1. **Somatization - The Upper Crust of Hidden Depression :**

   A Study of Bengali Men and Women

   Ishita Chatterjee, Chandana Aditya

Hidden depression is an understudied, but growing dysfunctional disorder. 100 Bengali individuals (60 females and 40 males) randomly selected from Kolkata, suburbs. Howrah and Hoogly with no previous record of a visit to a mental health professional, were administered a General Information Schedule (GIS) prepared specifically for the study and revised Beck's Depression Inventory (BDI). The mean and SD were found out for the entire sample for all the 21 dimensions, 9% to 14% of individuals were found to be having depression (score above upper baseline), of which they were notaware of. A tendency to somatization of the symptoms has been reported. Further in depth investigation revealed social stigma , cultural reluctance to endorse mental symptoms were the causes of such unawareness. About 50% of the persons with hidden depression do not comply with treatment; the males were more resistant to treatment for themselves than females or for a female counterpart. Thus more awareness and concern is necessary to overcome this suffering- depression, the hidden killer.

2. **An Analysis of the Effects of Emotional Quotient on the Levels of Anxiety, Depression, Anger, Disruptive Behaviour and Self-concept of adolescents**

   Nilanjana Sanyal, Priyanka Banerjee

The study was conducted on 600 adolescents (mean age 14.1 years). The Bar On Emotional Quotient Inventory: Youth Version was used to determine the emotional quotient (EQ) of adolescents in order to classify them into three groups [low EQ (N= 200)and high EQ (N=200)]. The Beck Youth Inventories of social and Emotional Impairment were used to assess the depression, anxiety, anger, disruptive behavior and self

concept of adolescents in each of the three groups. The result revealed that adolescents with high emotional quotient display significantly lower levels of anxiety, depression, anger and disruptive behaviour than those with low emotional quotient. They also exhibit significantly higher self concept than those with low emotional quotient. Adolescents with low emotional quotient, in turn, also present significantly more anxiety, anger and disruptive behaviour; and lower self-concept than those with average emotional quotient. Adolescents with high emotional quotient have a significantly healthier self concept and lower anxiety levels than the adolescents with average emotional quotient. The difference between the depression and disruptive behaviour of adolescents with average and high emotional quotient is not significant.

3. Behavioural Strategies to Improve Compliance with Medical Regimens

Amool R. Singh, D.K. Sharma, K.R. Banerjee

The problem of poor compliance to medical regimens has been well reported. With the individual patient, the failure to receive maximum benefit from health program is obvious. Here, some behavioural intervention strategies for improving adherence are discussed in the light of various research findings reported in the past. Better adherence can be achieved by providing positive and organized environment to the patient, minimizing the complexity of regimen, individualizing regimen, utilizing family & social support and also by introducing reminders.

4. **Stress in Time and Energy Management among Female Nonhosteler**

Priya Singla, M. Mehta and K. Singh

Stress is part and percel of our present day life style and brings challenges in our life that tax the mind, body and emotions. When stress is over whelming it can affectthe quality of life. So, keeping in view the effect of stress on life and management of resource mainly time and energy, the present study was undertaken to explore the stress in time and energy management among non-hosteler adolescents girls. A sample of 50 college going girls from CCS Haryana Agricultural University Hisar were taken purposively for the study. Results revealed that the ratio of timespent on work, rest and leisure activities was found 12:9:3 hours. Further study shows that one third of respondents have an understanding of term energy management and about two third of respondents (62%) save energy through preplanning of work. They were not considering tre management of time and energy as a stressful activity.

5. **Time Use Pattern and Stress Among Female High School Teachers of Haryana**

Kavita Dua, Veena Sangwan, Neetima and Manju Mehta

One major problem of concern is of stress among school teachers. Stress is generally viewed as a negative stimulus. The present study focuses on the connection between time use pattern and stress among female high school teachers. The results indicated that association between time spent at home place with stress and time spent at work place with stress was highly significant.

6. **Role of Intervention Programme for Enhancing Environmental Education Among Rural Children.**

Kavita and Chandrakala Singh

The study was conducted in rural area of Hisar District of Haryana. A sample of 120 children of primary and middle grade from four schppls of two village were taken for the present study. To find out the existing level of awareness of selected young children regarding environmental pollution questionnaire cum interview schedules was prepared. After assessing the existing level of awareness of the respondent an intervention programme was administered to all the respondents in 10 days session. Post testing was done on the entire respondent after administrating intervention programme. The awareness of the respondent s regarding air, water, soil, noise, flora and fauna was higher after given intervention programme. The significant improvement obtained after imparting intervention programme indicated that there was increase in the awareness of the respondents regarding environmental pollution.

7. **A Comparative Psychosocial Profiles of Retired Aged Women with Their Matched House-Bound Counterparts.**

Nilanjana Sanyal, Indrani Banerjee and Sraboni chatteriee

A sample of 60 aged women was selected (30 house-wives and 30 retired) to determine their adjustment pattern and personality profiles. The variable selected for this study were Anxiety, Anger Expression, Life –satisfaction, Adjustment and Depression. Data analysis revealed interesting findings that house wives were found to have more harmonious relations, more life satisfaction ,less agitation and anxiety as well as more adaptive in behavioural dimension. On the other hand, more conflicts, more threatening perception of reality make the retired elderly easy victim of depression, having more anger expression and lack of adjustive ability with the outer world.

8. **Personality Profiles of Adolescents Deprived on Accont of Childhood Experiences, Interaction with Parents and Parental Care**

Rama Mallik

Personality can be defined as a dynamic and organized set of characteristics possessed by a person that uniquely influences individual's cognitions, motivations, and behaviors under various situations.

9. **Living Arrangements of Rural Women in Haryana**

Sharma V., Singh K., Mehta M. and Neetima

In rural Haryana, 65 out of 1000 are elderly and the proportion of female elderly is higher than their counterparts. Most of the elderly were currently married or widowed, and mostly live with the whole family that is with spouse and children, and fully dependent on them (Sarvekshana, 2000). Well being of elderly people is greatly influenced by their living arrangement and it finally decides their level of life satisfaction. The present study was an effort to study the reasons for the different living arrangements followed by elderly woman of Haryana State. Further 300 respondents above the age of 55 years were selected randomly from four villages out of four blocks of Hisar District. Data was collected personally, by using a well-structured interview schedule. The result highlights that maximum number of respondents (45.67%) were living with family and spouse, 41per cent of respondents were living with family not with spouse, rest of the respondents are either living alone or living with spouse.