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## Feedback loop of dream lag effect and emotional regulation

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### Abstract

The dream-lag effect may be defined as the late incorporation of details from events in the subject's waking life into the REM dreams, mostly on the fifth or sixth night after the event. The dream lag effect, however, indicates that dreams are more likely to be affected by difficulties faced in the recent past. If any extraordinary emotions are felt by someone- good or bad- those will be seen in dreams even after a prolonged time, say weeks. There might be a subsequent interaction: intense dreams that evoked powerful feelings upon waking up may increase the measure of the emotional state, and this in turn increases the chances of recalling that dream during waking and feeling emotions in waking state. This review seeks to address how emotion is central to our dream form and how our dreams sculpt our emotions.

**Keywords:** Dream lag effect, emotional experience, REM sleep, memory

### Introduction

Have you ever tried to understand the reason behind why perhaps an incident, a picture or even some people appears in one's dreams simply because they are incidents, pictures or people that were witnessed approximately a week ago? Think about the dream that you had last night. Now try to bring to mind three or four images that were present in that dream. And now think have you seen those photographs? If yes when did you do that? Most people respond to these simple questions of did you dream on the same night by saying most of the images are from the previous day or from 5-6 days prior to the dream (this Freud referred as day residue). This phenomenon is referred to as the dream lag effect, which is usually about a week. Or, to put it another way, there is one week's worth of time excess in regard to some types of experiences in the long term storage encoding. It complies with the assumption that as the process of consolidation is taking place, certain images can be encoded in a dream during the period when the process itself is being completed.

The term dream-lag effect was proposed in 1989 by Nielsen and Powell. Memory theorists suggest that the hippocampus takes events from the previous day, selects some to be consolidated into long term memory and then begins to transfer these over to the neocortex for permanent storage.

The study by Mark Blagrove *et al.* suggested that REM (Rapid Eye Movement) dreams were more likely to reflect recent waking experiences compared to Non-REM stage 2 dreams, indicating a stronger connection between REM sleep and the dream-lag effect.

**REM sleep Characteristics:** REM sleep is accompanied by very vivid and more narrative related phenomena, REM sleep and dreaming are of a narrative nature and therefore there is language speech and processes related to the use of brain structures are different. REM dreams are likely to have a more dream-lag effect because REM is highly emotional and incorporates recent events as such this is likely to result in more sophisticated dreams which recollect the past.

**NREM Stage 2 Sleep Characteristics:** NREM stage 2 is accompanied by less clear dreams even in this stage such dreams are usually shorter and disjointed. The dream-lag effect may not be very evident in NREM stage 2. Studies of sleep suggested that dreams reflect current emotions rather than memories from prior experiences commonly achieved by Psychological reconsolidation.

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## Influence of breadcrumbing on antisocial personality disorder in adolescents

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### Abstract

Breadcrumbing is accounting as a new concept in the modern relationship paradigm. Breadcrumbing is a form of emotional abuse as it involves controlling the other person and manipulating them. Antisocial personality disorder is mainly characterized by irresponsible behavior or impulsive attitude. Breadcrumbing leads to lowering the self-esteem of individuals and thus influencing their relationships. As individuals with antisocial personality disorder get breadcrumbing in their relationships, they exhibit anger and struggle with trust issues. The present study aims to measure the influence of breadcrumbing on antisocial personality disorder in adolescents. The Sample comprises 60 adults (aged 18 – 25 years). In this study, the primary data is collected using two different tools consisting of the Breadcrumbing in Affective-Sexual Relationships (BREAD-ASR) Questionnaire and the Antisocial Personality Disorder Test. The collected data is coded, scored, and exported to SPSS for analysis. For statistical analysis Mean, Standard Deviation, and Correlation were done. Hence, it can be concluded that there is a significant relationship between breadcrumbs and antisocial personality disorder in adolescents.

**Keywords:** Breadcrumbing, antisocial, personality, adolescent

### Introduction

In recent years, it has been identified that dating is becoming more ambiguous. It is regarded more as a way to know each other than a personal relationship. The increasing popularity of dating applications among young people is making ways to develop bonds. Breadcrumbing is a serious concern identified among young people as it is responsible for having a significant impact on both the victim and the perpetrator. Lack of commitment and severe uncertainty within the relationship are responsible for corroding confidence. Difficulties in trusting another person lead to hindrances in the formation of a healthy relationship. One of the damaging consequences of this breadcrumbing identified among adolescents are development of antisocial behavior and attitude. The present study aims to analyze the influence of breadcrumbing and its role in the development of antisocial personality disorders identified among adults.

### Concept of Breadcrumbing and Anti-social Personality Disorder

In a relationship, breadcrumbing is a cruel act as it leaves the victim feeling emotionally drained. The perpetrator offers only minimum affection and never promises real commitment. This treatment not only ruins the emotional aspect of the victim but also has a long lasting negative consequence over the psyche of the victim (Rhee *et al.*, 2021) <sup>[12]</sup>. In order to restore emotional balance, it is important to identify breadcrumbing. One of the important signs of antisocial personality disorder (ASPD) is that severity varies on the basis of occasion and situation. Being breadcrumbing in a relationship often leads to making the person emotionally unavailable (Mukherjee, 2024) <sup>[13]</sup>. Lack of attention and engaged in breadcrumbing behaviors led to developing antisocial traits. Development of antisocial tendencies further becomes the reason for low life satisfaction and feeling of loneliness. People experiencing breadcrumbs often feel helpless and fail to trust within relationships. Breadcrumbing is an emerging concern identified among young adults where avoidance in a relationship are identified. As breadcrumbing is responsible for creating distance within familial and social relationships, it changes the normal behavioral approach.

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## Influence of dietary habits due to body image issues on homosexual men

**Khusboo Khanal and Lina Sarkar**

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### Abstract

The present study focused on the relation between all three variables target which includes a dietary habit, body image issues and lastly Homosexual men. A gay man or homosexual man is a male who is attracted to other males sexually, romantically or emotionally. A gay man is most often subjected to the abuse of the word gay although the word gay is applicable to any person of the same gender. Guys too like other people have different sexual orientations as well as the different kinds of men's images, jobs, life's styles. Their sexuality is only one part of their personalities. In this modern generation, however, various television has created so-called desired attractiveness that a everyone is trying to attain thus leading to body image issues/body dissatisfaction these concerns are viewed dominantly within the context of gay men. And to achieve or follow that particular standard they usually take up so extremely conservative lifestyle. Body image issues are sometimes associated with the development of disordered eating or eating disturbances, including restrictive eating, binge-eating, or purging. This makes the cases of total dysmorphia or mismatched ideal body standards among the homosexual men.

**Keywords:** Dietary habits, body image, homosexual men

### Introduction

Imagine a world where fabulousness meets authenticity, and you've just taken your first step into the vibrant, fun, and diverse community of homosexual men—aka gay men! These are people who do not hide their real self because of social pressures or problems. They are proud, self-confident and they know how to express themselves. Also referred to as gay men, homosexual males are men who fall in love, emotionally or physically with other men. This type of sexual orientation is not the only one; others include heterosexuality - which means attraction to the opposite sex, bisexuality - which means attraction to both sex, and many others. Gay men have always existed in all cultures and communities from the beginning of time and so there is nothing wrong with the gayness in mankind. Previous years also differ in terms of this society's treatment of gay men. Some societies have shunned or outlawed homosexuality whilst others have embraced and applauded such practices. The LGBTQ+ rights movement has advanced the status of gay men in this modern age to an extent where they actively push for legal rights, marriage, and social acceptance. Despite this progression, there has been progress, but many challenges like homophobia, discrimination, and stereotypes persist in many legislations. In countries that recognize such families, homosexual males can have heterosexual relationships, marry and have children. They impact society in a variety of ways that can be compared to that of any other group and include political, artistic, scientific, and activist endeavors.

Body image terms are employed to refer to a person's perceptions, thoughts, and feelings about their body: the way a person regards and cherishes their physical aspects such as mass, form and size and also the person's beliefs, and the manner in which they act. Such attitude may include oneself evaluation of the body. The thing is, abs body perception and a person's body consequence can have either encouraging or haunting aspects also known as the pop culture, social relations, media and others like the changing environment and the people's mental state etc. There are a plethora of issues that include: eating disorders and low self-esteem, and factors that contribute to such problems are regards over body image especially amongst homosexual men. An important concern in the homosexual male society is body shaming which frequently remains unreported. According to societal demands, the standards of beauty are not only maintained by external communities but also by other sub-communities among the LGBTQ individuals themselves which can lead to various disorders namely Body dysmorphic disorder (BDD). It is a disorder where a person is obsessed with

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Research Paper

## Effects of Dance and Art Work on Anxiety and Aggression of College Student

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### ABSTRACT

The present experiment assessed the effect of dance practice and art work on state anxiety and state aggression of the college students. The sample consists of 60 female subjects (30 Subjects received training in Indian Classical Dance Forms and 30 Subjects received art training or no training in any other art forms). Then Spielberger State – Trait Anxiety Inventory (1983), and State – Trait Anger Expression Inventory (Spielberger 1994) were administered to assess the state anxiety and the state aggression respectively. For the analysis of data; mean, standard deviation and t-test were calculated, the analysis revealed that: State anxiety is reduced after dance practice and art work. State aggression is also reduced after dance practice and art work.

**Keywords:** Anxiety, Aggression, Classical dance, Art work

**A**rt is a diverse human activity reflecting societal culture and emotions. It encompasses Visual, Literature, and Performing Arts. Dance, an expressive form, aids physical health and emotional well-being. Indian classical dances like Bharatnatyam and Kathak impact emotional release and anger reduction. Artwork, especially by children, reflects developmental stages and emotional expression. It serves as a therapeutic tool, aiding in communication and conflict resolution. Both art forms, through dance and artwork, combat anxiety by promoting self-expression, confidence, and socialization. They also mitigate aggression by channeling emotions positively and influencing mood. Mandala, a symbol of wholeness, aids in self-awareness and relaxation. Overall, art in various forms is a powerful tool for emotional expression, healing, and personal growth.

### REVIEW OF LITERATURE

#### Effects of Dance on Anxiety

Several studies have explored the impact of dance on anxiety levels. Koch, Kunz, Lykou, and Cruz (2014) conducted a meta-analysis of 23 primary trials and found that dance interventions were effective in increasing quality of life while decreasing depression and anxiety. Grabner, Goodill, Hill, and Neida (1999) focused on college and pre-college

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## Impact of internet gaming on academic performance and their rejection sensitivity of a private university on female students

Rituparna Sahana and Lina Sarkar

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### Abstract

The present study assessed the impact of internet gaming on academic performance of female students of a private university. The sample consisted of 60 female subjects (age range 18-26 years) playing online games of a Private University. Then Internet Gaming Disorder Scale-Short-Form (IGDS9-SF, Pontes *et al.* 2015)<sup>10</sup> and Rejection Sensitivity Questionnaire, Adult version (A-RSQ) were administered to assess the effect of Internet gaming on academic performance anxiety and their rejection sensitivity respectively. For the data, mean, standard deviation and correlation were calculated, the analysis revealed that: Internet gaming has no significant impact on academic performance but it has negative impact on rejection sensitivity.

**Keywords:** Academic performance, online gaming, internet gaming disorder, rejection sensitivity

### Introduction

The global surge in Internet gaming, featuring popular titles like "Grand Theft Auto," "Mortal Kombat," and "Call of Duty," has led to the creation of a thriving industry (Király, Nagygyörgy, Griffiths, & Demetrovics, 2014; Kuss, 2013)<sup>11-19</sup>. While gaming offers enjoyment and social interaction, concerns have arisen regarding gaming addiction or Internet Gaming Disorder (IGD), characterized by persistent and compulsive gaming that disrupts various aspects of life. These disruptions include psychological impacts, declines in academic performance, sedentary lifestyle issues, strained social relationships, cognitive development disruption, and financial implications. Academic performance, a crucial measure in formal education, is influenced by various factors, with Internet gaming's impact involving poor time management, distraction, sleep disruptions, social isolation, and addiction potential. A balanced approach is essential to mitigate risks for individuals. Rejection sensitivity, marked by heightened emotional responses to potential rejection or criticism, impacts thoughts, emotions, behavior, and relationships. Addressing rejection sensitivity is crucial for personal growth and healthy relationships, although limited research exists on its specific relationship with Internet gaming. In conclusion, excessive Internet gaming can adversely affect psychological well-being, academic performance, and rejection sensitivity. Promoting awareness, responsible gaming habits, and a balanced lifestyle is crucial to mitigate potential negative impacts. Further research is needed to better understand the relationship between Internet gaming and rejection sensitivity. Examining relevant literature, findings by Emil G. M. van Schie *et al.* (1996)<sup>19</sup> reveal no significant link between videogame time and aggressive behavior, with a negative association observed with prosocial behavior and a positive correlation with a child's intelligence. Yi-Ping Hsieh *et al.* (2016)<sup>20</sup> show a positive correlation between multidimensional victimization and internet addiction among fourth-grade students in Taiwan. Hawi *et al.* (2018)<sup>17</sup> present a study revealing that younger age, inadequate sleep, and lower academic achievement were positively associated with IGD. Kubey *et al.* (2001)<sup>11</sup> find that heavier recreational Internet use correlated with impaired academic performance, and self-reported Internet dependency and academic impairment were linked to greater use of synchronous communication applications. Weinstein *et al.* (2016)<sup>22</sup> observe that individuals with Internet and video game addictions display impulsive behaviors, prioritize immediate rewards, and show a

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## Microbiome: Human Nutrition and Psychology

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### ABSTRACT

In modern World, gut microbiome is the expanding research field. Gut microbiome is the assembly of microbes these are present in gut microbiota of human intestinal cells. Human health, Psychology and gut microbiome interrelationship is very much integrated. Psychology and human nutrition are becoming a rapidly increasing medical burden. Gut microbiota is an important section of the gut-brain network, and it meet up with the brain through the microbiota-gut-brain axis. Psychology of gut brain will bring great advancement in psychology. Gut microbiota composition is altered according to age along with dietary diversification. Gut microbiota plays favourable function in the human health, host's mind and behaviour. Mood and emotion are concerned by the gut microbiota. This review article provides some information about the relationship between gut microbiome, human nutrition and psychology.

**Keywords:** Anxiety, Brain Function, Diabetes Mellitus, Dysbiosis, Mood

**G**ut microbiome is defined as group of microbes which are resided in gut microbiota of human. It has been ensured straightly or concomitantly (arbitrating the functions of diet) in human metabolism (Clemente *et al.*, 2012; Valdes *et al.*, 2018). The relationship among constitution of intestinal gut microbiome & it's stave off capacity of ailments have described elaborately in multiple literature. Not long ago, authors have documented that, function for gut microbiota in impacting distant organ and mucosal or immune justification (Belkaid & Hand, 2014; Zheng *et al.*, 2020). Substantial attempt is fascinated about comprehending the origin of microbiome community fabrication in personage simultaneously upgrades our apprehension of interconnection among intestinal microbiome & host cells.

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# Nutritional Psychiatry: Focuses on Improving Mental Health through Diet

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## ABSTRACT

Diet and nutrition have a significant role in both physical health as well as mental health, according to a growing body of studies. A growing body of evidence shows that a poor diet may contribute to the development of mental health issues such as anxiety and depression. Despite the lack of scientific evidence, scientists are now looking at the link between diet and mental health, which has hitherto been mostly ignored. Epidemiology does not show the fundamental reasons or processes of a good diet and mental health. What is going on should be the primary goal of future studies. High-quality, well-powered randomised controlled trials (RCTs) are needed to go from population-based observations to individualised nutrition. Nutritional psychiatry is a relatively new discipline, and this overview examines the empirical evidence that supports the necessity for a well-balanced diet for mental health. Evidence on nutrition and mental health is scant in terms of causation and underlying processes. In the future, researchers should focus on understanding how everything works together. High-quality, well-powered randomised controlled trials should focus on transitioning from population-based observations to individual nutrition. You may learn more about why a healthy diet is so important for mental health by looking at the scientific data.

**Keywords:** mental health, nutrients, attention deficit hyperactivity disorder (ADHD), brain function, depression, minerals, vitamins.

**Nutritional advice on mental health has a weak scientific evidence base.**

"Whether the goal is to improve mood, enhance cognitive function, prevent decline, or even provide beneficial effects in certain brain diseases, such as epilepsy, attention deficit hyperactivity disorder (ADHD), and autism, information about the link between nutrition and mental health is increasingly invading our daily lives in the popular press."

A common misunderstanding seems to exist that dietary advice for mental health are supported by solid research. Even in the best-case scenario, it might be difficult to prove that certain diets or certain food components have an effect on mental health.

One of the most important societal concerns of our day is the growth in mood disorders, stress-induced cognitive weaknesses, and mental diseases across Europe and the rest of the world during the next several