

MANAS

Speaks

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IN ASSOCIATION WITH ADIKAVI NANNAYA UNIVERSITY

“Children must be taught how to think, not what to think.”

#SchoolPsychology

SCHOOL PSYCHOLOGY FOCUS

Screen Addiction

Parenting Styles

School Adjustment

Peer Relations

Bullying and
Victimization

The Academy of Psychology



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MANAS *Speaks*

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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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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.

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Sex is one of the natural instincts in us, gifted to us unasked, by existence. It is as normal and healthy as other functions of the body. However in the growing years, something goes wrong somewhere, sometime, somehow... and we become very uneasy, uncomfortable and even condemning towards sex... may be due to what we see, listen, read and learn from our parents, teachers, preachers and society. We fail to look at it as a gift of God...we fail to understand the need for a healthy expression of this energy 'sex' within us ...we start fighting against nature, only to see ourselves losing...and it becomes a breeding ground within us for a series of problems, affecting every aspect of our life - our studies, work, creativity, career, relationships, marriage - leaving us anxious, depressed, guilty and full of self-condemnation. This is a result of a choice that our parents and forefathers took in the last millennium while bringing us up.



There are certain issues, which even the most bold & courageous people choose to avoid. Society keeps suffering the repercussions of such an attitude; and still, such issues remain unsorted-out for generations after generations. 'Sex education' is one such issue. This issue has always been regarded as a very delicate & controversial topic, and therefore has always met with an initial resistance by the school & college authorities.

The rising rate of pre-marital indulgence and pre-marital abortions in early adulthood, and the increasing number of teenagers visiting VD clinics, are an eye-opener to the new attitudes of teenagers towards love, sex & commitment. In my consulting practice, I have so often come across teenagers confronted with an unexpected & unwanted pregnancy, and do not know how to face up to the situation or what to do about it... And this is because they are told nothing about the price that one has to pay for sexual freedom; and the damage to their emotional health and well being.

Parents as well as teachers hesitate to provide sex education to the adolescents; while they are being pounded with sexual messages everywhere they look; from internet, newspapers, magazines, television, films to toilet walls. Their young minds are more vulnerable to these corrupt messages as they are rarely prepared with healthy & legitimate information about sex & sexuality. This undoubtedly interferes with their development towards matured and healthy adulthood.

Researches have shown that over 90% of the children get their information on sex from immature friends, pornographic websites, clips and videos, films, and television... and less than 10% from parents & teachers.

The youth, therefore, are misinformed through unhealthy sources, rather than informed in a legitimate way, through the family & school.

The influence of misinformed peer groups has set the trend of exploring relationships with a new kind of freedom. Their approach to sex is more reactionary. This is because our society, has always been prohibitive and repressive in matters of sex. The result is a paradox in their young minds. They are either found feeling guilty for their natural sexual instinct, or they are found indulging in risky sexual experiments.

Guilt associated with sex is yet another area of great concern. Here again the wrong inputs from elders are found working as 'slow

poisons' in the psyche of growing children. Even many elders need to look at 'sex' and understand sex in a new light, with a fresh, unbiased attitude. The percentage of youngsters feeling self-condemnatory for having sexual thoughts & feelings is very large. Something as natural as 'wet dreams' or something as harmless as 'masturbation' is known for playing havoc in the body-mind of many teenagers.

Sex is not a grimy secret between two ashamed individuals but a divine impulse of life & love. Like all the other instincts, sexual instinct also carries with it certain responsibilities, and the only way to prepare the young generation for sharing these is through 'sex education'.

Sex education dose not mean merely providing information on genital-centered sex; it is transferring correct values, balanced attitudes and sound perceptions. Sexuality is a powerful dimension of the personality. It implies intelligent thinking, sensitive feeling and behavioural reactions associated with maleness

or fe-maleness of an individual. It is important that we build adults who will use their sexuality in mature and responsible ways. It is our responsibility to keep the young generation adequately informed, so that the correct scientific knowledge may lead to building healthy attitudes towards sex, high standards of conduct, responsible behavior, and wholesome personalities.



“WHAT’S HAPPENING TO ME?”



