

# 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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## How to Identify and Avoid Toxic Traits in Parenting?

Every parent wishes to be the best for their children. But, unfortunately, more often than realized, parents let some toxic traits seep into their parenting methods, leading to a disastrous impact on children's psyche and their future lives.

'Toxicity' basically means 'contamination'. When used for behaviors or relationships, it is not a medically defined term but rather an umbrella term which refers to behaviors/relationships which do more harm than good: they push the affected individuals into a downward spiral of negative emotions and thought patterns like self-doubt, self-loathing, guilt, insecurity, over-dependence, etc. Toxic parenting is one such malice detrimental to children's personality formation and adult relationships.

So, how does one identify and avoid some of these common toxic traits? It should be understood here that actions that are isolated incidents are not counted as toxic behaviors, it is a cause of alarm only if the following be-

haviors become usual patterns:

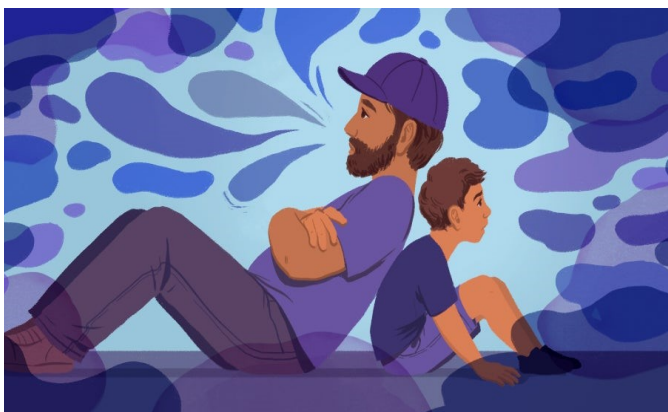
- Using offensive language or harsh labels for the child: If as a parent, you carelessly toss out statements like "I knew you would fail" or words like "insolent", "good-for-nothing", "stupid" etc. for your children, you need to be more mindful. Parents need to remember that children's minds are like sponges and a huge part of their idea of self-worth is shaped by what they hear from their parents. For teens, this could be even more harmful because those are the years of their identity formation.
- Publicly shaming the child: Parents often make the mistake of not caring about their's children's image or self-respect while in front of extended family or friends. Children are also quite sensitive about their image and carelessly discussing their flaws or mistakes or failures could severely hamper their confidence and self-esteem. It is always advisable to praise the child's good habits and achievements in public while waiting for alone time to reprimand them for their mistakes or failures.

Being emotionally reactive or over-reactive: Parents should create an atmosphere of open communication with their children. The best approach when a child confesses their mistake is to avoid over-reacting and first listen patiently letting them know that you have their backs. This way the child will learn



to trust you, not hide the facts or seek help elsewhere which could be dangerous. Secondly, at a later time, one could make them understand their mistake and give appropriate punishment which teaches the child to take responsibility for their actions.

Being emotionally dependent/demanding from the child: Over sharing with the children about conflicts within the family, being emotionally dependent on the child or teen to an unhealthy extent forcing them to act as the 'parent figure', not allowing them space to mix with same-age peers or indulge in same-age activities, over protecting them are some alarming signs of enmeshment.



Most children growing up in such families struggle to understand healthy adult behaviours, be independent or form relationships outside of their family later in life.

Not allowing the child to express himself/herself: Allowing the children to express their opinions and emotions helps them grow into confident expressive individuals. Instead of shutting them down completely, parents could always create boundaries to assert their



roles as leaders and decision-makers.

Unhealthy comparisons between siblings: Perhaps the most common error which parents commit, it not only affects a child's self-esteem, it could also make them feel neglected, unwanted and unloved. Unhealthy comparisons often weaken the sibling bonds too, creating resentment and jealousy. Individual differences exist everywhere and parents should respect each of their children's different personalities and talents.

***“Parents need to fill a child’s bucket of self-esteem so high. That the rest of the world can’t poke enough holes to drain it dry.”*** -Alvin Price

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