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Story

Unforgettable day in every girls life is her marriage. Be it a tomboy or shy baby, she feels blush in her cheeks. When I said unforgettable, it can be either a day filled with happiness or her dooms day. Sejal never smiled after her marriage with Kaushik. Born in a conservative family, Sejal was first in line for marriage followed by her 3 sisters. Growing up in a congested environment, she never had the liberty and space to speak her mind. No one knew her passion for basket knitting and dress designing. She was married to her husband, a 30 year old good for nothing, Mumma's boy. Sejal was crumbled to her in-laws harsh behavior and her husband's inability to support her anywhere. 5 years passed by, Sejal sensed that all what she went through was gradually now shifting to her daughter Kiki. With the only intention to get her daughter out of the vicious family, Sejal mustered up courage to finally get a divorce from her Kaushik. Initial days were hard, but much easier than being with the in-laws. From daily wage labour to house maid, Sejal did all jobs to make sure Kiki studied well. They slept on the mud floor with so much happiness. Kiki never complained about missing daddy, neither did Sejal. Kiki was her sole reason to live, and mom was Kiki's entire world. Living happily in their own small house, Sejal smiled again promising her daughter the happiest of life ahead.



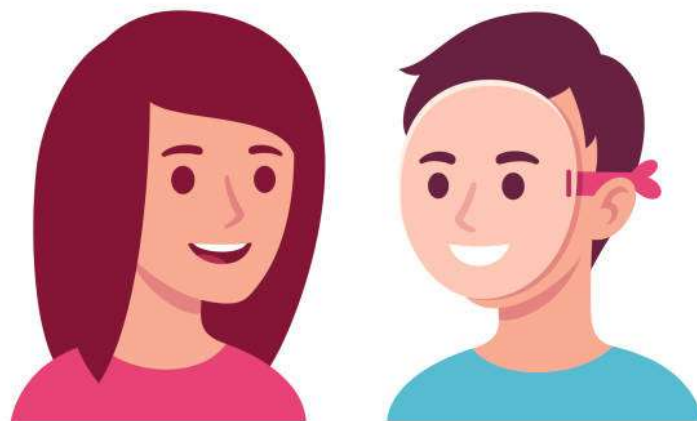
Be it marriage or any relationship, have the audacity to leave the place when you aren't being treated right.

-Sriharshini

Toxic Friendship

Friends are extended family. Friendship isn't a forced thing, but a relationship that blossoms with trust, humor and support. What if this beautiful connection curbs your inner peace? Toxicity is a thing that has spared no material and bond. Born to anger and vengeance, toxic nature feeds on happiness and peace to slowly destroy us. No one can dominate us and exert pressure in the name of "we're friends!". Understand, no is your true friend until they defend your name in your absence. A filthy connection, with just suppression of one and oppression of the other disturbs both the concerned person. It's like expecting them to be nice, when all you bring them is headache. Talking about toxic friendship, another point to be noted is our self growth. We cannot heal in the same environment where we are suffocating.

Shifting places both physically and mentally does a lot of healing. Cut-off contacts, stop responding to them. These may sound awkward and cut-throat, but it's the best you can do to yourself. Another age old method is to convince your friend about their nature and trying to change them, which may or may not work! But the former one works for sure.



Maintain a healthy circle of friends, be humble enough to accept mistakes and courageous enough to stand against the mistake.

-Sriharshini

I'll do it tomorrow



We all have been there, procrastinating. Procrastination is postponing or delaying tasks. This happens for many reasons. Some of them are being impulsive, “I don’t feel like doing it, so I won’t do it”, or when we don’t feel like that the task has greater value, or when the task to be completed is too far from the time it was supposed to be done or when we feel that the task is not going to achieve the value we want, and so on. We might judge ourselves, blame us and make ourselves feel guilty about procrastinating. This will trap us in a prison of guilt. And we might sometimes go on saying it to people like “I’m lazy”, “I’m not capable” or “I’m not smart enough to do that”. These things might make us feel better at that point of time. We may feel that criticizing ourselves might not give others the opportunity to criticize or blame us. But this doesn’t make us more productive, more effective, or more proactive. We might want to reach the higher step, but we need to start from the lower one. There is no shortcut for that. We might think that “my goal is so big and I want to achieve it as soon as possible”. And if I can’t reach there so fast, then I’m not supposed to start here”. This feeling is so frustrating. We should understand that we can’t skip a step. So to overcome this, first, we have to prioritize things and start one at a time. And we should keep in mind that “This is my priority, and till I finish it, I won’t stop or do something else”. And we should think of the end result and how it feels when the task is completed. This helps a lot.

-Chethana R Acharya

Geriatric Mental Health

Old age is the closing period in the life span. From the age 60 and above is considered as old age. It is a period when people “move away” from previous, more desirable periods -or times of usefulness. The old age is further divided into two stages i.e., early old age, which extends from age 60 to age 70 and advanced old age which begins at seventy and extends to the end of the life.



Old age is characterized by certain physical and psychological changes such as slow and gradual physical and mental decline, change in social attitude towards them , changes in role ,poor adjustment, sensory changes, sexual changes ,changes in motor abilities, changes in mental abilities. There are also certain problems of adjustment unique to old age , such as increased physical and economic dependency on others, establishing new social contacts, developing new interests and activities to occupy increased leisure time, learning to treat grown children as adults and being victimized because of the inability to defend one self. All of these changes will have serious impact on mental health of the old people

All of these changes are due to lack of environmental stimulation, deterioration in health and economic status, changes in place of residence and marital status, changes in values,

Some of the mental health problems that occur during old age

Dementia: It is a chronic and progressive problem in which the deterioration of memory, thinking, behaviour and the ability to perform everyday activities. dementia mainly affects older people. It is estimated that 50 million people worldwide are living with dementia with nearly 60% living in low and middle income countries.

Depression: Depression leads to great suffering and impaired functioning in daily life. As the depression will be coocurred with other symptoms during old age, depression is usually underdiagnosed or undertreated. Older people with depressive symptoms have poorer functioning when compared to those with other chronic medical conditions such as diabetes, hypertension, lung disease, etc.,

Some of the tips for the maintenance of mental health of the old age people



Play mindful games : As the body needs physical activities to stay healthy, brain needs mental activities to avoid cognitive decline as we age. Any activities that keeps the mind engaged and working towards solving problems contributes to brain health, among which reading and writing, playing an instrument, playing puzzles and games.



Get Physical exercises: Taking regular walks, yoga, exercise, physical activity benefit both and the body by boosting confidence and reducing the risk of fall. It also reduces the common age related problems such as bone fracture, joint pain and other chronic illnesses. It also helps in managing anxiety, stress and depression.

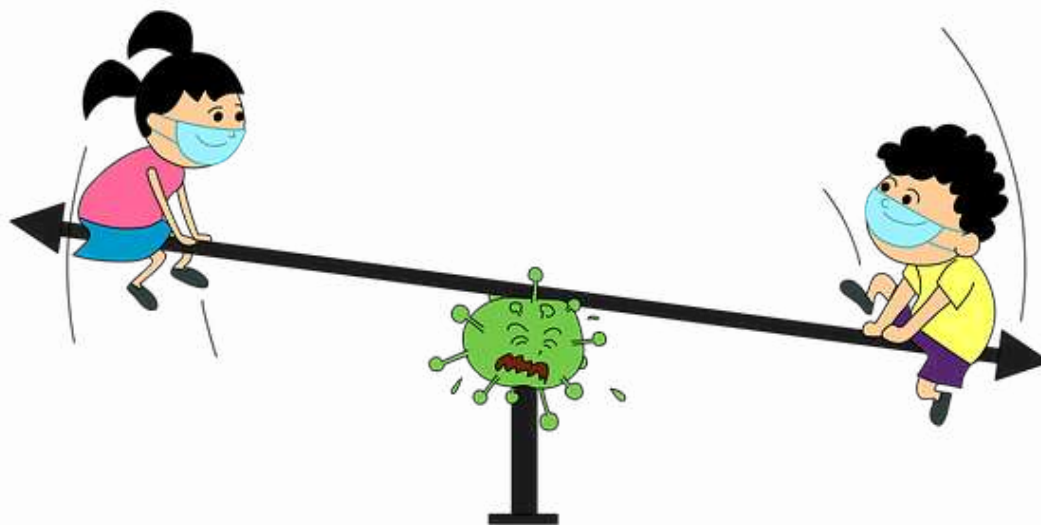
Stay connected with the friends: It usually difficult for the people to maintain close relationship with the friends as they are age. But the modern development in technology makes it easy. It helps to reduce loneliness and feelings of isolation. Having friends during old age can help in sharing feelings and emotions.

-Hani Kuruvari

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Mental Health of Children

In this pandemic we gave more importance to physical health of the children, but we forgot to take care of their mental health. For a healthy living only physical health is not needed, we need mental health also for the healthy living. We all are aware that this pandemic began from March 2020 and it is almost 1 year we are living in this pandemic. How so cruel the situation is in INDIA? The schools, educational institution, play park, pools and other recreational centers are closed in India. What will be the mental state of the children during this pandemic? The children in INDIA faces many crisis like stress, anxiety, sadness, separation from their friends and their loved ones, loss of interest in educational activities, changes in their appetite, decreased memory and impaired concentration, lack of physical exercise all these may cause impaired mental health of the children. In this current situation, young children are likely to be more stressed because they keep sending most of their time in online classes and are kept away from their school and friends. This pandemic has influenced the mental health of the children in both positive and negative aspects.



POSITIVE SIDES OF MENTAL HEALTH	NEGATIVE SIDES OF MENTAL HEALTH
They develop awareness about an unknown disease	Addiction to social media, mobiles, video games like PUBG
Personality development	Frustrated, anger, anxiety
Indulge in indoor activities	Lack of outdoor activities
Developing humanity	Impaired cognition



The transitional shift from physical classes to online classes has significantly disrupted the lives of students, posing a potential risk in developing mental insufficiency. The mental health of the children can be improved by doing yoga, recreational works, drawing and doodling and healthy diet.

-Dhanusrii

What is Performance Psychology?

Performance is an act or behaviour of doing a task. Performance Psychology could be predominantly seen as a factor important in sports psychology. However, psychologists are now studying it across various domains involving performances. The branch is now expanding towards business, medicine, music, dance, performing arts, etc.

Performance Psychology helps understand the factors that facilitate optimal human functioning, produce superior results under pressure and improve productivity. Performance psychologists help individuals or groups by identifying and creating a positive mindset for developing, enhancing and maintaining optimal performance. They focus on increasing the mental skills required to perform the behaviours and carry out the tasks. Performance psychology typically focuses on factors such as motivation, attitudes, personality, leadership, teamwork, visualisation, self-programming, concentration, training, learning and development, performance anxiety, communication skills, building confidence and self-efficacy, etc. They aim at training individuals with more healthy habits to perform consistently well under high pressure situations.



Imparting these skill training and mental health training, in totality aims at building resilience, optimal functioning and tackling obstacles. In most cases, professionals, especially from the field of performing arts, undergo a lot of scrutiny and judgement. Their performance is micromanaged by the audience and viewers. Staying in the limelight is another stressful task for them. Performance Psychologists also help them to view these situations in a challenging rather than stressful way and develop strategies accordingly. They are focused on learning from failures, handling failures, dealing with success but at the same time not letting success or failure affect the future performance mindset.



When it comes to any type of performance in any set up, each one has a supervisor, boss or a coach who trains us. Performance Psychologists also help these leaders from organisations or coaches to understand the cognitive, emotional and behavioural aspects of their team members. They then together develop strategies by keeping all the psychological and performance variable into consideration. These strategies are built in a way that they best suit the psyche and the personality of both, the leaders/coaches as well as the subordinates/team members/students.

If these aspects of performances and high-pressure environments are not dealt with, properly, they might lead to emotional and psychological instability. Performance Psychologists also help them with thought modification techniques, emotional intelligence skills, mindfulness and relaxation techniques, etc, to deal with these ups and downs.

-Anuja Sathe

**Are you scared of
missing out...?**

FOMO, “fear of missing out” is a phenomenon which is causing significant stress in people in recent days. FOMO refers to the perception that others are having fun and they are enjoying their life more than I do, and I am missing those things. It affects our self-esteem and it involves a deep sense of envy. It is often aggravated by social media sites like Facebook, Instagram, Snapchat and others. Now-a-days people are exaggerating, fabricating their lives on their online profiles. This is making other people to envy them.

FOMO is “the potential for simply a different connection. It may be better, it may be worse — we just don’t know until we check.” FOMO may become an anxiety or a motivation in people, especially in social media users. So this means that controlling FOMO is in our hands. We need to understand that whatever we see in social media platform is not necessarily be true. It might be a falsified representation of their lives. So is it good for you, to feel envious towards something which we don’t even know for sure that it’s real or not? It is just our perception that is giving us the wrong idea, so we just have to change our perception consciously and think twice before believing something online. It effects people with all age groups and across all sorts of social media platform.



To overcome this, we should shift our focus from online life to real life, we should practice gratitude for whatever we have got in life rather than crying on the things by comparing to others, we should seek out real life connections rather than an online connection or relationship

Although FOMO is has a high relation with social media usage, it happens in real life too. We should remember that it is a real feeling and it is so common. Everyone does feel this FOMO at a certain level at different point of lives. If you are suffering from this feeling, try to reach out to your friends and talk to them about the things you are grateful for in your life.

-Chethana R Acharya

PSYCHOLOGY OF RELATIONSHIPS

When most people think about liking or disliking someone, they tend to focus on factors such as similarity or dissimilarity to them in important ways. They see if the person is physically attractive or pleasant and fun to be with. The need to be with others and to be with them is as basic as our psychological needs such as hunger and thirst. Love at first sight refers to the fact that sometimes just seeing someone for the first time can be the basis for powerful feelings of attraction toward that person. Although we are warned repeatedly against being too susceptible to other's physical charms, it is all too clear that physical appearance often plays a powerful role in interpersonal attraction. People even respond to attractive infants more than unattractive infants. Comparatively, attractive individuals have more voluntary friends. Just like the saying goes "white people don't lie", people unconsciously believe that attractive people are more responsive and warm. There is another factor that adds up to physical beauty--color. In many ancient cultures and modern cultures, the color red has been associated with increased attractiveness mostly for women. Social psychologists have said that red increases women's attractiveness to men.



Love is far behind attraction- it suggests a much stronger and often much more lasting relationship. Love is an emotional reaction that seems as basic as sadness, happiness and fear. Research By social psychologist indicates that falling in love leads to an increase in self-efficacy and self-esteem which are two important ingredients in psychological health and happiness. There is a popular triangular model of love given by Sternberg (1986). This theory suggests that each love relationship is made up of three basic components namely intimacy, passion and commitment. Intimacy is the closeness of two people and the strength of the bond that holds them together. Passion is based on romance, physical attractiveness and sexual motives. When all three angles of the triangle are equally strong and balanced, the result is described as consummate love. Consummate love is the ideal form but often difficult to attain or maintain. Falling in love sometimes begins as a sudden, overwhelming, surging, all-consuming positive reaction to another person. This reaction feels as if it's beyond control. This emotional and often unrealistic response is called passionate love.



Parent-child interactions are of basic importance because this is usually the child's first contact with another person. We come into the world ready to interact with other humans but the specific characteristics of those interactions differ from person to person and from family to family. It is those entails that seem to have important implications for our later interpersonal behaviour. Besides the mother and the father, other adult family members may interact with the infants and young children. For example, grandparents, aunt and uncles can also have strong effects on the child's development and later social behaviour. Sibling interaction contributes to interpersonal behaviour. Among elementary school children, those without siblings are found to be liked less by their classmates. Children with no siblings also tend to be either more aggressive or more victimized by aggressors than those with siblings. This is because having brothers or sisters provides useful interpersonal learning experiences.

Many childhood friendships simply fade away, but sometimes a relationship begun in early childhood or adolescence can mature into a close friendship that involves increasing mature types of interaction. Such friendships can survive for decades. A close friend is valued for his/her generosity, sensitivity and providing mutual emotional support. Women expect to place greater emphasis on intimacy that is they expect to share and discuss emotions and experiences with their friends and receive emotional support from them. In contrast, men tend to form friendships on the basis of playing sports, co-working on joint projects and sharing hobbies. Consider a situation for example in which a man is playing football with friends and falls, skinning his knee. His male friends may shout that it is nothing and ask him to get off the field rather than interrupting the game. In contrast, female friends might be more likely to rush over to check up on him.



Thus various relationships play various roles in our day to day life. They also have deep psychological connections.

-Keethai

MOVIE REVIEW

Split

Split is a psychological horror-thriller film which has a great picture about multiple personality disorder. This story was inspired by a true story of Billy Milligan.

Introduction

Movie's name : Split

Genre - horror/thriller

Language - English

Available on - Netflix

Directed by - M. Night shyamalan

Released on - 24 February 2017 (India)



Inspiration for the movie :

Billy Milligan was a real life character who had multiple personality disorder. Milligan's birth name was William, but he was also Ragen, Arthur, Adalana, Christene and 19 others. He was the first person in American history to successfully use multiple-personality disorder as a defense for a violent crime. His lawyers claimed in the court that two of his alternate personalities committed the crimes without Milligan being aware of it. He died of cancer on december 12, 2014.

About the movie :

In this movie, Kevin is the protagonist. He suffers from multiple personality disorder, he has 23 alter egos. His 24th personality is referred to as the beast. It is shown very much scarier in the movie that even gunshots don't harm him when he shifts to the beast personality.

At the start of the movie, Kevin kidnaps three adolescent girls and traps them in a tunnel where he lives. Kevin was suspected of psychological disorder and was consulting psychologists throughout the movie. The girls try to escape but fail in every attempt. They really get scared of seeing him act differently each time he walks through the door. One time he would be strict and threaten them . the next time he would behave like a little kid and speak to them. Next time he would behave like a woman, cook for them and brush their hair.

One of the girls eventually figures out to talk to him. She figures out the friendly personality of him and tries to bring it out. Even Though she went close to calling out for help, he suddenly shifts into another personality and punishes her. At last, he turns into the beast personality and eats the two other girls to death. The other girl manages to survive.

Conclusion :

Split is a much watch psychological movie which will definitely make you end up on the edge of the seat.

-Keethai

COMICS



-Sandhya

Contributors



Anuja Sathe



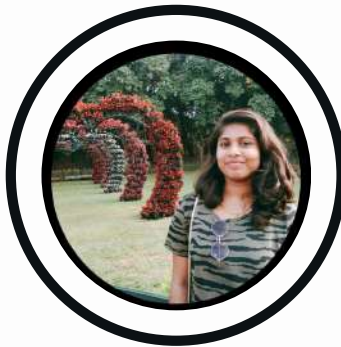
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