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MĀNAS

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The soul's path and mind's craft...



Discipline of Psychology
School of Social Sciences

Indira Gandhi National Open University, New Delhi



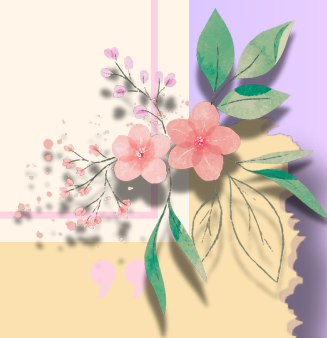
Issue 1 Vol. 1

Resilience and Well-being



Vice Chancellor
Prof. Uma Kanjilal

Leading with Resilience: A message from the Vice Chancellor



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Message from Vice Chancellor

Mental health has always been important for the overall growth and development of an individual. The present 21st century VUCA (volatility, uncertainty, complexity, and ambiguity) world is marked by challenges at personal life, family relationship and workplace environment. In this scenario, it becomes pertinent to re-focus on mental health and well-being so that one can function effectively, adapt to various situations, deal challenges with resilience, and live a harmonious and sustainable life. Indian ethos has always highlighted the philosophy of 'Live and let live', which ensures well-being of everyone on this earth.

The discipline of Psychology has always strived to bring awareness on various issues around mental health and promotion of positive mental health by organizing diverse activities since the inception of the discipline in 2010. The initiative for the E-magazine on mental health and well-being 'Manas' is a laudable effort by the faculty, which will spread awareness and sensitize people, including all IGNOU fraternity about mental health aspects.

I congratulate the Discipline of Psychology and wish all the best!

Uma Kanjilal
(Uma Kanjilal)

New Delhi
March 26, 2025



Message from Director, SOSS

Prof. Suhas Shetgovekar
Director, School of Social Sciences



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School of Social Sciences (SOSS) is one of the largest schools in IGNOU. Enrolment wise as well, a significant percentage of enrolment with IGNOU include learners of varied programmes offered by SOSS. The school is thus privileged in being one of the prominent parts of this vast University and strives to further enhance the services and functioning towards achieving the University goals and objectives. The school with its core being social sciences also acknowledges the need to highlight and discuss various social aspects and issues, one of them being mental health.

And I feel a sense of pride as well as satisfaction in mentioning that since its inception in 2010, the Discipline of Psychology, SOSS has taken upon itself the responsibility of creating awareness about mental health and related issues and in bringing the topic to the forefront and also normalise the issues related to mental health.

The Discipline of Psychology has been doing commendable job in creating awareness about mental health by organising various activities. To mention a few, The World Mental Health Day is celebrated by the Discipline every year on 10th October, during which talks by prominent experts are organised besides competitions and creative activities. The discipline also organises sessions titled "Aao Baat Karein: Let's Talk", which is a Wellness Initiative, that provides a platform for participants to share and discuss on certain mental health related topics. The faculty members also conduct sessions on Gyan Darshan and Gyan Vani on topics pertaining to psychology and mental health.

The latest endeavour of the discipline in this direction is 'Manas' (meaning Thought or Mind), that is the e-magazine. I am hopeful that this magazine will further the efforts of the Discipline in the direction of making IGNOU employees and students as well as general public more aware about mental health, reducing the stigma attached with it and making people realise its importance.

The magazine could not have seen light of the day without the guidance of our Honourable Vice Chancellor, Prof. Uma Kanjilal and the School is grateful to her for her constant support.

My appreciation to the faculty of Psychology and best wishes for their present and future endeavours. Hope the readers enjoy the contents of this e-magazine as much as the faculty did while creating it.

Suhas Shetgovekar
29/3/25
Prof. Suhas Shetgovekar

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Human mind is a powerful entity, which can create as well as destroy. It is a wonderful thing that can subsume the entire universe. Everything originates from the mind. In the current digital era, technology has made it possible for us to move around the world and get all the information at the click of a button. However, human beings have always had this wonderful technology 'mind', which can take us around the whole universe in a matter of a second. Our mind can do wonders, filled with imagination and creativity.

Manas, derived from Sanskrit, refers to mind, which includes in a broader sense all intellectual operations and emotional aspects. It leads us towards a higher path, realizing one's self, seeing all in oneself and becoming one with all as is reflected in "वसुधैव कुटुम्बकम्" (the whole world is one family). Mind is a powerful tool having the potential to facilitate self-actualization and transcendence, resulting in a blissful state of being.

मन एव मनुष्याणां कारणं बन्धमोक्षयोः । बन्धाय विषयासक्तं मुक्त्यै निर्विषयं स्मृतम् ॥

Mind is the cause of human suffering, bondage as well as liberation. This makes it imperative to understand mind in all its facets. When mind gets overpowered by senses and worldly pleasures, it loses its real essence and purpose, and the individual stays surrounded by suffering. However, when the same mind is engaged in reflective thought and follows the path of detachment, it can lead us towards 'Ananda', a state of ultimate happiness.

Our mind has a great impact on our mental health and well-being. The kind of thoughts that we create in our mind influences how we feel and act. There is a relationship between *manasa* (mind/thought), *vacha* (words/speech), and *karmana* (action/behavior) in the individual. Our thoughts impact our emotions and behavior. There needs to be unity and integration between these three aspects, *manasa*, *vacha* and *karmana* for the person to function in a harmonious and effective manner. It is called as "Trikarana shuddhi" where the focus is on alignment between our thoughts, words and deeds.

Hence it is important to develop awareness about our mind, to know about the various mental elements, understand the way they function and interact with other aspects of our self, and the socio-environmental-cultural-spiritual factors, thereby impacting our mental well-being. This highlights the major objective of our **e-magazine on mind and mental health, Manas**, initiated by the Faculty of Psychology, School of Social Sciences, IGNOU. It focuses on our mind as a valuable resource for living a healthy and happy life. The dynamics and intricacies of mind in relation to body, and the inter-relations between mental processes, emotions and behavior need to be understood to function effectively in life, be resilient and achieve positive mental well-being. The e-magazine will contain thoughtful and interesting information on promotion of positive mental health and to deal with various issues related to mental health conditions.

The e-magazine will have three volumes (March-June, July-October, and November-February) in an Issue in a year. The current volume is for the March-June period of Issue 1. Further, every issue will have an invited article from an expert on a particular theme concerning mental health. All these will help create awareness about mental well-being among people and enable them to deal with life's various situations effectively, manage stress and live a fulfilling life.

The theme for the invited article for the current volume of the e-magazine is **Resilience and Well-being**. Resilience, a key factor in the discourse on mental health, plays a significant role not only in the promotion of mental health but also in preventive and treatment aspects. As per the WHO, mental health is a state of well-being where the individual is able to realize their potentials, cope with the normal stresses of life, work productively and contribute meaningfully to the society. Resilience, characterized by bouncing back quality, optimism, adaptive ability, confidence and positive self-esteem helps in promoting mental health as well as dealing with the challenges of mental illness. Resilience helps in better problem solving, decision-making, coping, effective communication and inter-personal relations. It equips the person with newer perspectives and perseverance to face the challenges in life diligently.

We all know people who are able to face any difficulties or hardships in their life in a positive way; whereas there are other people who become anxious, depressed, resentful, and develop a negative attitude towards themselves and others around. They engage in self-defeating patterns of thinking and actions, and lose hope for any improvement in their life. However, one can bring in resilience to deal with such situations by taking small steps in whatever way it is possible. This gradually results in a compounding effect and helps the person to rebound with success from the adversities. As it is said in Bhagavad Gita, “कर्मण्ये वहिकरेस्तु मा फलेषु कदाचन...” which means we have control over what we do, not on the outcome. So instead of worrying about the things, we can focus on whatever actions are possible and within our control, even if it is a small action taken by us or a small change in the way we see or think, or reaching out to someone. All these lead us in the path of resilience, gaining a sense of control and achievement.

Building resilience need to be an important part of child-rearing practices, family interventions, school mental health related activities, and workplace-based mental health promotion policies. Resilience promotes well-being by enhancing the inner strength of the individual and also helping the individual to seek social support and reaching out whenever required. It protects the individual from succumbing to stressful situations and breaking down. Learning to be more resilient also helps in managing oneself better in case of mental illnesses. Resilience is thus considered a crucial factor in our mental health and well-being.

- Prof Swati Patra

Mental Health for All

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The National Mental Health Survey 2016, the current mental morbidities (range around 40 categories of mental disorders) excluding tobacco use disorders, is 10.6% and the life time prevalence is 13.7%. Despite enhanced mental health care delivery across India, the survey revealed that a huge treatment gap still exists for all types of mental health problems, with the gap ranging from 28% to 83% for mental disorders and 86% for alcohol use disorders. Various factors contribute to this such as lack of awareness, limited access to care, insufficient resources, and stigma attached to mental illness. One finds that people in general do not yet understand the signs and symptoms of mental illness to seek treatment earlier. This results in delay in proper treatment and worsening of the condition of the person.

As is well known, mental illness is often viewed negatively, making persons suffering from mental illness and their family members feeling guilty and ashamed, thereby hiding the illness, and taking the help of local priests and quacks which results in more detriment to the person. Shame, guilt and discrimination experienced by the mentally ill persons largely have led people to avoid seeking timely scientific treatment and mental health services.

What is mental illness?

In simple terms, mental illness refers to conditions that affect a person's thinking, feeling, mood, and/or behavior.

We all know people who are extremely afraid of cockroaches or lizards, or people who feel almost choked when in a closed space like inside a lift. There are also some people who indulge in repetitive action, like not being sure of having locked the door, keep going again and again to check if it is locked. Further, there are persons suffering from extreme sadness, without an appropriate reason.

All these behaviours up to a point are considered normal. Such people may be considered somewhat eccentric, but not mentally ill, as they are able to carry on their daily routine, their work, studies, and the required social interactions. However, if these behaviors and action cause disruption in daily life to self and/or to others in the family, then such behaviours are considered abnormal and termed "Mental illness".

Abnormal behaviour as described above, render a person subject to discrimination as their behaviour is strange, disturbing, grotesque and far from normal. These persons are labelled "mad", "insane", "out of mind" etc. and are avoided by people in general.

It is important to remember that such illnesses are also like physical illnesses and so the affected persons or their family members need not feel ashamed or guilty, rather but think of it as a medical condition of the mind, similar to a physical illness. When we have physical illness, we consult a physician/doctor and get the required treatment, and do not hesitate, or feel shy or ashamed to share our illness issues with others. In the same way, mental illness also must be considered as a sickness and be treated. People suffering from mental health related conditions need to share their feelings and apprehensions with others and approach concerned mental health professionals without hesitation. Where the patient can not do this on their own because of mental illness, their family members must treat the condition in the same way as they would physical illness and get the required treatment at the earliest from the hospital concerned, without feeling ashamed or feeling negative about the mental illness.

It must be kept in mind that just as early treatment of a physical illness helps in quick recovery, so also early identification and treatment of a mental illness would lead to faster recovery.

Awareness of symptoms

Early identification and treatment will be possible only if the patient and his family members understand the symptoms and identify the same as well as realise that the person is not mentally well. Just as when people are physically ill, they experience symptoms such as fever, headache, body ache, tummy upset etc., and immediately realise that they are physically unwell. Similarly persons suffering from mental illness must identify the symptoms of mental illness, and consult the mental health professionals such as clinical psychologists and psychiatrist for proper treatment.

Mental illnesses like physical illnesses are of three levels, viz., mild, moderate and severe. Irrespective of the severity of the illness, every patient experiences a certain discomfort mentally, and the moment the person feels the change in their mood, or feelings, or thoughts, or in their behaviours, consistently for a longer period, they should get alert and investigate the change. The common disturbances and symptoms can be placed under broad categories. It is not that a person will experience all the symptoms at the same time. Given below are some of the commonly occurring changes during the onset of mental illness.

Changes in mood:

It is normal to have a change in one's mood occasionally depending on the precipitating event. This mood change is very temporary and lifts off once the event is over and the person settles down to his or her normal routine. However, if the mood change is significant, continues on despite the person's and family members' efforts to return the person back to normal, and there is no observable or felt cause for the particular mood, then, these mood change need to be treated as a symptom of mental illness.

Persistent sadness:

Persistent sadness, despite the individual's and those of others' effort to dispel it, the person continues to feel sad and even get suicidal ideas and thoughts, which all indicate onset of mental illness and alerts the person and his family members to seek mental health consultation. In certain cases, these suicidal ideas and thoughts of death may result also in self-harm and self-injurious behaviour. These have to be taken seriously, and mental health consultation to be taken up forthwith. Another symptom is the consistently high irritability, or excitement without any reason that disturbs both the individual and his/her family members.

Anxiety, irrational fears:

Becoming easily anxious without any reason, over reacting with anxiety on petty issues, and having an irrational fear of the unknown, excessive worry about anything and everything, which all interfere with daily life activities, are considered symptoms of mental illness. No amount of assurance and explanation helps to remove the worry and anxiety of the person.

Changes in sleep:

Insomnia or excess sleep both are symptoms of mental illness. If the person, despite efforts finds it impossible to go to sleep or find that he falls asleep at all odd times, or gets up from sleep unrefreshed, tired, exhausted and feels like going back to sleep etc. without any obvious or observable reason, then the sleep disturbance indicates mental illness and needs to be attended to.

While every one does get sleep disturbance due to seasonal change or jet lag or work related situations or celebrations through the night etc., almost all get back to normal sleep pattern within a day or two of complete rest. However, if this disturbance continues beyond a couple of days, despite rest and relaxation, it means the symptoms need to be investigated and the person needs professional help.

Changes in appetite:

Loss of appetite or excessive hunger and over eating, can be a symptom to recognize mental illness, and seek professional help if there is no identifiable cause.

Changes in behaviour:

If a person who is normally stable, suddenly starts acting impulsively, is not able to control his or her emotions or impulse, or show reckless behavior, or exhibit unusual or bizarre behaviors, it is an indication of mental illness. that needs immediate attention and professional help.

Other symptoms which should alert for the onset of mental illness, include a normally behaving person suddenly becoming agitated or having frequent outbursts of anger, or experiencing intense frustration without appropriate cause or rationale – indicates onset of mental illness.

Cognitive functions:

A usually attentive and focused person, suddenly finds that he or she is not able to concentrate, or focus on a task as required or unable to be attentive and getting easily distracted, or finds difficulty to think cogently and coherently – if any of these is present, these symptoms clearly indicate mental illness and need to be attended to by mental health professional. While forgetting certain things is normal, memory loss and that too substantial loss, needs to be investigated for abnormality.

Also in certain cases, the individual may experience unusual or illogical thoughts, beliefs, or perceptions. There can be high level of suspicion without a cause or in extreme cases the person may hear voices directing him to do something which may be clear indications of mental illness.

Withdrawal from activities:

Normally extroverted, socializing and interacting person, finds that he or she is no longer interested in friends as used to be in the past, and avoids all social interactions and social situations, as well as activities he used to enjoy earlier. If any of these is present, it indicates symptoms of mental illness and needs consultation.

Feelings of worthlessness and guilt:

In certain cases, without any reason , an individual may experience a pervasive sense of being inadequate, being a burden on others and so on. Some are extremely negative and pessimistic and have a feeling that things will never get better, and there is no future to look forward. Some of these symptoms are part of depression. Some manifest excessive guilt, unwarranted self-blame for past actions (which never existed). All these feelings of worthlessness, hopelessness and guilt persistent against contrary evidence, are typical indicators of mental illness.

The above are a brief description of possible symptoms to recognize, identify and observe as indicative of mental illness. If any of these individually or in combination is present and identified by the individual himself/herself as causing disturbance in their daily living activities, it means the person has an onset of mental illness and earlier the consultation the better it would be for him to recover. Where the patient cannot take the initiative, the family members must act immediately and take the patient for consultation.

To conclude, recognizing and addressing mental health issues early can significantly improve outcomes. For mental health awareness, there is no better substitute than mental health education, which is an essential tool to raise awareness and create understanding among people about mental health related issues. Education would also help reduce the stigma and encourage people to seek treatment at the earliest as required.

The Archetype of 'Angry Young Man': Media and Culture

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Background

The archetype of 'Angry hyper masculine young man, although originated in British literature gained prominence in Hindi films in India in 1970s representing a bold character. This is often described as an aggressive person coming from low or middle socio-economic status, and disillusioned with the society and the authority and their hypocrisy. However, aggressive traits remained the core characteristics. Media plays a crucial role here in maintaining and highlighting these characteristics in such people.

Role of Media

Portrayal of aggression has become so common in Indian print and audio-visual media that it appears to be an indispensable content. One hardly gets a morning newspaper without headlines depicting violence or crime. Do they mirror the social reality? This is an important question, as it is often claimed that this is affecting the public health, constantly lowering the consumers' threshold for aggression. Much deeper is the impact of the violent films, and virtual reality platforms. Their immersive effects have a toll on our mental health. They create more engaging and realistic experiences, blurring the lines between the physical and digital worlds fostering stronger sense of presence and interaction.

Simultaneously, it facilitates catharsis and this cathartic effect can be seen in increasing television rating points (TRPs), 'box office hits' for films and time spent on such themes. The cathartic effect acts as an underlying reinforcement for the viewers. Both the claims suggest why society gradually adapting to violence. It promotes the archetype of the 'angry young man', whose aggressive acts causing grievous injuries and even death to the victim, goes unpunished. Such figures are being depicted as good guys, or a 'heroes' who continue to sustain as a schema in the minds of the people, especially those who are young. The process is so covert that one fails to realize it. This is shaping the culture at large. The process of regressive evolution is now transforming our lives. shaping up an aggressive culture, where tolerance for aggression is high.

Vivid depiction of the aggressive behaviours, apart from creating role models of aggression, are creating tolerance, desensitizing the responsiveness to violent acts. This is contributing to bystander effect. In a real life situation, where a victim is being attacked and killed brutally, people are found to be watching and even capturing the video footage of the incident, instead of rescuing the victim. Films showing graphic details of the acts of violence, such as gruesome murder, rape or vandalism are increasingly sanitizing the young people's minds for aggression. Therefore, Censor Boards of Film Certification (CBFC) and other state agencies must be extra vigilant about this.

However, although media plays a big role in moderating aggression, it alone cannot explain the lowering threshold for engaging in aggressive behaviour. Frustration experienced in day to day life, failures, unhealthy competitions, bullying, domestic violence, and above all lack of quality parenting may drive an individual to act aggressively with little provocation. Media Violence Commission of International Society for Research on Aggression, in one of its reports published in 2012 suggested that media violence consumption increases the relative risk of aggression. This happens due to excitation transfer and priming effects of aggressive events.

Some degree of aggression, called 'benign aggressiveness', is indispensable for preservation of self and the species, therefore desirable and necessary for survival. This is an individual's ability to defend oneself from danger of the environment. These behaviours survive due to their survival value and develop through adaptation.

Certain forms of aggressive behaviours can be induced by drug (chemicals). For instance, centrally acting drugs e.g. LSD (lysergicdethylamide acid), amphetamine, cannabis and similar drugs can induce aggression. Similarly, lesion, or electrical stimulation of certain structures of the brain (such as hypothalamus), may lead to unprovoked form of aggression, called 'sham-rage'. Aggressive behaviour is also associated with other underlying disorders such as epilepsy, or schizophrenia. This may also happen during withdrawal from addictive drugs such as opiates and alcohol. There are chemical paradoxes too. For example, benzodiazepines, while being generally anti-aggressive in action have been reportedly inducing aggression in some special circumstances such as administration of Ritalin (methylphenidate) in case of hyperactivity. Substance abuse is viewed as a cause of aggressive behaviour among many young people. In this condition, unprovoked aggression is very common behavioural manifestation. However, we are more concerned with the aggressive acts, which are intentional causes of harm to others, either verbal, relational or physical.

However, there is little recognition of the executive dysfunction and impulse control. Recently, effort has been made to examine the associations between digital dependency and executive dysfunction. In fact, temporary executive dysfunction during emersion effect can be seen as the core issues in emulating aggressive behaviours. This is the core reason for which media has a powerful effect on children bypassing their inbuilt executive process of censorship.

Children confined to unstimulating or impoverished environment tend to exhibit many forms of self-harming behaviour. Extreme deprivation such as isolation or lack of stimulation can create a stimulus hunger. In order to fulfil this drive state, a person may engage in stimulus seeking-behaviour, the extreme form of which could be self-harm.

Way forward

Apart from sensitizing media houses, censor boards, parents need to be sensitized and trained about this. Preventive measures for bullying and substance abuse in school setting require renewed attention for reducing aggression.

Psychological Resilience Among the Youth

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The concept of *resilience* was explained by E. J. Anthony in 1974 through the analogy of three dolls – one made of glass, the second made of plastic and the third made of steel. When struck with a hammer, the glass doll shatters, the plastic doll is distorted but the steel doll retains its form and function. It is important to note here that the steel doll is not completely invincible, the hammer does elicit a metallic sound from it and perhaps a dent at the spot where it is hit. But despite this, the steel doll continues to function as a doll, unlike the dolls made of glass and plastic - thereby indicating resilience to stress. Resilience is thus the ability to display positive adaptation despite significant adversity.

In the Indian context, the term “youth” refers to those between 15 to 29 years of age, as stated in the National Youth Policy, 2014, Government of India. Being a transitional stage, this brings with it several challenges. Researchers and practitioners believe that resilience is important in the context of transitional events because any change is disruptive even if it is for the individual’s betterment.

In 2024, Jonathan Haidt in his book titled *The Anxious Generation*, comments specifically on contemporary factors that create anxiety in children and teens growing up in the current era. Among the issues highlighted, over-exposure to social media and over-protective parenting were identified as risk factors which could ultimately lead to an epidemic of mental illness. This, along with other work on the young population shows that besides the risk factors typically associated with this group, the current youth population is faced with additional burdens specific to the contemporary, fast-paced world. These factors have the potential to derail well-being and significantly hinder healthy outcomes. Therefore, it is all the more important to find ways to assess potential risk factors, and maintain protective factors which can contribute to the process of resilience among the youth population.

Risk and protective factors affecting resilience in youth

Risk factors are features whose presence increase the probability of an undesirable outcome. These may be proximal or distal. Proximal risk factors are experienced directly or available in the immediate surrounding of the young person, e.g., exposure to violence within the family setting. Distal risk factors are not available in close proximity but impact the child through connected networks, e.g., stressful environment at the parent’s workplace and poor mental healthcare policies. Although these factors are not directly connected to the person, they are present in the larger environment and they have the potential to have an adverse impact on the individual through linkages within the system.

It is important to acknowledge that at any given point of time, numerous risk factors are present around young people. This is referred to as cumulative risk. For instance, the lack of infrastructure in college, academic pressure from society, and over-protective parents are all multiple sources of risk that the youth population commonly encounter.

Protective factors are those that predict better-than-expected outcomes despite the presence of risk factors. Family support is a vital protective factor that can contribute to resilience among young people. Just like cumulative risks can have a more severe impact as compared to a single risk factor, cumulative protection can also have a stronger impact as compared to a single protective factor. For instance, a combination of family and peer support, access to healthcare and quality education provides stronger protection against adversity as compared to peer support alone. Enhancing resilience among the youth

For enhancing resilience, *context-specific interventions* need to be devised rather than a 'one size fits all' approach. Identify the areas of risk and protective factors available in specific circumstances and use a customized approach to address them. For those from the affluent sections of the society, financial status is unlikely to be a risk factor whereas this may be one of the prominent risk factors among those who belong to lower socioeconomic groups. Likewise, the family environment may be a good example of context-specific factor considering that there are both abusive families as well as supportive families around us representing risk and protective factors respectively.

Further, it is interesting to note that the same factor may function as a risk factor during one phase of life and as a protective factor in another phase of life. For example, in the Indian context, a young person in the age group of 15-20 years is unlikely to be financially independent and therefore unable to take major life decisions that can contribute to their autonomy in building resilience. Thus being young is a risk factor in these circumstances. However, the same factor of being young can also serve a protective factor in different circumstances, e.g., in case of a natural calamity or the diagnosis of an illness wherein younger people are likely to receive support from older members of the community as the latter are better equipped to address such challenges.

Risk-focused and protective factor-focused interventions: Resilience interventions may be focused on reducing risk factors or enhancing protective factors depending on the context and required outcome. For instance, among youth diagnosed with addiction, the primary goal of an intervention would be to reduce and finally eliminate the symptoms of addiction. This is known as a risk-focused strategy. Along with this, the intervention may also introduce strategies that focus on enhancing the protective factors in the environment. These may include family support, access to mental health services, and employment. Ideally, elimination of risk factors along with enhancing protective factors can lead to better outcomes.

Conclusion

Resilience can be enhanced among the youth population by building internal and external protective factors such as autonomy and community support respectively. However, resilience is sometimes misconstrued as invincibility or invulnerability which are unrealistic ways of describing experiences associated with human life. Hence it is important to understand the concept of resilience and how it can be applied in our day-to-day living. The youth population has great potential to build a healthy future for themselves and create beneficial transformations for the global community. Access to resilience resources can act as a vital facilitator in their journey towards this goal.

Discover Your Strengths

In this crossword, you will find words that represent personal strengths, like resilience and creativity. Before you begin, spot the first three words you see and reflect on how you've displayed these qualities recently.

H	I	N	T	E	L	L	I	G	E	N	T	G	E	I	L	M	V	P	R	C	M	J	C
O	R	W	J	S	Y	C	F	B	G	A	H	L	R	E	S	I	L	I	E	N	T	B	V
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E	L	W	C	M	P	O	J	O	O	I	W	T	L	N	M	F	A	L	T	O	C	D	I
S	I	R	D	U	U	W	U	G	X	O	N	B	F	H	U	D	N	K	A	W	C	N	Z
T	A	E	K	R	V	Q	P	E	Q	E	Z	T	E	P	Y	U	V	O	P	O	R	N	P
W	B	F	A	H	S	E	L	E	D	L	N	F	N	K	F	A	R	Q	M	V	C	V	U
M	L	G	G	O	O	F	L	I	Z	E	E	X	F	O	F	U	E	P	J	X	L	U	M
T	E	H	U	X	C	B	F	G	I	N	V	F	S	Y	M	P	A	T	H	E	T	I	C
Q	H	U	D	Y	A	N	D	T	J	K	L	H	P	L	E	S	S	V	H	D	F	Y	L
P	E	N	N	T	O	W	A	Y	S	W	Y	M	U	G	S	U	U	U	K	Y	D	X	E
E	I	P	P	C	L	P	A	M	V	L	P	Q	F	I	A	U	P	H	Z	Y	G	N	G
K	K	A	P	O	N	H	A	I	B	R	R	O	O	G	S	A	P	E	F	S	I	L	Y
J	D	B	Y	U	N	D	E	R	S	T	A	N	D	I	N	G	O	G	H	I	E	U	X
A	N	A	J	M	P	C	Q	H	W	O	A	D	W	T	U	F	R	I	Y	M	X	F	J
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J	P	H	X	C	X	M	S	Y	T	U	R	Y	A	Z	W	O	E	Z	I	M	X	U	F
C	H	V	K	I	P	F	R	I	E	N	D	L	Y	W	W	R	C	I	C	Z	M	O	O
K	O	W	P	Y	B	Z	E	T	A	R	E	D	I	S	N	O	C	D	F	A	R	H	P
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Building Resilient Families

Irene Khosla

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Resilience is the ability to adapt, recover, and thrive in the face of adversity. It is one of the most valuable life skills a person can develop. However, resilience is not built in isolation; it grows with support systems of a strong and connected family. When families work together to cultivate resilience, both children and parents develop the ability to navigate life's difficulties with confidence and emotional strength. Resilient families create a cycle of strength.



Why Family Resilience Matters?

Every family faces difficulties. Building resilience as a family doesn't mean avoiding difficulties but learning how to face them together, adapt and recover.

Families that develop resilience experience:

- **Better emotional well-being** – A strong family bond acts as an emotional anchor in times of stress.
- **Stronger relationships** – Trust and open communication create a safe space where family members support one another.
- **Greater adaptability** – Change and uncertainty become manageable when approached with problem-solving skills and a positive mindset.
- **Healthier coping mechanisms** – Resilient families model constructive ways to deal with setbacks, reducing anxiety and stress.

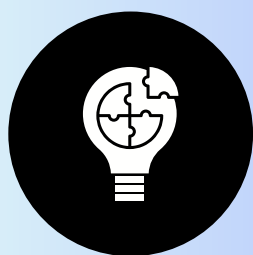




Practical Strategies for Strengthening Family Resilience

Creating a Safe and Supportive Home Environment: A nurturing environment fosters emotional security and the confidence to face challenges.

- Fostering open communication, where family members share their thoughts and emotions without fear of criticism.
- Establishing family routines, such as regular mealtimes, bedtime rituals, or weekly activities, provides stability, particularly during stressful times.



Teaching Problem-Solving Skills: Resilient families focus on solutions rather than problems.

- By involving children in decision-making and giving them a voice in resolving conflicts, managing schoolwork, or handling social challenges helps them learn to take responsibility and think through consequences.
- Teaching flexibility and adaptability prepares the family for life's uncertainties, learning to take setbacks as opportunities to find new solutions rather than roadblocks.

Strengthening Family Bonds through Connection: A strong, connected family provides the emotional safety net that makes resilience possible.

- Prioritizing quality time with simple activities like shared meals, game nights, or outdoor walks create moments of joy and reinforce a sense of belonging.
- Building rituals of connection further strengthens family ties, such as bedtime stories or gratitude-sharing at the dinner table, create a sense of stability and togetherness.
- Practicing gratitude as a family is also a powerful tool for resilience. Taking time to reflect on positive aspects of life—even during difficult times—shifts the family mindset toward optimism.

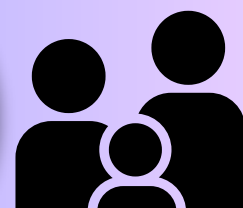


Allowing Children to Experience Challenges

- Encouraging independence from an early age helps children develop resilience by allowing them to take responsibility for age-appropriate tasks.
- Parents should equip children with healthy coping strategies.
- Praising effort rather than just results fosters a growth mindset.

Modeling Resilience as Parents

- Parents should demonstrate healthy stress management. Whether it's exercising, practicing mindfulness, or seeking social support, showing children positive ways to handle stress teaches them valuable lifelong skills.
- Modeling emotional regulation—staying calm in stressful situations teaches children how to manage their own emotions in a healthy and constructive way.
- Embracing the idea that mistakes are part of growth helps children understand that setbacks are not failures but learning experiences.



Ultimately, a resilient family grows stronger through life's challenges, ensuring each generation is prepared to thrive.



Adolescent Well-being

Dr. Monika Misra

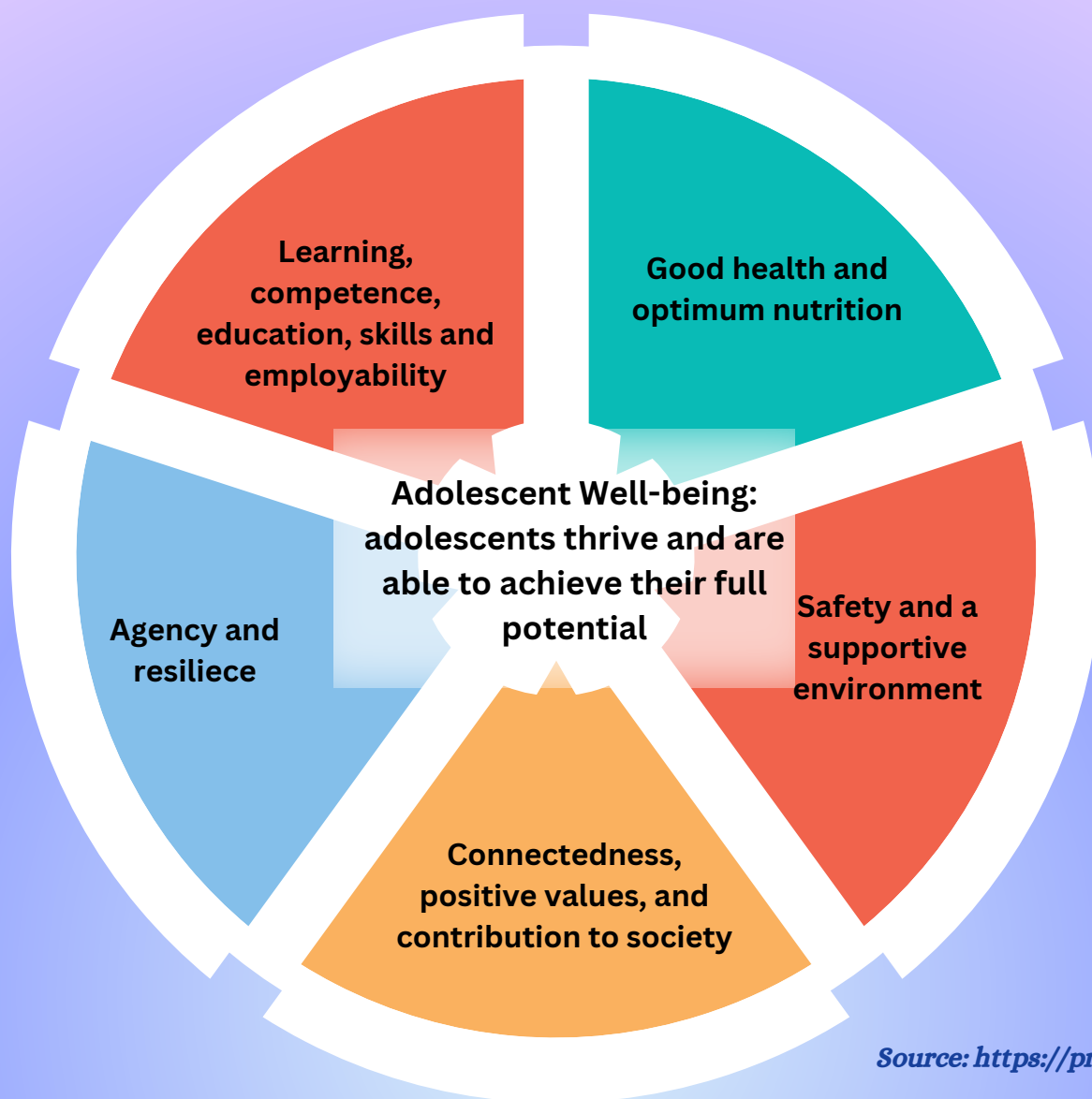
Discipline of Psychology,
School of Social Sciences, IGNOU

Adolescence is a developmental stage between the ages of 10 and 19 (WHO, 1986) and is a transition between childhood and adulthood. It may be divided into three stages: early (10/13-14/15 years), middle (14/15-17 years), and late (17-21 years, which may vary). Every fifth person in India is an adolescent, about 253 million. The flourishing youth population (10-24 years) gives us a competitive edge and thus is also a 'demographic dividend.'

Navigating adolescence may pose challenges for parents and caregivers given the profound physical, emotional, cognitive, and social development. Neurological studies indicate that the significant development in the prefrontal cortex, an area in the brain responsible for decision-making, impulse control and emotional regulation, may result in impulsive and emotionally volatile behaviour among adolescents. Thus, immediate gratification becomes important for adolescents than delayed gratification. The adolescent brain processes the information and makes decisions differently as compared to the adult brain. Further, in the fast-paced world of today, adolescents are susceptible to various health risks, which may arise unexpectedly, like dual nutritional burden (comprising malnutrition, anemia, and obesity), substance use, mental health issues (with suicide being a leading cause of death among Indian adolescents), road accidents, violence, and reproductive and sexual health challenges.

In pursuit of achieving Sustainable Development Goal 3, which aims to “ensure healthy lives and promote well-being for all at all ages,” it becomes imperative to promote well-being in adolescents and address the risks and challenges holistically. Adolescent well-being is a priority because its effects are lifelong.

According to WHO's Adolescent Well-being Framework, well-being is defined as “Adolescents have the support, confidence, and resources to thrive in contexts of secure and healthy relationships, realizing their full potential and rights”, and covers five interrelated domains. (Given on next page)



Source: <https://pmnch.who.in>

- Supportive and conducive environment from the individuals and institutions around the adolescent to promote their immediate well-being and longer-term positive development.
- Caregivers play an essential role in creating a safe and nurturing environment for growth and development, emphasising interconnectedness. Caregivers should also pay attention to their behaviour because it is like giving the adolescents the wrong signals.
- Individuals in regular contact with the adolescent must pay attention to warning signs such as anxiety, sadness, and substance use and facilitate access to counselling and health services.
- Build skills and confidence at the school and receive life skills education (including sexual education, encouraging physical activity, and good nutrition).
- Laws, policies, and programmes should create opportunities for education and employment and ensure safety and security in public places, fostering a supportive local environment.
- Harmful and unequal gender norms, relationships, and other types of discrimination need to be addressed.

Promoting well-being among adolescents requires a multi-pronged approach and a combined effort of all stakeholders. Only when the challenges are addressed promptly and effectively, the adolescents thrive and realise their full potential.

Cantril Ladder

Self-Anchoring Scale for Well-being



Cantril Self-Anchoring Scale is a measure of well-being, developed by social researcher Dr. Hadley Cantril. It asks the participants to visualize a ladder with steps numbered from zero at the bottom (worst possible life) to 10 at the top (best possible life).

Three conceptual labels emerge. They are:

- **Thriving** - Well-being that is strong, consistent, and progressing. These respondents have positive views of their present life situation (7+) and have positive views of the next five years (8+). Report significantly fewer health problems, fewer sick days, less worry, stress, sadness, anger, and more happiness, enjoyment, interest, and respect.
- **Struggling** - Well-being that is moderate or inconsistent. Respondents have moderate views of their present life situation OR moderate OR negative views of their future. They are either struggling in the present, or expect to struggle in the future. Report more daily stress and worry about money than the "thriving" respondents, and more than double the amount of sick days. They are more likely to smoke, and are less likely to eat healthy.
- **Suffering** - Well-being that is at high risk. Respondents have poor ratings of their current life situation (4 and below) AND negative views of the next five years (4 and below). More likely to report lacking the basics of food and shelter, more likely to have physical pain, a lot of stress, worry, sadness, and anger. Have less access to health insurance and care, and more than double the disease burden, in comparison to "thriving" respondents.

STEPS:

- Please imagine a ladder with steps numbered from zero at the bottom to 10 at the top.
- The top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you.
- On which step of the ladder would you say you personally feel you stand at this time? (ladder-present)
- On which step do you think you will stand about five years from now? (ladder-future)

<p>Here is a picture of a ladder. The top of the ladder "10" is the best possible life for you and the bottom "0" is the worst possible life for you. In general, where on the ladder do you feel you stand at the moment?</p> <p><i>Tick the box next to the number that best describes where you stand.</i></p>	
10 ☐	10 Best possible life
9 ☐	9
8 ☐	8
7 ☐	7
6 ☐	6
5 ☐	5
4 ☐	4
3 ☐	3
2 ☐	2
1 ☐	1
0 ☐	0 Worst possible life



References:

- Cantril, H. (1965). *The pattern of human concerns*. New Brunswick, NJ: Rutgers University Press.
- Gallup (2009). *World Poll Methodology. Technical Report*. Washington, DC.

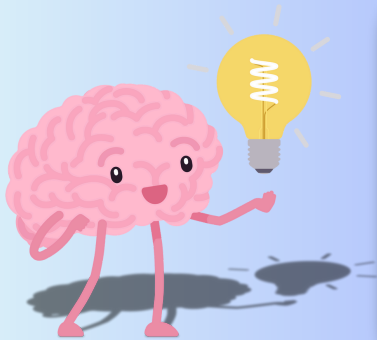


“The Psychology of Addiction: Empowering Youth to Overcome Addiction”

Akarshan Agarwal

(BA, MA Psychology, IGNOU)

It is important to understand the psychological underpinnings of addiction. By understanding the underlying mechanisms more deeply, the young adults may be empowered to adopt healthier and more fulfilling lifestyles. Delving into the psychological factors that contribute to addictive behaviours and thereby providing practical guidance on cultivating resilience, will be the focus here.



Understanding the Mind

Addiction is not merely a lack of willpower; it is deeply intertwined with our brain's reward system. When faced with stress or emotional pain, many individuals turn to substances or behaviours that temporarily alleviate discomfort. This cycle creates a false sense of relief that can quickly spiral into dependency. Research in psychology reveals that addiction often stems from unresolved emotional issues and a need for connection or escape. By understanding these underlying triggers, we can begin to dismantle the grip of addiction before it takes hold.

Identifying and Managing Triggers

For young adults, the college years and early professional life present both exhilarating opportunities and substantial challenges. The pressures of academic performance, career uncertainties, and evolving social dynamics can create vulnerabilities. Identifying the specific triggers, such as stress, loneliness, or peer pressure, is paramount. Self-awareness is the first step toward managing these triggers. Techniques such as mindfulness and journaling can assist in identifying emotional patterns and preventing the escalation of addictive behaviour.



A Message to the Youth

You are in a pivotal stage of life where every decision shapes your future. The road to success is not always smooth, but by harnessing the power of psychological insights and resilient behaviours, you can overcome the temptations of addiction. Remember, your mind is your greatest asset; nurture it with care, and you will discover strength in every challenge. Embrace your journey with unwavering determination and self-compassion, and always keep in mind:

Choose Life, Not Addiction

जीवन चुनिए, लत नहीं

Healthy Coping Mechanisms:

Develop alternatives to unhealthy behaviours. Engage in physical exercise, creative arts, or social activities that promote a sense of accomplishment and belonging.

Support Systems:

Cultivate relationships with mentors, friends, and family members who can provide emotional support and guidance. Professional counselling can also be a vital resource during challenging times.

Cultivating Resilience

Psychological resilience is the fundamental pillar upon which addiction can be overcome. Resilience is not an inherent characteristic but a skill that can be cultivated and strengthened over time. Here are some practical strategies:

Self-Care Practices:

Prioritise mental health by ensuring adequate sleep, nutrition, and relaxation. Establishing a routine that includes time for self-reflection can significantly enhance one's ability to cope with stress.

**Goal Setting:**

Focus on personal growth by setting realistic and achievable goals. Whether academic or individual, these goals provide direction and a sense of purpose, reducing the allure of temporary escapes.

Time Management:

Efficient time management can drastically reduce stress. By planning your day, prioritising tasks, and setting aside dedicated periods for study, work, and leisure, you can create a balanced schedule that minimises the risk of engaging in addictive behaviours. Learning to manage time effectively also provides a clear structure, helping you feel more in control and less overwhelmed by daily challenges.

From Stress to Strength: Resilience Strategies for Today's Workplace



Nidi Gupta

Ph.D. Research Scholar, Discipline of
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Handling tight deadlines, recovering from failed projects, maintaining morale, navigating interpersonal conflicts; balancing professional and personal, are some commonly experienced scenarios at a workplace. In today's fast paced world, where workplaces are often ever-changing; are quite laden with stress, and present different hassles and challenges, it can truly test a person's tenacity. However, the interesting part is that some people not only comfortably find out their ways on these bumpy roads, but they even use it as their maps to carve out their own success through them.

How do these people manage to make the most out of a challenging situation? What prevents or holds them together from feeling personally affected when things do not go the way they plan or expect?

This quality is often defined as resilience.

Broadly speaking, resilience is the ability to 'bounce back', when encountering the challenges that are an inevitable part of life. It is the ability to recover from difficult experiences and to utilise the setbacks as a learning opportunity. It also involves being able to regulate your thoughts and emotions.



What is resilience in the workplace?

Resilience in the workplace is the ability of employees to adapt to organizational changes and stay productive despite challenges. For example, an employee may show resilience when they experience a traumatic event in their personal lives and then return to work or when someone has difficulty completing a project due to some genuine reasons and still meets the deadline.

Resilience, thus, truly represents a combination of mental toughness, persistence, flexibility, and a determined approach to problem-solving. Resilient employees stay focused and indomitable when faced with any strenuous and demanding situations, the impact of which extends beyond individual employees to the entire organization to deal effectively with any unexpected crises.

Why is Resilience Important in the Workplace?

Resilience can help employees to manage stress and motivate them to face challenges with determination. Having a resilient workforce makes it easier for the organization to deal with change, and it also keeps employees motivated and less susceptible to burnout. It also improves employees' mental health which further means less absenteeism and greater productivity on the part of employees.

Building Resilience with a Growth Mindset



A growth mindset is the belief that abilities and intelligence can be developed through effort, learning, and perseverance. In contrast, a fixed mindset assumes that abilities are unchangeable—you either have them or you don't. Embracing a growth mindset strengthens resilience, helping you navigate setbacks, challenges, and adversity with confidence and adaptability.

Use the tips below to cultivate resilience through a growth mindset:

Learn new skills rather than giving up.

When times are tough, you may want to throw in the towel. To avoid doing this, try to think of what you can learn from the situation. For example, if you're nervous about confronting someone, think of it as a chance to work on assertive communication.

View your emotions as sources of insight rather than running from them.

Instead of pushing away uncomfortable emotions, let yourself experience them fully. Make a point to sit with an emotion and explore how it feels. Then, ask yourself: What is this emotion trying to tell me?

Find the silver linings rather than dwelling on the negatives.

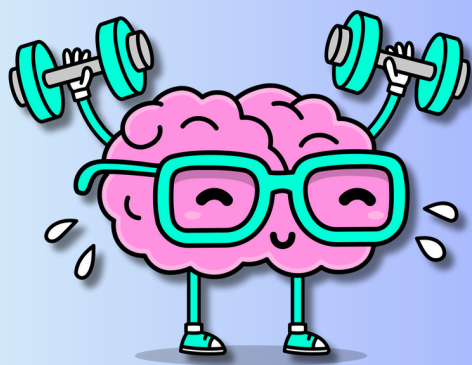
Life isn't perfect, but you can usually find a positive aspect of a difficult situation. Consider some good things, or silver linings, that you can take from your challenging situation.

Replace "I Can't" with "I Can Learn"

A fixed mindset says, "I'll never be good at this." A growth mindset says, "I'm still learning." Reframe self-doubt into self-encouragement.

Approach difficulties as temporary setbacks rather than as permanent problems.

It's likely you believe your situation can't be overcome or won't get better. Try seeing your challenge as a situation to work through, rather than as a forever problem. Ask yourself: Will this matter to me in one month? How about in one year?



Everyday Resilience

Prof. Swati Patra

Discipline of Psychology,
School of Social Sciences, IGNOU

Resilience as we know, is the bouncing back ability in the face of a stressful or traumatic situation, for example, abuse, earthquake, or traffic accident etc. People who are able to deal with these situations effectively are considered as strong-minded and tough. They are perceived to be extra-ordinary people who are resilient. Resilience is thus thought to be not everyone's cup of tea.

However, we need to note that resilience is an 'ordinary magic'. It is displayed in our everyday life by the ordinary people only, and works wonders in various day-to-day aspects of life. For instance, managing traffic in our everyday commute to workplace, handling the demands of daily household tasks, managing relationships, dealing with sudden illness of family member, completing an assignment with an imminent timeline, work pressure etc. are all instances that require us to be flexible, persist, adapt and adjust, thus reflecting resilience.

Everyday, each one of us navigates successfully various challenges and difficulties in life. Recognizing, appreciating and encouraging this inherent resilience within us will help us to gain more inner strength. This will further help us be resilient in major crisis situations. It will instill a sense of 'I am okay no matter what'.

*There is a sense of acceptance of the situation as it is and hoping for the best always. The serenity prayer aptly reflects this:
O Creator, grant me the serenity to accept the things I cannot change,
Courage to change the things I can,
And the wisdom to know the difference between the two.*

This indicates a sense of calmness, confidence and hope with a vision to move forward, the characteristics of being a resilient individual. Resilience involves taking in an alternative perspective to view things differently. It includes three aspects -

(a) how we think about a situation, (b) how we feel about it, and (c) how we act towards it. Our thoughts, emotions and actions impact the way we deal with difficulties and challenges.

By bringing in changes in these three aspects, we move on the path of being resilient. Thus we need to realize that resilience is not something out there in other persons, but it is there in each one of us and we do use it in everyday activities of our life. We just need to be aware about this inner strength we have and make it grow stronger to help us deal with life's daily as well as major challenges.

RAIN

Mindfulness Exercise

Mindfulness involves being fully present and aware of your thoughts, emotions, and sensations without judgment. RAIN is a mindfulness technique designed to help you stay in the moment and manage difficult thoughts and feelings effectively.

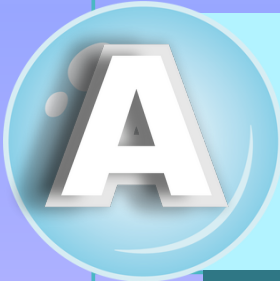
PREPARE

Sit or lie down in a comfortable position. Close your eyes or let your gaze soften. Take three slow, deep breaths. Follow the steps below, lingering for a couple minutes on each step.

**R**

RECOGNIZE

Let yourself feel at ease in the present moment. Slowly take in your surroundings. Recognize your thoughts, feelings, and physical sensations. Name your feelings out loud or silently to yourself.

**A**

ALLOW

Observe your experience as if watching a movie. Let your thoughts, feelings, and sensations come and go as they are. Let go of any judgment—it is okay to feel however you are feeling.

**I**

INVESTIGATE

What words are going through your mind? What emotions are you feeling, and where are they coming from? How are these feelings experienced in your body? Sense the most vulnerable part of yourself and reflect on what it needs, such as acceptance, forgiveness, love, or belonging.

**N**

NURTURE

Be kind toward your experience. Give yourself a comforting message, such as “I love you,” “you are okay,” or anything else you need. Think of a friend, family member, pet, or spiritual figure, and imagine their love flowing to you. Let in healing and compassion until you feel calm and centered.

Take three slow, deep breaths.

Continue to be mindful and kind to yourself throughout your day.

Assess yourself

The Brief Resilience Scale: Understanding Your Ability to Bounce Back

Resilience is the ability to recover from challenges, adapt, and move forward. Presented below is a short self-assessment designed to help you reflect on how you typically respond to difficulties. This is not a diagnostic tool—rather, it offers self-awareness.

Below are six statements. Please rate how much you agree with each, using the scale as defined below:

Respond to each statement below by circling <u>one</u> answer per row.		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
BRS 1	I tend to bounce back quickly after hard times.	1	2	3	4	5
BRS 2	I have a hard time making it through stressful events.	5	4	3	2	1
BRS 3	It does not take me long to recover from a stressful event.	1	2	3	4	5
BRS 4	It is hard for me to snap back when something bad happens.	5	4	3	2	1
BRS 5	I usually come through difficult times with little trouble.	1	2	3	4	5
BRS 6	I tend to take a long time to get over setbacks in my life.	5	4	3	2	1

Smith, B. W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P., & Bernard, J. (2008). The brief resilience scale: assessing the ability to bounce back. *International journal of behavioral medicine*, 15(3), 194-200.

***Disclaimer: This tool is for educative and informative purposes only.
Do not Commercialise.***

Scoring your responses

Add up your responses for all items (giving a total score between 6 & 30).
Divide the total sum by the number of questions answered.

My score: _____ (Total Sum) ÷ 6 = _____ (Item Average)

Interpreting Your Score

1.00 – 2.99: Resilience is a journey, and everyone faces challenges differently. If bouncing back feels difficult at times, small steps—like self-care, reflection, and support—can help strengthen your ability to adapt.

3.00 – 4.30: You navigate challenges with a balance of struggle and growth. Resilience isn't about always feeling strong, but about learning and adjusting as you move forward.

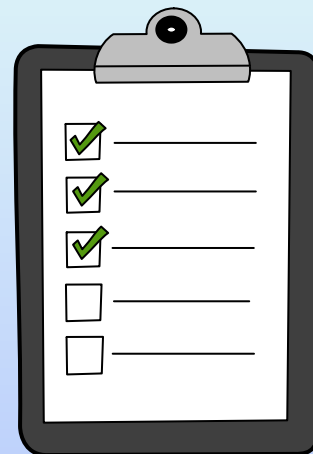
4.31 – 5.00: You likely feel confident in handling setbacks and adapting to change. Your experiences and strategies help you recover, and resilience continues to grow over time.

Your score reflects how you currently perceive your ability to recover from difficulties. Everyone has ups and downs, and resilience can grow with time and experience. If you find certain challenges overwhelming, reaching out for professional support can be a valuable step.

Resilience is not about never struggling—it's about learning, adapting, and continuing forward at your own pace.

Hearty Recommendations

Your Guide to Enlightening your Resilience



Harvard Business Review - Resiliency Resources

Link: <https://www.harvardbusiness.org/resiliency-resources/>

This collection of articles provides guidance on building resilience, leading effectively in challenging times, supporting others with empathy, and managing anxiety and grief. It is a valuable resource for individuals looking to strengthen their emotional and professional resilience.

Mindfulness Meditation Resource

YouTube Video: <https://youtu.be/JcRjh6cND0Y?si=njAZ7cdKsitQA223>

A guided mindfulness meditation session to help calm the mind, reduce stress, and improve focus. Perfect for building resilience through relaxation and self-awareness.

Books on Resilience

Rising Strong – Brené Brown

This book explores how to rise after failure. Brown shares insights on turning struggles into learning experiences and building resilience in life and leadership.

Willpower: Rediscovering the Greatest Human Strength – Roy Baumeister

Baumeister explains the science behind willpower, why people struggle with self-control, and how to strengthen it to improve resilience and success.

The Art of Resilience: 40 Stories to Uplift the Mind and Transform the Heart – Gauranga Das

This book offers inspiring stories that help readers discover their true selves, build mental strength, and cultivate lasting happiness beyond social expectations.

Atomic Habits – James Clear

Clear presents a proven system to build good habits, break bad ones, and create lasting change. He explains how small changes can lead to remarkable results.

*"Clouds come floating into my life, no
longer to carry rain or usher storm,
but to colour my sunset sky"*



- Rabindranath Tagore





School of Social Sciences

The School of Social Sciences is one of the largest schools in IGNOU. It comprises eight disciplines: Anthropology, Economics, History, Library and Information Science, Sociology, Political Science, Psychology, and Public Administration. The School offers programmes at graduate, postgraduate, and PhD levels for all eight disciplines, as well as postgraduate diplomas, postgraduate certificates, and certificate programmes.

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The Discipline of Psychology started in 2010. The programmes offered in distance mode are BA (Honours) in Psychology (Choice Based Credit System [BAPCH]), BA in Psychology (Four-year Undergraduate Programme [BAFPC]), an MA in Psychology (MAPC), a Postgraduate Diploma in Mental Health (PGDMH), and Postgraduate Diploma in Rehabilitation Psychology (PGDRPC). PhD programme in Psychology (PHDPC) is being offered in regular mode.

*You may send your suggestions for the e-magazine to
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O: 011-29572741/ 29572781



M

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N

A

S

National Toll Free Helplines

- *Tele MANAS* (Tele mental health assistance and networking across States): **14416** (provides multilingual support by connecting with mental health professionals across the country)

website: <https://telemanas.mohfw.gov.in/home>

- *Manodarpan*, an initiative from the Ministry of Education (psychosocial support for mental health and wellbeing of students): **8448440632**
- *Nasha Mukti Kendra* (a National toll-free drug de-addiction helpline number): **1800-11-0031**

Manosampada

A monthly series on Mental Health and Well-being on *Gyaandarshan** and *Gyanvani* Channels of IGNOU by the Faculty of Psychology

**1st Monday of every month*

(Kindly check the schedule on the IGNOU official Website: www.ignou.ac.in)

