

REFLECTIONS

August, 2019

Department of Psychology

Note from the Editors

"Pain insists upon being attended to"

- C.S. Lewis

With the incidence of depression, anxiety and stress related illnesses increasing among adolescents and young adults around the world, this edition of *Reflections* focuses on the theme of mental illness. Students were encouraged to depict this theme through the medium of art: paintings, sketches, poetry and prose. Their contributions focus not only on the types of mental illnesses that are most common, they explore the emotional, cognitive and behavioural effects that it has on an individual from a more personal point of view.

This magazine also features the new name and logo of the Psychology Association, namely Mandala. Mandala is a graphical representation of the centre or the self as described by neo-Freudian Carl Jung. Examples of the mandala can be found in all cultures. It is found in Christianity in frescoes with animal images representing the apostles. In Indian culture, it is found in yogic practices and religious texts.

Another feature that has been introduced in this magazine is the summary of a research paper pertinent to the topic. This edition features a summary of a paper titled *Cultural altruism and masochism in women in the East* written by one of India's most famous psychoanalysts Dr. Jhuma Basak. The paper explores themes to female repression and its effect on a woman's emotional wellbeing.

As with previous issues of the magazine, the process of creating this edition was almost entirely student driven. Content for this edition was also from submissions made by students from different streams. On behalf of the editorial team, we would like to thank every student who contributed to the August 2019 edition of *Reflections*. We would like to thank the management, particularly Father Brian Pereira S.J., Director and Dr. Albert Smith, Principal for enabling us to provide this platform for students to display their talents. We are sure that all those who read *Reflections, August 2019* will be inspired and gain insight into the struggle and pain that many people often experience in silence.

Dr. Rekha Ahuja and Ms. Maryanne Pais

Department of Psychology.



Current Research in the Indian Scenario

Moral Masochism – An Insight into Women in India

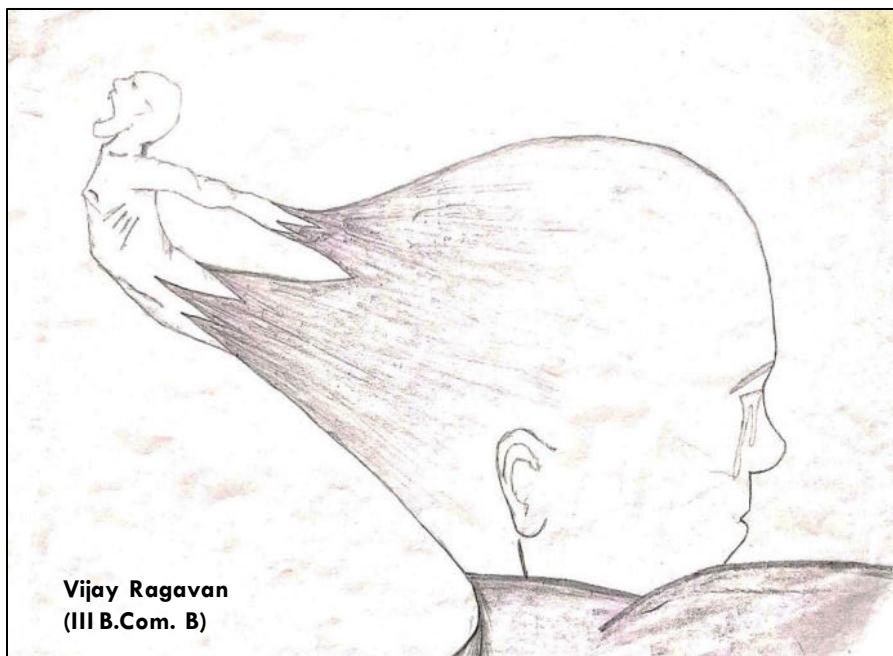
Dr. Jhuma Basak has been a practicing psychoanalyst for the past 22 years. She is currently a member of the Indian Psychoanalytical Society (Kolkata), the Japan Psychoanalytical Association (Tokyo) and of the International Psychoanalytical Association. She has published papers on a variety of topics relating to culture and its effects on the personality of the individual. Her papers have been translated into French, Italian, German, Spanish, and Hungarian.

In her paper titled Cultural altruism and masochism in women in the

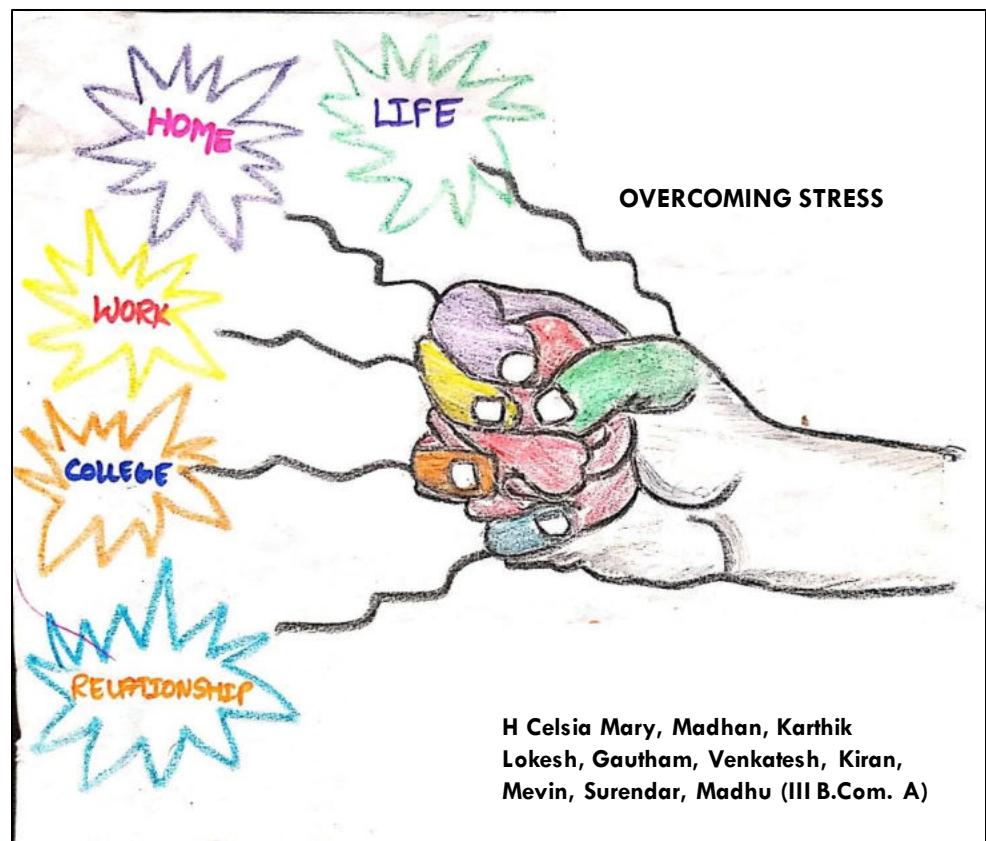
East, Dr. Basak examines the effect that the construct of self-sacrifice has on women's emotional and moral wellbeing. She argues that this construct of self-sacrifice makes 'desiring' or ambition taboo.

Dr. Basak explores the multi-layered psychological, social and cultural factors that repress women's ability to liberate their personality and express themselves freely. Such repression, she argues, can lead to emotional masochism, that is most commonly expressed in the form of depressive guilt.

As with several of her writings, this paper falls into the research area of cultural psychoanalysis. This and many of her other papers are truly insightful, and provide scope for exploring the interaction between the individual and their culture.



Vijay Ragavan
(III B.Com. B)



H Celsia Mary, Madhan, Karthik Lokesh, Gautham, Venkatesh, Kiran, Mevin, Surendar, Madhu (III B.Com. A)

The Number Game

According to a study conducted by the National Institute of Mental Health, nearly **one in five adults** suffer from mental illness.

One in twenty Indians suffer from depression.

The World Health Organisation ranks India as **number one** on its list of most depressed countries.

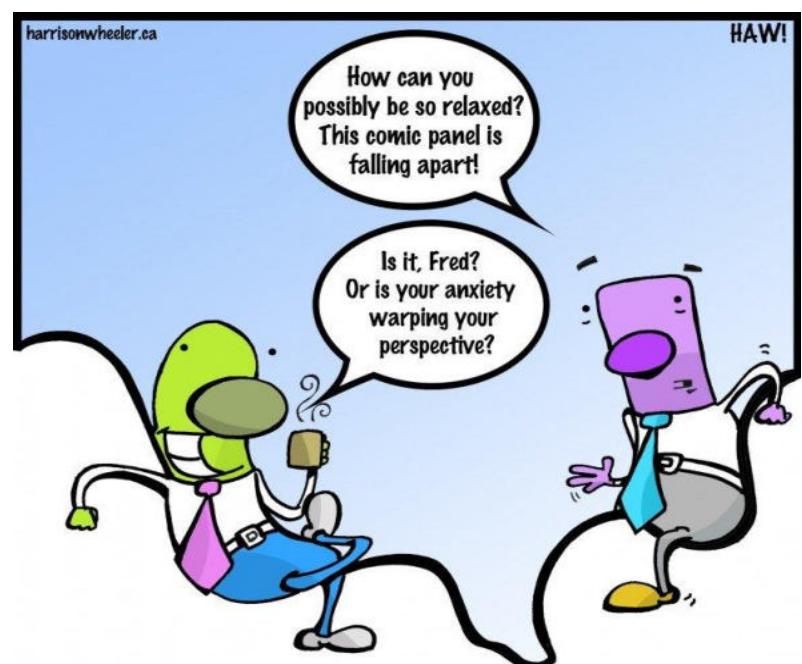
Over **15%** on the Indian population needs active intervention for one or more mental disorders.

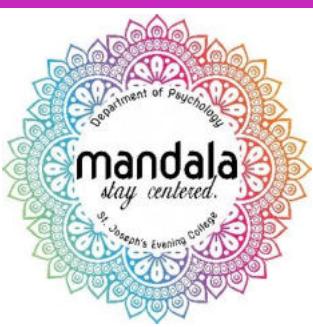
50% of the working population is suffering from chronic stress.

The **third largest** cause of death among teenagers is suicide.

On average, **300** people commit suicide every day.

Up to **50%** of all mental disorders begin in a adolescence.





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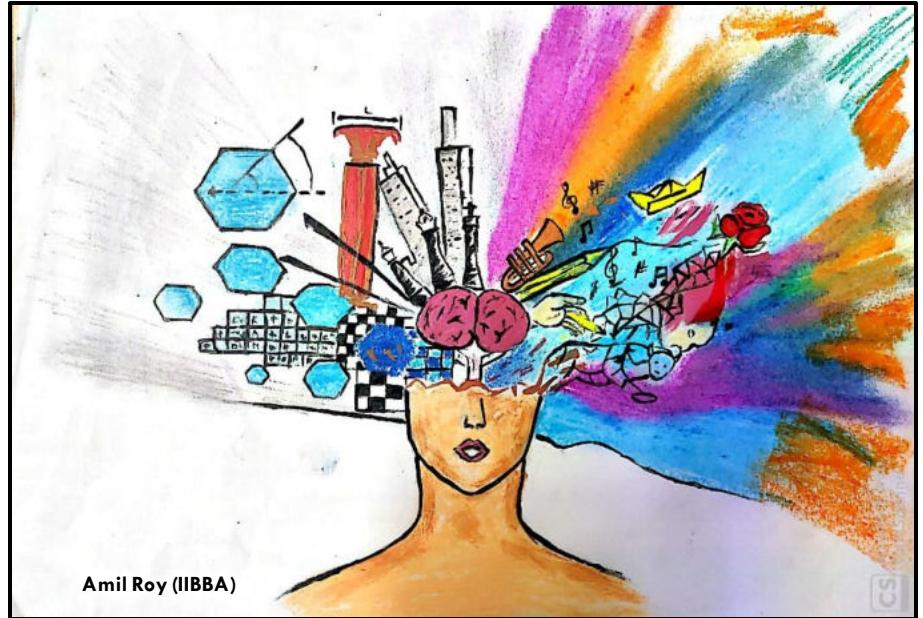
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Phobias

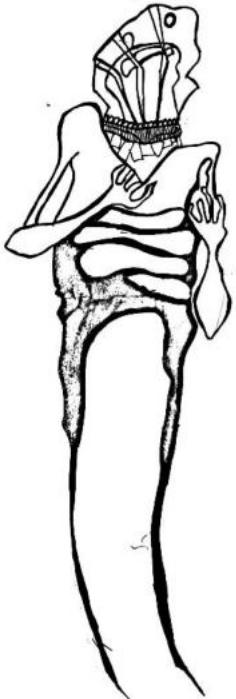
One of the most common topics in abnormal psychology that touches so many of us is anxiety, the unpleasant feeling of fear and apprehension. This emotional state can occur in many psychopathologies and is a principal aspect of the disorders that have been talked about thus far. These disorders are diagnosed when feelings of anxiety are clearly present due to an overwhelming amount of uneasiness. There are six different categories of anxiety disorders: phobias, panic disorder, generalized anxiety disorder, obsessive-compulsive disorder, posttraumatic stress disorder, and acute stress disorder. One that I found to be most interesting is every part of the phobias. When discussing phobias, there are several areas of diagnostic criteria to identify. To begin with, a phobia is described as a disrupting, fear-mediated avoidance that is out of proportion to the danger posed by a particular object or stimulation and is recognized by the sufferer as groundless. A more inclusive description may be extreme fear of certain situations or objects where there is no actual danger from this situation or object coupled with distress sufficient enough to disrupt an individual's life. Through this definition, psychoanalysts have developed two separate elements of phobias, specific phobias and social phobias. As with most theories and concepts, there are different levels of impairment that a person may encounter throughout his/her life. Upon examining the different criteria for these phobias, an individual can use the psychoanalytical paradigm to develop a treatment plan to serve as a guide for treating an individual's phobia.

Shambo Sengupta (IIEJP)



Amil Roy (IIBBA)

Anxiety Disorder



- Shruthi.L
Ist ETP

HOW ARE YOU??



Saitika (IEJP)

What causes mental disorders?

Based on my experiences and the experiences of others, some of the factors that are likely to cause mental illness are:

1. Self-esteem – Low self-esteem can affect how we process information about our successes and failures. If we don't love ourselves, we may feel bad about small failures, and ignore even big successes. This can make us feel unhappy, anxious and even afraid.
2. Feeling loved – Children who grow up in a loving, accepting environment will feel comfortable and secure. When we don't feel loved, especially as children, we may never be able to form strong emotional bonds with others even in adulthood. This may leave us feeling lonely, afraid or avoidant of relationships.
3. Family breakup or loss – Separation or divorce or loss of a family member is extremely painful. If a person does not receive support from others and is unable to adjust or cope with the loss, they may end up in a dark place emotionally or cognitively.
4. Abuse – The mental health of abused individuals, including children and adults is usually poor. Abused children are also more likely to experience mental illness during childhood and adulthood.
5. Social stigma – Mental illness is still a taboo concept in Indian society. Those who are suffering mentally and emotionally may not feel comfortable sharing how they feel. This may in turn worsen their condition as they do not receive any intervention or care for their problems or illnesses.

It is essential to make people more aware of what causes mental illness and how it is important to seek help. We must learn to respect each other, their opinions and problems. A greater awareness will help us identify those in need of help. It will also help us break down social stigmas and barriers to support.

Saitika (IEJP)

THOUGHTS are NOT FACTS

When you put some space between you and your reaction, it changes your relationship to your thoughts—you can watch them come and go instead of treating them as facts.

If you're stuck on a negative thought, ask yourself:

1. **Is it true?**
Often the answer is, "Well, yes." This is the brain initially reacting—the autopilot you live with and believe in you.
2. **Is it absolutely true?**
Is this thought 100% accurate? Can you see the thought in a different way?
3. **How does this thought make me feel?**
Notice any storylines you're holding onto, and name your feelings: sad, angry, jealous, hurt.
4. **What would things be like if I didn't hold this belief?**
Imagine possible benefits to your relationships, energy levels, and motivation.



Diana (IIIEJP)

IDEAS FOR FEELING BETTER WHEN ANXIETY GETS ME DOWN

