

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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Emotional and Mental Wellbeing of the Students

Emotional wellness is similarly just about as significant as actual physical well being.

"Schools need to embrace the strategy of pushing emotional wellness and shouting out with regards to your concerns. Our understudies need somebody to push them the correct way and assist them with beginning an excursion of treatment and mending," says Maya Pearson, a school psychologist and author at Trust My Paper and Studious.

Despite the fact that you regularly can't see it with your exposed eyes, an emotional wellness issue can make genuine harm in an individual's life and prosperity. For us to deal with emotional wellness issues avoidance, we want to bring issues to light with regards to these issues. Schools are certainly one of the spots where emotional wellness and mindfulness should be at an undeniable level. The significance of emotional wellness and mindfulness in schools is huge. We should consider it together and investigate why we want schools ready for spreading mindfulness about emotional wellness.

Shutting the Gaps: Schools should assist our more youthful ages with setting up the world

that anticipates and every one of the snags they may run into. Most schools today educate:

- Actual wellbeing
- Sustenance
- Sex training

Nonetheless, there's a hole with regards to emotional wellness. Without legitimate training, understudies won't know how to:

- Perceive the issue they're encountering
- Focus on it
- Search for help
- Assist different friends with comparable or other emotional wellness issue

This hole should be shut and the kids need to get an opportunity of managing emotional wellness issues very much like they'll manage some other issue.

Self destruction and Mental Illnesses: Self destruction is one of the main sources of death ages 10-25, around the world. Also, the majority of individuals who have ended it all, have experienced a dysfunctional behavior. To bring down the expanding self destruction rate and keep youngsters from taking their own lives, we want to bring issues to light with

regards to emotional wellness in our schools. Finding out with regards to emotional wellness ailments will leave a positive effect on the understudies battling:

- They'll find out with regards to treatment and how to treat their concern
- They'll be more prepared to discuss it



- They'll recognize and accept that they have an issue

All of the above will ideally bring down the self destruction rate and deal the youngsters an answer other than taking their life.

Interventions: Much like with some other illness or medical issue, early mediations are significant in emotional wellness. Educators, school guides, school analysts, and friends need to find out about:

- Recognizing the early indications of emotional wellness issues
- Detecting the significant changes in conduct
- Acting at the earliest hint of a potential emotional wellness issue

Assuming the dysfunctional behavior is in its beginning phase, there's a shot at preventing it from being completely blown. Everybody engaged with a common school day of an individual encountering emotional wellness issues should be ready and assist them with managing it.

Online Media Influences: While we love utilizing online media to get educated, track down diversion and associate with our companions, there's a clouded side to it that very few individuals are discussing. Truly, online media can leave results and profound scars in the personalities of the clients, particularly the

more youthful ages. Watching rich, popular, fruitful, and VIP individuals via online media can cause emotional wellness issues with small kids:

- Low mental self view
- Body issues
- Gloom
- Tension

Since online media is on its ascent, with almost 3.5 billion dynamic clients around the world, the impact it has on the youngsters around our schools is amazing. With this sort of another danger, schools need to increase current standards in emotional wellness mindfulness and guarantee their understudies are finding out about:

- Confidence
- Arrangement of qualities
- Adoring everybody
- Not passing judgment on individuals
- Discussing their frailties transparently

This would be useful for the legitimate advancement of understudies and forestalling them to feel crippled or discouraged.

Removing the Cause: While it's vital to find out with regards to the adverse consequences of emotional wellness issues, and how to treat them, it's likewise vital to find out with regards to the primary driver. Finding out with regards to the reasons for pressure, gloom, or tension is significant and the school can be a significant trigger for most understudies encountering emotional wellness issues. Understudies feel worried due to:

- School pressure
- Peer pressure
- Harassing at school
- Excessively tough educators
- A lot of responsibility
- The strain to have high grades

Assuming everybody in school realized what worried the understudies the most, they would

figure out how to kill these pressure factors and make a hotter and loosening up air at school. This will additionally help the kids track down their tranquility and adjust and kill the sensation of strain, tension, and stress, which could additionally form into much more extreme emotional wellness issues.



It is profoundly vital to bring emotional wellness mindfulness up in schools since youngsters are truly impacted by psychological well-being issues consistently. They need a framework they can depend on and a wellspring of data to direct them through the most common way of managing their inward issues. Schools need to start changes and get as many individuals, understudies, educators, and other school representatives to deal with raising emotional wellness mindfulness. Start with yourself and start an adjustment of your school today.

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