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1.3.2 Number of students undertaking Internship work in the Department of MSc-Psychology (2023-2024).

Sl.No	Name of the Student	PROJECT TITLE	Guide Name
1	APARNA A	DIGITAL ADDICTION AND SOCIAL MEDIA ADDITICTION ON QUALITY OF LIFE OF COLLEGE STUDENTS	Dr. Gulfisha
2	ADITHYA.S	ASTUDY ON FAMILY COHESION OF HOUSEHOLDS WITH AND WITHOUT DOGS	Dr. Gulfisha
3	BALLI TEJASWINI	EMOTIONAL STABILITY AMONG ADULT MALE MILITARY PERSONELS IN CONTEXT OF PARENTING STYLE	Dr. Gulfisha
4	ATHIRA K M	POSITIVE AND NEGETIVE EFFECT, POSITIVE SELF-RELATION AND SLEEP QUALITY AMONG WOMEN USING MENUSTURAL CUPS DURING PEROIDS	Dr. Gulfisha
5	JUMANA PARVIN	JOB SATISFACTION AND STRESS AND BURNOUT AMONG NURSES	Dr. Gulfisha
6	FAHMIDA NOUR H	ATTITUDE TOWARDS AI, AI CHATBOOT USABILITYA ND ADDITION IN COLLEGE STUDENTS.	Dr. Gulfisha
7	JEENA KHADER MT	SELF-ESTEEM, FEAR AND NEGETIVE EVALUTIONAND SHOPPING ADDITION AMONG COLLEGE STUDENTS	Dr. Gulfisha
8	KHADEEJA T S	PHYSICAL APPEARANCE COMPARISION	Dr. Gulfisha
9	ANUJA N	BODY IMAGE SELF-ESTEEM, AND ,MENTAL WELL-BEING AMONG YOUNG WOMEN WITH PCOD	Dr. Gulfisha
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12	AKSA SARA WILSON	FAMILY INTERPERSONAL RELATIONSHIP AMONG YOUNG ADULTS.	Dr. Gulfisha
13	JILNA K	STRESS AND EATING DISSORDERS AMONG COLLEGE STUDENTS	Dr. Gulfisha
14	EMLYN THEKKETHIL JAMES	COMPASSION, HAPPINESS AND GRATITUDE AMNOG MARRIED COUPLE.	Dr. Gulfisha
15	JEEVITHA S	STRESS AND EATING DISSORDERS AMONG COLLEGE STUDENTS	Dr. Gulfisha
16	MISIRIYA K	RELIGIOUS BELIFS,SOCIAL SUPPORT AND MENTAL WELL BEING	Dr. Gulfisha
17	SHALIMA	BING WATHING PROCASTINATION AND MENTAL WELL BEING	Dr. Gulfisha

18	VINOD CHOUHAN	THE MEDIA EFFECTS: BODY IMAGE DISSORDERS IN ADULTS	Dr. Gulfisha
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DIGITAL ADDICTION AND SOCIAL MEDIA ADDICTION ON QUALITY OF LIFE AMONG COLLEGE STUDENTS

ABSTRACT

This study aims to investigate the relationships between digital addiction, social media addiction and quality of life among college students. The participants of this study consist of 300 college students of age range 18 to 25. The Digital Addiction Scale (DAS), The Social Media Addiction Scale –student form (SMAS-SF), The Brunnsviken Brief Quality of Life Scale(BBQ) were administered to assess digital addiction, social media addiction and quality of life, respectively. Correlation analysis were conducted to explore the associations between digital addiction, social media addiction and quality of life. And also done Mann Whitney and Spearman's correlation coefficient to find out the mean difference between the variables with the demographic variables. Preliminary findings suggest that study would reject Hypothesis 1, 3, 4, and 5. However, the study would accept the null hypothesis 1 for digital addiction and social media addiction but reject null hypothesis 1 for quality of life. These findings contribute to the on-going discourse on digital addiction and quality of life, suggesting that while addiction may not always present as a straightforward phenomenon, its impact on overall life satisfaction is significant. Further research could delve into identifying which specific aspects of quality of life are most affected by digital overuse. Additionally, examining why the null hypothesis for digital and social media addiction was accepted could uncover nuances that current measurements might be missing, such as differentiating between problematic use and general heavy use that does not meet clinical criteria for addiction. These results highlight the need for a more nuanced understanding of digital and social media addiction. While the immediate effects may not be drastic, their subtle long-term implications for quality of life are clear and require further investigation.

Name of students: APARNA A

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ABSTRACT

The psychological well-being, happiness, and family cohesion of households with and without dogs are examined in this study. This study examines these factors between the two groups using a suitable sampling technique on 103 young adults. Measurement instruments used in the research include the Subjective Happiness Scale (SHS), the Family Cohesion Scale from FACES II, and the Ryff Scales of Psychological Well-Being. The results show that there are no statistically significant differences between households with and without pets in terms of psychological health, happiness, or family cohesion. In contrast, other relationships are either negligible or not significant, and a positive link is found between subjective happiness and family cohesion. This implies that regardless of whether a family owns pets or not, family togetherness may contribute to increased subjective satisfaction.

Keywords: Happiness, Psychological well-being, Family cohesion

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Name of student: ADITHYA.S

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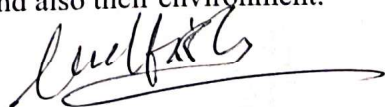(NAAC Re-accredited 'A+' and Affiliated to Bengaluru City University)
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EMOTIONAL STABILITY AMONG ADULT MALE MILITARY PERSONELS IN CONTEXT OF PARENTING STYLE AND BIRTH ORDER

ABSTRACT

This Study explores into the interplay between Parenting Style and Birth Order on Emotional Stability among Adult Male Military Personels. The study also explores the difference and relationship between effects of Emotional Stability on different Parenting Styles, Birth Orders as well as different Age categories among the sample population. A sample of 120 Adult Men, encompassing individuals serving in Indian Armed Forces were considered as a part of the study. Statistical Techniques like Descriptive Analysis, Inferential Statistics (Regression Analysis), Pearson's Product Moment Correlation Coefficient and One-Way Anova were utilized for statistical analysis of data. According to the study's statistical analysis, results demonstrates that there was a positive and significant correlation between emotional stability and parenting style. This suggests that when parenting is done correctly, emotional stability also rises. Additionally, it was discovered that the sample population had an almost similar level of emotional stability and average parenting across all age groups and birth order categories. The results that were obtained by the research clearly mentioned that the Emotional Stability of Adult Military Men were affected by the primary environments of their early childhood regardless of slight differences among their Ordinal Manner of their birth, their different categories of age and the type of Parenting Style that they have received from their parents. Through identifying and addressing the underlying reasons of men's emotional instability and perceptions, policymakers, mental health professionals, and community stakeholders can work to establish a supportive atmosphere where men feel empowered to prioritize their mental well-being without the fear of judgment regardless of their positions in the family, age and also their environment.

Name of students: Balli Tejaswini Rao

Guide signature:

POSITIVE AND NEGATIVE AFFECT, POSITIVE SELF-RELATION AND SLEEP QUALITY AMONG THE WOMEN USING MENSTRUAL CUP DURING PERIODS

ABSTRACT: This study investigates the connections among young women who use menstrual cups for their periods between positive self-relation, sleep quality, and affective states (both positive and negative). We evaluated individuals using the Positive and Negative Affect Schedule Generic (PANAS-GEN), the Sleep Quality Scale (SQS), and the Positive Self-Relation Scale while employing a purposive sample approach. The purpose of the study was to determine how emotional wellness is influenced by sleep quality and self-perception. According to the findings, people who have a good self-perception sleep better and feel happier more often than they do unhappy feelings. More specifically, enhanced good effect and better sleep quality are closely linked to positive selfrelationships. On the other hand, higher quality sleep is associated with decreased negative affect and increased positive affect. These results highlight how crucial it is to keep a positive view of oneself and achieve quality sleep to support emotional wellbeing.

Name of the students: ATHIRA KM

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JOB SATISFACTION, STRESS AND BURNOUT AMONG NURSES

ABSTRACT

This study investigates job satisfaction, stress, and burnout among nurses, utilizing purposive and convenient sampling methods to gather data from male and female participants. Three primary tools were employed: The Job Satisfaction Scale (JSS-SS), the Perceived Stress Scale (PSS), and the Oldenburg Burnout Inventory (OLBI). The analysis revealed significant negative correlations between job satisfaction and both stress and burnout, indicating that higher job satisfaction is associated with lower levels of stress and burnout. Additionally, stress and burnout were negatively correlated, suggesting that reducing stress could effectively decrease burnout. Gender differences were not significant in terms of job satisfaction, stress, or burnout levels, with minor trends showing slightly higher stress among males, though these differences were not statistically significant. The model's predictors accounted for 14.5% of the variance in the outcome variable, with the overall model demonstrating statistical significance. While the predictors had a moderate impact on the outcome, their effect was somewhat constrained. The study concludes that enhancing job satisfaction and managing stress are crucial strategies for improving nurse well-being and mitigating burnout, with no substantial gender differences affecting these outcomes.

Name of students: JUMANA PARVIN

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ATTITUDE TOWARDS ARTIFICIAL INTELLIGENCE, AI CHATBOT USABILITY AND ENGAGEMENT AMONG COLLEGE STUDENTS

ABSTRACT: The study will test numerous hypotheses about views toward artificial intelligence (AI), AI chatbot usability, and university student engagement among 300 college students aged 18 to 25. The first three hypotheses predict that there will be no significant mean differences in views about AI, AI chatbot usability, and university student involvement across gender, education level, and socioeconomic class. These hypotheses will be examined by ANOVA and nonparametric tests such as Kruskal-Wallis' test. The fourth hypothesis proposes a significant association between views toward AI, AI chatbot usability, and university student involvement. This relationship will be investigated using correlation and regression analysis, particularly Spearman rank correlation. Finally, the study will investigate whether these correlations are significant within gender-specific subgroups, with hypotheses 5 and 6 focusing on male and female students, respectively. The Mann-Whitney U test will be used to make gender comparisons. These statistical methods seek to determine how AI-related elements influence student engagement and whether demographic variables influence these dynamics. Keywords: Artificial intelligence, Chatbot usability ,University student involvement

Guide signature:

STUDENT NAME: FAHMIDA NOUR H

PHYSICAL APPEARANCE COMPARISON, SELF ESTEEM AND MENTAL WELLBEING AMONG YOUNG ADULT: A CORRELATIONAL STUDY

ABSTRACT: This study investigates the relationship between physical appearance comparison, self-esteem, and mental well-being among young adults, focusing on the influence of gender and socioeconomic status. The research aims to identify the mean differences in these variables based on gender and socioeconomic status and to explore the overall relationship between them. A sample of 301 young adults from India was selected using random sampling, with data collected through an online survey. The study employed the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS), the Rosenberg Self-Esteem Scale (RSES), and the Physical Appearance Comparison Scale-Revised (PACS-R) to measure the relevant constructs. The findings reveal no significant gender differences in physical appearance comparison, selfesteem, or mental well-being, indicating that both male and female young adults experience similar pressures related to physical appearance. However, socioeconomic status emerged as a significant factor, with individuals from lower socioeconomic backgrounds showing higher levels of physical appearance comparison, lower self-esteem, and poorer mental well-being. Furthermore, the study identified a strong correlation between physical appearance comparison and both self-esteem and mental well-being, suggesting that frequent comparisons are detrimental to mental health across the sample. These results underscore the importance of addressing body image concerns in both genders and highlight the role of socioeconomic factors in shaping these relationships. The study suggests that interventions aimed at improving mental well-being and self-esteem in young adults should consider the impact of physical appearance comparisons and address the unique challenges faced by individuals from lower socioeconomic backgrounds.

Keywords: physical appearance comparison, self-esteem, mental wellbeing, young adults

Student name: JEENA KHADER MT

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BODY IMAGE, SELF-ESTEEM AND MENTAL WELLBEING AMONG YOUNG WOMEN WITH PCOD

This study investigates the relationships between body image, self-esteem, and mental well-being among young women diagnosed with Polycystic Ovary Syndrome (PCOS), with a sample of 130 participants aged 20-35. The research utilized the Body Image State Scale, Rosenberg's Self-Esteem Scale, and The Warwick-Edinburgh Mental Well-being Scale. The findings indicate that mental well-being is positively correlated with both self-esteem and body image, though these correlations are statistically insignificant. In contrast, self-esteem shows a significant positive correlation with body image at the 0.05 level. The analysis reveals a weak positive relationship between body image and mental well-being which is not significant, with a determination coefficient (R^2) of 0.009, indicating minimal predictive change. However, a stronger positive relationship between body image and self-esteem is observed (R = 0.88), which is statistically significant. These results underscore the complex and varying influences of body image on self-esteem and mental well-being in young women with PCOS, highlighting the importance of addressing body image issues to improve self-esteem in this population.

Students name: KHADEEJA T.S

Guide Signature:

SOCIAL SUPPORT AND LONELINESS IN RESPECT TO POST-TRAUMATIC STRESS DISORDER (PTSD) AMONG YOUNG ADULT USING DATING APPLICATION

ABSTRACT

This study examines the connections between post-traumatic stress disorder (PTSD), loneliness, and social support in young adults (18–25) who use dating apps. The Multidimensional Scale of Perceived Social Support, the Differential Loneliness Scale (short student version), and the PTSD Checklist for DSM-5 (PCL-5) were used to evaluate a sample of 85 participants. The findings show a significant correlation between PTSD and loneliness as well as social support, with the association between the two being stronger for loneliness. A significant 88.5% of the variance in PTSD symptoms may be explained by loneliness, according to regression analysis, with an $R2$ value of 0.885 indicating a strong correlation. Even while it was also significant, social support only explained 9.9% of the variation in PTSD, showing a weaker correlation. These findings highlight the critical role of loneliness in influencing PTSD symptoms, suggesting that interventions aimed at reducing loneliness and improving social connections may be essential in addressing PTSD among young adults using dating apps.

STUDENT'S NAME: ANUJA N

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SOCIAL CONFORMITY, PEER INFLUENCE AND RISK-TAKING BEHAVIOR AMONG YOUNG ADULT

Abstract: This study investigates the relationships between social conformity, peer influence, and risktaking behavior among young adults, with a focus on how these behaviors vary by sex, residential area, education, and socio-economic status. Employing a quantitative research design, specifically a correlational design, the study uses primary data collected through an online survey from a sample of 301 participants aged 18 to 25. Convenience sampling was utilized to select participants based on accessibility and willingness to participate. The research objectives include assessing mean differences in social conformity, peer influence, and risktaking behavior based on demographic factors, and examining the relationships among these variables. Descriptive and inferential statistical analyses were conducted to evaluate patterns and test hypotheses. The findings revealed no significant mean differences based on sex, residential area, or socio-economic status, though educational level influenced social conformity and peer influence. Significant correlations were identified between social conformity and risk-taking behavior, particularly among young adults and males, while peer influence showed a notable negative correlation with risk-taking behavior among females. The study underscores the complex interplay between social dynamics and individual behaviors, highlighting the need for contextually sensitive interventions to address risky behaviors among young adults.

STUDENT'S NAME: Mohammed Adif P

Guide Signature:

FAMILY INTERPERSONAL RELATIONSHIP AMONG YOUNG ADULTS IN THE CONTEXT OF CULTURAL ORIENTATION AND RELIGIOUS BELIEVES

ABSTRACT

The study aimed to assess the levels of cultural orientation, religious beliefs, and family interpersonal relationships among young adults. The participants o the study consit id 221 young adts at an age range of 18 to 25. Centrality of religisoty (COR), Family relation index(FRI) and Individualism collectivism scale were administrated to measure the religious belief, family interpersonal relationship and culutal orientation respectively . The correlation analysis reveals that there are significant negative relationships between FAMILY and CULTURALORIENTATION (r = -.166, p < .05) and between FAMILY and RELIGIOUS BELIEF (r = -.230, p < .01). Group Statistics and Independent Samples t-Test To examine the differences between male and female participants regarding cultural orientation, religious beliefs, and family interpersonal relationships, independent samples t-tests were conducted. The t-test results show that there are no significant differences between male and female. participants in terms of cultural orientation, religious beliefs, and family interpersonal relationships. Young adults in the study show significant levels of cultural orientation, religious beliefs, and family interpersonal relationships, as evidenced by the descriptive statistics. Significant negative relationships were found between cultural orientation and family interpersonal relationships, as well as between cultural orientation total and family interpersonal relationships. These findings suggest that while cultural orientation and religious beliefs do have an impact on family interpersonal relationships, gender does not play a significant role in influencing these variables. The study found that as young adults become more culturally oriented, their family ties may weaken due to conflicts between modern values and traditional norms. Religious beliefs, likely linked to cultural orientation, may also impact family dynamics. No significant gender differences were observed, suggesting similar experiences for both males and females in these areas

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STUDENT'S NAME: NEENU NASNIN K T

Soladevanahalli, Bengaluru-560107

STRESS AND EATING DISORDER AMONG COLLEGE STUDENTS

ABSTRACT Eating disorders are serious mental illnesses which can impact any individual. The same is true for individuals with disordered eating. Disordered eating is more common than clinical eating disorders. The term disordered eating refers to subclinical eating disturbances. Past research has demonstrated a relation between disordered eating, stress, and anxiety. The current study expands upon this by examining stress and eating disorder among college students in Bangalore, India. Participants were n=60 college students who filled out PSS and EAT-26 , and a demographics questionnaire. Based on previous results, it was hypothesized that there would be a significant correlation between eating disorder and stress. It was also hypothesized that there would be a significant difference between disordered eating and stress among Male and female college students. Hypothesis one was supported, with a positive, significant correlation between disordered eating and stress, but hypothesis two was not supported. Results from the current study indicate that interventions should be implemented on college campuses, including mindfulness and nutrition education programs, to target students with symptoms of stress and disordered eating.

Students name: Aksa sarah Wilson

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COMPASSION , HAPPINESS AND GRATITUDE AMONG MARRIED COUPLE

Marriage is a dynamic journey characterized by various challenges and triumphs. Within this context, the psychological constructs of gratitude and happiness and Happiness play vital roles in shaping the quality and longevity of marital relationships. Compassion literally means "to suffer together." Among emotion researchers, it is defined as the feeling that arises when you are confronted with another's suffering and feel motivated to relieve that suffering. A generally accepted definition of compassion is that it is a felt response to suffering that involves caring and an authentic desire to ease distress (Goetz, Kilter, & Simon Thomas, 2010) Happiness, as a predominantly subjective concept, happiness is more consistent with common usage and analytically more useful. According to psychology, happiness is about more than simply the experience of a positive mood. In order to describe happiness, psychologists commonly refer to subjective wellbeing (Oerlemans, W. G. M., 2018). In other words, happiness is "people's evaluations of their lives and encompasses both cognitive judgments of satisfaction and affective appraisals of moods and emotions" (Kaufman, M., 2018,) Any serious discussion about happiness must first begin by attempting to define what we mean by the term happiness. Young married couples are seeing a substantial increase in the trend of separation in recent years. Despite India's low divorce rate of less than 2%, the trend of divorce among young Indians has been sharply rising. Marriage can be hard, because life can be hard. n (Achary,2022).Couples that are compassionate with one another have more joy and understanding in their relationships. In this context, it is important to investigate the important factors that may help to strengthen the bond between spouses, there is a lack of researches that examines the relationship between happiness, compassion and gratitude. Therefore, in this study, keeping the scope precise, the relationship of happiness, compassion and gratitude will be examined.

STUDENT'S NAME: Jilna K

Guide Signature:

PERCEIVED STRESS, FEAR OF NEGATIVE EVALUATION AND PSYCHOLOGICAL WELL-BEING AMONG PASTOR'S CHILDREN

Pastors are those protestant leaders who seek to spread the good news about the Gospel of Christ. They face a lot of struggles and have to undergo several circumstances where their morals, faith, standard of living, and external expressions of personality are questioned or put under the spotlight. The children of pastors may not necessarily approve of such a lifestyle and may resent their parent's decision to lead such a life. The Pastors family is always seen with judgemental eyes and are expected to meet certain standards. They are supposed to dress, groom themselves, and socialise in certain ways only. Such unrealistic expectations are placed on pastor's children and this may in turn cause them to be distressed and it may negatively affect their psychological well being. They may also face constant pressure to appear perfect and this in turn may cause a fear of negative evaluation. By conducting such a study, we can understand the depth of the issue and help such children who are distressed, by giving proper counselling and helping them get a clarity regarding their identity and the roles associated with it. To explore the moderating effect of demographic variables (age, gender, education level and socio economic status) on Perceived Stress, Fear of Negative Evaluation and Psychological Well-Being Among Pastor's Children. To assess the relationship of Perceived Stress, Fear of Negative Evaluation and Psychological Well-Being Among Pastor's Children

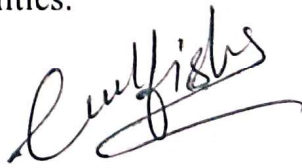STUDENT'S NAME: EMLYN JAMES

Guide Signature:

PERCEIVED STRESS, FEAR OF NEGATIVE EVALUATION AND GOAL ACHIEVEMENT AMONG ADULT

Stress is an inevitable life experience that develops when an individual fails to cope with the external physiological and cognitive distress of daily life. Perceived stress is defined as how an individual understands the amount of stress he or she is exposed to in a period of time. It is related to a feeling of uncertainty and instability about life and depends on the confidence in one's ability to handle difficulties. The fear of negative evaluation, a concept refers to the apprehension or anxiety individuals feel when they believe they are being judged or evaluated by others. This far can stem from a variety of sources, including past experience, social comparison, and self-esteem issues. Individuals who experience high levels of fear of negative evaluation may engage in avoidance behaviors to protect themselves from perceived judgment, which can interfere with their pursuit of goals and aspirations. Goal achievement involves the setting, pursuit, and attainment of personally meaningful objective. Successful goal achievement is associated with the increased self-efficacy, motivation, and well-being. To analyze the personality of an adult overcoming the stress factor faced by negative evaluation and moving forward to achieve their goal, this study will be conducted on adults above 19 to 25 years of age. It is crucial to explore the interplay between perceived stress, fear of negative evaluation, and goal achievement. Understanding how these factors interact can provide valuable insights into strategies and interventions that can help individuals effectively manage stress, overcome social anxiety, and enhance their goal-setting and goal achievement abilities.

STUDENT'S NAME: Jeevitha.S

Guide Signature:

RELIGIOUS BELIEFS, SOCIAL SUPPORT AND MENTAL WELL-BEING AMONG COLLEGE STUDENTS

Religious beliefs have played a central role in human societies throughout history, shaping cultures, influencing moral values, and providing a sense of purpose and community. At the individual level, religious beliefs can offer comfort, hope, and a framework for understanding life's challenges and existential questions. They often influence personal identity, ethical decision-making, and coping mechanisms. Social support is provided by one's social network, which is all the people with whom one has some regular social contact. Most social networks include family, friends, and coworkers. Not all social networks are supportive, but those that are supportive tend to bolster the health and well-being of the recipients of the support. Social support appears to enhance individuals' physical and psychological health directly and indirectly by reducing the negative effects of stressors on health. Mental well-being is a critical component of overall health, encompassing emotional, psychological, and social aspects of life. It influences how individuals think, feel, and act, impacting their ability to handle stress, relate to others, and make decisions. Mental well-being is not merely the absence of mental illness but the presence of positive characteristics such as life satisfaction, optimism, and emotional resilience. Exploring the interconnections between religious beliefs, social support, and mental well-being among college students provides a comprehensive understanding of the multifaceted influences on their psychological health. Such an investigation can identify critical support mechanisms and coping strategies that enhance resilience and overall well-being. This knowledge is essential for developing effective mental health interventions, policies, and programs tailored to the unique needs of the college student population, ultimately fostering a supportive and thriving academic community. Religious beliefs, social support, and mental wellbeing among college students can provide comprehensive benefits, ranging from improved mental health resources and informed policy development to a healthier society and advanced academic knowledge.

STUDENT'S NAME: MISIRIYA

Guide Name:

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BINGE WATCHING PROCRASTINATION AND MENTAL WELLBEING AMONG COLLEGE STUDENTS ABSTRACT

This study investigates the relationships between binge-watching, procrastination, and mental well-being among college students in India, focusing on various demographic factors such as gender, education, residential area, and socioeconomic status. Utilizing a correlational research design, data were collected from 300 participants through an online and offline survey, incorporating psychometric tools, including the Binge-watching Scale, General Procrastination Scale, and the Warwick-Edinburgh Mental Well-being Scale. The findings reveal significant gender differences, with males exhibiting higher levels of binge-watching and procrastination compared to females, while rural students demonstrate greater engagement in these behaviours than their urban counterparts. Socioeconomic status was found to significantly influence procrastination, particularly among students from lowerincome backgrounds. A strong positive correlation was identified between binge-watching and procrastination, suggesting that increased binge-watching may contribute to higher levels of procrastination. However, the study found no significant relationship between bingewatching and mental well-being, highlighting the complexity of these interactions. Overall, the research underscores the importance of understanding these dynamics to devinterventions that support the mental health of college students navigating the challenges of academic and media consumption.

Keywords: Binge-watching, procrastination, Mental well-being, college students

Students' name: SHALIMA

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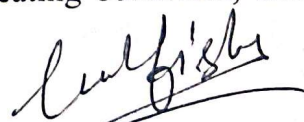Soladevanahalli, Bengaluru-560107

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THE MEDIA EFFECT: EXPLORING BODY IMAGE & EATING DISORDER IN ADULTS

In a media-saturated world, the portrayal of bodies has a profound effect on individuals, particularly young adults. This research investigates how media influences body image perceptions and contributes to the development of eating disorders within this demographic. By exploring the connections between media exposure, body dissatisfaction, and unhealthy eating habits, this study sheds light on the increasing concerns surrounding these issues.

Media serves as a powerful force in shaping cultural norms and influencing behaviors, especially regarding beauty ideals and body image. From traditional outlets like TV and magazines to the pervasive reach of social media, media messages significantly impact societal views and individual behaviors related to body image and eating disorders. This research critically examines the portrayal of idealized beauty standards, social comparisons, and the promotion of unhealthy eating behaviors through media, highlighting the importance of promoting positive body image, diverse representation, and media literacy as countermeasures.

Addressing the negative impact of media on body image and eating behaviors involves promoting media literacy. By educating individuals, particularly young people, on critically analyzing media messages, we can empower them to navigate media influences more confidently and develop a realistic view of media representations. Furthermore, interventions that foster positive body image and healthy eating habits—through workshops, school programs, and community efforts—are essential in challenging unrealistic beauty standards and promoting overall well-being. By creating a media environment that prioritizes well-being and inclusivity, we can combat the negative effects of media on body image and eating behaviors, ultimately contributing to a more positive and diverse cultural landscape.
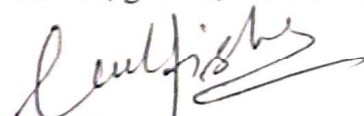
Student name: Vinod Chouhan

Guide Signature:

SOCIAL CONNECTEDNESS AND DAILY LIFE EXPERIENCES IN RELATION TO GENDER, CLASS CATEGORY, BIRTH ORDER AMONG EARLY ADULTS WHO EXPERIENCE CASTE DISCRIMINATION

ABSTRACT

This study examines the impact of social connectedness and daily life experiences on young adults experiencing caste discrimination, with a focus on the interplay of caste category, gender, and birth order. This study examines these factors among age range of 19-25 years using random sampling method on 188 young adults. Measurement instruments used in the research include the Social connectedness scale-revised(SCS-R), The Daily Life Experiences-Frequency scale (DLE-F; Harrell, 1997). which includes descriptive statistical analyses and ANOVA, to assess the significance of these social factors. And correlation method to analyse the relationship between two variables. Despite the hypothesized relationships, the findings reveal no statistically significant effects of these variables on the outcomes of interest Utilizing from diverse caste backgrounds, gender identities, and birth orders, the research employed quantitative methods, suggesting a lack of significant influence on social connectedness and daily life experiences. These findings contribute to the literature by challenging assumptions about the impact of social factors on daily life within marginalized communities. The study highlights the need for further research to explore other potential factors influencing these dynamics and to better understand the complex nature of social discrimination.

Keywords: social connectedness, daily life experiences, caste discrimination, gender, birth order, psychological research

Student's name: SRI SHAMICSHA M

Guide Signature: