

MANAS

Speaks

Volume 02

ISSUE **01**

January 2022

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*

A MONTHLY MAGAZINE

VOLUME 2 ISSUE 1 JANUARY 2022

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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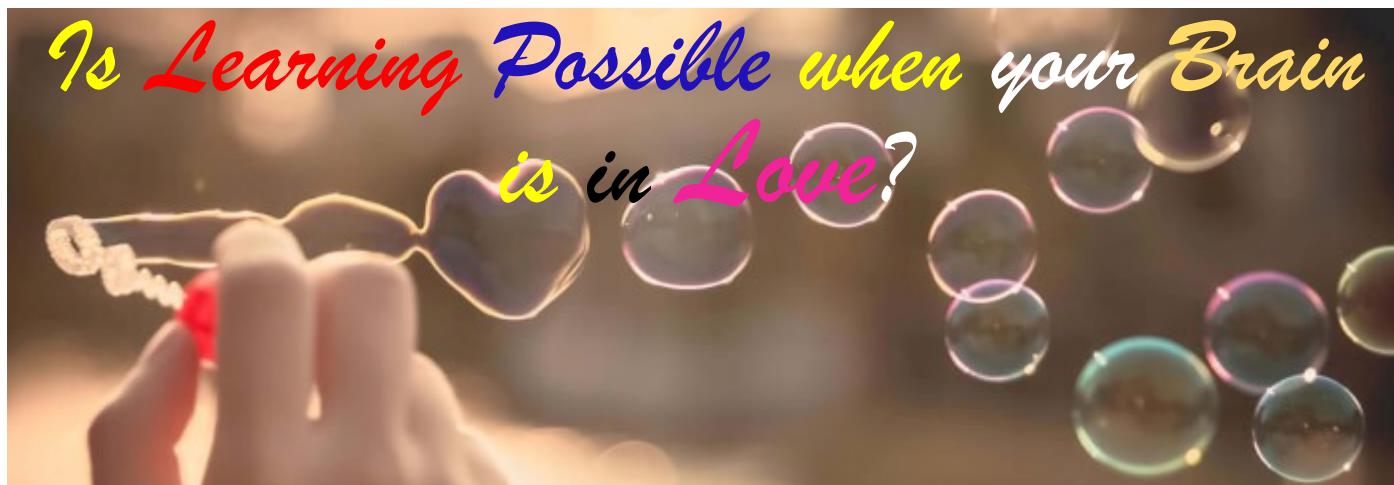
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Author Guidelines

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.

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It is difficult to say “don’t fall in love”. But neuro-scientific researches warn the school and college going students that if you are serious about your academics its better that you stay away from campus love affair. Or at least know what happens in your brain when you are in passionate love so that you will not go insane.

Once you fall in love the brain chemistry gets altered in such a way that nature take control of your thoughts, emotions, cravings etc. Because the nature is relentless when it comes to procreation. You are pre programmed to succumb to nature’s agenda that you enter into more or less hypnotic state once you fall in love and consummate in sex.

ADDICTION & LOVE

Behind every addiction, whether it is of drug, video games or gambling there is a neurotransmitter which trigger and maintain the craving for the object (of addiction). It is do-

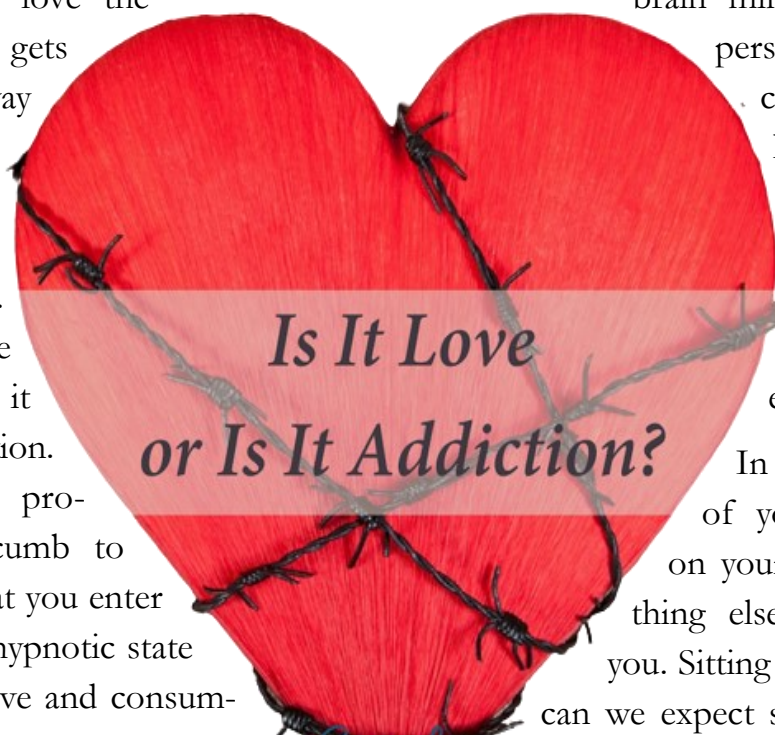
pamine. While in an activity, if the density of dopamine produced in the reward centers of the brain say nucleus accumbens, or Ventral Tegmental Area (VTA) is so high you generate an intense desire to repeat that activity. Eventually you develop a state where you can not do without that object.

The reward centers of your brain get flooded with dopamine when you fall in love and your

brain mimic the brain of the person who has consumed cocaine. Many who have consumed cocaine agree that their first crack of cocaine and first experience of love were similarly exhilarating.

In this state all faculties of your brain get focused on your object of love. Anything else is a distraction for you. Sitting in the classrooms how can we expect such brains to process math, physics or chemistry? Impossible...!!!

Dr Helen Fisher and their colleagues in their study published in 2003 say that same brain chemicals and neurological pathways are set into action when one is in love or cocaine



induced high.

When you see your lover, heart pounds against your ribs and blood pressure increases, you sweat, and there is always increased alertness. Blood rushes to your face and head. One must agree that same happens when you see a hungry tiger. Because the chemical that makes this happen is the neurotransmitter norepinephrine.

Also, your feelings of pleasure and the vibes of strange energy that shroud you are due to phenylethylamine. Strangely, production of this chemical happens not only when you fall in love but when you chew chocolate pieces too.

MADNESS IN LOVE

Shakespeare, centuries ago, without any scientific clue, discovered the striking similarity between a madness and passionate love. Neuroscience says that level of serotonin—a neurotransmitter—is 40% less in the mentally ill (persons ailing from depression, anxiety etc) and those in the clutch of love. This answers well the obsessive thinking in the brains of lovers happening about their lover, in the form of his/her images, voices...

In 1999 Marazziti and colleagues compared the brains of OCD patients (Obsessive Compulsive Disorder) and that of persons in love. Level of serotonin was too low in both groups.

These feel good chemicals and the conse-

quent madness interestingly suppresses the activity in amygdala—the region of the brain which regulates fear, anger and aggression. This means, you are likely to fail to perceive possible dangers lurking around, once you fall in love and get drenched in it. You dare even to challenge your parents for the sake of love..!! You may even give up your studies and mock future possibilities for the sake of love.

L for LEARNING or LOVE?

The process of learning takes place as intended only when the executive functions of your brain are intact. Major executive functions like attention control, cognitive flexibility, cognitive inhibition, inhibitory control, working memory all must be alert and be in tune with the learning activities in order for the learning to take place effectively. How can we expect this from the person whose brain is saturated with a love intense enough to mimic that of a mentally ill person? Or that of a person who has consumed cocaine?

Let the students know why they are losing their mind or losing the interest in studies when they fall in love. Let them fall in love consciously at least. Let them not blindly succumb to the nature's agenda. Let them know what is happening in the brain when they fall in love. They will be in a better position to regulate their love life.

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