

**LIFE SATISFACTION AND PSYCHOLOGICAL DISTRESS AMONG DIABETES  
MELLITUS PATIENTS**

*Dissertation*

*Submitted in partial fulfillment of the requirement of the degree of*

**MASTER OF SCIENCE IN**

**CLINICAL PSYCHOLOGY**

By

**AHANA LAWRENCE**

**Register no.CCATMCP001**



**DEPARTMENT OF PSYCHOLOGY**

**CHRIST COLLEGE AUTONOMOUS IRINJALAKUDA**

**2021**

**DEPARTMENT OF PSYCHOLOGY**

**CHRIST COLLEGE AUTONOMOUS IRINJALAKUDA**



**CERTIFICATE**

This is to certify that this dissertation entitled, **“LIFE SATISFACTION AND PSYCHOLOGICAL DISTRESS AMONG DIABETIC MELLITUS PATIENTS”** is a bonafide record of research work carried out by Ms. AHANA LAWRANCE , Register no: CCATMCP001, during the fourth semester of M.Sc. Clinical Psychology during the academic year 2019-2021.

Head of the Department

Principal

Guide

Mrs. Nimy P.G

Fr. Dr. Jolly Andrews

Mrs. Betty Paul

Submitted for the examination held on

Examiners

.....

1.

2.

## DECLARATION

I hereby declare that the dissertation work entitled “**LIFE SATISFACTION AND PSYCHOLOGICAL DISTRESS AMONG DIABETIC MELLITUS PATIENTS**” submitted to the University of Calicut, in partial fulfillment of the requirement for the award of the Degree of Master of Science in Clinical Psychology is the record work done by me under the supervision of Mrs. Betty Paul., Department of Psychology, Christ College Autonomous Irinjalakuda. This has not formed 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:

Guide

Signature of the candidate

Mrs. Betty Paul

Ms. Ahana Lawrance

Department of Psychology

Christ College Autonomous Irinjalakuda

## **ACKNOWLEDGEMENT**

Success is the good fortune that comes from aspiration, desperation, perspiration and inspiration. First and foremost; I thank the God almighty for his special blessings on me from the beginning to the completion of the study.

I am indebted to dear and loving supervisor, Mrs. Betty Paul, Assistant professor, Department of Psychology, CHRIST COLLEGE AUTONOMOUS IRINJALAKUDA for her timely supervision and support for the successful completion of the study.

With extreme joy and gratitude I thank Mrs. Nimy P.G, Head of the Department of Psychology and other faculty members of CHRIST COLLEGE whose valuable support and constructive suggestions added to the success of the study.

I thank my parents and all my family members who helped me to complete this work.

I also thank those persons who helped me to fill up the Google form questionnaire and share it with others especially all my dear friends for the great support.

It is a great pleasure for me to thank all respondents other than those persons who mentioned above for their sincere and serious co-operation. And also extend my gratitude to other people who helped me during the time of data collection.

**Ahana Lawrance**

# CONTENTS

<b>Sl. No.</b>	<b>CHAPTERS</b>	<b>Page No.</b>
	<b>ABSTRACT</b>	1
<b>CHAPTER I</b>	<b>INTRODUCTION</b>	2-11
<b>CHAPTER II</b>	<b>REVIEW OF LITERATURE</b>	12-18
<b>CHAPTER III</b>	<b>METHOD</b>	19-24
<b>CHAPTER IV</b>	<b>RESULTS AND DISCUSSION</b>	25-29
<b>CHAPTER V</b>	<b>SUMMARY AND CONCLUSION</b>	30-32
	<b>REFERENCES</b>	33-37
	<b>APPENDICES</b>	38 - 41

## LIST OF TABLES

<b>Table no:</b>	<b>Title</b>	<b>Page no:</b>
Table 4.1	Mean, SD and t value of psychological distress among male and female diabetic patients.	26
Table 4.2	Mean, SD and t value of life satisfaction among male and female diabetic patients.	27
Table 4.3	Correlations between variables life satisfaction and psychological distress	28

## LIST OF APPENDICES

Appendix	Title	Page no
I	SATISFACTION WITH LIFE SCALE	39
II	PSYCHOLOGICAL DISTRESS SCALE	40

**GRIT AND QUALITY OF LIFE AMONG MENTAL HEALTH  
PROFESSIONAL STDUDENTS AND OTHERS**

**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,**

**BILHA VINOD**

**REG.NO – CCAVMCP002**



**MSc CLINICAL PSYCHOLOGY**

**DEPARTMENT OF PSYCHOLOGY**

**CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA**

**2021-2023**



**CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA**

**DEPARTMENT OF PSYCHOLOGY**

**2021-2023**

**BONA-FIDE CERTIFICATE**

This is to certify that the dissertation entitled, “**GRIT AND QUALITY OF LIFE AMONG MENTAL HEALTH PROFESSIONAL STUDENTS AND OTHERS** ” is a bona-fide record of research work carried out by **Ms. BILHA VINOD**, Register no: **CCAVMCP002**, during the fourth semester of M.Sc. Clinical Psychology of the academic year 2021-2023.

**Mrs. Nimy P.G**  
**HEAD OF THE DEPARTMENT**

**Mrs. Durga K.S**  
**GUIDE**

Submitted for the examination held on .....

**INTERNAL EXAMINER**  
**EXAMINER**

**EXTERNAL**

## DECLARATION

I hereby declare that the dissertation work entitled “GRIT AND QUALITY OF LIFE AMONG MENTAL HEALTH PROFESSIONAL STDUDENTS AND OTHERS” submitted to the University of Calicut, in partial fulfilment of the requirement for the award of the Degree of Master of Science in Clinical Psychology is the record work done by me under the supervision of Mrs. Durga K.S 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. Bilha Vinod

CCAVMCP002

## ACKNOWLEDGEMENTS

“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for”

I take this opportunity to express my gratitude to every person from whom I was fortunate enough to get valuable guidance and help. First, I would like to thank the God Almighty, for showering His blessings to make this dissertation a success.

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 Mrs. Durga K.S, for her valuable support and motivation. Words are insufficient to thank her, who from first have directed and enlightened me for my study. Her input in every stage of the work, suggestions was handled with meticulous care, patience, motivation, guidance and encouragement. I whole heartedly thank her for all her support.

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 am also thankful to all the participants who took part in my study. Thanks to all my friends and family members whose endurance, concern and invariable support helped me in accomplishing this task.

-Bilha Vinod

## CONTENTS

CHAPTER	TITLE	PAGE NO
	List of tables	7
	List of appendices	8
	Abstract	9
I	Introduction <ul style="list-style-type: none"> <li>• Problem of the study</li> <li>• Definition of the key terms</li> <li>• Need and significance</li> </ul>	10-18
II	Review of Literature	19-25
III	Method <ul style="list-style-type: none"> <li>• Problem</li> <li>• Objectives</li> <li>• Hypothesis</li> <li>• Sample</li> <li>• Sampling</li> <li style="padding-left: 20px;">Inclusion</li> <li style="padding-left: 20px;">Exclusion</li> <li>• Tools</li> <li>• Procedure for data collection</li> <li>• Scoring and consolidation</li> <li>• Statistical analysis</li> </ul>	26-32
IV	Result and discussion	33-37

V	Summary and conclusion	38-42
	Reference	43-47
	Appendices	48-62

## LIST OF TABLES

4.1	Demographic details regarding the variables grit and quality of life.	32
4.2	Correlation between grit and quality of life among mental health professional students and others.	33
4.3	Descriptive and t-test result of grit among mental health professional students and others.	34
4.4	Descriptive and t-test result of quality of life among mental health professional students and others	35

LIST OF APPENDICES

APPENDIX	TITLE	PAGE NO
I.	DEMOGRAPHIC PROFILE	48
II.	GRIT SCALE	49-52
III	QUALITY OF LIFE SCALE	52-60

**EMOTIONAL INTELLIGENCE AND AGGRESSION AMONG ADOLESCENT BOYS  
WITH AND WITHOUT GAME ADDICTION**

*Dissertation*

*submitted in partial fulfillment of the requirements for the degree of*

**MASTER OF SCIENCE IN  
CLINICAL PSYCHOLOGY**

By

**Ms. DEVIKA SUNDAR**

**Register no – CCATMCP003**



**DEPARTMENT OF PSYCHOLOGY**

**CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA**

**2019-2021**





CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA  
DEPARTMENT OF PSYCHOLOGY



CERTIFICATE

This is to certify that this dissertation entitled, **“EMOTIONAL INTELLIGENCE AND AGGRESSION AMONG ADOLESCENCE BOYS WITH AND WITHOUT GAME ADDICTION”** is a bona-fide record of research work carried out by **Ms. DEVIKA SUNDAR, Reg.No: CCATMCP003**, during the fourth semester of M.Sc. Clinical Psychology for the academic year 2019-2021

Head of the Department

Mrs. Nimy P.G

Guide

Mrs. Nimy P.G

Submitted for the examination held on-----

Examiners

1.

2.



## DECLARATION

I hereby declare that the dissertation work entitled **“EMOTIONAL INTELLIGENCE AND AGGRESSION AMONG ADOLESCENT BOYS WITH AND WITH OUT GAME ADDICTION”** is submitted to the University of Calicut, in partial fulfilment of the requirement for the award of the Degree of Master of Science in Clinical Psychology is the record work done by me under the supervision of Mrs Nimy P.G, Head of the department, 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

**Signature of the candidate**

Date:

Ms. Devika Sundar



## ACKNOWLEDGEMENT

First and foremost; I thank the God almighty for his special blessings from the beginning to the completion of the study.

I own 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 and Head of the department **Ms. Nimy P.G**, Department of Psychology, CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA for her valuable support and motivation. Words are insufficient to thank her, who from first have directed and enlightened me for my study. Her input in every stage of the work, suggestions was handled with meticulous care, patience, motivation, guidance and encouragement. I whole heartedly thank her for all her support

I thank all the teachers of Department of Psychology CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA for their valuable support and help on the completion of my dissertation.

I thank my parents and all my family members who helped me to complete this work.

It is a great pleasure for me to thank all respondents other than those persons who mentioned above for their sincere and serious co-operation. I also extend my gratitude to other people who helped me during the time of data collection.

- **Ms. DEVIKA SUNDAR**



## CONTENTS

CHAPTER	TITLE	PAGE NO
	ABSTRACT	1
CHAPTER I	INTRODUCTION	2-13
CHAPTER II	REVIEW OF LITERATURE	14-22
CHAPTER III	METHOD	23-30
CHAPTER IV	RESULTS AND DISCUSSION	31-36
CHAPTER V	SUMMARY AND CONCLUSION	37-40
	REFERENCES	41-45
	APPENDICES	46



## LIST OF TABLES

<b>Table. no</b>	<b>Table</b>	<b>Page No.</b>
1	Difference between the adolescence boys with and without game addiction with respect to the variable emotional intelligence.	<b>33</b>
2	Difference between the adolescence boys with and without game addiction with respect to the variable aggression.	<b>34</b>
3	Relationship between emotional intelligence and aggression among adolescence boys with game and without game addiction.	<b>35</b>



## LIST OF APPENDICES

<b>Sl. no</b>	<b>Title of Appendix</b>	<b>Page No.</b>
1	Game addiction Questionnaire	
2	Emotional intelligence Questionnaire	
3	Aggression Questionnaire	



**RELATIONSHIP AMONG GRATITUDE, SELF-ESTEEM AND  
LIFE SATISFACTION IN SPIRITUAL TEACHERS**

*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,**

**FAEZA MOHAMED ASHRAF**

**REG.NO – CCATMCP004**



**MSc CLINICAL PSYCHOLOGY**

**DEPARTMENT OF PSYCHOLOGY**

**CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA**

**2019-2021**

**CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA**

**DEPARTMENT OF PSYCHOLOGY**

**2019-2021**



**CERTIFICATE**

This is to certify that this dissertation entitled, “**RELATIONSHIP AMONG GRATITUDE, SELF-ESTEEM AND LIFE SATISFACTION IN SPIRITUAL TEACHERS** ” is a bonafide record of research work carried out by Ms.**FAEZA MOHAMED ASHRAF**, Register no: **CCATMCP004**, during the fourth semester of M.Sc. Clinical Psychology of the academic year 2019-2021.

**HEAD OF THE DEPARTMENT**

**Ms. Nimy P.G**

**GUIDE**

**Ms. Ann Maria Vincent**

Submitted for the examination held on .....

**Examiners**

**1.**

**2.**



## **DECLARATION**

I hereby declare that the dissertation work entitled “**RELATIONSHIP AMONG GRATITUDE, SELF-ESTEEM AND LIFE SATISFACTION IN SPIRITUAL TEACHERS** ” submitted to the University of Calicut, in partial fulfilment of the requirement for the award of the Degree of Master of Science in Clinical Psychology is the record work done by me under the supervision of Mrs. Ann Maria Vincent, 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.Faeza Mohamed Ashraf

## **ACKNOWLEDGEMENTS**

**“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for”**

I take this opportunity to express my gratitude to every person from whom I was fortunate enough to get valuable guidance and help. First, I would like to thank the **God Almighty**, for showering His blessings to make this dissertation a success.

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 **Ms. Nimy PG**, who is also the Head of the Department of psychology for her valuable support and motivation. Words are insufficient to thank her.

I am grateful to have **Ms. Ann Maria Vincent**, as my research guide for her input in every stage of the work. I whole heartedly thank her for all her support

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 heartily convey my regards to my friends **Hasna and Shamil**, who has helped me to get the sample that was needed for the study.

I am also thankful to all **the participants** who took part in my study. Thanks to all my **friends and family members** whose endurance, concern and invariable support helped me in accomplishing this task.

**-Faeza Mohamed Ashraf**

## CONTENTS

CHAPTER	TITLE	PAGE NO
	List of tables	i
	List of appendices	ii
	Abstract	
I	Introduction <ul style="list-style-type: none"><li>• Need and significance</li><li>• Statement of the problem</li><li>• Objectives</li><li>• Hypothesis</li><li>• Key terms</li></ul>	
II	Review of Literature	
III	Method <ul style="list-style-type: none"><li>• Sample</li><li>• Tools</li><li>• Procedure</li><li>• Statistical Analysis</li></ul>	
IV	Result and discussion	
V	Summary and conclusion <ul style="list-style-type: none"><li>• Tenability of hypothesis</li><li>• Major findings</li><li>• Limitations</li><li>• Scope for further study</li></ul>	
	Reference	
	Appendices	

## LIST OF TABLES

<b>Table.No</b>	<b><u>Table</u></b>	<b>Page No</b>
<b>1</b>	<b>comparison of gratitude ,self esteem and life satisfaction among spiritual teachers.</b>	
<b>2</b>	<b>comparison of gratitude levels among male and female spiritual teachers.</b>	
<b>3</b>	<b>comparison of life satisfaction levels among male and female spiritual teachers.</b>	
<b>4</b>	<b>comparison of self-esteem levels among male and female spiritual teachers.</b>	

## LIST OF APPENDICES

<b>APPENDIX</b>	<b>TITLE</b>	<b>PAGE NO</b>
<b>I.</b>	ROSENBERG SELF-ESTEEM SCALE	
<b>II.</b>	SATISFACTION WITH LIFE SCALE	
<b>III.</b>	THE GRATITUDE QUESTIONNAIRE-SIX ITEM FORM (GQ-6)	

**ROLE OF SPIRITUALITY AND AGGRESSION IN MALE AND  
FEMALE COLLEGE STUDENTS**

*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,**

**FARSANA SHAFI R**

**REG.NO – CCATMCP005**



**MSc CLINICAL PSYCHOLOGY**

**DEPARTMENT OF PSYCHOLOGY**

**CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA**

**2019-2021**

**CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA**

**DEPARTMENT OF PSYCHOLOGY**

**2019-2021**



**CERTIFICATE**

This is to certify that this dissertation entitled, “**ROLE OF SPIRITUALITY AND AGGRESSION IN MALE AND FEMALE COLLEGE STUDENTS**” is a bona-fide record of research work carried out by **Ms. FARSANA SHAFI R, Reg.No: CCATMCP005**, during the fourth semester of M.Sc. Clinical Psychology for the academic year 2019-2021

**Head of the Department**

**Ms. Nimy P.G**

**Guide**

**Ms. Ann Maria Vincent**

**Submitted for the examination held on -----**

**Examiners**

**1.**

**2.**

## **DECLARATION**

I hereby declare that the dissertation work entitled “**ROLE OF SPIRITUALITY AND AGGRESSION IN MALE AND FEMALE COLLEGE STUDENTS**” is submitted to the University of Calicut, in partial fulfilment of the requirement for the award of the Degree of Master of Science in Clinical Psychology is the record work done by me under the supervision of Ms Ann Maria Vincent, 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

**Signature of the candidate**

Date:

Ms. Farsana Shafi R



## **ACKNOWLEDGEMENT**

First and foremost; I thank the God almighty for his special blessings from the beginning to the completion of the study.

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. Ann Maria Vincent**, Assistant professor, Department of Psychology, CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA for her valuable support and motivation. Words are insufficient to thank her, who from first have directed and enlightened me for my study. Her input in every stage of the work, suggestions was handled with meticulous care, patience, motivation, guidance and encouragement. I whole heartedly thank her for all her support

With extreme joy and gratitude, I thank **Ms. Nimy P.G**, Head of the Department of Psychology, and other faculty members of CHRIST COLLEGE whose valuable support and constructive suggestions added to the success of the study.

I thank all the teachers od Department of Psychology CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA for their valuable support and help on the completion of my dissertation.

I thank my parents and all my family members who helped me to complete this work. It is a great pleasure for me to thank all respondents other than those persons who mentioned above for their sincere and serious co-operation. I also extend my gratitude to other people who helped me during the time of data collection.

**-Farsana Shafi R**

## CONTENTS

<b>CHAPTER</b>	<b>TITLE</b>	<b>PAGE NO</b>
	List of tables	
	List of appendices	
	Abstract	<b>1</b>
<b>I</b>	Introduction <ul style="list-style-type: none"><li>• Need and significance</li><li>• Statement of the Problem</li><li>• Objectives</li><li>• Hypothesis</li><li>• Key terms</li></ul>	<b>2 – 8</b>
<b>II</b>	Review of Literature	<b>9 – 13</b>
<b>III</b>	Method <ul style="list-style-type: none"><li>• Sample</li><li>• Tools</li><li>• Procedure</li><li>• Statistical Analysis</li></ul>	<b>14 – 17</b>
<b>IV</b>	Result and discussion	<b>18 – 20</b>
<b>V</b>	Summary and conclusion <ul style="list-style-type: none"><li>• Tenability of hypothesis</li><li>• Major findings</li><li>• Limitations</li><li>• Scope for further study</li></ul>	<b>21 - 22</b>
	References	<b>23 – 24</b>
	Appendices	<b>25 – 26</b>

## LIST OF TABLES

<b>Table.no</b>	<b>Table</b>	<b>Page No.</b>
1	Comparison of spirituality and aggression among male and female students	<b>18</b>
2	Result of the t test to assess the effect of gender difference in spirituality	<b>19</b>
3	Result of the t test to assess the effect of gender difference in aggression	<b>20</b>

**LIST OF APPENDICES**

<b>Sl.no</b>	<b>Title of Appendix</b>	<b>Page No.</b>
1	Aggression questionnaire	<b>25</b>
2	Spiritual experience index – revised	<b>26</b>

**ALLEVIATING WORRY AND ENHANCING SAVOURING  
USING POSITIVE PSYCHOLOGY TECHNIQUES- AN  
INTERVENTION STUDY AMONG SIBLINGS DURING  
COVID 19**

*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,**

**KALAI VANI M**

**REG.NO – CCATMCP006**



**MSc CLINICAL PSYCHOLOGY**

**DEPARTMENT OF PSYCHOLOGY**

**CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA**

**2019-2021**

**CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA**

**DEPARTMENT OF PSYCHOLOGY**

**2019-2021**

**BONA-FIDE CERTIFICATE**

This is to certify that the dissertation entitled, “**ALLEVIATING WORRY AND ENHANCING SAVOURING USING POSITIVE PSYCHOLOGY TECHNIQUES- AN INTERVENTION STUDY AMONG SIBLINGS DURING COVID 19**” is a bona-fide record of research work carried out by Ms. **KALAI VANI M**, Register no: **CCATMCP006**, during the fourth semester of M.Sc. Clinical Psychology of the academic year 2019-2021.

**Mrs. Nimy P.G**

**HEAD OF THE DEPARTMENT**

**Mrs. Nimy PG**

**GUIDE**

Submitted for the examination held on .....

**INTERNAL EXAMINER**

**EXTERNAL EXAMINER**

## **DECLARATION**

I hereby declare that the dissertation work entitled “**ALLEVIATING WORRY AND ENHANCING SAVOURING USING POSITIVE PSYCHOLOGY TECHNIQUES- AN INTERVENTION STUDY AMONG SIBLINGS DURING COVID 19**” submitted to the University of Calicut, in partial fulfilment of the requirement for the award of the Degree of Master of Science in Clinical Psychology is the record work done by me under the supervision of Mrs.Nimy PG, Head of the Department, 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. Kalai Vani.M

CCATMCP006

## **ACKNOWLEDGEMENTS**

**“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for”**

I take this opportunity to express my gratitude to every person from whom I was fortunate enough to get valuable guidance and help. First, I would like to thank the **God Almighty**, for showering His blessings to make this dissertation a success.

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 **Mrs. Nimy PG**, who is also the Head of the Department of psychology for her valuable support and motivation. Words are insufficient to thank her, who from first have directed and enlightened me for my study. Her input in every stage of the work, suggestions was handled with meticulous care, patience, motivation, guidance and encouragement. I whole heartedly thank her for all her support

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 heartily convey my regards to my friends **Resni and Shanmathi**, who has helped me to get the sample that was needed for the study.

I am also thankful to all **the participants** who took part in my study. Thanks to all my **friends and family members** whose endurance, concern and invariable support helped me in accomplishing this task.

**-Kalai Vani M**



## CONTENTS

CHAPTER	TITLE	PAGE NO
	List of tables	i
	List of appendices	ii
	Abstract	1
I	Introduction <ul style="list-style-type: none"><li>• Need and significance of the study</li><li>• Problem</li><li>• Definition of Key terms</li></ul>	2-12
II	Review of Literature <ul style="list-style-type: none"><li>• Reviews related to worry</li><li>• Reviews related to savouring</li><li>• Review related to positive psychology interventions</li></ul>	13-19
III	Method <ul style="list-style-type: none"><li>• Aim</li><li>• Objectives</li><li>• Hypothesis</li><li>• Research design</li><li>• Area</li><li>• Sample</li><li>• Tools</li><li>• Intervention</li><li>• Procedure</li><li>• Analysis of data</li></ul>	20-26
IV	Result and discussion	27-32
V	Summary and conclusion	33-35
	Reference	36-37
	Appendices	38-43

**LIST OF TABLES**

<b>4.1</b>	Difference between the pre-test and post-test of the control group in worry among siblings	27
<b>4.2</b>	Difference between the pre-test and post-test of the control group in Savoring among siblings	28
<b>4.3</b>	Difference between the pre-test and post-test of the experimental group in worry among siblings	29
<b>4.4</b>	Difference between the pre-test and post-test of the experimental group in Savoring among siblings	30
<b>4.5</b>	Correlation between worry and savoring for the experimental group in the pre-test among siblings	31
<b>4.6</b>	Correlation between worry and Savoring for the experimental group in the post-test among siblings	32

**LIST OF APPENDICES**

<b>APPENDIX</b>	<b>TITLE</b>	<b>PAGE NO</b>
<b>I.</b>	INFORMED CONSENT FORM	38, 39
<b>II.</b>	SOCIO DEMOGRAPHIC PROFILE	40
<b>III.</b>	PENN STATE WORRY QUESTIONNAIRE (PSWQ)	41
<b>IV.</b>	SAVORING BELIEFS INVENTORY (SBI)	42,43

**EMOTIONAL INTELLIGENCE AND PSYCHOLOGICAL DISTRESS AMONG  
MENOPAUSAL AND NON- MENOPAUSAL WOMEN.**

*Dissertation*

*Submitted in partial fulfillment of the requirement for the degree of*

**MASTER OF SCIENCE IN  
CLINICAL PSYCHOLOGY**

By

**Ms. MINNU THOMAS**

**Register no.CCATMCP007**



**DEPARTMENT OF PSYCHOLOGY**

**CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA**

**2019-2021**

**DEPARTMENT OF PSYCHOLOGY**

**CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA**



**CERTIFICATE**

This is to certify that this dissertation entitled, **“EMOTIONAL INTELLIGENCE AND PSYCHOLOGICAL DISTRESS AMONG MENOPAUSAL AND NON- MENOPAUSAL WOMEN”** is a bonafide record of research work carried out by Ms. MINNU THOMAS, Register no: CCATMCP007, during the fourth semester of M.Sc. Clinical Psychology during the academic year 2019-2021.

Head of the Department

Guide

Mrs. Nimy P.G

Mrs. Renya C.V

Submitted for the examination held on

Examiners

.....

1.

2.

## DECLARATION

I hereby declare that the dissertation work entitled **“EMOTIONAL INTELLIGENCE AND PSYCHOLOGICAL DISTRESS AMONG MENOPAUSAL AND NON-MENOPAUSAL WOMEN”** submitted to the University of Calicut, in partial fulfillment of the requirement for the award of the Degree of Master of Science in Clinical Psychology is the record work done by me under the supervision of Mrs. Renya C.V, Department of Psychology, Christ College (Autonomous) Irinjalakuda. This has not formed 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:

Guide

Signature of the candidate

Mrs. Renya Varghese

Ms. Minnu Thomas

Department of Psychology

Christ College (Autonomous) Irinjalakuda

Irinjalakuda – 680125

## **ACKNOWLEDGEMENT**

Success is the good fortune that comes from aspiration, desperation, perspiration and inspiration. First and foremost; I thank the God almighty for his special blessings on me from the beginning to the completion of the study.

I am indebted to dear and loving supervisor, Mrs. RENYA C.V, Assistant professor, Department of Psychology, CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA for her timely supervision and support for the successful completion of the study.

With extreme joy and gratitude I thank Mrs. Nimy P.G, Head of the Department of Psychology and other faculty members of CHRIST COLLEGE whose valuable support and constructive suggestions added to the success of the study.

I thank my parents and all my family members who helped me to complete this work.

I also thank those persons who helped me to fill up the Google form questionnaire and share it with others especially my sister Ms. Teenu Thomas and my cousins Ms.Amala George, Mrs.Amy Sebastian and aunties Mrs. Mercy Sebastian, Mrs. Mini Kurian and Mrs. Lovely Aniyam and my dear loving friends for the great support.

It is a great pleasure for me to thank all respondents other than those persons who mentioned above for their sincere and serious co-operation. And also extend my gratitude to other people who helped me during the time of data collection.

**Ms. Minnu Thomas**

# CONTENTS

<b>Sl. No.</b>	<b>CHAPTERS</b>	<b>Page No.</b>
	<b>ABSTRACT</b>	<b>1</b>
<b>CHAPTER I</b>	<b>INTRODUCTION</b>	<b>2-18</b>
<b>CHAPTER II</b>	<b>REVIEW OF LITERATURE</b>	<b>19-26</b>
<b>CHAPTER III</b>	<b>METHOD</b>	<b>27-31</b>
<b>CHAPTER IV</b>	<b>RESULTS AND DISCUSSION</b>	<b>32-35</b>
<b>CHAPTER V</b>	<b>SUMMARY AND CONCLUSION</b>	<b>36-38</b>
	<b>REFERENCES</b>	<b>39-45</b>
	<b>APPENDICES</b>	<b>46-49</b>



## LIST OF TABLES

<b>Table no:</b>	<b>Title</b>	<b>Page no:</b>
Table 4.1	Mean, SD, t value and level of significance obtained by the menopausal and non- menopausal women in emotional intelligence.	33
Table 4.2	Mean, SD, t value and level of significance obtained by the menopausal and non- menopausal women in psychological distress.	34
Table 4.3	Correlation between variables emotional intelligence and psychological distress	35

**RELATIONSHIP BETWEEN LONELINESS, DEPRESSION, AND  
PERCEIVED SOCIAL SUPPORT IN GERIATRICS.**

*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,**

**MURSHIDA C**

**REG.NO – CCATMCP008**



**MSc CLINICAL PSYCHOLOGY**

**DEPARTMENT OF PSYCHOLOGY**

**CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA**

**2019-2021**

**CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA**

**DEPARTMENT OF PSYCHOLOGY**

**2019-2021**



**CERTIFICATE**

This is to certify that this dissertation entitled, “**RELATIONSHIP BEYWEEN LONELINESS, DEPRESSION AND PERCEIVED SOCIAL SUPPORT IN GERIATRICS**” is a bona-fide record of research work carried out by **Ms. MURSHIDA C, Reg.No: CCATMCP008**, during the fourth semester of M.Sc. Clinical Psychology for the academic year 2019-2021

**Head of the Department**

**Mrs. Nimy P.G**

**Guide**

**Mrs. Glossy John**

**Submitted for the examination held on -----**

**Examiners**

**1.**

**2.**

## **DECLARATION**

I hereby declare that the dissertation work entitled “**RELATIONSHIP BETWEEN LONELINESS, DEPRESSION AND PERCIEVED SOCIAL SUPPORT IN GERIATRICS**” is submitted to the University of Calicut, in partial fulfilment of the requirement for the award of the Degree of Master of Science in Clinical Psychology is the record work done by me under the supervision of Mrs. Glossy John, 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. MURSHIDA C

## ACKNOWLEDGEMENT

**“Success is the good fortune that comes from aspiration, desperation, perspiration, and inspiration”**

First and foremost; I thank the God almighty for his special blessings from the beginning to the completion of the study.

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 **Mrs. Glossy John**, Assistant professor, Department of Psychology, CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA for her valuable support and motivation.

With extreme joy and gratitude, I thank Mrs. Nimy P.G, Head of the Department of Psychology, and other faculty members of CHRIST COLLEGE whose valuable support and constructive suggestions added to the success of the study.

I would like to express my gratitude to the participant for their cooperation in completion of data collection.

I offer my regards to all of those who supported me in any respect during the completion of project.

**-MURSHIDA C**

## CONTENTS

<b>CHAPTER</b>	<b>TITLE</b>	<b>PAGE NO</b>
	List of tables	i
	List of appendices	ii
	Abstract	iii
I	Introduction <ul style="list-style-type: none"><li>• Need and significance</li><li>• Statement of the Problem</li><li>• Objectives</li><li>• Hypothesis</li><li>• Key terms</li></ul>	1-6
II	Review of Literature	7-13
III	Method <ul style="list-style-type: none"><li>• Sample</li><li>• Tools</li><li>• Procedure</li><li>• Statistical Analysis</li></ul>	14-16
IV	Result and discussion	17-20
V	Summary and conclusion	21-23
	References	24-26
	Appendices	

## LIST OF TABLES

<b>Table.no</b>	<b>Table</b>	<b>Page No.</b>
1	Result of the t test to assess the effect of gender difference in loneliness.	17
2	Result of the t test to assess the effect of gender difference in depression	18
3	Result of the t test to assess the effect of gender difference in social support.	18
4	Significant relationship between loneliness, depression and perceived social support among older adults.	19

**LIST OF APPENDICES**

<b>APPENDIX</b>	<b>TITLE</b>
1	UCLA LONELINESS SCALE VERSION 3
2	GERIATRIC DEPRESSION SCALE
3	MULTIDIMENSION SCALE OF PERCEIVED SOCIAL SUPPORT



**SLEEP QUALITY AND DEPRESSION AMONG FEMALES WITH AND WITHOUT  
POLYCYSTIC OVARY SYNDROME**

*Dissertation*

*Submitted in partial fulfillment of the requirement of the degree of*

**MASTER OF SCIENCE IN  
CLINICAL PSYCHOLOGY**

By

**NAYANA C. JOHNSON**

**Register no.CCATMCP009**



**DEPARTMENT OF PSYCHOLOGY**

**CHRIST COLLEGE AUTONOMOUS IRINJALAKUDA**

**2021**

**DEPARTMENT OF PSYCHOLOGY**

**CHRIST COLLEGE AUTONOMOUS IRINJALAKUDA**



**CERTIFICATE**

This is to certify that this dissertation entitled, **“SLEEP QUALITY AND DEPRESSION AMONG FEMALES WITH AND FEMALES WITHOUT POLYCYSTIC OVARY SYNDROME”** is a bonafide record of research work carried out by Ms.NAYANA C. JOHNSON, Register no: CCATMCP009, during the fourth semester of M.Sc. Clinical Psychology during the academic year 2019-2021.

Head of the Department

Principal

Guide

Mrs. Nimy P.G

Fr. Dr. Jolly Andrews

Ms. Durga K.S

Submitted for the examination held on

Examiners

.....

1.

2.

## DECLARATION

I hereby declare that the dissertation work entitled “**SLEEP QUALITY AND DEPRESSION AMONG FEMALES WITH AND FEMALES WITHOUT POLYCYSTIC OVARY SYNDROME**” submitted to the University of Calicut, in partial fulfillment of the requirement for the award of the Degree of Master of Science in Clinical Psychology is the record work done by me under the supervision of Ms. Durga K. S., Department of Psychology, Christ College Autonomous Irinjalakuda. This has not formed 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:

Guide

Signature of the candidate

Ms. Durga K.S

Ms.Nayana C.Johnson

Department of Psychology

Christ College Autonomous Irinjalakuda

## **ACKNOWLEDGEMENT**

Success is the good fortune that comes from aspiration, desperation, perspiration and inspiration. First and foremost; I thank the God almighty for his special blessings on me from the beginning to the completion of the study.

I am indebted to dear and loving supervisor, Ms.Durga K.S, Assistant professor, Department of Psychology, CHRIST COLLEGE AUTONOMOUS IRINJALAKUDA for her timely supervision and support for the successful completion of the study.

With extreme joy and gratitude I thank Mrs. Nimy P.G, Head of the Department of Psychology and other faculty members of CHRIST COLLEGE whose valuable support and constructive suggestions added to the success of the study.

I thank my parents and all my family members who helped me to complete this work.

I also thank those persons who helped me to fill up the Google form questionnaire and share it with others especially my friends Ms. Aiswarya K.V and Devika Sundar and all my dear loving friends for the great support.

It is a great pleasure for me to thank all respondents other than those persons who mentioned above for their sincere and serious co-operation. And also extend my gratitude to other people who helped me during the time of data collection.

**Nayana C. Johnson**

# CONTENTS

<b>Sl. No.</b>	<b>CHAPTERS</b>	<b>Page No.</b>
	<b>ABSTRACT</b>	1
<b>CHAPTER I</b>	<b>INTRODUCTION</b>	2-13
<b>CHAPTER II</b>	<b>REVIEW OF LITERATURE</b>	14-22
<b>CHAPTER III</b>	<b>METHOD</b>	23-27
<b>CHAPTER IV</b>	<b>RESULTS AND DISCUSSION</b>	28-32
<b>CHAPTER V</b>	<b>SUMMARY AND CONCLUSION</b>	33-36
	<b>REFERENCES</b>	37-41
	<b>APPENDICES</b>	42-49

## LIST OF TABLES

<b>Table no:</b>	<b>Title</b>	<b>Page no:</b>
Table 4.1	Mean, SD, t value and level of significance obtained by the female with and without PCOS in sleep quality	29
Table 4.2	Mean, SD, t value and level of significance obtained by the females with and without PCOS in depression	30
Table 4.3	Correlations between variables sleeps quality and depression	31

## **LIST OF APPENDICES**

<b>Appendix</b>	<b>Title</b>	<b>Page no</b>
I	SLEEP QUALITY SCALE	43-44
II	BECK DEPRESSION INVENTORY	45-49

**EFFECT OF ACADEMIC SELF CONCEPT ON SELF- ESTEEM  
AMONG MALE AND FEMALE COLLEGE STUDENTS**

*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,**

**RUHMA JAMES**

**REG.NO- CCATMCP010**



**MSc CLINICAL PSYCHOLOGY**

**DEPARTMENT OF PSYCHOLOGY**

**CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA**

**2019-2021**



**CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA**

**DEPARTMENT OF PSYCHOLOGY**

**2019-2021**



**CERTIFICATE**

This is to certify that this dissertation entitled, **“EFFECT OF ACADEMIC SELF CONCEPT ON SELF-ESTEEM AMONG MALE AND FEMALE COLLEGE STUDENTS”** is a bona-fide record of research work carried out by **Ms. RUHMA JAMES, Reg. No: CCATMCP010**, during the fourth semester of M.Sc. Clinical Psychology for the academic year 2019-2021

**Head of the Department**

**Mrs. Nimy P.G**

**Guide**

**Mrs. Renya Varghese**

**Submitted for the examination held on -----**

**Examiners**

**1.**

**2.**

## **DECLARATION**

I hereby declare that the dissertation work entitled “**EFFECT OF ACADEMIC SELF CONCEPT ON SELF-ESTEEM**” is submitted to the University of Calicut, in partial fulfilment of the requirement for the award of the Degree of Master of Science in Clinical Psychology is the record work done by me under the supervision of Mrs Renya varghese, 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:

### **Guide**

Mrs. Renya varghese

Assistant professor,

Department of Psychology,

Christ College (Autonomous),

Irinjalakuda-680125

### **Signature of the candidate**

Ms. Ruhma James

## ACKNOWLEDGEMENT

**“Success is the good fortune that comes from aspiration, desperation, perspiration, and inspiration”**

First and foremost; I thank the God almighty for his special blessings from the beginning to the completion of the study.

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 **Mrs. Renya varghese**, Assistant professor, Department of Psychology, CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA for her valuable support and motivation. Words are insufficient to thank her, who from first have directed and enlightened me for my study. Her input in every stage of the work, suggestions was handled with meticulous care, patience, motivation, guidance and encouragement. I whole heartedly thank her for all her support

With extreme joy and gratitude, I thank Mrs. Nimy P.G, Head of the Department of Psychology, and other faculty members of CHRIST COLLEGE whose valuable support and constructive suggestions added to the success of the study.

I thank my parents and all my family members who helped me to complete this work. It is a great pleasure for me to thank all respondents other than those persons who mentioned above for their sincere and serious co-operation. I also extend my gratitude to other people who helped me during the time of data collection.

**-RUHMA JAMES**

## CONTENTS

<b>Sl. No</b>	<b>CHAPTERS</b>	<b>PAGE. NO</b>
	<b>ABSTRACT</b>	<b>1</b>
<b>CHAPTER I</b>	<b>INTRODUCTION</b>	<b>2- 9</b>
<b>CHAPTER II</b>	<b>REVIEW OF LITERATURE</b>	<b>10-14</b>
<b>CHAPTER III</b>	<b>METHOD</b>	<b>15-18</b>
<b>CHAPTER IV</b>	<b>RESULT AND DISCUSSION</b>	<b>19-22</b>
<b>CHAPTER V</b>	<b>SUMMARY AND CONCLUSION</b>	<b>23-25</b>
	<b>REFERENCES</b>	<b>26-28</b>
	<b>APPENDICES</b>	<b>29-31</b>

## LIST OF TABLES

<b>TABLE. NO</b>	<b>TITLE</b>	<b>PAGE: NO</b>
<b>TABLE 4.1</b>	Mean, SD, t value and level of significance obtained by the male and female students in Academic self-concept.	<b>20</b>
<b>TABLE 4.2</b>	Mean, SD, t value and level of significance obtained by the male and female students in Self-esteem.	<b>21</b>
<b>TABLE 4.3</b>	correlation between the variable's academic self-concept and self-esteem.	<b>22</b>

**BINGE WATCHING, PROCRASTINATION AND LIFE SATISFACTION  
AMONG YOUNG ADULTS**

*Dissertation submitted to Christ College (Autonomous) in partial fulfillment of the  
requirements for the award of the degree of Master of Science in Clinical psychology*

Submitted by

**Ms. NOURIN SIRAJ**

**REG.NO-CCAVMCP011**



**MSc CLINICAL PSYCHOLOGY**

**DEPARTMENT OF PSYCHOLOGY**

**CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA 2021-2023**

**RELATIONSHIP BETWEEN EATING ATTITUDE AND BODY SHAPE  
DISSATISFACTION AMONG YOUNG ADULTS.**

*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**

**MS. SANDRA MARIA**

**REG. NO: CCAVMCP012**



**MSc CLINICAL PSYCHOLOGY**

**DEPARTMENT OF PSYCHOLOGY**

**CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA**

**2021-2023**

**CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA**  
**DEPARTMENT OF PSYCHOLOGY**  
**2021-2023**

**BONA-FIDE CERTIFICATE**

This is to certify that this dissertation entitled, “**RELATIONSHIP BETWEEN EATING ATTITUDE AND BODY SHAPE DISSATISFACTION AMONG YOUNG ADULTS.**” is a bonafide record of research work carried out by **Ms. SANDRA MARIA**, Register no: **CCAVMCP012**, during the fourth semester of M.Sc. Clinical Psychology during the academic year **2021-2023**.

Ms. Nimy P. G  
HEAD OF THE DEPARTMENT

Ms. Ann Maria Vincent

GUIDE

PLACE:

DATE:

Submitted for the examination held on .....

INTERNAL EXAMINER

EXTERNAL EXAMINER



## **DECLARATION**

I hereby declare that the dissertation work **entitled “RELATIONSHIP BETWEEN EATING ATTITUDE AND BODY SHAPE DISSATISFACTION AMONG YOUNG ADULTS.”** submitted to the University of Calicut, in partial fulfilment of the requirement for the award of the Degree of Master of Science in Clinical Psychology is the record work done by me under the supervision of **Ms. ANN MARIA VINCENT**, Department of Psychology, Christ College (Autonomous) Irinjalakuda. This has not formed 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. Sandra maria

CCAVMCP012

## **ACKNOWLEDGEMENTS**

“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for” I take this opportunity to express my gratitude to every person from whom I was fortunate enough to get valuable guidance and help. First, I would like to thank the God Almighty, for showering His blessings to make this dissertation a success. 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 Ms. Nimy PG, who is the Head of the Department of psychology for her support and to my guide Ms. Ann maria Vincent for her valuable support and motivation. Words are insufficient to thank her, who from first have directed and enlightened me for my study. Her input in every stage of the work, suggestions was handled with meticulous care, patience, motivation, guidance and encouragement. I whole heartedly thank her for all her support. 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 would like to thank to all my friends for their love and care given throughout my course. I am glad to thank all my classmates for their co-operation and encouragement. I also like to thank my parents and especially my brother without whom I won't be able to complete my project. Finally, I apologize all others unnamed who helped me in various ways to have a good training.

-Sandra maria

## CONTENTS

<b>CHAPTER</b>	<b>TITLE</b>	<b>PAGE NO:</b>
	<b>List of tables</b>	<b>I</b>
	<b>List of appendices</b>	<b>ii</b>
	<b>Abstract</b>	<b>1</b>
<b>I</b>	<b>Introduction</b> <ul style="list-style-type: none"><li>• Need and significance of the study</li><li>• Problem</li><li>• Definition of Key terms</li></ul>	<b>8</b>
<b>II</b>	<b>Review of literature</b> <ul style="list-style-type: none"><li>• Reviews related to body dissatisfaction</li><li>• Reviews related to eating attitude</li></ul>	<b>17</b>
<b>III</b>	<b>Methodology</b> <ul style="list-style-type: none"><li>• problem</li><li>• Objectives</li><li>• Hypotheses</li><li>• Sample and sampling</li><li>• Tools</li><li>• Procedure</li><li>• Analysis of data</li></ul>	<b>22</b>
<b>IV</b>	<b>Result and discussion</b>	<b>26</b>
<b>V</b>	<b>Summary and conclusion</b>	<b>31</b>
	<b>Reference</b>	<b>35</b>
	<b>Appendices</b>	<b>39</b>

## LIST OF TABLES

TABLE NO.	TITLE	PAGE NO.
1	Correlation between the variable's Eating attitude and body shape dissatisfaction.	27
2	Group statistics such as mean, standard deviation and Independent samples test which consists of F value, significance, t value, difference.	28
3	Showing the Group statistics such as mean, standard deviation and independent samples test which consists of F value, significance, t value, difference.	29

## **ABSTRACT**

Humans are designed for connection and involvement, but the fear of missing out can be harmful to one's physical and mental health. Fear of missing out ( FOMO) implies to the feeling or perception that others are having better lives or experiencing better things than oneself. Many negative effects are brought on by fear of missing out. FOMO influences the well-being of an individual. The premise in this research study was to find the relationship between fear of missing out and psychological well-being among single child and child with siblings. Fear of missing out scale (FOMOs) and Ryff's Psychological well-being scale (PWB) were the instruments used for data collection. The study was conducted on 102 participants belonging to the generation Z. The inferential statistics utilized to analyse the data was Pearson's Product Moment Correlation. Purposive sampling method was used. The result shows that there is a significant negative correlation between fear of missing out and psychological wellbeing.

***Keywords:*** Fear of missing out, Psychological Well-being, Gen Z

# Chapter I

## Introduction

Human beings are the epitome of emotions. It is known that the purpose of each person's life is different. Being human implies promoting your world and living in all of its facets without leaving anything behind. For an individual, the feeling of being alive and the ability to discern oneself are the most appreciable experiences. Emotions, as well as the capacity for communication, perception and empathy, permeate all aspects of human existence. Humans are accompanied by positive and negative traits. One vivid part of human experience is emotion. Individual can communicate their emotions in the most authentic way. Being able to laugh and cry when happy or sad, to shout our voices when angry and being able to feel the love and pain of others. Emotional experience have three components: a subjective experience, a physiological response and a behavioural or expressive response.

More recently, a new study from the university of Glasgow's Institute of neuroscience and psychology in 2014 discovered that there may only be four basic emotions that are immediately recognisable, as opposed to the previously thought six. According to the study, facial expression of surprise, fear and disgust as well as of rage and disdain were identical. This implies that rather than being based on biology, the variation between those feelings are based on sociology.

As mentioned above, fear is one of the basic emotions. A fear implies a physical, emotional or psychological threat of harm, whether real or imagined. Fear is the experience we have, when we feel threatened (Adolphs, 2013). Fear has positive and negative impacts on an individual's life. When your fear prevents you from taking positive action that is the negative side of fear. Fears that hold people back in life comprise- change, loneliness, failure, rejection, uncertainty, getting hurt, being judged, inadequacy, lose of freedom and missing out.

**PERCIEVED SOCIAL SUPPURT AND WORRY AMONG MARRIED AND  
UNMARRIED FEMALE COLLEGE STUDENTS.**

*Dissertation*

*Submitted in partial fulfillment of the requirement for the degree of*

**MASTER OF SCIENCE IN  
CLINICAL PSYCHOLOGY**

By

**Ms. SRITHILA P S**

**Register no. CCAVMCP014**



**DEPARTMENT OF PSYCHOLOGY**

**CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA**

**2021-2023**

**DEPARTMENT OF PSYCHOLOGY**

**CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA**



**CERTIFICATE**

This is to certify that this dissertation entitled, **“PERCIEVED SOCIAL SUPPPORT AND WORRY AMONG MARRIED AND UNMARRIED FEMALE COLLEGE STUDENTS”** is a bonafide record of research work carried out by Ms.SRITHILA P S, Register no: CCAVMCP014, during the fourth semester of M.Sc. Clinical Psychology during theacademic year 2021-2023.

Head of the Department

Guide

Mrs. Nimy P.G

Mrs. Renya C.V

Submitted for the examination held on

Examiners

.....

1.

2.



## DECLARATION

I hereby declare that the dissertation work entitled **“PERCIEVED SOCIAL SUPPORT AND WORRY AMONG MARRIED AND UNMARRIED FEMALE COLLEGE STUDENTS”** submitted to the University of Calicut, in partial fulfillment of the requirement for the award of the Degree of Master of Science in Clinical Psychology is the record work done by me under the supervision of Mrs. Renya C.V, Department of Psychology, Christ College (Autonomous) Irinjalakuda. This has not formed 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:

Guide

Signature of the candidate

Mrs. Renya Varghese

Ms. Srithila p s

Department of Psychology

Christ College (Autonomous) Irinjalakuda

Irinjalakuda – 680125

## **ACKNOWLEDGEMENT**

Success is the good fortune that comes from aspiration, desperation, perspiration and inspiration. First and foremost; I thank the God almighty for his special blessings on me from the beginning to the completion of the study.

I am indebted to dear and loving supervisor, Mrs. RENYA C.V, Assistant professor, Department of Psychology, CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA for her timely supervision and support for the successful completion of the study.

With extreme joy and gratitude I thank Mrs. Nimy P.G, Head of the Department of Psychology and other faculty members of CHRIST COLLEGE whose valuable support and constructive suggestions added to the success of the study.

I thank my parents and all my family members who helped me to complete this work.

I also thank those persons who helped me to fill up the Google form questionnaire and share it with others especially my dear loving friends for the great support.

It is a great pleasure for me to thank all respondents other than those persons who mentioned above for their sincere and serious co-operation. And also extend my gratitude to other people who helped me during the time of data collection.

**Ms. Srithila p s**



## CONTENTS

<b>Sl.No</b>	<b>CHAPTERS</b>	<b>Page.No</b>
	<b>ABSTRACT</b>	<b>3</b>
<b>CHAPTER I</b>	<b>INTRODUCTION</b>	<b>4 – 11</b>
<b>CHAPTER II</b>	<b>REVIEW OF LITERATURE</b>	<b>12 – 18</b>
<b>CHAPTER III</b>	<b>METHOD</b>	<b>19 – 25</b>
<b>CHAPTER IV</b>	<b>RESULT AND DISCUSSION</b>	<b>26 – 29</b>
<b>CHAPTER V</b>	<b>SUMMARY AND CONCLUSION</b>	<b>30 – 33</b>
	<b>REFERENCES</b>	<b>34 – 37</b>
	<b>APPENDICES</b>	<b>38 – 50</b>

## LIST OF TABLES

<b>Table no:</b>	<b>Title</b>	<b>Page no:</b>
<b>Table 4.1</b>	<b>Mean, Standard Deviation,t-value and Level of significance Among Male and Female Young Adults in Self-Esteem.</b>	
<b>Table 4.2</b>	<b>Mean, Standard Deviation,t-value and Level of significance Among Male and Female Young Adults in Body Dissatisfaction.</b>	
<b>Table 4.3</b>	<b>Correlation between variables Self-esteem and body dissatisfaction</b>	

## **ABSTRACT**

This research paper analyzes the prevalence of body dissatisfaction and self-esteem in male and female young adults. The present study is to understand the correlation between self-esteem and body dissatisfaction interact with one another. The samples were collected from 122 adult male and female participants. The age groups ranging from 18 to 24 were taken for the study. The tools used in this study were the 34-item Body Image Questionnaire (BSQ) designed separately for male and female participants and the Rosenberg self-esteem scale developed by Morris and contains 10 items. The various statistical method used was correlations and significant t-tests. Results indicated that there is no significant difference in body dissatisfaction among young females and male adults. There is no significant difference in self-esteem among young females and male adults. The correlation between body dissatisfaction and self-esteem among young females and male adults indicates that there is a eminent positive correlation between body dissatisfaction and self-esteem.

**Key Words: Body dissatisfaction, self-esteem, young adults.**

**INTERNET ADDICTION AND  
PROCRASTINATION IN MALE AND FEMALE  
ADOLESCENTS**

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

Submitted by,

**MR. NEERAJ JOY  
REG.NO – CCAVMCP016**



**MSc CLINICAL PSYCHOLOGY  
DEPARTMENT OF PSYCHOLOGY  
CHRIST COLLEGE (AUTONOMOUS),  
IRINJALAKUDA  
2021-2023**

