

MAH/MUL/03051/2012
ISSN-2319 9318

विद्यावार्ता®

Peer Reviewed International Refereed Research Journal



Organized By
Department of Psychology
ADT's Shardabai Pawar Mahila
Arts, Commerce & Science College
Shardanagar, Baramati,
Dist. Pune, MH, 413115

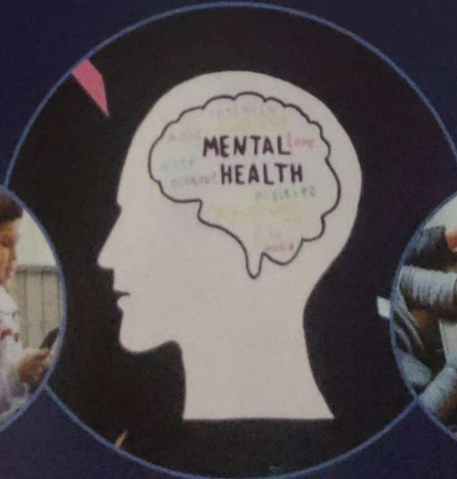


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Psychology National Conference on

**Emerging Trends in Neuropsychology and
Neuroscience: Impact of Social Media on Mental Health**

February 16-17, 2024





Harshwardhan Publication Pvt.Ltd.
At.Post.Limbaganesh, Tq.Dist.Beed
Pin-431 126 (Maharashtra)
Mob.09850203295



ISSN 2319 9318

MAH/MUL/03051/2012

ISSN :2319 9318



PSYCHOLOGY NATIONAL CONFERENCE- 16, 17 FEB. 2024
PSYCHOLOGY DEPARTMENT

Shardabai Pawar Mahila Arts, Commerce and Science College,
Shardanagar, Baramati

-: Editor :-

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❖ विद्यावार्ता या आंतरविद्याशाखीय बहुभाषिक त्रैमासिकात व्यक्त झालेल्या मतांशी मालक, प्रकाशक, मुद्रक, संपादक सहमत असतीलच असे नाही. न्यायक्षेत्र:बीड



"Printed by: Harshwardhan Publication Pvt.Ltd. Published by Ghodke Archana Rajendra & Printed & published at Harshwardhan Publication Pvt.Ltd.,At.Post. Limbaganesh Dist,Beed -431122 (Maharashtra) and Editor Dr. Gholap Babu Ganpat.



Reg.No.U74120 MH2013 PTC 251205
Harshwardhan Publication Pvt.Ltd.

At.Post.Limbaganesh,Tq.Dist.Beed
Pin-431126 (Maharashtra) Cell:07588057695,09850203295
harshwardhanpubli@gmail.com, vidyawarta@gmail.com

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Mood States among Male and Female Adolescents

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ABSTRACT

The purpose of this Study was Mood States among Male and Female Adolescents. Total sample of present study 120 Adolescents, in which 60 Male Adolescents (30 Urban and 30 Rural Adolescents) and 60 Female Adolescents (30 Urban and 30 Rural Adolescents). The subject selected in this sample was used in the age group of 18 years to 21 years and Ratio 1:1. Purposive Sampling technique was used. The data was collected by using the Eight state Questionnaire developed by Cattell and Curran (1973) and this Questionnaire Indian adaptation by Kapoor and Mahesh Bhargava (1990). The data was analyzed by using descriptive Statistics and ANOVA. Results show that 1) there is no significant difference between Male and Female Adolescents on Anxiety, Stress, Depression, Regression, Guilt and Arousal. 2) Male Adolescents high Fatigue than Female Adolescents. 3) Female Adolescents high Extraversion than Male Adolescents.

Key words: - Adolescents, Male, Female. Mood States.

INTRODUCTION

Adolescence period is a turbulent time wherein a lot of changes are happening in the child physically, emotionally, socially and morally. It is called a period of stress and strain, storm and

strife all capacities physiological as well as psychological are reaching a peak. Emotionally the child is like a volcano which on even the slightest provocation is ready to erupt and at sometimes just like a cool sea which takes everything in its stride. Indeed, it is considered as a critical period of development. After a long period of relatively stable behavior the child suddenly becomes imbalanced, unpredictable and unstable as he emerges into adolescence. The varied problems that confront the adolescent are problems related to physical, mental and emotional maturity, problems regarding educational and vocational choices.

Anxiety is unique among personality variable in its constructive and destructive potential without it the organism cannot survive yet can perpetuate the most primitive and enables him to make maximum use of his resources. Anxiety is both a concept and a personality trait. It is a pervasive and significant motivational dimension in personality and has been found to be a factor of considers value importance in influencing and directing human behavior and performance.

The term stress is used to describe the situations in which a person feels inner conflict or threatened beyond his capacities, as well as his emotional and psychological reactions to such situations. Stress as the pattern of specific and nonspecific response an organism marks to stimulus event that its ability to copy. Depression is of often felt in a moral degree but sometimes, when the depression is exaggerated out of proportion to the event and continuous to cross the limit, where many of us being to recover and then it is termed as neurotic Depression. Exaggerated depression is often of a reaction a loved one, lasing a job, retirement ignorance and decreasing efficiency. Development may follow a progressive forward movement or a regressive backward movement, when frustration circumstances interrupt the forward going movement, the libido is there by

prevented from being invested in extraverted or environment-oriented values as a consequence, the libido marks a regression into the unconscious and invests itself, in and invests itself in introverted values. We might expect something a kin regression to occur merely on the basic of the frequent failure of newly learned reactions. Fatigue diminished productivity efficiency or ability to carry on work because of previous expenditure of energy in doing work, on the subjective side of complex of sensation and feeling and the increase the increased difficulty of carrying on experienced after a prolonged spell of work, most be distinguished from Borden which may be described as a subjective feeling fatigue.

Guilt is sense of an emotional conflict arising out of real or imaged contravention or social standards in acts or though. Guilt is the emotional feeling associated with the realization that one has highly violated an important social, moral or esthetical regulation.

Extraversion means an outward turning of the libido. Extraversion is an outgoing transference of interest from the subject to the object. The state of Extraversion means a strong, if not exclusive, deter aversion by the object. The extra tensive person shows more outgoingness, more labile emotions and feelings, stereotyped intelligence and greater motor skills, in contrast to extroversive who has greater creativeness, more individualized intelligence more stable emotions and less easy contacts with the physical and social world outside.

Arousal can be defined as dimension representing in psychological and psychological state of an organism. Arousal is a good thing because it keeps a person working and alert but too much a Arousal in disorganization of though and performance. Arousal is good think because it keeps us working and alert but too much Arousal result in dysregulation of though and performance. The degree of Arousal is an im-

portant part of Emotionality, for instance, high levels of Arousal, are present in Anger, fear and joy while low levels may accompany sadness and depression.

REVIEW OF LITERATURE

Chaudhary A. K. and , Deepika Jain, (2014), Surya Prabha , (2017) and Patel V & Jain A (2017) this study found that the level of anxiety in male adolescent subjects is higher than female subjects. Anjana Srivastava , Sadia Habib & Vijayshri, (2019) this study found Female adolescents have more anxiety than male adolescents. Sankar , S. and Wani M. Amin, (2016) this study results reveal that the significant difference was found between the male and female subjects in respect depression. Akande, et al., (2014) ,Kumar R, Singh K, Kumar R., (2017) this Study found that female adolescents students showed higher stress than Male adolescents students. Mohan and Rajeshwaran, (2019) this study found that male students have been found to be higher on the mood states of depression and fatigue than the female students.

STATEMENT OF THE PROBLEM

To Study of Mood States among Male and Female Adolescents.

OBJECTIVE OF THE STUDY

To Search the difference between Male and Female Adolescents among Anxiety, Stress, Depression, Regression, Fatigue, Guilt, Extraversion and Arousal.

HYPOTHESIS OF THE STUDY

There will be no significant difference between Male and Female Adolescents among Anxiety, Stress, Depression, Regression, Fatigue, Extraversion and Arousal.

METHODS

SAMPLE:

Total sample of present study 120 Adolescents, in which 60 Male Adolescents (30 Urban and 30 Rural Adolescents) and 60 Female Adolescents (30 Urban and 30 Rural Adolescents). The subject selected in this sample was

used in the age group of 18 years to 21 years and Ratio 1:1. Non-probability purposive Quota Sampling will be used.

RESEARCH DESIGN:-

2 X 2 Factorial Design used in the present study

VARIABLES USED FOR STUDY

Independent variables - Gender 1- Male Adolescents 2- Female Adolescents.

Dependent variables – 1) Anxiety, 2) Stress, 3) Depression, 4) Regression, 5) Fatigue, 6) Guilt, 7) Extraversion, 8) Arousal.

RESEARCH TOOLS:-

Eight States Questionnaire

This Questionnaire developed by Cattell and Curran (1973) and Indian adaptation this Questionnaire by Kapoor and Mahesh Bhargava (1990). This Questionnaire has 96 items which covers 8 dimensions. There is 8 dimensions Anxiety, Stress, Depression, Regression, Fatigue, Extraversion and Arousal. Their forms Questionnaire each questions in the 85 Q has four options and is scored 0, 1, 2, or 3. The score of each item contributes to only one each from the highest possible raw score per form is 36. This Questionnaire reliability is .91 to .96 and validity is .62 to .92.

DATA ANALYSIS

The Mean and SD with graphical representation on Moods States was analyzed. A simple design was selected to adequate of statistical analysis of ANOVA in order to examine the roll of main as well as subsequently on Moods States.

RESULTS AND DISCUSSION

Table No.0 1 Show the Mean, SD and F Value of Gender among Anxiety.

| Factor | Gender | Mean | SD | N | DF | F Value | Sign. |
|---------|--------------------|-------|------|----|-----|---------|-------|
| Anxiety | Male Adolescents | 16.63 | 4.32 | 60 | 118 | 0.833 | NS |
| | Female Adolescents | 17.26 | 3.53 | 60 | | | |

Observation of the Table No. 01 indicated that Anxiety of The mean value obtained by the Male Adolescents is 16.63 and SD 4.32 and Female Adolescents is 17.26 and SD 3.53. It is

observed that the calculated 'f' value (0.833) is low than the table value (0.05 = 3.94 and at 0.01 = 6.90 levels). That is to say that this null hypothesis is accepted and Alternative hypothesis is rejected. It means that there is no significant difference between Male and Female Adolescents among Anxiety.

Table No.02 Show the Mean, SD and F Value of Gender among Mood States.

| Factor | Gender | Mean | SD | N | DF | F Value | Sign. |
|--------|--------------------|-------|------|----|-----|---------|-------|
| Stress | Male Adolescents | 14.98 | 3.47 | 60 | 118 | 3.511 | NS |
| | Female Adolescents | 16.38 | 4.59 | 60 | | | |

Observation of the Table No. 02 indicated that Stress of The mean value obtained by the Male Adolescents is 14.98 and SD 3.47 and Female Adolescents is 16.38 and SD 4.56. It is observed that the calculated 'f' value (3.511) is low than the table value (0.05 = 3.94 and at 0.01 = 6.90 levels). That is to say that this null hypothesis is accepted and Alternative hypothesis is rejected. It means that there is no significant difference between Male and Female Adolescents among Stress.

Table No.03 Show the Mean, SD and F Value of Gender among Depression.

| Factor | Gender | Mean | SD | N | DF | F Value | Sign. |
|------------|--------------------|-------|------|----|-----|---------|-------|
| Depression | Male Adolescents | 17.45 | 4.08 | 60 | 118 | 0.535 | NS |
| | Female Adolescents | 18.05 | 5.51 | 60 | | | |

Observation of the Table No. 03 indicated that Depression of The mean value obtained by the Male Adolescents is 17.45 and SD 4.08 and Female Adolescents is 18.05 and SD 5.51. It is observed that the calculated 'f' value (0.535) is low than the table value (0.05 = 3.94 and at 0.01 = 6.90 levels). That is to say that this null hypothesis is accepted and Alternative hypothesis is rejected. It means that there is no significant difference between Male and Female Adolescents among Depression.

Table No.04 Show the Mean, SD and F Value of Gender among Regression.

| Factor | Gender | Mean | SD | N | DF | F Value | Sign. |
|------------|--------------------|-------|------|----|-----|---------|-------|
| Regression | Male Adolescents | 16.33 | 4.14 | 60 | 118 | 0.142 | NS |
| | Female Adolescents | 16.01 | 5.14 | 60 | | | |

Observation of the Table No. 04 indicated that Regression of The mean value obtained by the Male Adolescents is 16.33 and SD 4.14 and Female Adolescents is 16.01 and SD 5.14. It is observed that the calculated 'f' value (0.142) is low than the table value (0.05 = 3.94 and at 0.01 = 6.90 levels). That is to say that this null hypothesis is accepted and Alternative hypothesis is rejected. It means that there is no significant difference between Male and Female Adolescents among Regression.

Table No.05 Show the Mean, SD and F Value of Gender among Fatigue.

| Factor | Gender | Mean | SD | N | DF | F Value | Sign. |
|---------|--------------------|-------|------|----|-----|---------|-------|
| Fatigue | Male Adolescents | 17.20 | 3.91 | 60 | 118 | 6.31 | 0.05 |
| | Female Adolescents | 15.55 | 3.71 | 60 | | | |

Observation of the Table No. 05 indicated that Fatigue of The mean value obtained by the Male Adolescents is 17.20 and SD 3.91 and Female Adolescents is 15.55 and SD 3.71. It is observed that the calculated 'f' value (6.31) is high than the table value (0.05 = 3.94 levels). That is to say that this null hypothesis is rejected and Alternative hypothesis is accepted. It means that Male Adolescents high Fatigue than Female Adolescents.

Table No.06 Show the Mean, SD and F Value of Gender among Guilt

| Factor | Gender | Mean | SD | N | DF | F Value | Sign. |
|--------|--------------------|-------|------|----|-----|---------|-------|
| Guilt | Male Adolescents | 15.75 | 3.99 | 60 | 118 | 2.933 | NS |
| | Female Adolescents | 17.03 | 4.42 | 60 | | | |

Observation of the Table No. 06 indicated that Guilt of The mean value obtained by the Male Adolescents is 15.75 and SD 3.99 and Female Adolescents is 17.03 and SD 4.42. It is observed that the calculated 'f' value (2.933) is low than the table value (0.05 = 3.94 and at 0.01 = 6.90 levels). That is to say that this null hypothesis is accepted and Alternative hypothesis is rejected. It means that there is no significant difference between Male and Female Adolescents among Guilt.

Table No.07 Show the Mean, SD and F Value of Gender among Extraversion.

| Factor | Gender | Mean | SD | N | DF | F Value | Sign. |
|--------------|--------------------|-------|------|----|-----|---------|-------|
| Extraversion | Male Adolescents | 16.25 | 5.34 | 60 | 118 | 5.665 | 0.05 |
| | Female Adolescents | 18.50 | 5.34 | 60 | | | |

Observation of the Table No. 07 indicated that Extraversion of The mean value obtained by the Male Adolescents is 16.25 and SD 5.34 and Female Adolescents is 18.50 and SD 5.34. It is observed that the calculated 'f' value (5.665) is high than the table value (0.05 = 3.94 levels). That is to say that this null hypothesis is rejected and Alternative hypothesis is accepted. It means that Female Adolescents high Extraversion than Male Adolescents.

Table No.08 Show the Mean, SD and F Value of Gender among Arousal.

| Factor | Gender | Mean | SD | N | DF | F Value | Sign. |
|---------|--------------------|-------|------|----|-----|---------|-------|
| Arousal | Male Adolescents | 15.86 | 5.10 | 60 | 118 | 0.61 | NS |
| | Female Adolescents | 16.10 | 4.94 | 60 | | | |

Observation of the Table No. 08 indicated that Arousal of The mean value obtained by the Male Adolescents is 15.86 and SD 5.10 and Female Adolescents is 16.10 and SD 4.94. It is observed that the calculated 'f' value (0.61) is low than the table value (0.05 = 3.94 and at 0.01 = 6.90 levels). That is to say that this null hypothesis is accepted and Alternative hypothesis is rejected. It means that there is no significant difference between Male and Female Adolescents among Arousal.

CONCLUSION

There is no significant difference between Male and Female Adolescents among Anxiety.

There is no significant difference between Male and Female Adolescents among Stress.

There is no significant difference between Male and Female Adolescents among Depression.

There is no significant difference between Male and Female Adolescents among Regression.

Male Adolescents high Fatigue than Female Adolescents.

There is no significant difference between Male and Female Adolescents among Guilt.

Female Adolescents high Extraversion than Male Adolescents.

There is no significant difference between Male and Female Adolescents among Arousal.

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Facebook Usage and its Impact on Psychological Distress Level

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Abstract

Social media addiction is a increasingly popular issue in today's world characterized by excessive and compulsive use of various media platforms, leading to negative consequences on an individual's daily life. Factors such as the constant stream of notifications, the pursuit of social validation, and the social image leads system contribute to the addictive nature of platforms like Facebook, are creating ways of interventions for social media addiction. As one of the most widely used social media platforms, Facebook offers a unique platform for social interaction, information sharing, and self-expression. This introduction explores the connection between Facebook usage patterns and the potential influence on self-distress, considering factors such as social comparison, cyberbullying, and the arrayed nature of online personas. many studies found that excessive use of Facebook was affected by personality and usage behavioral patterns. Which is making an individual unable to control the use of facebook which further can lead to symptoms of psychological distress. The present study was therefore designed to study the relationship between facebook addiction and psychological distress