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EFFECT OF MUSIC THERAPY ON MENTAL WELL-BEING OF GERIATRIC ADULTS

Rajeswari Basu¹, Swastika Basu², Namrita Bhowmik³

¹Assistant Professor, The Department of Clinical Psychology, The Gayatri Chetna Foundation in association with George College (CCPTR, MAKAUT, WB),

²Research Assistant, The Department of Clinical Psychology, The Gayatri Chetna Foundation in association with George College (CCPTR, MAKAUT, WB)

³Student, The Department of Clinical Psychology, The Gayatri Chetna Foundation in association with George College (CCPTR, MAKAUT, WB)

ABSTRACT

Music is a very effective means of boosting mood and reducing stress and anxiety. Music therapy helps in improving wellbeing and mental health. According to the population census, the geriatric population is nearly 149 million in India in 2023, among which one in five suffers from mental health concerns where 75% of them have chronic stress, 50% insomnia symptoms and more than one in ten older adults have major depression. Music therapy is found to be effective in improving mental health and sleep quality among the elderly. The present study aims at evaluating and drawing a comparison between the effect of music therapy on psychological distress and depression among geriatric individuals of West Bengal. 80 geriatric individuals residing in residence and old age home of West Bengal were assessed for the study using the General Health Questionnaire (GHQ) and Geriatric Depression Scale (GDS) to measure psychological distress and depression respectively. The major findings of the study reveal that music therapy has an impact on geriatric population. Music therapy have been found to be effective in reducing psychological distress and depression among the participants.

Keywords: *Geriatric population, psychological distress, depression, music therapy.*

INTRODUCTION

Music in its full potential, is more than just a collection of notes. Music is a dynamic multi-layered matrix of constantly changing tonal interconnections emerging within time, according to music historian Randall McClellan (1988). This dynamic matrix is what creates a deeply calming sensation. Due to its timeless nature, music serves as a catalyst for the advancement and improvement of all living things, including humans.

Classical music is revered in Vedic literature because it has the ability to affect nature itself in its most pure form. There are numerous stories in literature about Raag Deepak's ability to light diyas or Raag Malhar's role as the rain god. In the 16th century, Tansen, the renowned musician, who was considered one of Emperor Akbar's "nine gems" manifested his unique musical ability which had remarkable effects on the listener's mood and surroundings, such as in "Miyaki Malhar," "Darbari Kanada," and "Miyaki Todi". In Europe, by the late 19th and early 20th centuries, music therapy was becoming recognized as a treatment for mental illnesses.

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The Role Of Big Five Personality Factors On Perceived Stress Of University Professors

Swastika Basu¹, Rajeswaroo Basu², Paromita Mitra Bhattacharya³, Dr Parimal Bhattacharyya⁴, Augustin Joseph⁵

¹Research Assistant, The Department of Clinical Psychology, The Gayatri Chetna Foundation, CCPT, MAKAUT WB in association with George College

²Assistant Professor, The Department of Clinical Psychology, The Gayatri Chetna Foundation, CCPT, MAKAUT WB in association with George College

³HOD The Department of Clinical Psychology, The Gayatri Chetna Foundation, CCPT, MAKAUT WB in association with George College

⁴Principal, The Gayatri Chetna Foundation, CCPT, MAKAUT WB in association with George College

⁵Board of Advisor, The Department of Clinical Psychology, The Gayatri Chetna Foundation, CCPT, MAKAUT WB in association with George College

Abstract:

Professors play an important role in shaping a student's future. Hence it is important to take care of their mental health. The present research aims to study how different personality traits affect the perceived stress of university professors. For this purpose, data was collected from 53 university professors of West Bengal. The result indicates that the trait of neuroticism, extraversion and conscientiousness is significantly correlated with the perceived stress of professors. However no significant correlation was found between the traits of openness, agreeableness and perceived stress.

Key words: University Professors, Perceived Stress, Big Five Personality Traits

Introduction:

In a student's life a professors or teacher plays an important role. After parents a teacher is one who guides the students and shows them the right path. They enlighten a student's mind with knowledge. In Hindu Shastra a teacher is thus compared to God. A teacher serves as a role model to the students.

However, compared to other profession teachers report high level of stress and psychosomatic illness (Alexander Weinstein et.al 2021) [30]. High level of stress among professors affects their personal, occupational, social and economic life. This also affects the entire education system. As teachers are the main pillar of education system and they play an important role in shaping the future of the society taking care of

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Creativity, Emotional Intelligence and Narcissism in Medical Practitioners and Educators.

Paromita Mitra Bhaumik*, Rajeswarree Basu** and Urja Sen***

Abstract

Helping professions necessitate a certain extent of emotional intelligence and creativity which have previously been linked with narcissism. Our study aims to illustrate a comparison between medical practitioners and educators aged between 28-65 years, with respect to creativity, emotional intelligence and narcissism. The Kaufman's Domains of Creativity, Schutte's Emotional Intelligence and Narcissistic Personality Inventory have been used to measure the aforementioned variables. Independent samples t-test computed using SPSS software, revealed minor difference in creativity and non-significant difference in emotional intelligence and narcissism of medical practitioners and educators. Medical practitioners' emotional intelligence and narcissism ($p < 0.01$) showed strong positive correlation and educators' creativity positively correlated with emotional intelligence narcissism ($p < 0.01$ and $p < 0.01$, respectively) as per Pearson's r correlation on SPSS software.

Keywords: medical practitioners; educators; creativity; emotional intelligence; narcissism.

The study focuses on medical practitioners and teachers, categorized under helping professions, which by definition focus at providing services pertaining to health and education to the community (APA, 2020). Helping professions call for prosocial behaviour which in turn demands certain characteristics idiosyncratic of the professional at work. The duties of a helping professional are providing solutions to personal, physical, psychological or intellectual dilemmas and ultimately promoting growth in a holistic manner which indicates the existence of an altruistic motive. Nurturing is a critical aspect in these professions. A helping professional is also expected to be creative and an impressive problem solver so that he or she can cater to the needs of the community at hand. To identify and build strategies for providing the service requires prominent problem-solving skills and creativity. Such characteristics requires scholars to investigate into creativity in the context of helping professions and its detailed impact. Interaction between client and worker becomes an important aspect in providing service as helping professionals. Therefore, variables that affect interaction and communication are to be identified and worked upon accordingly. For effective communication, the worker in such occupations should be emotionally intelligent and empathetic enough, making emotional intelligence an important variable of study relevant to the helping professional population. A plethora of studies have been conducted on this dimension for effective assistance as a helping professional. To be a service provider in this sector of work, one should display dedication and commitment towards the group that they are working with. This may always not be the case, as nowadays, it is observed that there is an intention of accomplishment and status in these occupations. Previous studies have established the fact that there is a link with narcissism and self-reported prosocial behaviour. The possibility of these negative consequences of personal motives and intentions makes it more crucial to study the trait narcissism in helping professions.

In these professions, the entire personality of the worker comes into action, which can be assumed to be empathetic, client oriented, credible, responsible, sociable, creative, tolerant and flexible. Nonetheless, there's a high probability of negative consequences to appear in the form of aversive personality traits (Cypkova, 2020). The population of interest in this study are medical practitioners and educators of two age groups.

The qualities of a doctor have been investigated for a long time, revealing certain basic characteristics apart from medical competence and being ethical. These are interpersonal qualities for effective patient-doctor relationship and communication; organizational skills required within the hospital, openness to experience and new information for instance (Hoffbauer, Sherank and Holzinger, 2018). A physician, hence may be said, is expected to have certain virtues that makes him optimum, effective, creative and dependable. Compassion has been found to be playing a pivotal role in a doctor's behaviour (Animesh, 2017). Furthermore altruism (Feldman, 2017), humility (DuBois, et al., 2013; Jeffrey, 2020), and practical wisdom (Bain, 2018) are some of the idiosyncrasies expected from doctors. All these qualities can be observed in physicians with adequate emotional quotient.

Teaching has always been considered as one of the most respected and noblest professions. The role of an educator or a teacher is unparalleled considering the impact this service has on building the future generations. The teacher's leadership (Öqvist Malmström 2017) and teaching quality (Burroughs et al., 2019) have been made apparent as the key determinants of surpassing quality education. The work of an educator brings in a strong sense of duty and responsibility towards his or her pupils. There is a status value attached to the position of teacher as the impact of this profession is by and large foundational by nature. The teacher contributes to the mental health of the pupils and thus the teacher's socio-personal, physical and psychological balance is of extreme importance. A well-balanced teacher or

*HOD

**Assistant Professor,

***Research Assistant,

Department of Clinical Psychology, The Gyatri Chetna Foundation in association with George College (MAKAUT), Email: departmentofpsychology@georgecollege.org

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Prevalence of Internet Addiction, Shopping Addiction and Bulimia in Depressive Adults

Paromita Mitra Bhaumik^{1*}, Rajeswaree Basu², Debangana Bhattacharya³

ABSTRACT

Internet addiction, shopping addiction and bulimia has been found to affect neurological, psychological and social network adversely in many cases. The present study aims at drawing a comparison between depressive and non-depressive adults with respect to internet addiction, shopping addiction and bulimic behavior. 30 adults diagnosed with clinical depression and 30 non-depressive adults were assessed on the Internet Addiction Scale, Bergen's Shopping Addiction Scale and the Eating Disorder Diagnostic Scale to fulfill the aims of the study. The results revealed a significant difference between the study group and the control group with respect to internet addiction. High levels of depression have been seen to correlate with increase in internet addiction and shopping addiction. The findings also indicate individuals diagnosed with clinical depression and having high levels of shopping addiction, have a tendency to overeat as compared to those not diagnosed with depression.

Keywords: Internet Addiction, Bulimia, Shopping Addiction, Depression

Excessive or poorly controlled preoccupations, impulses, or behaviors related to computer use and internet access that cause impairment or suffering are referred to as internet addiction. Internet addiction has been linked to dimensionally evaluated depression as well as social isolation markers. Mood, anxiety, impulse control, and drug use problems are all prevalent psychiatric co-morbidities. Activities involved in higher level of internet use usually includes online gaming, scrolling through social media, online shopping and others. Having an occasional buying spree is not the same as having a shopping addiction. Overspending or over shopping can happen to everyone, but shopping addiction is defined by a strong desire to buy or pursue consumer items. People with shopping addiction utilize shopping as a coping method to regulate their emotions, gaining pleasure or comfort as a result of their purchases. Those who are hooked to shopping will frequently spend more than they can afford, experience post-purchase remorse, and then shop even more to make

¹HOD Department of Clinical Psychology, George Group of Colleges (Makaut), Consultant Psychologist with EEDF Medicare and Anubhav Positive Psychology

²Assistant Professor, Department of Clinical Psychology, George Group of Colleges (Makaut), Consultant Psychologist with Clinics, Kolkata

³Ph.D Research Scholar, Amity University, Kolkata. Teaching Faculty, Department of Clinical Psychology, George group of colleges, kolkata.

*Corresponding Author

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Study on wellbeing of senior citizens in West Bengal: Challenges and opportunities

Paromita Mitra Bhattacharya, Rajeswarree Basu, Swastika Basu

The Department of Clinical Psychology, The Gayatri Chetna Foundation in association with George College

Affiliated with MAKAUT, West Bengal

departmentofpsychology@georgecollege.org

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Abstract

Wellbeing of geriatric population is a matter of concern in the recent times. As people become older they face several problems such as psychological distress, depression, loneliness etc. This study intended to study whether music therapy and life skill training can be useful in reducing the challenges of old age and promote wellness. For this purpose, data was collected from 80 senior citizens (40 residing with family and 40 residing in old-age home) of West Bengal within the age range of 60-80 years and the method followed was pre-post-test on an exploratory research. Results indicate that music therapy and life skill training is highly effective in reducing psychological distress and depression among geriatric population and enhances their well-being.

Key words: Geriatric population, Psychological distress, Depression, Music therapy, Life skill training

Introduction

According to World Health Organisation, "Well-being encompasses quality of life and the ability of people and societies to contribute to the world with a sense of meaning and purpose" (World Health Organisation, Glossary of terms 2021) [30]. The expansion of knowledge-based development is necessary for a community's well-being since it will help people develop their skills and knowledge, which will eventually reduce the need for formal schooling (Gonzalez et al. 2005; Lazlo, K. and Lazlo, A. 2006) [9,17]. There are 74,90,514 people over 60 years old (48.6 percent females and 51.4 percent males), with 68 percent living in rural areas and 32 percent in metropolitan areas. With the onset of old age, people retiring from their work, children moving out of the city and loneliness at times lead to a depressive mood. Social isolation is common among the elderly, according to clinical and scientific evidence, and it has detrimental repercussions for their psychological and physical health. In the

literature of the social sciences, isolation is described as the real state of withdrawal and exclusion from social settings and interactions. The modern world has made it harder to build and maintain social connections, increasing the risk of social isolation among distinct communities. Not everyone encounters isolation and loneliness in life. In general, fatal events like retirement or the death of a spouse or peer make older people feel isolated. Analysing social isolation among the elderly is important for a number of reasons. To begin with, social isolation is more common as people get older. Older people are more prone to be lonely and have less social contacts. This may be attributed in part to poverty and the rise in likelihood of living alone among the elderly (Seyfzadeh et al., 2019) [27].

Though we may assume that sadness and depression both occurs together, there are many depressed seniors who are not sad at all. Instead, they complain about physical issues or a lack of motivation, energy. In the elderly,