sisters was also a cancer patient and one sister was a tuberculosis patient. Her sister was also suffered from cancer but she was now recovered from that disease. Her brothers two of them has piles, one brothers had a heart disease but now he was recovered from that and her one brother passed away due to an accident and also her sister's husband was also passed away in an accident. This sudden death affected the participant's mental health because she her body was too weak and also, she was witnessing her beloved people's death that made her disease so worse. At that time, she didn't care her body so much and deny to take medicine that why she was facing a lot of problems nowadays. She loses her self-esteem at the time of her mother's death because her mother also having the same issues so that she witnessed the same problem so that she scared about the death and started to begin death anxiety.

The participant S.A, had also a health disease from his childhood. He also belonged to a joint family where his father also has the same Liver Cirrhosis problem, in his case the symptoms and diseases were not identified till his death. He used to take pain killer to avoid pain so that he died suddenly without any symptoms. His mother was a heart patient and she was died after a year of my fathers' death. He has six siblings and his brother was suffering from heart disease, others are perfectly alright.

In both cases the participants had an element of stress in their family also. They both responded that they face a stress because of losing their beloved one. But this used some coping methods that was they relaxed by thinking that they are taking medicine so that the medicines helped them to survive their life and helps the journey of life happier and more colourful. In a study conducted by Dortaj, Rezaiefar, and Ghoreyshi, (2022) Coping with life stress (Dortaj, Rezaiefar, and Ghoreyshi, 2022).

This present study indicates to deal with stress, you have to take certain measures. So, the results of this study are consistent with the results of the present study.

Domain 3: Personal History

This domain includes the personal details of the participants i.e., Pregnancy, Prenatal development, Birth complication, Neonatal history, Infancy, Childhood, Adolescence which includes socialization, cognitive and emotional development, developmental delay i.e., reading, writing, academics etc, Medical history, Psychiatric history, Legal history, Substance abuse or alcoholism history.

The participant R.V mother don't face any kind of birth complications but after birth the participant was below the average weight so that she faced a lot of difficulties during that time. During the neonatal period she was at underweight so that she faces a lot of disease and fatigue in legs so that she faces problems in walking. She faced that same problem in her infancy also, so that she joined her schooling with her sister but she discontinued her studies because of her physical problems. At adolescence also she faced the same issues but she initiated to continue her studies, she was ambitious girl but her physical illness made her weaker. Another participant S.A didn't face any problems in their neonatal, infancy and childhood period. He was very bright in his studies but the problems arise during the adolescence he faced a problem in his heart valve so he done an operation that changed his life. In a study conducted by Corley, Stallings, and Wadsworth, (2019) also found Temperament, Childhood illness burden and illness behaviour in adulthood (Corley, Stallings, and Wadsworth, 2019). This present study indicates that the illness behaviours and responses to the bodily symptoms also suggest the burden of borne disease.

The medical history of the participant R. V she was having diseases from her childhood itself at that time she used to drink the medicine of her grandfather who was ayurvedic doctor. Then at 22 she had a uterus surgery that went very complicated so after that she taken a lot of medicines for diabetes, cholesterol, kidney stone swelling of abdomen etc. after a long year back she was shown the symptoms of hepatitis at that time they visited the hospital and took treatment but the participant was at the severe condition of liver cirrhosis, the option that come ahead was only liver transplantation that was not possible so now she was taking medicine for her

survival. Another participant was also having the relatively the same condition. The main problem of both of them was the expensive tablets they both are taking an expensive tablet for their survival that was making a stress among both of them.

In a study conducted by Haque, Anm, Akter, and Ershad, (2021) Out-of-pocket expenditure of the hospitalized patients for treatment of liver cirrhosis in a tertiary hospital (Haque, Anm, Akter and Ershad, 2021). This present study indicates that unaffordable price of the medicine for the patients, which also found with the results of the present study.

The psychiatric history of the both participants reveals they faced many mental health problems like financial burdens, fear of death, over concern about the family, conditions of their family after his/her lose that was very irritating them. But both of them didn't seek any help from psychologists or psychiatrist but the doctors of both of them were giving a support to them and motivating them to live and refreshing their wings to fly.

The substance abuse/ alcoholic history both the participants are Non-alcoholic and also they are belonging in an Non-alcoholic family so that this disease don't come from the using of the alcohol.

Domain 4: Martial History

This domain includes the martial history of the participants, both of the participants are having a happy and satisfied married life. The participant R.V, was married at 17 years she was married to a joint family. Her marriage was a forced marriage because she was ambitious girl she wants to study more and also wants to become a teacher but her family didn't allowed her to study more. During at the initial phase, she suffered a lot because she didn't know much about to manage a house and she was having a fatigue in her legs but they didn't considered her illness she worked so hard mainly because there were only two women rest of them men so the women are supposed to do all works. Initial her husband was not ready to marry her but after the marriage he treated her well. She has two children's; during the time of her delivery she faced a lot of problems. The first delivery time was very worse because there was fatigue in legs and her body began swollen but the delivery was smooth and

at time of second delivery there were no problems. The children had no problems they both are perfectly fine.

The participant S.A was married at the age of 27, his marriage was not a forced marriage mutually they have a very good understanding so that they decided to marry each other. They both are having 3 children. There were any kind of complication during the time of delivery. His children are perfectly healthy.

Both the participant has a high level of martial satisfaction so that the large amount of stress was reducing through the involvement and spending time with their family and children. Both participants are using family as a coping strategy. In a study conducted by Keck (1989) Perceived social support, basic needs satisfaction, and coping strategies of the chronically ill (Keck,1989). The study indicates that relationships and martial satisfaction among the chronically ill patients. So, the results of this study are consistent with the results of the present study.

Domain 5: Occupational History

This domain includes the occupation history of the participants. The participant R. V, has a house wife, she was keenly interested in doing some jobs but her conditions don't allow her to do any jobs. She faced a lot of financial issues during her childhood itself so that she sacrificed a lot for her family after her marriage she was financially stable but sometimes can't afford the money of medicine but they are adjusting their life. The participant S, A was working on a Cooperative Bank, first he was at Account recovery unit after the retirement they now posted me as a watchman of the bank. He was very satisfied of the job because he can't afford the money of medicine and also family expense. He faced a lot of financial crises a lot of peoples helped him a lot.

Both the participants have same disease but they have different socioeconomic status. The socioeconomic factors play a key role in every disease. In a study conducted by Geckova, Dijk, Zezula, and Tuinstra (2004) Socio-economic differences in health among adulthood peoples. This study indicates that the poorer health conditions has found among people with low socio-economic status. The results of this study are consistent with the results of the present study.

Based on the responses collected from all the five domains; it was commonly found that the participants have relatively same kind of stressors and they are using different types of coping strategies mainly they both were trying so hard to cope the stress using relaxation techniques like walking, yoga, hearing music, planting sapling. The participants R.V was planting sapling and watering adds more relaxation to her and S.A planted saplings in the terrace of his firm and regularly he looks after the saplings. The common thing in both them are they want to live more without any tension about the death that why both of them maximum try to enjoy their leisure time by visiting their siblings and also by talking with them. Both them did not accepting they are weak that's why they are leading their life so happily. The main goals of the study were to identify the stressors and know how they are coping those stress that was understood by this study.

CHAPTER 5

SUMMARY AND CONCLUSION

Cirrhosis is a late-stage liver disease in which healthy liver tissue is replaced with scar tissue and the liver is permanently damaged. Scar tissue keeps your liver from working properly. Many types of liver diseases and conditions injure healthy liver cells, causing cell death and inflammation. This is followed by cell repair and finally tissue scarring as a result of the repair process. The scar tissue blocks the flow of blood through the liver and slows the liver's ability to process nutrients, hormones, drugs and natural toxins (poisons). It also reduces the production of proteins and other substances made by the liver. Cirrhosis eventually keeps the liver from working properly. Late-stage cirrhosis is life-threatening.

Cirrhosis itself is not an inherited (passed from parent to child) disease. However, some of the diseases that can cause liver damage that led to cirrhosis are inherited diseases. The symptoms of cirrhosis depend on the stage of your disease. In the beginning stages, you may not have any symptoms. If you do have symptoms, some are general and could easily be mistaken for symptoms of many other diseases and illnesses.

Cirrhosis leads to pain and lots of stressors. A stressor is a particular circumstance, requirement, or situation that can induce stress, a biochemical change in behavioural, physiological, and/or psychological health. These stressors will lead patients to hopelessness, some of them uses coping strategies for overcoming the stressors. Coping strategies is the actions or strategies that will convert our stressful thoughts through increasing our self-confidence and burying our negative thoughts. Liver Cirrhosis patients often faces hopelessness, and negative thoughts through this study we can clearly understand the strategies that take to tackle their problems. Hence, the aim of this study was to understand the stressors and coping strategies among Liver Cirrhosis patients.

After taking the permission of the head of the department and the guide the research process began. There are two liver cirrhosis patients was selected as the sample for the study. The informed consent of the participant was taken. They were made aware of their rights and about the confidentiality that would be followed. They

were also told that they could withdraw anytime from the study if they felt uncomfortable or due to any other reasons. Permission to record the session was also taken from each of the participants. Then, the questions were asked after establishing rapport and making sure that the participants were comfortable.

The method used was case study based on questions that required the participants to respond using their personal experiences. The questions were further explored based on the participants responses and the specific examples or life situations they spoke about. The responses of the participants were collected very carefully and with precision. Then, after collecting the data, each one of them were asked how they felt participating. They were also informed that they could contact the researcher or the researcher would contact them to inform about the results and findings of the research if they are interested. After that the participant was thanked for their participation and cooperation.

The major objectives of the study was to identify the stressors and coping strategies among people who are suffering from Liver Cirrhosis. And the specific objectives of the research are to identify the Stressors, the Coping Strategies, Gender differences, Socio-cultural differences in Liver Cirrhosis patients.

The response that was collected and then analysed. The analysis was narrative analysis because it provides researchers with detailed information about their subjects that they couldn't get through other methods. Using the narrative analysis, the study was able to develop some findings. The five domains were asked and the responses from the participants were thus analysed narratively. The major findings of this research were how the stress of the Liver Cirrhosis was coping or reducing. Another main finding of the research was the socio-economic situation of the participant. Furthermore, the study addressed the aspect of history of present illness, Family history, Personal history, Medical history, Psychiatric history, Alcoholic or substance abuse history, Martial history and Occupational history of the Liver Cirrhosis patients.

MAJOR FINDINGS:

- Both participant had onset of liver cirrhosis at their adulthood but the treatment for the disease was taken at its last stage.

- The family history provides evidence of stressors on the participants, such as evidence of liver cirrhosis seen in the parents of both participants.
- The peer influences sometime acted as stressors on the participants such as; verbal shaming, showing exaggerated sympathy, comparing them with other severe problems.
- The important findings of the study are that stress is one of the major factors that are acting on the problems to the participants. The major stressors are death anxiety, financial conditions, health issues and traumatic memories.
- The participants found to be using certain activities as coping strategies when they are going through stressful situation, which includes; planting the sapling, watering the plants and listening music to reduce the stress.
- The support from family and friends plays a key role among the participants to overcome the stress.
- Participants also feel more comfortable for sharing the grievances and seeking emotional help.

IMPLICATIONS

One of the major findings for the present study was both participants had shown onset of liver cirrhosis at their adulthood, but the diagnosis was done only at the late stage. Which indicates that there was a neglected of the symptoms at their early stage. So this study implies that the proper awareness about the health issues and screening of the may help for early detection of the condition.

The another major findings the study indicates that there is a major role for hereditary on developing this liver cirrhosis condition so that the children of the parents with liver cirrhosis must want to go regularly screening and must care about the early detection symptoms which would help them for better diagnosis and treatments.

The other major finding the study indicates that the peer influences was creating the stress on the patients it also indicates the lack of social support. To avoid those stress, it needs to give psychoeducation to the peers includes colleagues, co-workers, friends by giving this psychoeducation to the peers we can increase the life expectancy of the liver cirrhosis patients.

The another major finding of the study was the patients was facing during types of stressors includes death anxiety, financial conditions, health issues and traumatic memories. So this study implies that the patients want to get a proper counselling to avoid stress, proper health check-up and health treatment want to be provided. For resolving the stress about financial conditions want to give some financial aids, supporting system, NGOs also can support the peoples, media also can support them and some polices can give to the underprivileged peoples.

Next major finding was peoples who are getting diagnosed can suggested the methods that presented in this present study like planting saplings, watering the plants and listening the music's found to be reducing stress so it can suggest or fostered through institutions.

The other findings of the study includes the importance of family and friends support, it can be improved or enhanced through proper psychoeducation to the patients or to family members and friends of the patients.

The another findings is that the help seeking behaviours of the patients, the help seeking was common it would be better if have them listeners. So that a listening corner of the liver cirrhosispatients want to establish and arrange some regular counselling sections.

The findings of the research can apply to detect the early symptoms and severity of the disease and can be used to address some changes in the way of treatments are done in our social context. The symptoms or causes of the Liver Cirrhosis was well understood from the study and thus this symptom can be prevented by using better treatment and cars. The problems of the lot of patients are not widely and openly studied thus the study facilitates almost all symptoms to address the problems faced by the participants. The study can be used as a reference to further studies using the variables. The treatments of the patients and the root cause of the participants problems was clearly mentioned in this study. Furthermore, there can be make an awareness programmes based on the severity and root causes of the problem; the awareness can be done based on these findings. The influence of present illness, medical, martial, substance abuse, occupation and personal history was helping this study to know more about the conditions.

Further researches – quantitative and qualitative can also be done using the findings of this research as a framework. This research was considered as working and non-working Liver Cirrhosis patients. Research on the same topic can be done on alcoholic Liver Cirrhosis patients to know about their symptoms and conditions and the results could be combined to generalize the findings further.

LIMITATIONS:

The sample size was very size only two participants were there because I took patients above age 60 so that patients are very few. Thus, the results cannot be generalized. The universe was also very restricted to Kannur District. This is a relatively new topic, so that the studies related directly to the topic or the connection between the variables is so difficult to find. The major problem that faced was the study was very time consuming and difficult to replicate.

SCOPE OF THE RESEARCH

The study on stressors and coping mechanism for liver cirrhosis can be used to make further analysis of the stressors faced by the Liver Cirrhosis patients. The study can be a basis for exploring more coping mechanisms to help the patients to manage with their health conditions. This study also covers the stress factors among the patients and also helps to understand psychological stressors of the Liver Cirrhosis patients and this particular section can be taken for the future analysis by the career counsellors.

SUGGESTIONS FOR FUTURE RESEARCH:

- The same study variables can be studied in a different population/ context/location/culture.
- The present study was carried out among 2 Liver Cirrhosis patients. Future studies could be carried out within more sample size.
- The present study addressed stressors, coping strategies and old age as a variable. Future studies could explore the possibility of other psychological variables in this population.
- Time consuming was a major limitation and this can be avoided using an alternative data collection method.

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APPENDIX

APPENDIX A: INFORMED CONSENT LETTER

INFORMED CONSENT FORM

This is a research study undertaken for the fulfilment of the researchers Bachelor of Science program in Psychology. The study is on “UNDERSTANDING THE STRESSORS AND COPING STRATEGIES AMONG LIVER CIRRHOSIS PATIENTS.” The data for the study will be obtained through case study and will be recorded.

Participation in this research project is voluntary. You have the right to withdraw from the study at any time in the event that you chose not to continue. It is further reinstated that all information will be kept confidential and will be used only for the purpose of the above-mentioned research study.

The contact information of the researcher has been provided for participants in order to clarify any concerns or queries about this study. The details of the researchers are given below:

Researcher: SNEHA T

Phone Number: 8590569617

Email ID: snehasatheesan439@gmail.com

Your name and signature below signify that you have read and understood the contents and intentions formed in this consent.

Name:

Signature:

Date:

APPENDIX B : SOCIO DEMOGRAPHIC DETAILS

NAME/ INITIAL:

AGE:

GENDER:

QUALIFICTION:

PLACE:

ADDRESS:

CONTACT NUMBER:

UNDERSTANDING THE ACCEPTANCE OF TOXIC RELATIONSHIP AMONG ADOLESCENCE.

*A Dissertation submitted in partial fulfillment of the requirement of the
degree of Bachelor of Science in Psychology*

Submitted by:

Malavika Ragesh

Reg.No:DB20CPSR11

Under the Guidance of

Mr. Manjith R

Assistant Professor



DON BOSCO ARTS AND SCIENCE COLLEGE

ANGADIKADAVU

(Affiliated to Kannur university)

DEPARTMENT OF PSYCHOLOGY

MARCH 2023



DEPARTMENT OF PSYCHOLOGY
DONBOSCOARTS & SCIENCE COLLEGE,
ANGADIKADAVU
(Affiliated to Kannur University)
PSYCHOLOGY PROJECT REPORT

Register Number: DB20CPSR11

SUBMITTED FOR THE B.Sc. EXAMINATION 2022-23

Head of the Department

Principal

Held On:

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on “**Understanding the acceptance of toxic relationship among adolescence**” by, **Malavika Ragesh**, in partial fulfilment of the requirements for the award of the Undergraduate Degree of BSc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

DECLARATION

I **MALAVIKA RAGESH**, hereby declare that this dissertation entitled **“Understanding the acceptance of toxic relationship among adolescence”** submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

MALAVIKA RAGESH

DB20CPSR11

Signature

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This dissertation work was carried out under the remarkable guidance and supervision of Mr. Manjith R, Assistant professor, department of psychology, Don Bosco Arts and Science College, Angadikadavu. I am grateful to Manjith sir for his guidance, valuable suggestions, encouragement and support.

I thank Kannur University, Don Bosco Arts and Science College and the Department of Psychology for giving me this opportunity as well as providing the necessary facilities and guidance to complete this research.

I would like to specially thank the 10 participants who had cooperated and participated in this study and shared their own personal experiences. I owe a lot of gratitude to all of them because without them this study would not have been possible. I appreciate the time and effort they put aside for this study and for giving me the permission and opportunity.

I would also like to thank my family and friends who have always been my support system. I would also like to express my gratitude to all those who have directly or indirectly helped me in my endeavor

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ABSTRACT

The study utilized qualitative methods to understand the acceptance of toxic relationship among adolescence. The research was done to understand the acceptance of toxic relationship among adolescence. The study was conducted among the population of Kannur district and the method used to collect data was semi-structured interview and there were a total 10 participants. The study was conducted among college students both men and women. The participants were all adolescents. The responses of the participants to the questions that were asked are analyzed using the narrative analysis method of analyzing qualitative data.

Relationships are the most complicated part of growing up, and we are masters of winging it. We are often torn between many roles we play on a daily basis, and each role requires different social intelligence. In this research we tries to explore the knitty gritty of why a relationship becomes toxic and some signs to recognize it. We will also explore some coping strategies and steps to take while meeting with a toxic partner. Thus, this research of the study can be used for further research in this area and the findings shall be specifically linked to our cultural context. Furthermore, in the field of psychology the findings of the study can be used to understand the toxic relationship and the acceptance of those toxic relationships shown in this research. These follow up can be based on the factors that will be found under this study.

The findings of the study can be used to address the acceptance of toxic relationships in adolescents in our social context. The acceptance of toxic relationship is mainly due to the acceptance of unhealthy relationships and also because of the relationship expectation. The acceptance can be well understood from the study and thus it can be taken as the study to understand the healthy and unhealthy relationship. The acceptance of toxic relationship was to maintain a healthy relationship among the partner and also avoid some unwanted arguments. The major problems of the toxic relationships by not giving a personal space to the partner and miscommunications among themselves. The relationships of the friends and family plays a key role in helping an individual to maintain a healthy relationships.

Key Words : Acceptance, Toxic relationships, adolescents

CHAPTER 1

INTRODUCTION

Relationships are the most complicated part of growing up, and we are masters of winging it. We are often torn between many roles we play on a daily basis, and each role requires different social intelligence. In this article, we will explore the knitty-gritty of why a relationship becomes toxic and some signs to recognize it. We will also explore some coping strategies and steps to take while meeting with a toxic partner.

According to a study conducted by TIME, the most important ingredient in making relationships healthy and sustainable is Emotional Responsiveness. Emotional responsiveness is nothing but the spontaneity and ease with which a person responds to the situation, it is also a skill that results in warm, intimate, loving, caring and non -defensive attachments by partners in the relationship.

When there is a maladaptation to this behavior, partners become toxic to self and to the partner. We have all heard of the common phrase “All relationships have bumps on the road” but if the relationship has more bumps than the road, then it is likely that you are in a toxic relationship.

Toxic relationships are basically when both partners develop unhealthy behavioral patterns and treat each other disrespectfully always. It isn't one partner that exhibits controlling behavior but two people who aren't able to have a common ground on anything with constant unhappiness and fights in the relationship. Toxic partners have no accountability and gaslight each other on multiple occasions that makes it exhausting and hard.

The relationship become toxic when there will be;

Lack of empathy: Relationships are fabricated with layers of expectations and accountability, when this exceeds the actual fundamentals of relationships such as (care, kindness, compassion), the relationship soon sever ties with love and becomes a cobweb of expectations and bitterness.

Mal-adaptive coping mechanism: Most of us go through a series of relationships to find the right match, in this process we face heartbreaks, trust issues

and infidelity. If there has been no time given to cope and heal from it, then we exhibit toxic traits such as being commitment phobic, infidelity, emotional unresponsiveness.

Familial ties: If we grow up in a toxic/unstable environment, we are likely to carry traits we learn from our parents/family and display the same mechanism when we are in a relationship.

Abusive behavior: According to the famous psychologist Luisa Tam, even the best relationships can become toxic if partners don't support and nurture them. Verbal abuse has been the most common reason for relationships to turn sour.

Speaking different love languages: There have been many couples who sought counseling only for the mere fact that they spoke different love languages. This is a popular concept by Gary Chapman who advocates couples adopting similar love languages. This can help in understanding one another and keep the longevity of the relationship intact.

Signs of Toxic Relationship are

1. Lack of support

In a relationship, you go through a lot of bumps, and having a conflict is inevitable. However, a toxic relationship indicates a lack of support during these bumpy times, and partners may feel alone in the relationship. Challenges are met separately and each of them fights their battles separately with no shoulder to lean on for support.

2. Communication style

If partners adopt a defensive and aggressive communication style, then the relationship slowly turns toxic and unpleasant. Instead of being kind and compassionate towards one another, things get unpleasant and hostile.

3. Constant fights/arguments

It is inevitable to have differences in opinion in a relationship. However, if it gets to a point where there is no resolution to the fights and if there is persistent unhappiness and unpleasantness, then it's time to introspect and examine the nature of the relationship.

4. Controlling behaviors

Questioning where you are all the time or becoming overly upset when you don't immediately answer texts are both signs of controlling behavior, which can contribute to toxicity in a relationship.

5. Lack of self-care

Spending time with your special one is always a priority in a relationship. However, if you choose to let go of yourself and your needs constantly, then it could be a trait related to toxicity.

6. Walking on eggshells

Bringing up controversial topics may include extreme tension, hence you brush things under the carpet and don't pay heed to things that require instant damage control.

7. Keeping a relationship score-card

Bringing up past mistakes and always keeping a score of who has made more mistakes can constantly keep partners on their toes and is definitely a sign of toxic behavior.

8. Dropping hints/passive aggressiveness

When something upsets a partner, they drop hints and beat around the bush to express their displeasure rather than explicitly and outrightly saying it.

9. Holding the relationship hostage

Holding the relationship hostage amounts to emotional blackmail and creates tons of unnecessary drama. Even the smallest hiccup in the flow of the relationship results in a perceived commitment crisis.

10. Buying your solutions to relationship problems

Rather than confronting uncomfortable topics, if the relationship always relies on gifts and materialistic pleasure, then it is headed towards the direction of a toxic relationship (Sharanya, 2021)

Toxic relationship is considered as an unhealthy relationship. Nowadays the adolescent people are considering toxic relationship in positive ways or they are accepting the toxic approach of the partner.

Nowadays toxic relationship habits are baked into our culture. In our culture Men and women are encouraged to objectify each other and to objectify their toxic romantic relationships. Hence the acceptance rate of toxic relationship is increased. Many of them are accepting the abusive relationship and they are interpreting those relationships in a good manner.

NEED AND SIGNIFICANCE

Acceptance of toxic relationship is nowadays very common in our culture. Toxic relationship or unhealthy relationship will leads to stress and loss of self-esteem but some of them in our locality is trying to accept those toxic attitudes of the partner.

There are many teenagers who were accepting the toxic relationship and suffering a lot of stresses. One of them main reasons for those acceptance is they are accepting the roles that is assigned by our society.

This study can provide a clear qualitative idea about the acceptance of the toxic relationship and their approaches. This study was purely linked to our cultural concepts and ideology. The benefit of this study in the field of psychology is to become a reference for the future researchers to conduct new research based on the same.

STATEMENT OF THE PROBLEM

Acceptance of Toxic relationship is nowadays very visibly seen in our culture. This study helps to finds out the toxicity of the relationship and how the teenagers are accepting and continuing those relationships.

Specifically, this study tries to find out the various manners of toxic relationship, what challenges they faces and what benefits they experience through this relationship.

DEFINITION OF THE KEY TERMS

Toxic Relationship

Theoretical definition

A toxic relationship occurs when one or both people are prioritizing love over the three core components of a healthy relationship: respect, trust, and

affection (Manson. M, 2022).

Operational definition

Toxic relationship is an unhealthy relationship, the adults who experience violence and other violent behavior.

Adolescence

Theoretical definition

Adolescence, transitional phase of growth and development between childhood and adulthood. The World Health Organization (WHO) defines an adolescent as any person between ages 10 and 19 (Britannica, 2022).

Operational definition

Adolescence is a transitional phase of human development where sudden or rapid growth occurs in our body.

OBJECTIVES

MAJOR OBJECTIVES

To understand the acceptance of toxic relationship among adolescence.

SPECIFIC OBJECTIVES

To identify the toxicity of the relationship among adolescence. To identify the gender differences of toxicity among adolescence.

To identify the factors influencing adolescents to stay in a toxic relationship.

ORGANIZATION OF THE REPORT

The present study has five chapters. The first chapter is introduction. It consists of Context of the study, need and significance of the study, statement of the problem, definition of key terms and the objectives. The second chapter consists of the review of literature. It includes the theoretical background and supporting research studies. The third chapter is the methodology. It consists of research design, participants, data collection method and method for data analysis. The fourth chapter is the results and discussions of the study. It consists of results of the thematic analysis and its discussion. The fifth chapter is summary and conclusion. It

consists of summary, major findings, conclusion, implications, limitations of the study and the suggestions for the future research. The research report is prepared according to the 7th edition of APA.

CHAPTER 2

REVIEW OF LITERATURE

Writing a literature review involves synthesizing and summarizing the literature that was uncovered during a literature search. It serves as the setting for primary research. A survey of the literature can reveal new advancements in the area of research. The purpose of the literature review is to confirm the originality of the proposed research and to identify any knowledge gaps that might lead to future research topics. Using an appropriate literature study, one may also discover the research methodology. It can also be used to spot flaws, disputes, and mistakes that could be avoided in the subject area (McCombes,2022).

A literature review is typically one of the first activities completed after selecting a topic in a longer piece of writing, such as a dissertation or project. A topic can be honed and research questions can be framed with the aid of reading and critical analysis. Before beginning a new inquiry, conducting a literature review will demonstrate your knowledge with and understanding of the most recent studies in the topic. The researcher ought to be able to determine what research has already been conducted on the issue and what is unknown after conducting a literature study (University of Edinburgh,2022). In this chapter the theoretical review and literature of study variables and study population are being described.

THEORETICAL REVIEW

A theoretical review examines theories that elaborate on the subject being studied, which aids in a better comprehension of the study in question and simultaneously advances a defense of the current study. The theoretical review helps to support findings as well as generalize to a mass population (Waswa,2021). The main theories that describes the variable toxic relationships are described below:

Theories of Acceptance. Acceptance theory of authority.

The acceptance theory of authority states that a manager's authority over his/her subordinates depends on the willingness of the subordinates to accept his/her right to

give orders and comply with them. While the acceptance theory essentially follows the traditional top-down management approach, it also embraces a much more contemporary philosophy of management that acknowledges the need to provide subordinates with a clear definition of company policies and initiatives. As such, this theory seeks to foster compliance that is not blind, while encouraging subordinates to ask questions (Barnard, 1938).

Theory of social acceptance.

Social acceptance means that other people signal that they wish to include you in their groups and relationships. Social acceptance occurs on a continuum that ranges from merely tolerating another person's presence to actively (Leary, 2010).

Theory of radical acceptance.

Radical acceptance can be defined as the ability to accept situations that are outside of your control without judging them, which in turn reduces the suffering that is caused by them. Radical acceptance is based on the notion that suffering comes not directly from pain, but from one's attachment to the pain. It has its roots in Buddhism and the psychological paradigm that acceptance is the first step towards change (Carl Rogers).

The Social Cognitive Theory

The SCT is mainly linked with Bandura, and is founded on the all-encompassing idea that cognitive, environmental and personal factors, in addition to behaviour, are determined mutually. This aspect of Bandura's behavioural framework implies that the behaviour of an individual is shaped by not only personal factors, but also environmental factors. The two different sets of expectations are focused on the main cognitive factors impacting behaviour: expected outcomes, which suggest that individuals demonstrate a greater tendency to carry out behaviours with perceived beneficial outcomes; and self-efficacy, which considers the beliefs held by an individual in regard to their capacity to carry out certain behaviours (Wald, 2009).

Theories of relationship

Robert Sternberg's theory of relationship

Sternberg's theory describes types of love based on three different scales: intimacy, passion, and commitment. It is important to recognize that a relationship based on a single element is less likely to survive than one based on two or more. Though most have experienced it in their lives, defining love is challenging.

This theory suggests that people can have varying degrees of intimacy, passion, and commitment at any one moment in time. Research has emerged to confirm the value of Sternberg's theory. A 2021 study offered empirical support for the universality of the triangular theory of love. In Sternberg's theory, the concept of love is a triangle that is made up of three components. Some of these types of love are focused on the love between two people in a romantic or sexual relationship, but these types of love also apply to other forms of interpersonal relationships.

The three components are:

Intimacy

The feeling of closeness with your partner, with deep trust, strong bonding, and connectedness with each other.

Passion

The physical attraction, sexual intimacy with romantic feelings towards your partner. Commitment

Long-term commitment and loyalty to the relationship and shared goals with your partner.

Theory of liking and loving.

In 1970, a psychologist proposed an explanation for the difference between liking and loving. Sometimes we experience a great amount of appreciation and admiration for others. We enjoy spending time with a person and want to be around them. This is "liking," according to Rubin, and doesn't necessarily qualify as love.

Love is much deeper, more intense, and includes a strong desire for physical intimacy and contact. People who are "in like" enjoy each other's company, while those who are "in love" care as much about the other person's needs as they do their own (Zick Rubin, 1970).

Theory of attachment.

In 1987, two researchers from the University of Denver, theorized that romantic love is a biosocial process similar to how children form attachments with their parents. Their theory is modeled on psychologist John Bowlby's attachment theory.

According to Hazan and Shaver's attachment theory of love, a person's attachment style is partially formed by the relationship they had with their parents in childhood. This same basic style then continues into adulthood, where it becomes part of their romantic relationships (Hazan and Shaver, 1987).

Theory of compassionate and passionate relationship.

In 1988, psychologist proposed that there are two basic types of love: compassionate love and passionate love.

Compassionate love is characterized by mutual respect, attachment, affection, and trust. This love usually develops out of feelings of mutual understanding and shared respect for one another. **Passionate love** is characterized by intense emotions, sexual attraction, anxiety, and affection. When these intense emotions are reciprocated, people feel elated and fulfilled, while unreciprocated love leads to feelings of despondency and despair.

Conger, Schofield, Neppl and Merrick were conducted a research on the topic abusive or toxicity in a love relationships. The study was conducted in 2013 on the topic, Disrupting Intergenerational Continuity in Harsh and Abusive Parenting : The Importance of a Nurturing Relationship With a Partner. This study aims to evaluated nurturing and supportive behaviors of spouses or cohabiting romantic partners hypothesized to strengthen co-parent relationships and help break this intergenerational cycle of harsh parenting. The study concluded partner warmth and positive communication appear to disrupt continuity in harsh and abusive parenting. As appropriate, preventive interventions designed to reduce risk for child

maltreatment should include a focus on spousal or partner behaviors in their educational or treatment programs (Conger, Schofield, Neppl and Merrick, 2013).

Pastor, Lopez, Pamies, Martinez and Perez were conducted a study in 2022 on the topic Predicting Abusive Behaviours in Spanish Adolescents' Relationships: Insights from the Reasoned Action Approach. The study aims to understand the partner violence prevention programmes and the expected behavioural change. Then the study concluded that it seems useful to identify the motivational determinants of abusive behaviors, regardless of adolescents relationship status and for their prediction. Perceived social norms emerge as a relevant predictor on which to intervene to produce behavioral changes with both sexes (Pastor, Lopez, Pamies, Martinez and Perez, 2022).

Nardi, Pastor-Mira, and Ferrer-Perez were conducted a study in 2019 knowing about what do adolescents believe about performing and accepting intimate partner violence behaviour? A reasoned action approach. This study aims to know about the intimate partners violence against girls is of increasing political and social concerns. The main objective to identify the relationship between attitudes perceived social norm, intention and behavior. The study concludes that the adolescent was showed significant relationships between the constructs in the sense specified by the model. Miller and Higginbotham were conducted a study in 2022 on the topic Good Love, Bad Love? A Latent Class Analysis of Adolescent Romantic Relationship Cognitions. The study aims to understand the relationship education and the thoughts shape their approaches to an intimate relationship. They identified five latent classes that are low risk, blindlove, slider, blind love slider, and control tolerant. The study concluded that the need for a multidimensional approach to understanding adolescent relationship cognitions. These patterns of relationship cognitions may help interventionists tailor programming for youth (Nardi, Pastor-Mira, and Ferrer-Perez, 2022).

Aswathy conducted a study about the toxic relationship in adolescence in 2022. On the topic How internet addiction leads to toxic romantic relationship in adolescence. The study focuses to analysis how internet addiction leads to toxic romantic relationship in Adolescence. This studies concluded that jealousy and suspicion, narcissistic traits, aggression, mood swings, sexual harassment, social isolation, dishonesty, impulsivity is common in internet addicted teenagers. This can lead to toxic romantic relationships (Aswathy, 2022).

Novak and Fagan were conducted a study among adolescence to measure the toxicity in their relationships. The present was conducted in 2022 on the topic, The conditioning effects of positive experiences on the ACEs- offending relationship in adolescence. This study tests the hypothesis that an accumulation of PCEs ameliorates the relationship between ACEs and delinquency and arrest during adolescence. The findings of this study indicate a need for additional research measuring the moderating effects of a variety of PCEs and to the need to enhance positive experiences for youth to prevent delinquency (Novak and Fagan, 2022).

Brar, Boat, and, Brady were conducted a study among adolescence peoples to know about their relationships. This present was conducted in 2022, on the topic But he loves me: Teens comments about healthy and unhealthy romantic relationships. The study aims to understand of what healthy dating looks like, which may place some adolescents at risk for dating violence. The study examined the perceptions of healthy and unhealthy attributes of romantic relationships, perceive jealousy and potentially controlling behaviors, and attitudes toward jealousy and controlling behavior and their willingness to intervene in a peers unhealthy romantic relationships. The findings showed that adolescents can articulate both healthy and unhealthy romantic relationships attributes. Some adolescents struggled to understand relationship attributes including jealousy and possessiveness, as these behaviors can be perceived as expressions of strong romantic interest. Adolescents may benefit from programs that strengthen healthy dating behaviors, teach youth to distinguish healthy from unhealthy behaviors, address conflict in respectful ways, and tactfully intervene when they witness abusive behaviors in the relationships of others (Brar, Boat, and, Brady, 2022).

Forenza, Bermea, and Roger's were conducted a study among unhealthy relationship in 2017 on the topic, Ideals and Reality: Perceptions of Healthy and Unhealthy Relationships Among Foster Youth. This study aims to identify the unhealthy relationship and give learning about a healthy relationship and to facilitate a positive partnership during the transition to adulthood. This Findings explore foster youth perceptions of ideal relationships, the realities of their lived relational experiences, as well as the lessons learned that they would like to impart on future generations of foster youth. Implications for research, practice, and policy like the need for communication skill building, comprehensive sex and relationship

education, as well as screenings for dating violence are also explored (Forenza, Bermea, and Roger, 2017).

SUMMARY

In conclusion the acceptance of toxic relationship will both positive and negative problems. The negative problems will badly consequences to the society also. The misconception of the relationship will spread through these types of acceptance in toxic relationships. The theories of acceptance and relationships explains the development of different kinds of relationships.

CHAPTER 3

METHOD

Research methods are specific procedures for collecting and analyzing data. Developing a research method is an integral part of a research design. When planning about methods, there are two key decisions. First, decide how the data was collect. Second, decide how we will analyze the data. For quantitative data, use statistical analysis methods to test relationships between variables. For qualitative data, use methods such as thematic analysis to interpret patterns and meanings in the data (scribbr, 2022).

RESEARCH DESIGN

Research design refers to the framework of market research methods and techniques that are chosen by a researcher. The design that is chosen by the researchers allow them to utilise the methods that are suitable for the study and to set up their studies successfully in the future as well. Qualitative research involves collecting and analyzing non-numerical data (e.g., text, video, or audio) to understand concepts, opinions, or experiences. It can be used to gather in- depth insights into a problem or generate new ideas for research. Qualitative research is the opposite of quantitative research, which involves collecting and analyzing numerical data for statistical analysis. Qualitative research is commonly used in the humanities and social sciences, in subjects such as anthropology, sociology, education, health sciences, history, etc. Qualitative research is used to understand how people experience the world. While there are many approaches to qualitative research, they tend to be flexible and focus on retaining rich meaning when interpreting data (scribbr, 2022).

PARTICIPANTS

Sampling is a process used in statistical analysis in which a predetermined number of observations are taken from a larger population. The methodology used to sample from a larger population depends on the type of analysis being performed, for the present study purposive sampling is used. The universe selected for the research data is Malabar region of Kerala. The population selected for the

research data collection is college students. The Total sample size chooses for the data collection is 10 college students they are in romantic relationships.

The population that included in this study is adolescence who are in relationship between age group 15 to 19. The populations that exclude are the adolescence dealing with severe mental health issues.

DATA COLLECTION METHOD

Data collection was done through Semi structured interview method. In this method, the interviewer asks questions to the respondents. For the purpose of the study, the researcher used semi-structured interviews, which involved direct questioning using open-ended questions.

A semi-structured interview is a data collection that relies on asking questions within a predetermined thematic framework. However, the questions are not set in order or in phrasing. In research, semi-structured interviews are often qualitative in nature. They are generally used as an exploratory tool in marketing, social, science, survey, methodology, and other research fields.

Advantages of semi-structured interviews are questions of semi-structured interviews are prepared before the scheduled interview which provides the researcher with time to prepare and analyse the questions. It is flexible to an extent while maintaining the research guidelines. Reliable qualitative data can be collected via these interviews. It is a flexible structure of the interview. Disadvantages of semi-structured interviews: Participants may question the reliability factor of these interviews due to the flexibility offered (Tegan George,2022).

DATA COLLECTION PROCEDURE

In the present study, permission for data collection was taken from the Head of the Institution. After obtaining permission the participants were approached for data collection. A brief introduction about the investigator was given. The participants were assured the confidentiality of personal details and responses and clarified the doubts raised by them. They were informed about their right to withdraw from the study at any time. The investigator established a rapport with the selected participants who met the inclusion criteria and purpose of the study was clearly explained to them. Individuals who agreed to participate in the study were asked to sign a consent form. Data was collected by asking predetermined questions through

phone calls and permission for recording the call was also obtained from the participant. After completing the data collection, the participants were thanked for their participation and cooperation in the study.

ETHICAL CONCERNS

The ethical concerns that followed throughout the case study are; The voluntary participation was there to the participants that means he/she can free to leave the case study at any point. The informant consent will be taken before the case study. The interviewer ensures the anonymity, that the details of the participants will be kept safe and don't reveal their details at any cost, the whole case study details will keep as confidential. During the case study there will not be any physical, social, and psychological harm to the participants. After the analysis of the data the result will be communicated tentatively (Bhandari, 2022).

DATA ANALYSIS METHOD

Data analysis means examining, scoring, categorizing, comparing, synthesizing, evaluating, and contemplating the codes data as well as reviewing the raw and revised data (Singh,2019). Here Narrative analysis method is implied as it can help get information, reach conclusions and allow the participant to explain their experiences through their own choice of words. By using narrative analysis, the researcher can interpret the details as explained by the participant as well as be more open to the ways in which the results can proceed. Narrative analysis provides researchers with detailed information about their participants that they could not get through other methods.

CHAPTER 4

RESULTS AND DISCUSSION

The function of the Result and Discussion section is to objectively present key results, without interpretation, and in an orderly and logical sequence using both illustrative materials and text. The Results section presents what data were accumulated. The text of the Results section follows this sequence and provides answers to the questions/hypotheses you investigated. Important negative results should be reported as well. The Discussion section follows the Results and precedes the Conclusions and Recommendations section. It is here that the researches indicate the significance of their results. This section provides logical explanations for the results from the study. Those explanations are often reached by comparing and contrasting the results to prior studies' findings, so citations to the studies discussed in the Literature Review generally reappear here. This section also usually discusses the limitations of the study and speculates on what the results say about the problem(s) identified in the research question/s. This section is very important because it is finally moving towards an argument. Since the researchers interpret their results according to theoretical underpinnings in this section, there is more room for difference of opinion. The way the authors interpret their results may be quite different from the way you would interpret them or the way another researcher would interpret them (Lumen, n.d).

Narrative analysis is a form of qualitative research in which the researcher focuses on a topic and analyses the data collected from case studies, surveys, observations or other similar methods. The researchers write their findings, then review and analyse them. Through this approach, researchers can gain a holistic view of the subject's life and activities. It can show what motivates people and provide a better view of the society that the subjects live in by enabling researchers to see how individuals interact with one another. It's been used by researchers to study indigenous peoples of various countries, such as the Maori in New Zealand. It can be used in medicine. Researchers, for instance, can study how doctors communicate with their patients during end-of-life care. The narrative model has

been used to explore the relationship between music and social change in East Africa. Narrative research is being used to explore the differences in emotions experienced by different generations in Japanese society (Harappa, 2021).

The major objective of the study was to understand the acceptance of toxic relationship among adolescence. The research was carried out using semi structured interview method. The number of participants were 10. After collecting the data through face to face interview, it was analysed using coding method. Narrative analysis is used as the method of analysis by the researcher in the study, according to sage research methods narrative analysis is a genre of analytic frames whereby researchers interpret stories or experiences that are told within the context of research. The research will help us to understand more about the toxicity of relationship among adolescent people's and also the acceptance of those toxicity in the new era. By conducting this research, we can clearly identify the toxicity of the relationship among adolescence and the mainly the gender difference of the toxicity among adolescence and factors influencing adolescents to stay in a toxic relationship. The research find out that the adolescence has not problems about the toxicity some are enjoying that and accepting the stuffs that told by the partners that effects the adolescence very badly.

There were 10 participants in this research .50 percent of the participant were girls and 50 percent were boys All of them are college student pursuing different degree programmes. All the participants are in a love relationship.

The First questions of the interview to address about the perspective of a relationship. The question was 'What is the ideal relationship in your opinion? ', to which 60% of the participants responded positively that an ideal or healthy relationship wants honesty, trust to both of the partners, loyalty among partners and always want to maintain an open communication between the partners. However other 40 % responded that an ideal relationship or healthy relationship that the partners want criticise the decision that they took, don't share the opinion each other's always want to maintain a dominance over them, don't pamper them more that will negatively effect the relationship. This indicates that there were a positive and negative side for ideal relationship here the positive ideal or healthy relationship is dominating.

In a study conducted by Campbell and Stanton in 2014 on the topic 'The Predictive Validity of Ideal Partner Preferences in Relationship Formation: What We Know, What We Don't Know, and Why It Matters'. This study resulted that significant implications for several empirical literatures that have relied on self-reported ideal partner preferences to test hypotheses. We demonstrate, however, that the majority of the research on the predictive validity of ideal partner preferences, and thus research included in this meta-analysis, focuses on interpersonal attraction or later relationship processes and not on individuals transitioning into actual new relationships. We suggest that research that directly focuses on the transition into actual relationships is needed before firm conclusions can be made regarding the predictive validity of ideal partner preferences in the formation of new relationships (Campbell and Stanton, 2014).

The Second question was 'How will you deal your relationship if your partner is too much dominant and do you entertain toxic relationship ideas and male dominance portrayed in films?'. These questions were first directly asked at that time all participants said that dominance was a unhealthy behavior but some of them says that little dominance over the partner was healthy and it was a warning to them to control their actions. Then the question was asked indirectly at that time 90% of the participants was agreed with toxic relationship that they want the dominance or control over the partner, Most the participants was influenced by many movies and they clarified that they making restrictions only for the partners benefits not only for their sake. They agreed that many movie were influencing them and portraying the toxic relationship. The major Finding through this question was the toxicity was spreading through social media and many of them are starting to imitate those toxicity and creating a lot of problems to the partners. The partners was accepting those toxicity because they has a wish to successfully run that relationship that's why accepting all humiliation. A related study was about the spreading toxic relationship through films it's conducted by Yulita, Marlina, and Kencanasari in 2021. On the topic A Semiotic Analysis of Toxic Relationship as Portrayed in Story of Kale: When Someone's in Love. This research aimed at identifying the signs of toxic relationships in the movie and interpreting them with Barthes's semiotic analysis; order of signification. The study used interpretivism paradigm due to researchers' subjectivity with the signs' interpretation and qualitative case study

with purposive sampling collected from the movie. Communicating toxic relationships has become essential since most couples are not aware they are in a toxic relationship either as the agent or as the victim. Toxic relationships can get worse during the pandemic for some couples who live together may feel suffocated from being with each other all the time and couples who live apart may develop more trust issues. Most previous research had discovered toxic relationships as a result of the patriarchal system in society. This current research found that toxic relationships can also be rooted in a sense of inferiority (Yulita, Marlina, and Kencanasari, 2021).

The Third question was 'What will be your response if your partner is not letting to enjoy your personal space? '. Most of them said that they are giving a personal space but during the throughout conversation it was evident that the 80% participants was a fresher so that he didn't know about the things, what is a personal space of them, he/she doesn't discover the healthy relationship. So that they try to interfere them and that got irritated to the partners that will be the emerging reason of their fights. This finding shows that the inexperienced relationship issues like letting personal space and freedom to the partners. The main reason addressed by them was the partners are not hearing them well and they give importance to friends other them.

Through the study conducted by Derlega and Chaikin in 1977 on the topic 'Privacy and Self- Disclosure in Social Relationships'. The study said that Privacy is viewed as a process of boundary regulation, controlling how much (or how little) contact an individual maintains with others. Self-disclosure involves the verbal transmission of information. Adjustment of self- disclosure outputs and inputs is boundary regulation; the extent of control one maintains over this exchange of information contributes to the amount of privacy one has in a social relationship. Regulation of interpersonal boundaries affects the kinds of relationships we maintain with others. There also are implications for personality functioning. Reconceptualizing self-disclosure as a form of boundary adjustment in the maintenance of privacy may provide a useful framework for integrating the self-disclosure literature (Derlega and Chaikin, 1977).

The Fifth question was 'Do you feel comfortable telling your partner when they've hurt your feelings? And are you a open-minded person in your relationship.

In this question the 60% of the participant was hesitated to open up the hurt feelings because they didn't feel much comfortable in ruining the mood of the partner and create a regret feeling to them. 20% of the participants will open up the feeling because they believed that through open uping the feeling will create the bond stronger and stronger. Most of the people was not an open minded person the partner sometimes believes that they are an open minded person but actually no one is open minded.

A research conducted by Luminet, Bouts, Delie, Manstead and Rime were conducted a research in 2010 on the topic 'Social sharing of emotion following exposure to a negatively valenced situation'. The was reported in which we tested the prediction that negative emotion elicits the social sharing of the emotional experience. In two experiments, participants arrived at the laboratory with a friend and then viewed one of three film excerpts alone. Afterwards, the participants who saw the film had an opportunity to interact with the friend and their conversation was recorded. In both experiments participants who had seen the intense emotion excerpt engaged in significantly more social sharing than did participants in the other two conditions. A third experiment extended the investigation to social sharing in everyday life and replicated the previous results. Nonemotional explanations of the effects observed were also ruled out. Results are discussed in the context of the relation between emotional intensity and amount of social sharing (Luminet, Bouts, Delie, Manstead and Rime, 2010).

The Sixth question was 'What are you thinking about Freedom and did you restrict you partner did any problem arise?'. The majority of the participants responded that freedom is the right of person to do anything with fearing or thinking about anything or anyone. The highlight of this question was everyone was said about a long speech about freedom and at the end they answered the sub question that they restrict their freedom of the participants when they detect some threat or personal harm and also become angry when they didn't obey the things they said.

The study conducted by Jory, Anderson and Greer in 2007 On the topic 'Intimate justice: confronting issues of accountability, respect, and freedom in treatment for abuse and violence'. The study said about the intimate justice theory is a set of nine interrelated concepts that describe the ethical dimensions of equality,

fairness, and care in ongoing partnerships. Understanding ethical dimensions involves examining internalized beliefs and behavior in terms of their motivation and impact on the partner, particularly as they empower, disempower, or abuse power. The concepts of intimate justice theory are applied to confront disempowerment and abuses of power, to challenge internalized beliefs about how one should treat one's partner, to explore how internalized beliefs were developed through experiences in the family of origin, and to develop an awareness of the linkages between intimate partner abuse and social injustice. The research primary focus of the opening phase is on establishing accountability for change in the abusive man and protecting the safety of the injured partner. This involves challenging the abuser's sense of entitlement and working to rethink what respect is and restoring freedom to his partner. The discussion incorporates the findings of an exploratory, qualitative study that investigated the experiences of 30 abusive men and their partners who were clients in a university-based counseling clinic. The article elaborates six interventions that can be utilized in clinical settings to structure treatment with abusive men (Jory, Anderson and Greer, 2007).

The Seventh question was 'Did you force your partner to do something?'. The majority of them said that they all are the beginners of the relationship that is they are first time experiencing this love or relationship so that at the initial phase they not intentionally try to force the partner to do something. Now also forces the partner to bunk the class, going for movie etc.

A study conducted by Olsaretti in 2022. On the topic 'Freedom, Force and Choice: Against the Rights-Based Definition of Voluntariness'. The study argues that a moralised definition of voluntariness, alongside the more familiar moralised definition of freedom, underlies libertarian justification of the unbridled market. The study concluded that he tries to uphold both contentions revolves around his use of rights defined voluntariness, and it's ultimately unsuccessful (Olsaretti, 2022).

The Eight question was 'Did you face any uncomfortability when you are with your partner?'. The majority of the partner said that they didn't feel that much uncomfortability but sometimes they get very uncomfortable with them. The time the partner gets uncomfortable was when the partner was very angry, sad and romantic this time the all participants got uncomfortable with the partners.

The study conducted by Goldsmith in 2010. On the topic 'The British Embassy in Paris and the Algerian war: An uncomfortable partner?'. The study says about the uncomfortable partners during the time of war (Goldsmith, 2010).

The Ninth question was 'Is possessiveness taking over the relationship'. The most of the participants said or confessed that possessive is the main problem that cooking a fight between them. The partners get possessive while we talking with other fellows and spending a lot of time with friends. They said that the partners being a little selfish and started blaming and will destroy the entire mood. The main cause of the possessiveness is the fear of losing the partners.

A study conducted by Guerrero and Andersen in 1996. On the topic 'Jealousy experience and expression in romantic relationships'. The study reviews numerous factors that affect the experience and expression of romantic jealousy. Biology, culture, personality, relationships, situations, and strategic maneuvers provide a foundation for the study of romantic jealousy. These six factors work together to influence the type and intensity of affective responses, the extent of jealous cognition, and ultimately, the ways that members of the romantic triangle communicate about jealousy. Jealous affect and cognition influence one another, and often determine how one communicates about jealousy. Sometimes, communicative responses to jealousy are automatic responses to arousal or to intense emotions. There are six communicative functions related to jealousy: (1) preserving self-esteem, (2) maintaining the primary relationship, (3) reducing uncertainty about the primary relationship, (4) reducing uncertainty about the rival relationship, (5) restoring relational equity, and (6) reassessing the primary relationship. All of these functions have been shown to correspond with particular types of communicative responses to jealousy, such as negative affect expression, integrative communication, distributive communication, active distancing, surveillance behavior, and compensatory restoration (Guerrero and Andersen).

The Last question was 'What are your expectations in your relationship?'. Most of the participants said that they expected love, care, honesty, truth, a place can share Everything, a helping hand, problem solver, caring the person according their moods, accept all the negative attitude etc. These are the exception of the relationship.

A study conducted by Edwin in 1967 on the topic 'Relationship of success and expectation to affect on goal-seeking tasks'. The study experiments examined the relationship between deviation of outcome from expectation and affect using goal-seeking tasks on which s was responsible for the outcome. A linear relationship was found between degree of deviation and affect, positive deviations (where s did better than expected) being valued more than negative deviations (where s did worse). However, further analyses demonstrated that it was not deviation from expectation that was responsible for the affect differences but success and failure, which were associated with positive and negative deviations from expectancy, respectively. Success produced satisfaction and the same amount of satisfaction expected or unexpected; failure produced dissatisfaction and the same amount of dissatisfaction expected or unexpected. It is suggested, contrary to McClelland's theory, that it is the relationship of outcome to aspiration rather than the relationship of outcome to expectation (or adaptation level) that determines affect (Edwin, 1967).

Based on the responses collected from all the 10 questions we can conclude that there is clear evidence of acceptance of Toxic Relationship among adolescence peoples. Most of the participants are first experiencing the relationship so that they are unaware of the roles they are supposed to play or act so that they borrow ideas from films and friends that will create more worse attitudes towards the relationship that's why the relationship was turning into toxic relationship and the partners are supposed to accept the toxicity because the partner are sincere towards them.

CHAPTER 5

SUMMARY AND CONCLUSION

Relationships are the most complicated part of growing up, and we are masters of winging it. We are often torn between many roles we play on a daily basis, and each role requires different social intelligence. In this article, we will explore the knitty-gritty of why a relationship becomes toxic and some signs to recognize it. We will also explore some coping strategies and steps to take while meeting with a toxic partner.

According to a study conducted by TIME, the most important ingredient in making relationships healthy and sustainable is Emotional Responsiveness. Emotional responsiveness is nothing but the spontaneity and ease with which a person responds to the situation, it is also a skill that results in warm, intimate, loving, caring and non -defensive attachments by partners in the relationship.

When there is a maladaptation to this behavior, partners become toxic to self and to the partner. We have all heard of the common phrase “All relationships have bumps on the road” but if the relationship has more bumps than the road, then it is likely that you are in a toxic relationship. Toxic relationships are basically when both partners develop unhealthy behavioral patterns and treat each other disrespectfully always. It isn’t one partner that exhibits controlling behavior but two people who aren’t able to have a common ground on anything with constant unhappiness and fights in the relationship. Toxic partners have no accountability and gaslight each other on multiple occasions that makes it exhausting and hard.

The relationship become toxic when there will be;

Lack of empathy: Relationships and fabricated with layers of expectations and accountability, when this exceeds the actual fundamentals of relationships such as (care, kindness, compassion), the relationship soon sever ties with love and becomes a cobweb of expectations and bitterness.

Mal-adaptive coping mechanism: Most of us go through a series of relationships to find the right match, in this process we face heartbreaks, trust issues and infidelity. If there has been no time given to cope and heal from it, then we

exhibit toxic traits such as being commitment phobic, infidelity, emotional unresponsiveness.

Familial ties: If we grow up in a toxic/unstable environment, we are likely to carry traits we learn from our parents/family and display the same mechanism when we are in a relationship.

Abusive behavior: According to the famous psychologist Luisa Tam, even the best relationships can become toxic if partners don't support and nurture them. Verbal abuse has been the most common reason for relationships to turn sour.

Speaking different love languages: There have been many couples who sought counseling only for the mere fact that they spoke different love languages. This is a popular concept by Gary Chapman who advocates couples adopting similar love languages. This can help in understanding one another and keep the longevity of the relationship intact.

After taking the permission of the head of the department and the guide the research process began. There are two liver cirrhosis patients was selected as the sample for the study. The informed consent of the participant was taken. They were made aware of their rights and about the confidentiality that would be followed. They were also told that they could withdraw anytime from the study if they felt uncomfortable or due to any other reasons. Permission to record the session was also taken from each of the participants. Then, the questions were asked after establishing rapport and making sure that the participants were comfortable.

The method used was semi structured interview based on questions that required the participants to respond using their personal experiences. The questions were further explored based on the participants responses and the specific examples or life situations they spoke about. The responses of the participants were collected very carefully and with precision. Then, after collecting the data, each one of them were asked how they felt participating. They were also informed that they could contact the researcher or the researcher would contact them to inform about the results and findings of the research if they are interested. After that the participant was thanked for their participation and cooperation.

MAJOR FINDINGS:

- The acceptance of toxic relationship was mainly seen in adolescent peoples.
- The acceptance of toxic relationship was to maintain a healthy relationship among the partner and also avoid some unwanted arguments.
- The major problems of the toxic relationships by not giving a personal space to the partner and miscommunications among themselves.
- The family factors influences in the toxic relationship, the major toxicity are giving dominance to the particular gender and also by sacrificing their entire life to the family without any personal satisfaction.
- Peer group influence was also the another major factors
- The major findings of the study is the acceptance is the major factor that causes toxic relationships in the population studied. The major acceptance are accepting the dominance, sacrificing their life to the family.
- The relationships of the friends and family plays a key role in helping an individual to maintain a healthy relationships.
- Another findings suggests that the role of support groups is important.

IMPLICATION:

The findings of the study can be used to address the acceptance of toxic relationships in adolescents in our social context. The acceptance of toxic relationship is mainly due to the acceptance of unhealthy relationships and also because of the relationship expectation. The acceptance can be well understood from the study and thus it can be taken as the study to understand the healthy and unhealthy relationship. The population of the study was adolescent college students. The study can be also used as a reference to further studies using the variables. The support system such as healthy and unhealthy relationship adolescent can be addressed with the findings of the study. Furthermore, there can be awareness programs made based on these findings. The influence of family and peer group is another major findings of the study, the adolescent peoples should need to educate well about the healthy relationship and this study can be used to reduce the impact of toxic relationship in the adolescent peoples.

LIMITATIONS

The sample size is quite small and the universe was limited to Kannur. Thus the results cannot be generalized. There is no much studies connected to this population thus there was difficulty in finding studies to support the results. Semi structured interview was the data collection method and There will be hesitation from the participant's side to accept the facts in such a interview.

SUGGESTIONS FOR FUTURE RESEARCH:

- The same study variables can be studied in a different population/context/location/or culture.
- The present study was carried out among 10 adolescent college student . Future studies could be carried out within more sample size.
- The present study was studied acceptance of toxic relationship as a variable. Future studies could explore the possibility of other psychological variables in this population.
- Understanding the toxicity in relationship was a limitation and this can be avoided using an alternative data collection method.
- Alternative data collection method can be used for future research studies.

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APPENDIX

APPENDIX A: INFORMED CONSENT

This is a research study undertaken for the fulfilment of the researcher's Bachelor of Science program in Psychology. The study is on Understanding the acceptance of toxic relationship among adolescence. The data for the study will be obtained through semi- structured interview and will be recorded. It is expected to last 45 hours for each participant.

Participation in this research project is voluntary. You have the right to withdraw from the study at any time in the event that you chose not to continue. It is further reinstated that all information will be kept confidential and will be used only for the purpose of above-mentioned research study.

The contact information of the researcher has been provided for participants in order to clarify any concerns or queries about this study. The details of the researcher are given below:

Researcher: MALAVIKA

RAGESH Phone Number:

+91 79942 20820

Email Id: malavikaragesh06@gmail.com

Your name and signature below signify that you have read and understood the contents and intentions formed in the consent.

Name

Signature

Date:

APPENDIX B: SOCIO-DEMOGRAPHIC DETAILS

NAME/INITIAL:

AGE:

GENDER:

QUALIFICATION :

ADDRESS:

CONTACT NUMBER:

APPENDIX 3: INTERVIEW QUESTIONS

1. Do you have a relationship?.
2. What's the ideal relationship in your idea?.
- 3.How will you deal your relationship if your partner is too much dominant?.
- 4.What will be your response if your partner is not letting you enjoy your personal space?.
- 5.Dou you entertain toxic relationship ideas and male dominance portrayed in films?.
6. Did you feel any uncomfortability when you were together?
7. Did your partner maintain a healthy relationship with your friends?
8. Are you a open minded person in your relationship?
9. Do you restrict your partner from doing personal stuffs?
10. What is the thing that you forced your partner to do?
11. Did your partner introduce you to his/her friends?
12. Did your partner shamed your body or any body related talking that hurts you?
13. Do you solve the problem that emotionally hurts the partner?.
14. What are your expectations in a relation?.
15. Did you indulge in your partners personal problem?.
16. Is there is any communication gaps between with your partner?.
17. Do you fear that you will loose him/her?.
18. Is there is any trust issues?.
19. Did you open up the whole things?.
20. Did the partner blames you?.

UNDERSTANDING THE EFFECT OF GENDER ROLE AMONG SCHOOL STUDENTS

*A Dissertation submitted in partial fulfilment of the
Requirement of the degree of Bachelor of Science in Psychology*

Submitted by:

FATHIMATHUL RASHA P

Reg.No:DB20CPSR09

Under the Guidance of

Mr Manjith R

Assistant Professor



DON BOSCO ARTS AND SCIENCE COLLEGE

ANGADIKADAVU

(Affiliated to Kannur University)

DEPARTMENT OF PSYCHOLOGY

MARCH 2023



DEPARTMENT OF PSYCHOLOGY

DON BOSCO ARTS & SCIENCE COLLEGE, ANGADIKADAVU

(Affiliated to Kannur University)

PSYCHOLOGY PROJECT REPORT

Register Number: DB20CPSR09

SUBMITTED FOR THE B.Sc. EXAMINATION 2022-23

Head of the Department

Principal

Held On:

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on **“UNDERSTANDING THE EFFECT OF GENDER ROLE AMONG SCHOOL STUDENTS.”** by, **FATHIMATHUL RASHA P**, in partial fulfillment of the requirements for the award of the Undergraduate Degree of B.Sc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

DECLARATION

I **FATHIMATHUL RAHSA P**, hereby declare that this dissertation entitled **“UNDERSTANDING THE EFFECT OF GENDER ROLE AMONG SCHOOL STUDENTS.”** submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

FATHIMATHUL RASHA P

DB20CPSR09

Signature

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ABSTRACT

The study utilized qualitative methods to know the gender role biases in the school setting. The study was conducted among the population of school students, and the method used to collect data was focussed semi structured interview and there was a total of 10 participants. The responses of the participants to the questions that were asked are analysed using the narrative analysis method of analysing qualitative data. Gender roles refer to the societal expectations and norms associated with behaviors, attitudes, and characteristics that are considered appropriate for men and women. Research has shown that gender roles are learned from a young age and play a significant role in shaping individuals' lives and experiences. Gender roles are evident in various spheres of life, including education, the workplace, and personal relationships. While progress has been made towards gender equality, gender stereotypes and discrimination remain pervasive, with women and girls disproportionately affected. Addressing gender roles is crucial to achieving gender equity and ensuring that all individuals have equal opportunities and rights regardless of their gender identity.

KEY WORDS : GENDER ROLE

CHAPTER 1

INTRODUCTION

Gender roles are the behaviors men and women exhibit in the private and public realm. They are the sociocultural expectations that apply to individuals on the basis of their assignment to a sex category (male or female). Usually an individual's sex is determined by how their genitalia look at birth. Since the 1970s, when feminists in particular made a distinction between sex and gender, the prescriptive nature of socially assigned gender role has been challenged. More recently, the prescriptive nature of socially assigned sex roles has also been contested. This article will focus primarily on gender roles as they have developed in a twentieth-century context. Some discussion of the intersection between gender roles and sexual roles will also be included. (Tong, 2012).

Research on gender roles and aging involves viewing maleness and femaleness as more than demographic or ascribed characteristics. It begins by distinguishing between sex – biological differences between males and females – and gender – cultural distinctions between masculinity and femininity. Gender is not a biological given, but is what people collectively agree that sex attributes mean. Societies construct men and women differently, and those differences reflect and perpetuate inequalities. To understand these inequities, scholars focus on gender relations: dynamic, constructed power relations embedded in social processes and institutionalized in social arenas, with consequences for life chances. As a concept, gender relations emphasizes that gender serves as a social organizing principle and that men and women gain identities and power in relation to one another. Because they result from social interaction, gender relations are dynamic (Calasanti, 2007).

Adolescence represents an important period for gender-role development. Some components of gender-role identity, attitudes, behavior, and mental health have their roots in childhood. Other components develop in response to the unique physical and psychological challenges of adolescence. The nature of gender-role development depends on individual factors, as well as on the influence of parents, siblings, peers, teachers, and others in the adolescent's life (Priess & Shibley,2011).

Society has assigned certain roles to each gender. These practices have been going on since pre-historic times, where men were the hunters, and women were gatherers and did the domestic work. Since then these gender roles have perpetuated down generations. Even today these roles remain somewhat similar. Men are considered to be the earning members of society. And women contribute by doing the silent often unseen domestic work and are primary caregivers to the young. And this idea is implemented from a very early age in the child's life. Gender-equitable education systems empower girls and boys and promote the development of life skills – like self-management, communication, negotiation and critical thinking – that young people need to succeed. They close skills gaps that perpetuate pay gaps, and build prosperity for entire countries. Gender-equitable education systems can contribute to reductions in school-related gender-based violence and harmful practices, including child marriage and female genital mutilation. An education free of negative gender norms has direct benefits for boys, too. In many countries, norms around masculinity can fuel disengagement from school, child labour, gang violence and recruitment into armed groups. The need or desire to earn an income also causes boys to drop out of secondary school, as many of them believe the curriculum is not relevant to work opportunities.

Need and Significance of the Study

Important to study the problems and distress faced by students . its important to help them to cope with the stressor experience and challenges during adolescence period .Genderroles are cultural and personal. How They determine males and females should think, speak, dress, and interact within the context of society. boys and girls do differ on average in ways that parallel conventional gender stereotypes and that affect how the sexes behave at school and in class. While various socializing agents—parents, teachers, peers, movies, television, music, books, and religion—teach and reinforce gender roles throughout the lifespan.

Schools are major contexts for gender socialization, in part because children spend large amounts of time engaged with peers in such settings. For nearly all psychological traits on which young boys and girls differ. the distribution of the two groups is overlapping. Schools can magnify or diminish gender differences by providing environments that promote within-gender similarity and between-gender differences. Schools' affect gender differentiation via two primary sources: teachers and peers. Teachers and peers directly influence gender differentiation by providing boys and girls with different learning opportunities and feedback. Teachers and peers are also sources of learning about gender. Understand the problems and tensions faced by students from home and society

Studying gender roles is important because it helps us understand the cultural and societal expectations placed on individuals based on their gender. Gender roles are the behaviors, attitudes, and values that society considers appropriate for men and women. These expectations can vary widely depending on the culture and time period in which an individual lives.

By studying gender roles, we can better understand the ways in which gender impacts our lives and the lives of those around us. This includes the ways in which gender affects our opportunities and experiences, our relationships, and our mental and physical health. Understanding gender roles also allows us to identify and challenge gender-based discrimination and inequality. By recognizing the ways in which gender stereotypes and biases can limit individuals' potential and perpetuate inequality, we can work towards creating a more equitable society.

Statement of the Problem

Study tries to explore The gender role implication gender roles are the behaviours men and women exhibit in the private and public realm. They are the sociocultural expectations that apply to individuals on the basis of their assignment to a sex category. Usually an individual's sex is determined by how their genitalia look at birth. Since the 1970s, when feminists in particular made a distinction between sex and gender, the prescriptive nature of socially assigned gender roles has been challenged. More recently, the prescriptive nature of socially assigned sex roles has also been contested. This article will focus primarily on gender roles as they have developed in a twentieth-century context. Some discussion of the intersection between gender roles and sexual roles will also be included. Study tries to explore the gender role effect school student.

Definition of Key Terms

Gender role:

Theoretical definition

Gender roles are the behaviours men and women exhibit in the private and public realm. They are the sociocultural expectations that apply to individuals on the basis of their assignment to a sex category(R Tong,2012).

Operational definition

Gender role is a types of attitude, behaviour and action Imposed by men and women

Based on gender.

School students:

Theoretical definition

School student Means a person who Is enrolled as a student In a school regardless Whether school in a session.

Operational definition

Student is a person Enrolled in a School or educational system.

Objectives

Major objectives:

Understanding the affect of gender role in school students

Specific objectives:

- To understand the implications of gender role in school setting.
- To understand the Effectss of gender role in home setting.
- To understand the effects gender role in social setting.

Organization of the study

The study contains five chapters – introduction, literature review, methodology, results, and discussion and finally the summary and conclusion. The first chapter is the introduction. It includes a brief introduction to the study with major focus on the need and significance of the study. The chapter also includes the problem statement and the

definitions of the key terms that are used in the chapter. The second chapter is the review of literature. It comprises of two sections – the theoretical background of the study and the related studies. The third chapter is the methodology. It includes a detailed account of samples, variables, tools, procedures for data collection and analysis method used for the analysis of the data collected. The fourth chapter explores the results and discusses the analysis of the data and the results obtained thereby. In the fifth chapter, which is the summary and conclusion, a resume of the study and methodology of the study is briefly stated. It also includes the major findings of the present study, its implications, and the suggestions for further research. At the end, references and appendices are included.

CHAPTER 2

REVIEW OF LITERATURE

Literature review is both a process and a product. It involves searching within a defined source of information related to your research topic and then creating a comprehensive summary of the pertinent research on your topic. It is most certainly over a topic that has further scope for developing a research question. Often early career researchers find writing a literature review difficult and are unsure about the best way to structure their review and produce an effective research literature review. To make this process simpler, it is important that researchers understand the concept of literature review and the purpose behind it. A literature review is a critical collection of data from different sources relevant to your topic of research. Based on the structure and formulation, literature reviews are broadly classified as narrative or traditional literature reviews, scoping reviews, systematic literature reviews, and Cochrane reviews. Narrative traditional literature review is a comprehensive, critical, and objective analysis of existing knowledge of the topic. Scoping review aims to identify the nature and extent of research evidence. A systematic literature review identifies and helps select research in order to answer clearly formulated research questions. Cochrane reviews are gold standard reviews; which are clearly reported and methodologically better than systematic reviews. (Enago)

A literature review is a comprehensive research on a topic. The literature review surveys scholarly articles, books, and other sources relevant to a particular area of research. The review should be enumerated, described, summarized, objectively evaluated, and clarify this previous research. It should give a theoretical base for the research and

help you determine the nature of your research. The literature review acknowledges the work of previous researchers and it is doing, assures the reader that your work has been well conceived. It is assumed that by mentioning a previous work in the field of study, and the author has read, evaluated and assimilated that work into the work at hand. A literature review creates a landscape for the reader giving her or him a full understanding of the developments in the field the landscape informs the reader that the other has entered a simulated all previous significant works in the field into her or his research.

The aim of literature review is to summarise and synthesize the arguments and idea of existing knowledge in a particular field without adding any new contributions. Being built on existing knowledge they help the researcher to even turn the wheels of the topic of research. It is possible only with profound knowledge of what is wrong in the existing findings in detail to our power them. 4 other researchers, literature review gives the direction to the headed for its success. As per the common belief, literature review is only a summary of the sources related to the research. And many others or scientific manuscripts believe that they are only surveys of what are the researches are done on the chosen topics. But on the contrary, it uses published in from the pertinent and relevant sources like scientific papers latest studies in the field established schools of thoughts relevant articles from renowned scientific journals and many more for a field of study or theory or a particular problem like summarise in to brief account of all information, synthesise the information by restricting, and recognising familiarity the authors to the extent of knowledge in the field etc.

By doing this the relevant information it provides the reader of the scientific manuscript with the better understanding of it. The importance of literature review in scientific manuscript can be condensed into analytical feature to enable the multifold

research of the significance. It adds value to the legitimacy of the research in many ways. It provides the Indian preparation of existing literature in light of updated developments in the field to help in establishing the consistency in knowledge and relevancy of existing materials, It helps in calculating the impact of the latest information in the field of mapping the progress of knowledge, Provide information for relevancy and coherency to check the research, increase the significance of the results by comparing it with the existing literature, provider point of preference by rating the finding age scientific manuscript.

THEORETICAL REVIEW:

A theoretical framework is a basic analysis of other ideas that acts as a guide for creating the justification you will use in your own work. Theories helps to explain facts, discover connections and anticipate outcomes.(George.T,2022). The theoretical review helps to support findings as well as generalize to a mass population. The main theories that describe the variable psychological wellbeing are described below.

Gender roles theories in psychology refer to various theoretical perspectives that explain how society defines and enforces different roles, behaviors, and expectations for males and2 females. Here are some of the most influential theories in this area:

1. Social learning theory:

This theory suggests that gender roles are learned through observation, modeling, and reinforcement. Children learn from their environment, including their parents, peers, and media, what it means to be a "boy" or "girl" and what behaviors are expected of them. Social learning theory is a psychological theory that explains how individuals learn through observation and imitation of others' behaviors. Developed by Albert Bandura in the 1960s, social learning theory emphasizes the importance of

cognitive processes in shaping behavior and emphasizes the role of social context in influencing learning.

According to social learning theory, individuals are not just passive recipients of external stimuli, but they actively process information and interpret their experiences. In this theory, behavior is seen as a product of the interaction between individual cognitive processes, environmental stimuli, and the individual's behavior itself.

Social learning theory suggests that individuals learn through four key processes: attention, retention, reproduction, and motivation. Attention refers to the individual's ability to focus on the behavior being observed. Retention refers to the individual's ability to remember the behavior and the circumstances surrounding it. Reproduction refers to the individual's ability to replicate the behavior in their own actions. Finally, motivation refers to the individual's drive to perform the behavior, which can be influenced by factors such as reinforcement, punishment, and social norms (Bandura, 1977).

2. Cognitive development theory:

This theory proposes that gender roles are shaped by cognitive processes, such as how children perceive and categorize information. According to this theory, children develop gender schemas, or mental frameworks that organize information about gender and guide their behavior. Cognitive development theory is a psychological perspective that seeks to explain how individuals acquire knowledge and how this knowledge develops over time. The theory was proposed by the Swiss psychologist Jean Piaget, who argued that children progress through a series of distinct stages as they develop cognitively. These stages are marked by qualitative changes in the way children think, perceive, and understand the world around them.

According to Piaget, cognitive development begins in infancy and continues throughout childhood and adolescence. The first stage is the sensorimotor stage, which lasts from birth to around age two. During this stage, infants learn about the world through their senses and actions. They begin to develop object permanence, the understanding that objects continue to exist even when they are not visible.

The second stage is the preoperational stage, which lasts from around age two to age seven. During this stage, children begin to use language and symbols to represent objects and events. However, they still have difficulty with logical reasoning and understanding that others may have different perspectives than their own.

The third stage is the concrete operational stage, which lasts from around age seven to age twelve. During this stage, children develop the ability to think logically and understand concrete concepts such as numbers and classification.

The final stage is the formal operational stage, which lasts from around age twelve and beyond. During this stage, individuals develop the ability to think abstractly and hypothetically, and to engage in scientific and philosophical thinking (Martin & Halverson, 1981).

3. **Social role theory:**

This theory posits that gender roles are a product of the division of labor in society. Men and women are expected to perform different roles and tasks based on their gender, which leads to the development of gender stereotypes and expectations. Social role theory is a psychological perspective that explains how gender roles are developed and maintained within a society. It posits that individuals learn and adopt certain social roles, which are defined by the expectations, attitudes, and behaviors associated with their gender.

According to social role theory, these roles are shaped by the division of labor within a society, with men and women being assigned different tasks and responsibilities based on their gender. This division of labor creates different experiences and opportunities for men and women, leading to the development of gender-specific traits, attitudes, and behaviors.

The theory suggests that gender differences arise primarily from socialization processes, rather than innate biological differences between men and women. For example, girls may be socialized to be nurturing, empathetic, and cooperative, while boys may be encouraged to be competitive, assertive, and independent (Eagly & Wood, 1999).

4. **Feminist theory:**

This theory emphasizes the social and cultural roots of gender roles and argues that they are a product of power relations and social inequality. Feminist theorists also highlight the ways in which gender roles limit individuals' opportunities and reinforce gender-based discrimination and oppression.

Feminist theory is a sociological and philosophical perspective that seeks to understand and critique gender inequality and oppression. It emerged in the late 19th and early 20th centuries as a response to the social, political, and economic marginalization of women. Feminist theory emphasizes the importance of gender as a social construct that shapes power relations and social hierarchies. It seeks to uncover the ways in which gender intersects with other forms of oppression, such as racism, classism, and heterosexism, to create multiple and intersecting forms disadvantage. Feminist theory has also focused on the experiences and perspectives of marginalized groups, such as women of color, LGBTQ+ individuals, and women in low-income or

developing countries. Intersectional feminism emphasizes the ways in which gender intersects with other forms of identity to shape experiences of oppression and privilege (Chodorow, 1978).

5. **Evolutionary psychology:**

This theory suggests that gender roles are rooted in biology and reflect adaptive strategies that have evolved over time. For example, men are more likely to engage in competitive and aggressive behaviors because they have evolved to compete for resources and mates, while women are more nurturing and empathetic because they have evolved to care for offspring. The evolutionary theory of gender posits that the biological differences between males and females have been shaped by natural selection over the course of human evolution. According to this theory, males and females have evolved different physical and behavioral traits because they have faced different reproductive challenges throughout history (Buss, 2011).

These theories offer different perspectives on the origins and nature of gender roles in society. By understanding these theories, psychologists can gain insight into the complex ways in which gender influences human behavior and identity.

There have been numerous studies on gender roles among school students.

1. "Gender Role Attitudes of High School Students" by Jean Lau Chin and colleagues (2010): This study surveyed high school students about their attitudes towards gender roles and found that traditional gender roles were still prevalent, with boys more likely to hold traditional attitudes towards gender than girls (Chin, Lin, Kremling & Tung, 2010).
2. "Gender Identity Development in Middle Childhood" by Diane Ruble and colleagues (2010): This study examined the development of gender identity in

children aged 6-12 and found that children's understanding of gender becomes more nuanced as they grow older, but that gender stereotypes still influence their beliefs about what is appropriate for boys and girls (Ruble, Martin & Berenbaum, 2010)

3. "Gender-Based Discrimination in Schools" by Emily Fairchild and colleagues (2018): This study looked at the experiences of middle and high school students who reported experiencing gender-based discrimination in school. The authors found that girls and non-binary students were more likely to report discrimination than boys, and that discrimination took many forms, including verbal harassment, exclusion from activities, and unequal treatment by teachers (Fairchild, Sanchez & Linn, 2018)
4. "Gender-Role Development" by Carol Martin and Charles Halverson (1981): This classic study provided one of the first comprehensive overviews of gender-role development in children, including how children learn gender roles through socialization, the role of media and cultural influences, and the impact of gender stereotyping on children's self-concepts and behavior (Martin & Halverson, 1981).
5. "Gender Stereotypes and Attitudes Toward Women and Men" by Janet Hyde and colleagues (1992): This study examined gender stereotypes and attitudes towards women and men among college students in the United States. The authors found that both men and women held stereotypical beliefs about gender, such as the belief that men are more aggressive and competent than women. They also found that these stereotypes were related to attitudes towards gender equality and sexism (Hyde, Fennema & Lamon, 1992).
6. "Children's Perceptions of Gender Discrimination" by Annette La Greca and colleagues (1996): This study explored children's perceptions of gender

discrimination in school and found that boys and girls had different experiences with discrimination, with girls more likely to report experiencing discrimination based on gender. The authors also found that children who experienced gender discrimination had lower self-esteem and were more likely to experience symptoms of depression and anxiety(La Greca.Fetter&Harrison,1996).

7. "Gender Stereotyping and Children's Literature: A Content Analysis of Book Caldecott Award Winners from 1938-2016" by Janine Sherman and colleagues (2018): This study analyzed children's books that had won the Caldecott Award, one of the highest honors in children's literature, and found that gender stereotyping was still prevalent in children's literature. The authors found that male characters were more likely to be depicted as active and adventurous, while female characters were more likely to be depicted as passive and domestic(Sherman.Alexander.Cafferty&Zhang,2018).

CHAPTER 3

METHOD

Research is a pursuit of truth with the help of study, observation, comparison and experiment, the search for knowledge through objective and systematic method of finding solutions to a problem (Kothari, 2004).

Research methods are the strategies, processes or techniques utilized in the collection of data or evidence for analysis in order to uncover new information or create better understanding of a topic. There are different types of research methods which use different tools for data collection.

This chapter focuses on the research methods that were followed in the study. The researcher describes the research design that was chosen for the purpose of the study and reasons for this choice. The chapter provides a detailed account of the participants, universe, populations, sample size and who the participants were and how they were sampled. The instrument that was used for data collection is also described and the procedures that were followed to carry out this study are included. The researcher also discusses the method used to analyse the data.

RESEARCH DESIGN

Research design is a plan, structure and strategy of investigation conceived to obtain answers to research questions and to control variance (Kerlinger, 1986). In essence research design translates research problems into data for analysis to provide answers to research questions at minimum cost.

For the purpose of the study, the research paradigm that was followed is of qualitative nature, using semi-structured interviews as discussed later in the chapter.

Qualitative research is based on the belief that first-hand experience provides the most meaningful data (Leedy,1993). It is also believed that qualitative data gives large volumes of quality data from a limited number of people. It is aimed at understanding the world of participants from their frame of reference.

PARTICIPANTS

A sample is a finite part of a statistical population whose properties are studied to gain information about the whole (Webster.1985). Sampling is the act, process, or technique of selecting a suitable sample, or a representative part of a population for the purpose of determining parameters or characteristics of the whole population. The sampling technique used is purposive sampling. In this type of sampling, items for the sample are selected deliberately by the researcher, his choice concerning the research remains supreme. The researcher purposively chose the samples which are important for the study (Kothari & Garg,2014). The samples are selected in the belief that it will be a good representative of the population for the study. It is the most convenient method of sampling.

UNIVERSE

The universe of the study is Kannur district.

POPULATION

The population of the study was school students

SAMPLING SIZE

The sample of the study was 10 school students

Inclusion criteria

- Male and female in high school and higher secondary school students

Exclusion criteria

- Students suffering from any serious mental and physical issues are also excluded.

METHOD OF DATA COLLECTION:

Semi – structured interview method was used. The data was collected both by direct interview as well as telephonic interview in cases where face-to-face interview was not possible. The researcher asks the already prepared questions to the participant and then later improvises based on the participants responses. A semi – structured interview has various advantages. This method is used when more insight is needed to understand the participants viewpoints and have more than one opportunity to talk interview a participant. It can also be used when the researcher has an idea of some questions that they want to ask, but want to empower participants to take it in another direction if necessary.

PROCEDURE FOR DATA COLLECTION:

First, the permission for conducting the research was gained from the guide.

Then, the researcher took the informed consent of the participants, that is, the retired school teachers. Consent was also taken to record the interview. The participant was also made aware of their rights and about the confidentiality that would be followed. The researcher first established rapport with the subjects and then, after the

participants seemed to be comfortable, the researcher began giving the instructions. The instructions included things like asking the participant to answer about their experiences honestly as there are no right or wrong answers and to answer what comes first to their mind etc. After the participant understood all the instructions, the researcher moved on to the interview session and the data was collected. At the end, after collecting the responses, the participant was asked about their experience and was notified that if they would like to know the results, they could contact the researcher or the researcher would contact them. Then, they were thanked for their participation and cooperation.

ANALYSIS METHOD:

Narrative analysis method is implied as it can help get information, reach conclusions and allow the participant to explain their experiences through either own choice of words. By using narrative analysis, the researcher can interpret the details as explained by the participant as well as be more open to the ways in which the results can proceed. Narrative analysis provides researchers with detailed information about their subjects that they couldn't get through other methods.

CHAPTER 4

RESULT AND DISCUSSION

The function of the Result and Discussion section is to objectively present key results, without interpretation, and in an orderly and logical sequence using both illustrative materials and text. The Results section presents what data were accumulated. The text of the Results section follows this sequence and provides answers to the questions/hypotheses you investigated. Important negative results should be reported as well. The Discussion section follows the Results and precedes the Conclusions and Recommendations section. It is here that the researches indicate the significance of their results. This section provides logical explanations for the results from the study. Those explanations are often reached by comparing and contrasting the results to prior studies' findings, so citations to the studies discussed in the Literature Review generally reappear here. This section also usually discusses the limitations of the study and speculates on what the results say about the problem(s) identified in the research question/s. This section is very important because it is finally moving towards an argument. Since the researchers interpret their results according to theoretical underpinnings in this section, there is more room for difference of opinion. The way the authors interpret their results may be quite different from the way you would interpret them or the way another researcher would interpret them (Lumen, n.d).

Narrative analysis is a form of qualitative research in which the researcher focuses on a topic and analyses the data collected from case studies, surveys, observations or other similar methods. The researchers write their findings, then review and analyse them. Through this approach, researchers can gain a holistic view of the

subject's life and activities. It can show what motivates people and provide a better view of the society that the subjects live in by enabling researchers to see how individuals interact with one another. It's been used by researchers to study indigenous peoples of various countries, such as the Maori in New Zealand. It can be used in medicine. Researchers, for instance, can study how doctors communicate with their patients during end-of-life care. The narrative model has been used to explore the relationship between music and social change in East Africa. Narrative research is being used to explore the differences in emotions experienced by different generations in Japanese society .(Harappa, 2021) To conduct narrative analysis, researchers must understand the background, setting, social and cultural context of the research subjects. This gives researchers a better idea of what their subjects mean in their narration. It's especially true in context rich research where there are many hidden layers of meaning that can only be uncovered by an in-depth understanding of the culture or environment (Harappa, 2021).

RESULT OF NARRATIVE ANALYSIS:

Gender roles refer to the expectations, behaviors, and responsibilities that society assigns to individuals based on their gender. The objectives of gender roles can vary depending on cultural and historical context, but they often serve to maintain social order and reinforce gender-based stereotypes and expectations. Here are some of the key objectives of gender roles:

To define and reinforce social norms: Gender roles provide a framework for what is considered acceptable behavior for males and females in a particular society. They help to define social norms and expectations, and can reinforce gender-based stereotypes and biases.

To regulate behavior: Gender roles can serve as a way to regulate behavior by establishing specific expectations for how individuals should act based on their gender. This can lead to social pressure to conform to gender roles, and can limit individual freedom and expression.

To allocate resources: Gender roles can also play a role in allocating resources and opportunities within society. For example, in many societies, men are expected to work outside the home and earn money to support the family, while women are expected to stay at home and care for children. This can lead to gender-based inequalities in income, education, and other resources.

To reinforce power structures: Gender roles can also reinforce power structures by assigning certain roles and behaviors to men and women based on their perceived abilities and characteristics. This can perpetuate gender-based discrimination and inequality, particularly for women and other marginalized groups.

To maintain social stability: Gender roles can contribute to social stability by providing a shared sense of identity and purpose within a society. They can also help to maintain traditional gender-based divisions of labor and social hierarchies.

Overall, the objectives of gender roles reflect the complex interplay between individual identity, social norms and expectations, and power structures within society. Understanding these objectives is important for addressing gender-based discrimination and promoting gender equality. The objectives of the study was to understand the implications of gender role in school, home and social setting.

The first question was about comfortedness with their gender? Almost all the participant answered yes .they are comfortable with their gender.

The second question was their thoughts about the equality of men and women. 98% respond yes . Their view is men and women are equal in the society. men and women are equal in terms of their inherent worth, dignity, and rights. This means that individuals should not be discriminated against or treated differently based on their gender. In many societies, women have historically been subjected to various forms of discrimination, including limited access to education, employment opportunities, and political representation. It is essential to work towards gender equality and empower women to fully participate in all aspects of society, including the workforce, politics, and leadership roles.

Third question was about concern of gender equality. 60%of girls students answer they want to equality and also 40%of boys respond girls also have same rights in society. Society ,home and country are think women should work in house old activities. But their also educated and empowered. Students programmed to be concerned about gender equality, given the significant disparities that exist between men and women in many areas of life. Despite progress made towards gender equality in some parts of the world, women still face significant challenges and obstacles in achieving equal opportunities, treatment, and representation. One area of concern is gender-based violence, which affects women and girls disproportionately. This includes physical, sexual, and emotional violence, harassment, and abuse. Such violence can have a significant impact on the well-being and safety of women and can limit their access to education, employment, and other opportunities.

Fourth question was about getting same rights for men and women? All of the girls respond no .because their brother have more consideration in go out side and making his own decision etc. in the case of girl all the matter they ask to permission from her parents or relatives. Boys respond in this question all the house not allowed to

make decisions his own .they also stricted some things while there has been progress towards gender equality in many parts of the world, there are still many areas where women are not afforded the same rights and opportunities as men. In some cases, women may have legal rights on paper, but they may not be fully implemented in practice, and women may face cultural, social, or economic barriers that limit their ability to exercise these rights.one area where women continue to face significant challenges is in the workplace. Women may be paid less than men for the same work, or they may face discrimination in hiring or promotion. Women are also more likely to work in low-paying or part-time jobs, which can limit their earning potential and career opportunities.

Fifth question was about they experienced any gender inequality from school, home or society. 90% students respond no and 10% respond yes. teaching methods be affected by gender roles and stereotypes. Boys and girls may be taught in different ways, with boys encouraged to be more competitive, assertive, and independent, while girls may be encouraged to be more cooperative, nurturing, and supportive.

Sixth question was about they feel girls getting lower position on their academy because of their gender. 20% girls respond yes . In any celebrations teacher gave the responsibility only for the boys . Out side work and buying any product this work given to the boys. 80% students respond no .there are equal position in any work. Girls may be viewed as less capable or less interested in certain subjects, which can affect their performance and self-confidence. Teachers and parents may also unintentionally reinforce these stereotypes by encouraging boys to be more assertive or competitive and girls to be more compliant or nurturing.

Seventh question was about female roles in leadership. Some students respond election period both are depicted in leadership equally . But other time boys are dominant.70% students say their academy give same opportunity to leadership in every situation. school can be a great opportunity to make a positive impact on your school community and help promote positive change.

Eighth question was about male presence of arts programme. All of them respond boys and girls equally participate in the arts programme. Teachers and managers promote the arts programme both men and women . schools can and should promote male participation in arts programs. Encouraging male students to participate in the arts and promote more diverse and inclusive learning environments.one way to promote male participation in the arts is to provide opportunities for male students to explore a wide range of artistic disciplines, including visual arts, music, theater, and dance. This can be done through offering a variety of classes and extracurricular activities that cater to diverse interests and skill levels.

Ninth question was about experience from parents or siblings to forced working the home duties. all of the girls respond yes .they are forced to home duties from their parents. Boys respond no .because they are not forced to work home duties .they not care about that situation . Girls may be expected to take on more housework and caregiving responsibilities than boys, while boys may be encouraged to focus on academic or extracurricular pursuits outside of the home

Tenth question was about men ern money more than the women . Girls respond was no . is not accurate to say that men never earn more money than women.Men and women ern money equally.

Eleventh question was their opinions about men joining the home duties. All the girls answered both men and women are work in the kitchen .there is no gender bias. Society ruled the women are only work in home duties .these duties are doing men there is shame. men can and should be encouraged to participate in home duties and caregiving responsibilities. Sharing these responsibilities can benefit both men and women, as it can promote more equitable and fulfilling relationships, and can also help to reduce the burden of caregiving and housework on women.

Twelfth question was about you opposes other gender. 100% students accept all the gender. They value others privacy and personality. They have their own problems and decisions. recognize that gender equality does not mean opposing or demeaning any particular gender. Instead, it means promoting equal opportunities and treatment for people of all genders, and recognizing and valuing the unique contributions that each gender can bring to society.

Thirteenth question was about how treat men and women. Some answering it is important to recognize and address these inequalities in order to create a more just and equitable society for all genders. This can involve promoting gender equality in laws and policies, challenging sexist attitudes and behaviors, and empowering women and other marginalized genders to have equal opportunities and access to resources.

CHAPTER 5

SUMMARY AND CONCLUSION

Gender roles refer to the social and cultural expectations and norms that are placed on individuals based on their gender. These expectations include behaviors, attitudes, and values that are deemed appropriate for men and women within a given culture or society. Studying gender roles is important because it helps us understand the cultural and societal expectations placed on individuals based on their gender. Gender roles are the behaviors, attitudes, and values that society considers appropriate for men and women. These expectations can vary widely depending on the culture and time period in which an individual lives. By studying gender roles, we can better understand the ways in which gender impacts our lives and the lives of those around us. This includes the ways in which gender affects our opportunities and experiences, our relationships, and our mental and physical health. Understanding gender roles also allows us to identify and challenge gender-based discrimination and inequality. By recognizing the ways in which gender stereotypes and biases can limit individuals' potential and perpetuate inequality, we can work towards creating a more equitable society.

The current research focus on “gender role effect among school student “.Kannur district is the universe considered for the study. The population of the study was school students. Purposive sampling method is used to the research. The sample size 10 participants. Research design of the study qualitative research. Semi structured interview method is used for data collection. Analysis method used for the research is narrative Analysis.

Key findings

- Understood the effect of gender role in school settings
- Understood the effect of gender role in home settings
- Understood the effect of gender role in social setting
- Gender role stereotypes are prevalent among school students
- Girls are encouraged to conform to traditional gender roles
- Gender roles are socially constructed, that they can vary across cultures and historical periods, and that they can have significant impacts on individuals' mental and physical health, educational and career opportunities, and relationships

Conclusion

The major findings of the study revealed that all the participant are comfortable with their gender. They have their own opinion about their freedom and decision making.

Implications of the study

Increased awareness of gender stereotypes and biases: Studying gender roles can help students recognize the gender stereotypes and biases that are prevalent in their culture and society. This awareness can help students challenge these stereotypes and biases, and promote a more inclusive and equitable environment. Improved self-esteem: Traditional gender roles can lead to negative self-perceptions and low self-esteem. By studying gender roles, students can develop a more positive and realistic understanding of gender expectations and their own gender identity, which can improve their self-esteem and well-being. Development of critical thinking skills: Studying gender roles requires critical thinking and analysis of social and cultural norms. This can help

students develop their critical thinking skills and become more engaged and informed citizens. Promotion of gender equity: Studying gender roles can promote gender equity by encouraging students to question and challenge gender-based discrimination and inequality. By learning about the historical and social factors that have contributed to gender inequality, students can become more empowered to take action to create a more equitable society. Promotion of healthy relationships: Gender roles can have a significant impact on relationships. By studying gender roles, students can learn about the different expectations and pressures placed on individuals based on their gender, and how these expectations can impact their relationships. This can promote more healthy and fulfilling relationships based on mutual respect and understanding.

Limitations of the study

One limitation of the study was small sample size chosen only from Kannur district. The samples were selected using purposive sampling in this study and this may restrict the generalization.

More than identifying the stress it will be good to deal with the coping mechanism also.

SUGGESTION FOR FUTURE RESEARCH

- The same study variable can be studied in a different context\location\.
- The present study was carried out among 10 school students.. Future studies could be carried out within more sample size.
- The present study addressed psychological stress as a variable. Future studies could explore the possibility of other psychological variables in this population.
- Time consuming was a major limitation and this can be avoided using an alternative data collection method.

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APPENDIX

APPENDIX A: INFORMED CONSENT FORM

This is a research study undertaken for the fulfilment of the researcher 's Bachelor of Science program in Psychology. The study is on — UNDERSTANDING THE EFFECTS OF GENDER ROLE AMONG SCHOOL STUDENTS. The data for the study will be obtained through a semi structured interview.

Participation in this research project is voluntary. You have the right to withdraw from the study at any time in the event that you chose not to continue. It is further reinstated that all information will be kept confidential and will be used only for the purpose of the above mentioned research study.

The contact information of the researcher has been provided for participants in order to clarify any concerns or queries about this study. The details of the researcher are given below:

Researcher: FATHIMATHUL RASHA P

Phone Number: 8590

Email Id: fathimathulrasha16@gmail.com

Your name and signature below signify that you have read and understood the contents and intentions formed in the consent.

Name:

Signature:

Date:

APPENDIX B: SOCIO DEMOGRAPHIC DETAILS

NAME/ INITIAL:

AGE:

GENDER:

QUALIFICATION:

PLACE:

ADDRESS:

CONTACT NUMBER:

APPENDIX C: RESEARCH QUESTIONS

1. Are you comfortable with your gender?
2. Do you think that women and men are equal?
3. What is your gender equality concern?
4. Do you think that men and women have same rights in your home, society, and country?
5. Are you experienced any gender inequality?
6. Do you feel that women getting lower position in your academy because of their gender?
7. In your academy females depicted in leadership roles as frequently as men?
8. In your academy males depicted in arts programme as frequently as female?
9. Do you experienced from parents or siblings forced to working the home duties?
10. Do you think men should earn more money than women?
11. Do you think that men have only makes money not working the home duties?
- 12.. You opposes other gender?
13. In you opinion how men and women will treat?

UNDERSTANDING THE EMOTIONAL ADJUSTMENT AND COPING MECHANISMS AMONG FIRST-TIME HOSTELLERS

*A Dissertation submitted in partial fulfilment of the
requirement of the degree of Bachelor of Science in Psychology*

Submitted by:

ASHNA SUNIL

Reg.No:DB20CPSR05

Under the Guidance of

Mr. Sonu K

Assistant Professor



DON BOSCO ARTS AND SCIENCE COLLEGE,

ANGADIKADAVU

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DEPARTMENT OF PSYCHOLOGY

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DEPARTMENT OF PSYCHOLOGY
DON BOSCO ARTS & SCIENCE COLLEGE,
ANGADIKADAVU

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PSYCHOLOGY PROJECT REPORT

Register Number: DB20CPSR05

SUBMITTED FOR THE BSc. EXAMINATION 2022-23

Head of the Department

Principal

Held on:

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on “**UNDERSTANDING THE EMOTIONAL ADJUSTMENT AND COPING MECHANISMS AMONG FIRST-TIME HOSTELLERS**” by, **Ashna Sunil**, in partial fulfilment of the requirements for the award of the Undergraduate Degree of BSc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

DECLARATION

I, Ashna Sunil, hereby declare that this dissertation entitled “**UNDERSTANDING THE EMOTIONAL ADJUSTMENT AMONG FIRST-TIME HOSTELLERS**” submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

ASHNA SUNIL

DB20CPSR05

Signature

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ABSTRACT

The study utilized qualitative methods to- Understanding the emotional adjustment and coping mechanisms among first-time hostellers. The study was conducted among the population of Kannur district and the method used to collect data was semi-structured interview and there was a total of 10 participants. The study was conducted among college students who are first time hostellers. The responses of the participants to the questions that were asked are analysed using the thematic analysis method of analysing qualitative data.

Hostel life gives students a wide range of exposure that helps them to gain a better perspective about life. While staying in hostel they may face several challenges. These challenges arise due to a shift from our lifestyle at home to a new environment surrounded by people from different backgrounds and also changes in basic facilities. Emotionally adjusting to the new environment can be really hard for most people and thus, they face issues that can interfere in their daily activities and can even negatively impact their personality development.

The major findings of the research were that first-time hostellers face a hard time to make the decision to stay away from home. They face a lot of adjustment issues in hostel while learning to adapt to a lot of new things. Another important finding is the role of friends/roommates in helping them adjust to their new zone. Reading, meditation and self care practices, knowing one's strengths and weakness, accepting and enjoying uncertainty and challenges, letting their emotions out and sharing problems to their loved ones helps them to adapt to their hostel life. Participants develop a better personality and positive mindset about life after staying in hostel.

CHAPTER 1

INTRODUCTION

Life experiences mould a person's personality. When a child is born, the family offers a nurturing environment; initially, interactions are limited; later, social interactions begin. As interactions expand, socialisation begins to take place. The environment has an impact on a person's lifestyle and personality, which help them function as productive members of society. As a result, the social structure is crucial to the formation of personality and conduct.

A hostel serves as both a residence and a significant educational institution. Hostels expect a group of young people from various household and educational backgrounds to develop the attitudes and traits required for communal life. Living in the hostel allows students to experience educational truth to a considerable extent because they frequently learn just as much as or even more from their other residents as they do from their lecturers. Higher education has grown and spread significantly in our nation thanks in large part to university hostels. By offering housing and dining options at a lower cost, they have provided many young men and women the chance to pursue higher education.

Living in a hostel gives students who don't have access to higher education resources in their area the possibility to pursue their studies. Additionally, hostels offer a setting that is excellent for studying. Hostels foster a sense of fraternity and sisterhood and bring individuals of many castes, creeds, and religions together, which eventually promotes national integration. Numerous educational opportunities are offered by hostel living. A commuter or a day student is never afforded such options. People from all walks of life have underlined, argued for, and acknowledged the significance of hostels in the lives of young people who will one day assume the obligations of a nation.

The pupils' experiences of spending a certain amount of time apart from their families have a lasting impact on their lives. According to Khozaei et al. (2010), in this new way of living, students learn how to live independently and reach agreements with their housemates and fellow students.

Financial crises, adjustment troubles, feelings of personal impotence, anguish, changes in eating and sleeping habits, and many other problems are challenges that hostelites must overcome. According to research, students living in hostels will likely exhibit higher levels of empathy, altruism, and mental stability. Students have the chance to interact socially in a hostel setting (Mimrot, 2012).

According to Baker and Siryak, (1989) emotional or personal adjustment means student's state of psychological and physical wellbeing. Carl Rogers argued that psychological issues arise when a person is not emotionally balanced. Rogers' ideas about self and congruence serve as the foundation for his theory of emotional adjustment. He held that the lack of self-actualization results in emotional maladjustment when the actual and ideal selves are out of sync. This misalignment causes psychological issues like a skewed self-image and dysfunctional behaviours, among others. Emotional adjustment refers to one's acceptance of "self" or "self-concept." It is also explained as one's ability to be self-actualizing and fully functioning. The concept of a "fully functioning person is very closely related to emotional adjustment, as fully functioning describes a state when one is in optimum emotional health." Emotional adjustment is important for personality development and maintaining a physiologically and psychologically healthy life.

Being two sides of the same coin, emotional maladjustment and adjustment have different effects on a person. A person who is emotionally balanced has a strong sense of self, is self-assured, open to new experiences, creative, accepting, and completely functional. These people see things as they actually are and constantly feel deserving. They are capable of living a "good life," as Rogers puts it, by expanding and actualizing all of their potentials. According to Rogers, emotional maladjustment and incongruence cause low levels of self-actualization as well as low levels of self-esteem, self-worth, and self-image. This suggests that one's self-concept suffers greatly as a result of emotional adjustment. Thus, some of the symptoms of emotional maladjustment are: Nervousness and anxiety, defensiveness in the form of social withdrawal or aggression, insecurity and inferiority complex, increased experiences of negative emotions like sadness, fear, etc, low confidence, excessive use of defense mechanisms, they may also be perceived as awkward, confused, and unfriendly by others, denying and distorting unacceptable ways of perceiving reality leading to rigidity in experiences. (Tutorials point, n.d.)

College life is full of opportunity for experimentation, which lays the groundwork for great success. Some students might face emotional distress or issues during this time. High academic stress can cause a variety of emotional issues in students, including tension, disorientation, sadness, anxiety, rage, and weariness, among others. Such students may decide to leave college or their academic performance may suffer greatly. Some college students exhibit irritable, immature behaviour. If they are shunned or ignored by their peers, it can lead to additional emotional issues including low self-esteem, isolation, etc. For some students, these issues result in alcohol or drug use.

NEED AND SIGNIFICANCE

Hostel life is going to change the way a student is, it has effect on the personality, thinking, and dressing as well. It gives students a wide range of exposure that helps them to gain a better perspective about life. While staying in hostel they may face several challenges. These challenges arises due to a shift from our lifestyle at home to a new environment surrounded by people from different backgrounds and also changes in basic facilities. Emotionally adjusting to the new environment can be really hard for most people and thus they face issues that can interfere in their daily activities and can even negatively impact their personality development.

Therefore, it is important to study the various problems that first-time hostellers face for emotionally adjusting to a new environment in order to maintain their psychological well-being. The various rules, different people and basic needs provided can intimidate them. It takes a certain amount of time to emotionally adjust to the new surrounding. First-time hostellers also tend to develop some unhealthy ways to cope with the stress like substance abuse. It is, therefore, necessary to help them with coping with the new environment. This research will help us understand the factors that plays a role in the emotional adjustment among hostellers and also the various ways that can be used to adapt better to the hostel setting.

STATEMENT OF THE PROBLEM

Frequent, intense and apparently unjustified emotional outbursts lead others to judge the individual as “immature”. Suppression of emotional expression results in moodiness, which tends to make the individual rude, uncooperative and preoccupied with self. A satisfactory state of personal and emotional adjustment may say to exist

when an individual's physical and psychological needs can be satisfied by socially acceptable patterns of behavior. Therefore, the research aims to understand the emotional adjustment and coping mechanisms among first-time hostellers.

DEFINITION OF THE KEY TERMS

1. Emotional Adjustment

Theoretical definition:

The condition or process of personal acceptance of and adaptation to one's circumstances, which may require modification of attitudes and the expression of emotions that are appropriate to a given situation. (APA, n.d)

Operational Definition:

Emotional Adjustment is the ability to regulate our emotions to adapt well in a new environment.

2. Coping mechanism

Theoretical definition:

Any conscious or unconscious adjustment or adaptation that decreases tension and anxiety in a stressful experience or situation (APA;n.d.).

Operational definition:

Coping mechanism is defined as the strategies which are used to face or overcome any stressful events or circumstances.

3. Hosteller

Theoretical definition:

A hosteller is a person who reside in institution-controlled buildings for the completion of their education.

Operational definition:

Hostellers are people who stay away from home and reside in hostels.

MAJOR OBJECTIVES

- Understanding the emotional adjustment and coping mechanisms among first-time hostellers.

SPECIFIC OBJECTIVES

- 1) To understand the emotional adjustment among first-time hostellers.
- 2) To understand the coping mechanisms used by first-time hostellers.

ORGANIZATION OF THE REPORT

The study contains five chapters- introduction, literature review, methodology, results and discussion and finally the summary and conclusion. The first chapter is the introduction. It includes a brief introduction to the study with major focus on the need and significance of the study. The chapter also includes the problem statement and the definition of key terms that are used in this chapter. The second chapter is the review of literature. It comprises of two sections- the theoretical background of the study and the related studies. The third chapter is the methodology. It includes a detailed account of samples, variables, tools, procedures for data collection and analysis method used for the analysis of the data collected. The fourth chapter explores the results and discusses the analysis of the data and the results obtained there by. In the fifth chapter which is the summary and conclusion, a resume of the study and the methodology of the study is briefly stated. It also includes the major findings of the present study, its implications and the suggestions for further research. At the end, references and appendices are included.

CHAPTER 2

REVIEW OF LITERATURE

Synthesizing and summarising the literature that was found during a literature search is required when writing a literature review. It serves as a setting for primary research. Being built on existing knowledge they help the researcher to even turn the wheels of the topic of research. It is possible only with profound knowledge of what is wrong in the existing findings in detail to overpower them. For other researches, the literature review gives the direction to be headed for its success. New developments in the field of study can be found through a review of the literature. The goal of the literature review is to determine any knowledge gaps that can suggest potential future research subjects as well as to confirm the originality of the proposed research. One could learn about the research process by conducting an appropriate literature review. It can also be used to identify issues, disagreements, and errors in the field that could be avoided. (McCombes, 2022).

A literature review is typically one of the first activities completed after selecting a topic in a longer piece of writing, such as a dissertation or project. A topic can be found and research questions can be framed with the aid of reading and critical analysis. Before beginning a new inquiry, conducting a literature review will demonstrate your knowledge with and understanding of the most recent studies in the topic. You ought to be able to determine what research has already been conducted on your issue and what is unknown after conducting a literature study (University of Edinburgh, 2022).

THEORETICAL REVIEW

A theoretical review examines theories that elaborate on the subject being studied, which aids in a better comprehension of the study in question and simultaneously advances a defence of the current study. The theoretical review helps to support findings as well as generalize to a mass population (Waswa,2021). The theories that about adjustment are listed below:

1. The moral model.

This represents the oldest view-point about adjustment or maladjustment. According to this view, adjustment or maladjustment should be judged in terms of

morality i.e. absolute norms of expected behaviour. Those who follow the norms are adjusted (virtuous or good people) and those who violate or do not follow these norms are maladjusted (sinners). Evil supernatural forces like demons, devils, etc. were blamed for making one indulge in behaviour against the norms (committing sins) while the religious gods, goddess and other saintly great souls were responsible for making one a happy, healthy, prosperous and pious person (adjusted in the modern sense). However, as the medical and biological sciences advanced and scientific reasoning gained a firm footing in the nineteenth century, the moral model was replaced by the medico-biological model.

2. The medico-biological model.

This model holds genetic, physiological and biochemical factors responsible for a person being adjusted or maladjusted to his self and his environment. Maladjustment, according to this model, is the result of disease in the tissues of the body, especially the brain. Such disease can be result of heredity or damage acquired during the course of a person's life injury, infection, or hormonal disruption arising from stress, among other thing In the opinion of Lazaras (1976), the correction of adjustive failures or disorders requires correction of the tissue defect through physical therapies such as surgery and the like. This model is still extant and enjoys credibility for rooting out the causes of adjustive failure in terms of genetic influences, biochemical defect hypotheses and disease in the tissues of the body. However, it is not physiological or correct especially when organic there is causes no to all maladapted and malfunctioning behaviour. Specially, when there is no evidence of physiological malfunction. Such a situation certainly calls for other explanations, viewpoints and models.

3. The psychoanalytic model

This model owes its origin to the theory of Psychoanalysis propagated by Sigmund Freud (1938) and supported by psychologists like Adler, Jung and other neo-Freudians. Psychoanalytical theory can be seen as the adjustment to childhood experiences, structure of personality, defense mechanisms and consciousness. Human beings ultimately survive for survival in any situation and personality can be seen as the ultimate form of adjustment based on the situation that preceded adulthood. (Haldia, 2020)

SUMMARY

Adjusting to hostel life can be a challenge for anyone, but it can be particularly difficult for first-time hostellers who are away from home for the first time. Emotional adjustment is a key aspect of adapting to hostel life, and it can be challenging for some people. If they do not adjust properly, they can fail or perform poorly at their daily tasks, course work or examination. Being away from home, family, and friends can be a daunting experience, and it's not uncommon to feel lonely, isolated, and disconnected. Emotional adjustment is a key aspect of adapting to hostel life, and it's important to be patient and kind to yourself during this transition.

LITERATURE REVIEW

Omar (2009) found that undergraduates who enter all-inclusive schools additionally experience a few problems particularly adapting with the new learning and teaching framework which includes the changing process from elementary educational system to optional school's which causes the undergraduates particularly the first year undergraduates to feel difficult in adapting to the new condition. This inability to adjust to their new environment, if not contemplated and cured, will cause negative behavior among them and may make their academic execution fall apart.

Safura and Supriyanti (2006) found a positive relationship among students who are 13 years old and self-adaptation process toward academic execution where the higher the dimension of self-adaptation the better they are academically. Subsequently, this issue must be looked into to ensure that positive information can be delivered to ensure that undergraduates will most likely adjust with hostel life and therefore be ready to accomplish extraordinary academic execution.

Sultana Begum and Bhattacharyya, (2009-2010) “Adjustment and anxiety among 100 female students living in hostels (Group-I) in Kolkata and compare them with those living with parents (Group-II). Significant difference was found between the two groups in the areas of health and educational adjustment. The result of Anxiety Test revealed significant difference in the dimensions of guilt proneness and self control.” (Kumaraswamy, 2013) it focuses “stress among college students, nature of psychiatric morbidity, emotional problems and adjustment, psychological problems of college students.”

Lama (2010) reported that the female students have greater tendency to encounter adjustment problems than the male students. It is seen that students reside in hostels experience more adjustment problems because they are far away from their homes. Hostel students experience many adjustment issues such as new setups, security problems, accommodation issues, transport system, loneliness, difficulty to interact with new people (Berry & Sam, 2006).

Garima Singh, Shivali Sharma, Vibha Sharma, and S. Z. H. Zaidi(2022) study revealed that there was a significant difference in academic stress and emotional adjustment between male and female secondary school students post covid. A significant positive relationship between academic stress and emotional adjustment was found, which indicates a high level of academic stress perpetuates emotional maladjustment. Furthermore, it was found that the level of academic stress and emotional adjustment were higher among females as compared to males.

Michael Aronowitz (1984) the prevalence of social and emotional adjustment problems among immigrant children, examines the findings on the kinds of adjustment problems exacerbated by migration or particular to immigrant school children and reviews and assesses effectiveness of intervention programs developed specifically to aid such children. Also considered is a theoretical framework which would facilitate conceptualizing the process of immigration among children, their particular needs, and how these might best be met by primary and secondary preventive mental health interventions.

There has been studies on hostel life and emotional adjustment in various sectors but studies on emotional adjustment among first time hostellers is not done. Thus, a research can be conducted to study the emotional adjustment among college students who are entering hostel life for the very first time.

CHAPTER 3

METHOD

RESEARCH METHOD

Specific processes for gathering and analysing data are known as research methods. Research design includes the development of research methodologies as a key component. Two important choices need to be taken when developing a method: how the data will be gathered and how it will be analysed. The tactics, procedures, or techniques used in the gathering of data or evidence for analysis in order to unearth new knowledge or develop a better grasp of a topic are known as research methods. The research problem can be approached methodically using research methodology. It can be viewed as a science that studies how scientific research is conducted. In it, we examine the numerous approaches typically used by researchers to analyze the research problem as well as the reasoning behind them. The researcher must be familiar with both the methodology and the research methods/techniques.

Qualitative research collects information regarding actual events, feelings, or actions as well as the interpretations that people make of them. It helps make it possible for researchers to comprehend complex ideas, social interactions, or cultural events better. This kind of inquiry is helpful in analysing events, describing activities, and investigating how or why things have happened (Kothari,2004).

RESEARCH DESIGN

The conceptual framework within which research will be done is referred to as a research design. Making such study as efficient as possible in order to produce the most information possible. In other words, the purpose of research design is to allow for the gathering of relevant data with the least amount of effort, time, and expense. The following factors are typically taken into account when creating a research design that is appropriate for a given research problem:

- the methods used to gather the data.
- the researcher's availability and his staffs (if any) skills.
- a description of how the methods chosen to gather the data will be organised.
- the justification behind the choice.

- the amount of time available for study.
- the cost factor for research, or the amount of money allocated for the endeavour.

PARTICIPANTS

- The universe of the study is Kannur district.
- The population of the study is first-time college hostellers.
- The sample of the study is 10 first-time college hostellers.
- The method used for the study was purposive sampling.

THE INCLUSION CRITERIA

- College first year students who are staying in a hostel for the first time for a period of 3 months.

THE EXCLUSION CRITERIA

- Subject with any psychological disorder will not take for the study.
- Subject is having history suggestive of any medical condition will be excluded from the sample.
- Subjects with any neurological disorder will not be included in the sample.
- Any history of substance abuse at the time of data collection was not accepted in the study.

METHOD OF DATA COLLECTION

Semi – structured interview method was used. The data was collected both by direct interview as well as telephonic interview in cases where face-to-face interview was not possible. The researcher asks the already prepared questions to the participant and then later improvises based on the participants responses. This method is used when more insight is needed to understand the participants viewpoints and have more than one opportunity to interview a participant. It can also be used when the researcher has an idea of some questions that they want to ask, but want to empower participants to take it in another direction if necessary.

The advantages of semi-structured interview are as follows:

- Semi-structured interviews can flow more like conversations than other interview techniques like question-and-answer sessions.

- Semi-structured interviews leave room for you to answer questions more creatively and for interviewers to ask you different kinds of open-ended and personally tailored questions as opposed to a general questionnaire.
- Semi-structured interviews can be tailored to your experience and skillset. This means that the interviewer can ask you questions based on your resume and application materials, as well as based on what you say during the interview. This is opposed to blanket questions that the interview would otherwise use on everyone in a structured interview.

The disadvantages of semi-structured interview are as follows:

- Semi-structured interviews may leave out valuable questions if the interviewer or you get carried away in conversation. While sticking to a script can ensure that you hit all the nails on the head, a more free-flowing interview format like a semi-structured interview leaves a lot of room to go off the rail, waste time and miss important questions.
- Because semi-structured interviews can flow more like conversations, they tend to take longer than typically question-and-answer sessions and some other interview techniques.
- Because semi-structured interviews don't require asking every candidate the same questions, there's room for inevitable biases like sexism, racism, ageism and other biases based on discriminatory factors. A structured interview would ask every single candidate the same questions, regardless of their gender, race, age, etc. But a semi-structured interview will not. (Houlis, 2022)

PROCEDURE OF DATA COLLECTION

First, the permission for conducting the research was gained from the head of the department. Then, the researcher took the informed consent of the participants. The participants were made aware of their rights and about the confidentiality that would be followed. The researcher first established rapport with the subjects and then, after the participants seemed to be comfortable, the researcher began giving the instructions. The instructions included things like an introduction about a semi-structured interview and asking the participant to answer about their experiences honestly about their adjustment to hostel life. After, the participant understood all the instructions, the researcher

moved on and started the semi-structured interview and the data was collected. Then, they were thanked for their participation and cooperation.

ANALYSIS METHOD

Thematic analysis is used as the analysis method. A technique for assessing qualitative data called thematic analysis involves looking through a data collection to find, examine, and document recurring themes. It is a technique for summarising data, but when choosing codes and creating themes, it also involves interpretation. The versatility of thematic analysis to be employed within a wide range of theoretical and epistemological frameworks, as well as to be applied to a wide range of study topics, designs, and sample sizes, is one of its distinguishing characteristics. The decision to utilise thematic analysis should be driven more by the objectives of the research than by a desire to pick an easy-to-use methodology. When attempting to comprehend a group of events, thoughts, or actions spread throughout a data collection, thematic analysis is an acceptable and effective technique to employ (Kiger and Varpio, 2020). For the present study of understanding the emotional adjustment and coping mechanisms among first-time hostellers, thematic analysis is the most appropriate one as there are a lot of common factors among first time hostellers which can be categorised into themes for interpretation.

CHAPTER 4

RESULT AND DISCUSSION

The objective of the results and discussion section is to convey significant findings in a logical order and with interpretation using both text and illustrative materials. The results section lists the data that was collected. The language of the Results section, which follows this order, provides responses to the questions and hypotheses the researcher investigated. Reporting substantial adverse results is also required. The discussion section follows the results section, and it is here that the researcher discusses the significance of the results. This section logically explains the study's findings. Since these interpretations are generally reached by contrasting and comparing the findings to the findings of prior studies, references to the research discussed in the Literature Review frequently reappear here. Also, this section often analyses the study's limitations and offers plausible interpretations of the results in light of the issue(s) addressed by the research question (s). This part is essential since it is finally moving towards an argument. There is more potential for disagreement in this part since the researchers interpret their findings in light of theoretical foundations. The authors' interpretation of their findings may differ significantly from your interpretation or that of another researcher. (Lumen, n.d.).

The analysis technique is thematic analysis. Thematic analysis is a method for analysing qualitative data that entails searching through a collection of data to identify, investigate, and record recurrent themes. It is a method for summarising data, but it also involves interpretation when selecting codes and developing themes. One of the features that sets thematic analysis apart is its adaptability to be used within a wide range of theoretical and epistemological frameworks, as well as to be applied to a wide range of study topics, designs, and sample sizes. The research's goals should be prioritised over the desire to choose an intuitive methodology when choosing whether to employ thematic analysis. (Kiger and Varpio,2020).

The aim of the study was to understand the emotional adjustment and coping mechanisms among first-time hostellers. The study was conducted among the population of Kannur district and the method used to collect the data was semi-structured interview involving 10 participants. The responses of the participants to the

questions that were asked are analysed using the thematic analysis method of analysing qualitative data.

The first question was about the decision to stay in a hostel to which all of them replied that it was their sole decision as they were optimistic about leading an independent life and career. None of them faced any kind of parental pressure that influenced their decision of staying in a hostel.

The second question were about the initial fears faced by the participants about moving to hostel. All the participants responded accordingly. Responses obtained were fear of making new friends, staying away from parents, privacy concerns, intimidated by rules and regulations. Thus, a superordinate theme was generated based on the response. The superordinate theme generated of making new friends and staying away from home comes under anxiety. The frequency here is 8 out of 10. The subordinate theme is privacy concerns with a frequency of 2 out of 10. In a study conducted by Amina Iftikhar and Asir Ajmal (2015), it is confirmed that it is difficult for students to adjust to hostel life because the life at hostel is entirely different from that at home, especially when the roommates have different temperaments.

Superordinate Theme	Frequency	Subordinate Theme	Frequency
Anxiety	8	Privacy	2

The third question was about their initial days in hostel. To which most of them responded that they had spent few days crying, calling home constantly and sitting alone. Participant B stated that she would stress out on small things and was grumpy for a week. Few found it easier to adapt by making new friends.

The fourth question asked was about the attitude of wardens in hostel and whether they found it easy to express their opinions freely to them. About 6 out of 10 participants have responded that the attitude of warden was very poor. They have very strict approach and not amicable for conversations. The other 4 participants have wardens who are very flexible in decision making and also pay heed to the students needs which makes it easier for them to open up about their opinions freely to them.

The fifth question was whether the participants were well adjusted to the rules of the hostel life. About 6 out of 10 people responded that they are not adjusted to hostel life due to the stringent rules and regulations regarding the time schedule to enter the hostel, food, restriction on phones etc. Others are getting adjusted to the change in the environment.

The sixth question is about the list of things the participants dislike about their hostel. Participants said that they had issues with the attitude of the warden, food, lack of cleanliness, poor maintenance of the hostel building. Here, fear of authority can be taken as superordinate theme with a frequency of 6 out of 10 participants. Fear of authority usually takes place when the person in charge, here, the warden sets strict rules and punishment and shows little consideration towards the needs of the students. The subordinate themes are restriction on mobile phones and the time schedule for entering the hostel premises. It has a frequency of 4 out of 10.

Superordinate Theme	Frequency	Subordinate Theme	Frequency
Fear of Authority	6	Restriction on mobile phones and time schedules	4

The seventh question is to list things that the participants like about their hostel life. Most people responded saying that staying in a hostel has made them independent. A superordinate theme is generated with a frequency of about 8 out of 10. They get to interact with people and have company compared to staying at home. Hence, a subordinate theme is generated with a frequency of 5 out of 10.

Superordinate Theme	Frequency	Subordinate Theme	Frequency
Became independent	8	Interaction with people	5

The eighth question was regarding the roommates and to what extent did they help the participants to adjust to their hostel life. The response to these questions were

mixed. Most people found it quite easy to get along with their roommates. They helped each other to adjust to the new environment by having good conversations and by sharing items. They supported each other during times when they were feeling low. Participated B responded saying that she made company with her roommates by sharing home made snacks and that she has the same attitude as her roommates which helped her get along with them easily. Two participants faced severe adjustment issues because their roommates introverts and they found it quite challenging to mingle with people. Initially, they faced a hard time to strike conversations or even express their needs openly about things in their room and thus didn't have any proper conversations with roommates. In a study conducted by Samina Rafique and Waseem M (2021), stated that an introvert person might find it hard to interact with people but staying in a hostel will mould them to be more confident in dealing with various people and situations. Hence, the results are quite consistent.

The ninth question was whether the participants faced any sort of physical illness after moving to hostel for the first time. All of them responded with a yes. They had sleeping difficulties, fever and headaches. One of the participants had allergy issues due to change in the environment. In a study conducted by Mahd Aftab Khan, Farhat Rehana Malik (2021) says that hostellers face sleeping difficulties due to staying away from home and also due to stress of living in a new environment.

The tenth question attempts to ask the participants how often they visit their parents. About 6 out of 10 participants visit home every weekend to get back with their parents and spend quality time. Two participants responded saying that they prefer to stay at hostel due to high travelling expenses, rule to visit home once a month or due to the work from college. This helps us understand that almost all the participants had the urge to go back home but few couldn't due to external factors.

The next question directed at the participants were the things they did whenever they felt homesick or alone. Most people responded saying that reading, meditation and self care practices, listening to music, talking to friends helped them through it. Participant D said that letting his emotions out by crying or calling his school friends made his mood brighter.

The twelfth question asks the participants how long it took for them to adjust to their hostel life. The answer varied among the participants. 3 out of 10 participants

responded that it took about a week. 4 out of 10 participants responded that it took about a month and rest three still hasn't adjusted to the new environment. A lot of things can play a role in a person's adjustment to a new environment which includes personality and environmental factors.

The thirteenth question asked to the participants are about the changes in them when they first entered hostel and now. This question attempts to understand how much the participants have emotionally adjusted to hostel life. Most of them responded that they were naïve, very emotional and immature specially when it comes to decision making but after staying for a period of few months they have learned to manage their emotions effectively and make decisions by properly analysing the situations and also accepting all situations which in turn has made them strong. 2 out of 10 people responded that they have mastered anger management after staying in hostel because they learned to better accept and adapt to various people and situations even if they aren't happy with it.

Furthermore, the fourteenth question asks the participants about the factors that has helped them to adjust to the hostel environment. Most of them said that their roommates have helped them by understanding each other's situations and also the constant support from the family. This can be taken as a superordinate theme with a frequency of 8 out of 10. The subordinate theme is the determination to complete the course successfully with a frequency of 3 out of 10 participants.

Superordinate Theme	Frequency	Subordinate Theme	Frequency
Understanding from friends and family	8	Determination to complete the course	3

The fifteenth question ask the participants how living in a hostel has changed them as a person. The answer varied from one participant to another. Staying in a hostel has made them more bold, confident and independent. They have learned to handle their finances quite well. These can be taken as superordinate themes with a frequency of 8 out of 10 people. Interaction with people have become quite easier for those who had a hard time conversing with people earlier. Thus, a subordinate theme is generated with a frequency of 4 out of 10 participants. In a study by Amina Iftikhar and Asir Ajmal (2015), they concluded that hostel students become more responsible because in

hostel students live without their parents and they get support from their hostel fellows to complete their work.

Superordinate Theme	Frequency	Subordinate Theme	Frequency
Confident	8	Increased	4
Budget management	8	interaction with people	

CHAPTER 5

SUMMARY AND CONCLUSION

Hostel life can be a life changing experience for many students. It is a great opportunity for them to live independently and learn important life skills. Living in close proximity with other students creates a sense of community, and many lifelong friendships are formed in hostels. Students from different background and cultures can come together and learn from each other. Hostel life also teaches students valuable life skills, such as time management, budgeting and self-discipline. They learn to manage time efficiently, juggle academics, social life and personal commitments. However, hostel life has its own challenges. Living with others can be difficult and students may have to deal with conflicts and disagreements. They also miss the comfort and support of their home. However, these challenges can be overcome with effective communication and a positive mindset.

The permission for conducting the research was gained from the research guide. Then, the researcher took the informed consent of the participants. The participants were made aware of their rights and about the confidentiality that would be followed. The participants were contacted either face to face or through telephone. They were also told that they could withdraw anytime from the study if they felt uncomfortable or due to any other reasons. The questions were asked to the participants after establishing a good rapport.

The research was qualitative in nature and the data collection method used was semi-structured interview. The questions were asked one by one and responses were noted down precisely. The discussion went on in a smooth manner. The participants were made aware of their right to know about the results of the semi-structured interview. Individual introspections were also asked from each of the participant regarding the semi-structured interview and the questions asked. The participants were thanked for their participation and cooperation.

The major objective of the study conducted was to understand the emotional adjustment and coping mechanisms among first-time hostellers. The data was collected precisely through semi-structured interview and the data was analyzed using thematic analysis. It is a technique for summarising data, but when choosing codes and creating

themes, it also involves interpretation. The fifteen questions asked and the responses from the participants were thus analyzed thematically. There were subordinate and superordinate themes found among the responses. The major finding was that first time hostellers face a lot of adjustment issues due to moving away from home. Another finding of the study is the role of roommates that help in adapting to hostel life. Furthermore, the study talks about the positive impact of hostel life on students who significantly develop their personality.

KEY FINDINGS:

- First time hostellers face a hard time to make the decision to stay away from home.
- They face a lot of adjustment issues in hostel while learning to adapt to a lot of new things.
- The role of friends/roommates plays a significant role in helping them adjust to their new zone.
- Reading, meditation and self care practices, knowing one's strengths and weakness, accepting and enjoying uncertainty and challenges, letting their emotions out and sharing problems to their loved ones helps them to adapt to their hostel life.
- Participants develop a better personality and positive mindset about life after staying in hostel.

IMPLICATIONS:

The findings of the study can be used to understand the various adjustment issues faced by first-time hostellers. Their initial approach to the issues and the gradual shift from it shows how much they have emotionally adjusted to it. The role of family and friends have proved to play a significant role in helping the students adapt better to this strange environment they are put into. There haven't been studies talking about how a first-time hostellers emotionally adapt to a new environment and thus this study can be taken as a reference to understand the various challenges they face and how they deal with them. Furthermore, it talks about how an individual becomes more independent, confident and learns important life skills.

LIMITATIONS:

The sample size is quite small and the universe was limited to Kannur. Thus, the results cannot be generalized. There is no much studies connected to this population thus there was difficulty in finding studies to support the results.

SUGGESTIONS FOR FUTURE RESEARCH:

- The same study variables can be studied in a different population/ context/ location/or culture.
- The present study was carried out among 10 first time hostellers. Future studies could be carried out within more sample size.
- Alternative data collection method can be used for future research studies.

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APPENDIX

APPENDIX A: INFORMED CONSENT LETTER

INFORMED CONSENT FORM

This is a research study undertaken for the fulfilment of the researcher's Bachelor of Science program in Psychology. The study is on — UNDERSTANDING THE EMOTIONAL ADJUSTMENT AND COPING MECHANISMS AMONG FIRST-TIME HOSTELLERS. The data for the study will be obtained through semi-structured interview and will be recorded. It is expected to last for approximately 30 – 40 minutes for each participant.

Participation in this research project is voluntary. You have the right to withdraw from the study at any time in the event that you chose not to continue. It is further reinstated that all information will be kept confidential and will be used only for the purpose of the above mentioned research study.

The contact information of the researcher has been provided for participants in order to clarify any concerns or queries about this study. The details of the researcher are given below:

Researcher: ASHNA SUNIL

Phone Number: 8157017234

Email Id: ashnasunil7@gmail.com

Your name and signature below signify that you have read and understood the contents and intentions formed in the consent.

Name

Signature

Date:

APPENDIX B : SOCIO DEMOGRAPHIC DETAILS

NAME/ INITIAL

AGE

GENDER

QUALIFICATION

PLACE

ADDRESS

CONTACT NUMBER

APPENDIX C: RESEARCH QUESTIONS

1. Are you staying in a hostel for the first time? Was the decision to stay in a hostel made by you willingly or was it due to parental pressure?
2. What were your initial fears about moving to hostel?
3. How were your initial days at hostel?
4. How is the attitude of your warden? Do you find it hard to express your opinions openly about things in your hostel to your warden?
5. Are you well-adjusted to the rules of hostel?
6. Can you list a few things that you absolutely dislike in your hostel?
7. What are a few things that you find better in hostel than at home?
8. How are your roommates? Have they in any way helped you to adjust to your hostel life?
9. Did you undergo any physical illness due to staying away from home for the first time?
10. Do you frequently visit your parents over weekends?
11. What do you do on days when you feel homesick or alone?
12. How long did it take for you to adjust to hostel life?
13. Can u list a few changes in yourself when you first moved to hostel to the present day?
14. What are some factors that helped you to adjust to hostel life?
15. How has staying in a hostel changed you as a person?

UNDERSTANDING THE EMOTIONAL DISTRESS AND COPING METHODS AMONG TRANSGENDER POPULATION

*A Dissertation submitted in partial fulfilment of the
requirement of the degree of Bachelor of Science in Psychology*

Submitted by:

ATHULYA K S

Reg.No:DB20CPSR21

Under the Guidance of

Mr. Sanju P J

Assistant Professor



**DON BOSCO ARTS AND SCIENCE COLLEGE,
ANGADIKADAVU**

(Affiliated to Kannur University)

DEPARTMENT OF PSYCHOLOGY

MARCH 2023



DEPARTMENT OF PSYCHOLOGY
DON BOSCO ARTS & SCIENCE COLLEGE,
ANGADIKADAVU

(Affiliated to Kannur University)

PSYCHOLOGY PROJECT REPORT

Register Number: DB20CPSR21

SUBMITTED FOR THE B.Sc. EXAMINATION 2022-23

Head of the Department

Principal

Held on:

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on **“UNDERSTANDING THE EMOTIONAL DISTRESS AND COPING METHODS AMONG TRANSGENDER POPULATION”** by, **Athulya K S**, in partial fulfilment of the requirements for the award of the Undergraduate Degree of BSc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

Declaration

I **ATHULYA K S**, hereby declare that this dissertation entitled **UNDERSTANDING THE EMOTIONAL DISTRESS AND COPING METHODS AMONG TRANSGENDER POPULATION**” submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

ATHULYA KS

DB20CPSR21

Signature

Acknowledgment

This dissertation work was carried out under the remarkable guidance and supervision of Mr. Sanju P J, Assistant professor, department of psychology, Don Bosco Arts and Science College, Angadikadavu. I am grateful to Sanju sir for his guidance, valuable suggestions, encouragement, and support.

I thank Kannur University, Don Bosco Arts and Science College and the Department of Psychology for giving me this opportunity as well as providing the necessary facilities and guidance to complete this research.

I would like to specially thank the 10 participants who had cooperated and participated in this study and shared their own personal experiences and perspectives. I owe a lot of gratitude to all of them because without them this study would not have been possible. I appreciate the time and effort they put aside for this study and for giving me the permission and opportunity to interview them.

I would also like to thank my family and friends who have always been my support system. I would also like to express my gratitude to all those who have directly or indirectly helped me in my endeavour.

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ABSTRACT

The study utilized qualitative methods to investigate —UNDERSTAND THE EMOTIONAL DISTRESS AND COPING METHODS AMONG TRANSGENDER POPULATION. The research was done to understand the factors causing emotional distress among transgender peoples and the coping strategies that have been used. Semi structured interviews were conducted on 10 participants and their personal experiences and perspectives were collected as response.

Transgender people go through a wide range of emotional challenges, and these struggles can be detrimental to their overall well-being and mental health. A few of the common emotional distresses that transgender people experience includes gender dysphoria, prejudice and discrimination, bullying and harassment, family rejection, society rejection, and solitude. A few of the mental health issues that might arise as a result of these emotional distresses include anxiety disorders, depression, substance abuse, and suicidal thinking. The study was conducted in transgender population lives in Kannur and Kasaragod district of Kerala. The sample was collected through telephonic and face-to-face interview method. Data was analysed through Narrative analysis method of qualitative analysis.

The main finding of the study was that majority of the participants were facing different emotional and psychological distress as part of their institutionalized life style. Which includes loneliness, social withdrawal, adjustment problems on both physical and psychological dimension. And they use various methods like socializing, dancing, practicing music etc.

CHAPTER 1

“Distress can be defined as the negative experience of stress. (Lazarus, 1974).”

Emotional distress is the emotional reaction to an experience that results from the recollection or impact of a specific event, occurrence, pattern of events, or situation is referred to as emotional distress. Usually, the signs of emotional discomfort can be used to identify it. Emotional distress can cause anxiety, depression, loss of ability to perform tasks and physical illness. Any traumatic experience, financial challenges, familial issues, etc., can result in emotional distress. Besides from preventing you from getting adequate rest, emotional distress can also disrupt your food habits, alter your moods, declining work, or academic performance, and increase risk of suicidal thoughts. (Kandola, 2020).

‘According to Clements, Emotional distress always involves shifts in your typical personality and daily function and it varies from person to person. ‘

Emotional distress can involve a range of symptoms. It includes both physical and psychological problems like mental fatigue, crying spells or bursts of anger, difficulty eating, losing interest in daily activities, increased physical distress symptoms such as headaches or stomach pains, guilty feel, helpless, or hopeless. Sometimes it leads to avoiding family and friends.

The study conducted by Brazilian Psychiatric Association shows that transgender community has been facing highest emotional distress. A person's gender identity refers to their psychological sense of being male or female and it is the innate knowledge of who a person is. Every person has a gender identity, which may match their assigned sex at birth, or it may be different.

A healthcare professional usually assigns new-borns either a male or female sex at birth. If people identify with a different gender to the one, they were assigned, they may describe themselves as transgender. A transgender woman is someone, who is currently living as a woman but was assigned a male sex at birth. A transgender man is someone, who is currently living as a man but was assigned a female sex at birth. Some people may also use “trans” as a shortened version for transgender. Still now, these community was not fully accepted by the society. Society have denying them all the opportunities like education, job sometimes a family life. Due to this struggles they have been forced to be a beggar or a sex worker.

Recently, studies have reported that transgender people suffer a lot from daily discrimination, and low social acceptance of these community was one of the reasons for it. Transgender individuals are always considered and treated as a third category. And they were facing discrimination in their whole life from their family, friends, workmate or colleague and from the society. By facing these challenges, they become isolated and this may lead to emotional distress in transgender peoples. (Sissons, 2021).

NEED AND SIGNIFICANCE OF THE STUDY

One of the major goals of the study is to understand the emotional distress of transgender people in family and social setting. Being a transgender may cause many struggles and emotional damage. Still now the acceptance of transgender community was not satisfied. The transgender peoples may struggle with feeling of avoidance and loneliness. Some times they have no option to share their problems to decrease the burden. The rejection from the family was another problem which they want to face while exposing their identity.

It is important to study the physical and psychological distress faced by the transgender community. To know about the problems they have facing, and how those problems effect them both physically and psychologically. And it is important that they need the ability to accept the fact and face it and being able to cope with these emotional conditions when it is considered as a challenging phase in an individual's life.

Transgender community are considered as one of the most neglected groups in the society, here this problem is significant, by solving this problem, we can have more idea about the causing factors of emotional distress among transgender community. By this study we can help them to be emotionally healthy.

PROBLEM STATEMENT

When a person realizes that he/she as a transgender' the struggle starts from themselves. And when they open their real gender identity to others, they must face so many problems to lead a life which they want to live. It includes harassments, low acceptance from family and society etc. these may cause serious physical and psychological health problems. So, it is important to understand their problems and the solutions for it.

DEFINITION OF KEY TERMS

Emotional Distress:

Theoretical definition:

Emotional distress is the unpleasant emotions or feelings a person experiences when overwhelmed, which can severely affect daily life activities. This form of

psychological discomfort can result in several negative symptoms, such as sadness, distraction, and anxiety.

Operational definition:

Emotional distress is the negative emotional response towards stressors which causes physical, behavioural, and cognitive discomfort.

Coping methods:

Theoretical definition:

Coping method is an action, a series of action or a thought process used in meeting a stressful or unpleasant situation.

Operational definition:

Conscious and direct approaches used by an individual to decrease the distress.

Transgender people:

Theoretical definition:

The National Centre for Transgender Equality defines transgender people as ‘those who have a different gender identity to their assigned gender at birth.’ Where; sex is physical sense of being male or female

Operational definition:

Transgender peoples are individuals having difference in gender (Psychological aspects of being male or female) and sex (physiological aspects of being male and female)

MAJOR OBJECTIVES:

- To understand the factors causing emotional distress among transgender people.
- The coping strategies they have using.

SPECIFIC OBJECTIVES:

- To understand the social acceptance of transgender community.
- To understand which gender group (men or women) high intensity emotional distress.
- To understand the stressor which causing high emotional distress.
- To understand if they have awareness about emotional distress and its effects.

ORGANIZATION OF THE REPORT:

The aim of the study is to understand the emotional distress and coping mechanism among transgender peoples. The present study contains 5 chapters. The first chapter, which includes a brief introduction to study with emphasis on the need and significance of the study. The problem is stated and the definitions of the important terms are given in this chapter. The second chapter is a review of the literature, comprising of 2 sections; theoretical background of the study and related studies. The 3rd chapter is methodology, in which the detailed account of samples, variables, tools, procedure, for data collection and analysis method used for the analysis of the data collected are given. In the 4th chapter result results and discussion consist of analysis of data and discussion of results obtained there by. In the 5th chapter, summery and the conclusion, there is also the resumng of the study and the methodology of the present study is briefly stated. It also includes major findings of the present study. Then the implications of the present study are given along with the suggestion for further research. In the end, reference and appendices are included.

CHAPTER 2

REVIEW OF LITERATURE

A literature review is a thorough summary of earlier studies on a subject. The literature review examines scholarly books, articles, and other sources that are pertinent to a particular field of study. This prior research should be listed, described, summed up, impartially evaluated, and clarified in the review. It ought to provide a theoretical framework for the study and assist you (the author) in defining its scope. By acknowledging the contributions of earlier researchers, the literature review reassures the reader that your work has been thoughtfully conceived. When a previous study in the subject is mentioned, it is assumed that the author has read, assessed, and incorporated that study into the current work.

A literature review's objective is to gather current, pertinent research on the subject of your choice and to synthesise it into a comprehensive overview of the body of knowledge in the area. This therefore equips you to present your own case or carry out independent study on the subject. Just like majority of academic papers Literature reviews also include at least three fundamental components: an introduction or background information part; the review's body, which discusses the sources; and, finally, a conclusion or recommendations section to wrap up the study.

In order to maximise the significance of the literature review in scientific articles, it can be condensed into an analytical component. In many aspects, it improves the validity of the research. It offers an interpretation of the body of literature that already exists in light of recent advancements in the field to help establish the consistency in knowledge and applicability of existing materials. It also aids in calculating the impact of the most recent information in the field by charting their

progress of knowledge and brings out the dialects of contradictions between various viewpoints within the field to establish facts. .(McCombes,2023).

The research gaps Initially examined are further investigated to determine the most recent facts and theories to add value to the field; it also indicates the current research place in the schema of a particular field, provides information for relevance and coherency to check the research, and aside from elucidating the continuance of knowledge, it also points out areas that require further investigation and therefore aid as a starting point of any future research. Also, it establishes the research topic, defends the need for the study, and creates the theoretical foundation upon which the study's success will be assessed.

With the help of the review of literature, the need for conducting the research in a specified field is rationalized. Also, it aids in the proper collection of data for any new research methodology that differs from the ones already in use, and it enables the manuscript's readers to respond to the following questions for the manuscript's higher prospects of publication: "What do the researchers know?" What are they ignorant of? Is the scientific manuscript trustworthy and reliable? What is the researcher's knowledge gaps, etc.? It aids readers in recognising the following for additional study of the scientific manuscript: What is already known, rejected, and accepted in the specific field of study, the areas of debate and disagreement among different schools of thought, the unresolved issues and problems in the related field of study, the emerging trends and approaches, and how the research advances or builds upon these ideas, builds upon and leaves behind from the previous research. A thorough assessment of the literature with numerous pertinent sources of reference will increase the likelihood that the scientific manuscript will be published in reputable and well-known scientific journals.(Academy.E,2023)..

THEORETICAL REVIEW:

Emotional Distress:

Self-Discrepancy Theory-

This theory explains whether differences in the relationship between diverse group-based emotional distress and self-based discrepancies. 118 Israeli citizens were polled on their perceptions of their real, ideal, and ought qualities as well as their collective self-esteem and fear of being viewed negatively. The actual-ideal group mismatch was specifically linked to depressive feelings and to collective private self-esteem (CSE). The actual thought group disparity, on the other hand, was specifically connected to feelings of stress and apprehension over a poor impression of Israel. Moreover, only among low identifiers was the actual thought gap connection with worry about poor group appraisal apparent. Overall, the results point to the self-discrepancy theory's usefulness in understanding emotional suffering brought on by group membership.

James-Lange: Theory of Emotion-

William James and Carl Lange, two theorists, may have independently proposed their theories on the relationship between stress and emotion in 1884 and 1885, but they shared a common understanding of this relationship: emotions do not immediately follow the perception of the stressor or the stressful event; they become present after the body's response to the stress. For instance, when you see a growling dog, your breath quickens, your eyes expand wide, and your pulse begins to beat quickly. According to James and Lange, it is only after experiencing these physical changes that you will sense fear or any other emotion. This implies that emotional activity cannot take place until a person's brain is connected. (Nickerson,2023).

Cannon-Bard: The Emergency Theory-

According to Walter Cannon, even in the absence of physical changes, emotions can nevertheless arise in reaction to stress. According to Cannon, the brain recognises a person's visceral, or internal physiologic response, more gradually than it does an emotional one. By separating the body's neural connections from the cortex in the cat's brain, he attempted to demonstrate his idea by producing what are known as "decorticated cats." The decorticated cats displayed emotional behaviour, which included sentiments of hostility and wrath, in reaction to a stressful response. Then, this emotion showed itself physically as upright hair, growling, and bared teeth. (Vandergriendt, 2018).

The Schachter Singer Theory-

Stanley Schachter and Jerome Singer, two theorists, asserted that experiencing an emotion involves both cognitive engagement and emotional arousal in order to identify it appropriately. Schachter and Singer also put forth the idea of attribution, or the process by which the brain can recognise the stress stimulus causing an emotion. According to the hypothesis, after we are aware of the emotional trigger, if that trigger is not immediately apparent, we begin to search for environmental cues that will allow the feeling to be properly interpreted. (Vandergriendt, 2018)..

Selye's theory of 'systemic stress'-

According to Hans Selye's theory, overstressing the body could result in "general adaptation syndrome," which could cause shock, alarm, and eventually tiredness. The prospective victims were not only warriors; they included the entire human race. According to Selye's proposal, tension permeated a person's body the entire time they were exposed to an unspecific demand. Using the phrase "general

adaption syndrome," which is also known as Selye's Syndrome in the literature, he distinguished between acute stress and the overall reaction to stressors that are delivered over an extended period of time. The alarm reaction, the stage of resistance, and the stage of weariness are the three steps that make up the complete response to stress, according to the syndrome. When someone is exposed to a stressor, they are initially caught off guard, then try to preserve homeostasis by rejecting the change, and then succumb to tiredness in trying to deal with the stressor. All people experience stress at some point in their lives; it is not just a psychological condition.

Lazarus 'cognitive theory-

Psychological stress, according to Lazarus and Folkman (1984), is a specific interaction between a person and their environment that they see as exhausting or exceeding their resources and putting their wellbeing in jeopardy (Lazarus and Folkman, 1984). Cognitive assessments and coping are two significant stages that this connection goes through. This theory is very influential; emotion is a disturbance that occurs in the following order:

1. Cognitive appraisal- the individual assesses the event cognitively, which cues the emotion.
2. Physiological changes-the cognitive reaction starts biological changes such as increased heartbeat rate.
3. Action-the individual feels the emotion and react. .(Lazarus, 1984)

Coping methods:

Repression–sensitization theory-

According to this idea, there is a bipolar dimension in which a person deals with stress by choosing between the two diametrically opposed poles of suppression or sensitization. Individuals with a repressive personality type minimise or deny their stress in order to cope. Due to their employment of the avoidance coping strategy, individuals are unable to recognise any potential drawbacks of the stressful experience. Sensitizers, on the other hand, often react to stress by ruminating, worrying excessively, and searching obsessively for information on stress-related indicators.

Monitoring and Blunting-

Miller claims that while monitoring and blunting are comparable in nature to one another as cognitive informational styles, they are a construct that is founded on the repression-sensitization idea. The impact of uncontrollable stressful stimuli can be lessened by an individual through the use of cognitive avoidance, according to this theory, particularly blunting (e.g. denial, reinterpretation etc.).

Since monitoring involves looking for information about the stressor, it is considered to be a more effective coping approach while under controllable stress.

Model of Coping Modes (mcm)-

This model expands on the ideas of alertness and cognitive avoidance with a foundation in a cognitive motivational approach. It is based on the monitoring-blunting construct and is related to the repression-sensitization conception. It highlights that when a stressor is present, a person is compelled to avoid the circumstance and see the stressor ambiguously.

LITERATURE REVIEW-

Amy L Gower, G Nicole Rider conducted a study in 2018 on the topic Perceived gender presentation among transgender and gender diverse youth: Approaches to analysis and associations with bullying victimization and emotional distress. The purpose of the study was by using data analysis methods which containing such measurements are required as birth-assigned sex, gender identity, and perceived gender presentation measures are increasingly being incorporated in large-scale research investigations. In order to increase health equality, large samples that can show the diversity within the TGD population can be used to guide intervention activities. Two data analysis techniques were utilised to explore correlations between perceived gender presentation, bullying victimisation, and emotional distress in a population-based sample of TGD kids. The study was conducted on transgender community and the secondary data survey included 2168 9th and 11th graders who identified as transgender. The study concluded as instead of designating a reference group, researchers should use data analysis techniques that enable comparisons of all perceived gender presentation categories. Youth who are viewed as gender nonconforming should receive special attention from those dealing with TGD youth since they may be more susceptible to bullying, victimisation, and mental distress. (Gower, 2018)

The study conducted by Meng Sun, Haoqiang Ji in 12th may 2022 on the topic, the factors influencing the psychological distress of transgender women in Shandong, China: a cross-sectional study. The psychological suffering of transgender women cannot be disregarded while reducing and preventing AIDS risks because they are a population at high risk for contracting AIDS. Given their vulnerability, transgender women need support for their psychological suffering. The goal of this study was to

assess the psychological anguish experienced by transgender women and further investigate the influences of various factors. The data collected by questionnaire designed for transgender women, and the GHQ-12 scale was used to measure the psychological distress. The questionnaire included questions about socio-demographic traits, HIV/AIDS cognition, associated behaviours, drug misuse, social support, gender identity, and other things. We investigated the psychological aspects of transgender women using both multivariate logistic regression and univariate logistic regression models. The study was concluded as, the psychological suffering of transgender women cannot be disregarded while reducing and preventing AIDS risks because they are a population at high risk for contracting AIDS. Given their vulnerability, transgender women need support for their psychological suffering. The goal of this study was to assess the psychological anguish experienced by transgender women and further investigate the influences of various factors. .(Meng Sun,2022)

Joanna Almeida, Renee M Johnson, Heather L Corliss, Beth E Molnar and Deborah Azrael Conducted a study in 2009 on the topic emotional distress among LGBT youth: The influence of perceived discrimination based on sexual orientation. The authors assessed emotional distress among 9th–12th grade students and investigated whether experiences of being treated unfairly or subjected to discrimination because others assumed that they were gay or lesbian were a mediating factor in the relationship between being lesbian, gay, bisexual, and/or transgendered (also known as “LGBT”) and emotional distress. Data were obtained from a school-based survey in Boston. The results of mediation analysis revealed that felt discrimination was based on mediation analyses, LGBT males were more likely to self-harm and have suicidal thoughts than LGBT females, and perceived prejudice was also

responsible for these raised risks. Youth who identify as LGBT are prone to experience emotional discomfort due to perceived prejudice. . (Corliss,2009)

Maria.I. Lobato, Bianca. M. Soll, Angelo Brandelli Costa, Alexandre Saadeh and Daniel A.M. Gangliotti conducted a study on psychological distress among transgender people in Brazil in 2019. The objective of the study was to examine whether experiences of psychological distress related to gender identity were more strongly related to experiences of social rejection or to experiences of gender incongruence per se. To describe self-reported experiences of gender incongruence related to discomfort and body changes to be more in line with the desired gender. An intentional sample of transgender people (aged >18 years or older) getting medical care at two major reference centres in Brazil was interviewed using a structured interviewing method in this field study. Finally, the study was concluded like, Distress was not significantly predicted by gender incongruence characteristics. This finding is in favour of the recent amendments to the ICD-11 suggested by the World Health Organization, which would shift transgender disorders from the Mental and Behavioral Disorders chapter to a new chapter on Sexual Disorders and Conditions Pertaining to Sexual Health. .(Brandelli,2019)

Brian S Mustanski, Erin M Emerson, and Robert Garofalo conducted a study on the topic; mental health disorders, psychological distress, and suicide tendency in a diverse sample of lesbian, gay, bisexual, and transgender youths. They examined the association of mental disorders with race, gender, and sexual orientation among lesbian, gay, bisexual and transgender youths. A community sample of 246 LGBT youngsters between the ages of 16 and 20 was used to perform a standardised diagnostic interview in order to assess mental problems. The Brief Symptom Inventory 18 was also completed by the participants (BSI 18). The study concluded by LGBT teenagers' rates

of mental illness diagnoses were greater than those of youth in national samples, but they were comparable to those of typical urban, racial/ethnic minority youth samples. Suicidal tendencies were comparable to those of representative juvenile samples from the same region. The prevalence of depression in this population may be overestimated by questionnaires measuring psychological discomfort. .(Emerson, 2017)

CHAPTER 3

METHOD

"Research is a careful investigation or inquiry especially through search for new facts in any branch of knowledge" (Rocco, 2011).

RESEARCH METHOD

Research method is a process for gathering and analysing data. Research design includes the development of research methodologies as a key component. The collection of data and its analysis are the two major choices that must be taken while formulating techniques (Scriber, 2020).

The tactics, procedures, or methods used in data gathering or evidence analysis to find new information or develop a deeper understanding of a subject are known as research methods. The research challenge can be approached methodically using research methodology. It might be thought of as the study of scientific research methodology. In it, we examine the numerous approaches typically used by researchers to analyse the research problem as well as the reasoning behind them. The researcher must be familiar with both the methodology and the research methods/techniques. In addition to knowing how to create specific tests or indices, calculate mean, mode, median, standard deviation, or chi-square, and apply specific research techniques, researchers also need to know which of these methods or techniques are applicable and which are not, as well as what they would mean and indicate and why. Also, researchers must be aware of the underlying presumptions of different methodologies and the standards by which they can judge which methods and processes are appropriate for which problems. All of this means that the researcher must create his approach specifically for his topic because methodologies might vary from problem to

problem. Like this, the scientist must subject research decisions to evaluation prior to implementation. For his selections to be judged by others, he must be very explicit and precise about what he chooses and why. Unlike research methodologies, research methodology has a broader application. Therefore, when one discusses research methodology, they do not just discuss the research methods but also the reasoning behind the methods we use in the context of our research study and why we do not use other methods for the research results to be able to be evaluated by the researcher or by others. (Kothari, 2004).

The qualitative research method is a technique is used to comprehend people's attitudes, interactions, behaviours, and beliefs. It produces data that is not numerical. Researchers from several disciplines are paying more attention to the integration of qualitative research into intervention studies. It helps make it possible for academics to comprehend intricate ideas, social interactions, or cultural events better. This kind of inquiry is helpful in analysing events, describing activities, and investigating how or why things have happened.

The chapter 3 includes details about Research Design – the research design used in the study, the participants, sampling methods used, the universe, population and sample, sample size, the method of data collection and the exclusion - inclusion criteria. It also gives description about the data collection method and its advantages and limitations, procedure of data collection and Data Analysis method and the relevance of this method for the topic, which we study.

RESEARCH DESIGN:

The framework of the research methodologies and procedures a researcher selects to carry out a study is known as the research design. The layout enables

researchers to focus on developing research techniques appropriate for the topic and set up their investigations for success. Effective research typically reduces data bias and fosters greater confidence in the veracity of the information gathered. In experimental research, the goal is typically to construct a design with the smallest possible margin of error. The essential elements are:

- How the information was obtained;
- The researcher's availability and his or her staff's (if any) qualifications;
- A description of how certain methods of gathering information will be organised.
- As well as the selection's justification
- The amount of research time available.
- The cost of the research, or the funding available for the endeavour.

PARTICIPANTS:

Sampling is the process of selecting samples and gathering data from them. Purposive sampling was the chosen sampling technique for this study. In this kind of sampling, also known as judgement sampling, the researcher uses their knowledge to choose a sample that will be most helpful to their research goals. It is frequently employed in qualitative research when the researcher prefers to learn in-depth information on a particular occurrence versus drawing general conclusions from statistics or when the population is relatively tiny and focused. A successful purposive sample must have precise inclusion requirements and justifications. Purposive sampling, in which participants in the study are chosen by the researcher using their own discretion, was the sample technique utilised. This approach was used to maximise the tiny population of interest and provide worthwhile research findings.

UNIVERSE:

The universe used for the research is North Malabar district in Kerala.

POPULATION:

The population includes transgender peoples.

SAMPLE SIZE:

The samples for the research are 10 transgender peoples from Kannur and Kasaragod district of Kerala.

Inclusion Criteria:

- Transgender peoples with age group 20s to 40s. (according to the study conducted by Mr. Alfred Solomon & Ms.J. Achutha)

Exclusion criteria:

- Children and 50+ aged transgender peoples.
- People who have severe physical and psychological discomfort.

METHOD OF DATA COLLECTION:

The method of semi-structured interviewing was used. The data was gathered both directly and through telephonic interviews when a face-to-face interview was not possible. The researcher asks the participant questions that have already been prepared before improvising in reaction to their answers. A semi-structured interview has several benefits. This approach is utilised when a person needs to be interviewed more than once and more information is needed to fully comprehend their opinions. It may also be employed when a researcher has a list of potential questions, but wants to give participants the freedom to diverge from the plan if required.

PROCEDURE OF DATA COLLECTION:

First, the department head's approval was needed to proceed with the research. Then, the researcher obtained the informed consent of the participants (transgender people). The researcher also obtained the permission to record the interview. The participant was also informed of their legal rights and the strict adherence to confidentiality. After developing a rapport with the subjects to make them comfortable. After that the researcher started giving instructions. The participant asked to answer honestly about their experiences because there are no right or incorrect responses and to respond with whatever thought came to mind at the time, among other things. The researcher proceeded on to the questionnaire session once the participants understood all the instructions. After collecting the responses, the participant was asked about their experience and told that if they were interested in learning the results, they could contact the researcher or that the researcher will contact them. At the end they were thanked for their participation and cooperation.

ANALYSIS MEYHOD:

Narrative analysis method is used in this research because it can help get information, reach conclusion and more than that this method allow the participant to explain their views and experience through their own words. Using narrative analysis, the researcher can interpret the details as they are given by the subject and be more flexible in how the outcomes might develop. Researchers can obtain precise information about their subjects using narrative analysis that is not possible through other means.

CHAPTER 4

RESULT AND DISCUSSION

This chapter provides the results and discussion of the study which is analysed using Narrative analysis. The goal of the result and discussion part is to objectively convey the most important findings in a logical order and without interpretation, utilising both text and illustrative resources. The data that were gathered are shown in the Results section. This order is followed in the content of the Findings section, which offers responses to the queries and hypotheses you investigated. Reporting significant negative outcomes is also necessary. Findings are followed by the Discussion part, which is then followed by the Conclusions and Suggestions section. Here, the studies highlight the importance of their findings. The study's findings are logically explained in this part. Citations to the research covered in the Literature Review typically resurface here since those interpretations are frequently derived by contrasting and comparing the results to past studies' conclusions.

Also, this section typically discusses the study's limitations and makes educated guesses about what the findings might mean in terms of the issue(s) raised by the research question(s). Since it is finally advancing to an argument, this section is crucial. There is more potential for disagreement in this part since the researchers interpret their findings considering theoretical foundations. The authors' interpretation of their findings may differ significantly from your interpretation or that of another researcher. (Lumen, n.d.).

Narrative analysis is a technique for reading and analysing the stories that people tell about their lives. She emphasises that narratives are more than just a list of incidents; they are composed in a way that communicates significance and intent.

According to Riessman, narrative analysis can be used to help scholars comprehend the social and cultural environment in which the stories are set as well as the themes and patterns present in the stories. (Riessma, 2008).

People tell tales to help them organise and make sense of their life, and their storied narratives are useful and purposeful, according to a frequent presumption of narrative approaches. In order to undertake a narrative analysis, researchers need to be aware of the social, cultural, and historical context of their research subjects. This helps researchers understand what their subjects' narrations are trying to convey. In context-rich research, in particular, there are numerous layers of hidden significance that can only be discovered by a thorough comprehension of the culture or environment. (Harappa, 2021).

RESULT OF NARRATIVE ANALYSIS:

In this study, ten representatives from transgender community shared their experiences about emotional distress among them, the factors causing emotional distress and the methods they used to manage it. The answers provided were also based on personal experiences and as perceived by each of the participant. The perspectives were from transgender people who completed gender transformation surgery and settled in Kannur, Kasaragod district. Some of the experiences shared also include specific references to certain situations that has happened or is ongoing in their lives. Different factors causing emotional distress were included like body shaming, relationship problems, lack of facilities, social acceptance, and stereotypical views existing in society, unemployment, health issues, hormone changes, abuses etc.

DISCUSSION OF NARRATIVE ANALYSIS:

The aim of the study was to understand the emotional distress and coping methods among transgender population. The research was carried out by interview methods. The participants were all transgender peoples who completed gender transformation surgery. They all are between the age group 20s to 40s and had pursued majority of their life time in North Malabar region.

The first question was about the situation which they realized their real gender and did they feel any sort of stress? For that 70% responded like they realised it in school time and some other 30% get knowledge about it while collage time. When talking about the stress most of them answered 'yes'. One of the participants quoted as; "No, I felt it as normal. More than that I felt myself satisfied with my gender. "

Most of the participants felt stress, lack of sleep, loss of eating habit and other depressive symptoms. Most of them not yet aware of transgender community and their own condition. One participant described that situation as;

"At that time, I just felt hopelessness and worthlessness."

The study conducted by National Institutes of Health on 2020 have similarities to the answer given by the participants. According to theories of minority stress and identity development the negative experiences they have faced may make it more difficult to accept oneself for who you are. One risk factor for poor mental health outcomes is lower self-acceptance.

The second question was about to whom they opened up about their identity? For this question 50% responded by saying "friend" 10% said it was their family and

other 40% open their real identity with another transgender peoples. One among them said as;

“It my friend from my own community. I felt more comfortable with her”

While asking about the response of that people the participants responded as they have faced some sort of non-acceptance at first time but later, they accepted them as what they are. Most of the participants responded as it was better to open up with people belonging to people belonging to same community because they can understand one’s real feelings and the struggles they have facing during that situation.

The third question was about any situation where there were emotionally drained and felt like no one could help you? For that 40% responded as ‘No’ and the other 60% as ‘yes’. As being a transgender people, they have to face more struggles to get self-satisfaction by getting their real identity. The majority said as lack of acceptance from family and society made them feel emotionally drained.

The fourth question was about their feelings after gender transformation surgery? For this question the participants said they felt self-satisfaction, and it was the happiest moment in their life. One of the participants quoted that situation as;

“I cannot explain my feelings by any of the words, just I can say it as for the first time I loved my body. And felt satisfied with all means”

Section 1: Health

This section includes questions related to their health and lifestyle. The first question was about if they have any health problems? Most of the participants responded as “No” only two of them have physical issues like joint pain, migraine, and blood pressure.

The second question was about their eating and sleeping habit. 80% of the participants responded they have poor eating habit and not even getting a quality sleep of 8 hours. One of the participants said;

“I have a problem of overthinking, so a small issue makes me distracted and it cause sleeplessness “

From majorities response the avoidance they have facing make them to feel more disturbed and the major cause of stress.

The third question analysed their emotional issues during hormone treatment. For that question 90% participants responded as they have emotional imbalance at that time because of lack of emotional control they felt stress, angry for no reason, they became easily hearted, crying without any reason, mental fatigue etc.,

The fourth question was had they used any medicines or drugs? For these questions all participant responded as 'No'.

The next question was about have they used to do any relaxation techniques such as medication and yoga? 50% of the participants use yoga and meditation for getting stress free. Some others use dancing and practicing musical classes for getting free of this emotional distress. The felt one's never used practice any of the relaxation techniques.

Section 2: Family.

The first question was about if they were living / settled with their parents and family? 80% participants responded as “yes” and the felt 20% said 'No'. That was because even now their family doesn't know it and they don't have enough courage to tell them about my truth.

The second question was about what was the response from family when they revealed their self-identity? And if they got enough support from family and relatives? The 40% participants responded as their family members get shocked then gradually, they accepted the truth. 20% responded like their family members does not have enough knowledge about transgender peoples, they just have negative concepts about transgender community. 10% responded as their family members accepted them without any problem and they take it positively. And the left 10% said their family not even know that they were a transgender. And they mentioned that when they open up with family, women have to suffer and struggle more.

The third question was if they were married? For the question 60% responded as they have a relation but not yet married. 20% them were living together and other 20% were married and settled with their family and leading a happy life. One of the participants said;

“My partner was my strength and he manage whole my emotional problems just acting like a pain killer. “

Her words itself shows how a partner make them strong enough. But the words of another one has some other facts about a life of transgender.

“Mine is a love marriage, and both of our families accepted us and we got married three years before but I didn’t get my marriage certificate till after two years just because I’m belonging to a transgender community.”

Her voice gets cracked while saying that which showing some sort of discrimination they have facing even now.

Section 3: social acceptance

The first question was about did get enough care from the hospital during the surgery? For this question most of the participants responded “yes” because they were satisfied with the care and support, they were given. But one participant responded ad ‘No’ and the participant said;

“I didn’t get enough care and support at my surgery time and they treated me with angry, hurt me with words and their attitude effected my emotional balance and my confidence at that time”.

The second question was about verbal /physical / emotional abuse that they have faced after gender transformation. How it effects? How do they deal with such situations? For this question all the participants answered ‘yes’. 70%of them responded like they have faced have abused just because of belonging this community and that caused distress. 30% of participants responded they do not bother about verbal abuses. One participant said;

“Most of people belief that we are just sex workers, and just because of some stereotypical views existing. “

The third question was about if they have been marginalized in any way because of being transgender? For this question they all answered as ‘yes’.

The fourth question was had they ever been turned away from a job just because you are transgender? 60% participants responded as ‘yes’. They said they have turned away from many jobs because of the gender. In many opportunities like sales, nursing, marketing etc., where they have struggles to continue in that field.

The fifth question was about the representation of transgender community in media and movies make negative impact on transgender community among society? For this question 60% participants responded as “yes”. One participant quoted it as;

“I’m afraid to see some movies with my family because most of the movies portraits transgender peoples as beggars or sex workers. “

Some other 40% responded about the positive representation of transgender peoples in social media and movies.

The final question was about do they feel that the acceptance of the transgender community has changed now a days? For this question all of the participants responded ‘yes’. They said that the visibility of transgender peoples and community have an intense increase now. It was just because of the change in society and the increase in acceptance of transgender community. But still now we have too long to walk and to be improved. One commented as;

“There is a change in the acceptance of transgender people but even now transgender community were treated as a third gender. We must move on with it. More than that we need more facilities like toilets, hostels etc. “

Even if some peoples avoid to accept transgender population which lead this community loneliness and isolation.

From the results, majority of the participants were facing different emotional and psychological distress just because they were belonging to transgender community. Which includes loneliness, social withdrawal, adjustment problems on both physical and psychological dimension. Psychological distress has been considered a key component in the psychosocial functioning and functional disability in life of a transgender men or women, but the determining factors of social functioning and

psychological distress in the transgender people are not yet fully known. From the study emotional distress has a considerable impact on the social functioning of the transgender population.

CHAPTER 5

SUMMARY AND CONCLUSION

A variety of emotional struggles are experienced by transgender people, and these struggles can have a negative impact on their mental health and general wellbeing. Gender Dysphoria, prejudice, and discrimination, bullying and harassment, family rejection, societal rejection, and isolation are a few of the frequent emotional distresses that transgender person's encounter. Anxiety disorders, depression, substance misuse, and suicide ideation are just a few of the mental health problems that can develop as a result of these emotional distresses. It is crucial for transgender people to seek the assistance of mental health specialists and locate secure settings where they may interact with others who have undergone similar experiences. Hence the aim of the study was to understand the emotional distress and coping methods among transgender population. After taking the permission of head of the department and the guide the research process began. Ten transgender peoples who had completed their gender transformation surgery in North Malabar region in Kerala was selected as the sample for the study. The informed consent of the participant was taken. They were made aware of their rights and about the confidentiality that would be followed. They were also told that they could withdraw anytime from the study if they felt uncomfortable or due to any other reasons. Permission to record the interview was also taken from each of the participants. Then, the questions were asked after establishing rapport and making sure that the participants were comfortable.

The method used was semi structured interview based on questions that required the participants to respond using their personal experiences. The questions were further explored based on the participant 's responses and the specific examples or

life situations they spoke about. The participant's responses were collected carefully. Then, after the data had been gathered, each participant was asked about their experience. They were also informed that if they were interested, they could contact the researcher or that the researcher will contact them to let them know the results and findings of the research. The individual was then thanked for their participation and cooperation.

The major objective of the study is to understand the emotional distress among transgender population and the coping methods they had used. The specific objectives of the research are understanding the social acceptance of transgender community. The responses that were collected was then analysed. The narrative analysis method was used because it provides researchers with detailed information about their subjects that they could not get through any other methods. Using the narrative analysis, the study was able to develop some findings. Using the narrative analysis, the study was able to develop some findings.

Due to the stigma and persecution transgender people encounter in society as a result of their gender identification, they frequently go through intense emotional distress. There are a variety of things that can upset transgender people's emotions. One of these is the fact that they frequently deal with prejudice and discrimination from society, which can result in feelings of loneliness, anxiety, and depression. The second one was going through rejection from friends and family, which can be emotionally traumatic and lead to feelings of loneliness. The conflict between a transgender person's gender identity and the sex they were given at birth can cause them distress. Uncomfortable, anxious, and depressive emotions may result from this. They experience stigma and marginalisation as well, which may limit their access to opportunities for employment, education, and healthcare. Bullying and harassment of

transgender people frequently results in feelings of fear, anxiety, and depression. They encounter psychological challenges. To offer assistance and services to transgender people who might be in difficulty emotionally, it is critical to acknowledge and address these factors.

Individuals who identify as transgender may use a variety of coping strategies, depending on their level of social support, access to healthcare, and personal coping preferences. Some of the coping mechanisms they have used are getting support from peers or mental health professionals. Transgender people who want to process their emotions and come up with coping mechanisms may find it beneficial to connect with others who have experienced similar things or to go to therapy. Learning about the experiences of other transgender people and the political and societal concerns that the transgender community is dealing with can make people feel more knowledgeable and in control of their lives. For some transgender people, using their creativity to express themselves through writing, music, or painting can be helpful. Exercising, meditating, or taking up hobbies that serve to relieve stress and advance wellbeing are examples of self-care activities. It's crucial to understand that there is no one "right" method to deal with emotional pain and that what works for one person may not work for another. For transgender people, it's crucial to have access to resources and healthcare professionals.

KEY FINDINGS:

- The key findings of the study includes that there is an effect of social acceptance in the cause for emotional distress among transgender population.
- Transgender peoples feel emotional distress due to unemployment.
- Democratic values are affected by generational gap and that is seen to have a positive impact on the acceptance of transgender population.

- Transgender people prefer to maintain friendships with those people who have similar or compatible democratic values or who belonging to same community.
- Transgender peoples also feel more comfortable sharing their grievances and seeking emotional or other kinds of help from people who have similar democratic values.
- Transgender peoples use various methods as coping strategies like dancing, practicing music.
- The peer influences sometime acted as stressors on the participants such as; verbal shaming, showing exaggerated sympathy, comparing them with other sever problems.

IMPLICATIONS:

Transgender population have emotional distress that come with lack of social acceptance or support, unemployment and sometimes separation from home. Transgender people may struggle with feelings of guilt, isolation, depression because of their increased dependency, especially due to some stereotypical views existing in the society. Many transgender people contend with feelings of loneliness and isolation facing rejection from their loved ones which can negatively impact their health and well-being. Staying active and involved in life can help to counteract these challenges. Results of the present study helps others get knowledge about this problem and can understand how transgender people live in our society, the challenges they had been facing and their emotional state. We can also understand that which living condition is better for transgender population. Through this study it is stating the conditions of emotional distress of transgender peoples and how it effect their living.

The findings of this research can apply to the different types of counselling. While providing therapy or counselling for the transgender population who are experiencing adjustment issues or family problems, social discrimination the techniques or methods used to help them can inculcate the aspect of bringing changes or suitable adjustments in the democratic values.

LIMITATIONS:

The sample size is very small and difficult to find out. The universes were also restricted to North Malabar region due to inefficient time. All the interviews could not be done face-to-face due to the limitation of time. Since this is a relatively less studied topic, studies related directly to the topic or the connection between the variables is difficult to find.

SCOPE OF THE RESEARCH

The study on emotional distress and coping mechanism among transgender population can be used to make further analysis of the stressors faced by the transgender community. The study can be a basis for exploring more coping mechanisms to help the transgender peoples to manage with their both physical and mental health conditions. This study also covers the stress factors among the transgender peoples and also helps to understand psychological stressors of the transgender population and this particular section can be taken for the future analysis by the counsellors.

SUGGESTIONS FOR FUTURE RESEARCH:

- The same study variables can be studied in a different population/ context/ location/ culture.

- In the present study, some of the samples were taken by telephonic interview. In future studies could be carried out with face-to-face interview method.
- The present study addressed emotional distress, coping strategies, and transgender population. Future studies could explore the possibility of other psychological variables in this population.
- Time consuming was a major limitation and this can be avoided using an alternative data collection method.

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APPENDIX

APPENDIX A: INFORMED CONSENT LETTER INFORMED CONSENT FORM

This is a research study undertaken for the fulfilment of the researcher's Bachelor of Science program in Psychology. The study is on —UNDERSTANDING THE EMOTIONAL DISTRESS AND COPING METHODS AMONG TRANSGENDER POPULATION. The data for the study will be obtained through semi-structured interview and will be recorded. It is expected to last for approximately 30 – 40 minutes for each participant.

Participation in this research project is voluntary. You have the right to withdraw from the study at any time in the event that you chose not to continue. It is further reinstated that all information will be kept confidential and will be used only for the purpose of the above-mentioned research study.

The contact information of the researcher has been provided for participants in order to clarify any concerns or queries about this study. The details of the researcher are given below:

Researcher: ATHULYAKS

Phone Number: 7034760252

Email Id: athulyaks299@gmail.com

Your name and signature below signify that you have read and understood the contents and intentions formed in the consent.

Name

Signature

Date:

APPENDIX B: SOCIO DEMOGRAPHIC DETAILS

NAME/ INITIAL

AGE

GENDER

QUALIFICATION

PLACE

ADDRESS

CONTACT NUMBER

APPENDIX C: RESEARCH QUESTIONS

1. നിങ്ങളൊരു ടാൻസ് ജെൻഡർ ആണെന്ന് ആദ്യമായി തിരിച്ചറിഞ്ഞത് എപ്പോഴാണ്?
2. ആസമയം അനുഭവിച്ച മാനസിക സംഘർഷം ഒന്ന് പങ്കു വെയ്ക്കാമോ? അതെങ്ങനെയാണ് തരണം ചെയ്തത്?
3. നിങ്ങൾ ആദ്യമായി ടാൻസ് ജെൻഡർ ആണെന്ന് തുറന്നു പറഞ്ഞത് ആരോടായിരുന്നു? അവരെങ്ങനെയാണ് അതിനോട് പ്രതികരിച്ചത്?
4. എന്തെങ്കിലും ആരോഗ്യ പ്രശ്നങ്ങൾ ഉണ്ടായിരുന്നോ?
5. മെഡിക്കറ്റേഷൻ, യോഗ പോലുള്ളവയിലാക്സിയേഷൻ രീതികൾ ഉപയോഗിച്ചിരുന്നോ?
6. നിങ്ങളുടെ ശരിയായുള്ള ജെൻഡർ ഐഡൻറിറ്റി വെളിപ്പെടുത്തിയപ്പോൾ സമൂഹത്തിൽ നിന്നും അഭിമുഖീകരിക്കേണ്ടിവന്ന പ്രശ്നങ്ങൾ എന്തെല്ലാമായിരുന്നു. ഏതെങ്കിലും പങ്കുവെയ്ക്കാമോ?
7. ജെൻഡർ ട്രാൻസ്ഫോർമേഷൻ സമയം ഹോർമോണിലുണ്ടായ മാറ്റങ്ങൾ മാനസിക സമ്മർദ്ദം ഉണ്ടാക്കിയിരുന്നോ? ഉണ്ടെങ്കിൽ എന്തെല്ലാമായിരുന്നു അത്?
8. എന്തെങ്കിലും മെഡിസിൻസ്, ലഹരി (alcohol, cigarette) തുടങ്ങിയവ ഉപയോഗിച്ചിരുന്നോ?
9. ജെൻഡർ ട്രാൻസ്ഫോർമേഷൻ നുശേഷം ആരിൽ നിന്നെങ്കിലും

വാക്കുകൊണ്ടുണ്ടോ പ്രവർത്തികൊണ്ടോ ചൂഷണം നേരിടേണ്ടിവന്നിട്ടുണ്ടോ? അത്താങ്കൾക്ക് മാനസികമായ പിരിമുറുക്കം ഉണ്ടാക്കിയിട്ടുണ്ടോ? എങ്ങനെയാണ് അത്തരം സാഹചര്യങ്ങളെ നേരിടുന്നത്?

10. ട്രാൻസ് ജൻഡർ വിഭാഗത്തിന് സമൂഹത്തിൽ കിട്ടിയിരുന്ന സ്വീകരണത്തയ്ക്ക് ഇപ്പോൾ മാറ്റം വന്നതായി തോന്നുന്നുണ്ടോ?

11. ട്രാൻസ് ജൻഡർ ആണെന്ന കാരണത്താൽ ഏതെങ്കിലും രീതിയിൽ മാറ്റിനിർത്തപോട്ടിട്ടുണ്ടോ?

12. നല്ല രീതിയിൽ (8hrs) ഉറക്കം ലഭിക്കാറുണ്ടോ? / സ്ലേപ്പ് അല്ലെങ്കിൽ ഓവർ തികിക്കാറുണ്ടോ ഉറക്കത്തിനു ശല്യം ഉണ്ടാകാറുണ്ടോ?

13. ഇമോഷണലിതളുന്നുപോയ, ആർക്കും സഹായിക്കാൻ പറ്റില്ലെന്ന് തോന്നിയ ഏതെങ്കിലും സാഹചര്യങ്ങൾ ഉണ്ടോ?

14. ഭക്ഷണത്തോട് താല്പര്യം കുറവ് തോന്നിയിട്ടുണ്ടോ?

15. അനാവശ്യമായി ടെൻഷൻ അടിക്കുന്നു എന്ന് തോന്നിയിട്ടുണ്ടോ?

16. ആത്മഹത്യാ ചെച്ചാൻ തോന്നിയിട്ടുണ്ടോ, അല്ലെങ്കിൽ ആത്മഹത്യക്ക് ശ്രമിച്ചിട്ടുണ്ടോ?

17. ട്രാൻസ് ജൻഡർ ആയത് കൊണ്ട് മാത്രം ഏതെങ്കിലും ജോലിയിൽ നിന്നും മാറ്റിനിർത്തപ്പെട്ടിട്ടുണ്ടോ?

18.അനാവശ്യമായിചെറിയകാര്യങ്ങൾക്ക്പോലുംദേഷ്യപ്പെടുന്നതായിതോന്നിയിട്ടുണ്ടോ?

19.സർജറിയുടെസമയത്ത്ഹോസ്പിറ്റലിൽനിന്നല്ലകൈയർകിട്ടിയിട്ടുണ്ടോ?

20.ഫാമിലിയുംറിലേറ്റീവ്സിൽനിന്നുംവേണ്ടത്രസപ്പോർട്ട്ലഭിച്ചിട്ടുണ്ടോ?

QUESTIONS

1. When did you first realize you were transgender?
2. Can you share the mental tension experienced at that time? How was that handled?
3. Who was the first person you opened up about being transgender to? How did they responded to it?
4. Have any health problems?
5. Have you used relaxation techniques such as medication and yoga?
6. What were the problems you had to face from society when you revealed your real gender identity? Can you share any?
7. Did hormone changes during gender transformation cause mental stress?
8. Did you use any medicines or drugs (alcohol, ciggeratte)?
9. Have you faced verbal abuse from anyone after gender transformation? Has it caused you mental stress? How to deal with such situations?
10. Do you feel that the acceptance of the transgender community has changed now?
11. Have you been marginalized in any way because of being transgender?
12. Do you get good sleep (8hrs)? / Do you have sleep disturbance due to stress or Over thinking?
13. Are there any situations where you were emotionally drained and felt like no one could help you?
14. Have you lost interest in food?
15. Do you feel unnecessarily stressed?

16. Have you felt suicidal, or attempted suicide?
17. Have you ever been turned away from a job just because you are transgender?
18. Have you ever felt unnecessarily angry over small things?
19. Do you feel mental fatigue?
20. Did you get good care from the hospital during the surgery?
21. Have you received enough support from family and relatives?

UNDERSTANDING THE EMOTIONAL STATE OF PARENTS WITH SPECIAL NEED CHILDREN

*A Dissertation submitted in partial fulfilment of the
requirement of the degree of Bachelor of Science in Psychology*

Submitted by:

AMAYA SAJITH

Reg.No:DB20CPSR02

Under the guidance of

Ms. KEERTHANA SIVAN

Assistant professor



DON BOSCO ARTS AND SCIENCE COLLEGE

ANGADIKADAVU

(Affiliated to Kannur University)

DEPARTMENT OF PSYCHOLOGY

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SUBMITTED FOR THE B.Sc. EXAMINATION 2022-23

Head of the Department

Principal

Held On

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on “**UNDERSTANDING THE EMOTIONAL STATE OF PARENTS WITH SPECIAL NEED CHILDREN**” by, AMAYA SAJITH, in partial fulfilment of the requirements for the award of the Undergraduate Degree of BSc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

DECLARATION

I **AMAYA SAJITH**, hereby declare that this dissertation entitled **“UNDERSTANDING THE EMOTIONAL STATE OF PARENTS WITH SPECIAL NEED CHILDREN ”** submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

AMAYA SAJITH

DB20CPSR02

Signature

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ABSTRACT

The study utilized qualitative methods to- Understand The Emotional State of parents with special need children. The study was conducted among the population of Kannur district and the method used to collect data was semi structured interview and there was a total 10 participants. The study was conducted among mothers with special need children only. The participants were 25 to 45 age group. The responses of the participants to the questions that were asked are analysed using the thematic analysis method of analysing qualitative data.

Intellectual disability is a most prevalent condition. Parents may experience increased psychological difficulties and strain as a result of the possibility of raising children with special needs for the rest of their lives. This is likely to alter how they view parenting and the future of the entire family. Family conflicts are frequently brought on by the tremendous time, effort, and emotion required to raise a child with special needs. Together with the emotional hardship, families that have a disabled child must manage a number of practical responsibilities. Thus this research tries to understand how the disabled children affect the emotional state of parents. Furthermore, in the field of Psychology the findings of the study can be used to develop follow up activities and to make a positive effect towards having a disabled child. These follow up can be based on the factors that will be found under this study.

The major findings of the study were that having a disabled child will affect parents emotional state. All the mothers have a lots of expectation about the child and after the childs birth they all were disappointed. Mothers experience a great amount of stress and they don't get enough time for self care due to the responsibilities towards the child. Another findings was they all are worried about childs future, because their disabled child are unable to do day to day activities and they are dependent. Some of the mothers experience a greater amount of financial trouble and also they don't get enough support from family. Lack of support will affect their very hardly. And mothers who have family support plays a major role in their live

CHAPTER 1

INTRODUCTION

The most prevalent developmental condition is intellectual disability. A person is said to have an intellectual disability if they are limited in both their intellectual functioning such as their ability to learn, judge situations, and solve problems and their adaptive functioning such as their ability to communicate, interact with others, take care of themselves, and live independently. Before a child becomes 18, intellectual disability can occur at any time. It is also sometimes known as cognitive disability and another term was mental retardation which is now an offensive term. Special educating schools plays an important role in disability children. They instruct on how to carry out daily tasks and be autonomous.

The most common causes of intellectual disabilities are due to genetic conditions, problems during birth, complications during pregnancy, exposure to toxins, head trauma during childhood etc. Intellectual disability is a life long condition. Early interventions can help to improve the child's cognitive and adaptive functioning. Services that provide for people of intellectual disability and families are; special education, family support, vocational programs, housing and residential options, and case management.

In children with severe intellectual disabilities, may be other health problems as well. These problems may include seizures, mood disorders (anxiety, autism, etc.), motor impairment, vision problems, or hearing problems. (Byrd , 2022).

A developmental disability that causes mild to severe limitations in cognitive function (such as learning, problem-solving, reasoning, and planning) as well as adaptive behaviour. This makes it difficult for the person with the disability to develop the skills that are appropriate for their age group as children or that are required for later independent functioning as adults. It is currently used to describe mental impairment. According to the DSM-5, a clinical evaluation of a person's level of difficulty with conceptual skills (such as reading, writing, and math), social skills (such as communication, emotion regulation), and practical skills is necessary for a diagnosis of intellectual disability, including the severity of it (e.g., self-care, ability to manage activities of daily living).(APA,2023).

The mental health of parents of children with intellectual disabilities is crucial. As soon as two individuals are married, they start to dream about having a healthy child. All of the parents in this area are expecting children and are praying for healthy infants. They realised their baby seemed to have some intellectual impairment after waiting for 9 months. At the time, and up until their deaths, they worried about their infant, and they are losing their original dreams and aspirations. The majority of parents worry about how their kids will suffer in the future, how they will cope after they pass away, etc. Because of these irrational, negative beliefs, it is very difficult to adjust to this role or this way of life.

The American Psychiatric Association offers the following advice: 1) Get help; educate yourself about your child's disability. 2) Develop connections with other parents of children who have disabilities. 3. Exercise patience; the child might learn more slowly. 4) Encourage independence and responsibility. 5) Learn everything you can about the educational services your child is entitled to. 6) Learn about the laws that are designed to offer your children the best life possible. 7) Check your neighbourhood for opportunities for social, recreational, and sporting events.(APA,2023).

Background information: It is generally known that caring for their children, who have intellectual disabilities, causes parents of those children to suffer from physical and mental health issues, which reduces their quality of life. Since they are responsible for both the requirements of the household and issues relating to the child's disability, the parents or carers are definitely the centre of the family. Many recent research have revealed that caretakers are more susceptible than non-caregivers to mental and physical health problems.

In addition to the regular stressors of caring for a new baby, these parents also have to deal with a number of concerns surrounding the health and prognosis of their child, frequent medical appointments and procedures, and the increased workload of caring for a child with special needs. Clinically, having a child with a birth defect affects parent mental health, family dynamics, and child adjustment. It's possible that up to one-third of families are under stress beyond their capacity to handle it.

These issues can impair marriages and other family connections, as well as employment and careers, and increase family conflict when coping methods don't function. For instance, a number of studies have found that parents of children with

medical problems have higher rates of major depressive disorder and depressive symptoms. Because friends and relatives are usually unclear of how to help and may choose to avoid doing so, families with special needs children also have greater rates of marital conflict and are less likely to be able to rely on past social supports. Because friends and relatives are frequently unsure of how to help and may decide to keep out of the issue altogether, families with special needs children also have greater rates of marital conflict and are less likely to be able to rely on prior social supports.

Schools with a special education programme, parental assistance, etc., aid with situational adjustment. The advantages of emotional coping, like cohesion and responsibility sharing, were only briefly acknowledged in a small number of research. Stress, wrath, anxiety, guilt, and other negative emotional coping factors were included in several investigations. Findings revealed a correlation between parenting stress and the severity of ADHD symptoms, with parents of children with ADHD reporting higher levels of parenting stress than those of nonclinical controls (Theule et al., 2013). Similar results were observed among parents of children with ASD who reported high levels of parenting stress, particularly traumatic stressors and trauma-related symptomatology (Stewart et al., 2017).

The parents of children with special needs differ from parents in general. They are under a lot of strain. Typically, parents of children with special needs are in a terrible emotional state. Due of the impending birth of a husband and wife's children. parenting special needs children typically requires the parents to manage a deluge of practical demands, such as schedule and house adjustments, financial costs for multiple specialists and therapists, constant time pressure, etc (Power et,1988). These demands are difficult and frequently have an impact on all facets of family life and one's own life, including interpersonal relationships, intrapersonal dynamics, and practical coping. Parents of children with exceptional needs are typically worn out and experience frequent depression. Even more so than parents of average children, they lack the time and resources for self-care.(Heiman,2021).

NEED AND SIGNIFICANCE :

Parents may experience increased psychological difficulties and strain as a result of the possibility of raising children with special needs for the rest of their lives. This is likely to alter how they view parenting and the future of the entire family.

Family conflicts are frequently brought on by the tremendous time, effort, and emotion required to raise a child with special needs. Together with the emotional hardship, families that have a disabled child must manage a number of practical responsibilities. These expectations include ongoing time restrictions, significant financial duties, the need for support and accommodations for their child's education, higher investment in healthcare and access to medical care, and ongoing advocacy for oneself and their children.

STATEMENT OF THE PROBLEM

The goal of the current study is to comprehend the emotional state of parents of children with special needs. Having a child with a disability results in emotional and financial difficulties. It's a difficult emotional task to witness that child from birth to death, and it affects their quality of life. So, it is essential to understand the emotional stability of parents.

DEFENITION OF KEY TERMS

Disability

Theoretical definition

Intellectual disability is a condition that first appears before the age of 22 and is marked by considerable limits in both intellectual capacity and adaptive behaviour.(AAIDD, n.d).

Operational definition

A physical or mental conditions that limits a person's movements,senses,or activities.

Emotion

Theoretical definition

Emotions are conscious mental reactions, such as anger or fear that are seen as intense feelings that are usually aimed at a particular thing. They are frequently accompanied by physical changes in the body's physiology and behaviour.(APA, n.d).

Operational definition

- A strong emotion brought on by one's environment, state of mind, or interpersonal connections.

MAJOR OBJECTIVE

To understand the emotional state of mothers with special need children.

SPECIFIC OBJECTIVES

To understand the financial functioning of mothers with special need children.

To understand the social functioning of mothers with special need children.

To understand the stress and coping mechanism of mothers with special need children.

ORGANISATION OF THE RESEARCH

The study contains five chapters they are; Introduction, literature review, Methodology, results and discussion. Finally the summary and conclusion. In the introduction it contains a clear overview of the topic, with a focus on its necessity and importance. The issue statement and definitions of the important terminology used in the chapter are also included in this chapter. The literature review is included in the second chapter. It is divided into two sections: the linked research and the study's theoretical foundation. The methodology is covered in chapter three. It offers a thorough description of the samples, variables, tools, data collection techniques, and analysis methodology that were utilised to analyse the data gathered. The fourth chapter investigates the findings and talks about how the data were analysed and the conclusions drawn from them. An overview of the study and its methodology are given in the fifth chapter, which is the Summary and Conclusion. Also, it contains the main conclusions of the current study, its implication, and recommendations for additional study. References and attachments are provided at the end.

CHAPTER 2

REVIEW OF LITERATURE

A literature review is a study, or more precisely, a survey, of academic literature with the goal of discussing published data on a given subject or research question. Consequently, a true expert in the subject of study is required in order to create a literature review. The outcomes and conclusions will be disseminated to the general public, including researchers in related fields. Researchers could go on and on about how literature reviews continually feed new research, which in turn continually feeds literature reviews. The fact that one exerts a power over the other causes science, a discipline that spans the globe, to continuously advance and change. When writing about research at any level, conducting an attentive and complete literature review is crucial.

When writing about research at any level, it is crucial to conduct a careful and comprehensive literature review. It is a given in all research papers and basic assignments that it has been carefully completed. By offering one, which is typically done in the introduction before the thesis statement, may reassure the reader that the fundamentals of research have not been overlooked. It does more than just summarize prior study on the subject; it also evaluates, summaries, compares, contrasts, and correlates a variety of scholarly books, research articles, and other pertinent materials that are closely connected to ongoing research. (ELSEVIER,2022).

Theoretical Review

VYGOTSKY'S SOCIAL DEVELOPMENT THEORY

According to Vygotsky's social development theory, a child's cognitive growth and capacity for learning can be influenced and mediated by their social interactions. According to his theory, which is also known as Vygotsky's Sociocultural Theory, learning is fundamentally a social process rather than an isolated quest for knowledge. He goes on to say that having a parent or teacher who is more knowledgeable about the subject matter can greatly benefit a child's learning. According to Vygotsky's sociocultural theory, kids internalise and pick up on the attitudes and beliefs they see around them. He thought that culture had a significant impact on how people developed cognitively and that different cultures had different

patterns of cognitive development. Moreover, Vygotsky's emphasised the significance of language as the source of all learning. (McLeod,2023)

META EMOTION THEORY

Gottman et al. (1996) presented the idea of "metaemotion" for the first time in family therapy research. They argued that parents have different perspectives on their own emotions and those of their children, and that this has an impact on how they deal with emotions in daily life. The term "meta emotional philosophy" was used to describe this systematic collection of emotions and concepts. Gottman et al. showed that the metaemotional philosophy of the parents was connected to a number of middle childhood outcome variables, such as academic achievement. (Norman & Furnes,2016)

ABIDIN PARENTING STRESS THEORY

Parenting stress, according to Abidin (1995), is the mismatch between the resources needed for the parental position and the belief that one can manage it. Parenting stress can also result from the traits of parents and their relationships with their kids (Misri et al., 2010).

JOB DEMAND-CONTROL (SUPPORT) THEORY

For more than 20 years, the Job Demand-Control (JCD) model and its enlarged variant, the Work Demand-Control-Support model, have dominated the study of occupational stress. According to the JCD model, the interaction between two aspects of the work environment—psychological job demands and job control—causes job strain. Workload has historically been associated with psychological pressures, which primarily operated in terms of time pressure and role conflict (Karasek, 1985). Yet, the contemporary construct of psychological demand is now defined by interpersonal conflict aspects, cognitive and emotional demands, and emotional demands. Job control, also known as decision latitude in the literature, is the capacity of an individual to direct their work-related activities. It is defined by two essential elements: Decision-making authority (the capacity of an employee to decide how to carry out their duties) and skill discretion (the breadth of skills used by the worker on the job). According to the JCD theory, people who have high expectations and limited control are more likely to feel psychological pressure at work, endure work-related stress, and eventually have poor physical and mental health.(OSH WIKI,n.d).

Literature review

A study titled as “Parents of Intellectually Disabled Children: A Study of Their Needs and Expectations”(2013) by Priti Kumar. Descriptive data analysis is used in a semi-structured interview. The goal of the current study was to specifically examine the needs of families with children who have intellectual disabilities as seen by their parents. It was created to investigate a number of issues mentioned by parents of kids with intellectual disability. The outcome can be explained by the necessity for parents to know about a child's health or impairment and how to deal with a child's conduct. Due to the nuclear family and societal norms, many parents chose not to disclose information about their children and chose not to need family and social support. As a result, other needs of parents and children with intellectual disabilities are neglected, particularly those relating to explaining other needs and family and social support.

A study titled as “Mindfulness training effects for parents and educators of children with special needs” (2012) by Rita Benn, Tom Akiva, Sari Arel, Robert W Roeser . When providing care for children with special needs, parents and educators face particular social-emotional difficulties. No in-depth research has examined whether mindfulness training would be a useful tactic to help these adults cope with stress, foster wellbeing, and provide appropriate care. The effectiveness of a 5-week MT programme for parents and teachers of children with exceptional needs was evaluated in this randomised controlled research. In contrast to waiting-list controls, participants receiving MT shown significant decreases in stress and anxiety as well as increases in mindfulness, self-compassion, and personal growth at programme completion and at the end of the 2-month follow-up. Upon programme completion, mindfulness modifications mediated outcomes, showing its significance in preserving emotional equilibrium and promoting wellbeing in parents and educators of children with developmental problems.

A study titled as “ Parents’ Voice: Parents’ Emotional and Practical Coping with a Child with Special Needs”(2021) by Taliheiman. The current study aimed to concentrate on the emotional experiences of parents of kids with learning difficulties, attention deficit/hyperactivity disorder, or autism spectrum disorders. This qualitative study investigated the feelings and perspectives of 41 parents with regard to six aspects. Results showed that parents in all groups were going through a trying time after

receiving the diagnosis and in their daily routines. They talked about being extremely stressed, anxious, and angry. Other parents took a more positive outlook and with the obstacles they were encountering, while some parents regarded their relationships as unstable and including fights and disagreements. The current findings underscore the sensitivity of parents of children with special needs and add to our understanding of the emotional experience of parents raising a kid with a handicap.

A study titled as “ Role of Parents of Special Needs Children: A Qualitative Study” (2018) by Padmashree T. It is a qualitative study that used purposeful sampling and semi-structured interviews. Two research objectives and questions were used in the study. Difficulties mothers encounter include: One of the biggest difficulties that mothers of special needs children encountered was dealing with overwhelming circumstances. They described giving up their careers and planning their time around their children's needs. Mothers voiced worries about the child's future due to the dependant conduct of the child. difficulties fathers encounter: Fathers claimed that the social response had put them in stressful positions.

A study titled as “Children with Special Needs and the Effect on the Family” (2016) by Taylor N. Downey . This study looked at how a child with special needs affected the dynamics of the household. In this study, additional stressors and both positive and negative emotions were investigated. The findings of this study revealed that although every family has a unique relationship with their child, depending on the diagnosis of their child, they may have comparable emotions, feelings, and experiences.

CHAPTER 3

METHOD

In common language, the term "research" implies the search of knowledge. Another way to describe research is as a methodical and scientific search for relevant data regarding a particular subject. The following are the basic categories of research: I Analytical vs. Descriptive: Surveys and many types of fact-finding investigations are included in descriptive research. The primary goal of descriptive research is to describe the current situation as it stands. We frequently employ in social science and commercial research. Application vs. Foundation: Research can either be fundamental (to basic or pure) or applied (or action) research. The goal of applied research is to address a current issue that affects society or a commercial/industrial organisation, as opposed to the goal of fundamental research. Whereas fundamental research is primarily concerned with generalisations and the creation of a theory, applied research tries to discover a solution for an immediate issue facing a society or an industrial/business organisation. The difference between quantitative and qualitative research is dependent on how much or how much of anything can be measured. It is applied to phenomena that have a quantitative form. Empirical research is concerned with data, whereas conceptual research is concerned with some abstract ideas or theory.

All procedures and methods used to conduct research may be referred to as research methodologies. Hence, research procedures or methods refer to the approaches used by researchers. There is occasionally a distinction between research methods and research procedures. The behaviour and tools we use to do research activities, such as collecting data, analysing it, and making observations, are referred to as research techniques. The actions and tools used to choose and build a research technique are referred to as research methods. Research techniques are more broad-based.

Utilizing research technique, the research challenge can be approached carefully. It might be thought of as a science that investigates how scientific investigation is carried out. In it, we examine the many approaches typically used by a researcher to analyse his research challenge, as well as the reasoning behind them. The researcher must be familiar with both the methodology and the research methods/techniques. Researchers need to know how to apply specific research

techniques, how to develop specific indices or tests, how to calculate the mean, the mode, the median, the standard deviation, and chi-square, but they also need to know which of these methods or techniques are relevant and which are not, as well as what they would mean. The research challenge can be approached methodically using research methodology. It can be viewed as a science that studies how scientific research is conducted. In it, we examine the many methods typically used by a researcher to analyse his research problem, as well as the philosophy behind each method. Also, researchers must be aware of the underlying presumptions of different methodologies and the standards by which they can determine which methods and processes are appropriate for which challenges. (Kothari,2004).

To better understand ideas, attitudes, or experiences, qualitative research collects and analyses non-numerical data. It can be used to unearth complex information about a problem or to generate original research ideas. The opposite of qualitative research is quantitative research, which gathers and analyses numerical data for statistical analysis. In the humanities and social sciences, such as anthropology, sociology, education, health sciences, history, etc., qualitative research is frequently employed.

Chapter 3 goes into great detail about the study's participants, the methods of sampling, the universe, population, and sample. The sample size, inclusion and exclusion standards, data collection methodology, and other specifics are also included.

RESEARCH DESIGN

A research design is an arrangement of parameters for data collecting and analysis that seeks to balance procedural economy with relevance to the study goal. 1 The research design serves as the conceptual framework for the research process and serves as the guide for data collecting, measurement, and analysis. As a result, the design contains a flowchart of the researcher's steps, from developing the hypothesis and considering its operational implications through doing the final data analysis. Research design is essential because it facilitates the smooth operation of the numerous research activities, maximising the quantity of information that can be gathered with the least amount of effort, expense, and time.

The following variables are typically taken into account when choosing a study strategy for a specific research problem:

I The methods used to gather information; (ii) The researcher's availability and his staff's, if any, talents; (iii) The goal of the problem to be examined; (iv) The nature of the problem to be studied; and (v) The amount of time and resources that can be allocated to the research project.(Kothari,2004)

PARTICIPANTS

A participant in research, analysis, or experimentation is someone who completes activities or responds to questions outlined by the experimenter or researcher. They could also be classified as a control group or an experiment. Although the former word is now generally preferred when discussing humans, involved parties are still frequently referred to as subjects.(Sam,2023). The participants of current study are 10 mothers of special need children , who are living in Kannur district in Kerala.

UNIVERSE

The Universe used for the particular research is parents of special need children in Kannur district of Kerala.

POPULATION

The population include mothers with special need children

SAMPLE

10 is the sample size. 10 parents of special need children, who are living in Kannur district.

Inclusion Criteria

- Disabled children in the age group of 7 to 15.
- Children having Autism, Down syndrome, Cerebral Palsy are included.
- Parents with special need children in the age group between 25 to 45.

Exclusion Criteria

- Disabled children in the age group of more than 15 or less than 7.
- Parents in the age group more than 45.
- Parents living in other districts are excluded.
- Divorced parents are excluded.

METHOD OF DATA COLLECTION

The method of semi-structured interviewing was adopted for collecting data. The interview was conducted through face to face. The researcher asks the participant questions that have already been prepared before improvising in reaction to their answers. A semi-structured interview has a number of benefits. This approach is utilised when a person needs to be interviewed more than once and more information is needed to fully comprehend their opinions. It can also be employed when a researcher has a list of questions they want to ask but wants to give participants the freedom to diverge from those questions if necessary.

PROCEDURE FOR DATA COLLECTION

First, the permission for conducting the research was gained from the parents. Then, the researcher took the informed consent of the participants, that is, the parents with special need children. Consent was also taken to record interview. The participant was also made aware their rights and about the confidentiality that would be followed. After developing a connection with the subjects, the researcher started offering instructions only after it seemed that the subjects were at ease. The instructions asked the participant to answer honestly about their experiences because there are no right or incorrect answers and to respond with whatever comes to mind at the time, among other things. The researcher began the questioning session and data collection once the subject had completed all of the instructions. After compiling the replies, the participant was questioned about their experience and informed that if they were interested in learning the results, they could get in touch with the researcher or that the researcher will get in touch with them. They were then acknowledged for their assistance and participation.

ANALYSIS METHOD

Thematic analysis was used for this research. A technique for assessing qualitative data is thematic analysis. Usually, it refers to a collection of texts, such as an interview or a transcript. To find common themes topics, concepts, and patterns of meaning that recur—the researcher carefully analyses the data. In order to learn more about people's perspectives, ideas, expertise, experiences, or values from a collection of qualitative data, such as interview transcripts, social media profiles, or survey results, an effective research strategy is to use thematic analysis. (Caulfield,2019).

CHAPTER 4

RESULT AND DISCUSSION

Without speculating as to how these results were discovered, the results chapter or section simply and fairly and accurately summarises what was discovered. The discussion interprets the meaning of the results, puts them in context, and explains why they important.

Nonetheless, it's thought to be crucial in quantitative research to keep the interpretation of the data separate from the objective results.(Scribbr,2023). The study's report findings based on the methodology (or methodologies) used to collect data are presented in the results section. The research's conclusions should be presented in the results section in a logical order without bias or interpretation. If the work contains data derived from research, a section presenting the outcomes should be very thorough.

RESULT

Table 1.1 shows that the thematic analysis of emotional state of mothers with special need children.

Superordinate	Frequency	Subordinate	Frequency
Expectation about the child	100%	Struggling to manage	40%
Feeling disappointed about the child	100%	Work-Family Conflict	40%
Solace in Second child	70%		
No self care and growth	100%		
Financial Trouble	70%		
Uncertainty and Fear about Child's Future	100%		
Stress	100%		
No Life Satisfaction	80%		

EXPECTATION ABOUT THE CHILD

It was the first Superordinate theme found during the study . All mothers agreed that they had a lot of hopes and aspirations for the new born. First and foremost, everyone hoped and prayed for a healthy baby. They waited nine months to see that healthy baby. And they frequently dreamed about the infant. Parents' emotions when having their first kid are substantially different from those of parents who have already had a child. It hardly took them nine months to glimpse the infant. They dream about the child attending school every day, being taught everything, and ultimately seeing them come ashore the ideal job, wife, or future role. They wait to play with the baby, care for them, feed them, and buy them toys. Additionally, they expected the child to take care of them once they reached middle age. The emotional state of the parents will therefore be affected these expectations by a baby's death or any other complications.

FEELING DISAPPOINTED ABOUT THE CHILD

This was the research's second superordinate theme. All of the mothers stated that finding about the child's disability left them feeling both sad and disappointed. They are as a result of the numerous expectations they had during the pregnancy. In addition to their expectations, they also had a tonne of hopes and wishes for the kid. When parents discover their child has an impairment of any type, their emotional state declines dramatically. They will then lose their hopes and dreams at that point. They will have a lot of thoughts about how the baby will suffer until it dies, how the infant will survive after they die, etc. Some of the parents said that they are adjusted now. They are started to think that these child's are gifted child s and god will send them to the parents to take care of them. This acts like a coping mechanism.

SOLACE IN SECOND CHILD

Second child solace was the third superordinate theme found in the study. Mothers who have a second kid seem to be adjusted, but moms without a second child seem to not be. Seven of the ten mothers indicated they are adjusted. they adjusted, but when they consider their baby's condition, they experience an unreasonable sadness. They feel uneasy about it. Mothers with additional children reported being adaptable. The disappointment and other feelings regarding the first child are addressed in the second child. With wishes and dreams for the second child, they masked their sadness. They compared disabled and normally growing kids. They also feel satisfied. Mothers

who have an only kid have stated that it is a very difficult responsibility to watch the infant all day. They feel sad and uneasy about it. It indicates that mothers of disabled children are not coping well. 3 out of 10 mothers agree with these statements. In addition, various adjustments are depending on family and spouse support. It increases the mother's strength.

NO SELF CARE AND GROWTH

The fourth superordinate theme was this one. Mothers reported that they didn't have enough time to tend to their own basic needs. Ten out of ten mother's agreed this. It has been really challenging to accomplish all the household chores while also raising a family when a woman gets married and moves to a new home. Conflict between job and family has also existed for working women. Having a child with a disability adds to these issues and heightens the mental and physical strain. They committed to care for their child until they passed away. Mothers don't say that raising the child is a burden on them; rather, they care for them admirably, treating them like a gifted child. However, the pressures are growing. They didn't get enough time to self care. 3 out of ten mothers have child with cerebral palsy condition. Cerebral palsy is a condition A collection of conditions known as cerebral palsy (CP) have an impact on a person's mobility, balance, and posture. The most typical motor impairment in children is cerebral palsy. Cerebral refers to something involving the brain. A person's capacity to regulate their muscles is hampered by aberrant brain development or damage to the growing brain, which results in CP. (CDC, 2022). So the cerebral palsy child need full time care. In summary the mothers didn't get enough time for their own needs.

FINANCIAL TROUBLE

This was the study's fifth superordinate theme. Seven in ten mothers reported experiencing some financial difficulties. Along with the child's expenses, there are also additional issues. To treat the infant properly, they want a large sum of money. Some parents feel powerless to help their children because modern treatments are so expensive. because they lack the resources to provide appropriate care. Cerebral palsy, Down syndrome, and autism are three general types of disabilities. CP children require more treatments than the other two groups. The condition is really challenging. There is no complete cure for these impairments, thus we can't fully resolve all the issues with the treatments. Three of the ten parents have a stable financial situation and treated

their children well. One of the mothers reported that they were unable to provide the baby with medical care due to the financial crisis. The parents have part-time jobs and have a 15-year-old child with cerebral palsy. So, these kinds of financial crises also have an emotional impact on parents. Based on money, they could experience numerous mental tortures.

UNCERTAINTY AND FEAR ABOUT CHILD'S FUTURE

In this study, this was the sixth superordinate theme. Mothers constantly express concern about the future of their children. Because all children with exceptional needs require assistance in some way. Some disabled youngsters are unable to perform their daily tasks. Some of them require full-time care, are unable of acting appropriately in social situations, etc. Four or five of the youngsters in the sample have cerebral palsy. Their mothers said that they require full-time care since they are unable to perform the tasks. They are concerned about the future of the child as a result of these. How will they survive after they pass away, who will take care of them, who will provide them money, etc. Another factor is that mothers of multiple children hope their siblings will take care of them after they pass away. Some mothers experience unjustified fears about the future of their children. They feel uneasy about it. And it is one of the causes of their tension.

STRESS

Seventh superordinate theme was stress . All of the mothers having stress in their life. The stressors are not only caused by their disabled child. They have psychological and social stress. Findings showed greater than normal levels of stress, particularly on subscales relating to raising a challenging child and parent-child dysfunctional interactions. During the course of the year, stress levels largely stayed the same. Few kinds of stress were identified based on responses to open-ended questions: child traits, parent-child interactions, work family conflict, family cohesion, work load , parental adjustment, Implications for practice and research are highlighted. These type of stress causes the mother's emotional state. They can't manage everything properly. A person needs more self care than other things. These type of parents doesn't have time to do self care. Due to these type of daily life stresses the mothers don't have life satisfaction.

NO LIFE SATISFACTION

The ninth major subject was No Life Satisfaction. Mothers in generally do not feel satisfied with their lives. Eight of them openly admit that they are not satisfied with their lives. During the course of a pregnancy, they have a lot of expectations. Moreover, they are all reversed. Their emotional stability will obviously be affected. Following their marriage, they expect and visualise having a child. They must consider the baby as their first priority. So, having a disabled child will affect their hopes and expectations. Following the birth of the baby, they have been going through emotional pain. Their happiness will be harmed by seeing the child every day. None of the parents wants to watch their child go through suffering. Findings indicate that 8 of the mothers are not satisfied with their lives. Their child is one of the causes. And the other two mothers are satisfied with their lives, happy with their children, and well-adjusted. since they consider the disabled child a gift from God. So, it all depends on how we perceive a situation. We experience satisfaction in life if we interpret it positively.

STRUGGLING TO MANAGE

The study's initial subordinate theme was this one. 40 percent of mothers struggle to manage their kids. It's really challenging to raise a child with a disability. But they didn't said that their child is a burden for them. Although all mothers experience difficulty, some of them receive assistance or support from family members, other children, etc. A major factor in this is the support of the family. They greatly benefit from it. It becomes challenging for those who don't have the support of family or other children. According to the data, mothers who have family support and assistance from a second kid do not feel like they are struggling to cope. Also, special schools play a significant part in this. A small number of kids attend special schools, where teachers teach them how to perform daily tasks. It is incredibly beneficial and simple to handle, according to mothers. because women have less work stress when they handle day-to-day tasks on their own.

WORK-FAMILY CONFLICT

The study's second subordinate theme was this one. About 40 percentage of mother's having a job and other six of them doesn't have. They don't have enough time to look for a job, which is the cause of this. They don't have enough time to complete their household chores as well. Yet, they all like seeking employment. They are unable

to go because of a few of these problems and providing full-time care for the youngster. Also, working mothers have work-related family conflict. They are unable to balance job and family. Conflict between job and family might also affect a typical child with a mother. There are a lot of studies that focus on the tension between job and family for working women. Therefore the mother's life is made more difficult by having a child with a disability. They stated that managing job and family was challenging for them. It increased the pressure on them. The overall findings indicate that 40 percent of mothers experience work-family conflict. And those who are unemployed have a strong desire to look for work.

Table 1.2 shows that the coping strategies of mothers with special need children.

Superordinate	Frequency	Subordinate	Frequency
Family Support	60%	Parent to Parent Support	30%
Special school Support	50%	Gathering Information	30%
Spouse Support	80%		

FAMILY SUPPORT

Mothers' initial coping mechanism is family support. They require assistance from others in order to manage this life and this situation. Whatever it is, it could be either physical or emotional assistance. The emotional state of the mother or carer is impacted by having a disabled kid. It is the first time they are take care a disabled child, it doesn't easy. since there has been a lot of work pressure and the children require full-time care. They have to deal with these kids in this situation. The findings showed that for six of the women, family support is one of their coping mechanisms. Also, working mothers are supported by their families, who watch the kids while the mother is away at work. And mothers who don't get fnamily support, feeling difficult to take care a child. Other 4 of them had some family issues, they weren't open up those reasons.

SPECIAL SCHOOL SUPPORT

The second coping technique is support from the special school. Five mothers use special schools as coping mechanisms. Five of the mothers' children attend special

schools. And they said that there had been a significant improvement. A child with a disability is incapable of performing any tasks on their own, not even basic daily tasks. Yet, the child's ability to perform daily tasks is being improved by the special educators. Also, numerous mothers claimed that having their children in school for a half-day relaxed them. Due to a chronic sickness, 5 additional children are not attending school. Such mothers perform long term jobs. The key finding of the study was that mothers' use of special education as a coping method. And all the mothers expressed support for the special school system. Also, one element that is taught at special schools is that children with disabilities are taught many small tasks. They can work as a result and earn money.

SPOUSE SUPPORT

The support of a spouse is the third coping technique. A spouse supports 8 of the mothers. One of the best coping mechanisms for mothers is this. Problems can be greatly helped by partner assistance. A wife's husband is her greatest supporter. They will help one another if they experience any difficulties in their lives. In this instance, the emotional state of the parents will be impacted by the child's disability. Even though, because the mother cares for the child from birth on, it affects the wife more than the husband. Hence, wife will face numerous challenges. And at that point, she values her husband's or spouse's assistance much. It could be either financial or emotional, physical. It will serve as one of the mothers' coping mechanisms. The findings indicate that 8 of the mothers view having a supportive spouse as one of their coping mechanisms. The other two women, who are not separated but are having some issues and are not in a desperate situation because of the child, did not receive enough help from their spouses. They lose emotional, financial, and other forms of support since their partner doesn't provide enough of it. These mothers face more challenges than the others.

PARENT TO PARENT SUPPORT

It is one of the coping strategies. About 3 of the mothers have a good relation with other disabled child parents. Contacting them and sharing their problems gave their relaxation. Sharing our problems to some one will gives a relaxation to us. Other 7 of the mothers don't have a good relation to the other parents. And they don't get any relaxation from this. Interviews revealed that Parent to Parent support is particularly

helpful to families when the supporting parent is perceived as similar to the referred parent. Common experience enables a full understanding of the parent's situation, acceptance of his or her thoughts and actions without judgment, and help coping with difficult situations by sharing personal experiences and relevant feedback. This relationship can be defined as a "reliable ally." Qualitative analysis revealed four main components of this reliable ally: (1) perceived sameness, (2) comparable situations for learning relevant skills and gathering useful information, (3) availability of support, and (4) mutuality of support. These are some of the subthemes found in the parent to Parent Support. These work well to adjust with this situation.

GATHERING INFORMATION

For three of the mothers, it is one of their coping mechanisms. They claimed that learning more about these issues and developing a plan to manage the child helped. Parent's struggle to control both the child and themselves. After gathering facts, they come up with an idea and realise it will be of great assistance to them. When a kid is born, the first thing the parents do is gather information because they need to learn more about the condition. Around 7 of the other mothers lacked these coping mechanisms. They made no attempt to learn more about the illness. And they are still experiencing emotional problems and trouble controlling the child. According to the findings, only roughly three of the mothers use coping mechanisms like acquiring information.

CHAPTER 5

SUMMARY AND CONCLUSION

In terms of developmental conditions, intellectual disability is the most common. The ability to learn, judge situations, and solve problems, as well as the ability to communicate, interact with others, take care of oneself, and live independently, are all examples of intellectual functioning. A person is said to have an intellectual disability if these abilities are also limited. Sometime before a child becomes 18, intellectual impairment can happen. It is also referred to as cognitive impairment and mentally retarded, which is now a derogatory term. Special education schools are crucial for students with disabilities. They give instructions on how to be independent and carry out daily duties. Parents of children with intellectual disability need maintain good mental health. They begin to fantasise about having a healthy child as soon as they get married. All of the expectant parents in this area are hoping for healthy new-borns. Around nine months, they realised their child appeared to have some intellectual disability. They were concerned about their infant at the moment and right up to their deaths. And they are letting go of their initial hopes and desires. Most parents are concerned about how their children may suffer in the future, how they will handle their loss, etc. It is exceedingly challenging to adapt to this role or this manner of living because of these unreasonable, unfavourable thoughts. Parents in general are different from parents of children with special needs. They are under considerable pressure. Parents of children with exceptional needs typically experience severe mental distress. Being a parent of a kid with special needs often involves managing a variety of practical demands, such as scheduling and household adaptations, financial costs for numerous specialists and therapists, constant time pressure, etc.

The permission for conducting the research was gained from the research guide. Then, the researcher took the informed consent of the participants. The participants were made aware of their rights and about the confidentiality that would be followed. The participants were Mother's of disabled children from kannur. The questions were asked to the participants and answers were seeked after establishing a good rapport.

The research was qualitative in nature and the data collection is interview method . The sample size is 10 . The permission for conducting the research was gained from the

parents. Then ,took the informed consent of the participants, that is , the parents with special need children. Consent was also taken to record interview. The participant was also made aware their rights and about the confidentiality that would be followed. Then began the questioning session and data collection once the subject had completed all of the instructions. And after building a good rapport questions were asked one by one and responses were noted precisely. And at the end, The participants were thanked for their participation and cooperation.

The major objective of the study conducted was to understand the emotional state of mothers with special need children. The data was collected precisely through the semi structured interview and the data was analyzed using thematic analysis. It is a technique for summarizing data, but when choosing codes and creating themes, it also involves interpretation. The sixteen questions asked and the responses from the participants were thus analyzed thematically. There were subordinate and superordinate themes found among the responses. The major finding is that the mothers don't have a good emotional state. Another finding of the study was that the mother's don't have enough coping strategies. And the major finding is Mother's who have Cerebral Palsy child are more struggled than other mother's. It indicates that stress can occur based on the disabilities.

MAJOR FINDINGS

- All of the Mother's have lots of expectations about the child and in-order to this, all the Mother's get disappointed about the child birth.
- Mother's who have second child are adjusted than who don't have another child. Here occurs Solace in second child.
- Mother's don't get enough time for self care. The disabled child need full time care and the mother's are under several emotional pressure.
- 70 percentage of them are experiencing Financial Trouble. The child need treatments and other facilities and they are very costly.
- They are worried about child's future and this is the major cause of their emotional distress.

- Experiencing several stress and they don't have life satisfaction. 80 percentage of mother's honestly expressed the feelings.
- 40 percentage of mother's are struggling to manage the child and mother's who are working experiencing work-family conflict.
- The coping strategies find in the study are ; family support, special school support, spouse support parent to parent support and gathering information etc . But using these coping strategies are relatively low.
- Comparing other two disabilities, Mother's who have a Cerebral Palsy child are more struggled than other mother's.

➤ **IMPLICATIONS**

The findings of the study can be use to address some changes in the government or the special education system. Government can make a new system that through census, find parents with special need children and conduct awareness programs to motivate the parents and gave knowledge about disability. Gathering information plays a major role in their lives. And government can help with their financial troubles. And another is must provide special school to all of the disabled children. Because the special school helps a child to do day to day activities. And also helps to succeed in the future.

LIMITATIONS

The universe was limited to kannur. Thus the results cannot be generalized. And in the study only consider three disabilities; Autism, Cerebral Palsy and Down Syndrome. In these disabilities mother's who have the Cerebral Palsy child struggled more than other Mother's. So considering only three disabilities is a limitation. In the study Father's are not included. Father's may have more emotional difficulty than mother. Considering Mother's who have not a good Family background is one of the most limitation. In this research 3 of them are conducted through telephonic interview. I considered it as one of the limitations , because through telephonic interview we can't make a good rapport and can't understand their emotions.

SUGGESTIONS FOR FUTURE RESEARCH

- The same study variables can be studied in a different population/ context/ location/ culture.

- Alternative data collection method can be use for Future research studies.
- The disabilities only addressed the study are Autism, Down Syndrome, Cerebral Palsy. Future studies could be consider more disabilities.
- Current study only includes Mother's with special need children. Future studies can include the father's also. And will find who have more emotional distress.
- Considering Mother's who have not a good family background was a limitation. And this can be avoided in future research.

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/

APPENDIX

APPENDIX A : INFORMED CONSENT FORM

This is a research study undertaken for the fulfilment of the researcher 's Bachelor of Science program in Psychology. The study is on —UNDERSTANDING THE EMOTIONAL STATE OF PARENTS WITH SPECIAL NEED CHILDREN . The data for the study will be obtained through a semi structured interview.

Participation in this research project is voluntary. You have the right to withdraw from the study at any time in the event that you chose not to continue. It is further reinstated that all information will be kept confidential and will be used only for the purpose of the above mentioned research study.

The contact information of the researcher has been provided for participants in order to clarify any concerns or queries about this study. The details of the researcher are given below:

Researcher: AMAYA SAJITH

Phone Number: 9048849105

Email Id: amayasajithammu@gmail.com

Your name and signature below signify that you have read and understood the contents and intentions formed in the consent.

Name:

Signature:

Date:

APPENDIX B: SOCIO DEMOGRAPHIC DETAILS

NAME/ INITIAL:

AGE:

GENDER:

QUALIFICATION:

PLACE:

ADDRESS:

CONTACT NUMBER:

APPENDIX C : RESEARCH QUESTIONS

1. What were your feelings and thoughts about your baby during pregnancy?
2. When was the disability first noticed?
3. What was your state of mind when you found out child have a disability?
4. what you feel now about this situation or are u adjusted with this?
5. Does your child need full time care?
6. Do you get enough time for self care?
7. what is the behaviour of child towards you ? did u built a good bond?
8. what is your partners behaviour towards the child? does they built a good bond?
9. what are the behaviour of family, Friends and relatives towards the child?
10. Does your child go to a special school?
11. Did special education school gave any improvement to your child?
12. Your opinion about special education school?
13. Do you contact with other parents like you?
14. Are there any financial difficulties due to your child?
15. Do you have job?

A If yes, how do you manage work and family?

B If no are you satisfied with not having job?

16. Are you happy with this life?
17. Are you worried about your child's future?
18. What are the coping strategies you used to adjust with these problems?

1. ഗർഭകാലത്ത് കുഞ്ഞിനെക്കുറിച്ചുള്ള നിങ്ങളുടെ വികാരങ്ങളും ചിന്തകളും എന്തായിരുന്നു?
2. വൈകല്യം ആദ്യമായി ശ്രദ്ധയിൽപ്പെട്ടത് എപ്പോഴാണ്?
3. കുട്ടിക്കൈകൾ മുണ്ടെന്ന് കണ്ടെത്തിയപ്പോൾ നിങ്ങളുടെ മാനസികാവസ്ഥ എന്തായിരുന്നു?
4. ഈ സാഹചര്യത്തെക്കുറിച്ച് നിങ്ങൾക്ക് ഇപ്പോൾ എന്താണ് തോന്നുന്നത് അല്ലെങ്കിൽ നിങ്ങൾ ഇതുമായി പൊരുത്തപ്പെട്ടിട്ടുണ്ടോ?
5. നിങ്ങളുടെ കുട്ടിക്ക് മുഴുവൻ സമയ പരിചരണം ആവശ്യമുണ്ടോ?
6. നിങ്ങളോട് കുട്ടിയുടെ പെരുമാറ്റം എന്താണ്? നിങ്ങൾ ഒരു നല്ല ബന്ധം സ്ഥാപിച്ചിട്ടുണ്ടോ?
7. കുട്ടിയോട് നിങ്ങളുടെ പങ്കാളിയുടെ പെരുമാറ്റം എന്താണ്? അവർ ഒരു നല്ല ബന്ധം സ്ഥാപിച്ചിട്ടുണ്ടോ?
8. കുട്ടിയോട് നിങ്ങളുടെ പങ്കാളിയുടെ പെരുമാറ്റം എന്താണ്? അവർ ഒരു നല്ല ബന്ധം സ്ഥാപിച്ചിട്ടുണ്ടോ?
9. കുട്ടിയോടുള്ള കുടുംബത്തിന് റെയും സുഹൃത്തുക്കളുടെയും ബന്ധുക്കളുടെയും പെരുമാറ്റം എന്താണ്?
10. നിങ്ങളുടെ കുട്ടി ഒരു പ്രത്യേക സ്കൂളിൽ പോകുന്നുണ്ടോ?
11. സ്പെഷ്യൽ എജ്യൂക്കേഷൻ സ്കൂൾ നിങ്ങളുടെ കുട്ടിക്ക് എന്തെങ്കിലും പുരോഗതി നൽകിയിട്ടുണ്ടോ?
12. നിങ്ങളെപ്പോലെ മറ്റ് മാതാപിതാക്കളുമായി നിങ്ങൾ ബന്ധപ്പെടാറുണ്ടോ?
13. നിങ്ങൾക്ക് അവരുമായി നല്ല ബന്ധമുണ്ടോ?

14.നിങ്ങളുടെകുട്ടികാരണംഎന്തെങ്കിലുംസാമ്പത്തികബുദ്ധിമുട്ടുകൾ ഉണ്ടോ?

15 .നിങ്ങൾക്ക്ജോലിയുണ്ടോ?

16. ജോലിയുംകുടുംബവുംഎങ്ങനെകൈകാര്യംചെയ്യുന്നു?

17. ഈജീവിതത്തിൽനിങ്ങൾസന്തുഷ്ടനാണോ?

18.നിങ്ങളുടെകുട്ടിയുടെഭാവിയിെക്കുറിച്ച്നിങ്ങൾക്ക്ആശങ്കയുണ്ടോ?

**UNDERSTANDING THE IDEAS AND BELIEFS
TOWARDS MENSTRUAL CUP AMONG YOUNGSTERS
IN RURAL AREAS**

*A Dissertation submitted in partial fulfilment of the
requirement of the degree of Bachelor of Science in Psychology*

Submitted by:

Vyshnavi K

Reg.No:DB20CPSR17

Under the Guidance of

Mr. Sanju P J

Assistant Professor



DON BOSCO ARTS AND SCIENCE COLLEGE,

ANGADIKADAVU

(Affiliated to Kannur University)

DEPARTMENT OF PSYCHOLOGY

MARCH 2023



DEPARTMENT OF PSYCHOLOGY
DON BOSCO ARTS & SCIENCE COLLEGE,
ANGADIKADAVU

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PSYCHOLOGY PROJECT REPORT

Register Number: DB20CPSR17

SUBMITTED FOR THE B.Sc. EXAMINATION 2022-23

Head of the Department

Principal

Held on:

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on “**UNDERSTANDING THE IDEAS AND BELIEFS TOWARDS MENSTRUAL CUP AMONG YOUNGSTERS IN RURAL AREAS**” by, **Vyshnavi K**, in partial fulfilment of the requirements for the award of the Undergraduate Degree of BSc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

Declaration

I **VYSHNAVI K**, hereby declare that this dissertation entitled “**UNDERSTANDING THE IDEAS AND BELIEFS TOWARDS MENSTRUAL CUP AMONG YOUNGSTERS IN RURAL AREAS**” submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

VYSHNAVI K

DB20CPSR17

Signature

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ABSTRACT

The study utilized qualitative methods to investigate UNDERSTANDING THE IDEAS AND BELIEFS TOWARDS MENSTRUAL CUP AMONG YOUNGSTERS IN RURAL AREAS. The research was done to understand the attitude of girls in rural areas in using menstrual cup. Semi structured interviews were conducted on 10 participants and their personal experiences and perspectives were collected as response.

Menstruation is a time where girls are going under serious psychological and physiological changes. Most of them feel excess amount of pain and emotional changes during menstruation. Menstrual cup was designed to be more comfortable and easier to use. But it was found that there was inhibition by many in still using this. The study was conducted in order to find out why the inhibition was prevailing. The study was conducted in transgender population lives in Kannur district of Kerala. The sample was collected through face-to-face interview method. Data was analysed through Narrative analysis method of qualitative analysis.

The main finding of the study was that majority of the participants were having fear towards using the cups. Even though there was interest shown towards using the cups, the fear is what caused them not to use this.

CHAPTER 1

INTRODUCTION

Menstruation refers to the vaginal bleeding that occurs as part of a woman's monthly cycle, this is also called as periods. Most girls get their first period when they are around 12. During this menstrual cycle the discards blood and endometrial tissue from the uterus through vagina. During the menstrual cycle, the wall of the uterus thickens with tissue and an egg is released from the ovary, if the egg is not fertilised then the body will shed the tissue through the vagina. The menstrual cycle is controlled by hormones and occurs in four phases; menstruation, follicular phase, ovulation and luteal phase. On average, menstrual cycles lasts 21-35 days and menstruation lasts 4 -7 days. The menstrual cycle is controlled by several hormones like luteinizing hormone, follicle – stimulating hormone, and estrogen and progesterone (Medlineplus, nd).

Hormonal events before menstruation can use a range of effects in women such as head-aches, fatigue, and irritability. Women also experience problems like Dysmenorrhea or menstrual pain, weight gain, bloating, leg and back cramps, rapid mood swings, dizziness, anger, difficulty concentrating, etc. These symptoms can vary in severity and form person to person. Menstrual pain during menstruation refers to the pain in the lower abdomen caused by contraction of the uterine wall and loss of the lining. Menstruation comes with its onset of symptoms for different women. Menstrual symptoms can severely disrupt normal daily activities. Many women get these pre-menstrual symptoms a week or two before their period. Levels of estrogen and progesterone are low at the time of menstruation and this can affect the release of certain chemicals that make you feel good. Hormonal changes can affect an individual's mental health, and health can affect individual's periods. Stress makes periods shorter and more painful (Moore, 2020).

During the period of menstruation girls and women use different absorbent material to absorb the menstrual blood. Most common methods are cloths and sanitary napkins which are used by placing it within garments to cover the vaginal opening in order to absorb menstrual discharges. In order to manage menstruation women have developed different methods depending on their cultural, social and economic background. On the basis of rural area most of women uses reusable cloth pads and

sanitary pads. Menstrual cup is a conventional option to alternate with pads, cloths and tampons because there are so many benefits reported as in better management of menstrual hygiene, information regarding menstrual fluid discharge and a comfortable life style during menstruation.

An American actor, Leona Chalmers is credited with invention of the menstrual cup, a reusable, medical – grade silicon cup that holds menstrual blood, back in the 1920s. Back then, most Indian women had not even heard the concept of sanitary napkins (disposable pads), let alone cups. While a century has passed since its invention, most of the Indian girls, women and girls, do not find the idea of inserting a cup inside their body reliable and safe and are more comfortable using sanitary napkins. Although menstrual cups have come a long way in terms of design and availability, women in most developing countries are still grappling to come to terms with this innovative device (Mohapatra, 2021).

A menstrual cup is a small, flexible, bell – shaped cup which are inserted into the vagina to catch and collect blood, rather than absorbing it like a pad or tampon. When properly inserted, the cup sits in the vaginal canal below the cervix, where a seal is created between the cup's rim and the vaginal wall. Blood then flows down into the cup, and blood flow outside of the vagina is prevented. It is made up of silicon, rubber, latex, or elastomer and is reusable for up to 10 years. They also come in variety of colours, shapes, firmness levels, and handle choices to help satisfy a broad range of user needs and preferences, including shorter cups for a “low cervix”, large cups for a heavier flow or those who have given birth vaginally, and firmer cups for users with higher activity levels. After all, vaginas and lifestyles differ and so too much the cup. A menstrual cup remains inserted for 4 to 12 hours (depending on the flow rate and cup size), at which time it is removed, emptied, cleaned, and reinserted. Prior to insertion, the cup is folded to fit inside of the vaginal canal, and the fold is released once the cup is in place (Hathcock, 2022).

Need and significance

Need and significance of the study if there are so many advantages of menstrual cup over sanitary pads. A menstrual cup is inserted into the vagina, so people think that using a cup is unmarried girls might result in loss of virginity. Since we follow western culture the idea of use and throw is becoming more a norm than thinking in a realistic

way due to lack of knowledge menstrual cup not been promoted as much it should have been. So the main objective of the study was to assess the knowledge about menstrual cup and attitude towards cup among college students.

Menstruation is a normal body function and sign of reproductive health. Sanitary pad prevents skin from breathing, so they can irritate the skin or deteriorate vaginitis, if used constantly. Menstrual cups are designed for a long-term use, which is cost beneficiary and eco-friendly compared to tampons and pads. Because of their reusable quality. Menstrual cups do not dry the vagina. This preserves the healthy bacteria that protects the vaginal infections. So, this study focuses on the importance of using menstrual cup among college students.

Statement of the problem

During menstruation, a menstrual cup is kept into the vagina. It works by gathering menstrual fluid. Also, they are recyclable, help minimise solid waste, are environmentally and economically favourable. And due to lack of understanding and the widespread usage of sanitary pads, menstruation cups are rarely used in India. Due to moisture build up, there is a considerable risk of developing fungal infections. When using sanitary products made of plastic, it may result in pelvic infections, which can irritate and trigger allergies in the vaginal area. Moreover, sanitary pad's plastic isn't actually biodegradable. In this instance, the current study attempts to comprehend college students' attitudes concerning menstruation cups.

Definition of key terms

Menstruation

Theoretical definition

Menstruation is the periodic discharge from the vagina of blood, secretions, and disintegrating mucus membrane that had lined the uterus (APA, n.d).

Operational definition

Menstruation or period is the monthly shedding of the lining of uterus.

Attitude

Theoretical definition

Attitude can be defined as a tendency to respond positively or negatively toward a certain idea, person, object, or situation (APA, n.d.).

Operational definition

An attitude is a state of mind, a collection of opinion, or a way of thinking about things, concepts, people, or events.

Objectives

Major objectives:

To understand the ideas and beliefs towards menstrual cup among youngsters in rural areas.

Specific objectives:

To understand the role of menstrual cup in effective menstrual hygiene management.

To find the factors which influence attitude of college students towards menstrual cup.

To understand the eco – friendly practices when it comes to managing menstrual waste effectively.

Organisation of the report

The present study contains five chapters. The first chapter is introduction, which includes a brief introduction to the study with emphasis on the need and significance of the study. The problem is stated and the definitions of the important terms are given in this chapter. The second chapter is the review of literature, comprising, of two sections; theoretical background of the study and related studies. The third chapter is methodology, in which the detailed account of samples, variables, tools, procedures for data collection and analysis method used for the analysis of the data collection are given. The fourth chapter, results and discussions consist of analysis of the data collected data and discussion of results obtained there by. In the fifth chapter, summary and conclusion, there is resume of the study and the methodology of the present study is briefly stated. It also includes major findings of the present study. Then implication of the present study is given along with the suggestions for further research. In the end, references and appendices are included.

CHAPTER 2

REVIEW OF LITERATURE

A written summary of the best articles and other materials on a certain subject is known as a literature review. The examination of the literature clarifies and narrows the emphasis of the research problem, improves research methods, and broadens the researcher's understanding of the subject. The literature review is divided into two sections: atheoretical review and a review based on studies.

Theoretical review

Theoretical analysis offers proof of the theoretical underpinnings of the research being studied and explores theories that clearly present the subject, helping to better understand the research in issue and offering support for the research being undertaken.

Cognitive Dissonance Theory

The important theory of cognitive consistency is the cognitive dissonance theory, put forward by Leon Festinger in 1957. It is based on the premise that there is pressure to be consistent. Dissonance theory focuses particularly on discrepancies between attitudes and behaviours of individuals. Dissonance is characterised as an adverse motivational condition that develops when some of our actions don't match up with our attitudes. People are under pressure to minimise or eliminate dissonance because it produces psychological strain and negative effects. Lowering it entails bringing it back to consistency or consonance. But, most commonly, people will alter their attitudes in order to make their attitudes and behaviour more consistent.

Balance Theory

This idea and the balance theory put forward by Fritz Heider both address the requirement for consistency in our sentiments and belief about what makes sense. The balance theory takes into account the coherence of a person's affects and belief, which are typically expressed in terms of a person, another person, and an attitude object. The first person's assessment of the other person, the first person's assessment of the attitude object are thus the three crucial evaluations. People who have harmonious relationships with one another look well together and form a logical, coherent, and meaningful whole. People's need for harmonious, straightforward, logical, and

meaningful perspectives of social connections serves as the primary motivator for achieving balance. Several factors can affect someone's mindset. The least-effort concept is used by the balance theory to determine the direction of change. To create a balance system, people typically adjust as few affective relationships as possible. To achieve balance, any of the relations can be changed (Taylor et al.,2006).

Self-perception Theory

Self-perception theory proposed by Daryl Bem and it's a theory which assumes that people infer their attitudes from their behaviour and perception of external situation, rather than from their inner state Bem argued that often we do not really know what our attitudes are and simply infer them from our behaviour and the circumstances in which this behaviour occurs. Bem's self-perception theory suggests that our expressions of attitudes are, instead, rather casual verbal statements. We observe the condition under which our behaviour occurred and then report our attitude. When people have had few experiences with respect to the attitude or when the attitude involve vague, uninvolved, minor, or novel issues, they may infer their attitudes from their self-perceptions of their behaviour as self-perception theory predicts (Taylor et al.,2006).

Learning Theory

Carl Hovland and his colleagues' research at Yale University marked the beginning of learning theory. The underlying this method is that attitudes are learned in much the same way as other habits. Learning theory is an approach which assumes that a person's attitude is based on principles on principles of reinforcement, association, imitation and punishment. Humans learn information and facts about different attitude objects, and they also learn the sentiments and values linked with those facts. Fundamental learning processes should apply to the creation of attitudes. Through association, people pick up knowledge and emotions. Learning can also occur through reinforcement, punishment and imitation (Taylor et al.,2006).

Social-Judgement Theory

Social influence refers to the way people affect the thoughts, feelings, and behaviours of others. Two examples of social judgement theory of attitude change are Sherif and Hovland's (2002), Assimilation-contrast theory Helson's (2001) adaptation

level theory. Assimilation-contrast theory conceptualizes attitudes along a reference scale. Within this scale, there is an area called latitude of acceptance of which the boundaries are the limits of the attitude statements with which the respondent would agree. Attempts to shift attitudes must pose new positions that are within this latitude of acceptance. According to assimilation-contrast theory, the stronger the person's degree of ego-involvement with an attitudinal object the narrower his latitude of acceptance and the broader his latitude of rejection. Little solid evidence exists for the acceptance of an assimilation-contrast theory of attitude change as of the time of publication of this book (Logan and Hodges, 2012).

Literature review

Review of similar studies is done to illustrate that what the researcher has to provide differs from what has already been done and to gain knowledge about the subject under study in the context of what is known about it. The research is based on the knowledge already known by reviewing relevant works.

1. A study titled as 'Acceptability and safety of the menstrual cup: A systematic review of literature' (2020), by Revista Columbiana. The study's goal is to perform a thorough evaluation of the literature and determine menstruation cups are acceptable and safe for use as feminine hygiene product. Materials and procedures are The Cochrane Library and PubMed were also searched. Studies evaluating the menstrual cup in women of reproductive age that were quantitative, qualitative, mixed, and published in English and Spanish case series and case reports were also considered. Two reviewers who worked independently chose the studies and extracted the data. The main outcome was analysed for acceptability and safety. The information is presented in narrative style as a summary. And the findings indicate that between 35% and 19% of people accept menstruation cups. 10 to 45 percent of women had difficulty using it. Compared to pads and tampons, it was said to be more comfortable. Between 48 and 94% of the cup is still being used. The use of intrauterine devices was associated with a higher risk of expulsion, one instance of toxic shock syndrome, one of mechanical entrapment, and one case each of allergy.
2. A study titled 'Menstrual cup use, leakage, accessibility, safety and availability: A systematic review and meta-analysis' (2019), by Anna Maria. They searched the US Food and Drug Administration's Manufacturer and User Facility Device

Experience database for incidents involving Menstruation cups. The content has to discuss menstrual cup leaking, acceptance, or safety in order to be considered for inclusion. When utilising a menstrual cup, menstrual blood leakage was the major outcome of interest. Serious adverse events, vaginal abrasions, impact on vaginal microbiota, effects on the reproductive, digestive, or urinary tract, and safety in unsanitary environments were among the safety outcomes of interest. Forests plots were used to aggregate or tabulate the results. They also made rough calculations of potential expenses and environmental savings related to cups. Menstrual cups are a safe choice for managing menstruation, according to a review, and they are used internationally.

3. A study titled as ‘study of adaptability and efficacy of menstrual cup in managing menstrual health and hygiene’ (2017), by CR Kalkani and Jalpa K Bhatt. The study was carried out at the Medical College and Hospital of Gujarat Medical Education and Research Society in Dharpur, Patan, Gujarat, India. In all, 158 women with normal menstrual cycles between the ages of 20 and 50 were participated in the study. Menstrual cups were given to the participants to use for three consecutive menstrual cycles. They received thorough explanations and instructions about how to use it. For three cycles, feedback was gathered every cycle utilising a standardised questionnaire. The cup was favoured for comfort, dryness, and less odour, according to the results. 90% of participants found removal easy, and 80% of participants found insertion simple. 3-6% of the time, leaking was an issue. There weren’t many adverse effects, such as infections, dryness, or rashes.
4. A study titled as “Acceptability and performance of the menstrual cup in South Africa: A randomized crossover trial comparing the menstrual cup to tampons or sanitary pads”(2015), by Mags E Magsinska . Between January and November 2013, they carried out a randomised two-period crossover experiment at one location in Durban, South Africa. Those with regular menstrual cycles and ages 18 to 45 who had no plans to get pregnant, were using an effective method of contraception, mostly drank water from the municipal system, and had no sexually transmitted diseases were eligible to participate. Participants were randomly assigned to one of two usage sequences for menstruation products using a computer-generated randomization sequence, with the study investigators being the only ones to know the allocation.

Participants were interviewed at the baseline and monthly follow-up visits while using each treatment for three menstrual cycles . The outcome for the product's acceptability matched individual product satisfaction question scores to an ordinal logistic regression model. The product acceptance outcome utilised an ordinal logistic regression model with individual random effects to compare product satisfaction question scores. According to the results, 110 of the 124 women evaluated were eligible and were randomly assigned to various menstrual products. All follow-up appointments were completed by 105 women. The MC was rated substantially higher for comfort, quality, menstrual blood collection, attractiveness, and preference than pads/tampons. The likelihood of the MC continuing to use, recommending, and making a future purchase increased along with both of these comparative outcome measures over time.

5. A study titled as “A comparison of the menstrual cup and the intrauterine device: attitudes and future intentions” (2019) , by Jessica M Mline. The kinds of items that women are aware of and feel comfortable utilising might be impacted by stigma. The purpose of this study was to determine how much message framing, prior knowledge, attitudes regarding one's own menstruation, and self-objectification affect attitudes towards the menstrual cup and the intrauterine device, two less well-known reproductive health devices (IUD). Female college students (N = 128) were asked questions about their attitudes towards the product, likelihood to use or recommend the product, attitudes towards menstruation, and self-objectification after being given either basic information or benefit-framed information about the menstrual cup or IUD. People felt substantially better about the IUD than they did about the menstrual cup. Benefit-framed information and prior knowledge were linked to higher favourable sentiments for both goods. Good opinions for the menstrual cup were predicted by favourable feelings about menstruation, but not those regarding the IUD. These results have implications for how to improve intents and attitudes regarding less well-known reproductive health goods.

CHAPTER 3

METHODOLOGY

Research method

Research method is the systematic, theoretical investigation of the practises used in a field; it includes practises for describing, interpreting, and forecasting phenomena in order to address a challenge. It is the “how’s,” or the methods used to carry out research (Kothari, 2004).

Research design

A research design is the conceptual frame work through which research would be carried out. The creation of such a design enables research to be as effective as possible, resulting in the greatest amount of knowledge. In other words, the goal research design is to facilitate the acquisition of pertinent data with the least amount of effort, time, and expense (Kothari, 2004).

Sampling

Sampling is a strategy for choosing specific individuals or a subset of the population in order to draw conclusions from them statically and estimate the characteristics of the entire population. Researchers frequently employ various sampling techniques so they do not have to study the complete population in order to gather useful information (Creswell, 2012).

Participants

Universe - College students in rural areas in Kannur district.

Population - College students.

Sample - One girl from the population.

Sample size - The sample size of the study would be 10 individuals.

Inclusion criteria

Young adults who are perceiving college education.

Individual who are hailing from rural areas.

Exclusion criteria

Individuals who are physically and mentally disabled are excluded.

Those who are doing distant education.

Method of Data Collection

Semi structured interview method: In this method, the interviewer asks questions either face-to-face or through telephone to the respondents. In face-to-face interviews, the interviewer asks a series of questions to the interviewee in person and notes down responses. In case it is not feasible to meet the person, the interviewer can go for a telephonic interview. The form of data collection is suitable when there are only a few respondents. It is too time-consuming and tedious to repeat the same process if there are many participants.

Advantages: Large amount of detail generated, fairly flexible and sensitive, fairly reliable and easy to analyse.

Data collection procedure

In the present study, permission for data collection was taken from the Head of the Department. After obtaining permission the participants were approached for data collection. A brief introduction about the investigator was given. The participants were assured the confidentiality of personal details and responses and clarified the doubts raised by them. They were informed about their right to withdraw from the study at any time. The investigator established a rapport with the selected participants who met the inclusion criteria and purpose of the study was clearly explained to them. Individuals who agreed to participate in the study were asked to sign a consent form. Data was collected by asking predetermined questions through phone calls and permission for recording the call was also obtained from the participant. After completing the data collection, the participants were thanked for their participation and cooperation in the study.

Analysis method

Narrative analysis method is implied as it can help get information, reach conclusions and allow the participant to explain their experiences through their own

choice of words. By using narrative analysis, the researcher can interpret the details as explained by the participant as well as be more open to the ways in which the results can proceed. Narrative analysis provides researchers with detailed information about their subjects that they couldn't get through other methods.

CHAPTER 4

RESULT AND DISCUSSION

The goal of the result and discussion part is to objectively convey the most important findings in a logical order and without interpretation, utilising both text and illustrative resources. The data that were gathered are shown in the results section. This order is followed in the content of the result section, which offers responses to the queries and hypotheses you looked into. Reporting significant negative outcomes is also necessary. Results are followed by the discussion part, which is then followed by the conclusions and recommendations section. Here, the studies highlight the importance of their findings. The study's findings are logically explained in this part. Citation to the research covered in the Literature Review typically resurface here since those interpretation is frequently derived by contrasting and comparing the results to past studies conclusion. This section typically also discusses the study's limitations and makes educated guesses about what the findings might mean in terms of the issue raised by the research question. Due to the fact it is finally advancing to an argument, this section is very crucial. There is more potential for disagreement in this part since the researchers interpret their findings in light of theoretical foundations. It's possible that the author's interpretation of their findings differs significantly from your interpretation or the interpretation of another researcher (Lumen, n.d).

In narrative analysis, a type of qualitative research, the researcher concentrates on a particular subject and examines the information gathered through case studies, questionnaires, observations, or other methods of a similar nature. Following the writing of their findings, the researchers review and examine them. This method allows researchers to get a comprehensive understanding of the subject's life and activities. By enabling researchers to see how individuals interact with one another, it can demonstrate what drives people and give a greater understanding of the society that the subjects live in. Researchers have used it to explore indigenous populations worldwide, including the Maori in New Zealand. It has medical use. For instance, researchers can look at how physicians interact with their patients during end-of-life care. The narrative model has been used to explore the relationship between music and social change in

East Africa Narrative research is being used to explore the differences in emotions experienced by different generations in Japanese society (Harappa, 2021).

In order to undertake a narrative analysis, researchers need to be aware of the social, cultural, and historical context of their research subjects. This helps researchers understand what their subjects' narrations are trying to convey. This is particularly true in context-rich research, where there are numerous hidden levels of significance that can only be discovered by having a thorough awareness of the society or setting.

RESULT OF ANALYSIS

The aim of the study was to understand the attitude towards menstrual cup among college students in rural areas. The study was conducted among population of college students in Kannur district. Semi structured interview method was used. The data was collected telephonic interview. In these 10 college students shared their attitude and their experiences towards menstrual cup.

Question no :1

The first question was about the pain during menstruation time. The question was asked in telephonic interview. The participants responded accordingly to the question. The major responses are most of the participants have menstrual pain, some have severe pain. The major facing problems during menstruation time are back pain, muscle pain, abdomen pain some of them have vomiting and headache.

Question no :2

The second question was about the type of products used in the course of menstruation. Most of the participants are using sanitary napkins and one of them using menstrual cup. Some of them have interest to using menstrual cup but they have fear to use.

Question no :3

The third question was about the comfortable of about the products according to what they used. The participants using sanitary pads, some of them have comfortable to use pads. But most of them have not comfortable at all time. Some of them have facing irritation in the vaginal area while using pads.

Question no:4

The fourth question was about any other or different methods are try to use. The most responses are not tried to use other methods.

Question no :5

The fifth question as about the menstrual cup. Most of them are heard about menstrual cup and only one person couldn't hear about menstrual cup. Some them have more knowledge about menstrual cup. Some of them have only about the name, not known deeply.

Question no :6

The sixth question was about the hearing details of menstrual cup; this question is asking depends on the participant's responses. Some the participants have more knowledge about menstrual cup. They said very positively, menstrual cup is very friendly to use, budget friendly, reusable, it keeps freshness, not create infection or irritation in the vaginal area etc.

Question no:7

The seventh question was about what they feel about hear menstrual cup. Most of them feel try to use and only few have no interest. Some of them planning to use.

Question no:8

The eighth question was about the like to try menstrual cup. Most of the participants have like to use it. Only few of them have not interested.

Question no:9

The ninth question was about the fear of using menstrual cup. Most of them have the fear to inserting process. They have fear to insert and taking out side.

Question no:10

The tenth question was about the feeling of usage towards the participants those using menstrual cup. The participant answered that it is very better to use as comparing other products. It has many advantages like easy to use, budget friendly, non-irritable, reusable etc.

CHAPTER 5

SUMMARY AND CONCLUSION

Menstruation refers to the vaginal bleeding that occurs as part of a women's monthly cycle, this is also called as periods. Most girls get their first period when they are around 12. During this menstrual cycle the discards blood and endometrial tissue from the uterus through vagina. During the menstrual cycle, the wall of the uterus thickens with tissue and an egg is released from the ovary, if the egg is not fertilised then the body will shed the tissue through the vagina. The menstrual cycle is controlled by hormones and occurs in four phases; menstruation, follicular phase, ovulation, and luteal phase. Hormonal events before menstruation can use a range of effects in women such as head-aches, fatigue, and irritability. Women also experience problems like Dysmenorrhea or menstrual pain, weight gain, bloating, leg and back cramps, rapid mood swings, dizziness, anger, difficulty concentrating, etc. These symptoms can vary in severity and form person to person (Medlineplus, nd).

During the period of menstruation girls and women use different absorbent material to absorb the menstrual blood. Most common methods are cloths and sanitary napkins which are used by placing it within garments to cover the vaginal opening in order to absorb menstrual discharges. Menstrual cup is a conventional option to alternate with pads, cloths and tampons because there are so many benefits reported as in better management of menstrual hygiene, information regarding menstrual fluid discharge and a comfortable life style during menstruation. A menstrual cup is a small, flexible, bell – shaped cup which are inserted into the vagina to catch and collect blood, rather than absorbing it like a pad or tampon. When properly inserted, the cup sits in the vaginal canal below the cervix, where a seal is created between the cup's rim and the vaginal wall. Blood then flows down into the cup, and blood flow outside of the vagina is prevented. It is made up of silicon, rubber, latex, or elastomer and are reusable for up to 10 years (Hathcock, 2022).

There are so many advantages of menstrual cup over sanitary pads, thus the permission to conduct the study was acquired from the research guide. The study was conducted among the population of college students who hail from the rural areas of Kannur district. The purposive sampling method was used and following this semi-

structured interview was conducted among the selected participants from the population. The participants were known of their rights to withdraw their participation and about the confidentiality of the data being collected from them for the very purpose. The data was collected from the participants and was using the narrative analysis method it was thoroughly analysed. Thus, from the analysis the major findings were noted.

The major objective of the study was to understand the attitude of college students towards menstrual cups. The data was collected precisely and was analysed through the method of narrative analysis. The ten questions were narratively analysed giving importance to the participant's point of view. The major findings were, that most of the participants have a positive attitude towards the use of menstrual cups. The use of sanitary pads is more because menstrual cups are less advertised thus making them less popular among the general population. The participants are aware of the benefits of using the cups, both personal and ecological, but are left with fear of how to use the cups properly. This fear includes the fear of inserting them into the vagina as well as taking them back.

MAJOR FINDINGS:

- There is positive attitude towards the use of menstrual cups replacing pads and other products.
- The reason for the lack of popularity of menstrual cups lies in the lack of proper advertisements.
- The people are aware of the benefits of menstrual cups over other sanitary products.
- The fear of using menstrual cups is more than the lack of interest.

IMPLICATIONS:

- The use of menstrual cups can be better known through this study.
- The study can be used to develop awareness programs about menstrual cups.
- People are not aware of the long-term benefit of menstrual cups and this study will be useful to showcase such benefits.
- Camps could be set up in colleges and schools of rural areas to broadcast the effectiveness of menstrual cups over other products.

- The study points out how the environment is benefited through the use of menstrual cups.

LIMITATIONS:

The sample size is quite small and the universe was limited to Kannur. Thus the results cannot be generalized. There is no much studies connected to this population thus there was difficulty in finding studies to support the results. Semi-structured interview was the data collection method. The interviewer must be highly competent to conduct such kind of interviews.

SUGGESTIONS FOR FUTURE RESEARCH:

- The same study variables can be studied in a different population/context/location/or culture.
- The present study was carried out among 10 college students. Future studies could be carried out within more sample size.
- Future studies could explore the possibility of other psychological variables in this population.
- Lack of interest, mental fatigue, hesitation to talk and misinterpretation of the questions are some of the limitations.
- Alternative data collection method can be used for future research studies.

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APPENDIX

APPENDIX A: INFORMED CONSENT LETTER

INFORMED CONSENT FORM

This is a research study undertaken for the fulfilment of the researcher's Bachelor of Science program in psychology. The study is on "TO UNDERSTAND THE ATTITUDE TOWARDS MENSTRUAL CUP AMONG COLLEGE STUDENTS IN RURAL AREAS". The data for the study will be obtained through semi-structured interview and recorded. It is expected to last for approximately 30- 40 minutes for each participant.

Participation in this research project is voluntary. You have the right to withdraw from the study at any time in the event that you chose not to continue. It is further reinstated that all information will kept confidential and will be used only for the purpose of the above mentioned research study.

The contact information of the researcher has been provided for participants in order to clarify any concerns or queries about this study. The details of the researcher are given below:

Researcher: VYSHNAVI K

Phone Number: 8590874061

Email Id: vyshnavik1801@gmail.com

Your name and signature below signify that you have read and understood the contents and intentions formed in the consent.

Name

Signature

Date

APPENDIX B : SOCIO DEMOGRAPHIC DETAILS

NAME/INITIAL

AGE

GENDER

QUALIFICATION

PLACE

ADDRESS

CONTACT NUMBER

APPENDIX C: RESEARCH QUESTIONS

1. Is menstruation regular?
2. Do you have pain during periods?
3. What do you use during period time?
4. Is it comfortable to use?
5. No other methods have been tried?
6. Have you heard of the menstrual cup?
7. What did you heard about menstrual cup?
8. How did you feel when you heard about menstrual cup?
9. Would you like to try a menstrual cup?
10. Why are you afraid to use it?
11. Does menstrual cup make you feel better?

UNDERSTANDING THE IMPLICATIONS OF MARITAL SATISFACTION IN JHON GOTTMAN'S BOOK

*A Dissertation submitted in partial fulfilment of the
Requirement of the degree of Bachelor of Science in Psychology*

Submitted by:

Laya A. V

Reg.No:DB20CPSR26

Under the Guidance of

Mr. Sonu. K

Assistant Professor



DON BOSCO ARTS AND SCIENCE COLLEGE

ANGADIKADAVU

(Affiliated to Kannur University)

DEPARTMENT OF PSYCHOLOGY

MARCH 2023



DEPARTMENT OF PSYCHOLOGY
DONBOSCOARTS&SCIENCECOLLEGE
ANGADIKADAVU

(Affiliated to Kannur University)

PSYCHOLOGY PROJECT REPORT

Register Number: DB20CPSR26

SUBMITTED FOR THE B.Sc. EXAMINATION 2022-23

Head of the Department

Principal

Held On

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on **“UNDERSTANDING THE IMPLICATIONS OF MARITAL SATISFACTION IN JHON GOTTMAN’S BOOK”** by, **LAYA A. V**, in partial fulfilment of the requirements for the award of the Undergraduate Degree of BSc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

DECLARATION

I, **Laya A. V.**, hereby declare that this dissertation entitled - “**UNDERSTANDING THE IMPLICATIONS OF MARITAL SATISFACTION IN JHON GOTTMAN’S BOOK**” submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

LAYA A. V.

Signature:

DB20CPSR26

ACKNOWLEDGMENT

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ABSTRACT

The study utilized qualitative methods to understand —THE IMPLICATIONS OF MARITAL SATISFACTION IN JOHN GOTTMAN’S BOOK. Marriage is a social institution that deeply affects every individual either directly or indirectly. There are innumerable other factors that may catch a person off guard in a marriage. Marriage is often not what it appears to be to the outside world. Movies and fiction is also not always helpful in setting realistic expectations and standards when it comes to marital life and its challenges. John Gottman is a legendary figure in the field of marital counseling who spent decades with young and old couples striving to better relationships with immense effort. Psychiatrists, psychologists and counselors across the globe is following his books in their professional practice. This study is for every individual who are looking forward to marriage to set realistic expectation, for those couples facing issues to be able to navigate such situations effectively, for those who are in a satisfactory relationship with their spouse to thrive to keep on making improvements and for those living in an unsalvageable toxic marriage to finally get out of it recognizing the red flags.

The book taken for study is *The Seven Principles for Making Marriage Work*. The sample was collected through purposive sampling and data was analyzed through content analysis technique of qualitative analysis. The data is interpreted using narrative analysis. The main findings of the study were that the most influential factors within a marriage are emotional intelligence, friendship, conflict, stress, appreciation/ fondness, repair attempts, awareness/ acknowledgement, contempt, criticism and flooding. Looking into these factors and making necessary changes can do wonders in a marriage according to Gottman. Gottman’s works has set open a wide area for researchers to further explore and appreciate the wonders of the puzzles of marriage.

CHAPTER 1

INTRODUCTION

The fact that every single fairytale we read as children ends with a marriage and the phrase "and they lived happily ever after" is an intriguing phenomena to examine. It is remarkable by how softly we communicate notions about the association between love, marriage and happiness, practically brainwashing children to believe that marriage leads to happiness.

“It’s not just in children’s books; all forms of storytelling – books, literature, TV shows and movies – largely depict marriage as a positive, or happy, conclusion. In my practice, I hear people speak of marriage in a similar manner, as a major life goal, the achievement of which will bring satisfaction, closure, and happiness. But more than a conclusion or goal, marriage is a turning point, where we acknowledge that we have grown enough emotionally to be responsible for more than just our own well-being.”- Sonali Gupta, practicing clinical psychologist.

According to Stephanie Coontz, author of *Marriage, A History*, marriage originated as a mechanism to organise people's lives economically and politically, with the preferences of the individuals taking a back place. She quotes historian Margaret Hunt, who said marriage was “the main means of transferring property, occupational status, personal contacts, money, tools, livestock and women across generations, and kin groups.” Livestock and women. Coontz adds, “For the propertied classes, marriage was the main way of consolidating wealth, transferring property, laying claim to political power, even concluding peace treaties. When upper-class men and women were married, dowry, bride wealth ... changed hands, making the match a major

economic investment by the parents and other kin of the couple.”The woman's ability to procreate also changed hands, with the risk of divorce escalating if the pair went an extended period without having a child, according to Coontz. Men benefited from the money and land that women contributed to heterosexual marriages, and women benefited from the man's financial security (as women have traditionally not been allowed to work outside the home). According to these factors, Coontz writes, getting married was rarely motivated by love, which turned marriage into a transaction that established rigid gender roles and a division of labour inside the home.

Marriage as we have understood it for the past 5,000 years has already been abolished. According to Coontz, weddings started happening out of love and were entered into for emotional security rather than financial security with the start of the 18th century. According to Coontz, as people began prioritizing intimacy and affection with a spouse, the absence of it became increasingly intolerable. At that point, people began considering divorce, and in later centuries, they began considering marriage as optional if they didn't experience intimacy and attraction from other people. In the same evolutionary era, marriage also became a vehicle to promote equality, for example, when Dr. B. R. Ambedkar said in his famous “Annihilation of Caste” speech: “the real remedy for breaking caste is inter-marriage. Nothing else will serve as the solvent of caste.” People who entered into marriages were also given special treatment from the state and from religious institutions — be it economic benefits or greater social acceptance. (Raj Desai, 2019).

Many of the customs and behaviours we take for granted are examined in marriage psychology. It also offers a strong scientific foundation for using counselling or therapy to address marital issues. According to George Levinger (1965), marital

stability and contentment are two of the most important factors to take into account while creating marital kinds. Marriages can either score highly or poorly on stability and satisfaction. He outlined four different marital types using these two aspects of marriage. High levels of stability and contentment were found in full-shell marriages; the partners in these unions almost never considered divorcing and were ecstatic about their union. Low levels of stability and relationship satisfaction were present in no-shell marriages; these couples struggled to maintain their unions and were unhappy in them. Empty-shell marriages had low levels of satisfaction but high levels of stability; despite the fact that these couples were unhappy in their marriages, they did not consider divorcing. Yet though partners in half-shell marriages reported high levels of satisfaction, the unions frequently ended. (Lumen learning, 2016).

The attitude a person has towards their marriage is frequently used to determine marital contentment (e.g., Fincham and Beach 2010). Marriage contentment is a crucial topic for both scholars and married people. Research suggests that over the course of a relationship, couples experience varied levels of marital happiness, while there are divergent opinions on how this happens. According to one theory, marital satisfaction has been declining overall over time (Blood and Wolfe 1960). Some claim that marital pleasure decreases initially before gradually rising afterwards (Rolins and Feldman 1970). However other studies show that marital satisfaction has not changed significantly (Bossard and Boll 1955). The happiness of a marriage may be significantly influenced by children (e.g., Cowen and Cowen 1992). More precisely, co-parenting behaviours, parental stress, and whether children are planned all may have an impact on marital pleasure. (Mary E King, 2016).

Dr. John Mordechai Gottman, a leading expert on marital stability and divorce prediction, has undertaken ground-breaking study with thousands of couples over the course of 50 years. He conducted multiple studies in the early years of his profession and found that couples struggling with their relationships did not gain from marital counselling. Gottman determined that the subject required statistical rigor, and that he was more than qualified for the job as a former MIT math major. He invited hundreds of couples to spend a few days in the "Love Lab," a model residence he had set up in his University of Washington research facility. While they were there, they were observed, recorded on camera, and fitted with electrodes to collect data on every aspect of their physiology. The couples lived their regular lives while they were at the lab. They went through love, hate, passionate dates, violent fights, and occasionally self-transformation. According to the narrative, Gottman became a divorce prophet using his mountain of data, which is fairly intriguing. Yet as another legend once put it, "the idea is to change it," foretelling the future is merely a first step. With science in hand, John Gottman made the decision to improve marriage counselling. And it seems that he was successful: Dr. John Mordechai Gottman The legend has reached every country in the world twenty years later. He has received glowing praise from The New York Times, The Atlantic, BBC, CNN, Washington Post, The New York Times again, Harvard Business Review, Scientific American, Time, and The New York Times a third time. He has published over two hundred scientific papers, some of which have been cited thousands of times. He has been voted one of the top 10 most influential therapists of the past quarter-century. His Gottman Relationship Institute, founded together with his wife Julie Gottman, has become a marriage counseling empire, trained hundreds of therapists in the Gottman method, and operates a referral network that can find you Certified Gottman Level 3 Therapists from Australia to Uruguay. The Seven

Principles For Making Marriage Work: A Practical Guide From The Country's Foremost Relationship Expert, is one of the most popular books by Gottman whose review is mentioned above. Several psychologists, counselors and even psychiatrists refer it in their professional practice so that they could have an informed opinion on the topic. (The Gottman Institute, 2023).

NEED AND SIGNIFICANCE

One of the major goals of the study is to understand the major reasons for unsatisfactory marriage and their solution in “The seven principles of making marriage work” by Jhon Gottman. Family structures have been ever evolving. We are at a point of time in the making of a history where a more equitable form of power distribution is found in a family setting between the spouses in a various parts of the world. Power is more equitably being distributed, both the partners are involved in bread winning and home making. When the world is opening up to a broader point of view and the social media is celebrating this progress, some families turn a blind eye to the novice and tend to stick to the traditional practices. In such unfortunate cases, the wife gets trapped with the pressure to meet the conventional role of a house wife and torn with her righteous need to earn a living of her own. This creates a painful imbalance in those families as it demands one person to deeply compromise on their quality of living to improve that of the others which paves way to conflict. Children growing within such families also develop a missed feeling about what is going around the world in contrary to what is happening in their lives. Sadly, this situation is quite prevalent in our country mocking the concept of gender equity in families. It is the need of the hour to address this gnawing issue that is eating away the sanity of numerous couples. Because chances for developing pent up aggression which leads to hostility and even domestic abuse in the

worst cases are the worst nightmares possible in a marital life. Knowing about the possible challenges in a marriage and effectively addressing the issue is as much for the children in the family as much as it is for the parents in the relationship to grow and flourish in a happy and healthy family environment. Sometimes logic and reason comes from the side of timely intervention from children of the family to break off a heated moment in the family. Gottman keenly talks about conflict and conflict resolution which will undoubtedly come in handy in such situations if properly executed.

We live in world where reality is blurred under a scary mist created by the internet. Teenage people get to know the opposite sex and unravel their curiosity by turning towards the unrestrained access to pornographic content. Studies revealed that most of them stumble upon pornography accidentally or for educational purposes but slowly develops into an addiction. This addiction slowly eats away at their brains, shrinking their conscience until human body merely becomes an object of pleasure for them. This makes them totally maladaptive as a social being. When we look into the web series culture, most of which unabashedly depicts toxic relationships with questionable values. Most of them are also accompanied by violent content which borderline abusive. The fandom of the actors in such series is neck to neck with most of the well-known movie actors who are usually at the receiving end of such awe. In an era ruled by a social media culture which celebrates “perfect couples” with millions of likes and followers for the conveniently scripted vlogs, photogenic couples posing for “candid” shots and captions that wrap the truth under the covers. Our generation can be easily guided to misjudge and idealize a relationship which is clearly meant for marketizing. Again beauty of the couple becomes prized over the quality of their relationship. The young generation, especially the teens and young adults are very impressionable to such contents. When they seek a romantic partner, they may side step

the obvious red flag within their partner and may even idealize it because of the influence of such content. It probably increases the social acceptance of toxic relationships within a younger crowd. All these together are a recipe for a huge disaster when it comes to interpersonal skills and values within a relationship. It goes without saying that their unreasonably high expectations draw out to their marital life and towards their partners. Be it in the guise of affairs or marriages its shadows had cost thousands across the globe. Sexual crimes and murders in the name of love is skyrocketing day by day which the news media celebrates with grandeur. It is utmost important that the teens of today get a healthy dose of what real life relationships look like in all its glory along with the challenges it comes with. For children growing in broken families, this may be a tough nut to crack. But it is where this study becomes relevant, to make them understand of the greatest relationship advisor's findings on what to expect from a marital relationship free of any mist and stripped bare to the truth.

Everyone has their own dreams and expectations of what a marriage life will look upon them. They tend to see it as a mile stone that cannot go wrong other than a major turning point. This makes them blind to the actual challenges that a marital life actually calls upon. Studies have proven that those couple who predicted their marriage would "get much better" over the years ended up with their marital satisfaction declining a considerable scale. The data reported in the study by Mary E King on marital satisfaction demonstrates that believing one's marriage will improve does not make it so, and that for women in particular, very optimistic forecasts may paradoxically mark risky relationships. These findings indicate that positively-biased views do not uniformly promote increased marital satisfaction over time and suggest that newlywed couples routinely overestimate their likelihood of marital success.

Further study of partners' predictions about the future of their relationships and the psychological processes that allow partners to commit to and stay in risky relationships is warranted. In another study by Terri Apter in 2009 covers another side of marriage which goes beyond the radar of people with optimism bias, that is, understanding Marriage is not just between two people but between two families and realizing the importance of in-law ties in a marital set up and understanding how to successfully accommodate and adapt oneself with the evolving family situations is a monumental part. She stated that In-law relationships are not simple. Balancing loyalties, drawing boundaries between ourselves and the people we love, and resisting the self-protective biases that blind us to our own unfairness are all essential to prevent in-law conflict from overwhelming a marriage.

There are innumerable other factors that may catch a person off guard in a marriage. It may vary from person to person and culture to culture. However, John Gottman is a legendary figure in the field of marital counseling who spent decades with young and old couples striving to better relationships with immense effort. Psychiatrists, psychologists and counselors across the globe is following his books in their professional practice. Every individuals who are wither married or looking forward to it should be aware of what they are are approaching and get a chance to be prepared for it.

PROBLEM STATEMENT.

Marriage satisfaction is the result of a teamwork when both the parties are invested in their arrangement and is set to work with their differences to make it fruitful. But unfortunately, many fail to put in the effort resulting in incompatible marriages. If it persists it creates an unhealthy family environment which is itself

volatile to become a massive failure if not a disaster. Understanding the major causes for marriage dissatisfaction will help couples to better navigate their situations to smoother shores. To learn from the best, analyzing Dr. John Mordechai Gottman's *The Seven Principles For Making Marriage Work: A Practical Guide From The Country's Foremost Relationship Expert* is my first choice.

DEFENITION OF KEY TERMS

1. Marriage

Theoretical definition:

(Broadly) any of the diverse forms of interpersonal union established in various parts of the world to form a familial bond that is recognized legally, religiously, or socially, granting the participating partners mutual conjugal rights and responsibilities .

Operational definition:

It is a social construct that unites two individuals of the same or opposite sex as spouses in a consensual relationship recognized by law.

2. Marital satisfaction:

Theoretical definition:

A mental state that reflects the perceived benefits and costs of marriage to a particular person.

Operational definition:

Feeling secure, safe, appreciated, loved in a marriage which fulfils ones basic expectations and meets the psychological, physiological and emotional needs of one another.

OBJECTIVES

Major objective:

Understanding major causes for marriage dissatisfaction in Dr. John Gottman's *The Seven Principles for Making Marriage Work*.

Specific objectives:

1. To understand causes of marriage dissatisfaction.
2. To understand various maladaptive strategies used married couples .
3. To understand effective ways to improve one's marriage.

ORGANIZATION OF THE REPORT

The present study contains five chapters. The first chapter is introduction, which includes a brief introduction to the study with emphasis on the need and significance of the study. The problem is stated and the definitions of the important terms are given in this chapter. The second chapter is the review of literature, comprising two sections; theoretical background of the study and related studies. The third chapter is methodology, in which the detailed account of samples, variables, tools, procedures for data collection and analysis method used for the analysis of the data collected are given. The fourth chapter, results and discussions consist of analysis of data and discussion of results obtained there by. In the fifth chapter, summary and conclusion, there is resumption of the study and the methodology of the present study is briefly stated. It also includes major findings of the present study. Then the implications of the present study are given along with the suggestions for further research. In the end, references and appendices are included.

CHAPTER 2

REVIEW OF LITERATURE

Literature reviews survey research on a particular area or topic in psychology. Their main purpose is to knit together theories and results from multiple studies to give an overview of a field of research. (Fink & Arlene, 2014)

A brief survey of the literature is included in the introduction of a research article. Its goal is to provide the background and justification for the study itself by outlining what is currently known in the field of investigation. Review articles are what are used to refer to published literature reviews. Reviews place a strong emphasis on interpretation. A review article analyses how each line of research supports or refutes a hypothesis by reviewing the most important studies conducted in a certain field of study. A review article describes, contrasts, and evaluates the key hypotheses and primary evidence in a field of study in order to provide a more comprehensive account of that field than a research article, which is quite particular. Review of literature has two purposes: (1) to describe and compare studies in a specific area of research and (2) to evaluate those studies. Both purposes are vital: a thorough summary and comparison of the current research is necessary before the researcher can build a strong evaluative argument about the theories tested. (University library, 2022).

THEORETICAL REVIEWS

I. Theories of Love

1. Liking vs. Loving

Zick Rubin, a psychologist, put up a theory to explain the distinction between liking and loving in 1970. Liking is the intense respect and admiration we have for

other people. We want to be around someone because we love spending time with them. Love is far more profound and compelling, because it includes a great need for closeness and physical contact. It involves putting the demands of the other person above your own. According to Rubin, romantic love consists of three components: 1) Close ties and dependant requirements. 2) A propensity to lend a hand. 3) Exclusionary and absorbed feelings. (Cherry, K, 2022)

2. The Color Wheel Model of Love

Psychotherapist John Lee related different types of love to the color wheel in his 1973 book *The Colors of Love*. Lee proposed that there are three fundamental types of love, just as there are three primary colours. 1) **Eros**: The term *Eros* stems from the Greek word meaning "passionate" or "erotic." This kind of love is passionate on both an emotional and physical level, and it is love for the ideal person. 2) **Ludus**: *Ludus* comes from the Greek word meaning "game." This kind of love is seen as amusing and enjoyable but not always serious. Those that display this kind of love are hesitant to get too close and are not prepared for commitment. As a result, it portrays love as a game. 3) **Storge**: *Storge* stems from the Greek term meaning "natural affection." This sort of love includes family. This love can also come about through friendship, where individuals with similar goals and responsibilities eventually grow to care about one another. As a result, it symbolizes love as friendship. (Cherry,K, 2022)

In 1977 Lee expanded the love styles to: 1) **Mania**: A combination of *Eros* and *Ludus*, representing obsessive love. 2) **Pragma**: A combination of *Ludus* and *Storge*, representing realistic and practical love. 3) **Agape**: A combination of *Eros* and *Storge*, representing selfless love. (Cherry,K, 2022).

3. Triangular Theory of Love

According to this theory, intimacy, passion, and commitment are the three pillars of love. These three elements can be combined in various ways to produce various sorts of love. For instance, mixing intimacy with desire creates romantic love, whereas combining intimacy with commitment creates compassionate love. Relationships based on two or more elements are more durable than those based on only one, according to Sternberg's triangle theory. Sternberg uses the phrase "consummate love" to refer to a union of closeness, ardour, and dedication. Sternberg contends that although this kind of love is the strongest and most resilient, it is also uncommon. (Cherry,K, 2022)

4. Attachment Theory of Love

According to the attachment theory of love developed by Hazan and Shaver, a person's attachment style is influenced in part by their relationship with their parents as a young child. The same fundamental style then persists into adulthood and is incorporated into their romantic relationships. (Cherry,K, 2022)

The three styles of adult attachment are: 1) **Anxious/ambivalent:** This type of person frequently worries that their lover doesn't love them. They can desire their spouse so intensely that it turns the other person away. 2) **Avoidant:** A person with this style feels uncomfortable getting close to people. They frequently have trouble earning people's trust. 3) **Secure:** The secure attachment style emphasises security in the connection, as the name would imply. Someone who feels safe has very few anxieties of being abandoned or of someone approaching them too closely. (Cherry,K, 2022)

5. Compassionate vs. Passionate Love

Elaine Hatfield, a psychologist, claimed that there are two fundamental sorts of love: passionate love and compassionate love, in 1988. Mutual respect, connection, affection, and trust define compassionate love. Usually, mutual respect and understanding are the foundations around which this love grows. The characteristics of passionate love are strong feelings, sexual attraction, trepidation, and affection. People experience happiness and fulfilment when these powerful emotions are returned, yet unreturned love results in feelings of hopelessness and despair. Hatfield says that passionate love emerges when cultural expectations support falling in love, when the individual fulfils one's preconceived conceptions of ideal love, and when one experiences heightened physiological arousal in the presence of the other person. According to Hatfield, intense love is momentary and often lasts between six and thirty months. In theory, intense love should lead to compassionate love, which is far stronger and more permanent. (Cherry,K, 2022)

II. Theories of Romantic Relationships

1. Social Exchange Theory

Psychologists Thibault and Kelley (1959) proposed the Social Exchange Theory. It claims that individuals in romantic relationships frequently weigh costs and benefits, whether consciously or unconsciously. As a result, someone is inspired to continue the relationship and make contributions to its growth. Thibaut and Kelley postulate that individuals seek to maximise the benefits or rewards of a relationship while minimising its costs (the minimax principle). Each cost and benefit has a different subjective value that is set by the individual. Every connection will have some sort of expense. But, in a relationship that is worthwhile, the advantages or the positives

outweigh the drawbacks or the expenses. Under such circumstances, human reasoning suggests that the costs are worthless. But, if the disadvantages outweigh the advantages, it can be a sign that you should give up. (Tulane University, 2023).

2. Equity Theory

Equity Theory by Walster, 1978 is an extension of Social Exchange Theory but argues that rather than simply trying to maximize rewards/minimize losses, couples will experience satisfaction in their relationship if there is an equal ratio of rewards to losses between both the partners: i.e. there is equity/fairness. Both partners may feel dissatisfied if one spouse receives a larger profit share than the other. One spouse may feel guilty or ashamed if their reward-to-loss ratio is significantly higher than their partner's (they are giving nothing and getting lots in return). One partner may feel resentful or angry if their reward-to-loss ratio is significantly lower than their partners' (they are giving a lot and getting little in return). (Goulder,W, 2022)

Principles of equity theory are: 1) **Distribution**: Tradeoffs and compensations are negotiated to achieve fairness in a relationship. 2) **Dissatisfaction**: The greater the perceived inequity, the greater the dissatisfaction. 3) **Realignment**: The more unfair the relationship feels, the harder the partner will work to restore equity. Or they may revise their perceptions of rewards and costs e.g. what was once seen as a cost (abuse, infidelity) is now accepted as the norm. (Goulder,W, 2022)

3. Rusbult's Investment Model

The Social Exchange Theory outlined above serves as the foundation for Rusbult et al. (2011)'s model of commitment in a romantic relationship, which suggests that three elements influence the degree of commitment in a relationship. The first is **level of satisfaction**, which takes into account both positive and negative feelings

experienced as well as how much one couple meets the other's demands (financial, sexual, etc.). The second is **Investment Size**, which refers to the total amount of time, money, and effort invested in the relationship to date that would be lost if it ended. Due to the expenses incurred when an investment is lost, investments lead to an increase in dependency on the relationship. Investments are therefore a strong factor in averting relationship collapse. The third factor, **commitment level**, refers to how likely it is that the relationship will last. As a result of their I high levels of satisfaction, (ii) the fact that they would lose a lot if the relationship ended, (iii) the fact that they don't anticipate any gains, and (iv) the fact that they typically aren't interested in other relationships, partners in new romantic relationships tend to have high levels of commitment. As the relationship progresses, these elements could change and lesser degrees of commitment ensue. (Goulder,W, 2022)

4. Duck's Phase Model

According to Duck's (2007) phase model, relationships don't end in a single event but rather go through a series of stages or phases that include the breakup of the union. The **Intra-Psychic Phase**, which literally means "inside one's own head," is the first stage. One of the partners starts to have questions about the relationship at this point. They take some time to consider the advantages and disadvantages of the connection as well as potential substitutes, such as being alone. They might either keep these emotions to themselves or confide in a close friend. The second phase that follows is the **Dyadic Phase** during which parties share their feelings about the relationship; this frequently leads to antagonism and may take place over a number of days or weeks. At this time, the subject of equity will come up frequently. The discussions will either end with a fresh commitment to invest in the relationship or with the recognition that it has failed. The following stage is the **Social Phase**, during which

the participants are urged to take sides and may encourage either the breakup or reconciliation of their relationship through expression of opinion or hidden truths. To the detriment of their prior romantic relationship, each party may seek the approval of their friends. As each spouse has invested in the breakdown to their friends at this time, it is doubtful that the relationship will be healed and any retreat from this may be regarded with disapproval. Each partner will try to spin a positive version of the events in the **Grave-Dressing Phase** after the relationship has ended fully, convincing themselves and others that the breakup was not their fault and maintaining their social standing and prospects of finding love in the future. Their internal story will concentrate more on processing the relationship's experiences, possibly reinterpreting recollections in light of fresh information about the partner, such as how earlier youthfulness may now be perceived as immaturity. The **Resurrection Phase**, which Rollie and Duck (2006) included as the fifth stage, is where people apply the lessons they learned from their previous relationships to their upcoming ones. The development from one stage to the next is not always possible, and successful interventions can stop this from happening, Rollie and Duck stressed when they went back to the model. (Goulder, W, 2022)

III. Dynamic Goal Theory of Marital Satisfaction

According to Li and Fung's dynamic goal theory of marital pleasure, married couples achieve three basic goals: personal goals, companionship goals, and instrumental goals. These objectives lay the groundwork for marriage and must be accomplished to increase both marital quality and marital satisfaction. Their marital objectives will eventually affect the objectives of their kids. The improvement and development of oneself with the assistance of the two spouses within the marriage is the foundation of **personal growth goals**. When these objectives are achieved, the

partner gains a sense of success that makes them feel up to taking on new difficulties. The foundation of **personal growth goals** is the enhancement and development of oneself with the support of the two spouses inside the marriage. The spouse feels successful when these goals are met, which gives them the confidence to take on new challenges. **Instrumental goal** concentrate on the day-to-day activities that need utilizing the spouse's physical and mental resources (Li & Fung, 2011). Marriage is known for its instrumental purposes, which are frequently used to divide work and obligations around the family. Yet, an unequal distribution of work and obligations might cause marital conflict. Instrumental assistance from the spouse can help to improve marital quality (Li & Fung, 2011). The norms of the marriage and of society have an impact on marital aspirations. Setting priorities for your marriage's goals might change how you interact with each other and make it easier to achieve marital pleasure. In general, youthful couples place more importance on their personal development goals, middle-aged couples give more importance to their professional ambitions, and elderly couples prioritize their companionship goals.(Li,T & Fung, H.H., 2011).

REVIEW OF RELATED STUDIES

Studies on Promoting Marital Satisfaction by Dawn M. Sokolski and Susan S. Hendrick looked at how intrapersonal, interpersonal, and environmental elements all affect marital contentment. 160 married couples participated in this study, and they were evaluated on a range of relationship metrics. Intrapersonal factors like dedication and affection, interpersonal factors like self-disclosure, and environmental factors like the lack of stress were all related to contentment. A significant portion of the variance in hierarchical regression models was explained by intrapersonal and interpersonal variables, with similar results for the prediction of satisfaction for wives and husbands.

Couples' qualitative comments agreed with the quantitative statistics. Couples therapy implications are highlighted. (Sokolski and Hendrick, 1999)

Research was done on "Patterns of Change in Marital Satisfaction Across the Newlywed Years" by Justin A. Lavner and Thomas N. Bradbury. The study found that while the typical newlywed's level of marital satisfaction rises and then falls, certain couples may have qualitatively different trajectories. They identified 5 trajectory groups using 8 self-reports of satisfaction from 464 newlywed spouses gathered over a 4-year period, including patterns with high intercepts and no satisfaction declines, moderate intercepts and little declines, and low intercepts and significant declines. The groups' 4- and 10-year divorce rates differed systematically and wives often had happier life trajectories than their husbands. Assessments of personality traits, stress, hostility, and communication styles indicated expected distinctions across groups soon after marriage. In their conclusion, they discuss the theoretical and practical ramifications of seeing unique and foreseeable patterns of change in relationship satisfaction. (Lavner and Bradbury, 2010).

2008 saw the completion of research on the subject of "Contextualizing Change in Marital Satisfaction throughout Middle Age: An 18-Year Longitudinal Research" by Sara M. Gorchoff, Oliver P. John, and Ravenna Helson. They looked at changes in women's marital happiness over a period of 18 years in middle age to meet the demand for longitudinal marital research that takes contextual factors into consideration. They looked at changes in marital satisfaction as well as their causes and mechanisms. Marriage satisfaction rose in middle age, and the transition to an empty nest was associated with improved marital satisfaction but not life contentment. More specifically, the move to an empty nest enhanced marital satisfaction by making women love spending time with their partners more, but not by making them spend

more time together overall. A rise in marital satisfaction was also not linked to a different partner. Together, these results demonstrate the value of investigating long-term change in marital happiness using a contextualized strategy that focuses on significant life events. (Gorchoff, John and Helson, 2008).

In 2016, Mary E. King carried a research on marital satisfaction. Her findings suggest that marital contentment might be characterized as a person's attitude towards their own marriage. Understanding marital pleasure has significant significance for relationship researchers as well as practical ramifications for married people and the professionals who support them. Three major aspects of the many factors that influence marital satisfaction are the way marriages typically progress through the relational lifecycle and the fluctuation in satisfaction that results from doing so; engaging in customary relational maintenance behaviours; and the contribution of conflict styles to overall marital satisfaction. The attitude a person has towards their marriage is frequently used to determine marital contentment (e.g., Fincham and Beach 2010). Marriage contentment is a crucial topic for both scholars and married people. Research suggests that over the course of a relationship, couples experience varied levels of marital happiness, while there are divergent opinions on how this happens. According to one theory, marital satisfaction has been declining overall over time (Blood and Wolfe 1960). Some claim that marital pleasure decreases initially before gradually rising afterwards (Rolins and Feldman 1970). However other studies show that marital satisfaction has not changed significantly (Bossard and Boll 1955). The happiness of a marriage may be significantly influenced by children (e.g., Cowen and Cowen 1992). More precisely, co-parenting behaviours, parental stress, and whether children are planned all may have an impact on marital pleasure. (King, 2016).

Rosalie Gilford, PhD, did a study titled "Contrasts in Marital Happiness During Old Age: An Exchange Theory Analysis" in 1984. Overall, older partners express moderate to high levels of marital happiness; however, it is unclear if these opinions hold true throughout the course of a marriage or if there are changes as people get older. In a quasi-longitudinal design, questionnaire responses from 318 married people between the ages of 55 and 90 were used to calculate the mean factor scores on frequency of positive interaction and bad attitude with spouse. Three successive age groups showed contrasts in the intensity of interaction and mood, with the group of people aged 63 to 69 reporting the highest levels of marital satisfaction. In all three elderly age groups, multiple regression models showed continuity in the social and personal predictors of marital happiness, with the 55 to 62 year old group showing the highest predictability. The oldest group, those between the ages of 70 and 90, had the fewest predictors and least predictivity. The findings imply that elder marriages have more potential for happiness and vulnerability than has previously been thought. (Gilford, 1984).

Research on the relationship between conflict management style and marital satisfaction was done by Tanya De Bruyne and Abraham P. Greeff. The purpose of this study was to determine if there is a particular conflict management approach that significantly correlates with marital satisfaction. Gender differences as well as spouse satisfaction with the way marital dispute is handled were also looked at. The study included fifty-seven married couples who had been together for at least ten years. The findings indicated that the collaborative conflict management style has the strongest relationship with both marital and spousal satisfaction with conflict resolution in marriage. Whereas the competitive conflict management technique was adopted by one or both partners, the lowest levels of marital satisfaction were noted. Also, the data were evaluated in terms of gender and cultural disparities. (Bruyne and Greeff, 2011).

Wayne H. Denton conducted research on the relationship between communication ability and marital satisfaction: some moderating influences. According to this article, there is a complex relationship between communication abilities and marital satisfaction that varies depending on a variety of moderating factors, such as skill type, marital distress, gender, and analytic unit (couple, self, or other). Participants completed exercises that assessed two marital satisfaction traits and four communication skills for 30 disturbed couples and 30 couples who were not troubled. The analysis's findings demonstrated that the moderating variables had an effect on both the intensity and the direction of the relationships. Skills and satisfaction, in particular, were positively connected among couples who were not having trouble whereas they were adversely correlated among couples who were depressed. Examined is the significance of the results for the investigation of marital communication and the treatment of marital misery. (Denton, 1997).

Stress, sexual function, and marital satisfaction were the subjects of research by Patricia J. Morokqff and Ruth Gilliland, which was published in 2010. Among 165 men and women, aged 21 to 84, about half of whom were unemployed, the association between stress and sexual functioning and marital satisfaction was examined, per their study. Adults filled out questionnaires about their life experiences, difficulties, marital satisfaction, and sexual function. According to a regression analysis, men's unemployment was linked to their inability to get an erection. As age, this effect become much stronger. Also, compared to wives of employed men, wives of unemployed men stated that their spouses had more erectile dysfunction issues. This conclusion was mediated by marital satisfaction, which had a high negative correlation with reported erectile problems for women whose husbands were unemployed. Contrary to predictions, difficulties scores for both men and women were positively connected to sexual desire. Although there was no correlation between female unemployment and any sexual dysfunction, female unemployment was associated with a more pronounced fall in desired frequency of sexual activity with age. Findings were analysed with respect to the psychological importance of distinct stressors. (Morokqff and Gilliland, 2010).

Research was done on "Leisure-Activity Patterns and Marital Satisfaction: A Further Test" by Thomas B. Holman and Mary Jacquart. In this study, 318 married people's marital satisfaction is compared to four different patterns of leisure-time activities. At five periods of the marital career as well as at high and low stress levels, the magnitude of connections between leisure-activity patterns and marital satisfaction is also looked at. The findings show that the perceived communication during the leisure activity determines the direction and degree of the association between leisure and marital pleasure. Shared spousal leisure is positively connected to marital satisfaction when communication is high,

and adversely related to marital satisfaction when communication is low to moderate. Contrary to earlier study (Orthner, 1975), the researchers come to the conclusion that changes in magnitude in the link between leisure-activity patterns and marital pleasure at different marital career stages have little real significance. On the strength of the association between leisure factors and marital satisfaction, high-stress wives and low-stress wives differ significantly; the husbands do not differ much. (Holman and Jacquart, 1988).

A study on "Perceptions of the Distribution of Housework and Child Care and Marital Satisfaction" was done by Sara Yogev and Jeanne Brett. In this study, four population groups—husbands in dual-earner marriages ($n = 136$), wives in dual-earner marriages ($n = 136$), husbands in single-earner marriages ($n = 103$) and wives in single-earner marriages ($n = 103$)—were used to examine the relationship between marital satisfaction and perceptions of the distribution of housework and child care. According to the findings, there are connections between marital satisfaction and how each group perceived how housework and child care were distributed. For dual-earner husbands and single-earner wives, the exchange model offers the most economical explanation of the connection between attitudes towards family work and marital pleasure. When one perceives their partner as contributing more to the family workload than their fair share and when one perceives oneself as contributing less than one's fair share, marital satisfaction increases. The equity model is most suitable for couples with two earners in the wife's case and one in the husband's. For these two categories, marriage satisfaction is related to believing that both oneself and one's spouse carry out a reasonable amount of household duties. The article also addresses potential explanations for these findings utilizing conventional sex-role stereotypes and current expectations for roles. (Yogev and Brett, 1985).

CHAPTER 3

METHOD AND RESEARCH DESIGN

Here, a qualitative research design was applied. Any study that uses information that conceals ordinal values is categorized as a qualitative study. To better comprehend ideas, opinions, or experiences, qualitative research entails gathering and evaluating non-numerical data (such as text, video, or audio). In order to create a narrative, descriptive account of a place or practice, qualitative research use procedures like participant observation or case studies. Sociologists that advocate interpretive sociology over positivism typically employ these techniques. In qualitative research, the observer is situated in relation to the surrounding environment. The world is made visible by a variety of interpretive and practical actions. The world is significantly impacted by these activities. They turn the surroundings into a series of representations, which may include self-memo, field notes, interviews, dialogues, photographs, and recordings. This level of qualitative research requires a naturalistic, interpretive perspective on reality. This suggests that qualitative researchers observe things as they actually are, attempting to comprehend or interpret events through the prisms of the meanings people give to them. Inductive analysis begins with the collection of data, after which you search for patterns or create ideas based on it. On the other hand, deductive methods are widely used in quantitative research, when ideas are already developed and put to the test. In qualitative research, the gathered data is used to create theories and patterns (Bengston, 2016).

SAMPLING METHOD

The research will make use of the purposive sampling approach. Purposive sampling is a sort of non-probability sampling where researchers choose members of

the public to take part in their surveys using their own discretion. It is sometimes referred to as subjective, biased, or judgmental sampling. A non-probability sampling technique called "purposeful sampling" selects the sample's constituents "depending on the researcher's judgments." Many times, researchers believe that by using good judgments, they may obtain a representative sample while also saving time and money. The most prevalent instance of this sampling technique is when TV reporters stop individuals on the street and inquire about their thoughts on specific political changes. However, it is important to remember that the TV reporter must exercise some discretion when choosing someone to stop on the street and interview; otherwise, random sampling would be employed. One of the most time- and money-efficient sampling techniques is purposeful sampling. Yet, there is a high degree of bias and low reliability. being unable to extrapolate study findings. (McCombes, 2019).

Sample: The Seven Principles For Making Marriage Work; A practical guide from the country's foremost Relationship Expert by John M. Gottman, PH.D., and Nan Silver.

Inclusion criteria: Marital satisfaction.

Exclusion criteria: Parenting styles, LGBTQAI+ couples.

METHOD OF DATA COLLECTION

A research technique called content analysis identifies the presence of particular words, topics, or concepts in qualitative data (i.e. text). Using content analysis, researchers can count and examine the occurrence, significance, and connections of particular words, themes, or concepts. In qualitative content analysis, information is given in words and themes, allowing for some interpretation of the results. Conceptual analysis and relational analysis are the two subtypes of content analysis. Conceptual analysis establishes the existence and occurrence of concepts in a text. Relational

analysis builds on conceptual analysis by examining the connections between concepts in a text. Each type of analysis has a wide range of potential results, findings, interpretations, and ramifications. For this study, a conceptual content analysis was applied. Most often, conceptual analysis comes to mind when people think of content analysis. In conceptual analysis, a concept is chosen for examination, and the study includes quantifying and counting the notion's occurrences. Examining how frequently particular terms appear in the data is the main goal. Term definitions could be explicit or oblique. Explicit terms are easy to recognize. Making judgments about the level of implication and how to code implicit terms is more challenging (an issue for reliability and validity). So, while coding implicit terms, one may need to utilize contextual translation rules, a dictionary, or both. Choose a research question and a sample or samples to evaluate before beginning a conceptual content analysis. The text has to be arranged into manageable topic categories. Essentially, this is a selective reduction process. By restricting the material to categories, the researcher can concentrate on and code for specific terms or patterns that describe the research issue.

PROCEDURE FOR DATA COLLECTION

The data consists of a journal *The Seven Principles For Making Marriage Work* by John M. Gottman and Nan Silver. The book was re read multiple times to analyze the different aspects of marital satisfaction and its representation through the studies of Gottman and colleagues. Once the analysis was done base done themes, the occurrence and its frequency was tabulated and discussed.

DATA ANALYSIS METHOD

A group of analytical techniques known as "narrative analysis" are used to analyze texts or visual data that take on a storied form. People tell tales to help them

organize and make sense of their life, and their storied narratives are useful and purposeful, according to a frequent presumption of narrative approaches. On the basis of whether they concentrate on the narrative content or structure, many methods to narrative analysis are classed, with the thematic version asking what a tale is about and the structural version asking how a story is put together to achieve specific communication goals. According to Kohler Riessman (2008), one may also include the visual, which connects words and visuals in a coherent story, as well as the dialogic/performance narrative analysis, which focuses on the context and views narratives as being multi-voiced and co constructed. (Figgouand Pavlopoulose, 2015).

The structure, content, and purpose of stories in both written and oral communication are all topics covered by narrative analysis. More than 20 years ago, it was born out of the narrative shift in psychology and Jerome Bruner's groundbreaking research. The famous case study of a 2-year-old by Nelson is another early example of narrative analysis. The study of narrative identity is strongly related to analyses of autobiographical life stories because they offer the chance to clearly address temporality and the individual's reconstruction of developmental processes. Though primarily focused on the investigation of "little tales" in banal everyday contact, social-constructivist approaches emphasise the local and situational nature of identity creation. (Demuth and Mey, 2015).

CHAPTER 4

RESULT AND DISCUSSION

The aim of the study was to understand the implication of marital satisfaction in John Gottman's book. Purposive sampling was used to select this journal from a wide array of relationship guide and journals. Content analysis was used as the data collection method, specifically conceptual content analysis. We can quantify and analyze the presence, meanings, and relationships of specific words, themes, or concepts using content analysis. The following result was obtained by using narrative analysis on the content obtain through content analysis. Various dimensions were observed and their instances and frequency tabulated. Narrative analysis is a qualitative data analysis technique. It is concerned with the structure, content, and function of stories in written and oral communication.

Table 4.1: Factors effecting marital satisfaction

Sl.no:	Characteristics	Discussion	Frequency
1.	Emotional intelligence	Being emotionally tuned towards ones relationship is one of the best recommended methods to save ones marriage.	167
2.	Friendship	Friendship fuels the flames of romance because it offers the best protection against feeling adversarial toward your spouse. It helps to balance the power between husband and wife	126
3.	Conflict	Most marital arguments cannot be resolved. There are two types of conflict: perpetual and solvable.	110

		Conflict resolution is touted not only as a cure-all for troubled marriages but as a tonic that can prevent good marriages from faltering.	
4.	Stress	In an unhappy marriage people experience chronic, diffuse physiological arousal—in other words, they feel physically stressed and usually emotionally stressed as well. This puts added wear and tear on the body and mind.	97
5.	Appreciation/ Fondness	Good marriages are frequently taken for granted and people do not realize its actual worth before it is too late. Creating fondness and admiration for one another is a major achievement of a happy marriage.	94
6.	Repair attempts	These are efforts the couple to deescalate the tension during a touchy discussion to put on the brakes so flooding is prevented. The failure of repair attempts is an accurate marker for an unhappy future.	86
7.	Awareness/ Acknowledgement	Knowing about ones partner goes hand in hand with realizing the situation in which their marriage is in. the lack of this basic awareness may lead to failed relationships. Creating love maps are found to be really effective in this.	59

8.	Contempt	Sarcasm and cynicism are types of contempt. Contempt is fueled by long-simmering negative thoughts about the partner. You're more likely to have such thoughts if your differences are not resolved.	53
9.	Criticism	A complaint focuses on a specific behavior, but a criticism ups the ante by throwing in blame and general character assassination.	45
10.	Flooding	Flooding means that your spouse's negativity is so overwhelming and so sudden, that it leaves you shell-shocked. You feel so defenseless against this sniper attack that you learn to do anything to avoid a replay.	43
Total			880

Emotional Intelligence:

Marital adjustment and emotional intelligence are closely related. Marriage requires the ability to perceive, analyze, and manage emotions as well as to regulate or control them. Individuals who are adept at interpreting others' emotions may do it in either a positive or negative way. With the application of their emotional intelligence skills, spouses can take advantage of one other's weaknesses and insecurities for their own ends. It was said that vocal and nonverbal communication as well as an unspoken emotional discourse within a marriage all contribute significantly to marital pleasure. The fact that when emotion work was balanced, both men and women felt the happiest in their relationships. The ability to recognize, comprehend, control, and effectively utilize emotions in daily life is referred to as emotional intelligence. A person's capacity

to act appropriately under specific circumstances is crucial. A person is capable of comprehending both their own and other people's emotions. That is crucial to the marriage's transition. Many studies have been done to prove that emotional intelligence has a significant impact on how well a marriage works out. Controlling one's own and other people's emotions aids in dispute resolution and a fulfilling existence for the spouse.

Friendship:

The fundamental tenet of Gottman's approach is that strong friendships form the foundation of successful marriages. He meant by this a respect and enjoyment of one another's company. These couples have a close relationship and are familiar with each other's preferences, personality traits, aspirations, and hopes. They have enduring respect for one another and frequently show their affection for one another in small but significant ways. Friendship provides the finest defense against feeling hostile towards your spouse, it ignites the flames of romance. Technically speaking, examples of successful couples in this book are said to experience "positive sentiment override" since they have maintained their friendship despite the normal conflicts and irritations of married life. In other words, their good perceptions of one another and their marriage are so widespread that they often outweigh their negative ones. It takes a lot more serious dispute than it would ordinarily for them to lose their equilibrium. Their positivism makes them feel upbeat about one other and their marriage, make hopeful assumptions about their future together, and treat each other with respect. It takes more than being "nice" to improve your marriage friendship. Even if you believe your friendship is already strong, you might be shocked to learn there is still room for growth.

Conflict:

According to *7 Principles for Making Marriage Work*, there are several conflict styles among couples. Some people fight frequently, some people fight seldom, and some people are able to "talk out" their disagreements and come to an agreement without ever using their voices. As long as the style suits both persons, neither is necessarily superior to the other. However, most marital arguments cannot be resolved. According to Gottman, there are two types of conflict: perpetual and solvable. Solvable problems may seem less agonising, harrowing, or dramatic than persistent ones that are stuck in a deadlock. That's because when you fight about a problem that can be solved, you only have one issue or set of circumstances in mind. Your quarrel is not being fueled by an underlying conflict. Unfortunately, the majority of marital conflicts fall into the category of perpetual problems 69 percent, to be exact. In unstable marriages, perpetual problems could eventually kill the relationship. Instead of coping with the problem effectively, the couple gets gridlocked over it. Gottman says that, "despite what many therapists will tell you, you don't have to resolve your major marital conflicts for your marriage to thrive". Couples are aware that issues will certainly arise in a relationship. Marriages succeed to the extent that the issues you select are ones you can handle.

Stress

Burman and Margolin termed their explanatory framework as the stress/social support hypothesis, noting that marital factors may be a source of stress. In an unhappy marriage people experience chronic, diffuse physiological arousal—in other words, they feel physically stressed and usually emotionally stressed as well. This puts added wear and tear on the body and mind, which can present itself in any number of physical ailments, including high blood pressure and heart disease, and in a host of

psychological ones, including anxiety, depression, suicide, violence, psychosis, homicide, and substance abuse. When a pounding heart and all the other physical stress reactions happen in the midst of a discussion with your mate, the consequences are disastrous. Your ability to process information is reduced, meaning it's harder to pay attention to what your partner is saying. Creative problem solving goes out the window. You're left with the most reflexive, least intellectually sophisticated responses in your repertoire: to fight (act critical, contemptuous, or defensive) or flee (stonewall). Any chance of resolving the issue is gone. Most likely, the discussion will just worsen the situation.

Appreciation/ Fondness.

Gottman states that, if a couple still has a functioning fondness and admiration system, their marriage is salvageable. Fondness and admiration are two of the most crucial elements in a rewarding and long-lasting romance. Although happily married couples may feel driven to distraction at times by their partner's personality flaws, they still feel that the person they married is worthy of honor and respect. When this sense is completely missing from a marriage, the relationship cannot be revived. But fondness and admiration can be fragile unless you remain aware of how crucial they are to the friendship that is at the core of any good marriage. By simply reminding yourself of your spouse's positive qualities--even as you grapple with each other's flaws--you can prevent a happy marriage from deteriorating. Sharing common interests enriches and deepens their fondness and interest in each other.

Sex life is all about fundamental appreciation and acceptance of each other. No other area of a couple's life offers more potential for embarrassment, hurt, and rejection than sex. Learn to talk to each other about sex in a way that lets you both feel safe. That means learning the right way to ask for what you want, and the appropriate way to react

to your spouse's requests. Your sexual life will be further enhanced if you feel safe enough to share your sexual fantasies with each other and even act them out together. Try to cultivate the idea that within the boundaries of your marriage, all wishes, images, fantasies, and desires are acceptable. Nothing is intrinsically bad or disgusting. You can say no to your partner's request, but don't disparage it.

Creating a sense of fairness and teamwork by sharing house works can be very helpful in an effective marriage. When a husband doesn't do his agreed-upon share of the housework, the wife usually feels disrespected and unsupported. Inevitably this leads to resentment and a less satisfying marriage. Many husbands just don't understand why housework is such a big deal to their wives. They may not be slackers on purpose. But many were raised in traditional homes where their father did no housework at all. On some level many men still consider housework to be a woman's job. When the husband helps, he feels he should be applauded, but instead his wife keeps demanding he do more, which makes him defensive and likely to do less.

Repair Attempts

Repair attempts are efforts the couple makes ("Let's take a break," "Wait, I need to calm down") to deescalate the tension during a touchy discussion, to put on the brakes so flooding is prevented. Repair attempts save marriages not just because they decrease emotional tension between spouses, but because by lowering the stress level they also prevent your heart from racing and making you feel flooded. When the four horsemen rule a couple's communication, repair attempts often don't even get noticed. Especially when you're feeling flooded, you're not able to hear a verbal white flag. In unhappy marriages a feedback loop develops between the four horsemen and the failure of repair attempts. The more contemptuous and defensive the couple is with each other, the more flooding occurs, and the harder it is to hear and respond to a repair. And since

the repair is not heard, the contempt and defensiveness just get heightened, making flooding more pronounced, which makes it more difficult to hear the next repair attempt, until finally one partner withdraws. In fact, 84 percent of the newlyweds who were high on the four horsemen but repaired effectively were in stable, happy marriages six years later. But if there are no repair attempts--or if the attempts are not able to be heard--the marriage is in serious danger.

Awareness/ Acknowledgement

Gottman says that, when you acknowledge and openly discuss positive aspects of your partner and your marriage, your bond is strengthened. This makes it much easier to address the problem areas in your marriage and make some positive changes. If you're having difficulty accepting influence, one of the best things you can do for your marriage is to acknowledge the problem and talk with your spouse about it. Nobody can change old habits overnight. But if you're able to take responsibility for the parts of your marital troubles that are caused by your difficulty with sharing power, that in itself will be a major leap forward for your marriage. Your spouse is likely to feel a great sense of relief and renewed optimism about improving your marriage. The next step is to make your partner an ally in your crusade to overcome this problem. Ask her (or him) to gently point out to you instances where you are being unwittingly domineering, defensive, or disrespectful. Both partners should be aware of the constant role changes and the role expectations they are supposed to meet. Becoming parents, moving places etc can bring about drastic changes in a person's life, supporting your partner through it all is key for a happy life.

Contempt

With respect to *7 Principles for Making Marriage Work*, sarcasm and cynicism are types of contempt. So are namecalling, eye-rolling, sneering, mockery, and hostile

humor. In whatever form, contempt--the worst of the four horsemen--is poisonous to a relationship because it conveys disgust. It's virtually impossible to resolve a problem when your partner is getting the message you're disgusted with him or her. Inevitably, contempt leads to more conflict rather than to reconciliation. Contempt is fueled by long-simmering negative thoughts about the partner. Cynthia, a change that affected what he said when they argued. Belligerence, a close cousin to contempt, is just as deadly to a relationship. It is a form of aggressive anger because it contains a threat or provocation. Fondness and admiration are antidotes for contempt. Contempt is a corrosive that, over time, breaks down the bond between husband and wife. The better in touch you are with your deep-seated positive feelings for each other, the less likely you are to act contemptuous of your spouse when you have a difference of opinion.

Criticism

Gottman believes that one will always have some complaints about the person they live with. But there's a world of difference between a complaint and a criticism. A complaint only addresses the specific action at which your spouse failed. A criticism is more global, it adds on some negative words about your mate's character or personality. A complaint focuses on a specific behavior, but a criticism ups the ante by throwing in blame and general character assassination. The problem with criticism is that when it becomes pervasive, it paves the way for the other, far deadlier horsemen. Marriages can survive plenty of flashes of anger, complaints, even criticisms. Trying to suppress negative feelings in your spouse's presence wouldn't be good for your marriage or your blood pressure. The problem comes when even mild dissatisfaction on the wife's part is met by a barrage from her husband that, instead of toning down or at the most matching her degree of negativity (yelling back, complaining, etc.), goes beyond it. The other source of criticism in marriage comes from within. It is connected to self-doubt that has

developed over the course of one's life, particularly during childhood. In other words, it begins as criticism of oneself. Expressions of thanksgiving and praise are the antidotes to the poison of criticism and its deadly cousin, contempt.

Flooding

Frequently feeling flooded leads almost inevitably to distancing yourself from your spouse. That in turn leads you to feel lonely without help, the couple will end up divorced or living in a dead marriage, in which they maintain separate, parallel lives in the same home. They may go through the motions of togetherness, but emotionally they no longer feel connected to each other. From Gottman's studies it was found that majority of men have a greater tendency to have negative thoughts that maintain their distress, while women are more likely to think soothing thoughts that help them calm down and be conciliatory. Men, generally, either think about how righteous and indignant they feel, which tends to lead to contempt or belligerence. Or they think about themselves as an innocent victim of their wife's wrath or complaint which leads to defensiveness. Obviously these rules don't hold for every male and every female. But after twenty-five years of research, Gottman have noted that the majority of couples do follow these gender differences in physiological and psychological reactions to stress. Because of these dissimilarities, most marriages (including healthy, happy ones) follow a comparable pattern of conflict in which the wife, who is constitutionally better able to handle the stress, brings up sensitive issues. The husband, who is not as able to cope with it, will attempt to avoid getting into the subject. He may become defensive and stonewall. Or he may even become belligerent or contemptuous in an attempt to silence her.

CHAPTER 5.

SUMMARY AND CONCLUSION

The aim of the study was to understand the implication of marital satisfaction in John Gottman's book, to understand causes of marriage dissatisfaction, to understand various maladaptive strategies used married couples and to understand effective ways to improve one's marriage. There are five chapters in this research. The first chapter, Introduction, is a brief overview of the study, with a focus on the study's need and significance. Dr. John Mordechai Gottman is a leading expert on marital stability and divorce prediction, has undertaken ground-breaking study with thousands of couples over the course of 50 years. . He has been voted one of the top 10 most influential therapists of the past quarter-century. The second chapter of the research focused on the theory based on the research and the studies conducted previously on similar topics. The third chapter is methodology, which includes a full description of sampling method, method of data collection, procedure for data collection and the analysis approach used to analyze the data acquired. Content analysis is a research method for determining the existence of specific words, topics, or concepts in qualitative data. Researchers can analyze the presence, meanings, and relationships of specific words, themes, or concepts using content analysis. A group of analytical techniques known as "narrative analysis" are used to analyze texts or visual data that take on a storied form. The structure, content, and purpose of stories in both written and oral communication are all topics covered by narrative analysis.

The fourth chapter focuses on result and discussion. The results of the research were tabulated into ten major characteristics, discussion and frequency. Each with a different dimension of marital satisfaction- emotional intelligence, friendship, conflict,

stress, appreciation/ fondness, repair attempts, awareness/ acknowledgement, contempt, criticism and flooding. Then there is further discussion with detailed analysis on each dimension. The result was as follows emotional intelligence-197, freinship-126, conflict-110, stress-97, appreciation/ fondness-94, repair attempts-86, awareness/ acknowledgement-59, contempt-53, criticism-45 and flooding-43. Among the most influential factors influencing marital satisfaction, the most instrumental factor is emotional intelligence with a frequency of 167 and the least is flooding with a frequency of 43. The book is a very handy one with several exercises for the readers to work out, understand where their marriage stands and apply those strategies to enhance their marriage.

CONCLUSION

The aim of the study was to understand the implication of marital satisfaction in John Gottman's book. It was found that the representation of marital satisfaction is clear portrayals of the various types of factors influencing it. Emotional intelligence is represented as the most predominant determinant of marital satisfaction followed by others like friendliness, conflict, stress, appreciation/ fondness, repair attempts, awareness/ acknowledgement, contempt, criticism and **flooding**.

IMPLICATIONS OF THE STUDY

Not every marriage can be rescued; however, several marriages could be saved by minute changes in their attitudes and behavior. With diligence and persistent effort by both the spouses, the lost bond and love can be rekindled with time. Gottman conducted extensive studies on marriage which greatly contributed to psychology in general. This study leaves open the possibility of deciphering deeper knowledge based on the top ten influential factors affecting marital satisfaction according to *The Seven Principles for Making Marriage Work* by John Gottman.

LIMITATIONS OF THE STUDY

The limitations of the study are as follows:

1. We are only considering one book of John Gottman.
2. LGBTQAI+ couples are not considered in the book under study.
3. Reader bias may take place when a researcher's expectations, opinions, or prejudices influence what they perceive or record in a study.
4. Lack of competence of the reader.

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UNDERSTANDING THE LIFESTYLE BEHAVIOURS OF PERSON WITH TYPE-2 DIABETES

*A Dissertation submitted in partial fulfilment of the
Requirement of the degree of Bachelor of Science in Psychology*

Submitted by:

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Under the Guidance of

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Head of the Department

Principal

Held On

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on **“UNDERSTANDING THE LIFESTYLE BEHAVIOURS OF PERSON WITH TYPE-2 DIABETES”** by, **GOPIKA TM**, in partial fulfilment of the requirements for the award of the Undergraduate Degree of BSc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

DECLARATION

I **GOPIKA TM**, hereby declare that this dissertation entitled “**UNDERSTANDING THE LIFESTYLE BEHAVIOURS OF PERSON WITH TYPE-2 DIABETES**” submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

GOPIKA TM

DB20CPSR25

Signature

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ABSTRACT

The study utilized qualitative methods to know the lifestyle behaviours of people with diabetes. The study was conducted among the population of diabetic patients, and the method used to collect data was focussed semi structured interview and there was a total of 10 participants. The responses of the participants to the questions that were asked are analysed using the narrative analysis method of analysing qualitative data. Diabetes is a long-term medical condition, that slowly affects every part of the body. It is very important to maintain good health and lifestyle. The questions that construct intentionally to know the lifestyle behaviours of diabetic patients. From the results it is indicated that the major problem of diabetic patients other medical conditions due to diabetes, tiredness, excessive sleep problems, dysfunction of eye, inability to control urination, side effects of medicines. Majority of the participants pointed out difficulty in controlling proper diet. Thus, this research tries to explore the lifestyle behaviours of people with type-2 diabetes. The findings of the study can be used for further research in this area.

Key words: Lifestyle behaviours and Type-2 Diabetes

CHAPTER 1

INTRODUCTION

Type 2 diabetes is an impairment in the way the body regulates and uses sugar (glucose) as a fuel.

One of the key determinants of an individual's health is their way of life, which is influenced by cultural, social, economic, and other environmental influences. Since wellness is a process involving zeal for living and a customised lifestyle that enables one to feel the fullness of life, it should be considered when talking about a healthy lifestyle as a multi-component phenomenon that reflects the person's behaviour and quality of life. The connection between sleep and life expectancy is backed by studies, yet it's frequently overlooked because people prioritise nutrition and exercise (Jarosz, 2018).

The typical way of life or manner of living that is characteristic of an individual or group, as expressed by behaviours, attitudes, interests, and other factors (APA, 2022).

In the industrialised world, improving lifestyles is considered to be one of the most effective ways to lower mortality and morbidity. However, despite years of health promotion, there hasn't been much of a change in habits; instead, levels of inactivity and obesity are on the rise. The Psychology of Lifestyle explores the potential for psychology to counteract the rise of harmful lifestyle preferences. It takes into account the common traits of lifestyle choices and explores how we may improve treatments that support healthy lives (Tylor, 2017).

People have learned what a healthy lifestyle is through health promotion; now we must provide promotion, there hasn't been much of a change in habits; instead, levels of inactivity and obesity are on the rise.

The Psychology of Lifestyle explores the potential for psychology to counteract the rise of harmful lifestyle preferences. It takes into account the common traits of lifestyle choices and explores how we may improve treatments that support healthy lives. People have learned what a healthy lifestyle is through health promotion; now we must provide them with the means to live it. The chapters discuss important lifestyle choices that have an impact on health, including smoking, eating, exercising, drinking, having sex, and using drugs. For both mental and physical health, lifestyle can either be a determinant of resilience or vulnerability. A balanced diet and health-promoting physical activity could be systematically included into everyday work routines as a form of prevention (Tylor,2017).

A disorder in the body's ability to control and utilise sugar (glucose) as fuel is type 2 diabetes. This chronic (long-term) disorder causes the bloodstream to circulate with an excessive amount of sugar. Over time, cardiovascular, neurological, and immune system issues might result from excessive blood sugar levels. Issues at play in type 2 diabetes. The hormone that controls the flow of sugar into your cells, insulin, is not produced by your pancreas in sufficient amounts, which and absorb less sugar(Mayoclinic,2022).

There are basically two interconnected causes your cells to react poorly to insulin although type 1 and type 2 diabetes can start in childhood and adulthood, respectively, type 2 diabetes used to be classified as adult-onset diabetes. Type 2 is more common in older adults, but the increase in.

NEED AND SIGNIFICANCE:

Type 2 diabetes mellitus is one of the most prevalent diseases worldwide. Type 2 diabetes mellitus occurs when there is a decrease in insulin sensitivity, leading to higher amounts of glucose being present in the bloodstream. Diabetes mellitus affects people of all ages, with an estimated disease burden of approximately 451 million people affected in 2017 and an estimated 693 million worldwide affected by the year 2045 (Lambrinou et al., 2019).

In addition to creating a personal and economic burden on the patient, diabetes can lead to several long-term complications, including retinopathy, nephropathy, and other vascular complications leading to amputations. Furthermore, patients with type 2 diabetes mellitus are two to four times more likely to develop cardiovascular disease and experience a stroke in their lifetime (Crandall et al., 2008).

Latest studies prove that people can control their diabetes better and avoid hospitalizations and mortalities with lifestyle and behavioural management. Advice from diabetes educators and nutritionists on how to control high blood sugars, providing diet charts for diabetics, and how to control diabetes with exercise and diet is also an integral part of the treatment (Apollo sugar clinic, 2017).

Lifestyle changes are often advised for people at higher risk of diabetes and those who are newly diagnosed with type 2, to help manage their diabetes. Stress has been recognized a risk factor for type 2 diabetes. So it is important how they take their condition and work to improve it. According to a study 41.9% of diabetes patients reported lifestyle changes. This study can provide a clear idea about the lifestyle behaviours of people with diabetes.

STATEMENT OF THE PROBLEM:

Millions of people worldwide have been affected by type 2 diabetes. Latest studies prove that people can control their diabetes better and avoid hospitalisations and mortalities with lifestyle behavioural management. So it is important to study lifestyle behavioural changes made by type 2 diabetes patients.

DEFINITION OF KEYTERMS:

- **Lifestyle behaviours**

Theoretical Definition: Lifestyle behaviours are everyday activities that result from individual's values, knowledge, and norms shaped by broader cultural and socioeconomic context (Jarosz,2018).

Operational Definition: Mode of living of an individual.

- **Type 2 diabetes**

Theoretical Definition: A chronic condition that affects the way the body processes blood sugar (glucose).With type 2 diabetes, the body either doesn't produce enough insulin, or it resists insulin (CDC,2022).

Operational Definition: Production of low amount of insulin in pancreas or the inability of pancreas to maintain the blood sugar level.

OBJECTIVES OF THE STUDY:

- **Majorobjective:** To understand the lifestyle behaviour of person with Type-2 diabetes.

- **Specific objectives:**

1. To understand the different stressors among people with Type-2 diabetes.
2. To understand the physical and psychological problems faced by diabetic patients.
3. To know whether the knowledge about the effects of diabetes make any changes in the diet or lifestyle of the patients.

ORGANIZATION OF THE STUDY

The study contains five chapters – introduction, literature review, methodology results, and discussion and finally the summary and conclusion. The first chapter is the introduction. It includes a brief introduction to the study with major focus on the need and significance of the study. The chapter also includes the problem statement and the definitions of the key terms that are used in the chapter. The second chapter is the review of literature. It comprises of two sections – the theoretical background of the study and the related studies. The third chapter is the methodology. It includes a detailed account of samples, variables, tools, procedures for data collection and analysis method used for the analysis of the data collected. The fourth chapter explores the results and discusses the analysis of the data and the results obtained thereby. In the fifth chapter, which is the summary and conclusion, a resume of the study and methodology of the study is briefly stated. It also includes the major findings of the and appendices are included.

CHAPTER 2

REVIEW OF LITERATURE

A literature review is a piece of academic writing that contextualises and demonstrates knowledge of the academic literature on a given subject. It is considered a literature review rather than a literature report because it also involves a critical assessment of the sources.

Literature review is usually one of the first tasks completed after selecting a topic in a lengthy task such as a paper or project. With the help of reading and critical analysis, topics can be refined and research questions formulated. Conducting a literature review before starting a new study can demonstrate your knowledge and understanding of the latest research on the subject. After researching the literature, you should be able to determine what has already been researched about your topic and what is not yet known.(The university of Edinburgh, 2022).

The aim of literature review is to summarise and synthesize the arguments and idea of existing knowledge in a particular field without adding any new contributions. Being built on existing knowledge they help the researcher to even turn the wheels of the topic of research. It is possible only with profound knowledge of what is wrong in the existing findings in detail to our power them. 4 other researchers, literature review gives the direction to the headed for its success. As per the common belief, literature review is only a summary of the sources related to the research. And many others or scientific manuscripts believe that they are only surveys of what are the researches are done on the chosen topics. Bart on the contrary, it uses published in from the pertinent and relevant sources like scientific papers latest studies in the field established schools

of thoughts relevant articles from renowned scientific journals and many more for a field of study or theory or a particular problem like summarise in to brief account of all information, synthesise the information by restricting, and recognising familiarity the authors to the extent of knowledge in the field etc.

By doing this the relevant information it provides the reader of the scientific manuscript with the better understanding of it. The importance of literature review in scientific manuscript can be condensed into analytical feature to enable the multifold research of the significance. It adds value to the legitimacy of the research in many ways. It provides the Indian preparation of existing literature in light of updated developments in the field to help in establishing the consistency in knowledge and relevancy of existing materials, It helps in calculating the impact of the latest information in the field of mapping the progress of knowledge, Provide information for relevancy and coherency to check the research, increase the significance of the results by comparing it with the existing literature, provider point of preference by rating the finding age scientific Manuscript.

THEORETICAL REVIEW:

A theoretical framework is a basic analysis of other ideas that acts as a guide for creating the justification you will use in your own work. Theories helps to explain facts, discover connections and anticipate outcomes. (George.T,2022). The theoretical review helps to support findings as well as generalize to a mass population. The main theories that describe the variable lifestyle behaviours are described below.

Theories of lifestyle behaviour

1) The health belief model:

Attitudinal approaches to health behaviour change have been formalized in several specific theories that have guided interventions to change health behaviours. An early influential attitude theory of why people practice health behaviours is the health belief model.

According to this model, whether a person practices healthy behaviour depends on two factors-Whether the person perceives a personal health threat, and whether the person believes that a particular health practice will be effective in reducing that threat (Tylor,2017).

2) The theory of planned behaviour

Although health beliefs go some distance in predicting when people will change their health habits, health psychologists increasingly are turning their attention to the analysis of action. A theory that attempts to link health attitudes directly to behaviour is Ajzen's theory of planned behaviour. According to this theory, a health behaviour is the direct result of a behavioural intention. Behavioural intentions are themselves made up of three components: attitudes toward the specific action, subjective norms regarding the action, and perceived behavioural control. Attitudes toward the action are based on beliefs about the likely outcomes of the action and evaluations of those outcomes.

Subjective norms are what a person believes others think that person should do (normative beliefs) and her or his motivation to comply with those normative beliefs. Perceived behavioural control is the perception that one is capable of performing the action and that the action under taken will have the intended effect; this component of the model is very similar to self-efficacy. These factors combine to produce a

behavioural intention and, ultimately, behaviour change. To take a simple example, smokers who believe that smoking causes serious health outcomes, who believe that other people think they should stop smoking, who are motivated to comply with those normative beliefs, who believe that they can stop smoking, and who form a specific intention to do so will be more likely to do so than people who do not hold these beliefs (Tylor,2017).

3) Self -determination theory

Because people are actively motivated to pursue their goals, interventions that build on these observations have been increasingly used in health behaviour change efforts. Chief among these theoretical positions is self-determination theory. According to SDT, autonomous motivation and perceived competence are fundamental to behaviour change. People are said to be autonomously motivated if they experience free will and choice when acting.

From a health standpoint, then, behaviour change is more likely when the change is personally important and tied to important values. The competence component is similar to self-efficacy. Accordingly, if a woman changes her diet because her physician tells her to, she may not experience a sense of autonomy and instead may experience her actions as under another's control. The behaviour change effort, according to the theory, would not have her wholehearted commitment under these circumstances. If experienced as autonomously chosen, however, she should be intrinsically motivated to persist. SDT has been used as a basis for interventions to reduce smoking and alcohol and drug use in adolescents, among other health behaviours (Tylor,2017).

4) The trans theoretical model of behavioural change

Stages of Change

J. O. P. Prochaska and his associates have developed the trans theoretical model of behaviour change, a model that analyses the stages and processes people go through in attempting to bring about a change in behaviour and suggested treatment goals and interventions for each stage. Originally developed to treat addictive disorders, such as smoking, drug use, and alcohol addiction, the stage model has now been applied to a broad range of health habits, such as exercising and sun protection behaviours.

- **Precontemplation**

The precontemplation stage occurs when a person has no intention of changing his or her behaviour. Many individuals in this stage are not even aware that they have a problem, although families, friends, neighbours, or co-workers may well be. An example is the problem drinker who is largely oblivious to the problems he creates for his family. Sometimes people in the precontemplative phase seek treatment, but typically, they do so only if they have been pressured by others and feel themselves coerced into changing their behaviour. Not surprisingly, these people often revert to their old behaviours and so make poor targets for intervention.

- **Contemplation**

Contemplation is the stage in which people are aware that a problem exists and are thinking about it but have not yet made a commitment to take action. Many people remain in the contemplation stage for years. People in the contemplation stage are typically still weighing the pros and cons of changing their behaviour, continuing to

find the positive aspects of the behaviour enjoyable. Increasing receptivity to the idea of an intervention can be helpful at this stage.

- **Preparation**

In the preparation stage, people intend to change their behaviour but may not yet have begun to do so. They may have been unsuccessful in the past, or they may simply be delaying action until they can get through a certain event or stressful period of time. In some cases, individuals in the preparation stage have already modified the target behaviour somewhat, such as smoking fewer cigarettes than usual, but have not yet made the commitment to eliminate the behaviour altogether.

- **Action**

The action stage is the one in which individuals modify their behaviour to overcome the problem. Action requires the commitment of time and energy to making real behaviour change. It includes stopping the behaviour and modifying one's lifestyle and environment to rid one's life of cues associated with the behaviour.

- **Maintenance**

Maintenance is the stage in which people work to prevent relapse and to consolidate the gains they have made. Typically, if a person is able to remain free of the addictive behaviour for more than 6 months, he or she is assumed to be in the maintenance stage. Because relapse is the rule rather than the exception with addictive behaviours, this stage model is conceptualized as a spiral. Individuals may take action, attempt maintenance, relapse, return to the precontemplation phase, cycle through the subsequent stages to action, repeat the cycle again, and do so several times until they have eliminated the behaviour (Tylor,2017).

Summary:

A person's values, knowledge, and norms—which are impacted by a larger cultural and social context—are the source of their routine activities, or lifestyle habits. These actions have an effect on both body weight and general health, and they are influenced by a variety of social qualities. The total impacts of lifestyle decisions and socioeconomic factors on body mass index (BMI) were examined in this study in relation to gender.

When you have type 2 diabetes, your body is unable to use insulin as it should. Type 2 diabetics are referred to as having insulin resistance. Type 2 diabetes is the most common kind. Type 2 diabetes affects around 29 million Americans.

With the help of your family, close friends, and members of your healthcare team (including your primary care physician, foot doctor, dentist, eye doctor, registered dietitian nutritionist, and pharmacist), diabetes is mostly treated by you, unlike many other medical conditions. Despite the difficulty of controlling diabetes, whatever you can do to improve your health is worthwhile. Stress is a normal part of life, but it can make managing diabetes more challenging, making it harder to maintain your blood sugar levels and take care of your daily demands. Techniques for relaxation, enough sleep, and exercise can all be helpful. You should talk to your doctor and a diabetes educator about these and other stress management strategies.

LITERATURE REVIEW:

The research on lifestyle changes after a diagnosis of type-2 diabetes, conducted by Shanley Chong, DingDing, Roy Byun, Elizabeth Comino, Adrian Bauman, Bin Jalaludin in 2017. Whether patients with type 2 diabetes change their lifestyle in response to their diagnosis and maintain behaviour changes is unclear.

This study aimed to compare changes in lifestyle behaviours among participants who were newly diagnosed with type 2 diabetes and those never diagnosed with type 2 diabetes. This study used self-reported information from the New South Wales 45 and Up Study and a follow-up study. Changes in body weight; amount of walking, moderate to vigorous physical activity (MVPA), and sitting; fruit and vegetable consumption; and smoking status and number of cigarettes smoked were used as measures of health behaviour change.

These variables were compared between participants in a “new type 2 diabetes” group and a “no type 2 diabetes” group. In this population-based study, participants with incident type 2 diabetes reported only minimal changes in their lifestyle factors after receiving their diagnosis. (Chong et al., 2017).

The research on patients with type 2 diabetes experiences of making multiple lifestyle changes: a qualitative study conducted by Alice Malpass, Rob Andrews, Katrina M Turner in 2009. This study has been undertaken to explore patients newly diagnosed with Type 2 Diabetes Mellitus (T2DM) experiences of making single (diet) or multiple (diet and physical activity) changes in order to (1) assess whether patients experienced increases in physical activity as supporting or hindering dietary changes and vice versa, and (2) whether patients found making multiple lifestyle changes counterproductive or beneficial.

Methodology used for this study was In-depth interviews with 30 individuals taking part in a randomised controlled trial that aimed to determine the effect of diet and physical activity on T2DM. Interviewees had been randomised to receive usual care, intensive dietary advice, or intensive dietary advice plus information on physical activity. Respondents were interviewed 6 and 9 months post-randomisation.

They were asked about their experiences of making lifestyle changes. Data were analysed thematically. Findings suggest providing diet and physical activity information together encourages patients to use physical activity in strategic ways to aid disease management and that most patients find undertaking multiple life style changes helpful. Increasing physical activity can act as a gateway behaviour, that is behaviour that produces positive effects in other behaviours. (Andrews et al., 2009)

The research on lifestyle interventions for type 2 diabetes. Relevance for clinical practice conducted by Stewart B Harris, Robert J Petrella, Wendy Leadbetter in 2003. This study has been undertaken to review evidence from literature on type 2 diabetes pertinent to physical activity and diet and lifestyle modification, and to determine the relevance of this evidence to clinical practice. It is evident that supporting patients to make changes in their physical activity and dietary habits can prevent onset of type 2 diabetes. Translating this finding into effective recommendations for clinical practice requires further effort and evaluation. (Petrella et al., 2003)

A study on the topic ‘Impact of lifestyle modification on glycemic control in patients with type 2 diabetes mellitus’ was conducted by Nandita B. Sanghani, Deepak N. Parchwani, Kamlesh M. Palandurkar, Amit M. Shah and Jatin V. Dhanani in 2013. Current treatment guidelines support the role of lifestyle modification, in terms of increasing the quantity and quality of physical activity to achieve target glycemia in patients with type 2 diabetes mellitus. The objective was to assess the effect of structured exercise training and unstructured physical activity interventions on glycemic control.

This was a randomized six-month exercise intervention study conducted with previously inactive 279 patients of type 2 diabetes mellitus. Before randomization, all enrolled T2DM participants (n: 300; 30 to 60 year old, having diabetes for more than a year with HbA1c levels of 6.5% or higher) entered a one-month run-in phase to reduce dropout and maintain adherence. Supervised structured training was more efficacious than unstructured activity in achieving declines in HbA1c. Although both structured and unstructured training provide benefits, only the former was associated with significant reductions in HbA1c levels. Therefore, T2DM patients should be stimulated to participate in specifically designed exercise intervention programs (Palandurkar et al., 2013)

The research on Factors influencing diabetes self management in Chinese people with type 2 diabetes conducted by Yin Xu, Deborah Toobert, Christine Savage, Wei Pan, Kyra Whitmer in 2008. The purpose of this study was to test a model describing the effects of individual and environmental factors on DSM in a sample of patients with diabetes in Beijing, China. Survey data were gathered from a convenience sample of 201 Chinese adults with type 2 diabetes during outpatient visits. Data were analyzed using structural equation modeling.

Model fit indices indicated a good fit to the data. In the final model, belief in treatment effectiveness and diabetes self efficacy were proximate factors affecting DSM. Knowledge, social support, and provider–patient communication affected self management indirectly via beliefs and self efficacy. The findings provide a theoretical basis to direct the development of interventions for improving DSM in Chinese individuals with diabetes. (Toobert et al., 2008). The research on Making and maintaining lifestyle changes after participating in group based type 2 diabetes self-

management educations: a qualitative study conducted by Marit B Rise, Anneli Pellerud, Lisbeth Ø Rygg, Aslak Steinsbekk in 2013.

Disease management is crucial in type 2 diabetes. Diabetes self-management education aims to provide the knowledge necessary to make and maintain lifestyle changes. However, few studies have investigated the processes after such courses.

The aim of this study was to investigate how participants make and maintain lifestyle changes after participating in group-based type 2 diabetes self-management education. Data was collected through qualitative semi-structured interviews with 23 patients who attended educational group programs in Central Norway.

The participants were asked how they had used the advice given and what they had changed after the course. Knowledge was used to make and maintain changes in diet, medication and physical activity. Knowledge also acted as confirmation of an already adequate lifestyle. Knowledge led to no changes if diabetes appeared “not that scary” or if changes appeared too time consuming. Those involved in diabetes education need to be aware of the challenges in convincing asymptomatic patients about the benefits of adherence to self-management behaviour. (Steinsbekk et al., 2013)

Summary:

The aim of the literature review is to summarise and synthesize the arguments and idea of existing knowledge in a particular field without adding any contribution. Lifestyle behaviours are routine actions that come from a person’s values, knowledge, and norms that are influenced by a larger cultural and social context. These behaviours, which are impacted by a range of social traits, have an impact on both body weight and general health. This study looked at how gender affected the overall effects of lifestyle choices and socioeconomic factors on body mass index (BMI). To check the quality of life many research was conducted based on this key term on different variables.

CHAPTER 3

METHOD

RESEARCH METHODS

Research is a pursuit of truth with the help of study, observation, comparison and experiment, the search for knowledge through objective and systematic method of finding solutions to a problem (Kothari, 2006).

Research methods are the strategies, processes or techniques utilized in the collection of data or evidence for analysis in order to uncover new information or create better understanding of a topic. There are different types of research methods which use different tools for data collection.

This chapter focuses on the research methods that were followed in the study. The researcher describes the research design that was chosen for the purpose of the study and reasons for this choice. The chapter provides a detailed account of the participants, universe, populations, sample size and who the participants were and how they were sampled. The instrument that was used for data collection is also described and the procedures that were followed to carry out this study are included. The researcher also discusses the method used to analyse the data.

RESEARCH DESIGN

Research design is a plan, structure and strategy of investigation conceived to obtain answers to research questions and to control variance (Kerlinger, 1986). In essence research design translates research problems into data for analysis to provide answers to research questions at minimum cost. For the purpose of the study, the research paradigm that was followed is of qualitative nature, using semi-structured interviews as discussed later in the chapter.

Qualitative research is based on the belief that first-hand experience provides the most meaningful data (Leedy,1993). It is also believed that qualitative data gives large volumes of quality data from a limited number of people. It is aimed at understanding the world of participants from their frame of reference (Walker,1985).

PARTICIPANTS

A sample is a finite part of a statistical population whose properties are studied to gain information about the whole (Webster.1985). Sampling is the act, process, or technique of selecting a suitable sample, or a representative part of a population for the purpose of determining parameters or characteristics of the whole population. The sampling technique use is purposive sampling. In this type of sampling, items for the sample are selected deliberately by the researcher, his choice concerning the research remain supreme. The researcher purposively chose the samples which are important for the study (Kothari & Garg,2014).

The samples are selected in the belief that it will be a good representative of the population for the study. It is the most convenient method of sampling (Sing, 2020).

The universe of the study is Kannur district.

The population of the study was person with Type-2 diabetes

The sample of the study was 10 person with Type-2 diabetes

The method used was a semi-structured interview.

The inclusion and exclusion criteria are:

INCLUSION CRITERIA

Middle adults with Type-2 diabetes are included.

EXCLUSION CRITERIA

Middle adults with Type-2 diabetes having any other mental and physical issues are excluded.

METHOD OF DATA COLLECTION

For the purpose of the study, the researcher used semi-structured interviews, which involved direct questioning using open-ended questions

A semi-structured interview is a data collection that relies on asking questions within a predetermined thematic framework. However, the questions are not set in order or in phrasing. In research, semi-structured interviews are often qualitative in nature. They are generally used as an exploratory tool in marketing, social, science, survey, methodology, and other research fields (Tegan George,2022).

Advantages of semi-structured interviews are questions of semi-structured interviews are prepared before the scheduled interview which provides the researcher with time to prepare and analyse the questions. It is flexible to an extent while maintaining the research guidelines. Reliable qualitative data can be collected via these interviews. It is a flexible structure of the interview. Disadvantages of semi-structured interviews: Participants may question the reliability factor of these interviews due to the flexibility offered.

PROCEDURE OF DATA COLLECTION

After the details of the samples are taken, the researcher meets the sample and conducts a face-to-face interview. Firstly informed consent is taken and the participants were assured the confidentiality of personal details and responses and clarified the doubts raised by them and questions are asked mostly open ended and semi-structured interview is conducted. Finally, the participant is thanked for their valuable time and corporation.

DATA ANALYSIS METHOD

Data analysis has been described as ‘the most complex and mysterious of all of the phases of a qualitative project, and the one that receives the least thoughtful discussion in the literature’ (Thorne, 2000).

Here Narrative analysis method is implied as it can help get information, reach conclusions and allow the participant to explain their experiences through their own choice of words. By using narrative analysis, the researcher can interpret the details as explained by the participant as well as be more open to the ways in which the results can proceed. Narrative analysis provides researchers with detailed information about their participants that they could not get through other methods.

CHAPTER 4

RESULT AND DISCUSSION

The major objective of the study was to understand the lifestyle behaviours of people with Type-2 diabetes. The research was carried out by using semi structured interview method. The number of participants were 10. After collecting the data through face-to-face interview, it was analysed through coding method.

The goal of the result and discussion is to use both text and illustrative materials to objectively present important findings in a logical order and without interpretation. What data was gathered is shown in the results section. After the results part, there is a discussion section where the researcher discusses the relevance of the findings. This section also studies the limitation of the research. The way the authors interpret their results may be quite different from the way you would interpret them or the way another researcher would interpret them (Lumen, n.d).

Narrative analysis is used as the analysis method. Narrative analysis is a form of qualitative research in which the researcher focuses on a topic and analyses the data collected from case studies, surveys, observations or other similar methods. The researcher writes their findings, then review and analyse them. Through this approach, researchers can gain a holistic view of the subject's life and activities. It can show what motivates people and provide a better view of the society that the subjects live in by enabling researchers to see individuals interact with one another.

To conduct narrative analysis, researchers must understand the background, setting, social and cultural context of the research subjects. This gives researchers a better idea of what their subjects mean in their narration. It's especially true in context

rich research where there are many hidden layers of meaning that can only be uncovered by an in-depth understanding of the culture or environment (Harappa,2021).

The aim of the study conducted was to understand the lifestyle behaviours of people with Type-2 diabetes. The study was conducted among the population of Kannur district and the method used to collect data was interview method and there were total 10 participants. The study was conducted among people aged 35 to 60. The participants were people with Type-2 diabetes. The responses of the participants to the question that were asked are analysed using the narrative analysis method of analysing qualitative data.

The first question was about when they diagnosed diabetes and what is the current blood sugar level. Many of them diagnosed at the age between 35 to 40. 80% had normal levels at present. 10% had high sugar level and 10% had severe diabetes.

The second question was about the reason for checking blood sugar level. Most of the participants were responded almost the same that they felt some changes in amount of drinking water and felt dehydrated, so they decided to check. Some of the participants diagnosed diabetes while checking their full body scan. Most the participants had tension during the interview.

Third question was about how they are controlling diabetes. 80% of the participants were controlling diabetes through both medicinal help and normal diet. 10% were not bothered about their diet and they like food including high amount of sugar. They only using medicines. 10% of the participants were not using medicines and they controlling their blood sugar level through diet that including low level of sugar content and exercises, yoga, other physical activities. 60% of participants were upset about their eating habits, giving up their favourite foods. The study conducted by

EA Rayan and ME Pick (2001) shown that majority of diabetic patients are giving importance for medicines more than controlling diet. This study of EA Rayan and ME Pick thus supports the present study.

The fourth question was about whether anyone in the participant's family has diabetes. The question was asked to understand that diabetes is hereditary for the participant. 80% of the participants having a family history of diabetes. 10% of the participants had diabetes caused by their diet. 10% developed diabetes due to fluctuations in insulin level during pregnancy. The study conducted by EM Watson and Margaret W Thompson (1951) shown that diabetes mellitus shows a marked familial tendency, the exact mode of inheritance of the disease, as yet, has not been determined completely, chiefly because of the absence of full concordance between the diabetic genotype and phenotype. So the results of this study are consistent with the present study.

The next question is to address how much sleep they got and whether the amount of sleep was excessive. 90% of the participants said that they sleep more and also, if they sit somewhere, they will fall asleep immediately. Due to this most people feel tired throughout the day, and its negatively affecting their daily life activities. And 10% people said that there is no change in their sleep. The study conducted by Maria Carolina Belo da Cunha and Vanderlei Jose Hass (2008) shown that the sleep quality was even poorer in people with type-2 diabetes. This study supports the present study.

Next was asked to understand whether any other diseases were affected due to diabetes. 60% of participants had eye problems due to diabetes. About 40% had no eye problems. Many of them said that any cuts that do occur take longer to heal. Due to

this, they avoided many activities that they were doing earlier. One of the participant's leg was tied because the wound did not heal.

Next question addresses whether diabetes was a cause of concern for health outcomes. 3 out of 10 were not concerned about diabetes. 2 out of 10 were very careful about doing things, thinking about the problems that diabetes might cause in the future. And the other 5 were not willing to put their favourite things on hold because of diabetes, even if they were worried about future problems caused by diabetes.

The eighth question was asked about the participant's sufferings due to diabetes. Many of them said that they had to urinate frequently and had difficulty in controlling their urine. Due to sudden need to urinate, some participants also had difficulty in drinking water while travelling somewhere.

Next question asked about the participant's alcohol use. 60% were former and still non- drinkers and 30% participants abstain from alcohol after diabetes. And the 10% of participants still continue to drink alcohol, they are trying to avoid alcohol but cannot control it.

Subsequently the next question was about how often the participant had tested for diabetes. 4 out of 10 were regularly tested for diabetes. 6 out of 10 people took the test for blood sugar level only when they felt any difficulties. Many of them are not concerned about their sugar level.

Furthermore, the 11th question was about life changes before and after diabetes. Most of the participant said about the change in food that, in the past they could eat all the food as they wanted without any control but now there is a control for everything, and they don't have the same energy as they did before they had diabetes, and they get tiered easily even when doing something small. The study conducted by Shanley

Chong and Elizabeth Comino (2017) shown that Although significant changes were found in the health behaviors based on time since diagnosis, the magnitude of changes in weight and walking increased as duration of diagnosis increased. This study supports the present study.

The last question was asked about the improvements that they experienced with lifestyle changes since diabetes. 7 out of ten of the participants claimed that the lifestyle changes they made because of diabetes helped to prevent other diseases in everyday life. But after diabetes the physical difficulties did not decrease but increased.

From the results it is indicated that providing diet and physical activity information together encourages diabetic patients to use physical activity and follow better diet in strategic ways to aid disease management and most patients find undertaking multiple lifestyle changes helpful. The study conducted by Sanghani Deepak (2013) found that treatment guidelines support the role of lifestyle modification, in terms of increasing the quantity and quality of physical activity to achieve target glycemia in patients with type 2 diabetes mellitus. This study of Sanghani Deepak thus supports the present study.

CHAPTER 5

SUMMARY AND CONCLUSION

A kind of diabetes known as type 2 diabetes is characterised by high blood sugar levels, insulin resistance, and a relative shortage of insulin. The likelihood of getting the illness is influenced by a number of risk factors, including both genetics and lifestyle. Although one's age, gender, race, or family history are risk factors that cannot be changed, one's lifestyle decisions about weight, physical activity, and eating habits can be altered. A person is more likely to develop diabetes if they are not physically active, do not eat a balanced diet, and maintain these habits for an extended length of time. The person at risk for type II diabetes nowadays often eats fast food since it is convenient and she is very busy at work.

Despite internal conflicts that can arise when changing one's lifestyle, it is crucial for the patient to overcome these obstacles. It is advised that the patient take part in a structured diabetes patient education programme that would be evidence-based, culturally sensitive, and delivered by trained educators who would offer support in both group and individual settings. This would help the patient change their lifestyle to include more exercise and alter their eating habits. The patient needs an organised programme like this to improve diabetes preventive education so they may better comprehend their condition and adjust their daily behaviours for the better.

The important behaviours that would support physical exercise, good eating, weight control, and other positive changes include long-term lifestyle management and preservation of healthy choices. The prevention of the condition's beginning, lowering the risk of complications, and improving blood pressure control all depend on physical exercise.

After taking the permission from the guide research process began. Ten individuals who have type-2 diabetes in Kannur district of Kerala was selected as the sample for the study. The informed consent of the participants was taken. The participant were made aware of their rights and about the confidentiality. Also mentioned to them that they could withdraw anytime from the interview if they felt uncomfortable or due to any other reasons. Permission to record the interview was also taken from each of the participants. Then, the questions were asked after establishing rapport.

The method used for research was semi-structured interview and the questions were completely based on the experiences and life routine of the participants. The research was qualitative in nature. The responses of the participant were collected very carefully and with precision. The participant was aware of their rights to know about their results and they can either contact the researcher or the researcher would contact them to know about the results and any other clarification related to research if they are interested. The participants were also asked introspection after collecting the data. After all the participant was thanked for their participation and cooperation.

The major objective of the study was to understand the lifestyle behaviour of people with diabetes. The data was collected through semi-structured interview and the data was analysed using narrative analysis. It refers to a cluster of analytic methods for interpreting the data that have a storied form. Total 12 questions were asked and the responses from the participants were thus analysed narratively because it provides researchers with detailed information about their subjects that they couldn't get through other methods. The major findings was that providing diet and physical activity information together encourages diabetic patients to use physical activity and follow better diet in strategic ways to aid disease management and most patients find

undertaking multiple lifestyle changes helpful. Another finding of the study was that most people experience difficulty in controlling the appropriate healthy diet for diabetes, and they are suffering from excessive sleep, tiredness. And knowledge about the effects of diabetes makes changes in their lifestyle.

MAJOR FINDINGS

- Diabetes is mostly inherited.
- Diabetes completely affects sleep, daily routine and dysfunctions of eye.
- People mostly depend on medication without changing their diet.
- Individuals become aware of the importance of controlling diabetes only when diabetes affects other parts of the body or it become severe.
- Diet and physical activity information together encourages diabetic patients to use physical activity and follow better diet in strategic ways to aid disease management and most patients find undertaking multiple life style changes helpful.

IMPLICATIONS

The present study was conducted on diabetes patients focusing on changes on their lifestyle behaviour. Through this study, people could be educated regarding the various aspects of diabetes thus creating an awareness to take the needed measures to prevent and control diabetes. The negative consequences of uncontrolled diet in diabetes patients is acknowledged through the study. The prominent role played by healthy diet in delaying the onset and prevention of diabetes could be understood. And most importantly how good can the needed lifestyle changes could bring changes in diabetes patients are well addressed. The life style changes include keeping an exercise schedule, maintaining a healthy diet etc. Through the study it is possible to create an awareness regarding the consequences brought by the avoidance of lifestyle

changes and complete dependence on medicine. The physical difficulties, urinating difficulties, unhealthy sleeping and importantly eye disfunctioning are addressed as some consequences of diabetes. It is understood from the study that diabetes patients suffer from chronic wounds . Thus it is a reminder for diabetes patients to be careful and to avoid situations that has probability for making body wounds. The less concern on bodily changes creates delaying of diagnosis. Many of the intensity of consequences occur due to the severity of diabetes , so early detection of diabetes can help the patients take necessary treatments and lifestyle changes imparting in compairtively less difficulties. Through this study we understood the changes in lifestyle behaviours of people with diabetes, also introduced defined questionnaires or measures.

LIMITATIONS

A limitation of this study was small sample size is chosen only from Kannur district. The samples were selected using purposive sampling method in this study may restrict the generalization.

SUGGESTION FOR FUTURE REAERCH

- The same study variable can be studied in a different population/context/location.
- The present study was carried out among 10 people with diabetes. Further studies could be carried out with more sample size
- This study addressed the changes in lifestyle behaviours of diabetic patients. Further studies can explore the possibility of other psychological variables in this population.
- Time consuming was a major limitation and thus can be avoided using an alternative data collection method.

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APPENDIX

APPENDIX A: INFORMED CONSENT FORM

This is a research study undertaken for the fulfilment of the researcher 's Bachelor of Science program in Psychology. The study is on - UNDERSTANDING THE LIFESTYLE BEHAVIOURS OF PERSON WITH TYPE-2 DIABETES. The data for the study will be obtained through a semi structured interview.

Participation in this research project is voluntary. You have the right to withdraw from the study at any time if you chose not to continue. It is further reinstated that all information will be kept confidential and will be used only for the purpose of the above-mentioned research study.

The contact information of the researcher has been provided for participants in order to clarify any concerns or queries about this study. The details of the researcher are given below:

Researcher: GOPIKA TM

Phone Number: 7736971695

Email Id: gopikasanthoshtm@gmail.com

Your name and signature below signify that you have read and understood the contents and intentions formed in the consent.

Name:

Signature:

Date:

APPENDIX B: SOCIO DEMOGRAPHIC DETAILS

NAME/ INITIAL:

AGE:

GENDER:

QUALIFICATION:

PLACE:

ADDRESS:

CONTACT NUMBER:

APPENDIX C: RESEARCH QUESTIONS

1. When were you diagnosed with diabetes?
 - a) What was the current blood sugar level?
2. What was the reason you checked for diabetes?
3. How do you control diabetes?
4. Does anyone else in your in your family have diabetes?
5. How much sleep are you getting?
 - b) Do you sleep longer?
6. Do you suffer from any other diseases due to diabetes?
7. Are you worried about the effects of diabetes?
8. What are the complications you have due to diabetes?
9. Do you consume alcohol?
10. When do you get tested for diabetes?
11. What are the changes in your life before and after diabetes?
12. What are the improvements have been made in your lifestyle due to diabetes?

UNDERSTANDING STRESS FACED BY WIVES OF ALCOHOLICS

*A Dissertation submitted in partial fulfilment of the
requirement of the degree of Bachelor of Science in Psychology*

Submitted by:

Anagha C M

Reg.No:DB20CPSR03

Under the Guidance of

Mr. Manjith R

Assistant Professor



**DON BOSCO ARTS AND SCIENCE COLLEGE
ANGADIKADAVU**

(Affiliated to Kannur University)

DEPARTMENT OF PSYCHOLOGY

MARCH 2023



**DEPARTMENT OF PSYCHOLOGY
DONBOSCOARTS & SCIENCECOLLEGE
ANGADIKADAVU**

(Affiliated to Kannur University)

PSYCHOLOGY PROJECT REPORT

Register Number: DB20CPSR03

SUBMITTED FOR THE B.Sc. EXAMINATION 2022-23

Head of the Department

Principal

HELD ON

Examiners:

1.

2.



CERTIFICATION

This is to certify that the project report on “**UNDERSTANDING STRESS FACED BY WIVES OF ALCOHOLICS**” by, **Anagha C M**, in partial fulfilment of the requirements for the award of the Undergraduate Degree of BSc Psychology, is an original work carried out by him/her under my guidance. It is certified that the work has not been submitted anywhere else for the award of any other diploma or degree.

Supervisor

DECLARATION

I **ANAGHA C M**, hereby declare that this dissertation entitled **“UNDERSTANDING STRESS FACED BY WIVES OF ALCOHOLICS”** submitted by me is a bonafide research work. I also declare that it has not been submitted previously in part or in full to this University or any other University of Institution for the award of any degree or diploma.

Date:

ANAGHA C M

DB20CPSR03

Signature

ACKNOWLEDGEMENT

This dissertation work was carried out under the remarkable guidance and supervision of Mr. Manjith R, Assistant professor, department of psychology, Don Bosco Arts and Science College, Angadikadavu. I am grateful to Manjith sir for his guidance, valuable suggestions, encouragement and support.

I thank Kannur University, Don Bosco Arts and Science College and the Department of Psychology for giving me this opportunity as well as providing the necessary facilities and guidance to complete this research.

I would like to specially thank the 07 participants who had cooperated and participated in this study and shared their own personal experiences. I owe a lot of gratitude to all of them because without them this study would not have been possible. I appreciate the time and effort they put aside for this study and for giving me the permission and opportunity.

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ABSTRACT

The study was conducted using qualitative methods and the topic was to Understand the stress faced by wives of alcoholics. The population of the study was wives of alcoholics living in Kannur district. The data was collected using semi structured interview and there were ten participants. The study was conducted only in wives of alcoholics who have no other serious psychological or physical issues. While conducting the interview they were asked to narrate their experiences and information was collected in that way. Alcoholism is a major issue in the present society. Use of alcohol can lead to different physical as well as mental health issues. Consumption of alcohol is different for different people. Most of the people becomes addicted to alcohol. Numerous short and long term problems including traffic accidents, aggression, and sexually risky behaviour, are linked to alcohol consumption. Daily alcohol consumption can be leads to many serious health issues such as coronary heart disease, liver disease, cancer etc. It has the power to break the relationships. When an alcoholic person marries a woman she will become the victim of the violation of the person. It is actually a disorder and it will cause disruptions in the married life. Also drinking behaviour in husband may lead to distress in his wife. Thus the present research try to understand the different kinds of stressors that cause stress in the wives of alcoholics.

The major findings of the research shows that there are many kinds of stressors which includes both physical and mental stressors that causes stressors in wives of alcoholics. It includes financial trouble, physical torture, mental struggle in rearing children etc. Majority of the participants uses some coping strategies in order to escape from the stress. But there are some participants who do not uses any coping strategies. From the informations given by the participants it is understood that they are actually leading a dissatisfied life.

CHAPTER 1

INTRODUCTION

Alcoholism is a type of alcohol misuse which is characterised by an inability to control drinking. The term alcohol use disorder is also used to describe it. Use of alcohol can lead to different physical as well as mental health issues. Consumption of alcohol is different for different people. Most of the people becomes addicted to alcohol. Also there are occasional drinkers who drinks alcohol only at special occasions and they have a control over their drinking. Those people will not create much problems. Individuals who consumes more than four drinks on any day and more than 14 drinks per week considered as heavy drinkers(NIH, nd).Those people who are alcoholics and drinks alcohol daily may create problems to their family and to the society

Numerous short and long term problem sincluding traffic accidents, aggression, and sexually risky behaviour, are linked to alcohol consumption. Daily alcohol consumption can be leads to many serious health issues such as coronary heart disease, liverdisease, cancer etc. Drinking too much alcohol also leads to sleep problems, bloating, migrains, stomach upset etc. Use of alcohol can also lead to mental problems. Alcohol related problems and mental health are closely connected. Individuals who consumes alcohol are more likely to develop mental health issues and its regular use shows depressive symptoms(Rehm,2011).

Alcohol affects the brain and it is a depressive drug that alters the synaptic balance in the brain, affecting your emotions, thoughts, and behaviour. Alcohol also slows down information processing in the brain, making it more difficult to understand your true feelings and the potential consequences of your activities. Alcohol depletes and decreases the amount of neurotransmitters in our brains over time, yet we need a specific amount to prevent anxiety and despair. To cope with these challenging emotions, you could feel the need to drink more, which could lead to a cycle of dependency(Mosel,2023).

Alcoholic persons will also have a suicidal tendency and a tendency of self harm. Person who consumes alcohol may experience relaxation, reduced anxiety, and more confidence after consuming alcohol because it has an impact on the area of your brain that regulates inhibition. However, these results disappear shortly. Regardless of

how you are feeling, the chemical changes in your brain can quickly cause more unpleasant emotions, including anger, sadness, or anxiety. ([mentalhealth](#).,2022)

Drinking alcohol is a serious issue in the present society. This behaviour may be due to different factors such as genetics, environment etc. Family history can influence alcoholism on both an environmental and genetic level. Some people even those without genetic predispositions may become alcoholics if they grow up in a setting that supports or normalises unhealthy drinking habits. A person who gets involved in these actions runs the risk of becoming alcoholic.

Young individuals frequently wish to consume alcohol before the age of legal majority which is 21. Young people who try alcohol frequently do so due to peer pressure a desire to fit in socially and a need to appear older than their actual age. The majority of young people and teenagers who abuse alcohol engage in binge drinking. Without constant parental supervision and if require dintervention, these behaviours may cause a young person to become alcoholic later in life. Traumatic experiences can also leads a person to become an alcoholic. Those who have a traumatic experience will starts to drink alcohol in order to forget that experience.

When individuals started to drinking alcohol most of them slowly becomes addicted to it and if they try to avoid that behaviour they can't do it and shows withdrawal symptoms. Both mental and physical symptoms can be included in the withdrawal symptoms. These symptoms can range from mild to serious and it depends upon how much and how long a person drinks. Withdrawal symptoms include anxiety, headache, nausea, vomiting, insomnia etc. Those who shows a withdrawal symptom more needs a supportive environment such as soft lighting, limited contact with people, healthy food and lots of fluids etc. (Dilonardo,2023).

Generally, people are tend to drink alcohol because of the pleasure it gives. When people drink alcohol it gives enjoyment, happiness, stress relief etc. But they did not care about the negative impacts that will happen because of this bad habit. If a person has anxiety he begins to drink alcohol and get relaxation. But that relaxation is temporary and he continuous to drink alcohol in order reduce that anxiety. Drinking alcohol is a more complex behaviour which has an impact on the person's work, family etc.

Alcoholism not only affect the person who drinks but also the members those who are around him. Those who are dependent upon alcohol create many problems especially in families. Alcohol misuse is a problem within a family that can destroy a marriage or drive between the members. Men are tending to be more alcoholic than women. Drinking behaviour in men creates a major problem in marriage relationships. Wives of alcoholic men faces many issues due to the drinking behaviour of their husbands.

When a person is alcoholic there is a chance of low emotional bonding, low expressiveness etc in his married life. Wives of alcoholic men may suffer from physical violence as well as psychological issues. They may have stressful events or experiences when live along with a person who have the habit of drinking alcohol. In a marital life if the husband is alcoholic, he neglects his work and always give priority to consuming alcohol. So that his wife has to deal with the effect of reduction in the family income .There are individuals who consumes alcohol and shows violent behaviours which especially causes problems in the married life and there are a lot of women in the society who suffers domestic violence because of the alcohol consumption of their husbands and leads an adjustment in order to live with the alcoholic partner. No one tries to understand about their problems(Sharma et al,2016).

Stress is one of the major issue in the present society. People may have stress due to different problems. Stress is actually a kind of tension due to different factors. There is a chance of stress in wives of alcoholic persons who shows violent behaviours in families. Marital problems, financial problems, divorce, etc are some of the other problems occurs in the married life of an alcoholic. When an alcoholic person enters into a married life the wives are most affected and becomes the victims of the alcoholic partner other than other family members. It is important to underst and about the problems faced by the wives of alcoholics. So this study focusing on the stress faced by the wives of alcoholics.

NEED AND SIGNIFICANCE

Alcoholism is a major issue in the present society. Most of the people in the society drinks alcohol and some of them become addicted to it. There are a lot of women in the society who suffer a lot of problems due to the drinking behaviour of their husband. No one tries to understand about their problems and most of them leads

an adjustment life. Alcoholism creates financial, psychological as well as physical problems. Wives are the major victims of alcoholic persons. Alcoholism has a strong influence on a marriage. This is one of the characteristics of alcoholism that sets it apart from other chronic health disorders.

Alcoholism is a serious health and social problem. Especial the family members suffer from serious psychological, physical and other issues because of the drinking behaviour of the member. When a person who drinks alcohol enter into a marital life their wives become the victims of their violence (Sharma, Sharma and Kaur, nd). Use of alcohol by the men can cause many kind of problems issues in the family that includes financial issues, legalissues, unemploymentetc. There may be a lot of women in the society who leads an adjustment life because of the violence of their alcoholic partner. Alcoholism has the strength to destroy a marriage relationship. In a marriage, drinking has a significant negative effect. This is one of the characteristics of alcoholism that sets it apart from other long-term illnesses or diseases. All chronic health conditions have an adverse effect on marital and family ties, but none are as damaging as alcoholism. When the impacts of the alcoholic's behaviour grow, it gets harder to tolerate them. Finally arguments get problematic, partners stop talking to one another, trust is lost and intimacy is lost (Nairetal,2021).

No one tries to understand about the problems faced by the wives of alcoholics. So, through the study about the stress faced by the wives of alcoholics it will be helpful to understand about their problems. There may be some women who uses coping strategies in order to escape from their alcoholic husbands and most of the women may not no what to do in order to escape from those issues. So by conducting this study we can provide coping strategies to the wives of alcoholics in order to escape from their issues.

STATEMENT OF THE PROBLEM

There are a lot of women in the society who suffer from domestic violence because of the alcohol consumption of their husbands. Alcoholconsumption is a major problem in a marriage relationship and it may lead to marital conflicts and psychological issues among the wives. So the study exploring the stressors among the wives of alcoholics hence the study is titled as 'stress faced by the wives of alcoholics'.

DEFINITION OF KEY TERMS

1).STRESS

Theoretical definition

According to Lazarus and Folkman(1984)psychological stress is a particular relationship between the person and the environment that is appraised by the person as taxing or exceeding his or her resources and endangering his or her wellbeing.

Operational definition

Stress is a kind of tension that creates due to some external or internal factors and the prolonged stress leads to various psychological, physical and behavioural issues.

2).ALCOHOLISM

The oretical definition

Alcoholism is defined as a disorder in which alcohol assumes marked silence in the individual's life and in which the experiences a loss of control over its desired use (Vaillant and Keller,2023).

Operational definition

Alcoholism is defined as a problem in individuals those who are depended upon alcohol and they did not have a control over drinking alcohol.

3).Wife

Theoretical definition

Wife is a married woman especially when considered in relation to her partner in marriage (Dictionary, nd).

Operational definition

Wife is the partner of another person in a marriage relationship.

OBJECTIVES

Major objective:

- To understand the stress faced by the wives of alcoholics in middle adulthood.

Specific objectives:

- To understand the physical stressors of the wives of alcoholics
- To understand the psychological stressors of wives of alcoholics
- To understand the coping strategies used by the wives of alcoholics.

ORGANIZATION OF THE REPORT

The research contains five chapters which includes introduction, Review of literature, Methodology, Result and Discussion and finally Summary and Conclusion. First chapter is introduction which gives a brief description of the study, needs and significance of the study, statement of the problem and definition of key terms. The second chapter is review of literature which contains the theoretical background and the related studies about the topic. The third chapter is method which gives information about sample, population, method, procedure etc which is used in the study. Fourth chapter is result and discussion which includes the analysis of the data and its result. Fifth chapter is summary and conclusion which is a resume of the study. At the end references and appendices are included.

CHAPTER 2

REVIEW OF LITERATURE

Review of literature is aimed at helping readers understand the current research and discussions that are important to a specific subject or field of study and to communicate that information in the form of a written report. Reviews of the relevant literature are frequently seen at the start of research publications. This is because the literature review informs the reader about the state of the field's research and identifies any gaps in the body of knowledge. The study piece then fills up such gaps with fresh investigation. We may increase our understanding of our area by conducting a literature review. We will study key ideas, investigational strategies, and experimental procedures employed in our discipline. We also learn about how researchers use the ideas from our unit to solve issues in the real world(western sidney university, nd).

THEORETICAL REVIEW

Theories of Alcoholism

Psychopathological theory

Psychopathological theory mainly says about deviant personality characteristics. It states that alcoholism is actually a result of a mental disorder. Cognitive issues, mood related issues etc are the symptoms. A person's personality can have an effect on their alcohol consumption. Alcohol consumption is usually associated with the personality traits of extraversion, pleasure seeking etc. One common trait of alcoholics is impulsivity. Clinical personalities that are strongly linked to binge drinking can be identified using psychological test like MMPI. Certain common personality disorders like schizophrenia, paranoia, sadness etc may have their roots in this abnormal point of view(Shin et al,2012).

Social learning theory

According to social learning theory which is widely applied to any social behaviouristic method, alcoholism develops as a result of a negative social outcome by modelling other people's behaviour or by seeing other people who display addictive behaviours. The role played by social forces that are exposed to like peer pressure and familial structure is strongly emphasized by this theory. Some addicts who fit the

criterion of the social theory come from difficult social situations such as households with a history of unsupportive parenting, households with traumatic histories etc(Akers,2011).

Theories of Stress

General adaptation syndrome

Hans Selye's work on the general adaptation syndrome (1956, 1976) was another significant early contribution to stress. Selye became intrigued by the profound effects his interventions seemed to have, despite his initial intent to study the effects of sex hormones on physiological functioning. Consequently, he observed the physiological responses of rats after subjecting them to various stresses, such as extreme cold and exhaustion. To his amazement, physiologic changes were triggered by all stresses, independent of the type. They all caused the stomach and duodenum to become ulcerated, the thymus and lymph glands to atrophy, and the adrenal cortex to grow(Taylor,2012). According to Selye's theory, overstressing the body might result in "general adaptation syndrome," which could produce shock, alarm, and finally tiredness. The prospective victims were not only warriors; they encompassed the whole human race (Time, nd).

Fight or flight

This theory was proposed by Walter Cannon and it was one of the initial contributions to stress. This theory states that when an organism faces a threat the sympathetic nervous system gets activated and many physiological changes happen in the body. This is called fight or flight response. Originally, the expression "fight or flight" referred to physically engaging in combat or escaping from stressful situations, such as being attacked by a predator. Nowadays, the term "fight" is more often used to describe violent reactions to stress, such as getting angry or acting, whereas "flight" might relate to social retreat, withdrawal via substance use, or withdrawal through diverting activities. The fight-or-flight response is adaptive on the one hand because it helps the organism to react swiftly to danger. On the other side, stress may be damaging since it interferes with both emotional and physiological processes, and when it persists unchecked, it paves the way for health issues (Taylor,2012).

LITERATURE REVIEW

In 2021 an equivalent study was done to assess the stress level of wives of non-alcoholics and alcoholics in a hospital in Chengalpattu. It was conducted by A.R. Bharathi. Population of the study condition of wives of alcoholics who are visiting to psychiatric OPD where wives of alcoholic patient and wives of non-alcoholics who are staying along with their husband in male medical ward. Non probability convenient sampling was used for the study. Participants were OPD wives who were available selected as participants and the sample size was 50 wives of alcoholics and 50 wives of non- alcoholics. The information was collected using the tool demographic variables questionnaire through interview method. Sheldon perceived stress scale was also used in order to understand the stress level of wives of alcoholics and non- alcoholics. Result of this study showed that wives are more affected due to the drinking behaviour of their husbands. Further study also showed that there is an increased stress level in wives facing domestic violence and alcoholic consumption of their husbands.

A study was conducted about the topic 'coping with drinking' which is a study in the wives of alcoholics. Sample consisted of 50 wives of alcoholic dependent patients in a hospital. Several tools such as socio demographic data sheet and questionnaire were used as methods for collecting the data. Through this study common coping mechanisms were found as discord, avoidance, assertion, anti drinking and taking special action. There were also occasionally used coping mechanisms such as indulgence, sexual withdrawal, fearful withdrawal and marital breakdown.

In 2017 a study was conducted by Debasree Bora, Indrajeet Banerjee and Sonia P Deuri about the topic marital quality in wives of persons with alcohol dependence syndrome. Purposive sampling technique was used in the study. The information is collected through semistructured questionnaire and marital quality scale from the population of thirty wives of persons with alcohol dependence syndrome according to ICD-10. Results showed poorer quality of marital life among the wives of persons with alcoholic dependence.

In 2021 Nithya Damodara and S Nambi from department of psychiatry from Sree Balaji Medical college and Hospital affiliated to Bharath Institute of Higher Education and Research conducted a study to assess the depression and quality of life

among spouses of persons suffering from alcohol dependence syndrome. Population of the study consist of 100 spouses of persons with alcohol dependence. 100 spouses of diabetes mellitus patients taken as control group. Age of the population ranging from 18 to 60. A semi structured Performa was used to collect the demographic data. Other tools such as general health questionnaire and Hamilton rating scale for depression were also used for collect information for the study. The study showed that the quality of life is poor in both the groups but poorer in wives of persons with alcohol dependence. The physical and psychological quality of life among the spouses of alcohol dependent patients was not much good compared to the spouses of persons with diabetes mellitus.

In 2021 Ramandeep Kaur in government medical college and hospital conducted a comparative study to assess the stress among the wives of alcoholics and non-alcoholics. It was a non-experimental research. The participants were 30 wives of alcoholics and 30 wives of non-alcoholics who were selected from sataur village. A scale of stress was used to assess the stress level of participants. The result of the study showed that among the wives of alcoholics 96.7 percentage of the wives had moderate level of stress, 3.3 percentage of the wives had mild level of stress. Among the wives of non-alcoholics 76.7 percentage of the wives had moderate level of stress and 23.3 percentage of the wives had mild level of stress.

Nitasha Sharma, Sunitav Sharma and Gangadeep Kaur conducted a descriptive research about the problems faced and coping strategies used by wives of alcoholic clients. population consist of 30 wives of alcoholic patients who seeks treatment in de-addiction centres. Tools such as socio demographic profile sheet which includes age, gender, educational status etc. and questionnaire were used to collect the data. The result of the study showed that wives of alcoholics has problems in different aspects such as physical and psychological issues. Coping strategies used by wives of alcoholics consist of three major styles such as engaged, tolerant and withdrawal.

In 2015 a study was conducted on the topic stress and coping among the wives of alcoholics admitted in selected deaddiction centres. The study was conducted by Nagesh .V.A who was a lecturer in the Department of mental health nursing. tools such as perceived stress scale and ways of coping scale are used to collect information. On probability convenience sampling was used to select participants. Participants were

60 wives of alcoholics admitted in the deaddiction centre in Mysore district. Finally the study found that alcoholism is a major risk factor for 1.5percentage of death in the world, 3.5percentage of disability adjusted life years and 4.0 percentage global burden of disease.

CHAPTER 3

METHOD

RESEARCH METHOD

Certain strategies for gathering and interpreting data are known as research methods. research design must include the development of research methodologies. There are two important choices have to make while designing your methods: how the data shall be collected and how the data is analysed(Scribber,2020).Research method is actually a tool that a researcher use to do his research. They may be mixed, qualitative, or quantitative. In order to analyse data gathered using quantitative approaches, statistical tools are frequently used to study numerical data.

The goal of research methodology is to find a systematic solution to the research topic. Thus, it may be fundamentally regarded as the process of researching how scientific research is conducted. Using methodology, we examine the many approaches often used by a researcher to analyse his or her research topic as well as the underlying reasoning behind them. How a study is conducted will determine what conclusions may draw about a phenomena. It has an impact on what may say about the phenomenon's cause and influencing elements.(libraryhome, nd). In psychology, the term methodology refers to the processes researchers employ to address certain problems. Psychologists do not all employ the same methods. Many psychologists describe methodology as the processes and patterns that enable the discovery of causal connections between independently established variables. A research methodology is a means to describe how a researcher plans to conduct their investigation. It is a rational, methodical approach to a study issue. A methodology explains how a researcher will conduct the study in order to get accurate, accurate data that meet their goals and objectives. It includes the data they will gather, where they will get it, how they will get it, and how they will evaluate disconnections between independently established variables(Ralph and Hood, nd). A research methodology provides the study credibility and yields reliable scientific results. Moreover, it offers a thorough strategy that aids in keeping researchers on course, facilitating a simple, efficient, and manageable approach. The reader may comprehend the strategy and procedures utilised to arrive at results by understanding the researcher's methodology(Eads,2021).

In qualitative research, non-numerical data are gathered and analysed to better comprehend ideas, viewpoints, or experiences. Qualitative research is done to comprehend how individuals see their surroundings. Although there are several ways to qualitative research, most of them are adaptable and put a strong emphasis on preserving rich meaning when analysing the data (scribber,nd).

Chapter 3 contains details about research design such as what is the research design used in the study, the sampling methods used, the universe, population sample of the study, sample size, inclusion criteria – exclusion criteria, the method of data collection etc. It also gives a description of the data collection method, its advantages & limitations, the relevance of this method for the study topic, the procedure used for the study.

RESEARCH DESIGN

A research design is a plan for a scientific investigation. It contains the methods, equipment, and procedures used to perform the research. It aids in locating and solving any issues that may come up when conducting research and analysis. It refers to the overall narrative and analytic method you have selected to combine the many study components in a logical and cohesive manner, indicating that the research topic will be properly examined. The framework of the research methodologies and procedures a researcher selects to carry out a study is known as the research design. The layout enables researchers to focus on developing research techniques appropriate for the topic and set up their investigations for success (Questionpro, nd).

PARTICIPANTS

A person who participates in an inquiry, study, or experiment by, for example, carrying out the experimenter's instructions or responding to a researcher's inquiries. The individual may either be labelled as a control participant or an experimental participant in an experimental design. In order to minimise the impression that experimentees are involved in the setup, planning, execution, and analysis of the experiment, participants may also be referred to as subjects (APA ,nd). Participants used in the present study are 10 wives of alcoholics in Kannur district.

UNIVERSE

The universe used for the particular research is the wives of alcoholics in Kannur district of Kerala.

POPULATION

The population used for the study is the wives of alcoholics in middle adulthood.

SAMPLE

Samples of the research includes 10 wives of alcoholics in Kannur district.

The inclusion criteria

Wives of alcoholics in middle adulthood.

The exclusion criteria

Wives of alcoholics suffer from serious physical and psychological issues.

METHOD OF DATA COLLECTION

The semi structured interview was used for the study. In this method the data was collected through face-to-face interview. The researcher already prepares the questions before conducting the interview and asks to the participant. But the researcher can also ask some additional questions that are not already prepared. This type of interview is a mixture of structure and semi structured interviews.

PROCEDURE

Before conducting the research, permission is gained from the head of the department of psychology at Don Bosco Arts and Science college. After that searched for the participant and asked consent for conducting interview and recording the information. Before starting the interview, the interview participants enquired about the confidentiality of the information that they will share. Before asking the questions the researcher established a good rapport with the participant and also gave some instructions such as share your experiences, give answers which comes first in your mind etc. After the participant understood all the instructions the researcher move on to the questions and the data was collected. At the end of the data collection the participant was thanked for participation and cooperation.

ANALYSIS METHOD

Thematic analysis is a technique for assessing qualitative data called thematic analysis is reading through a collection of data and searching for patterns in the meaning of the data to identify themes. Making meaning of the data is an active reflexive process where the researcher's personal experience is crucial. In qualitative research, thematic analysis is common. It places a strong emphasis on detecting, understanding, and evaluating qualitative data patterns. This approach allows one to see qualitative data in a certain way. It is typically employed to refer to a collection of texts, such as an interview or a collection of transcripts. The researcher carefully examines the data to look for recurring ideas, subjects, or ways of saying things (Questionpro, n)

CHAPTER 4

RESULT AND DISCUSSION

The key conclusions of the data gathering and analysis that is carried out for research should be reported in the results section. It must present all important findings briefly, objectively, and in a logical sequence(USC Libraries,2023).

Table 4.1 shows superordinate theme, subordinate theme and frequency of the stressors of wives of alcoholics.

Superordinate theme	Frequency	Subordinate theme	Frequency
Alcohol dependence	90%	Lack of social support	40%
Violent behaviour- of husband	100%	Lack of family support	40%
Mental struggle in- rearing children	100%		
Financial trouble	100%		
Physical stressor	80%		
Marital dissatisfaction	90%		
Feeling shameful for life	70%		

ALCOHOL DEPENDENCE

The first superordinate theme among the stressors of wives of alcoholics found was alcohol dependence. This question was originated based on the first question. All the participants said that their husband will drinks alcohol daily. So it is generated as a superordinate theme. Only one woman responded that her husband will drink continuously for a weak and stops for some days then start again.

VIOLENT BEHAVIOUR OF HUSBAND

It was the next superordinate theme. All of the participants responded that their husbands shows violent behaviour after drinking alcohol. The question was mainly focused on verbal violence and the main factor was anger of the husband. Also the

wives said that their husbands say ugly words about them and their families and try to make quarrel with them. But the wives do not say nothing back to them.

MENTAL STRUGGLE IN REARING CHILDREN

This was the third superordinate theme. All the participants were responded that they faced a lot of mental struggles in rearing their children. Especially in the case of education. Their husbands give no money and other helps for the educational need of their children. So some of the wives buy money from neighbourhood in order to meet the needs. One of the participant said that her husband has a neglectful attitude towards her children.

FINANCIAL TROUBLE

This is also generated as a superordinate theme. Because all of the participants responded that they faced a lot of financial troubles due to the drinking behaviour of their husband. Five of the participant said that their husband does not give any money or any other things needed to them and do not care about them. One of the participant said that her husband has a financial complex that she has a job higher than him. Laziness is another problem because of the drinking behaviour their husbands do not go for work properly. So there family will not have a proper income. Also one of the participant said that she had a small job doing because of the financial trouble and one day her husband came there by drinking alcohol and created problems there. After that she lost her job.

PHYSICAL STRESSOR

Physical stressor is also found as a superordinate theme. Because eight of the participants suffers physical torture from their husband. Beating is the main torture and one of the participant said that her husband spit on her face after drinking alcohol.

MARITAL DISSATISFACTION

It is another major issue in the life of the participants. Most of the participants have marital dissatisfaction and leading an adjustment life. They are actually living for their children and suffering all for them. If they had no children they may divorced.

They said that they feel sad when their husbands avoids them and did not love them and there are a lot of changes happened in their life after their marriage.

FEELING SHAMEFULL FOR LIFE

Seven of the participants responded that they feel shame while going outside because of the drinking behaviour of their husband. So it is generated as a superordinate theme. They said that they cannot go for a function or cannot interact with people. Two of the participants said that other people have sympathy on them and one of the participant responded tat her husband did not allow her to communicate with others.

LACK OF SOCIAL SUPPORT

This is actually a subordinate theme. Four of the participants responded that they did not get any support from other people such as friends, neighbours etc. This is a matter of stress.

LACK OF FAMILY SUPPORT

This is also generated as a subordinate theme which comes under the category of stressor. Because four of the participants did not get any support from their families.

Table 4.2 shows superordinate theme, subordinate theme and frequency of coping strategies used by wives of alcoholics.

Superordinate theme	Frequency	Subordinate theme	Frequency
Family support	60%	Avoiding husband	40%
Sharing with friends	60%		
Social support	60%		

FAMILY SUPPORT

This is the first superordinate theme generated under the category of coping strategy used by wives of alcoholics. Six of participants responded that they gets

enough support from their families. Two of the participants said whenever they have financial troubles their husband's parents will help them by giving money,

SHARING WITH FRIENDS

This is the second superordinate theme. Because six of the participants responded that when ever they have problems they will share it with friends in order to get a relax.

SOCIAL SUPPORT

It is the final super ordinate theme comes under coping strategy. Here the participants responded that they get support from outside other than the family such as friends, neighbours etc.

AVOIDING HUSBAND

Some of the participants responded that whenever their husband comes home after drinking alcohol they will go away from their in order to escape from the torture. Only one participant said that she is doing yoga in order to escape from the mental stressor.

CHAPTER 5

SUMMARY AND CONCLUSION

Alcoholism is a type of alcohol misuse which is characterised by an inability to control drinking. The term alcohol use disorder is also used to describe it. Use of alcohol can lead to different physical as well as mental health issues. Alcohol affects the brain and it is a depressive drug that alters the synaptic balance in the brain, affecting your emotions, thoughts, and behaviour. Alcohol also slows down information processing in the brain, making it more difficult to understand your true feelings and the potential consequences of your activities. Alcoholism not only affects the person who drinks but also the members of those who are around him. When a person is alcoholic there is a chance of low emotional bonding, low expressiveness etc in his married life. Wives of alcoholic men may suffer from physical violence as well as psychological issues.

The permission for conducting research was gained from the research guide. Then the researcher took the informed consent of the participant. Participants enquired about the confidentiality of their information and the researcher cleared about it. The data was collected either through face-to-face interaction or through telephone. They were also told that they could withdraw any time for the study if they feel uncomfortable or due to any other reasons. The questions were asked to the participant after establishing a good rapport.

The research was qualitative in nature and the data collection method used was semistructured interview. The data was collected from each participant by narrating their personal experiences. At the end of the data collection the researcher asked about their feedback how they felt about the interview. The participants were thanked for their participation and cooperation.

The major objective of the study was to understand about the stress faced by wives of alcoholics in middle adulthood. The specific objectives are to understand the physical stressors faced by wives of alcoholics, to understand the psychological stressors faced by wives of alcoholics and coping strategies used by wives of alcoholics.

The data was analysed through thematic analysis. It is a technique for summarizing data but when choosing codes and creating themes, it also involves interpretation. The final result showed there were different kinds of stressors such as financial troubles, marital dissatisfaction, Struggle in rearing children etc that causes stress for the wives of alcoholics. There are only 40% of women who uses coping strategies for physical stressors and 60% of them uses coping strategies for mental stressors.

MAJOR FINDINGS

- There are many different kinds of stressors that causes stress for the wives of alcoholics.
- Majority of the wives of alcoholics are not satisfied with their married life and they are leading an adjustment life.
- Most of the wives gets support from families and others outside the family.
- Only few of the wives uses coping strategies for physical stressors and majority of them uses coping strategies for mental stressors.

IMPLICATIONS :

- Awareness programmes can be provided for the wives of alcoholics about the stressors.
- Coping strategies can be provided for the wives in order to maintain their stress.
- Psychological wellbeing scale can be develop for the wives of alcoholics.

LIMITATIONS

- The population of the study is limited to Kannur and sample size was small.
- Some of the participants were reluctant to open up.
- Face to face interview cannot be conducted in some of the participants who were far away.

SUGGESTIONS FOR FUTURE RESEARCH :

- Sample size is ten for the present studies. So future study can use more sample
- Future study can use various population.
- Alternative data collection method can be used for future research studies.

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APPENDIX

APPENDIX A : INFORMED CONSENT FORM

This is a research study undertaken for the fulfilment of the researcher 's Bachelor of Science program in Psychology. The study is on —**UNDERSTANDING STRESS FACED BY WIVES OF ALCOHOLICS**. The data for the study will be obtained through a semistructured interview.

Participation in this research project is voluntary. You have the right to withdraw from the study at any time in the event that you chose not to continue. It is further reinstated that all information will be kept confidential and will be used only for the purpose of the above mentioned research study.

The contact information of the researcher has been provided for participants in order to clarify any concerns or queries about this study. The details of the researcher are given below:

Researcher: ANAGHA C M

Phone Number: 8113044937

Email Id: anaghacm2001@gmail.com

Your name and signature below signify that you have read and understood the contents and intentions formed in the consent.

Name:

Signature:

Date:

APPENDIX B: SOCIO DEMOGRAPHIC DETAILS

NAME/ INITIAL:

AGE:

GENDER:

QUALIFICATION:

PLACE:

ADDRESS:

CONTACT NUMBER:

APPENDIX C : RESEARCH QUESTIONS

1. What are the occasions that your husband generally drink alcohol?
2. Which are the behaviour patterns that he shows after drinking alcohol?
3. What are the mental struggles that you faced about rearing your children?
4. What are the mental struggles occurred about the financial problems?
5. What are the main physical disturbances that you suffered?
6. What was the attitude of your family towards you? Did they supported you?
7. What are the coping strategies that are used to escape from the mental stressors?
8. What are the coping strategies that are used to escape from the physical stressors?
9. Which are the occasions that you feel it is difficult to manage the married life?
10. What was your situation when your husband lacks empathy, love etc with you?
11. How the drinking behaviour of your husband affected your social life?
12. What are the changes occurred in your personal life after marriage?
13. Who are the members outside of the family supported you?