

# MANAS

*Speaks*

VOLUME 02  
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FEB & MAR 2022

IN ASSOCIATION WITH ADIKAVI NANNAYA UNIVERSITY

“Make your mental health and wellbeing a priority”

## SPECIAL FOCUS

Cognitive Distortions  
Mental Health Of Children  
Is Dirty Talk A Sexting...?  
Black Swan Review  
Surgeons Without Scissors  
Is Anxiety Bad?  
Loneliness

#Psychology

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# MANAS *Speaks*

A MONTHLY MAGAZINE

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Manas Speaks is a monthly magazine from Manas-The academy of psychology, to publish a wide range of conceptual articles relating to different perspectives on methodologies in psychological research and to support student communities to strengthen their knowledge.

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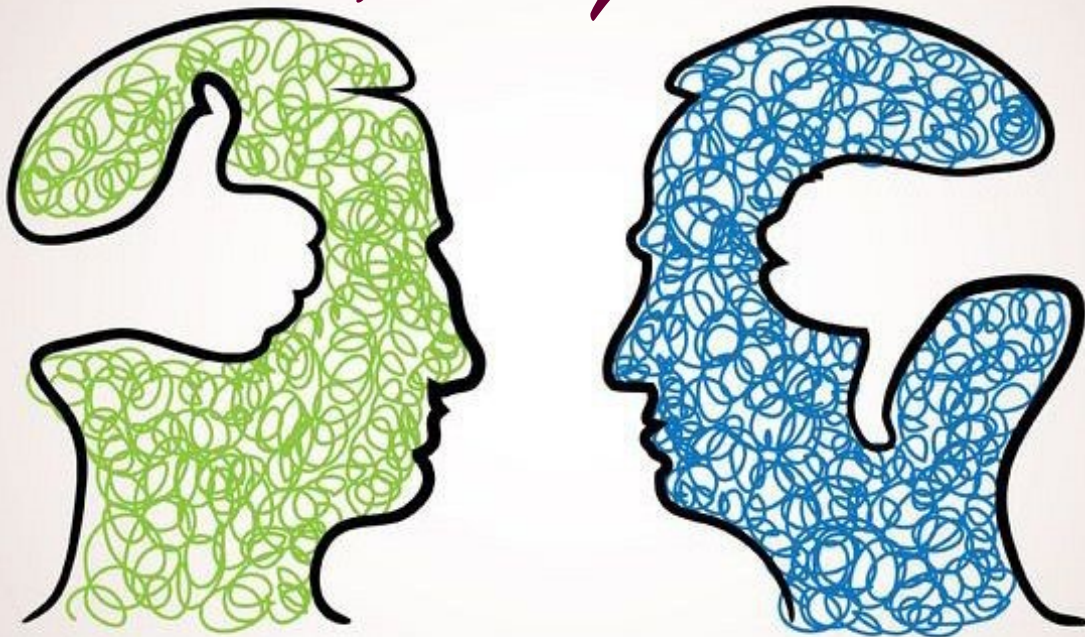
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## Author Guidelines

We accept submissions through email. You may send us manuscripts for the following submission categories: Any submission related to psychology, short stories, book review, movie review, psychology concepts, case studies, cartoons, memes or a specific genre. Content should be related to psychology, your manuscript must be in one of the following file forms word, pdf and jpeg. please send content related pictures if you are interested. All manuscripts should be in 12 point type, with at least one-inch margins, and sequentially numbered pages. The author's name, address, telephone number, and email address should be typed at the top of the first page. Contributors are asked to include a brief biographical note with their submissions. Submissions may be sent to us at any time, year-round. Manas speaks is a non-profit magazine with the ambition of encouraging good literary work. We desire is to connect readers and writers, and we strongly encourage anyone interested in submitting work to read the magazine before submitting. You may read the magazine for free. If you enjoy reading it and wish to submit it, we hope that the reading is strengthening your mental muscles. we are strongly committed to publishing debut and emerging writers.

*Disclaimer: Information provided in this magazine is purely for research and education purpose only.*

## Is Anxiety Bad?



**An**xiety is often associated with fear, anger, panic, worry, and something to avoid. But, is anxiety always bad? The answer is NO! Let's talk about anxiety- for better and for worse.

The word owns a very bad reputation and is viewed as one of the most unwelcomed emotional states. But anxiety is not always

bad. There is something called signal anxiety which is different from pathological anxiety. Pathological anxiety, which is seen as a problem, is an exaggerated state of fear that interferes with functioning when a person often acquires maladaptive behavioral responses.

Thus, it is also called maladaptive anxiety. Now, let's talk about the good side of anxiety, signal anxiety.

Anna Freud introduced the concept of signal anxiety; she stated that it was "not directly a

conflicted instinctual tension but a signal occurring in the ego of an anticipated instinctual tension".

In simple words, signal anxiety is the early warning to the ego that can anticipate poten-

tial danger and react to it by deploying emergency defenses. It is unconscious. Ego, the part of the human psyche that operates on the "reality principle" consists of "self" and "I" (sense of self) with the external world (reality). Emergency defenses are the ego defense mechanisms that are employed by the ego in response to a perceived threat.



In the book, *The Ego and the Mechanisms of Defense* (1936), Anna Freud mentioned about ten defense mechanisms: regression, repression, reaction-formation, isolation, undoing, projection, introjection, turning against the self, reversal, and sublimation. Each of these defense mechanisms works in distinctive ways with the key goal of protecting the ego from the perceived threat in the face of adversity, stress, or danger. Thus, the defense mechanisms are the behavioral expression of the reaction to unconscious signal anxiety set off by the ego like an alarm response to the apprehension of an unconscious force (signal anxiety) that threatens danger and gives rise to feelings of unpleasantness.



- It helps us to be critical and analytical to realize our potential to the fullest.

Signal anxiety is the epitome that something unpleasurable within us needs attention in the form of ego defense mechanisms. Experiencing signal anxiety is very normal and it is hard-wired in every one of us which emerges in terms of bodily sensations within us. Such sensations can be confused with the signs of pathological anxiety which is often distressful. This is what makes anxiety a misunderstood emotion. Therefore, anxiety is a double-edged sword that has both positive and negative sides.

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Various benefits of this good side of anxiety can be:

- It keeps us motivated to take necessary action to negate the undesirable effects of threat or stress
- It makes us cautious and aware by warning us about the potential threat
- It prepares us for the future possible threats and worse case scenarios
- It protects us by preparing us for action amid danger
- It serves as warning signs for the areas that need attention

