

MANAS

Speaks

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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*

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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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CONTENTS

EDITORIAL ON CRIMINAL PSYCHOLOGY	03
SURGEONS WITHOUT SCISSORS	04
IS ANXIETY BAD	06
IS DIRTY TALK A SEXTING...?	08
MENTAL HEALTH OF CHILDREN	11
LONELINESS	14
COGNITIVE DISTORTIONS	16
PSYCHOLOGICAL IMPLICATIONS OF COVID19	19
MOVIE REVIEW ON BLACK SWAN	20

Author Guidelines

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MENTAL HEALTH

Concerns us all

Mental Health of Children

In spite of great researches in clinical psychology, mental health of children is the most neglected area as if, there is no any chance of stress in children's lives to the extent they may behave abnormally. But the fact is, they are the innocent victims of their parents' maladaptive behaviour. In the most cases of children brought to psychiatrists, pediatric neurologists, or to psychologists, parental neglect, over pampering, personality conflicts, unhealthy communication among family members are root causes of deviated childhood personality. It is well evident that mother's mental state has vital impact on the child even when she/he is in mother's womb. I have observed that mother's un-

healthy mental status during her pregnancy had precipitated to still birth, ADHD, ASD, psychopathic personality, aggression, extreme maladaptive behaviour, lack of attention on

academics, poor attachment with parents or emotional insulation and even in some cases mental retardation due to delayed birth cry are a few unhealthy behavior patterns seen in children who suffered excessive stress during their womb period due to their parental conflicts. In most cases such an abnormal behavior remain unidentified due to considering them as normal childhood behavior. However, when it continues with increase in age or gets worsened, then only parents show their concern about unhealthy behavior of their grown up children.

When we go through the story of Abhimanyu, the son of Arjuna, in Mahabharat, we find clear cut evidence of learning during womb period. Recently, photographs of fetus in womb have shown that they show emotions of basic nature due to incidences inside and outside the womb. The post natal environment also plays its vital role in personality development of a child. This environment has wide span starting from parents to all people around him in the family, neighborhood, school, etc., physically and psychological too.





Now-a-days, due to heavy exposure to the digital world, a new unhealthy pattern of behaviour is observed in so many children whose parents have deliberately permitted their children to remain involved in interactions with techno world, an illusional state wherein they struggle to prove themselves as Hero or suffer illusionary victim state leading more serious mental issues.

Another unavoidable situation is both parents as working outside the home. The mental health of Latch-key children deteriorates if not properly handled by such parents. Eating disorders, insecurities, loneliness etc. are essential outcomes when such children are not entertained properly by their parents when they come back to home.

In nutshell, I personally feel that the modern children are UNHEARD CHILDREN. Parents either don't have time to listen to them or they don't realize the importance of communication with their children due to their so called perceived self-occupancy. This pathetic situation is hazardous for mental health of these unheard children pushing them towards physical and vocal violence, stubbornness, unhealthy attention

seeking behavior or indulgence with non-human models.

It's high time now to realize this critical situation before it becomes uncontrollable. The assets must not turn into burden. In my opinion, ASSERTIVENESS is one non-cognitive ability which needs to be inculcated in children right from their early childhood period and shall continue to enhance this ability of assertiveness till the last breath. The essence of assertiveness is understanding that all people have certain rights. Everyone must recognizes his own rights, and those of other people so that none shall hurt anyone else while exercising his own rights.

Self-confidence and a feeling of worthiness are core to assertive behavior. Parents shall effort build up self-confidence in themselves as well as in their children, for which they need to think, feel, and act positively (Civil, 2003).

A child will get much more out of his life if he is able to give and receive compliments. He shall be taught to enjoy, and not shrink from praise. He must be taught to congratulate people rather than criticizing them.

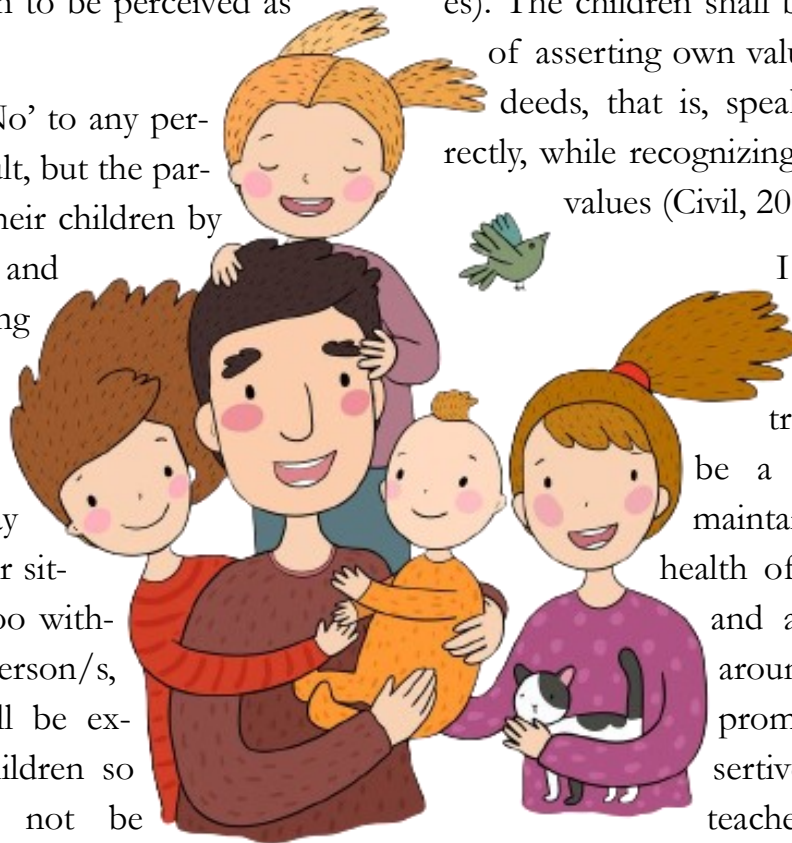
It is also important for parents to be role models for their children to give positive rather than negative messages to people, if they want their children to be perceived as being assertive.

Though, saying 'No' to any person may be difficult, but the parents must teach their children by role modeling and further explaining about saying NO. Saying 'No' is assertive only when a person shall say 'No' in a particular situation and that too without hurting the person/s, that's why it shall be explained to the children so that they must not be judged aggressive or suffer submissiveness.

There will be times when our children are criticized, so it is important that we shall be able to teach our children to handle criticism in a way that is productive to them and to the critic too.

The parents shall inculcate values in their children to treat everyone fairly, regardless of their values (and inspite of their own prejudices). The children shall be presented examples of asserting own values in both words and deeds, that is, speaking honestly and directly, while recognizing that others also have values (Civil, 2003).

I am sure the assertiveness, as a non-cognitive intrapersonal ability, will be a protecting factor in maintaining good mental health of children. So parents and all significant persons around the children shall promote inculcation of assertiveness in him. The teachers, too, can play their vital roles in this regard.



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