



EDITORIAL TEAM



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FINDING HAPPINESS THROUGH FOCUS AND RELATIONSHIPS

Happiness is about feeling good and content with life. Many people find it hard to stay happy because they worry too much about the future, a concept known as affective forecasting. Additionally, focalism, the tendency to focus too much on one aspect of an event and ignore others, can skew our perception of what will make us happy. However, focusing on the present and enjoying the moment can make a big difference. Research shows that having strong relationships with family and friends brings more happiness than owning lots of things. Spending time with loved ones and appreciating the present helps create lasting joy. By valuing relationships and living in the now, we can find true happiness.

DOPAMINE PSYCHOLOGICAL ASSOCIATION

The Dopamine Psychological Association, established by the Department of Psychology, strives to cultivate a supportive community driven by psychological insights, fostering personal growth and societal impact while advocating for mental health awareness and equitable access to knowledge of the mind. The association aims to promote mental health activities that enhance positive emotions among faculty, students and the public, both within and outside the campus and also aims to promote leadership, event management and coordination skills among students. Its official inauguration at REVA University on May 15 included activities such as banner unveiling, handwriting analysis, gratitude journaling, and other initiatives to raise awareness about mental health.

Message from HOD's desk

Psychronicles – Students journals in psychology, holds a valuable platform for students to develop and hone their writing and research skills. The main agenda of bringing out this journal is to engage students in the process of writing, reviewing, and editing academic papers which gives them hands-on experiences in scholarly communication, which are essential for their academic and professional growth. The process of publishing journals enhances their critical thinking and analytical abilities.

Publishing in a student journal can significantly bolster a student's academic portfolio. It provides tangible evidence of their ability, skill, and creativity. The process of preparing journal disseminates new ideas and network among students by encouraging their intellectual curiosity and inspire further writing among peers. Overall, Psychronicles – Student journal will act as an instrumental factor in shaping the overall development, skill, creativity, and knowledge of budding psychologists.

-Dr. Dhiksha J

THE RISING IMPORTANCE OF PSYCHOLOGY IN THE POST-PANDEMIC ERA

The COVID-19 pandemic has profoundly impacted mental health globally, emphasizing the importance of mental health. The loss of loved ones and increased technology use have led to heightened anxiety, depression, trauma, loneliness, and shorter attention spans. An estimated 3.8% of the population experiences depression, affecting 280 million people. Studies show that COVID-19-infected children face higher risks of mental health and eating issues, with women experiencing 50% more depression and suicide being the fourth leading cause of death among 15- to 29-year-olds.

The pandemic has emphasized the importance of mental well-being, with increased awareness and government funding for mental health. India's national tele-manas health program received over 1,000,000 calls, underscoring the societal distress and the need for professional psychologists. Schools now more frequently employ counselors, reflecting a broader recognition of the necessity for mental health support from an early age. The rise in stress disorders, depression, and anxiety has escalated the demand for mental health professionals.

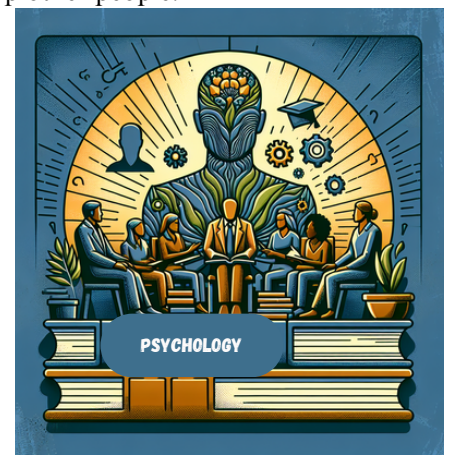
Interest in psychology is growing, with top students in India choosing to study it post-secondary education, including engineering graduates. Psychology extends beyond self-understanding and empathy, offering diverse insights into human behavior and mental processes. Its career opportunities are vast, applicable wherever there is life. Psychology's prominence in contemporary society continues to enhance social well-being.

PSYCHOLOGY AT REVA UNIVERSITY -STUDENT'S VOICE

With its profound focus on the underlying processes governing human behavior in the mental realm, psychology also facilitates improved quality of psychological wellbeing and individual development. Psychology enhances individuals by developing critical thinking, emotional intelligence, self-knowledge, and the ability to positively impact others through research and application.

The opportunity for learning acquired at the Department of Psychology at REVA University is one of the unparalleled standards, equity and quality outcomes, which intertwines academic information alongside real-life application. Utilizing up-to-date equipment and lodging experienced faculty members, and committed to research and intervention in the community, REVA all but offers the perfect setting for the pursuit of a degree in psychology.

Thus, the decision to enroll with REVA for the Bachelors in Psychology was crucial. Due to the supportive environment of the program and an extensive breadth of content, student's developed a core understanding of psychological concepts and real-world applicable skills. Indeed, the degree has equipped student's with the knowledge and skills that enable them to pursue further education that will enhance and enrich the lives of person and communities with reference to mental health. Psychology at REVA University transforms the students and makes them ready to face the new era of mental health care issues and therefore is the best option for the candidates who are interested in studying more about the human mind and help other people.



RECENT RESEARCH IN THE FIELD

The Role of the Dopaminergic System in Psychosis

The brain's dopaminergic and glutamatergic systems are crucial for maintaining normal thoughts and behaviors. When these systems are not functioning properly, psychosis can occur, causing symptoms like delusions, hallucinations, social withdrawal, and difficulty thinking clearly. The dopaminergic system, which involves the neurotransmitter dopamine, can cause positive symptoms like hallucinations and delusions when excessively active, particularly in the mesolimbic pathway. The glutamatergic system, which involves the neurotransmitter glutamate, can cause negative and cognitive symptoms, such as losing interest in social activities and feeling indifferent. Understanding these systems can help doctors develop better treatments for psychotic disorders. Both systems need to work properly for the brain to function properly.

Anxiety & suicide in students

A study from 184 U.S. colleges (2016-2019, 119,875 participants) found that screening for both anxiety and depression significantly improves the identification of suicidal thoughts compared to depression screening alone. Specific anxiety symptoms were notably linked to increased suicide risk, suggesting colleges to assess these symptoms for better suicide prevention.

Student Depression & Burnout Assessment

A network analysis of 1096 college students assessed burnout and depression using standardized scales. Results showed cynicism as central to the burnout network. Three communities aligned with burnout dimensions, supporting its multidimensional nature distinct from depression. Cynicism played a crucial role in burnout-depression comorbidities, highlighting its significance in student well-being.

Social Media Influence on Students

A study involving 322 undergraduates found that social media messages promoting a "growth mindset" about mental health increased optimism and belief in treatability, encouraging therapy engagement. Conversely, "fixed mindset" messages led to less optimism. The findings highlight social media's significant impact on students' mental health perceptions.

Childhood maltreatment can cause mental health problems

Childhood maltreatment contributes to 40% of common lifelong mental health conditions in Australia, including anxiety, depression, and substance abuse. Research indicates that 41% of suicide attempts and 21% of depression cases stem directly from abuse or neglect. Eliminating maltreatment could prevent over 1.8 million mental health cases annually, saving 184,636 healthy life years. Dr. Lucinda Grummitt of the University of Sydney advocates for policies like paid parental leave and affordable childcare to alleviate family financial stress and prevent maltreatment. Effective interventions and supportive policies are crucial to addressing this public health crisis.

Did you know?

THE FIRST PIECE OF INFORMATION YOU RECEIVE ABOUT A TOPIC CAN HEAVILY INFLUENCE YOUR DECISIONS AND JUDGMENTS. THIS IS KNOWN AS THE ANCHORING BIAS!!!

RECENT FINDINGS

Psychology and Technology: The future of Mental Health

Psychological science is increasingly influencing technological development to promote inclusivity and safety for all users. Technology leaders are aggressively incorporating psychological insights to develop breakthroughs that meet a wide range of user needs. The 2024 Consumer Electronics Show demonstrated the critical role that psychologists play in influencing the convergence of psychology and technology.

Addressing Invisible Wounds of War

Recent conflicts, such as Israel attacking Gaza and Russia invading Ukraine, highlight the profound psychological trauma war inflicts on both veterans and civilians. This trauma leads to significant issues like anxiety, depression, and PTSD, severely impairing mental health and daily functioning. The stigma around mental health often prevents individuals from seeking necessary help, exacerbating their suffering. The lack of visible injuries results in a lack of public sympathy and understanding, further isolating those affected. A comprehensive strategy is needed, incorporating mental health education, accessible support services, and fostering a culture of empathy and understanding to effectively address these hidden wounds.

Developers employ behavioral science ideas to construct games and digital platforms that prioritize good user experiences and well-being. This collaborative approach combining psychology and technology addresses complex challenges like privacy and teenage mental health, paving the way for a more ethical and sustainable technological future. The synergy between psychology and technology promises a future where innovation is not just cutting-edge but also socially responsible, inclusive, and concerned with the well-being of all.

Anxiety affects students' goal achievement

A four-year study of Chinese college students revealed anxiety's impact on achievement goals. Using a cross-lagged model, findings showed anxiety negatively correlates with mastery-approach goals and positively with mastery-avoidance and performance-avoidance goals. Freshman-year anxiety increased sophomore-year mastery goals, while sophomore-year anxiety boosted junior-year avoidance goals. Junior-year anxiety reduced senior-year approach goals. The study highlights the need for targeted anxiety interventions to promote mastery goals in freshmen and reduce avoidance behaviors in later years.

Increased PTSD Risk in Autism

A study suggests that individuals with ASD are more susceptible to developing PTSD even from mild stressors, indicating a reciprocal relationship where ASD heightens PTSD risk and PTSD worsens ASD symptoms. Mouse models confirmed a lower PTSD threshold in ASD, potentially linked to the prefrontal cortex, responsible for stress response. Accurate diagnoses of both conditions could enhance treatment. Understanding the prefrontal cortex's role may lead to therapies improving stress responses in people with ASD, reducing PTSD risk. The research emphasizes the need for PTSD awareness and mental health support for the autistic, particularly those with past trauma.

DID YOU KNOW?

BEING ALONE FOR LONG PERIODS OF TIME IS AS BAD AS SMOKING !!!!!

Early Life Air Pollution Linked to Decreased Attention in Children

A study published in Environmental International shows that higher exposure to NO₂ is associated with poor attentional function in children aged 4-6. This effect persisted at 6-8 years only in boys, who have a greater susceptibility period from birth to age 2.

Data from 1,703 women and their children in the INMA Project showed higher NO₂ exposure between 1.3 and 1.6 years linked to inconsistent response speeds in attentional tests. Increased exposure between 1.5 and 2.2 years was associated with more omission errors.

For boys, higher NO₂ exposure from 0.3 to 2.2 years correlated with inconsistent response speeds at ages 6-8.

No link was found between NO₂ exposure and working memory in children aged 6-8 years. According to Binter, the prefrontal cortex develops slowly and is still maturing during childhood.

Early childhood (up to age 2) is critical for prevention, as even low exposure levels can significantly affect public health, impacting future generations' well-being.

Environmental toxins - cause of Parkinson's Disease

Parkinson's Disease is a disorder of the central nervous system that affects movement due to nerve cell damage in the brain. Some symptoms include tremors, stiffness, loss of balance, and slow movements.

The origin of this disorder has been debated for the past twenty years. A new hypothesis paper proposes that the problem lies in disease-causing environmental toxicants such as common dry-cleaning chemicals, certain pesticides, air pollution, tainted food, and contaminated drinking water, which are either inhaled or ingested.

Since these toxicants can be controlled or avoided, the world's fastest-growing brain disease, Parkinson's, may be preventable. But the timing, dose, exposure, genetics and other environmental factors may be the reason why Parkinson's is not widespread even though environmental toxicants affect everyone.

However, this theory encourages future theorists to understand how environmental toxicants play a role in other brain disorders like autism, ALS, and Alzheimer's.

DID YOU KNOW?

THERE ARE GENES THAT DETERMINE WHETHER YOU'RE AN EARLY RISER OR A NIGHT OWL



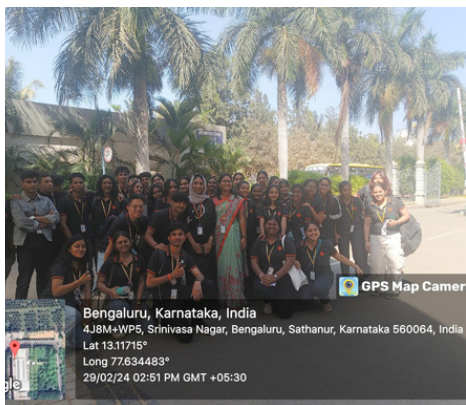
Priya, student of MSc Psychology with a clinical specialization at REVA University's Department of Psychology, cleared the NET exam in the December cycle.

Events 2023-24 by the Department of Psychology



FDP Organized by the Department Of Psychology

The Faculty Development Program at REVA University aimed to equip faculty members with skills to mentor students in academic, personal, and emotional wellbeing. It focused on fostering positive mentor-mentee relationships, identifying distress signs, facilitating collaboration, and creating inclusive learning environments. The program resulted in awareness of mental health issues, resilience development, and self-care strategies.



Visit to NIMHANS Science Exhibition

On 29th February 2024, 40 BA JEP students from REVA University visited NIMHANS Hospital's science exhibition themed "Indigenous Technologies for Viksit Bharat." The event featured interactive exhibits, demonstrations, and activities from various departments of hospital, focusing on human psychology and neuroscience. The exhibition was engaging and educational, with students and professors praising its innovative approach to mental health and science.



Educational Visit to Manasa Psychiatric Hospital

On 2nd and 3rd November 2023, 19 Psychology post-graduate students from REVA University visited Manasa Psychiatric Hospital in Shivamogga. They toured various departments, learned about patient care and assessment, and observed case demonstrations at the physio-center. The visit included an interactive session with patients at the rehabilitation center.



Adolescent Awareness Outreach Program in Rural School

First-year M.Sc. Psychology students, accompanied by Prof. Kavanashri V and Prof. Namratha M, visited a government school in Huttana Halli, Yelahanka. Separate modules were presented for boys and girls of 4th and 5th standards, covering topics like adolescence, menstruation, physical changes, hygiene, and social issues. Students enjoyed and benefited from the interactive sessions.



The Department of Psychology at REVA University conducted a two-day workshop on SPSS data analysis on December 8th and 9th, 2023, led by Dr. Lancy D'Souza from Maharajas College, Mysore. The workshop combined theoretical sessions and hands-on practice, covering data importing, cleaning, and analysis. Students engaged with real-world case studies, enhancing their understanding and application of SPSS. Positive feedback highlighted increased confidence in data analysis, with suggestions for more practical exercises and extended workshop duration.

DID YOU KNOW?

IN A FEW HOURS, YOU CAN BE CONVINCED YOU COMMITTED A CRIME THAT NEVER TOOK PLACE!!!!

QnA Bake Off

How do loneliness and social isolation affect college students, and what strategies can reduce these feelings?

Loneliness and isolation is one of the major issues students face. Loneliness and social isolation has major impact on their lives. It can lead to anxiety, depression, and decreased academic performance. When there is a transition from school to college, while travelling away from own family and childhood friends, they are moving away from familiar support systems. This will intensify their feeling of loneliness. Joining clubs, having mentoring session with teachers, being active and getting involved in college fests, and other activities such as encouraging meditation, exercise and being mindful will enable them to attain happiness and to foster a sense of belonging. Providing counselling and peer support services for students in college will enable students to share their concerns and issues with someone trustworthy. Having a caring and trustworthy environment in college as well as a culture of respecting diversity will help them to gain a sense of belongingness.

-Dr. Asha Mathew
Assistant Professor
Department of Psychology

What barriers do students face in seeking mental health support, particularly among specific groups like student-athletes, and how can these barriers be addressed?

Student athletes face barriers in seeking mental health support such as stigma, fear of appearing weak, and time constraints due to demanding schedules. Cultural factors and lack of awareness about available resources also play a role. Addressing these barriers requires creating a supportive environment that normalizes mental health discussions, integrating mental health resources into athletic programs, offering flexible scheduling for counseling sessions, and providing education on mental health to reduce stigma. Training coaches and staff to recognize signs of mental distress can help us be proactive in measures taken. Collaborating with mental health professionals to tailor support specifically for student-athletes will also help in accessibility and effectiveness.

-Aakash NR
Assistant professor
Department of Psychology

What are the mental health impacts of excessive technology and social media use among college students?

Technology has become essential in our daily lives, offering convenience and connectivity. However, its pervasive use, especially among students, has led to significant mental health issues. Social media platforms are designed to keep users engaged, triggering the brain's reward system and causing addiction. This constant need for validation results in anxiety, depression, and a fear of missing out. Moreover, excessive use of technology disrupts sleep patterns, hampers memory, and impairs cognitive functions, leading to poor academic performance. While technology offers vast information and benefits, its overuse is increasingly detrimental to both mental and physical health, requiring balanced and mindful usage.

-Ashika Shruti Chhotray
Assistant professor
Department of Psychology

What factors are driving the increased demand for mental health services among college students?

Higher awareness and decreased stigma, financial and academic constraints, social media influence, loneliness, and stress associated with their life are the main reasons behind the rise in need for mental health treatments among college students. The difficulties of adjusting to college life, increased initiatives for diversity and inclusion, the management of long-term medical illnesses, trauma exposure, substance misuse, interpersonal problems, and global issues like climate change all play a substantial role. All these elements point to the necessity of easily available mental health services on campuses to address the many and different issues that today's students encounter.

-Dr. Dhiksha J
Head of Department
Department of Psychology

Dopamine makes you addicted to seeking information???

Dopamine, a chemical that makes us feel pleasure, triggers a cycle where we keep seeking rewards. This can lead to an addiction to finding information. Using social media stimulates this dopamine cycle, making users keep scrolling for more content. This behavior continues until something interrupts it.

STUDENT RESEARCHES PRESENTED IN NATIONAL AND INTERNATIONAL CONFERENCE



Exploring the relationship between AI Attitudes and the Emotional Intelligence of Young Adults

-Namratha M, Pooja B, Somuki S

Young Researcher Award

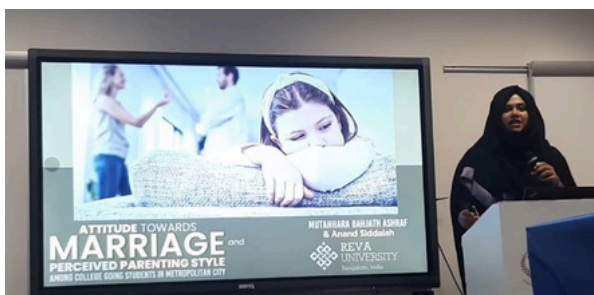
Pooja and Somuki, MSc Psychology students under the guidance of Prof. Namratha from REVA University, presented their paper "The Influence of Artificial Intelligence on the Emotional Intelligence of Young Adults" at the International Multidisciplinary Symposium on The Role and Future of Artificial Intelligence in Human Behavior. The symposium, organized by SDM College, Ujire, brought together experts and researchers to discuss the impact and future implications of AI on human behavior. Pooja and Somuki were honored with the prestigious Young Researcher Award for their outstanding contribution, highlighting the significance of their research in the rapidly evolving intersection of AI and psychology.

Paranormal beliefs among students

-Kusuma.v, Rehna

Rehna and Kusuma.v, students pursuing M.Sc. Psychology at REVA University, presented a paper on paranormal beliefs among students at the School of Social Work Roshini Nilaya in Mangalore on March 1 and 2, 2024.

The study examined the prevalence of paranormal beliefs among college students at REVA University, focusing on gender differences. The research used a traditional method paper pencil test and a correlational design to compare the beliefs of male and female students. The results showed that females had a higher prevalence of paranormal beliefs compared to males.



Parenting Styles Shape Attitudes Towards Marriage

-Anand Siddaiah and Mutahhara Bahjath Ashraf

presented a paper on attitudes towards marriage and perceived parenting styles among college students in a metropolitan city at the International Student Research Colloquium in Dubai. A study in Bangalore, India, found that 14.2% of college students hold negative attitudes towards marriage, with higher prevalence among females. Gender disparities were observed in parenting styles and attitudes, with authoritarian parenting being the most prevalent. The study emphasizes the need for university interventions to address these issues.

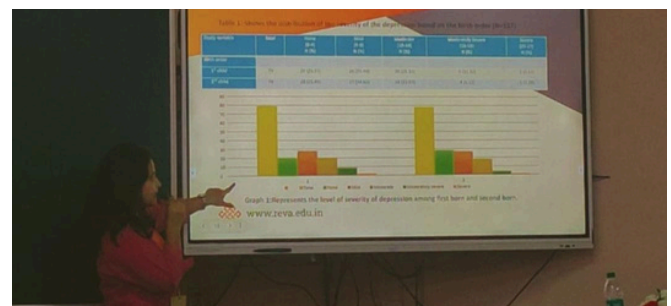


Form and Prevalence of Physical Abuse among College-Going Adolescents in Bangalore, Karnataka, South India

-Anand Siddaiah, Nafisa Jhosawa, Mutahhara Bahjath Ashraf, Vachana Subhash

Nafisa Jhosawa and Vachana Subhash from MSc psychology under the guidance of Dr. Anand Siddaiah presented their paper at the International Conference on Multidisciplinary Approaches to SDGs and International Partners in Kochi, Rajagiri College.

The study in Bangalore, South India, found that 63.7% of college-going adolescents experienced physical abuse, with males and females most affected. It underscores the need for psycho-education programs, policy enforcement, and support for survivors and mental health professionals.



A Study on Depression in College-Going Females Students in Karnataka

-Shreya Kulkarni and Anand Siddaiah

Shreya Kulkarni presented a study on birth order matters and depression among college-going females in Karnataka at the SDG International Conference. A study reveals a 34.4% depression prevalence among 157 female college students, with first-born individuals experiencing higher rates. The findings suggest a birth order-based variation in mental health outcomes, necessitating a holistic approach.

INTERNET ADDICTION AMONG COLLEGE-GOING STUDENTS IN BANGALORE CITY, KARNATAKA, SOUTH INDIA, POST COVID-19

-Mutahhara Bahjath Ashraf, Anand Siddaiah, Hemanth KS and Manikanta Pradhan

The study found a 61% prevalence of internet addiction among college students in Bangalore, Karnataka, South India, with a significant gender disparity. It underscored the need for targeted interventions and mass screenings to promote safe internet use.

VISTS TO GAIN PRACTICAL EXPOSURE



On 27th September 2023, the Department of Psychology at the School of Arts, Humanities and Social Sciences organized an extension activity for V BA JEP students. 17 students visited a Government School in Sonnappanahalli, Bangalore, conducting an adolescence module for 5th and 6th standard students. The activity aimed to raise awareness about puberty-related physical and psychological changes.



On 25th April 2023, VI BA JEP students visited the Accept Care Home in Kothanur, Bangalore, to enhance the psychological well-being of chronically ill and HIV patients. Activities included icebreakers, art therapy, talk therapy, and dance therapy, with balloons for balance.



The Department of Psychology at REVA University visited the Samveda Training and Research Centre in Davanagere, Karnataka, to educate students about Specific Learning Disability (SLD), remediation, and special education in India. The visit highlighted early identification, teacher training, systemic changes, and research in reading science.



A Psychology students visited Manasa Psychiatric Hospital in Shivamogga, Karnataka, to gain clinical exposure. The hospital offers comprehensive psychiatric care and support services. The students were orientated by Dr. Sridevi, visited outpatient and inpatient departments, and learned about patient intake, screening, assessment, and physio-center functions.



The Department of Psychology at REVA University held a Master Class on Specific Learning Disability on May 8, 2024, aimed at educating students about specific learning disabilities, their types, screening methods, and case studies of children with disabilities, particularly dyslexia. The class included workshops on screening, assessment, and remediation.

STUDENT ENRICHMENT PROGRAMS



REVA Psychological Association Dopamine hosted an Ethnic Day celebration, highlighting the rich cultural diversity within the community. The event featured vibrant displays of traditional attire, music, and dance from various ethnic backgrounds, fostering a deeper appreciation for cultural heritage and promoting inclusivity among participants.



REVA Psychological Association Dopamine conducted a Year-End Turnaround Program, focusing on senior interactions and learnings, fostering personal and professional growth through meaningful conversations and valuable insights.



On May 24th, the REVA Psychological Association Dopamine conducted a debate on the intersection of technology and psychology, examining the appropriate use of technology in mental health care.



BA and M.Sc. Psychology Students Unite in Green Initiative

Students from the BA 2nd Semester and M.Sc. Psychology students planted a sapling on Environmental Day, demonstrating their commitment to environmental preservation and the importance of nurturing and protecting our natural world.



Students are actively participating in visiting farms and learning about the importance and benefits of tree plantation to save the environment.



REVA University's 6th-semester BA JEP students participated in a team-building field trip on May 23rd, involving thrilling activities like river rafting, zip-lining, kayaking, zorbing, and river swimming. These experiences promoted teamwork, and cooperation, making the trip memorable and enriching.

Did you know?

Studies in psychology have shown that spending time in nature can significantly reduce stress, anxiety, and depression, while also boosting overall mental well-being. Planting trees and engaging with the environment can be a powerful way to improve your psychological health!"

STUDENTS OF PSYCHOLOGY

*BA JEP 1st YEAR*

Psychonicles
The Department of Psychology

*BA JEP 2nd year students**M.Sc. Psychology 1st year students**Our outgoing batches**BA JEP 3rd YEAR**M.Sc. Psychology final year students*

Congratulations to our outgoing batches for successfully completing your course at REVA University.

Opening New Doors of Learnings, Big Opportunities



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