

DREAM EXPERIENCE: A STUDY ON GENDER DIFFERENCES

Dissertation submitted to Christ College (Autonomous) in partial fulfilment of the requirements for the award of the degree of Bachelor of Science in Psychology

Submitted by

DEVADATH TB

REG.NO – CCAUSPY050



BSC PSYCHOLOGY

DEPARTMENT OF PSYCHOLOGY

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

2020-2023

DEPRESSION AND ANXIETY AMONG WOMEN WITH AND WITHOUT POLYCYSTIC OVARIAN SYNDROME

Dissertation submitted to Christ College (Autonomous) in partial fulfilment of the requirements
for the award of the degree of Master of Science in Clinical Psychology

Submitted by,

JUWANA JAISON

REG.NO – CCAUSPY051



B.Sc PSYCHOLOGY

DEPARTMENT OF PSYCHOLOGY

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

2020-2023

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA
DEPARTMENT OF PSYCHOLOGY
2020-2023

BONA-FIDE CERTIFICATE

This is to certify that the dissertation entitled, “**Depression and anxiety among women with and without polycystic ovarian syndrome**” is a bona-fide record of research work carried out by Ms. **JUWANA JAISON** , Register no:CCAUSPY051, during the sixth semester of B.Sc. Psychology of the academic year 2020-2023.

Mrs. Nimy P. G

Ms. NPM Hasmina Fathima

HEAD OF THE DEPARTMENT

SIGNATURE OF THE RESEARCH SUPERVISOR

Submitted for the examination held on

INTERNAL EXAMINER

EXTERNAL EXAMINER

DECLARATION

I hereby declare that the dissertation work entitled” **Depression and anxiety among women with and without polycystic ovarian syndrome** ” submitted to the University of Calicut, in partial fulfilment of the requirement for the award of the Degree of Bachelor of Science in Psychology is the record work done by me under the supervision of Ms. NPM Hasmina Fathima, Assistant Professor, Department of Psychology, Christ College (Autonomous) Irinjalakuda. This is not formed as the basis for the award of any degree/diploma (Associate ship) fellowship or other similar title to any candidate of any university.

Place: Irinjalakuda

Date:

Signature of the candidate

Ms. JUWANA JAISON

CCAUSPY051

ACKNOWLEDGMENT

I would like to express my deep gratitude to Nimmy P G (head of the department) and my guide professor Ms. NPM Hasmina Fathima, for their patient guidance, enthusiastic encouragement and useful critiques of this research work.

Nobody has been more important to me in the pursuit of this project than the members of my Family. I would like to thank my parents, whose love and guidance are with me in whatever I Pursue. They are the ultimate role models

I am thankful for all of those whom i have had the pleasure to work with while implementing this research. I am also grateful for the insightful comment offered by my peers. The generosity and expertise of one and all have improved this study in innumerable way and saved me form many errors. Lastly I would like to thank all the individuals who have participated in the data collection process

I would like to acknowledge that this project was completed entirely by me and not by someone else

Ms. JUWANA JAISON

CCAUSPY051

CONTENT

CHAPTERS	TITLE	PAGE NUMBER
	LIST OF TABLES	6
	LIST OF APPENDICES	7
	ABSTRACT	8
CHAPTER I	INTRODUCTION	9-14
CHAPTER II	REVIEW OF LITERATURE	15-20
CHAPTER III	METHODOLOGY	21-25
CHAPTER IV	RESULT AND DISCUSSION	26-31
CHAPTER V	SUMMARY AND CONCLUSION	32-34
	REFERENCE	35-37
	APPENDICES	38-45

**THE ROLE OF SELF CRITICISM IN SOCIAL APPEARANCE ANXIETY OF
COLLEGE STUDENTS.**

*Dissertation submitted to Christ College (Autonomous) in partial fulfilment of
the requirements for the award of the degree of Bachelor of Science in
Psychology.*

Submitted by,

SABREEN C A

REG.NO – CCAUSPY052



BSc PSYCHOLOGY

DEPARTMENT OF PSYCHOLOGY

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA 2020-2023

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

DEPARTMENT OF PSYCHOLOGY

2020-2023

BONA-FIDE CERTIFICATE

This is to certify that the dissertation entitled, **“THE ROLE OF SELF CRITICISM IN SOCIAL APPEARANCE ANXIETY OF COLLEGE STUDENTS.”** is a bona-fide record of research work carried out by Ms. **SABREEN C A**, Register no: **CCAUSPY052**, during the sixth semester of B.Sc. Psychology of the academic year 2020-2023.

Mrs. Nimy P. G

HEAD OF THE DEPARTMENT

Ms. NPM Hasmina Fathima

Signature of the Research Supervisor

Submitted for the examination held on

INTERNAL EXAMINER

EXTERNAL EXAMINER

DECLARATION

I hereby declare that the dissertation work entitled “**THE ROLE OF SELF CRITICISM IN SOCIAL APPEARANCE ANXIETY OF COLLEGE STUDENTS**” submitted to the University of Calicut, in partial fulfilment of the requirement for the award of the Degree of Bachelor of Science in Psychology is the record work done by me under the supervision of **Ms. NPM Hasmina** Fathima, Assistant Professor, Department of Psychology, Christ College (Autonomous) Irinjalakuda. This is not formed as the basis for the award of any degree/diploma (Associate ship) fellowship or other similar title to any candidate of any university.

Place: Irinjalakuda

Date:

Signature of the candidate

Ms. Sabreen C A

CCAUSPY052

ACKNOWLEDGEMENTS

The successful completion of this project was made possible through the generous contributions of several individuals, whose dedication and efforts are deeply appreciated. I would like to thank Fr. Dr. Jolly Andrews, the principal of Christ College (Autonomous), Irinjalakuda, for providing the necessary infrastructure for conducting this study. I am immensely grateful to Ms. N P M Hasmina Fathima for her invaluable mentorship and guidance throughout my academic journey. Her support and encouragement have been instrumental in my growth as a graduate student. I would also like to extend my gratitude to the faculty members of the Department of Psychology at Christ College (Autonomous), Irinjalakuda, for their support and help throughout this study. I am also grateful to all the participants who took part in my research. Finally, I would like to acknowledge the enduring support and encouragement of my friends and family members. Their unwavering belief in me has been a constant source of motivation throughout this academic journey.

TABLE OF CONTENTS

ABSTRACT

CHAPTER 1 INTRODUCTION.....1

CHAPTER 2 REVIEW OF LITERATURE.....6

CHAPTER 3 METHOD.....11

CHAPTER 4 RESULT AND DISCUSSION.....16

CHAPTER 5 CONCLUSION.....22

 Implications

 Limitations

 Future directions

REFERENCES.....26

APPENDICES.....32

“CORRELATING NARCISSISTIC TRAITS AND INTIMACY IN 0-5 AND 10-15 YEAR MARRIAGES”

Dissertation submitted to Christ College (Autonomous) in partial fulfilment of the requirements for the award of the degree of Bachelor of Science in Psychology

Submitted by,

ALEENA ZERIN V W

REG.NO – CCAUSPY054



BSc PSYCHOLOGY

DEPARTMENT OF PSYCHOLOGY

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

2020-2023

**THE RELATIONSHIP BETWEEN BODY IMAGE AND SELF ESTEEM
AMONG ADOLESCENTS AND EARLY ADULTS**

*Dissertation submitted to Christ College (Autonomous) in partial fulfilment of
the requirements for the award of the degree of Bachelor of Science in
Psychology*

Submitted by,

ANAGHA RAJ

REG.NO – CCAUSPY055



BSC PSYCHOLOGY

DEPARTMENT OF PSYCHOLOGY

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

2020-2023

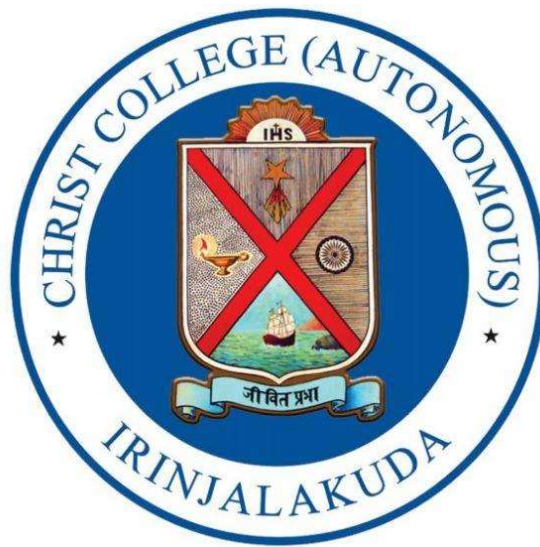
**ACADEMIC STRESS AND SELF-EFFICACY AMONG
ADOLESCENCE**

*Dissertation submitted to Christ College (Autonomous) in partial
fulfilment of the requirements for the award of the degree of
Bachelor of Science in Psychology*

Submitted by,

ANIT ROSE JOSHY

REG.NO. – CCAUSPY056



BSC PSYCHOLOGY

DEPARTMENT OF PSYCHOLOGY

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

2020-2023

**HAPPINESS AT WORKPLACE AND LIFE SATISFACTION AMONG
IT PROFESSIONALS AND COLLEGE LECTURERS IN PRIVATE SECTOR**



Dissertation submitted to Christ College (Autonomous) in partial fulfilment of the requirements for the award of the degree of Bachelor of Science in Psychology

Submitted by,

ARUN V

REG.NO – CCAUSPY057

BSc PSYCHOLOGY

DEPARTMENT OF PSYCHOLOGY

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

2020 – 2023

[Type here]

[Type here]

STUDY ON HAPPINESS AND MENTAL WELL BEING AMONG YOUNG ADULTS WITH AND WITHOUT PETS

*Dissertation submitted to Christ College (Autonomous) in partial fulfillment of
the requirements for the award of the degree of Bachelors of Science in
Psychology*

Submitted by,

P S ARATHI

REG.NO – CCAUSPY059



B.Sc. PSYCHOLOGY

DEPARTMENT OF PSYCHOLOGY

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

2020-2023

**THE RELATIONSHIP BETWEEN GAME ADDICTION AND AGGRESSION
AMONG ADOLESCENT BOYS AND GIRLS**

*Dissertation submitted to Christ College (Autonomous) in partial fulfilment of
the requirements for the award of the degree of Bachelor of Science in
Psychology*

Submitted by,

SION JOSHY

REG.NO. – CCAUSPY060



BSC PSYCHOLOGY

DEPARTMENT OF PSYCHOLOGY

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

2020-2023

**Comparative study on the FEAR OF MISSING OUT and EXTRAVERSION among
young adults**

*Dissertation submitted to Christ College (Autonomous) in partial fulfilment of the
requirements for the award of the degree of Bachelors of Science in Psychology*

Submitted by,

VANDANA R

REG.NO – CCAUSPY062



B.Sc. PSYCHOLOGY

DEPARTMENT OF PSYCHOLOGY

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

2020-2023

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

DEPARTMENT OF PSYCHOLOGY

2020-2023

**COMPARITIVE STUDY ON THE ALTRUISTIC AND EMPATHETIC
BEHAVIOUR AMONG HEALTH PROFESSIONAL STUDENTS AND ARTS
STUDENTS**

*Dissertation submitted to Christ College (Autonomous) in partial fulfilment of
the requirements for the award of the degree of Bachelor of Science in
Psychology*

Submitted by,

AMRITHA K R

REG.NO. – CCAUSPY063



BSC PSYCHOLOGY

DEPARTMENT OF PSYCHOLOGY

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

2020-2023

**CLOTHING PREFERENCE AND SELF-ESTEEM: A
COMPARATIVE STUDY AMONG MALE AND FEMALE
COLLEGE STUDENTS**

*Dissertation submitted to Christ College (Autonomous) in partial fulfilment
requirements for the award of the bachelor of science in Psychology*

Submitted by,

ASHIYA P

REG.NO – CCAUSPY064



BSC PSYCHOLOGY

DEPARTMENT OF PSYCHOLOGY

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

2020-2023

Adolescence is the transitional stage from childhood to adulthood that occurs between ages 13 and 19. The physical and psychological changes that take place in adolescence often start earlier, during the preteen or "tween" years: between ages 9 and 12.

Adolescence can be a time of both disorientation and discovery. The transitional period can raise questions of independence and identity; as adolescents cultivate their sense of self, they may face difficult choices about academics, friendship, sexuality, gender identity, drugs, and alcohol.

Most teens have a relatively egocentric perspective on life; a state of mind that usually abates with age. They often focus on themselves and believe that everyone else—from a best friend to a distant crush—is focused on them too. They may grapple with insecurities and feelings of being judged. Relationships with family members often take a backseat to peer groups, romantic interests, and appearance, which teens perceive as increasingly important during this time.

The transition can naturally lead to anxiety about physical development, evolving relationships with others, and one's place in the larger world. Mild anxiety and other challenges are typical, but serious mental health conditions also emerge during adolescence.

The stage of adolescence include early adolescence from age 10 to 14 , mid adolescence from age 15 to 17 ,and late adolescence from age 18 to 24. Early Adolescence : During this stage, children often start to grow more quickly. They also begin to notice other body changes, including hair growth under the arms and near the genitals, breast development in females and enlargement of the testicles in males. Middle Adolescence : Physical changes from puberty continue during middle adolescence. At this age, many teens become interested in romantic and sexual relationships. The brain continues to change and mature in this stage, but there are still many differences in how a normal middle adolescent thinks compared to an adult.

Late Adolescence: Late adolescents generally have completed physical development and grown to their full adult height. They usually have more impulse control by now and may be better able to gauge risks and rewards accurately. Teens entering nearly adulthood have a stronger sense of their own individuality now and can identify their own values.

At the decision making period of their lives adolescents are susceptible to drugs, sexual abuse ,peer pressure , crimes and other violent activities. The extent to which they may be affected varies from individual to individual. One's personal backgrounds could be contributory factors for such illegal activities. The role of parenting also plays an enormous role in how the youth tends to respond to negative circumstances. With authoritative parenting style, a comfortable environment is made for the teen to develop in a systematic manner, however neglectful and authoritative parenting may lead to adverse effects on the adolescents . Since teens tend to spend most of their time with peers it is necessary to form good kin circles so as to avoid unnecessary pressure or mental conflicts.

Body image refers to how people see themselves. Distorted body image (also called negative body image) refers to an unrealistic view of how someone sees their body. Like eating disorders, it is seen most commonly in women, but many men also suffer from the disorder. You begin forming your perceptions of your body's attractiveness, health, acceptability, and functionality in early childhood. This body image continues to form as you age and receive feedback from peers, family member,

**JOB SATISFACTION AND LIFE SATISFACTION:
A CORRELATIONAL STUDY AMONG EMPLOYEES**

*Dissertation submitted to Christ College (Autonomous) in partial fulfilment of
the requirements for the award of the degree of Bachelor of Science in Psychology*

Submitted by,

GAYATHRY T MENON

REG.NO – CCAUSPY066



BSC PSYCHOLOGY

DEPARTMENT OF PSYCHOLOGY

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

2020-2023

STUDY OF RELATIONSHIP BETWEEN LONELINESS AND SELF-ESTEEM

Dissertation submitted to Christ College (Autonomous) in partial fulfilment of the requirements for the award of the degree of Bachelor of Science in Psychology

Submitted by,

GOPIKRISHNAN M

REG.NO – CCAUSPY067

BSc PSYCHOLOGY

DEPARTMENT OF PSYCHOLOGY

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

2020 – 2023

SOCIAL INTERACTION ANXIETY AND BULLYING AMONG CHILDREN OF
SINGLE PARENTS AND CHILDREN OF BOTH PARENTS.

*Dissertation submitted to Christ College (Autonomous) in partial fulfilment of the
requirements for the award of the degree of Bachelor in Psychology*

Submitted by:

K.A FIZA FATHIMA

REG.NO- CCAUSPY068



BSc PSYCHOLOGY

DEPARTMENT OF PSYCHOLOGY

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

2020-2023

**IMPACT OF PARENTING STYLE ON THE ATTITUDE TOWARDS
HOMOSEXUALS AMONG YOUNG ADULT**

*Dissertation submitted to Christ College (Autonomous) in partial fulfilment of
the requirements for the award of the degree of Bachelor of Science in
Psychology*

Submitted by,

KRISHNENDU K S

REG.NO – CCAUSPY069



BSC PSYCHOLOGY

DEPARTMENT OF PSYCHOLOGY

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

2020-20223

**IMPACT OF ANIME AMONG COLLEGE STUDENTS – A STUDY ON INITIAL AND
POST ANIME ACCEPTANCE**

*Dissertation submitted to Christ College (Autonomous) in partial
fulfilment of the requirements for the award of the degree of Bachelor of
Science in Psychology*

Submitted by,

P SAYOOJ JEEVAN

REG.NO. – CCAUSPY070



BSC PSYCHOLOGY

DEPARTMENT OF PSYCHOLOGY

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

2020-2023

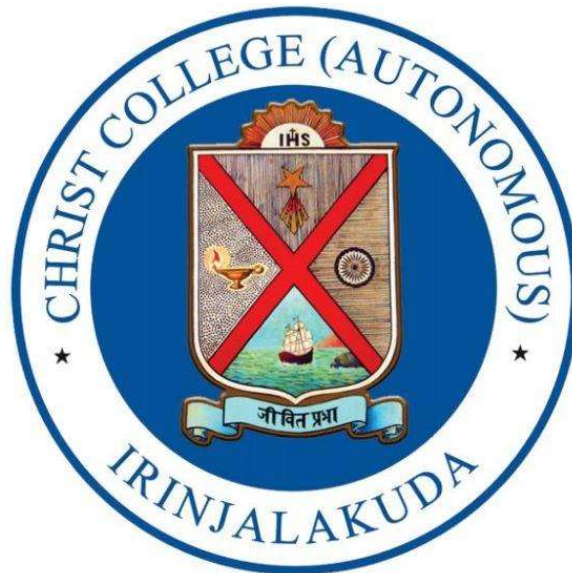
**A COMPARATIVE STUDY ON RESILIENCE AND DEPRESSION AMONG
THIRD CULTURE STUDENTS AND NATIVE STUDENTS**

*Dissertation submitted to Christ College (Autonomous) in partial fulfilment of
the requirements for the award of the degree of Bachelor of Science in
Psychology*

Submitted by,

SANDRA NAPIER

REG.NO. – CCAUSPY071



BSC PSYCHOLOGY

DEPARTMENT OF PSYCHOLOGY

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

2020-2023

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

DEPARTMENT OF PSYCHOLOGY

2020-2023

BONA FIDE CERTIFICATE

This is to certify that the dissertation entitled, “**A COMPARATIVE STUDY ON RESILENCE AND DEPRESSION AMONG THIRD CULTURE STUDENTS AND NATIVE STUDENTS** ” is a bona fide record of research work carried out by **Ms. SANDRA NAPIER**, Register no.: **CCAUSPY071**, during the sixth semester of B.Sc. Psychology of the academic year 2020-2023.

Ms. Nimy P G

HEAD OF THE DEPARTMENT

Ms. Betty Paul

RESEARCH SUPERVISOR

Submitted for the examination held on -----

INTERNAL EXAMINER

EXTERNAL EXAMINER

DECLARATION

I hereby declare that the dissertation work entitled “A COMPARATIVE STUDY ON RESILIENCE AND DEPRESSION AMONG THIRD CULTURE STUDENTS AND NATIVE STUDENTS” submitted to the University of Calicut, in partial fulfilment of the requirement for the award of the degree of Bachelor of Science in Psychology is the record work done by me under the supervision of Ms. Betty Paul, Assistant Professor, Department of Psychology, Christ College (Autonomous), Irinjalakuda. This is not formed as the basis for the award of any degree/diploma (associateship), fellowship, or other similar titles to any candidate of any university.

Place: Irinjalakuda

Date:

Signature of the candidate

Ms. Sandra Napier

CCAUSPY071

ACKNOWLEDGEMENT

“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”

I would want to take this opportunity to thank everyone who I had the good fortune to receive advice and assistance from. First, I want to express my gratitude to the Almighty God for bestowing His blessings on the completion of my dissertation.

I owe my thanks to the principle of Christ College (Autonomous), Irinjalakuda Fr. Dr. Jolly Andrews, for providing the conducive infrastructure for the conduct of the study.

I express my special gratitude to my guide Ms. Betty Paul, for her valuable support and motivation. Words cannot express my gratitude to her for her guidance and illumination during my academic career. Her ideas and thoughts were treated with great attention, patience, inspiration, direction, and encouragement at every level of the project. I want to express my gratitude to her for all of her help.

I place on record, my sincere gratitude to Ms. Nimy P G HOD , Department of Psychology, for her constant encouragement.

I greatly thank the support and help extended by the Faculty Members of the Department of Psychology, Christ College (Autonomous), Irinjalakuda, during this study. I also thank my parents for their unceasing encouragement and support.

I am also thankful to all the participants who took part in my study.

- Sandra Napier

TABLE OF CONTENT

SL NO.	CONTENT	PAGE NO.
1	ABSTRACT	7
2	INTRODUCTION	8-13
3	REVIEW OF LITERATURE	14-19
4	METHOD	20-24
5	RESULT AND DISCUSSION	25-28
6	SUMMARY AND CONCLUSION	29-31
7	REFERENCES	32-35
8	APPENDICES	36-