COMPENDIUM OF ABSTRACTS
DE NOVO 24

INTERNATIONAL SOCIAL WORK CONFERENCE &
SECOND INTERNATIONAL EMOTIONAL WELL-BEING CONFERENCE

FOSTERING THE UNDERSTANDING OF EMOTIONAL WELL-BEING:
LEVERAGING FLOURISHING AND COHESIVE SOCIETIES
4, 5 & 6 DECEMBER 2024

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FOREWORD

De Novo, initiated by De Paul School of Social Work started in 2009 aims to create a platform for the discussion and exploration of diverse topics with the purpose of upholding and promoting the motto, "**A Better World to Live In**."

It is with great pleasure that we present the **Abstract Book** for the *De Novo 24*, the International Social Work Conference and Students' Meet, alongside the Second International Emotional Well-Being Conference. Amidst the complexities of the contemporary world, the theme of this conference—***Fostering the Understanding of Emotional Well-being: Leveraging Flourishing and Cohesive Societies***— is more relevant than ever. Today, the interplay between emotional resilience, community cohesion, and global challenges underscores the vital role of social work and emotional well-being studies in shaping our future. This event brings together scholars, practitioners, and students from diverse backgrounds to share their research, insights, and innovative approaches.

The abstracts contained in this book reflect the breadth of thought and the depth of inquiry that characterize this conference. Each contribution is a testament to the dedication and creativity of the authors, offering fresh perspectives on emotional well-being, social inclusion, and the challenges faced by individuals and communities worldwide. From theoretical explorations to practical interventions, these works push the boundaries of our understanding and highlight the pivotal role that social work plays in promoting well-being.

We extend our heartfelt thanks to the contributors for their dedication and hard work in preparing their abstracts. Our gratitude also goes to the esteemed institutions James Cook University, Australia and the Emotional Well-Being Institute, Geneva—for their unwavering commitment to this cause. Their collaboration has made this conference a platform for meaningful dialogue and exchange, setting the stage for impactful collaborations and innovations.

As you delve into the pages of this abstract book, we hope you find inspiration, provoke new thoughts, and feel encouraged to further your own contributions to the field of social work and emotional well-being. May this gathering inspire us all to continue working towards a world where emotional well-being is a shared priority and a foundation for a better future.

Welcome to *De Novo 24*—a celebration of knowledge, connection, and hope for a brighter, more inclusive tomorrow.

Dr Mini K.P.

MESSAGE

Professor (Dr) A. Basseer Jeeawody

Founding President and Executive Chairman,

Emotional Well-being Institute, Geneva

Emotional well-being remains an urgent public health concern globally. The opportunity, therefore, to take emotional well-being forward is timely. The Emotional Well-being Institute (EWBI) continues to create ripples towards a more flourishing globe. All delegates and participants of the conference are part of these ripples and waves and will play a significant part in championing our cause. I encourage everyone to dialogue with each other and as groups during the conference and beyond to introduce yourselves and express your dedication to advancing emotional well-being and to be a member of 'our global family' making a significant contribution. The EWBI undertakes a multi-faceted and pluralistic approach to facilitate emotional well-being to be the centre of efforts to enhance the well-being of populations. The EWBI is very proud to hold its second international conference in Kerala, in collaboration with De Paul Institute of Science and Technology, and James Cook University, addressing the theme "Fostering the understanding of the emotional well-being: Leveraging flourishing and cohesive societies". The conference will ignite a depth of awareness to value emotional well-being as a broad concept, one that includes many facets of our everyday lives. I express my sincere 'thank you' and 'congratulations' for your participation and for sharing the notion that 'Emotional Well-being is everybody's business – Yours, mine, and ours'. The conference is a collegiate forum where we will strengthen our realization of this notion, re-iterate it, discuss it, debate it, critically analyze it, and take our findings and reflections back to our communities for implementation.

MESSAGE

Prof. Raju Adhikari

Deputy Chair, Research Director

Emotional Well Being Institute (Geneva)

In a fast-paced, ever-evolving world, cultivating emotional well-being is increasingly recognized as central to a fulfilling life. This abstract book contributed by various experts, scholars in mental health filed explores the intricacies of emotional health, offering practical insights and holistic preventative approaches to cultivating resilience, self-awareness, and inner peace. Covering areas of psychology, mindfulness practices, and research trend, the book encourages readers to embrace their emotions as a guide for personal growth and well-being. Each abstract tries to cover and delves into techniques for managing stress, building emotional intelligence, describing preventative strategies, fostering healthy relationships in daily life. In navigating personal challenges or striving for greater contentment, this abstract book serves a reference source for research and on the journey to emotional well-being. This abstract provides a broad overview on all aspects of emotional well-being introducing key themes. A proceeding of the abstract full papers will be published in due course with full papers and published scientifically indexed and available online.

I would like to acknowledge all authors for their great contributions, host DeNOV Institute, Emotional Wel-being Institute (EWBI), Geneva and James Cook University JCU), Australia, organising committee members and volunteers for hosting the 2nd International convention and Emotional Well-being and publication of this Abstract Book

I wish conference a great success.

MESSAGE

Dr Abraham Francis

Associate Professor, James Cook University, Australia

It is a distinct honour for James Cook University (JCU) to collaborate with the De Paul Institute of Science & Technology (DiST) and the Emotional Well-Being Institute, Geneva, in hosting the International Social Work Conference and Students' Meet. This event, cantered on the theme *"Fostering the Understanding of Emotional Well-being: Leveraging Flourishing and Cohesive Societies,"* underscores the urgent need to address complex challenges in promoting well-being across various contexts and populations.

At JCU, we are deeply committed to research and education that enhance individual and collective well-being, especially in a globalized world fraught with environmental, social, and economic uncertainties. The themes of this conference—spanning emotional and ecological well-being, inclusive societies, international governance, and transformative approaches to mental health—align seamlessly with our vision to create a better future through innovation, inclusion, and sustainability.

This forum provides an unparalleled opportunity for practitioners, scholars, and students to share insights, debate solutions, and foster interdisciplinary collaboration. Through discussions on themes like emotional well-being across the lifespan and ecological resilience, participants can collectively explore how policies and practices can better reflect the interconnectedness of individual, societal, and environmental health.

We at JCU are proud to support this platform that champions the power of social work in building resilient, inclusive, and flourishing communities. I look forward to the innovative ideas and constructive dialogue that this conference will inspire. Together, we can advance our understanding and practice of well-being to create a more cohesive and empathetic global society.

MESSAGE

Rev Dr (Fr) Johny Chacko Mangalath V.C.

Principal, DiST

It gives me immense pleasure to present the Book of Abstracts for De Novo 24, our international social work conference and students meet. De Novo, since its inception, has evolved into a platform where ideas are exchanged, perspectives are broadened, and global cooperation is fostered. The collaboration with James Cook University, Australia, and the Emotional Well-being Institute, Geneva, has further enriched this tradition, reinforcing our commitment to a world built on shared learning and mutual respect.

The theme of this year's conference resonates deeply with the needs of the present generation. We stand at a crossroads, where social work and well-being have become paramount in addressing the challenges of modern life. The global perspective offered by our partners allows us to delve into these issues with both a local and international lens, ensuring that our discussions remain relevant and impactful.

I hope this conference inspires you, deepens your understanding, and encourages a sense of shared responsibility in creating a better, more compassionate world.

MESSAGE

Ms. Sherin Paul

HOD, School of Social Work, DiST

The insights and perspectives shared by the academicians, and other professionals will surely enhance the credibility and authority in one's field. Through research papers and academic writing, scholars can contribute to the development of their field, building upon the collective body of knowledge and pushing the boundaries of understanding. This book of abstract will demonstrate one's knowledge, research, and insights on a subject. It will allow the researchers and academicians to share their findings, theories, and ideas with peers and the broader community.

Wishes for your future endeavours.

MESSAGE

Fr. Lijo Abraham   **Dr Naviya Antony K.**

Convenors, De Novo 24

Welcome to the De Novo International Conference on "Fostering the Understanding of Emotional Well-being: Leveraging Flourishing and Cohesive Societies." We are delighted to present this abstract book, showcasing the outstanding work of academicians, practitioners, and students from around the world. The overwhelming response to our call for abstracts is a testament to the growing interest in emotional well-being and mental health. This conference provides a platform for knowledge sharing, collaboration, and innovation, ultimately enriching our understanding of these critical issues.

This abstract book represents the culmination of tireless efforts from our scientific committee, comprising dedicated teachers and students from De Paul Institute of Science and Technology. Their rigorous review, editing, and compilation process has ensured the highest quality of presentations. We extend our heartfelt gratitude to each committee member for their invaluable contributions. The abstracts within these pages demonstrate the diversity and depth of research in emotional well-being and mental health. Authors from various disciplines share their cutting-edge findings, reflecting the conference's interdisciplinary spirit. As conference organizers, De Paul School of Social Work, DiST, Angamaly, India; James Cook University, Australia; and Emotional Well-being Institute, Geneva, are proud to facilitate this exchange of ideas.

To our presenting authors, we offer congratulations on your selection and best wishes for your presentations. Your research has the potential to inspire meaningful change in the lives of individuals and communities. To all participants, we welcome you to engage with these abstracts, foster new connections, and contribute to the vibrant discussions that will shape the future of emotional well-being and mental health. Thank you to everyone involved in making this conference and abstract book a reality.

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International Social Work Conference and Students' Meet

DE NOVO 24

&

SECOND INTERNATIONAL EMOTIONAL WELL-BEING CONFERENCE

THEME

Fostering the Understanding of Emotional Well-being: Leveraging Flourishing and Cohesive Societies.

SUBTHEMES

- Emotional Wellbeing Across the Lifespan
- Ecological Wellbeing
- Challenges in the Contemporary World
- International Policies and Governance
- Approaches to Wellbeing
- Building Inclusive Societies

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ABSTRACTS: PLENARY SESSIONS

An Emotional Well-Being Manifesto Leveraging a Flourishing Society

Dr A. Basseer Jeeawody[1]

Well-being has been the subject of great interest and research over the last few decades but with a lesser focus on 'emotional well-being'. The notion of well-being is gaining momentum and taking centre stage globally. Still, the objective of 'well-being' that dominates nations are economic policies that endeavour to maximise Gross Domestic Product (GDP). We are achieving a high standard of living, but we must be cautious that a singular focus on economic efficiency does not destroy the real impacts of emotional well-being in our society. We need to bring about the voice of care and concern for each other, for societies, and nations, embodied in altruism, a pragmatic expression of how best to achieve sustainable world harmony. The rhythm of change is accelerating because of ecological upheavals provoked by human activities, the "Great Acceleration" since the 1950s. A new era, the Anthropocene, the "era of humans", is emerging where our system is constantly and consistently degrading. A unifying world, synergies within our societies with dedicated collaboration, cooperation, consideration for others and each other, and altruism will lead us out of this complex predicament. This is a new area, and further research needs to be done to determine 'what nations and global policies would look like if they were seeking to promote emotional well- being?'. This would be one of the defining questions of this address. Restating the goal of 'well- being' encompassing 'emotional well-being' is timely. Delivering emotional well-being must be sustainable in creating the state of the 'good life' and the 'practice of the good life' by minimising self-harm, harm to each other and harm to societies, and harm to nations – the 'iatrogenic' effect.

Keywords: well-being, emotional well-being, flourishing society, good life

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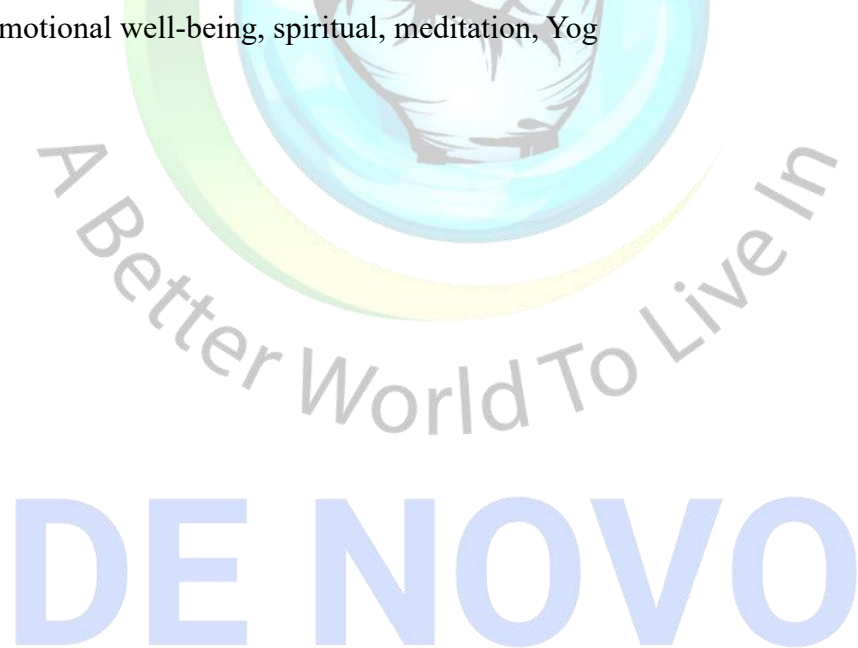
Abstract ID - D24/02

Emotional Well-Being Spiritual Hub: A Novel Preventative Strategy and Initiative

Dr Pramod Dhakal[1] & Dr Raju Adhikari[2]

In the digital and fast-paced urban-industrial lifestyle driven by the pursuit of financial well-being, people disregard their health and emotional well-being. This has infused new stressors in life and taken a greater toll on emotional well-being, adversely impacting overall health and quality of life. Therefore, the professional pursuit of emotional well-being as a distinct discipline is becoming as important to addressing burgeoning mental illness. Against such a backdrop, the Emotional Well-being Institute (EWBI) is partnering with universities to advocate and initiate research projects, workshops, seminars, symposiums, and conferences in different regions to develop an emotional well-being network and alliance.

Among EWBI-established regional chapters, the Nepal cluster has initiated the establishment of a spiritual yoga and meditation hub to promote and undertake evidence-based research to empower communities with spiritual knowledge and meditation as a preventive strategy for mental health and well-being. The presentation will cover the spiritual hub's mission, vision, programs, and Eastern philosophy perspective on mental health.

Keywords: Emotional well-being, spiritual, meditation, Yog

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A Preventative Approach to Emotional Health

Dr. Raju Adhikari[1] & Dr. Abraham Francis[2]

Mental health describes emotional, psychological, and social well-being**.** Emotional health is a subset of mental health and refers the person's inner ability to cultivate and harness a positive attitude in an adverse and stressful situation to do normal activities and feel good. Emotional health is central to a person physical, mental, social, spiritual, intellectual, occupational and community wellness, a state of complete wellbeing.

Post-COVID mental health crisis has exploded like a volcano. With the poor research understanding of the emotion's attributes, infrastructure, and resources, the world is facing enormous challenges in dealing with the burgeoning mental health crises. Emotional health which should have been an integral and important part of the mental health spectrum has been overlooked. In the overall cascade of mental illness stress-deep stress- anxiety- depression - illness, emotional health is the crucial first step of initiating the mental health crises and needs to be addressed before addressing with other stages. It requires an integrated approach of modern scientific and eastern spiritual knowledge and mindfulness perspectives to understand mental illness. EWBI strategy aims to focus on the understanding of emotional health as the first preventative step to mental illness. Its approach is based on early engagement with the community, empowering them with the mental health knowledge and gather evidence-based research data to develop deeper understanding of the emotional aspects of mental health.

*Keywords***:** Emotional well-being, spiritual, meditation, Yog

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Abstract ID - D24/04

Ethos of Vasudev Kutumba and Atithi-Devo Bhava Empowering Indian Diaspora to Flourish in Australia.

Dr Kalpana Goel[1]

International migration is on increase worldwide. The United Nations Department of Economic and Social Affairs (UNDESA) (2020) estimates 281 million people live outside their country of birth. In Australia, the number of people born in India has reached to 673,352 (ABS, 2021). An initial settlement phase in a new country is not less than challenges. New immigrants are constantly juggling to belong to a new society, culture, and governance. Their health and well-being are determined by finding a house, job, driver's license, Indian food, education, and accessibility to health and welfare support systems. Despite numerous challenges, they not only cope but thrive and flourish in a new society.

This chapter focuses on structures, processes, and ethos of collectivism in empowering and enabling the Indian diaspora to thrive in a new society. This is achieved by exploring various socio-cultural and political structures, processes of strengthening coping, building hope and resilience, and values underpinning the collective flourishing amongst the Indian diasporas.

Keywords: Indian diaspora, settlement, Australia, collective flourishing, ethos and value system.

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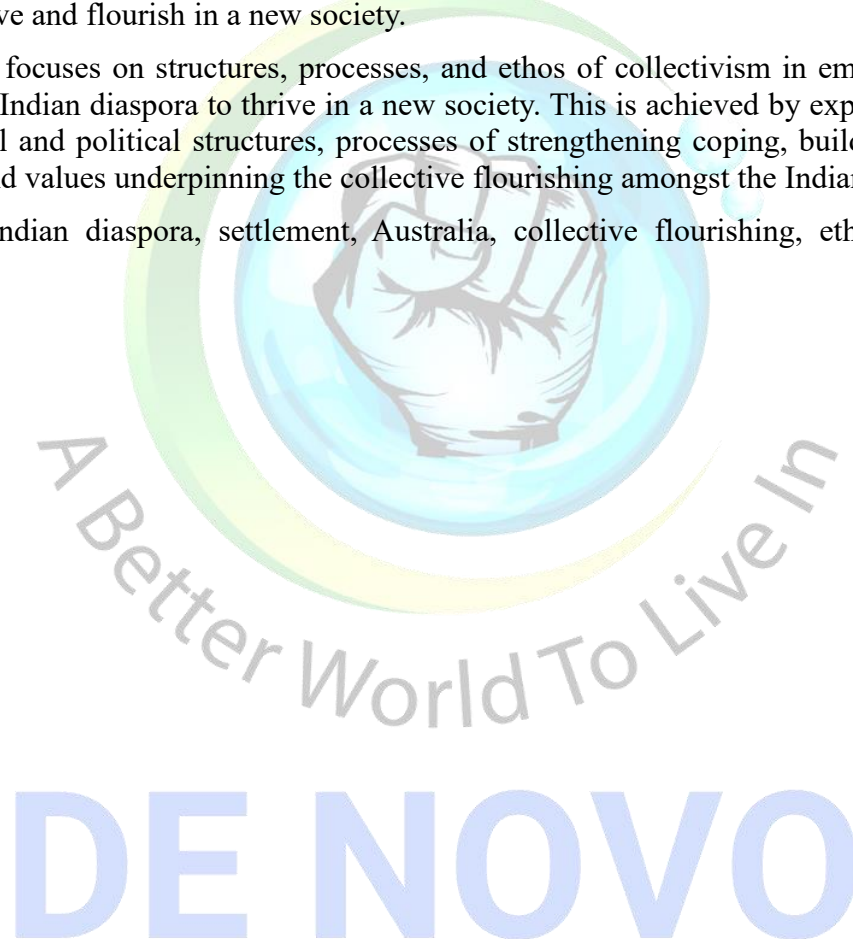
[1] *Lecturer, The University of South Australia.*

Building Capacity with Skills in Resilience for Sustainable Lives

Dr Amanda Nickson[1]

Every worker in human services is at risk of burnout and being overwhelmed with compassion fatigue. Being able to move from compassion fatigue to compassion satisfaction is doable and essential for longevity. Recognizing the early warning signs of stress and taking action to prevent burnout by learning skills in resilience is vital to long-term health and well-being.

Three simple strategies in avoiding burnout include identifying and managing stress responses; the importance of setting boundaries and making tough decisions (Nickson 2022). In this paper, these strategies are explored.

Proactively developing self-care plans and prioritizing one's own well-being is essential. Using a specific, structured self-care plan with accountabilities is important both for professional and personal self-care (Grise-Owens, Miller, and Eaves, 2016). There are five areas to well-being in which skills can be learned and practiced. These include skills in physical sustainability, emotional sustainability, psychological sustainability, social sustainability and spiritual sustainability. Each of these areas are equally important for individuals and communities.

The idea of being intentional and prioritizing self-care is critical for well-being, yet often postponed with other priorities taking over. The value of nurturing our spiritual needs is often overlooked. Keys to managing stress and navigating challenges can be found with sustainable self-care practices.

Keywords: Resilience, stress management, building capacity, well-being, burn-out.

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Health and Well-Being: Self and Society

Dr Simon B. Sutcliffe[1]

Health is a resource for living whereby aspirations, needs, and coping within a changing environment can be realized. Health, as a choice, "a freedom", and a human right, applies to a privileged minority. For the global majority, sustainable health is conditional upon advancing human development and social protections. In high-resource countries, the privilege of choice regarding personal and social health (inequality, well-being, access to healthcare, social protections, and economic security) are defined through the constitution and civic history. At birth, we have no choice in our genetics, environment or circumstances. Choice has followed control of the causes of premature death - attaining a healthy life expectancy, education and literacy, creating wealth (a decent standard of living), a fair, just and caring society that values generosity and trust, community vitality, and a safe and secure environment.

Many factors other than health influence well-being, illness and mortality - where one lives (climate, location and environment); with whom one lives (population pressures); how one lives (poverty, standard of living, education and literacy); the fabric of society (gender equity, social cohesion, urbanization, emigration, displacement and disruption of families and communities); and loneliness, loss of connection and "belonging" within society. Loss of expectation, hope and dignity leads to unrest, societal instability, insecurity, migration, terrorism and war.

Failure to secure equitable health, well-being and illness control is a "human wrong" occurring at a time of competing global challenges. As human rights, integration into broader social and medical movements and incorporation into socio-economies at national and global levels is required. Advancing health, well-being and illness control is as much about socio-political relationships and social determinants of health as to genes and medical therapeutics.

If our health, our society and our planet have a value worth preserving, it cannot be out-sourced. We must "own" it and make the choices that will sustain it.

The question is not "can we", but "will we"?

Keywords: Health, well-being, society, human right

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[1] *President, Two Worlds Cancer Collaboration, Canada*

Abstract ID - D24/07

Acculturation, Cultural Identity and Psychological Adaptation of Ethnic Minority Youth in the West: Case of Scotland

Lena Elizabeth Robinson[1]

The United Kingdom has one of the most diverse populations in the world. Overall, 13 percent of residents in England and Wales were born overseas, with people from India, Pakistan, and Poland representing the largest groups (ONS, 2021).

This paper examines acculturation, cultural identity, perceived discrimination, and psychological well-being of minority youth in Scotland. It is based on the author's recent research in Glasgow. It compares the acculturation strategies, cultural identity, perceived discrimination, and psychological well-being (as measured by life satisfaction, self-esteem, and psychological problems) of second and third-generation Indian and Pakistani adolescents. It integrates a social psychological approach to ethnic identity, Berry's acculturation and stress models, and Phinney's model of ethnic identification. Aspects of psychological acculturation that are explored in the paper include acculturation attitudes; cultural identities; language usage and proficiency; family relationship values; peer social contacts and perceived discrimination.

Data was collected through the completion of a structured questionnaire at the participants' school or college. The questionnaire was developed by an international team of researchers from the ICSEY project. Measures were either developed for the project or taken directly or with some modification from existing scales. For most Scales, response options ranged from 'strongly disagree' to 'strongly agree'.

The majority of Indian youth adopted integration strategies as opposed to Pakistani Muslims who adopted a separation strategy. The relationship found in this study between perceived discrimination and acculturation strategies suggests that conditions that favour an integration strategy should be promoted in Scottish society.

Keywords: South Asian, migrant youth, acculturation, cultural identity, psychological well-being, perceived discrimination

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Abstract ID - D24/08

EMOTIONAL WELL-BEING AND MENTAL HEALTH IN YOUNG PEOPLE

Dr Naviya Antony K.[1] & Lijo Abraham[2]

The paper mainly discusses about the various components of Emotional well-being such as Emotional maturity, Emotional regulation, Expression of emotions, Emotional awareness, Emotional Intelligence, Resilience among youth and the Youth Mental health issues and the supporting system that youth should have, to lead and maintain a healthy life. Many studies showed that these factors are interrelated (Goleman, 1995; Gross & Thompson, 2007) and need to be studied and discussed together to get a profound reflection on the Emotional well-being of an individual or any of the population under the study. For the purpose of the specific analysis and replication of the topic each of the components are discussed in detail and the connection between the variables are supported by various literature. Apart from the Emotional well-being the paper also tries to give light on the youth mental health and the strategies helpful to support and increase the positive mental health of the youth. Moreover, Emotional well-being and Mental health are closely related (Salovey & Mayer, 1990) and influence each other. The paper also suggests the importance of culture-based intervention strategies for improving the youth mental health (Matsumoto et al., 2008). The theoretical concepts regarding each component are explained with the help of theories and a systematic review of literature has done aiming to comprehensively identify, evaluate, and summarize all relevant studies on the topic. Finally, a systematic and transparent approach is used to identify, assess, and synthesize all relevant evidence, to write the conceptual paper. Based on the topic more than 50 academic papers have been selected systematically from different data bases for referring and reviewing. The systematic review delivers an insight on Youth Emotional well-being and Mental health.

Keywords: Youth mental health, emotional well-being, emotional regulation, emotional maturity, expression of emotions, resilience

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Abstract ID - D24/09

Social Work Entrepreneurship as a Practice Model for Community Social Work in the Well-Being Sector: A Case Study of 'Peace Hub' in Kerala

Dr Mini K. P[1]. and Dr Pradeep P. N[2]

Community social work is a core dimension of professional social work practice that targets communities as both the setting and the focus of interventions across various fields. Social work entrepreneurship is an institutionalized practice model that integrates the professionalism of social work with the innovation and social commitment of entrepreneurship. This case study examines Peace Hub, a social work enterprise in Kerala, as an innovative practice model in addressing the well-being needs of different communities. Peace Hub integrates social work principles with entrepreneurial strategies to offer innovative well-being interventions tailored to the local contexts.

The study employed thematic analysis to identify and extract themes from key informant interviews and document analysis. The key themes that have emerged include overcoming motivational challenges to be a social work entrepreneur, community interventions, and well-being outcomes. By examining Peace Hub's journey from inception to present day, this case study contributes to the broader discourse on innovative practice models for community social work and its role in fostering well-being in local contexts. The study concludes with recommendations for enhancing the scalability of similar models, suggesting that community-rooted social work enterprises hold significant potential for addressing well-being challenges.

Keywords: Social work entrepreneurship, community social work, practice model, well-being, Kerala, case study.

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ABSTRACTS: PAPER PRESENTATIONS

Abstract ID - D24/10

Overcoming the Loss of Well-Being for those Facing Life-Limiting by Addressing Access to Quality Care and Support Within the Context of Home, Family, and Community: Telangana Experience

Dr Gayatri Palat[1], Dr Priya Kumari[2] & Dr Simon Sutcliff[3]

Chronic and life-limiting diseases, including cancer, are a major cause of loss of well-being for patients, families, and communities. The substantial impact of social and societal determinants of health impacting well-being in LMIC e.g. poverty, health awareness, literacy, access to health services, stigma, isolation, and destitution. The goal is to overcome the loss of well-being for those facing life-limiting by addressing access to quality care and support within the context of home, family, and community. The Interventions include: a) A strategy to establish population-based palliative and end-of-life care for 48 million people in Telangana, India, b) Building system capacity: People: education, training, skills development, certification (knowledge investment and depth of professional expertise); Places: in-patient, ambulatory, outreach, domiciliary, hospice; Network (scale): PSK (33 centres linked to a "hub" for real-time consultation and mentoring); and Scope of services: seniors, adults, adolescents, children and neonates. The fundamental Underpinning(s) are multi-stakeholder engagement (inclusivity) and interdisciplinary relationships, Establishing the funding basis for building capacity (government, institutions, local NGO and international NGO): transferring "building capacity" to "maintaining & sustaining capacity" and collaboration at local, national and global levels.

Establishment of a system of palliative and end of life care across Telangana to address the well-being (physical, mental, emotional, social and spiritual) of those facing life limiting disease.

Keywords: Well-being, chronic and life-limiting diseases, quality care and support, home, family, and community

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[2] *Asst. Prof in Zoology, Koti Women's College, Hyderabad*
[3] *President, Two Worlds Cancer Collaboration*

Factors Impacting the Mental Health of Young African Refugees Transitioning from Higher Education to Employment in South Australia

Elvis Munyoka[1]

The transition period from higher education to employment is a significant phase in the lives of young people from African refugee backgrounds. This phase is usually associated with various challenges that impact the mental health of young African refugees. This study adopts an intersectionality lens to understand the factors that affect the mental health of young African refugees transitioning from higher education to employment in South Australia. An intersectionality theoretical framework helps to identify and analyze how systems of inequity intersect to produce complex relations of power and (dis) advantage (Crenshaw, 1989). Drawing from a qualitative study of 19 young African refugees in South Australia, the study explores the question 'What are the factors impacting the mental health of young African refugees transitioning from higher education to employment in South Australia'. Through this question, the study indicates how various social identities (such as race, class, gender, and immigration status) intersect to create unique experiences of oppression and privilege. The study argues that it is vital to understand the obstacles that impede the labour-market integration of young African refugees, because unemployment and financial difficulties may have serious mental health implications, producing even more depression, anxiety, and uncertainty about the future. A perspective like this contributes significantly to research and policy regarding the higher education-to-work transitions of young African refugees in Australia.

Keywords: African refugee youth, mental health, Intersectionality, Transition, higher education, employment

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[1] *PhD Scholar, University of South Australia.*

Enhancing Indian Migrant Wellbeing and Families Ties

Sadiq Basha Shaik[1]

Emotional well-being serves as the bedrock of individual contentment and societal cohesion, its significance resonating throughout various life stages. This paper embarks on an explorative journey through the nuanced terrain of emotional well-being across the lifespan, with a special focus on the experiences of Indian migrants. By elucidating the profound impact of emotional well-being on personal fulfillment and community harmony, we aim to highlight the crucial role of family ties in sustaining the well-being of Indian migrants.

In the formative years of infancy and early childhood, the seeds of emotional resilience and socio-emotional development are sown. The quality of early attachments, coupled with responsive caregiving and conducive environments, lays the groundwork for robust emotional foundations that reverberate throughout life. For Indian migrant families, maintaining strong connections and supportive environments during these early years is essential for the emotional well-being of children.

Transitioning into adolescence, individuals navigate a tumultuous landscape of identity formation, peer dynamics, and academic pressures, all of which significantly shape emotional health. Indian adolescents often face additional challenges related to cultural identity and integration into new communities. Recognizing the intricate interplay between biological maturation, social influences, and coping mechanisms is imperative for fortifying resilience and safeguarding mental well-being during this transformative phase.

As adults, the pursuit of emotional equilibrium amidst the complexities of professional obligations, interpersonal relationships, and personal aspirations becomes paramount. For Indian migrants, this pursuit is often complicated by the challenges of cultural adaptation and maintaining connections with family members who may be dispersed across different geographies.

Keywords: Indian migrants, family members, cultural identity, family ties, infancy, emotional well-being

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[1] *PhD Scholar, James Cook University.*

Abstract ID - D24/13

Transforming Caregiver and Expert Experiences: A Qualitative Analysis of Solution-Focused Brief Intervention in Schizophrenia Care

Amit Kumar[1], Dr K. Janaki Raman[2], Dr John P John[3], & Dr B. Binukumar[4]

Caregivers of individuals with schizophrenia (PLWS) experience significant burdens, with 40.9% facing severe impacts on their mental health and quality of life. They also encounter financial strain, social discrimination, and stigma, leading to isolation and reduced support. Stress can drive them to maladaptive coping strategies, such as substance abuse and verbal or physical aggression towards PLWS. Common interventions include supportive psychotherapy, support groups, and psychoeducation. Given India's collectivist culture and the responsibility felt towards caring for PLWS, interventions should focus on caregivers' strengths and improving their interactions with PLWS. This qualitative analysis investigates how Solution-Focused Brief Intervention (SFBI) can be utilized for caregivers of PLWS. The study aims to explore and understand the utilization of Solution-Focused Brief Intervention (SFBI) for caregivers of persons living with schizophrenia (PLWS). The present study adopted a qualitative research design. Data were collected from FGD and KII Through purposive sampling. The analysis was performed using Atlas.ti version 23.

The researcher performed a thematic analysis following the guidelines provided by Braun and Clark (2016). The process resulted in the identification of a total of 101 initial codes. Through a systematic process of merging similar themes and removing irrelevant ones, the analysis distilled these into six main themes. Additionally, 23 sub-themes were identified and selected to provide further detail and nuance to the main themes. The main themes and sub-themes that emerged from the analysis are as follows: [1] Caregiver burden: (a) Burden, (b) Emotional outburst/Emotional Burden, (c) Family Responsibility, (d) Financial stress, (e) Uncertainty, [2] Coping patterns: (a) Avoidant, (b) spirituality, (c) emotional regulation, [3] Expressed emotion: (a) critical comments, (b) hostility, [4] Solution-focused intervention: (a) NGOs and Rehabilitation, (b) Parenting, (c) Elicit past success and Exception questions, (d) Hope, (e) Miracle question and Scaling questions, (f) Resource recognition, [5] Stigma: (a) Cultural norms and belief, (b) Discrimination, (c) Perception about mental illness, [6] Support: (a) Community, (b) Emotional, (c) Mental health and, (d) Psychosocial. The detailed results will be presented at the time of the conference.

In conclusion, the thematic analysis identified six main themes and 23 sub-themes that highlight the experiences of experts and caregivers of PLWS with schizophrenia. These themes include Caregiver Burden, Coping Patterns, Expressed Emotion, Solution-Focused Intervention, Stigma, and Support. The findings emphasize the significant challenges caregivers face and the importance of providing targeted support to address both emotional and practical needs. The study underscores the potential benefits of solution-focused interventions and highlights the broader social context, including stigma and available support systems, that influence caregivers' experiences.

Keywords: Schizophrenia, caregiver, solution focused intervention, stigma, support

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Navigating the Invisible Struggle: Mental Health Challenges and Interventions Among Migrant Labourers

Sinu Jesin T[1], Sachin T S[2], & Dr K. Janaki Raman[3]

In the global landscape of labour markets, migrant workers form an indispensable yet often overlooked segment. These individuals leave their homes in search of better economic opportunities, contributing significantly to industries ranging from agriculture to construction, hospitality to healthcare. However, behind the economic statistics lies a profound human story—one that often intersects with issues of mental health. The mental well-being of migrant labourers is a critical yet under-addressed concern. Exposed to precarious working conditions, isolation from familiar social networks, and cultural alienation, these individuals frequently encounter substantial mental health challenges. Factors such as language barriers, discrimination, and lack of access to health care further exacerbate their vulnerabilities. Understanding the complexities of migrant labourers' mental health is not merely an academic exercise but a moral imperative. It necessitates a nuanced examination of the intersection between migration, labour dynamics, and psychological and social well-being. By shedding light on these issues, we can advocate for better policies and support systems and foster a more inclusive and empathetic society. The aim of this study is to explore and document the prevalent mental health challenges and contributing factors and interventions among migrant labourers. This study utilised qualitative research design with case study methodology to explore and illustrate the mental health challenges faced by migrant labourers. Two specific case studies were selected based on their relevance and ability to provide detailed narratives and insights into the specific mental health issues within this population. Standardised tools were used to assess the socioeconomic status, family environment and social support.

The cases of two young adults, aged 18 years and 22 years, who were admitted to the chronic ward of a tertiary psychiatry hospital belonging to the same state and migrated to a metropolitan city for the purpose of work were studied. In comparison, some common contributing factors identified were low-income family support, limited knowledge about mental health resources and legal implications. Both cases reveal common contributing factors, such as social isolation, language barriers, and demanding work conditions, which collectively heighten mental health vulnerabilities among migrant labourers. Addressing these challenges requires targeted interventions, including liaisoning with different governmental and non-governmental organisations to trace family members, culturally sensitive mental health education, identifying and strengthening existing support systems, and facilitating financial benefits during the admissions. Some of the interventions post-discharge were policies promoting social integration, regular follow-up to ensure drug compliance and workplace well-being to enhance the overall mental well-being of migrant labourers.

Keywords: Mental health issues, migrant labourers, barriers, psychosocial interventions

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Abstract ID - D24/15

Institutional Care Experiences of Homeless Persons with Mental Illness in India

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The intersection of homelessness and mental illness poses great challenges in the mental health care landscape of India. Homeless individuals in India often experience instability in residential care, and are usually caught up in institutional placements. The homeless persons with mental illness in institutions come across situations that hinder their independent functioning and worsen their mental health condition. The inadequate community support system for homeless people leaves many of them in institutional care without appropriate care. The lack of economic and social networks hinders the independence of the institutionalized individuals. An understanding of the challenges and difficulties faced by institutionalized populations will help in developing appropriate strategies for them. The study aims to explore the experiences of institutionalization among homeless persons with mental illness admitted to institutions and to understand their needs for community life.

A qualitative exploration of the experiences of homeless persons with mental illness was conducted among the homeless persons in institutions. A semi-structured interview guide was prepared by the research team and interviewed eleven homeless persons with mental illness from different homeless care institutions in Bengaluru. The interviews were transcribed and translated from vernacular language to English and analysed using Atlas.ti 23. Thematic analysis was used to analyze the data. Open coding and structured coding were done and it was reviewed by peer researchers to reduce bias.

A code cluster consisting of 88 codes was developed and five global themes have emerged from the themes. 19 subthemes were developed from the code clusters. The global themes included the institutionalization experiences of homeless persons, lack of support from social networks, the attitude of the care providers, aspirations for the future, and the need for improvement in institutional care.The homeless people experience challenges ranging from human rights violations to inadequate social support. Developing strategies that promote support networks for homeless people with mental illness is inevitable in their rehabilitation.

Keywords: Homeless, mental illness, institutional care, human rights

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Abstract ID - D24/16

Caring for the Caregiver: Mitigating the Devastating Impact of Caregiving

Christina Were[1]

Caring for a family member living with a debilitating physical or mental health condition is a complex journey with multi-faceted challenges including physical, medical, mental, social, financial, decision-making, family breakdown, and end-of-life support situations among others (Loo, Yan, & Low, 2022) (Secinti, Fischer, Brennan, Christon, & Balliet, 2023). Mothers of adolescent children with autism record similar levels of the stress hormone cortisol, as combat soldiers (Seltzer, et al., 2010). Caregivers of patients with advanced cancer have decreased quality of life, increased anxiety, and increased depression (Shin, Lim, Shin, Kim, & Park, 2018). On average, couples with a child with autism spectrum disorder have higher risks of divorce and lower satisfaction with their marriages when compared to couples with a typically developing child (Sim, Cordier, Vaz, & Falkmer, 2016). These examples point to the enormous stressors that caregivers suffer. However, many caregivers lack adequate access to caregiver education which would be beneficial to their physical, mental, familial, social, and financial well-being. (Navaie, 2011) If the trend of non-communicable diseases continues, chronic diseases such as cardiovascular diseases, cancer, diabetes, and respiratory illnesses will account for 86 percent of the 90 million deaths each year. That is, a 90 percent increase in absolute numbers from 2019 (World Health Organisation, 2023). It is also projected that communicable diseases, pandemics mental health conditions, and historical and emerging addictions will rise. It therefore follows that the number of caregivers globally and the impact of the caregiver burden will without doubt rise significantly. The purpose of this paper is to explore the positive impact caregiver education can have on the well-being of caregivers and by extension on their care recipients. Published literature regarding the relationship between caregiver education and quality of life of caregivers will be reviewed systematically and an overview of findings and trends will be presented.

Keywords: Caregiver, caregiver well-being, family caregiving, chronic diseases

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Workplace Emotional Well-Being among College Educators

Dr Akhitha K Raghu[1] & Joshin Samuel[2]

The emotional well-being of college educators is a critical factor influencing job performance, satisfaction, and overall mental health. This review synthesizes existing research on the key stressors, challenges, and protective factors affecting educators' emotional well-being in academic settings. Drawing on studies from occupational health, educational psychology, and social work, the review examines the impact of high workloads, limited institutional support, and work-life imbalance on educators' emotional states. Additionally, it explores evidence-based social work interventions, such as counselling services, peer support programs, and institutional reforms, to mitigate these stressors. By integrating findings from multiple disciplines, this paper identifies gaps in the literature and provides recommendations for improving workplace well-being through targeted social work strategies. The review concludes by advocating for supportive work environments that foster emotional resilience and mental health among college educators.

Keywords: Workplace emotional well-being, college educators, stress, job satisfaction, social work interventions, mental health, work-life balance
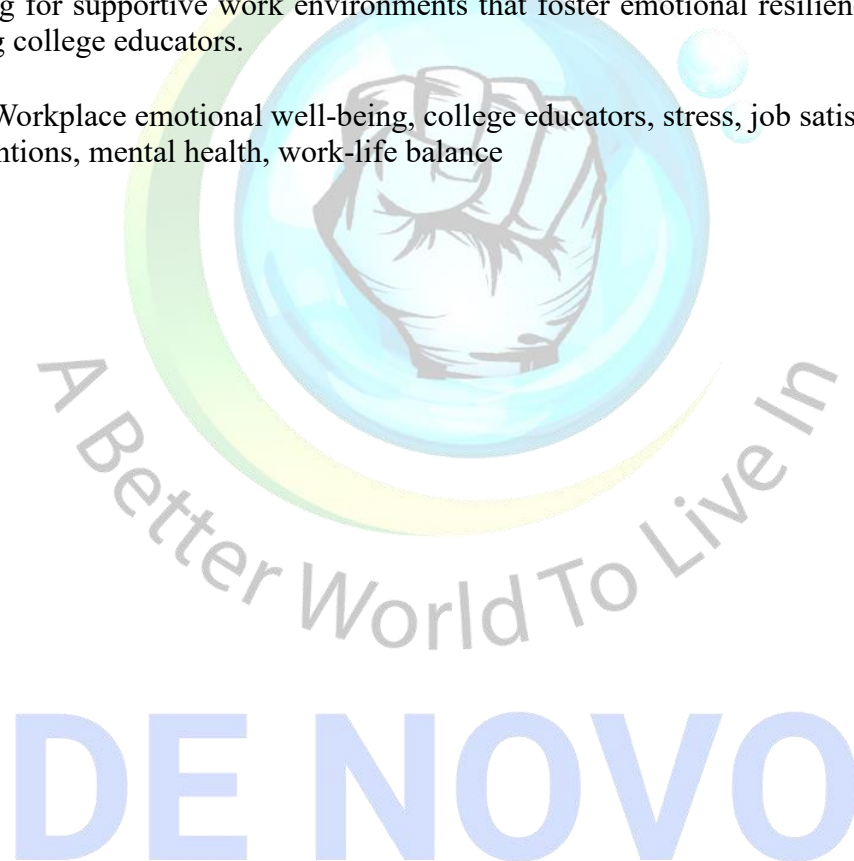
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Integrating Sustainable Development Goals (SDGs) in Youth Mental Health Services: A Review on Policy and Programme Strategies for Indian Youth

Ann Mary Roy[1] & Dr Akhitha K Raghu[2]

The Sustainable Development Goals provide a comprehensive framework to address various global challenges including Health and Well-Being. This review paper explores the integration of Sustainable Development Goals with Youth Mental Health Services, focusing specifically on policy and program strategies for Indian Migrant Youth. The Mental Health needs of Indian Migrant Youth are often compounded by the stressors associated with migration, cultural adaptation, and socio-economic disparities. By aligning Mental Health Services with Sustainable Development Goals, particularly Goal 3 (Good Health and Well-Being) and Goal 10 (Reduced inequalities), this study proposes a holistic approach to enhance the Psychological Well-Being of Indian Migrant Youth. The study highlights the gap in current policies and programs of Indian Migrant Youth. It further examines successful international models and best practices that can be adopted into the Mental Health Services of Indian Migrant Youth. This study not only addresses the immediate needs of migrant youth but also contributes to their long-term Well-Being and social integration. This alignment fosters inclusive growth and ensures that no one is left behind in the pursuit of sustainable development. The objectives of the study are, (a) to study challenges faced by Indian Migrant Youth (b) to study various international policies and programs for the psychological Well-Being of Indian Migrant Youth (c) to explore the accessibility of Mental Health Services for Indian Migrant Youth in the context of Sustainable Development Goals (d) to suggest social work recommendations concerning the Indian Migrant Youth and integration of Sustainable Development Goals into Mental Health Services.

Keywords: Indian migrant youth, international policies, psychological well-being, sustainable development goals, youth mental health services

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Abstract ID - D24/19

Bulu Tapcho: A Traditional Practice of Spiritual Healing and Emotional Well-Being in the Bayung Rai Community of Nepal

Bali D. Rai[1]

Bulu Tapcho in the Segro of Bayung Rai (hereafter Bayung) culture signifies spiritual, mental, and psychological healing. The Bayung priest requests the ancestors to grant spiritual power, good fortunes, and prosperous life to the sick person/s. In this context, the proposed research aims to explore the value and importance of the Bulu Tapcho in relation to spiritual and emotional wellness in the Havung community. The overarching questions guiding this paper include a) How does Bulu Tapcho, recuperate the spiritual and emotional well-being of the sick Bayung people? and b) how does the Bayung priest demonstrate his spiritual knowledge as a healing practice in the Segro? The research intends to illuminate the healing process of Bulu tapcho in the Bayung community. Exploration of these questions helps promote and preserve Indigenous ways of healing, i.e., Bulu tapcho, as meaningful and important as Western ways of treatments. It also focuses on the relationships between mind, body, soul/spirit, and heart, underpinning the w/holistic nature of the Segro. The Segro is a community-based grand ceremony where the priest practices divination and healing to the sick person/s, fostering mental and emotional wellness. The research delineates the spiritual, mental, and emotional well-being of the Bayung people, underpinned by Community-based participatory research. It observes the Bayung people in their ancestral lands to better understand their experiences, perspectives, and ritual practices, including spiritual healing, by employing Indigenous ethnography. The data will be analysed by using thematic analysis. This research will contribute to the Indigenous communities, including the Bayung community, validating Indigenous traditional healing practices for their health and well-being.

Keywords: Bulu tapcho, Segro, Bayung community, emotional well-being w/holistic healing, community-based participatory research, indigenous ethnography

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Abstract ID - D24/20

Transitions of Care in Chronic Neurological Conditions: A Stakeholder's Perspectives

Reshma. P. Mohandas[1], Dr Priya Treesa Thomas[2], Dr Suvarna Alladi[3],

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Care transitions are a complex set of actions that risk poor quality outcomes for patients and their significant others. This can be particularly challenging for chronic neurological conditions with high support needs such as Stroke and Dementia. The study explored the experiences of the transition process between the hospital and continued rehabilitation in the home. The process is explored from the perspectives of multi-disciplinary team healthcare professionals providing care.

Semi-structured individual interviews (n = 6) were conducted with healthcare professionals from a multidisciplinary team in a tertiary care Centre for Neuropsychiatry in Bangalore. Participants were asked to share their perceptions about factors influencing transitions in care Data was analysed using thematic analysis. Atlas. ti software is used for the analysis.

One core category "Perceptive dialogue for a coordinated transition", and two categories "exploring the barriers in care needs for common understanding" and "Understanding the facilities of care needs during transitions" emerged from the analysis. The transition consisted of several parallel processes which made it difficult for the stakeholders to get a common understanding of the transition as a whole. Enabling a perceptive dialogue was a prerequisite for the creation of a common understanding of the care transition. This study elucidates that a perceptive dialogue with stakeholders from multidisciplinary teams as well as within and across organizations is part of a coordinated and person-cantered transition.

Keywords: Transitions of care, experiences, multidisciplinary team approach.

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Family Support and Prenatal Stress Among First-Time Pregnant Women

Harishma A[1] & Dr Sudha Thomas[2]

Prenatal stress, defined as the experience of psychological distress during pregnancy, has been linked to adverse maternal and infant outcomes, including preterm birth, low birth weight, and developmental delays. Family support during pregnancy encompasses emotional, instrumental, and informational assistance provided by close relatives, such as partners, parents, and siblings. The study is about to analyze family support, prenatal stress, and how it correlates with each other. The purpose of the study is to investigate the ways how family support influences the level of stress experienced by women who are pregnant for the first time.

This study aims to investigate the correlation between family support and prenatal stress experienced by first-time pregnant women. The study is about an understanding of family support and how it has an impact on prenatal stress and the possibility of being led to postpartum depression among pregnant women. The data is collected through a Google form questionnaire using a standardized scale such Perceived Prenatal Maternal Stress Scale (PPMSS) and Perceived Social Support from Family (PSS-FA) scale, from 100 respondents to understand the issue they are facing and what factors are behind it. The researcher uses Jamovi for statistical analysis to analyze and interpret the data. Descriptive analysis and correlational analysis are used to interpret the data.

Keywords: Family support, prenatal stress, first-time pregnancy.

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Abstract ID -D24/22

A Study on the Level of Self-objectification and Social Appearance Anxiety among College Students in Ernakulam District of Kerala.

Supta R Nath[1]

This study investigates Self-objectification attitudes and Social Appearance Anxiety among college students in the Ernakulam district of Kerala. Self-objectification is defined as viewing oneself as an object, primarily judged on physical appearance. This perspective can have negative psychological consequences, such as body shame, low self-esteem, and depression. Social appearance anxiety is the fear of being negatively evaluated because of one's appearance and this is especially prevalent among adolescents and young adults, particularly during the transition to college life. This research explores the correlation between these psychological constructs and their impact on student's emotional well-being.

The study adopts a quantitative approach, using the Objectified Body Consciousness Scale (OBCS) and the Social Appearance Anxiety Scale (SAAS) to measure Self-Objectification and Social Appearance Anxiety, among 150 college students aged 18-25. Data is collected through a survey, and the results are analysed using the statistical software Jamovi. The findings will offer insights into the prevalence and also the correlation of Self-objectification and SAA, contributing to the development of targeted interventions at the community level to promote body acceptance and mental well-being among college students. The research also aims to explore the role of social and interpersonal influences on these constructs.

Keywords: Self-objectification, social appearance anxiety, college students, emotional well-being

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A Study on the Psychosocial Needs and Well-Being of Single Mothers

Grace Maria William[1]

Single mothers are women who are widowed, divorced separated or not currently living with legal or common-law spouses. These single mothers are managed to take care of their children independently. As often we hear the term "Single mother", sometimes even neglect the challenges and issues that they encounter in their life. The literature vastly reports that single mothers face challenges such as social isolation, unemployment, stereotyping, depression, low self-esteem, and lack of family and social support. Furthermore, single mothers need to explore the challenges that they experience in their everyday lives. Some of the researchers also emphasize that they are often marginalized and discriminated from society which leads to feelings of insecurity and seeking active social support from others. Therefore, this research aims to study the psychosocial needs and well-being of single mothers in Kerala. This study utilizing qualitative research by using a semi structured interview with 15 respondents to understand their challenges and different coping to overcome the issues and problems. The data used a thematic analysis to analyze and interpret the data manually. The results of the study highlight that there is a need for mainstream awareness and to encourage more support from a family and community level to enhance their living.

Keywords: Psychosocial well-being, single mothers, social support, coping mechanisms, child care challenge
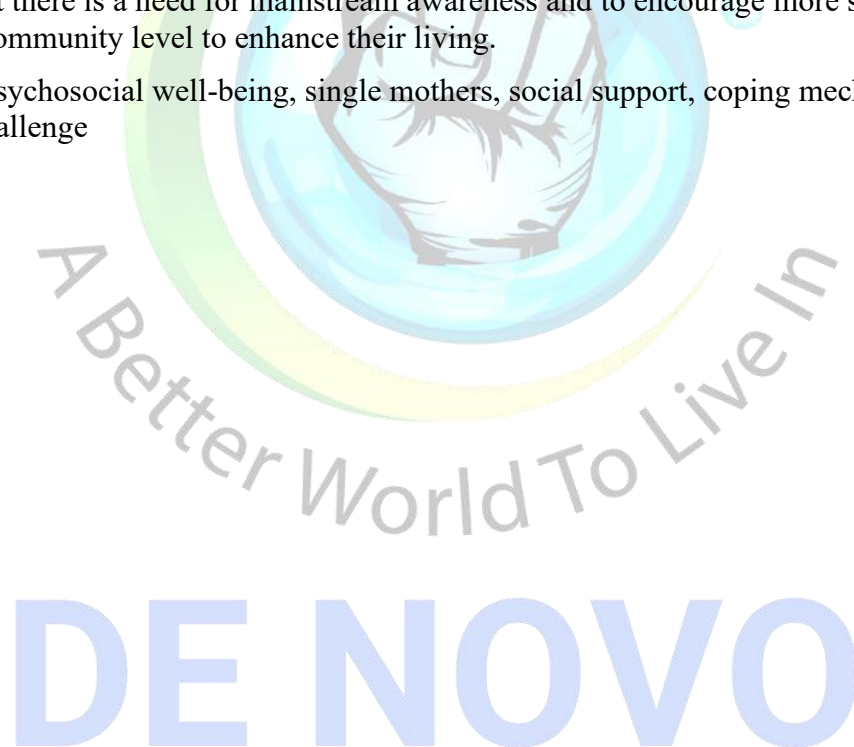
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Collective Human Flourishing: An Eco-Social Work Approach

Aisah Lehmann[1]

The focus of this paper is to explore the concept of collective human flourishing, which is a topic which has entered mainstream discourse and is valued as a progressive and necessary goal on an international scale. Collective human flourishing is considered to be the next progressive step for humanity that will work towards more healthy, peaceful, and sustainable societies by strengthening the relationships between individuals, individuals and their communities, as well as between people and the planet. As social workers, collective flourishing is idealised, but how can we begin working towards achieving this goal? This paper proposes that eco-social work perspectives and frameworks must be considered and utilised in the pursuit of achieving collective human flourishing goals. This paper reviews the relevant literature, which explores the concepts and attributes of flourishing, discusses relevant frameworks such as positive psychology, social justice, and environmental ethics, all of which support community wellbeing and development whilst working in favour of promoting the spirit of collective flourishing that is linked to the values of the social work profession. The paper then examines the principles of eco-social work, and its application in community development and collective flourishing initiatives. Potential limitations are addressed before offering practical recommendations for utilising an eco-social framework in community development efforts towards collective flourishing goals. This paper will be published by Springer in 2025, in a Book on Collective Flourishing. The aim of the chapter is to raise awareness regarding the re-emergence of the eco-social framework within the Social Work discipline, as well as to promote the essential considerations for eco-social frameworks towards achieving collective human flourishing goals.

Keywords: Eco-social, human flourishing, community development, climate change

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Abstract ID -D24/25

Personal Experiences of Caregiving: A Qualitative Study among Family Caregivers of Cancer Patients in Home-Based Palliative Care

Joby M.P.[1] & Dr J. S. Gunavathy[2]

Cancer alters the life of not only the patients but also the family. It is crucial to comprehend how a cancer diagnosis affects caregivers' well-being and their quality of life. The aim of this study is (a) to understand the caregiving related experiences of family caregivers of cancer patients, and (b) to decipher the challenges faced by family caregivers of cancer patients in home-based palliative care. In India, Kerala state is the forerunner in providing home-based palliative care. Hence, the study was done among family caregivers attached to a home-based palliative care centre in Kerala. This qualitative study was based on in-depth interviews with family caregivers of cancer patients (n=17), registered with Hrudaya Palliative Care, Kerala. Thematic analysis of the qualitative data was done. In terms of caregiving experiences, caregiver burden and disruption were the emerging themes. Caregiver burden manifested as physical issues like sleep disturbances, headaches, back injuries and high blood pressure and psychological issues like depression, anxiety, burnout, fatigue and lack of concentration. Disruption was on account of altering daily routine and overwhelming nature of caregiving responsibility. The greatest challenge reported by those caring for a cancer patient is financial constraint. Most participants viewed financial difficulties as a greater hardship than caregiving itself. The participants considered spirituality, family and social support as vital support systems. Thus, the challenges faced by family caregivers of cancer patients are multifaceted that affects their quality of life and well-being.

Keywords: Cancer, palliative, home-based palliative care, caregiver, challenges

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Study on Effectiveness of Project-Based Learning in Government Middle School.

Sneha Sobhan Babu[1]

Education is a catalyst to the growth and development of a nation. With National Education Policy (2020) in implementation; holistic development of students is a significant priority in India. Over the years, education is measured with importance to theoretical knowledge and students often find difficulty in applying their learning to different contexts.

Project-based learning is a key paradigm in educational settings that can change the trajectory of learning immensely. "PjBL is one instructional approach which allows learners to construct new knowledge as they seek to solve real-world problems that affect them and their communities, instead of reproducing the knowledge they receive from teachers." (Chimbi & Jita, 2021). The method of project-based learning allows students to solve problems within and outside their classrooms. It develops a sense of curiosity and creativity in students to explore the possibilities beyond textbooks.

The research study aims to understand the effectiveness of project-based learning in middle schools. With qualitative research methods, the study applies semi-structured interviews and observations to gauge the change in understanding of the students when PjBL is implemented in teaching. The expected outcome is to understand the effectiveness of PjBL and various challenges that are embedded in PjBL.

Keywords: National Education Policy, PjBL, holistic development, education

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The Role of Social Support in Emotional Well-being Across Different Life Stages: A Comprehensive Study of How Social Connections Influence Mental Health from Childhood to Old Age

S. Vigasini [1] & B. Preethi Meena [2]

This research examines the critical role of social support in influencing emotional well-being across different life stages, from childhood to old age. A purposive sample of 100 participants was selected, representing children (12 years), adolescents (13-18 years), young adults (19-30 years), and older adults (65+ years), ensuring diverse backgrounds. Data collection used a mixed-methods approach, combining quantitative surveys and qualitative interviews. Standardized questionnaires, including the Social Support Questionnaire (SSQ) and the Warwick-Edinburgh Mental Well-being Scale (WEMWBS), were employed to assess social support levels and emotional health indicators. The SSQ measures perceived availability and satisfaction with social support, focusing on the number of available sources of support and the degree of satisfaction with these relationships. The WEMWBS is a validated scale used to assess subjective well-being, including psychological functioning and positive mental health. In-depth interviews with a subset of participants explored their personal experiences with social support and its impact on emotional well-being. Preliminary findings suggest that robust social support networks are positively associated with emotional resilience and life satisfaction across all age groups. Key sources of support vary by life stage: children benefit from parental involvement, adolescents from peer relationships, young adults from partnerships and professional networks, and older adults from community engagement and intergenerational ties. This study highlights the importance of personalized interventions that address the unique emotional needs of individuals at different stages of life, emphasizing the role of social support in promoting mental well-being across the lifespan.

Keywords: Social support, emotional well-being, life stages, intergenerational support

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Abstract ID - D24/28

Experiences of Child Maltreatment and its Psychological Impact during Young Adulthood.

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Background: Child maltreatment is the abuse and neglect that occurs to children under 18years that includes any forms of physical /emotional ill-treatment, sexual abuse, neglect and exploitation resulting in actual or potential harm to the child's health, survival, development or dignity [WHO, 2022]. It is a global problem, and studies reveal that 40150 homicide deaths in children under 18 years, some of which are linked to child maltreatment. It can have long term effects on psychological well-being of the affected individual and hence understanding it during the early phases of adulthood becomes crucial. By knowing these experiences and its impact can provide valuable insights on coping and resilience among affected individuals. Objective: The primary objective of this study is to assess child maltreatment experiences in young adults and its impact on their psychological wellbeing. It also examines the relationship between child maltreatment and psychological well-being while exploring their resilience levels. Methodology: A sample of 307 college students aged 18-22 participated in a survey from various colleges in Coimbatore to ensure a diverse representation. Data will be collected through self-developed questionnaire designed for the study purpose to assess their childhood experiences and psychological well-being. Descriptive statistical measures were employed to analyse the data and results will be discussed in detailed in the full paper. Conclusion: This study provides significant insights into the prevalence of child maltreatment among young adults in Coimbatore and helps to explore the resilience levels they possess. Understanding the psychological impacts will also help in developing targeted interventions and support systems to promote healing and well-being among young adults.

Keywords: Child maltreatment, sexual abuse, emotional ill-treatment, resilience, adulthood, interventions

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A Study on Impact of Volunteering in Improving Emotional Well-Being of an Inclusive Society, Coimbatore

Sarumathi[1], Rithiksha C. S.[2], Jesu Leve Justin[3] & Dr Rex Sahayaraj[4]

This research paper investigates the essential role of volunteering in improving emotional well-being within inclusive societies, drawing on survey data from 100 participants—50 volunteers and 50 beneficiaries—from Coimbatore. Volunteering serves as a bridge that connects individuals from diverse backgrounds, fostering empathy, social interactions, and a sense of belonging. Utilizing a mixed-methods approach combining quantitative surveys and qualitative interviews, the study evaluates the emotional and social impacts of inclusive volunteer programs. The findings reveal that volunteers experience enhanced self-esteem, reduced feelings of isolation, and greater life satisfaction, while the beneficiaries benefit from stronger community bonds, improved social cohesion, and empowerment. These volunteer initiatives play a key role in supporting marginalized groups and building more inclusive, resilient communities.

The research also underscores the broader societal advantages of inclusive volunteerism, such as its ability to promote civic engagement, cultural exchange, and shared learning. By facilitating meaningful connections across different communities, volunteer programs contribute to strengthening social ties and enhancing mental health outcomes. The study advocates for the incorporation of volunteer programs into community and mental health policies, highlighting their potential to create more emotionally supportive and cohesive societies. This research offers new insights into the emotional and social benefits of volunteerism in inclusive settings, with implications for policymakers focused on fostering social cohesion and improving well-being.

Keywords: Volunteering, emotional well-being, inclusive societies, community engagement, mental health.

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Understanding Socio-cultural Perspectives on the Wellbeing of Parents of Migrant Children in Kerala

Anitta Jaison[1]& Norby Paul[2]

Migration has become a significant socio-economic phenomenon in Kerala, India, especially in the post-COVID-19 era, with many young adults seeking better opportunities abroad, leaving behind aging parents. This conceptual paper explores the multifaceted effects of migration on the well-being of elderly parents, focusing on emotional, psychological, social, and economic dimensions. Drawing on existing literature, the paper discusses how migration disrupts traditional family structures, caregiving dynamics, and community networks, resulting in social isolation and emotional strain for the elderly. Kerala's unique socio-cultural context, characterized by strong family bonds and intergenerational support, adds layers of complexity to these challenges. The reliance on financial remittances, changing social status associated with having migrant children, and the grief of separation are critical factors shaping the well-being of these parents. Moreover, the erosion of the joint family system and weakening social support networks exacerbate feelings of loss and disconnection. This paper employs a theoretical and literature-based approach to explore the impacts of migration on the well-being of elderly parents in Kerala. A critical review and synthesis of existing literature on migration, caregiving, and aging are used to examine the emotional, psychological, and social dimensions of well-being. The study draws on key theoretical frameworks, including social support theory, family systems theory, and migration theory, to analyze the shifting dynamics in familial caregiving roles due to migration.

This paper synthesizes various theoretical perspectives on migration and well-being, categorizing coping mechanisms such as reliance on local social networks, community support systems, and religious practices. The findings have important implications for future research and policy interventions aimed at improving the psychological and social well-being of this vulnerable population in a globalizing world, i.e. Emotional and Psychological Well-being: Parents experience grief and emotional disconnection due to prolonged separation from their children. This emotional toll is intensified by the breakdown of traditional joint family systems. Social Isolation and Community Networks: With the weakening of community and familial support systems, many elderly parents face increased social isolation. Economic Dependency on Remittances: While financial remittances provide economic security, they do not address the emotional and social needs of elderly parents, leading to a form of 'remittance dependency' that complicates their overall well-being. Cultural Factors: The social status associated with having migrant children offers some elderly parents a sense of pride. Coping Mechanisms: Elderly parents adopt various coping strategies, such as forming new social connections within their local communities, increasing participation in religious practices, and redefining their roles in the absence of their children.

Key Words: Migration, psychological well-being, social support, caregiving dynamics, community networks, cultural factors, coping mechanisms

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Suicide Prevention Interventions in India: A Systematic Review of Evidence-Based Models Promoting Emotional Well-being

Jona Joy[1] & Dr (Fr) Saju MD[2]

India has one of the highest suicide rates globally, driven by socio-economic vulnerabilities, cultural stigma, and limited mental health infrastructure. Despite the urgency, interventions remain underdeveloped. This systematic review synthesises intervention models for suicide prevention in India, examining their efficacy and potential to promote emotional well-being. A systematic review was conducted on studies published between 2013-2024 that addressed suicide prevention interventions in India. The review included randomised controlled trials and quasi-experimental designs targeting individuals with suicidal ideation or history of suicide attempts. Interventions ranged from cognitive-behavioural therapy (CBT) to community-based approaches. The systematic review included seven intervention studies conducted in India, focusing on suicide prevention through various approaches. The ATMAN intervention, emphasizing problem-solving, emotion regulation, and family involvement, significantly reduced suicidal ideation and depression with high engagement rates. Community-based interventions, like the CASP program, showed potential for reducing suicidal behaviour through regular contact and safety planning, although statistical significance was not achieved. Psychological therapies such as Dialectical Behaviour Therapy (DBT) and Mindfulness-Based Cognitive Therapy (MBCT) effectively improved emotional regulation and reduced suicidal ideation among adolescents. Other interventions, such as centralized pesticide storage to limit access to lethal means, proved cost-effective but faced challenges with community engagement. Counselling for alcohol problems demonstrated limited impact on suicide outcomes, highlighting the need for integrated approaches. Overall, the interventions showcased adaptability to the Indian socio-cultural context and demonstrated the importance of family and community support. The review highlights that evidence-based therapeutic models like CBT, DBT, and community-based interventions contribute to promoting emotional well-being in individuals at risk of suicide. However, broader integration of family systems into intervention models and addressing systemic barriers are crucial for long-term success.

Keywords: Suicide, prevention, intervention, emotional well-being, systematic review

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Mindfulness and Well-being: A Path to Reducing Workplace Burnout

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Background: Burnout, characterized by persistent workplace stress that remains unresolved, has become widespread in numerous countries. This condition significantly affects the health and well-being of those experiencing it, while also impacting their families, workplaces, and the economy. According to Megan E. Warner, in "The Work Environment and Hospitalist Work Well-Being and Burnout" (September 2024), emphasizes the importance of understanding the factors influencing burnout and work well-being, which are key predictors of workforce retention. India has one of the highest suicide rates globally. According to the National Crime Records Bureau (NCRB), around 139,123 suicides were recorded in India in 2019, with significant contributions from the working age population.

Methodology: The study reviews theoretical frameworks like the Maslach Burnout Inventory (MBI) and the Job-Demands Resources (JDR) Model, focusing on emotional exhaustion, depersonalization (cynicism), and reduced personal accomplishment. The JD-R model outlines how job demands lead to stress while job resources enhance motivation and well-being. We prepared a questionnaire and a survey to the employees who are working in IT sectors, educational institutions, and Health Care Centre. Later, we are trying to understand the solutions on reducing the suicidal rate of employees in the above sectors and we seek to develop strategies that promote employee well-being, enhance productivity, and a healthier work environment.

Conclusion: Our research will focus on both individual and organizational approaches to reduce the incidence and impact of burnout in professional settings. We are planning to interview 100 employees from IT sectors, colleges, and health care to gather insights and data on burnout experiences and prevention strategies.

Keywords: Burnout, Job-Demands Resources (JD-R) Model, Maslach Burnout Inventory (MBI), well-being.

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Social Role Valorization and Community Integration: A Case Study of Individuals with Intellectual Disabilities

B. Preethi Meena[1]

Social Role Valorization (SRV) is a framework designed to promote the inclusion and well-being of individuals with disabilities by enhancing their social roles within communities Wolf Wolfensberger (1983). SRV practice is essential for creating a society where individuals with disabilities are valued, respected, and fully included. By promoting social roles, fostering inclusion, and improving quality of life, SRV can make a significant difference in the lives of individuals with disabilities and their communities. This research aims to investigate the effectiveness of SRV interventions in facilitating community integration for individuals with intellectual disabilities in Coimbatore. Through a qualitative case study approach, the study will explore the experiences of individuals with intellectual disabilities, their caregivers, and community members involved in SRV initiatives. Data will be collected through semi-structured interviews, observations, and document analysis. The research will examine the impact of SRV on participants' social roles, quality of life, and sense of belonging. Findings from this study will contribute to a deeper understanding of the factors that influence successful community integration for individuals with intellectual disabilities and inform the development of evidence-based SRV practices.

Keywords: Social Role Valorization, People with intellectual disabilities, Inclusive communities, Inclusion

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Abstract ID - D24/34

The Psycho-Social Problems of Special School Teachers

Mekha Biju[1], Sebin Jacob[2] & Joshin Samuel[3]

Education plays a vital role in transmitting knowledge, fostering skills, and shaping character traits like rationality, kindness, and understanding. Over time, it has evolved to address the needs of modern society, such as critical thinking, empathy, and vocational skills. The education of Children with Special Needs (CWSN) has progressed from a segregated model to inclusive education, allowing students with disabilities to participate in mainstream classrooms. Special education focuses on tailored educational services for students with disabilities, utilizing different teaching approaches, technology, and specialized environments. It aims to help these students achieve personal independence and success in both school and community settings. These institutions have a higher staff-to-student ratio, smaller class sizes, and teaching methods customized to each student's abilities and needs. Special school teachers play a critical role in providing individualized education and support. They help children with cognitive, emotional, or physical disabilities learn the same information and skills as other children, but through adapted teaching strategies. These teachers also collaborate with other professionals and parents to create Individualized Education Programs (IEPs) and closely monitor students' progress. The key responsibilities of special school teachers include accommodating the individual needs of students, assessing academic strengths and weaknesses, developing and implementing IEPs, and communicating with parents and guardians. They also collaborate with multidisciplinary teams, using advanced teaching methods and technologies, and ensure that children with special needs are integrated into educational activities as much as possible. Special educators require patience, expertise, and knowledge of special education laws to create a positive and effective learning environment for CWSN.

Key Words: Special education, inclusive education, Children with Special Needs (CWSN), special school teachers, Individualized Education Program (IEP), multisensory approach

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Abstract ID - D24/35

Understanding Menstrual Distress among College Students in Kerala

Alka Ann Julius[1] & Dr Emmanuel Daniel[2]

Menstrual distress is the negative stress response that involves negative affect and physiological reactivity during menstruation. Studies suggest that distress due to menstruation affects the social emotional and physical aspects of menstruating women. This study looks into the menstrual symptoms experienced by women during menstruation and the distress caused due to the symptoms during three phases of menstruation (menstrual, premenstrual, and intermenstrual phase). The objective of the study is to find the presence of menstrual symptoms during menstruation and to evaluate the level of menstrual distress associated with the menstrual symptoms during the three phases of menstruation. The participants of the study include 200 menstruating college students aged between 18-25 years, who were born and brought up in Kerala and do not have any uterine or psychiatric disorders. The data was collected offline using the questionnaire Menstrual Distress Questionnaire (MEDI-Q), developed by Vannuccini et al., and the Personal Data Schedule. As the data was not normal, Spearman Correlation was used to find the correlation between variables. The result suggested that there is a considerable number of menstrual symptoms during menstruation and a high level of association between menstrual distress and menstrual symptoms during the menstrual and premenstrual phases and not in the intermenstrual phase. Some of the implications are providing counselling, better facilities in college (restrooms, hot water bags), and menstrual leave. Factors like family history, medication management of symptoms, cultural aspects, and age can be taken into account for future studies.

Keywords: Menstrual distress, symptoms, menstruation, and college students

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Quality of Life and the Elderly in the Coastal Areas of Anjuthengu

Punya S. Pradeep[1]

Aging is an ongoing process that starts at birth and continues till death. It could be seen as a multifaceted process that changes an individual's social, physical, mental, spiritual, and emotional well-being. In India, Kerala faces rapid growth in the elderly population due to better healthcare facilities, growing birth rates, decreasing death rates, increased life expectancy, etc.… Thus, Kerala's demographic transition is towards an aging society. Here arises an alarming need to provide for the needs of the elderly ensuring their quality of life. Kerala's extensive coastal line characterized by a high population density faces economic instability, and frequent exposure to natural disasters, which compound the social issues faced by its aging population. At the same time, the proximity to natural resources like seafood, opportunities for communal interaction, the we-feng among the community members, and a slower-paced lifestyle are added advantages that can contribute towards a better quality of life. This study focuses on assessing the quality of life of the elderly inhabiting in the coastal region of Anjuthengu through simple random sampling in a quantitative manner using the WHOQOL-BREF. Thus, the findings of the study contribute to the domains that affect their quality of life and suggest possible interventions that can enhance their quality of life which can eventually contribute to the broader discourse on aging and quality of life in Kerala's coastal region.

Keywords: Elderly, quality of life, coastal area, natural disaster

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Abstract ID - D24/37

A Study on Perceived Depression and Anxiety in Institutionalized Children

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Perceived depression and anxiety in institutionalized children are significant problems, as children in institutional care frequently experience higher levels of psychological discomfort than those reared in home settings. Institutionalization can cause emotional deprivation, a lack of bonding, and social isolation, all of which contribute significantly to depression and anxiety. According to studies, children in institutions experience particular pressures that exacerbate emotions of insecurity and pessimism, such as inconsistent caregiving, a lack of emotional support, and insufficient social engagement. These psychological illnesses include behavioural problems, disengagement, and academic challenges, impairing their overall development. In India, the cultural shame associated with institutional care, as well as the lack of a secure home environment, exacerbates mental health issues. Early intervention, psychological support, and compassionate care are critical for reducing the long-term impacts of depression and anxiety in institutionalized children and improving emotional well-being and social adjustment.

This study investigates the Perceived depression and anxiety in institutionalized children in the Idukki district of Kerala. The study adopts a qualitative approach, using the Revised Child Anxiety and Depression Scale (RCADS-Child) to measure anxiety and depression among 100 institutionalized children aged 14 - 18. Data is collected through the questionnaire, and the results are analyzed using the statistical software Jamovi. This study intends to investigate the prevalence of stress and anxiety among institutionalized children, concentrating on the psychological difficulties they confront in the absence of secure family contexts. By identifying these mental health issues, the research seeks to highlight the need for targeted interventions to improve their emotional well-being.

Keywords: Depression, anxiety, sleep quality, and orphan children

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A Lifespan Perspective on Emotional Health in Adulthood

Arya Priya S. M.[1] & Fasna Gafoor[2]

Adulthood, typically defined as the years between 40 and 65, is a pivotal period marked by significant emotional and psychological transitions. This stage often involves increased responsibilities, career pressures, family dynamics, health concerns, and self-reflection on life achievements. Emotional well-being during middle age is influenced by various factors, including physical health, social networks, financial stability, and personal goals. Research shows that many individuals manage to maintain or even enhance their mental health despite facing numerous challenges. This study examines how social support, emotional resilience, and mental health risks shape the emotional well-being of middle-aged adults. Social connections with friends, family, and communities are critical in mitigating stress and preventing mental health decline, offering essential emotional and practical support. Emotional resilience—the capacity to cope with adversity and adapt to life changes—is vital for maintaining mental stability during this time. However, middle-aged individuals are also more vulnerable to mental health issues such as stress, anxiety, and depression, often triggered by career changes, increased caregiving responsibilities, or health problems. The research highlights protective factors that enhance emotional well-being and reduce mental health risks, including healthy lifestyle choices, robust social networks, financial security, and cognitive engagement. By understanding the interplay of these factors, the study aims to inform more effective interventions and support strategies, ultimately promoting resilience and well-being in adulthood.

Keywords: Adulthood emotional well-being, emotional resilience, mental health risks, protective factors, coping mechanisms, life-span development.

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Impact of Social Connections on Emotional Well-being among Older Adults in the Ernakulam District

Jeni Johnson[1] & Dinu Simon[2]

According to the Report of the Technical Group on Population Projection for India and States 2011-2036, there are nearly 138 million elderly persons in India in 2021 (67 million males and 71 million females) and is further expected to increase by around 56 million elderly persons in 2031. In the case of Kerala, it is expected to have the highest proportion of elderly persons in its population by the year 2021 at 16.5 per cent. Older adult face significant emotional challenges, including loneliness, depression, and anxiety. This study aims to investigate the relationship between social connections and emotional wellbeing among older adults. The geographical area selected for this study is Ernakulam District, which will serve as the setting for investigating the impact of social connections on emotional wellbeing among older adults. This study employs a mixed-methods approach, combining quantitative and qualitative research methods to gain a comprehensive understanding of the relationship between social connections and emotional wellbeing among older adults. In this study, both convenience sampling and proportionate sampling methods were utilized to collect data from male and female older adults, with a total of 60 samples included. Convenience sampling allows for the efficient recruitment of participants who are readily available, while proportionate sampling ensures that the sample reflects the demographic distribution of the population in terms of gender. Questionnaires and case studies will be used as data collection tools in this study to gather both quantitative and qualitative insights. This study will identify social connection types influencing emotional well-being, coping strategies used by older adults, and insights into the relationship between social connections, interactions, and emotional well-being.

Keywords: Emotional well-better, older adults, social connection, population

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Abstract ID - D24/40

Role of Christian Faith-Based Organizations in Substance Abuse Treatment

Jobin Jibu Sam[1]

The use of substances and all the problems resulting from that have turned into a big problem in this country and worldwide. Over the last decade, several new trends in adolescent substance use have emerged hand in hand with an intensified effort to try and ascertain various factors that may improve upon this problem. It has been a common problem, and one that continues to plague societies worldwide, which requires multiple approaches to effective intervention and treatment. Faith-based groups, particularly the ones that are Christian faith-based, have increasingly become major players in substance abuse battles amidst a variety of techniques. This study focuses particularly on the role and effect of spirituality/religious practices on substance abuse treatment with a special focus on a residential treatment program. It will, hence, look to know through what ways spirituality aids in recovery, identify which spiritual practices and teachings tend to be most helpful and will evaluate in its entirety the effectiveness of incorporating spirituality into substance abuse treatment programs within Christian faith-based organizations. The researcher is planning to collect data from 15 respondents through in-depth interviews and focused group discussions from both early adulthood men between the age group of 18-40 years underwent treatment in Malayalapuzha De-Addiction centre run by Malankara Mar Thoma Syrian Church in Kerala. The respondents would also include Clergies, Social workers, Volunteers who work directly with persons affected by substance abuse within the organisations. In addition to assessing the performance of Christian faith-based organizations in substance abuse treatment, this study also highlights the connection between spirituality and emotional well-being. By fostering a sense of purpose, hope, and resilience, spiritual practices contribute to healing not only the physical body but also the emotional and mental health of individuals in recovery. The study aims to uncover the profound ways spirituality can support holistic recovery and emotional well-being.

*Keywords:* Substance abuse, faith-based organizations, spirituality and emotional well-being

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Abstract ID - D24/41

Balancing Connectivity and Well-being: A Mindfulness Framework for the Digital World

Shreyas S[1] & Subha Lakshmi V S[2]

Technology and social media have become integral parts of our daily lives. In today hyperconnected society, digital platforms offer unprecedented opportunities for connections and information access, but they also lead to various adverse effects. This conceptual paper aims to integrate mindfulness practices into technology use to mitigate adverse outcomes with a new framework focusing on critical components like digital self-awareness, emotional regulation, connection and balance. This paper draws literature from studies across multiple behavior disciplines and explores the paradox of increased connectivity leading to emotional distress. Theories such as mindfulness, cognitive-behavioral and social learning have been incorporated into the framework to provide a comprehensive approach to enhancing emotional well-being. The role of social work in the implementation of this framework has also been discussed. Practical applications, policy advocacy and education, will guide the social workers in the implementation of the framework. It not only addresses the challenges in the contemporary world but also aims to contribute to the discourse on emotional well-being, thus laying a foundation for future research and practical applications in social work.

Keywords: Social media, mindfulness, emotional well-being

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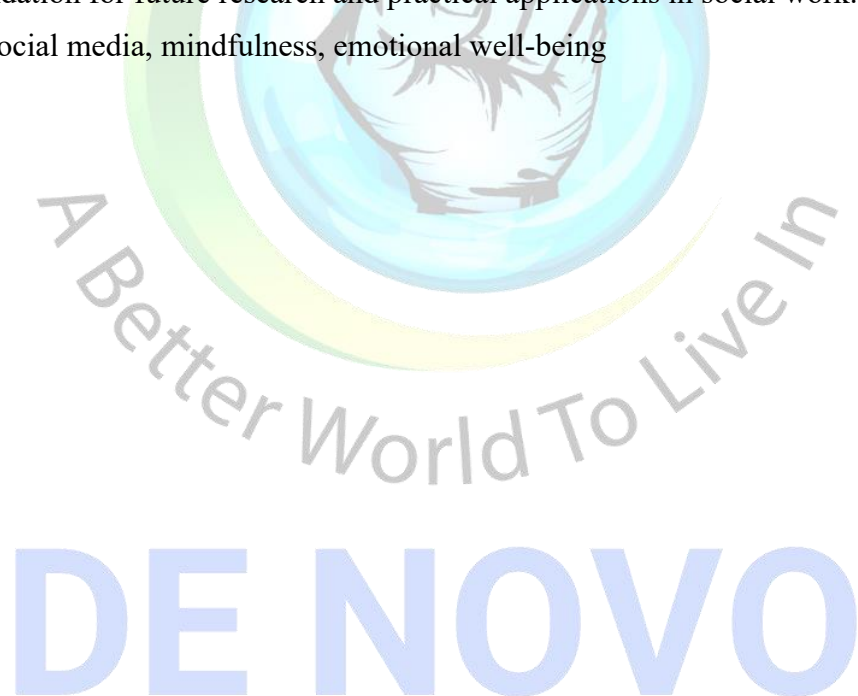
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The Influence of Parenting Styles on Emotional Well-Being during Adolescence

Arunima Kishor[1] & Surya P. J.[2]

This study investigates the influence of parenting styles on the emotional well-being of adolescents aged 10 to 19, utilizing a mixed-methods approach that integrates quantitative and qualitative data. Parenting styles—authoritative, authoritarian, permissive, and neglectful—are examined for their roles in shaping adolescents' emotional health, self-esteem, and resilience. Focusing on the cultural context of Kerala, this research highlights how traditional values intersect with contemporary practices, affecting parenting dynamics. Employing a convergent parallel mixed-method design, quantitative data were sourced from national surveys, while qualitative insights were gleaned from case studies of families in both Kerala and an international urban setting. The findings indicate that authoritative parenting is associated with positive emotional outcomes, including higher self-esteem and lower anxiety levels, whereas authoritarian practices correlate with increased emotional distress. Case studies illustrate the personal experiences of adolescents under varying parenting styles, emphasizing the need for culturally sensitive approaches in interventions. The implications of this research extend to social work practice, suggesting strategies for parents, educators, and mental health professionals to promote healthier parenting practices. This study underscores the necessity of understanding the interplay between parenting styles and emotional well-being, ultimately aiming to enhance adolescents' resilience and overall mental health.

Keywords: Parenting styles, emotional well-being, adolescence, mixed methods, self-esteem, cultural context

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Work-Life Balance Challenges faced by Mothers: A Focus on the Malabar Region, Kerala

Preeji S. Prince[1] & Varsha M [2]

Women in India are subjected to adversities of the gender role assigned by society. Society's unhealthy approach to fulfilling the so-called responsibilities affects women's well-being. Having the best of both parenting and working is not always possible. Work-life and personal life challenge women, when childcare becomes a priority. Balancing of work and family affects women's physical, emotional, mental, and social well-being. The increasing responsibilities decrease their dedication and enthusiasm for their career and passion. This study focuses on the coping mechanism and work-family balance of working mothers in the Malabar region of Kerala. Using a quantitative methodology, 50 samples were received from working women for understanding their work-life balance and coping. This explores coping of the personal and professional lives of working mothers in the Malabar region. This study reveals the problems faced by working mothers in balancing work and personal life. This is an effort to learn how working mothers face inevitable challenges in personal and professional life. They are restricted from self-care and personal well-being due to the responsibilities they are to be in. It is pivotal to take measures to provide mental health assistance in the workspace as most of them couldn't access mental health support ever. Implementation of policies at the state and national levels will help resolve this problem. Support from the family, and community is also crucial for reducing the work life issues of working mothers.

Keywords: Mother, work life balance, mental health, family life

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Exploring Holistic Approaches to Well-Being: A Framework for Balanced Living

Ammu A.V.[1] & Ganga S. Nair[2]

This paper explores the diverse and multidimensional approaches to wellbeing, emphasizing the importance of a holistic framework that integrates physical, mental, emotional, social, and environmental dimensions. Wellbeing is no longer understood merely as the absence of illness; it is now recognized as a complex, multifaceted construct that reflects an individual's overall health, happiness, and fulfilment. Psychological approaches, particularly from positive psychology, highlight personal strengths, resilience, emotional regulation, and happiness as key contributors to wellbeing. These models advocate for cultivating positive emotions, setting meaningful goals, and fostering personal growth to achieve mental and emotional stability. Social approaches focus on the role of relationships, social support systems, and community in shaping individual wellbeing. A strong sense of belonging and healthy interpersonal connections is essential not only for emotional balance but also for physical health. Community-based models of wellbeing encourage environments where collective support and shared resources enhance overall quality of life. Furthermore, economic and environmental perspectives broaden the scope of wellbeing by incorporating external factors such as financial stability, access to essential services, and sustainable practices. A stable economic foundation and a healthy environment are critical to ensuring long-term, sustainable wellbeing. The paper argues for a comprehensive, integrative approach that acknowledges the interconnected nature of these dimensions, advocating for strategies that address physical, mental, and social health simultaneously. Such holistic approaches are crucial for fostering lasting wellbeing at both individual and community levels. This paper offers a detailed analysis of key frameworks for promoting wellbeing and suggests that only a balanced, inclusive approach can achieve sustained health, happiness, and fulfilment.

Keywords: Holistic health, positive psychology, social support, integrative approach, multidimensional wellbeing, health promotion

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Abstract ID - D24/45

The Impact of Life Transitions on Emotional Well-Being: A Comparative Study of Early Adulthood, Mid-Life and Adulthood

Sandra. K.S.[1] & Karuna G.[2]

Life transitions are significant changes or milestones that individuals experience throughout their lifespan. This significant research explores the impact of major life transitions on emotional wellbeing across three key stages of adulthood: early adulthood (ages 18-35), midlife (40-60), and older adulthood. These transitions can be developmental, such as moving from childhood to adolescence, or situational, like changing careers, workforce, getting married, parenthood and retirement influences to bring profound changes that shape emotional experiences and mental health in these stages. While these transitions often bring growth and new opportunities, they can also present challenges that affect emotional and mental well-being. The early adults face heightened anxiety and identity struggles during transitions related to career establishment and personal independence. And the midlife adults' experiences emotional changes with higher rates of existential reflection and life dissatisfaction. The midlife individuals often display greater resilience due to accumulated life experience and coping mechanisms. Using a comparative approach, this study investigates how individuals navigate these transitions, examining factors like emotional stress, loss of identity, relationship changes, emotional resilience, social support, and coping strategies and underscores the importance of tailored emotional support interventions for individuals at different life stages to mitigate the positive and negative impacts of life transitions The findings reveal distinct emotional challenges and strengths in each phase, highlighting the importance of adaptive coping strategy mechanisms and social networks in fostering emotional wellbeing and life satisfaction. This research contributes to a deeper understanding of emotional health across the lifespan and provides insights for interventions aimed at promoting mental health during pivotal life transitions.

Keywords: Life transitions, emotional well-being, early adulthood, late adulthood, resilience, life satisfaction.

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Abstract ID - D24/46

The Effect of Physical Inactivity on Stress and Anxiety among Youth in Urban Bengaluru

Jyothis Jose[1] & Dr Sudha Thomas[2]

Physical inactivity, based on the recommendations of the World Health Organization (WHO), is defined as failure to accumulate at least 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity, or the combination of both intensities per week. Globally, physical inactivity is the fourth greatest risk factor for mortality, attributed to approximately four to five million deaths that could have been prevented. The phenomenon of urbanization is becoming rampant, resulting in more and more youngsters living a more sedentary lifestyle. This is often due to a lack of facilities for outdoor activities, academic pressure, and technological dependence. The principal focus of the research is to evaluate the effects of such an inactive lifestyle on the psychological conditions of stress and anxiety among youth in urban areas. The study examines the effect of physical inactivity on stress and anxiety among youth in urban Bengaluru. The study adopts a quantitative approach, using the International Physical Activity Scale (IPAQ), Cohen' Perceived Stress Scale (PSS), and Generalized Anxiety Disorder scale (GAD), to measure physical activity, Stress, and Anxiety, among 250 college students aged 18 to 25. Data is collected through a survey, and the results are analyzed using the statistical software Jamovi. The findings will offer a deeper understanding of the prevalence of physical inactivity among youth and its effects on Stress and Anxiety, contributing to the development of targeted interventions at the community level to promote physical activity and psychological well-being among college students.

Keywords: Physical inactivity, stress, anxiety, youth population, urban

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Abstract ID - D24/47

Emotional Well-Being among Isolated Older Adults: Understanding Challenges and Strategies for Improvement

Achsah Roy[1], Aparna Suresh[2], Lancy Anu Peter[3] & Thrishna T. S.[4]

"Old age is a natural stage of life characterized by physical, psychological, and social changes". (Developmental Psychologist Erik Erikson). Emotional well-being is a crucial aspect of health, particularly among older adults, who often face unique challenges that can negatively impact their mental and emotional states. "Mental health and emotional well-being are as important in older age as at any other time of life. Promoting well-being, social participation, and healthy lifestyles among older adults can improve their quality of life." (WHO, Mental Health and Older Adults). This study explores the emotional well-being of socially isolated older adults, examining factors influencing their emotional states, identifying strategies for improvement, and highlighting the role of social support systems. Using a descriptive qualitative design and thematic analysis, the study reveals that social isolation significantly affects older adult's physical, emotional, and mental well-being. It underscores the importance of social connectedness, mental health support, and community-based initiatives in promoting emotional resilience among isolated older individuals. Addressing these needs is vital to improving their overall well-being and ensuring a higher quality of life as they age.

Keywords: Older adults, social support, emotional well-being, coping strategies

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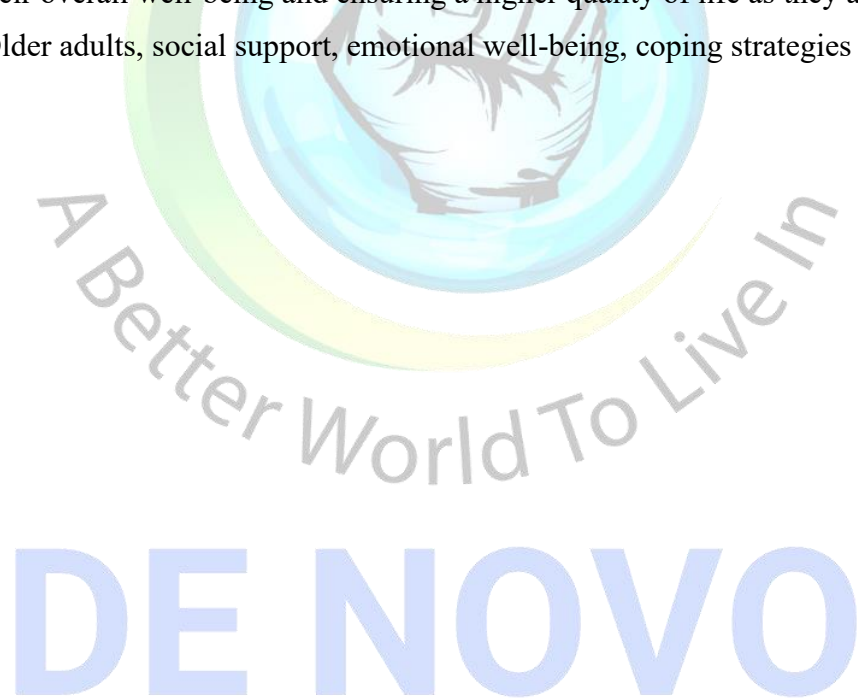
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Abstract ID - D24/48

Challenges of Women Conductors in KSRTC: A Focus on Kannur District

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Women had traditionally been subjected as economically and socially disadvantaged people within and outside the family compared with males. In decision-making and in other roles males dominate over women and are not considered equal in our society. Working women face more problems in society. They are facing problems from the home, community, and workplace also. This study investigates the challenges faced by women conductors working in the Kerala State Road Transport Corporation (KSRTC), with a focus on the Kannur district. As a minority in a male-dominated field, women conductors encounter difficulties in advancing their careers and being recognized as professionals. The study explores whether these women face public discrimination, challenges in balancing work with family responsibilities, and the barriers created by low-wage employment. Using quantitative method data collected from 40 female respondents reveal that in addition to professional struggles, women conductors often lack the healthcare resources and family support they need to manage both work and home responsibilities. The findings suggest that improved government policies, such as reduced working hours and better support systems, could help alleviate the challenges faced by these women, enabling them to maintain their jobs while fulfilling family obligations. This research sheds light on the need for systemic changes to improve the working conditions of women in the transportation sector.

Keywords: Women conductors, KSTRC, work life, family support, challenges

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Social Workers' Role in Mitigating Suicide Risk from Emotional Instability and Social Media Pressures

Hamna Azeez[1]

This research explores the increasing risk of suicide in the digital age, focusing on the influence of social media on emotional stability across generations. The objective is to investigate how social media-driven comparisons and emotional instability contribute to suicidal ideation and to examine the vital role social workers play in mitigating these challenges. The primary research question is: How do social media pressures and emotional instability correlate with suicide risk, and what interventions can social workers implement to support mental health? Utilizing a mixed-methods approach, this study combines quantitative surveys distributed to diverse individuals with qualitative interviews of social workers and mental health professionals. The surveys assess participants' social media usage, emotional well-being, and experiences with suicidal thoughts, while the interviews gather insights into effective interventions used by social workers. Findings indicate a significant correlation between high social media engagement, emotional instability, and increased suicidal thoughts. Participants reported feelings of isolation and inadequacy stemming from social media comparisons, highlighting the detrimental impact of seeking validation through online platforms. Social workers identified effective strategies, such as counselling, community-building initiatives, and digital literacy education, as essential for addressing these mental health challenges. The implications of this research underscore the necessity for enhanced training for social workers in digital mental health issues and the development of comprehensive interventions aimed at fostering emotional resilience. By understanding the complexities of social media's impact on mental health, social workers can better support individuals navigating these modern stressors, ultimately reducing suicide risk in a rapidly evolving digital landscape.

Keywords: Suicide, social workers, mental health, social media

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Abstract ID - D24/50

Migrated Students at Kannur University: Challenges of Social Inclusion and Adaptability

Lakshmi Priya K.[1] & Varsha M.[2]

Migrated students are those students who have moved to a new country, region, or school due to various reasons like better job opportunities, better educational facilities, etc. The increasing globalization of Higher Education has led to a search in student migration with thousands of students crossing borders each year to pursue academic opportunities. Migrated students face lots of problems in their academic and non-academic life. Most of the students are facing adaptation issues, social isolation, lack of social interaction, etc. This study explores the social inclusion and adaptability challenges faced by migrated students at Kannur University. Using quantitative method data collected from 35 respondents, it examines their socio-demographic backgrounds, involvement in college activities, and difficulties adapting to the campus environment. The findings reveal that language barriers, cultural integration issues, financial constraints, and limited access to basic services hinder both their academic and social experiences. To address these concerns, the study recommends targeted interventions such as awareness programs, inclusive events, cultural ambassador initiatives, and tailored orientation programs. By fostering a supportive atmosphere, these measures can improve the academic and social integration of migrated students. The study emphasizes the importance of institutional, governmental, and community-level efforts to create a welcoming and inclusive environment for migrated students in higher education.

Keywords: Migrated students, social inclusion, adaptation, higher educational institutions

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Abstract ID - D24/51

Balancing Minds: A Study on Emotional Wellbeing of Corporate Employees in Bangalore

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Emotional well-being is the ability to manage emotions, adapt to change, and handle life's stresses. Corporate employees face lots of issues in their work life. Busy work schedule, workloads, etc are affecting their personal as well as professional life, it also affects the mental well-being of the workers. This study explores the emotional well-being of corporate employees in Bangalore, focusing on key factors that influence their mental health in the workplace. Using quantitative methods collected data from 50 respondents. The research assesses the overall emotional well-being levels among employees, highlighting the importance of work-life balance, job satisfaction, and workplace environment. The study also evaluates the availability and effectiveness of organizational support systems, including mental health resources, counselling services, and wellness programs, in promoting emotional well-being. The demanding nature of corporate life and busy work schedules significantly impact employees, often leading to challenges in both their mental health and personal lives. Many employees' express dissatisfaction with their work-life balance, which can exacerbate stress and hinder overall well-being. To address these issues, the implementation of supportive policies, counselling services, and other resources is crucial. Effectively maintaining and enforcing these policies can foster a healthier workplace environment, ultimately contributing to improved mental health for employees. By prioritizing employee well-being, organizations can create a more supportive atmosphere that enhances job satisfaction and overall quality of life.

Keywords: Employees, emotional wellbeing, mental health, work life

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Young Adults' Financial Insecurity and Psychological Well-Being in Thiruvananthapuram's Maritime Community: A Systematic Review

Ashmi Salvin[1] & Fr John Kollamkottil[2]

The relationship between positive mental health and financial security is bidirectional. Financial security can contribute to positive mental health by reducing stress, boosting self-esteem, and improving relationships. Conversely, positive mental health can enhance financial decision-making, increase motivation, and foster resilience. Understanding this interplay is crucial for promoting holistic well-being and developing interventions that address both financial and mental health needs.

Financial Security refers to the ability to meet current and future financial obligations without undue stress or hardship. It is a crucial determinant of overall well-being, affecting various aspects of life, including housing, education, healthcare, and social relationships. And Psychological Well-being encompasses an individual's emotional, cognitive, and social functioning. It involves a sense of contentment, purpose, and the ability to cope with life's challenges.

This review is highly relevant given the existing literature, which emphasizes the importance of financial security on psychological well-being shaping young people's mental health in India. This research aligns with the current understanding of the factors influencing mental health outcomes. The review studies several gaps in the existing literature. The study shed light on the Indian context. While socioeconomic factors have been studied, financial security has not been directly investigated as a predictor of mental health. The objectives of the review are to analysis the varies literature to understand how they study the psychological well-being and financial in security and its outcomes. Additionally, the studies focus on specific factors in isolation, neglecting to explore how these factors interact in shaping psychological well-being outcomes.

Keywords: Psychological well-being, young adults, financial security.

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A Comparative Analysis of Emotional Intelligence across Professions: Implications for Professional Success and Well-being

John Antony Noble Vaz[1] and Kripamariya[2]

Emotional Intelligence (EI) has been increasingly recognized as a critical factor in determining professional success and well-being. This study aims to investigate the comparative analysis of EI across various professions, examining its impact on career advancement, job satisfaction, and overall well-being. A systematic review of 30 studies on EI was conducted, comprising a diverse sample of professionals from fields such as business, healthcare, education, and social work. The results indicate significant differences in EI levels across professions, with business professionals scoring lower on EI compared to healthcare and education professionals. Furthermore, the study found a positive correlation between EI and job satisfaction, career advancement, and overall well-being. Specifically, EI was found to be a significant predictor of career success, with individuals high in EI exhibiting greater adaptability, resilience, and effective communication skills. The findings suggest that EI is a critical factor in professional success and well-being and that targeted EI interventions may be beneficial in promoting career advancement and job satisfaction. The implications of this study highlight the need for organizations to prioritize EI development and provide training programs to enhance emotional intelligence among employees.

Keywords: Emotional intelligence, well-being, professional success, professions

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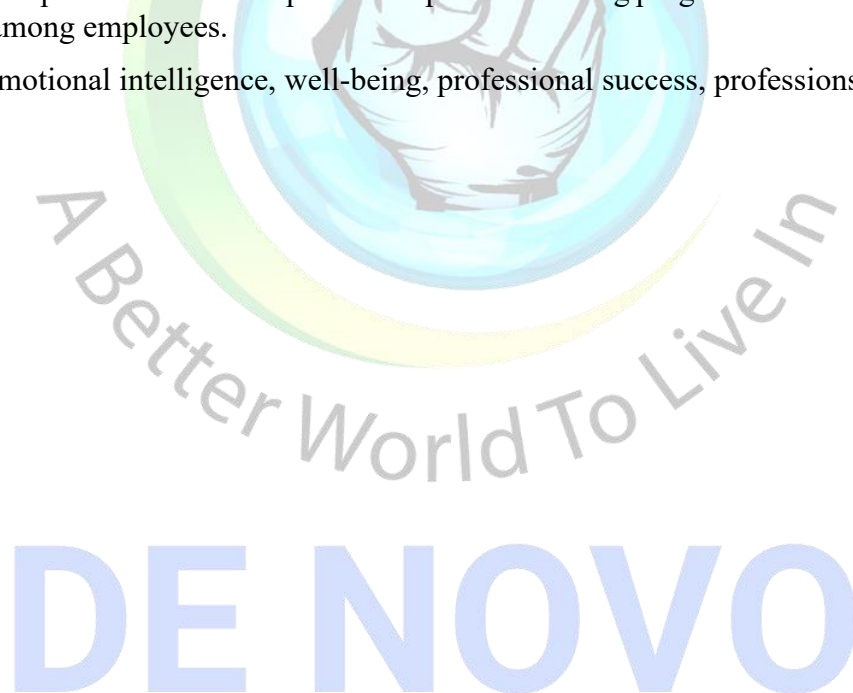
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The Influence of Social Media on Body Dysmorphia and Emotional Well-Being in Youth

Angel Rose M. V.[1] & Dr Akhitha K. Raghu[2]

This is an age of Social Media revolution. It has revolutionized all walks of our life. Body Dysmorphia, a Mental Health condition characterized by obsessions with perceived flaws in one's appearance, has been increased by the rise of social media. The consideration of Idealized body images presented by Social Media platforms creates unrealistic beauty standards, leading to feelings of low self-confidence and self-doubt in youth. The review paper attempts to explore the interconnection of Body Dysmorphia and Emotional well-being with the influence of social media. The study not only addresses the effects of Body Dysmorphia but also highlights how it affects the emotional well-being of the youth. Thus, effective interventions and strategies to mitigate the harmful effects of Body Dysmorphia through social media on the Emotional well-being of the youth are studied in this paper. The objectives of the study are of the following (a)To study the factors leading to Body Dysmorphia in youth. (b)To study the impact of social media in youths' Body Dysmorphia in relevant to youth's Emotional well-being (c)To study the Social Work interventions to promote the Emotional well-being related issues concerning youth's Body Dysmorphia in relation to social media Influence. By understanding the connection between Body Dysmorphia and social media, individuals can take steps to protect their Emotional Well Being and cultivate a healthier relationship with their bodies.

Keywords: Body dysmorphia, social media, emotional well-being, beauty standards, youth

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Cinema as a Motivational Tool in De-Addiction Treatment: A Qualitative Study on Alcoholic Patients

Abhilash Benny[1] & Cyril John [2]

Motivating individuals with alcohol addiction is a complex challenge, as many patients arrive at de-addiction centers under pressure or deceit. They often resist treatment due to a lack of insight into their condition, particularly during and after detoxification. Traditional approaches like talk such as therapy frequently fail to create lasting motivation. This study examines the use of cinema as a therapeutic tool, alongside other therapies and medications, to foster motivation among individuals with alcohol addiction. The methodology for this study is qualitative. Using qualitative methods, data were collected through non-participant observation, five focus group discussions (FGDs), and five in-depth interviews conducted at a de-addiction center.

The intervention followed six stages: (1) Need Analysis through initial observation and FGDs to assess motivation levels; (2) First Screening of a film highlighting the consequences of alcoholism; (3) Post-Screening FGD to evaluate emotional and cognitive reactions; (4) Repeated Screening with a different movie to reinforce insights; (5) Final Screening focused on specific scenes depicting the impact of alcohol abuse, followed by another FGD; and (6) In-Depth Interviews with selected patients to assess the motivational impact of the cinematic experience. The key findings include Preliminary results indicating that older patients (aged 25 and above) and those beyond the 14-day detoxification period were more receptive to the intervention. Movies in regional languages helped establish a stronger connection with the characters, enhancing patients' understanding of the severity of their addiction.

The study highlights cinema's potential as an innovative motivational technique in de-addiction programs, offering a non-traditional insight to counseling. Further research is recommended to refine this strategy and evaluate its long-term effectiveness in promoting treatment adherence and recovery.

Keywords: Cinema, alcohol addiction, detoxification, motivation, treatment

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Abstract ID - D24/56

Indigenous Wisdom and Emotional Well-Being:
Insights from Bhagavad Gita

Dr Jeny Rapheal[1]

This review paper intends to consolidate mental health research findings on the Indian scripture Bhagavad Gita. Worldwide, studies are being orchestrated on the efficacy of Bhagavad Gita's philosophical and practical stances in ensuring mental health, particularly the emotional well-being of humanity. Databases Google, PubMed, Scopus, Web of Science, Google Scholar, and PsycINFO were used to download studies related to the Bhagavad Gita. Bhagavad Gita and mental well-being, Bhagavad Gita and emotional well-being were the main search words applied. Around 33 research papers were downloaded from various databases. Any paper not published in an approved journal was excluded from the list. Most of the documents were conceptual or review papers. Only six empirical studies could be identified. All the studies converged on the theme that subjective Indigenous ways for maintaining well-being and mental health have unique, sustainable qualities. Eastern approaches are more holistic and oriented toward ontological perspectives than mainstream psychology's psychotherapeutic or scientific ways. In mainstream Western psychology, many intersecting areas with the perspectives of the Bhagavad Gita (e.g. Ken Wilber) could be found. Studies highlight the fact that those principles of the Bhagavad Gita, which, if practiced, ensure equanimity and evenness of mind. Mental equilibrium is the pre-condition for emotional well-being. The efficacy of contemplative subjective practices is yet to be embraced wholeheartedly by the Western scientific paradigm, but mounting research outcomes keep validating the experiential knowledge and Indigenous wisdom in ensuring the mental health and well-being of humanity

Keywords: Emotional well-being, indigenous wisdom, Indian knowledge system, mental health, Bhagavad Gita

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Abstract ID - D24/57

Unravelling the Emotional Well-being of Families Affected by the Wayanad Landslide

Jenson V. J.[1] & Rajeev B.[2]

Disasters are a recurring fact of life having long-lasting negative effects on the health and well-being of individuals. Natural disaster impacts people in manifold ways and the emotional well-being of the survivors is in jeopardy due to the loss of dear ones, ill-health, and financial setbacks. Even with temporary displacement, the scars of natural disasters often do not fade and have long-term consequences like acute, chronic, and cumulative stress which are not addressed by most of the plans. Globally, there has been an increase in the occurrence of natural disasters. Kerala is also no exception to this as more than 60 percent of the landslides that occurred in the country were in Kerala. The 2024 Wayand landslide had profound psychological and emotional repercussions on the affected family members. The aftermath of the disaster includes trauma and emotional distress with survivors manifesting several mental health issues. Using qualitative insights amassed through in-depth interviews, the paper unfolds the overall mental health situation through an assessment of the levels of anxiety and depression of the survivors. The paper stresses the need for a holistic approach through community engagement covering emotional well-being along with physical and economic needs. This is of paramount importance for an unabridged recovery from the long-term impacts of displacement. Through the inferences received from the study, the policymakers can assist in strengthening emotional well-being and conceptualize as collective action for sustained population-wide improvement.

Keywords: Wayanad landslide, natural disaster, emotional well-being, displacement, rehabilitation

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Abstract ID - D24/58

Navigating through the Darkened Corridors: Experience of Visually Impaired Students on Social Inclusion and Academic Life

Sona Jacob[1]

Social inclusion of visually impaired students is an ongoing challenge, impacting various dimensions of their lives, including interactions within family, educational institutions, and the broader community. These students face unique challenges such as limited social opportunities, emotional distress, and persistent loneliness due to insufficient inclusive practices and societal misunderstanding. This study aims to explore the subjective experiences of visually impaired students in regular educational settings, with a focus on the impact of social isolation and exclusion on their mental well-being. This phenomenological study utilized purposive sampling to select visually impaired students. Data were collected through semi-structured interviews, which provided insights into the participants' interaction patterns, perceived attitudes from others, and coping mechanisms. Themes were identified around experiences of loneliness, social connectivity, and the role of assistive technologies in educational contexts. Analysis revealed that visually impaired students face significant challenges in social inclusion, often encountering ignorance or lack of empathy from peers and teachers. Positive support systems, including assistive technologies and certain compassionate educators, played a critical role in improving their educational experience. Participants expressed a preference for independence and advocated for an attitude shift within the general society towards them. This research highlights the gaps in current inclusive practices and underscores the need for policy-level interventions and supportive frameworks. Improved access to assistive technologies, awareness programs, and policy adaptations are essential to facilitate the full participation of visually impaired students in educational and social settings.

Keywords: Social inclusion, loneliness, assistive technologies, visually impaired students, educational inclusion

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Role of Social Media in Coping with Empty Nest Syndrome Enhancing Life Satisfaction: A Quantitative Study

Jeena Antony[1] & Sethu Lakshmi C. V.[2]

This paper aims to conduct a comparative study about the role of social media in helping parents to cope with Empty Nest Syndrome (ENS) and its impact on life satisfaction. According to Carl and Evelyn, Empty Nest Syndrome is the state of grief and loneliness when children leave home. The emotional challenges presented by ENS are significant. The research method adopted in this study is quantitative, and the data collection tool applied here is the Empty Nest Syndrome and Life Satisfaction scale. This study focuses on two groups: active users of social media and non-users to understand how the usage of social media affects the life satisfaction of empty nesters. Latest studies showed that older adults are increasingly utilizing social media to communicate and connect with others; it could become a tool to enhance the life satisfaction of the elderly for this transitional age.

Keywords: Life satisfaction, empty nest syndrome, social media

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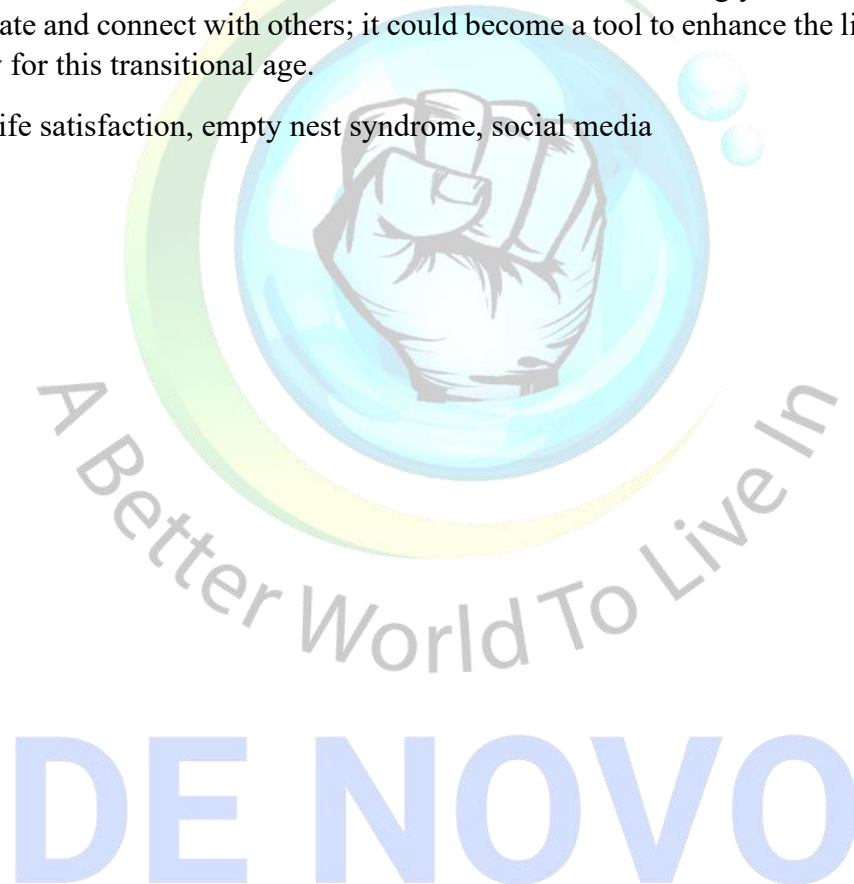
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Abstract ID - D24/60

Effectiveness of Receptive Music Therapy in Reducing Academic Stress in University Students: A Pilot Study

Noel Shibu[1]

The study aims at finding the extent to which receptive music therapy can reduce academic stress in university students for improving their emotional wellbeing. The primary objective of the study was to empirically establish the effectiveness of receptive music therapy (RMT) in reducing the levels of academic stress and general stress. The intervention study aimed at looking at two groups of college students - a. Intervention group b. Controlled, where the intervention group underwent a short-term period of RMT in a span of 3 weeks. The researcher collected data from the 60 participants through using simple random sampling. Perceived Stress Scale and Perceived Academic Stress Scale were used in recording their level of stress before and after administering the therapy. The researcher found using Jamovi that the data can be analyzed through Wilcoxon signed-rank test and Student's T test which revealed the significant decrease in the academic and general stress in the life of the participants who were within the intervention group. It was also found that there is a significant increase in the positive regard toward life in these participants after the intervention. The study implies that RMT can be useful in administering to students as a therapeutic practice to improve emotional well-being and stress. The study has opened the space for conducting more research in order to bring about a difference in the life of university students and their stress levels.

Keywords: Receptive music therapy, intervention, university students, academic stress

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Shifting Paradigms of Meaning-Making and Resilience

Anusha Popli[1]

Victor Frankl wrote about meaning-making and innate purpose that human beings create in his *Man's Search for Meaning.* He propounded the three primary concepts through which human beings see meaning in their life- purposeful work, love and one's attitude towards suffering. Resilience is defined as the capacity of people to face, overcome and even be strengthened by life's adversities. It is the cause and consequence of meaning-making. Meaning-making and resilience are deeply intertwined because the way individuals interpret and find significance in their experiences can either undermine or bolster their ability to recover from adversity. Meaning-making provides a framework for understanding, which can transform painful experiences into growth opportunities, fostering greater resilience. The present research is a comparative study that seeks to study and understand the concept of meaning-making, meaninglessness and resilience among Millennials and Gen Z of Delhi and Bangalore. Convergent Parallel Mixed methods are employed to study the Shifting Paradigms of Meaning-Making and Resilience. Meaning-making and Meaninglessness are explored qualitatively through in-depth interviews and secondary analysis. Resilience is studied through the use of the Brief Resilience Scale and the data analyzed with the help of Independent Sample T Test in Jamovi. Convenience and snowball sampling are used.

The study found that Millennials and Gen Z differ in resilience and meaning-making, shaped by unique social, economic, and digital pressures. Millennials show stronger resilience due to longer exposure to urban stressors, stable family structures, and supportive community networks. They derive meaning through career stability and long-term goals. Gen Z, however, faces a more competitive job market, intense social media pressure, and shifting family dynamics, leading to lower resilience and heightened stress. While Gen Z often turns to introspective coping mechanisms like mindfulness, they face challenges in building resilience comparable to Millennials' community-oriented supports. The study's findings highlight generational differences in resilience and meaning-making, suggesting the need for tailored support systems. In practice, mental health interventions should be adapted for Gen Z, focusing on coping mechanisms suited to high social media exposure and digital stressors, while strengthening community-based support for both generations. Policy initiatives might address job stability for young workers and promote mental health resources in competitive urban settings. Future research could further explore digital influences on resilience, examining how online and offline support systems intersect, particularly for Gen Z, and identify specific interventions that effectively bolster resilience across generations.

In conclusion, this study reveals that Millennials, through longer exposure to urban stressors and stable support systems, have developed higher resilience compared to Gen Z, who face intensified pressures from digital culture, economic instability, and evolving family dynamics.

Keywords: Meaning-making, meaninglessness, resilience, purpose, vulnerability

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Abstract ID - D24/62

Stress and Burnout among Female Special Education Teachers in Wayanad District

Mimi Merin John[1]

This paper explores Stress and Burnout among Female Special Education Teachers in Wayanad district of Kerala. It focuses on the ways in which special education settings influence their experiences with stress, coping, and support resources. The aims of the study were: firstly, to assess how the work environment contributes to stress and burnout; secondly, to determine teachers' coping mechanisms; thirdly, to assess resources available and their effectiveness in terms of mentoring programs and mental health services; and lastly, to assess teachers' expectations about their future development. The research design adopted was qualitative. The study interviewed 15 female special education teachers who have served for more than five years using purposive sampling. The respondents taught students with intellectual disabilities and speech and hearing impairments in private and public schools, grades 1-12. An inductive thematic approach highlighted the salient stressors in such areas as low salary, limited support from government, male adolescents with special needs are hard to deal with, fewer assisting aids are available, and sign languages differ from one region to another. Some of the financial concerns include payment of mentoring programs and re-certification every five years. Of the needed government involvement indicated by the respondents were their training from the government, same pay scale every month, common sign language used, permanent certificate, and more assistive technology. The findings are therefore to underscore better-systematized support toward special education professionals, by policies that reduce the sources of stress and make the working environment sustainable for special education teachers.

*Keywords***:** Stress, burnout, female special educators, special education

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Abstract ID - D24/63

Long-Term Impact of Parenting Styles on Emotional Well-Being: A Study from Adolescence to Adulthood

Aleena Susan Varughese[1] & Radhu K. Raju[2]

Adolescence and adulthood are marked by emotional changes shaping resilience, relationships, and mental balance. Parenting styles play a crucial role in emotional well-being; authoritative parenting fosters self-esteem, while authoritarian, permissive, and uninvolved styles can lead to anxiety, insecurity, or poor emotional regulation. This study investigates how parenting practices affect people's mental health over the long run and have long term impact, from youth to maturity. The study question focuses on how various parenting philosophies; authoritative, authoritarian, permissive, and neglectful, influence resilience, self-worth, and emotional control over time. The goals are to evaluate how parenting styles and emotional outcomes are related, pinpoint certain emotional health patterns linked to each style, and investigate if these effects persist into adulthood. The study used a mixed-methods approach, interviewing participants from youth to early adulthood through qualitative interviews and quantitative surveys. Indicators of emotional well-being are compared between those exposed to various parenting philosophies through data analysis. The key findings indicate that authoritative parenting is most positively associated with emotional stability and self-esteem, while authoritarian and neglectful styles correlate with higher levels of anxiety, low self-worth, and challenges in emotional regulation. Permissive parenting showed mixed outcomes, often resulting in issues with boundaries but higher self-confidence. These results emphasize the importance of understanding parenting practices that promote emotional well-being and have ramifications for parental education initiatives. The study advances our knowledge of the relationship between early parental impact and mental health, offering guidance for educational and psychological interventions meant to foster more positive family dynamics.

Keywords: Adolescence, adulthood, parenting style, emotional well-being, long-term impact

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Abstract ID - D24/64

An Analysis of HIV/AIDS Awareness and Attitudes among College Students: Exploring the Influence of Education Level and Gender

Benjamin Augusty[1] & Dr Emmanuel Daniel[2]

The global HIV/AIDS epidemic remains a significant public health concern as it disproportionately affects young adults, including college students, at increased risk due to sexual experimentation and higher levels of risk-taking behaviours. The study aims to understand the awareness and attitudinal dimensions among college students aged 18-28 in the Ernakulam district. Through the analysis of HIV/AIDS literacy, empathy, and perceptions based on socio-demographic factors such as gender and level of education, the study can bring out essential trends. Data were collected from 106 students through a Google form questionnaire using the AIDS Attitude Scale (AAS). The research uses Jamovi for statistical analysis and interpretation of the data. Independent t-test is used to interpret the data. It was found that undergraduates were more aware and had a more positive attitude toward HIV/AIDS than the postgraduates, with females scoring higher than their male counterparts in the two awareness and empathy measures. Of notable significance is no observed gender difference that appears significant on moral perceptions or fear of contracting HIV/AIDS. The findings point to the need for targeted education to bridge gaps in awareness and improve positive attitudes. This study gives insight into evidence-based recommendations in formulating public health strategies leading towards improved HIV/AIDS awareness and a reduction of stigma among college campuses.

Keywords: HIV/AIDS, awareness, college students, gender differences, stigma, HIV literacy.

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Nurturing Emotional Wellbeing across the Lifespan: The Role of Flourishing and Cohesive Societies

Jayalakshmi Jayamon[1] & Sona S.[2]

This paper explores the topic "Fostering Emotional Well-being Throughout Life: The Influence of Thriving and Cohesive Communities," concentrating on the key research question: In what ways do thriving, cohesive communities enhance emotional well-being across various life stages? Acknowledging the vital significance of emotional health in overall well-being, this research highlights the societal conditions essential for nurturing resilience, social support, and a sense of purpose across different age groups. The study seeks to clarify the effects of social cohesion and prosperous community settings on emotional health, ranging from childhood to late adulthood, identifying practical, evidence-based approaches that communities can implement to encourage emotional well-being throughout the lifespan. Using a mixed-methods approach, this research combines qualitative interviews with community leaders and healthcare providers along with quantitative surveys from a varied population sample. This methodology facilitates an in-depth examination of how societal elements—such as social support, inclusivity, and mental health services—impact well-being throughout different developmental phases. The principal findings indicate that thriving, unified communities—marked by strong social connections and fair access to mental health services—greatly improve emotional well-being at all life stages. Notably, social support systems and easily accessible mental health resources are crucial in promoting resilience and meeting the emotional needs associated with aging. The implications of this research are significant for both policy and practice. By implementing policies prioritizing social cohesion, mental health literacy, and inclusive community initiatives, societies can create environments that nurture emotional well-being throughout life, offering a vital framework for future research on sustainable, community-cantered approaches to health promotion globally.

Keywords: Emotional wellbeing, social cohesion, flourishing societies, resilience, lifespan development, sustainable communities

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Abstract ID - D24/66

Assessing the Impact of Modernization on the Well-being and Social Status of Senior Citizens in Gauradaha Municipality

Sujan Bista[1]

In Nepal, the traditional practice of taking care of the elderly is vested on family. But the nuclear family emerged as a new trend transform family structures which has reduced the capacity of this institution to serve as the safety net for the less privileged. This paper presents evidence that how modernization have affected senior citizen on their promotion of well-being. This research aims to explore the social problem faced by elder population. This paper has made an effort to assess the senior citizen anticipation from the government about their welfare. The research was conducted in Gauradaha Municipality of Jhapa District. A descriptive qualitative case study design was used to explore the experiences of elderly. Fifty senior citizens were selected in the study. In-depth interview with elderly was used to collect primary data. Major social problem faces by elderly includes social isolation, social mobility, dependency, and authoritative problems, etc. Though senior citizens face a series of problem, they still lived a satisfied life as they were economically independent. Their expenditure of time includes; time spent with their children and grandchildren, temple as places of socialization and religion which played an essential role in the lives of senior citizens. This paper provides a insights for policy makers in making effective policies for the upliftment of senior citizen wellbeing and ensuring their welfare.

Keywords: Elderly, modernization, authoritative, well-being

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Unveiling the Impact: Understanding the Relationship between Screen Time and Behavioural Issues in Children

Aingena K. [1] & Vigneshwaran S. A. [2]

Increased screen time in children is a global concern in this digital era were children have easy access to electronic screen. While technology provides educational and entertainment benefits, there are growing concerns about the potential negative effects of excessive screen time on child development effecting their overall wellbeing. Through this study researcher is trying to understand the relationship between screentime and various behavioural issues in children like emotional problems, hyperactivity/ inattention, conduct problems, peer relationship problems and prosocial behaviour in children, aged between 2 to 17 (preschoolers, schoolers and adolescents) with a sample size of 100 in Kerala's, Idukki district to understand the screen time pattern in rural children.

The strengths and difficulties questionnaire (SDQ), screen and sociodemographic data were filled in by the parents. An increase in the SDQ score (except for the social score) indicates an increase in behavioural problems and will be compared with the daily average screen time of children. In each group screen time ≤ 2 hours was considered as low screen time and screen time above 2 hours was considered as high screen time. Chi-square analysis revealed significant relation between increased screen time and hyperactivity ($p = 0.011$) as well as conduct problems ($p = 0.027$). However, no significant associations were found between screen time and emotional problems, peer relationship issues, or total difficulties. It was determined that low-screen time was associated with less hyperactivity as well as comparatively lesser conduct problems. This study highlights the importance of managing screen time to mitigate behavioural issues, providing critical insights for parents, educators, and public health professionals to promote healthier screen habits in children.

Keywords: Screen time, behavioural issues, children, emotional wellbeing

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Abstract ID - D24/68

Understanding Social Difficulties of Cancer among Young Adults: A Qualitative Study

Rose Roy[1]

The study focuses on understanding the social difficulties that are faced by young adults affected by cancer. Investigating the disruptions in the educational, vocational and social lives of the respondents is the major objective of the research study. Qualitative methodology of research with purposive sampling is applied in the study to understand the hypothesis. Semi-structured interviews among 7 participants are conducted to gather insights on their experiences. Data were analyzed using thematic analysis to identify key patterns in the participants' struggles with social identity, education, relationships and stigma. Findings revealed significant disruptions in participants' academic and career-related goals, changes in social identity, financial struggles and emotional challenges due to social isolation and stigma. These difficulties affect their sense of self and also strain their relationships with others. This research highlights the need for targeted interventions that address the psychosocial needs of young adults with cancer. By understanding the unique challenges faced by this population, we can develop better support systems to improve the quality of life for young adults dealing with cancer.

Keywords: Cancer, young adults, stigma, social difficulties

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Effect of Youth Migration on the Elderly in Kerala

Dennis Reji[1]

The migration of youth from Kerala mainly for employment and educational opportunities. It has significantly altered the region's demographic landscape. Leaving many elderly individuals to manage the complexities of aging without the support of younger family members. This study aims to examine the impact of youth migration on the elderly population in the central districts of Kerala (Ernakulam, Kottayam, and Pathanamthitta). Focusing on mental health, social support, financial stability, and overall well-being, the research employs a mixed-method approach combining quantitative surveys with in-depth qualitative interviews to provide a holistic understanding of these effects.

Data was collected from elderly participants using standardized well-being instruments, including the WHO-5 Well-Being Index and WHOQOL scale, to evaluate their physical and emotional health in the context of family separation. By analyzing the coping mechanisms employed by the elderly and assessing the gender and socio-economic differences in their experiences, the study aims to offer insights into the evolving role of family structures and social networks in an era of heightened migration.

The findings are expected to inform policy recommendations and community-level initiatives aimed at improving support systems for the elderly, addressing gaps in healthcare, social security, and emotional care. Ultimately, this research will contribute to a broader understanding of how intergenerational relationships and the well-being of older adults are shaped by global migration trends.

Keywords: migration, elderly, mental health, employment

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Abstract ID - D24/70

Social Work Intervention on Emotional Well-Being: A Study Among the Parents of Migrant Youth

Aksa Anna Sam[1], Anjaly Pradeep[2], John Dominic[3] & Angel Naijo[4]

The study mainly attempts to study the Emotional Well-being of Parents aged 45-65, in Ernakulam district, Kerala. Emotional well-being refers to a person's emotional quality, including happiness, sadness, and anxiety (Sophie C. Feller, 2018). It is crucial for mental health, stress management, relationships, and life purpose. Scales measure psychological resilience, emotional control, and life satisfaction, aiding in overcoming life challenges. This study investigates the factors affecting the emotional well-being of parents. (Kristabel Stark, 2022) The research utilizes a descriptive research design and employs a quantitative research approach to gather data through a self-prepared questionnaire and an emotional well-being scale. The respondents were selected using convenient sampling, with a focus on understanding their socio-demographic characteristics and the emotional consequences they face as a result of their children's migration. The study explores how various factors, such as frequency of communication, social support, and family structure, contribute to parental emotional well-being in the context of youth migration. The findings aim to study the emotional well-being of the respondents, offering insights into how migration-induced separation from children impacts them emotionally and also focusing on the social work implication in relevance to emotional well-being of the respondents. Based on the results, the study suggests social work interventions tailored to support these parents, promoting mental well-being and providing resources to cope with the emotional challenges they experience. These implications are expected to aid in developing community-based programs that focus on emotional support, counselling, and creating awareness of the mental health struggles parents face due to youth migration. Also, this study aligns with Sustainable Development Goal 3: Good Health and Well-being, which aims to ensure healthy lives and promote well-being for all at all ages.

Keywords: Youth migration, emotional well-being of parents, sustainable development goal, mental health, social work implication

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Abstract ID - D24/71

Gender Inequality as a Persistent Challenge Causing Emotional Distress in the Field of Education

Sheba Benny[1] & Sneha Sojan[2]

Gender inequality, defined as the unequal treatment or perception of individuals based on gender, is deeply rooted in social norms, impacting areas like education, employment, healthcare, and political engagement. Within the educational sector, such inequalities contribute significantly to emotional distress among students, shaping their academic experiences and opportunities and affecting their overall emotional well-being. Emotional well-being is closely tied to students' academic success, resilience, and mental health, making it essential to address disparities that undermine a supportive learning environment. This study investigates the impact of gender-based disparities on students' emotional well-being, focusing on instances of unequal opportunities, gender bias, and discrimination. Primary data was collected from undergraduate students at Marian College Kuttikanam Autonomous using a questionnaire. After this descriptive analysis was used to highlight the extent of emotional distress and educational challenges associated with gender inequality. The study also incorporates analysis of secondary data from various sources to reinforce its findings. Findings underscore the need for targeted interventions and policies to alleviate these negative effects and to promote a more inclusive academic environment.

Keywords: Gender inequality, emotional well-being, descriptive analysis, gender-based disparities

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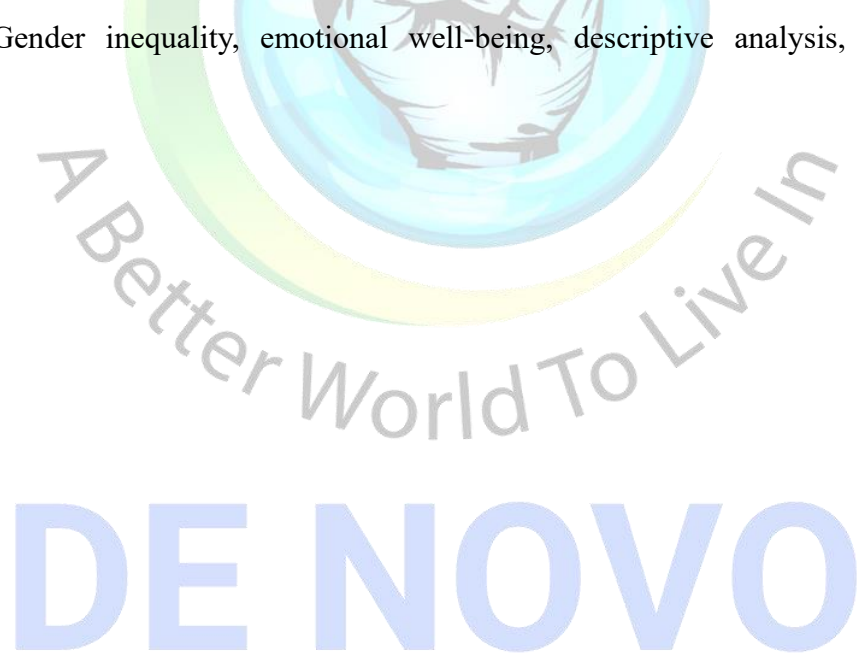
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Comprehensive Study of Infrastructure, Legal Compliance, and Sustainable Practices in Special Schools

Manu Simon Philipose[1]

Education is a powerful instrument of social change and often to educated peoples upward the social structure. Special schools play an important role in providing education and assistance for students with disabilities. However, these institutions face several problems that could impact their ability to fulfil the diverse requirements of their students. This comprehensive study examines infrastructure, legal compliance, and sustainable practices in special schools. The research focuses on four major areas educational infrastructure, legal challenges, residential facilities, and sustainable practices. This research used qualitative approach to explore the infrastructural, legal, housing, and sustainable practices in special schools. Data is collected through semi-structured interviews with school heads and management from 9 selected special schools in Kerala, using purposive sampling. Thematic analysis applied to identify key themes and patterns in the collected data. The study reveals that many special schools struggle with inadequate infrastructure, including the absence of ramps, elevators, and sensory rooms, making accessibility difficult for students with disabilities. Funding issues exacerbate these challenges, as government grants are often insufficient and delayed. Many schools experience difficulties in obtaining government support and face issues with providing education to students over 18 years old, who often fall outside the financial aid limits. Staffing shortages, delayed government grants, and bureaucratic inefficiencies are additional challenges highlighted in this section. This study examines availability and quality of residential facilities. Most schools report a lack of government support for maintaining these hostels, leading to financial strain and risks in providing safe living conditions. This study explores sustainable practices followed by special schools, particularly vocational training programs that equip students with practical skills. These programs are essential for promoting long-term sustainability and preparing students for independent living. The findings of this research call for enhanced government funding, policy reforms to support older students, and better training for educators. By addressing these gaps, special schools can better meet the needs of students with disabilities and foster inclusive, sustainable education environments.

Keywords: Special schools, educational infrastructure, legal challenges, disability education, vocational training, government grant

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Exploring the Impact of Environmental Degradation on Ecological Wellbeing: A Study in Idukki and Kottayam

Subina Subash[1] & Aryanandana P.M.[2]

Environmental degradation refers to the deterioration of the environment through the exhaustion of natural assets such as water, soil and air including the ecosystem, etc. Maintaining life and guaranteeing the long-term health and prosperity depend heavily on ecological wellbeing, or the harmony between people and their natural surroundings. Ecological well-being refers to the harmonious relationship between people and their surrounding ecological system, which leads to a successful management, distribution, and sustainability of environmental resources for current and future generations. With an emphasis on how the problems like deforestation, water pollution and climate change impact not only on the environment but also on the livelihood, health and psychological well-being of locals, this study explores the effects of environmental degradation on the ecological well-being of people living in local communities in Kerala, India. The study adopts a quantitative research method and utilizes a descriptive research design to evaluate the ecological problems that these communities face and confront as well as their coping mechanisms. A sample of 30 respondents from two rural areas which are – Idukki and Kottayam were selected for the study. The study utilises simple random and purposive sampling method. The unit of the study consist of an individual respondent either from Idukki or Kottayam. The universe of the study consists of individuals from Idukki and Kottayam. Data were collected using a structured questionnaire that includes various sections such as environmental perceptions, livelihood impact and personal health. The tool for data collection is validated using a pilot study consisting of 10 respondents to check the reliability and validity of the tool. The study also aims to provide recommendations for sustainable practices to improve and enhance ecological well-being by emphasizing the significance of community based environmental management.

Keywords: Environmental degradation, ecological well-being, sustainability, community-based environmental management

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The Role of Inclusive Communities in Enhancing Emotional Wellbeing: A Pathway to Flourishing Societies

Angel Abraham[1] & Akshara S. Nair[2]

An inclusive society is essential for fostering emotional well-being, social cohesion and economic growth. It promotes equal opportunities for all individuals regardless of background and reduces feelings of isolation, discrimination and marginalisation. By embracing diversity and ensuring equal access to education, employment, and healthcare, inclusive societies empower individuals, enhance mental health, and reduce inequality. They foster innovation improves civic engagement and creates stronger more resilient communities by building trust and cooperation among diverse groups. Ultimately inclusivity standards of human rights reduce conflict and create a more just fair sustainable society where everyone can thrive. This quantitative study investigates the relationship between perceived community inclusivity and emotional well-being among forty participants from the districts of Kottayam, Idukki and Pathanamthitta in Kerala. The participants aged 18 to 60 were selected from diverse socio-economic and cultural backgrounds including rural and urban inclusivity. Data were collected using a structured questionnaire to assess participants' perceptions of inclusivity and self-reported emotional well-being. Descriptive statistics were employed to identify patterns in the data. The results reveal a positive correlation between higher levels of perceived inclusivity and better emotional well-being with stronger effects observed in rural communities. These findings highlight the importance of promoting inclusivity within local communities to improve emotional health suggesting that inclusive environments contribute to overall societal well-being.

Keywords: Inclusive society, emotional well-being, inequality, sustainable society

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Abstract ID - D24/75

Assessing the Protection of Workers' Mental Health through Employment Regulatory Frameworks: A Comparative Study between Mauritius & Canada

K. Bhugun[1] & K. A. Appadoo[2]

In recent years, the workplace has witnessed a global rise in their mental health protection frameworks. Mauritius, the bonafide democracy, has also implemented some legal employment frameworks to protect its people in the workplace. However, these employment frameworks were heavily questioned over the years for its focus on the physiological rather than the psychological aspect of employees. Initially, the Covid-19 pandemic has shed light on the gap in the legal frameworks for protecting mental health at work and has accelerated the need for a full-fledged one in Mauritius. On a more global level, this emphasis on protecting employees' mental health was acknowledged by countries such as Canada. The aim of this paper will be to determine whether the employment regulatory framework (s) in Mauritius provides the necessary protection for the mental health of the people at work under different circumstances and on what grounds they are being protected. The methodological framework that will be used in this research will be the black-letter approach along with a comparative analysis. This research will be carried out by a comparative analysis between various legal framework (s) of The Republic of Mauritius and different jurisdictions of Canada. As a start, the legal framework (s) for employment will be thoroughly analysed namely the Occupational Safety and Health Act 2005 and The Workers' Rights Act 2019 to evaluate the extent of mental health protection. The gaps in the Mauritius' employment frameworks which are unable to provide a proper mental health protection will be highlighted. The main outcomes of the research would be a current evaluation of the system and to provide for realistic recommendations that shall be implemented in Mauritius to have a better mental health protection in the workplace.

Keywords: Employment frameworks, legal protection, mental health, Mauritius, Canada

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Abstract ID - D24/76

Assessment of Mental Well-Being among Widow in Agrahara Samakulam

A.P. Rakshith[1], S. Mahalakshmi Saravanan[2], C. Sunder[3] & B. Preethi Meena[4]

This study focuses on the mental well-being of 25 widow in Agrahara Samakulam, examining the prevalence of depression, anxiety, and stress, and how societal stigma, limited healthcare, and economic barriers affect their mental health. The main research question seeks to understand how these factors impact their psychological state and identify effective interventions. The study aimed to assess the mental health of widow using the DASS-21 scale, identify key factors influencing their well-being, and advocate for targeted mental health support while examining the role of social support and community resources. A quantitative approach was used, involving a structured survey with the DASS-21 scale to measure depression, anxiety, and stress levels. Data analysis explored the impact of social support, healthcare access, and economic status on mental health outcomes. The study found high levels of anxiety and depression among participants, with better social networks linked to improved mental health. Limited healthcare access, financial challenges, and disability stigma were significant barriers to care. The research emphasizes the need for tailored mental health services for widow, improved access to care, stronger community support, and policy reforms addressing social and economic barriers. It calls for integrated mental health interventions and community engagement to ensure equal access to resources for this vulnerable group.

Keywords: Dass -21, mental well-being, widows, anxiety and depression, social support

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Abstract ID - D24/77

Promoting Emotional Well–Being in Families through Communication, Conflict Resolution, and Fostering Positive Connections

Dona Tenson[1]

Driven by several factors, including technology, our world is becoming too complex by the day. This is reflected in every walk of life—from families to workplaces and educational institutions. All this is tearing the societies apart, from being a cohesive unit. My study conducted among 25 carefully selected families in central Kerala has found an urgent need for intervention. The sample data collected may represent a microcosm of Kerala and even the entire world. Generally, the patriarchal structure that has been central to life in this area has nearly collapsed. Parents cannot keep up with the pace of changing technologies, while kids are walloping in it. Even the basic unit we call family is no longer what it used to be. A wholehearted effort is urgently required to curb the erosion of trust among people. Restoring an understanding of emotional well-being requires a multifaceted approach that integrates educational practices, community support systems, and workplace policies. By prioritizing emotional health, societies can cultivate environments that enable individuals to flourish collectively. The study found that an immediate intervention by governmental, religious, cultural, and educational institutions is a MUST to achieve the goal. Emotional well-being (EWB) is a crucial component of overall human functioning and societal health. Strategies to promote EWB at individual and societal levels should be formulated. Emotional well-being encompasses the ability to understand, manage, and express emotions effectively, which is essential for personal resilience and social cohesion. Next is Community Engagement: Building supportive social networks within communities is vital too. Workplace Integration: In the workplace, promoting emotional well-being through flexible work arrangements. Educational Strategies: Schools and other educational institutions can play a pivotal role.

Keywords: Emotional well-being, conflict resolution, positive connections, families

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Intimate Partner Violence: Perceptions and Experiences of Young Women Victims in Kerala

Rekha Mariya Biju[1]

Gender-based violence, particularly violence against women, encompasses any act that causes or is likely to cause physical, sexual, or emotional harm or suffering to women, including threats, coercion, or deprivation of liberty, whether in public or private settings. It remains one of the most oppressive manifestations of gender inequality, serving as a critical barrier to the equal participation of women in social, economic, and political spheres. Intimate Partner Violence (IPV) and Non-Partner Sexual Violence (NPSV) are two of the most pervasive forms of violence against women globally. Statistics show that approximately one in three women has experienced one or both forms of violence in their lifetime (Violence Against Women and Girls – What the Data Tell Us - World Bank Gender Data Portal, n.d.). This study aims to explore the perceptions and lived experiences of young women in Kerala who have been victims of IPV, while also assessing their awareness of the various forms of IPV and its impact on their health and well-being. By conducting semi-structured in-depth interviews with 10 women, aged 18 to 49, residing in Ernakulam, the researcher seeks to gain insight into how IPV affects victims emotional and overall well-being, particularly focusing on long-term psychological and emotional impacts. Researcher is planning to do Thematic

Analysis using Taguette software. The expected outcome of the study is to understand the personal opinions and experiences of women subjected to IPV, and their views on why such violence is on the rise today. Additionally, the study will provide insight into the emotional well-being of victims, including the psychological effects such as anxiety, depression, and trauma, all of which significantly affect their quality of life. The findings will help inform grassroots-level interventions aimed at addressing IPV and its consequences on women's emotional well-being, ultimately contributing to the development of strategies to mitigate the long-term harm caused by intimate partner violence. The study, grounded in the fundamental principles of human rights, emphasizes the urgent need for targeted interventions to promote the well-being of IPV victims and reduce the prevalence of such violence.

Keywords: Intimate partner violence, perceptions, experiences, emotional well-being, women's health.

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Challenges of Counsellors in Higher Educational Institutions

Rajani P. Menon[1]

Counsellors in higher education institutions such as colleges and universities perform an important role in their student's lives by assisting and supporting their academic, personal, and emotional well-being. This research paper explores the complex challenges encountered by counsellors in higher educational institutions based on both the author's personal experience and experience as a counsellor with over six years of practice in the same institution as well as certain insights shared by a peer counsellor. The study is cantered on a reflective approach from personal experience and the analyses of recurrent situations confronted in daily counselling situations. It tries to analyze and describe the primary challenges counsellors have to deal with in higher education, such as high student-to-counsellor ratios, increasing mental health issues among students, and the stigma attached to seeking psychological help from the counsellor. The shifting nature of student problems with the advancement of technology, along with changes in cultural norms, emotional burnouts, and certain institutional constraints are also highlighted in this paper as they may affect counselling sessions. The paper highlights the emotional toll on the counsellors and their need for self-care, professional development, and peer support to sustain their efficiency. By compounding the experiences in professional life this research provides an inclusive

understanding of the counselling professional's challenges which emphasize the need for structured reforms, resources, and training programs to safeguard counsellors in higher educational institutions for the support and well-being of students as well as the counsellors.

Keywords: Counsellors, well-being, caseload, challenges

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Stress and Coping Strategies in relation to Emotional Intelligence of Student- teachers

Lathamgi Eliza Moji[1]

This study explores the relationship between stress, emotional intelligence (EI), and coping strategies among student teachers, who face significant stressors during their training, including workload pressure, classroom fieldwork, and balancing academics and training. High stress situations can negatively impact their well- being and professional development, making effective stress operation critical for their success. Emotional intelligence, the capability to perceive, understand, and regulate passions, is believed to impact how individualities manage with stress. Those with advanced EI are more likely to employ adaptive coping strategies, while those with lower EI may resort to maladaptive strategies like avoidance, leading to increased stress. The aim of the study is to study and understand how emotional intelligence influences the coping mechanisms employed by student teachers to manage stress. A mixed method approach of quantitative surveys and qualitative semi structured in-depth interview is employed. The quantitative tools are Academic Stress Scale, The Schutte Self Report Emotional Intelligence Test (SSEIT) and the qualitative semi structured questionnaire in the light of Brief-Cope (Carver) to gain deeper perceptivity on the coping strategies practiced by the student teachers. A total number of 60 respondents from St. Mary's Women's College for Teachers Education, Thiruvalla are the samples. The sampling method is systematic sampling in probability sampling. The study is limited to one institution respondents, with a cross-sectional time frame. The findings could inform teacher education programs by integrating emotional intelligence training, ultimately perfecting student teachers' well- being and professional performance.

Keywords: Stress, coping strategies, emotional intelligence, well-being

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Mental Health and Well-being of An Athlete after the Match

Megachandran. S[1], Gowsick Raja. J[2], Sandeep[3] & B. Preethi Meena[4]

Mental well-being in athletes has gained increasing attention, yet there is still limited understanding of how athletes cope with the emotional and psychological consequences of their performance after competitive matches. Post-match experiences, including both victories and defeats, significantly impact athletes' mental health, influencing their emotional responses, resilience, and long-term psychological well-being. Factors such as social support, team dynamics, and recovery strategies may play a critical role in shaping athletes; mental states post-competition. Understanding these dynamics is crucial for developing effective mental health interventions in sports.

This study employs a qualitative research approach, using semi-structured interviews with athletes from various sports disciplines. The research will utilize open-ended questions to explore athletes' emotional responses to winning and losing, the role of social support systems, the influence of team dynamics on their mental well-being, and the effectiveness of post-match recovery strategies. The interviews aim to identify common emotional challenges faced by athletes, examine how team and individual coping mechanisms influence their mental health, and gather insights into how these can be addressed through targeted interventions.

Keywords: Mental well-being, athletes, post-competition, emotional responses, team dynamics, social support

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Abstract ID - D24/82

Emotional Challenges faced by Government School Children in Coimbatore

V. Achudha[1], Mahalinga Dharshini. L[2], Narmatha.S [3]& B. Preethi Meena[4]

Generally, people have a misconception about government schools that the students who are studying in government schools are not up to the level of private school children in terms of communication skills, based on results in public exams, teacher's qualifications, etc. This may be due to Poor infrastructure, outdated curricula, and undertrained teachers are prevalent in many government schools, leading to overcrowded classrooms and limited individualized support. Mental health issues, stemming from socio-economic hardships, often go unaddressed due to insufficient resources like counselling services. The research finds that socio-economic factors, limited access to digital resources, poor infrastructure, and underqualified teaching staff are among the most critical barriers to education in government schools. This research uses a qualitative research design, relying on the in-depth questionnaire with focus groups of students from 6th to 10th standard from government schools. This research also contributes to the existing body of research by focusing specifically on the intersection of modern technological advancements and traditional socio-economic challenges in government schools. These challenges demand systemic reforms, increased investment in infrastructure and teacher training, and digital inclusion initiatives to ensure a more equitable and supportive learning environment for government school students.

*Keywords***:** Emotional well-being, ideal challenges, contemporary issues, growing societies, school children, government school

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Abstract ID - D24/83

Adolescent Mental Health and Well-being: An Australian Practitioner's Perspective working with Young People Living with Complex Trauma

Jo Bentley-Davey[1]

The life trajectory of adolescent with unaddressed developmental trauma is often described as the 'pipeline to prison' – children living in survival mode cannot reach their full potential due to the symptoms of trauma that impact everyday life. Therefore, practitioners working with young people living need to know how harm from the past can impact a child's well-being.

Trauma-informed practice (TIP) is defined as practice 'that blends contemporary neurobiological knowledge about the impact of adverse experiences, (or any experience that results in trauma) with the psycho-social impacts to ensure safe non-threatening person-centred service delivery' (Levenson, 2020). International and Australian seminal and contemporary research indicates that 'trauma-informed' practice may improve the outcomes of children living with complex trauma.

In 2023, the Australian Child Maltreatment (ACM) reported child maltreatment in Australia is widespread and the impact is long lasting (ACM, 2023). Moreover, adverse childhood experiences are a common for children in the Australian child protection and youth justice system (Child Welfare Information Gateway, 2019). There is increasing evidence that children living with complex trauma are misdiagnosed due to their symptoms being mistaken for a mental illness, resulting in inappropriate treatment and further harm (Blue knot 2016, Peckham, 2023).

As an Australian social work educator and practitioner, I have observed an ad hoc approach toward education and application of TIP; and an absence of leadership on the adoption of trauma-informed practice from accrediting bodies. Social workers will benefit from theoretical, evidence-based TIP content in the social work curricula – leading to improved outcomes for the adolescents we work with.

Keywords: Trauma, trauma-informed practice, social work, child maltreatment, adverse childhood experiences, complex trauma

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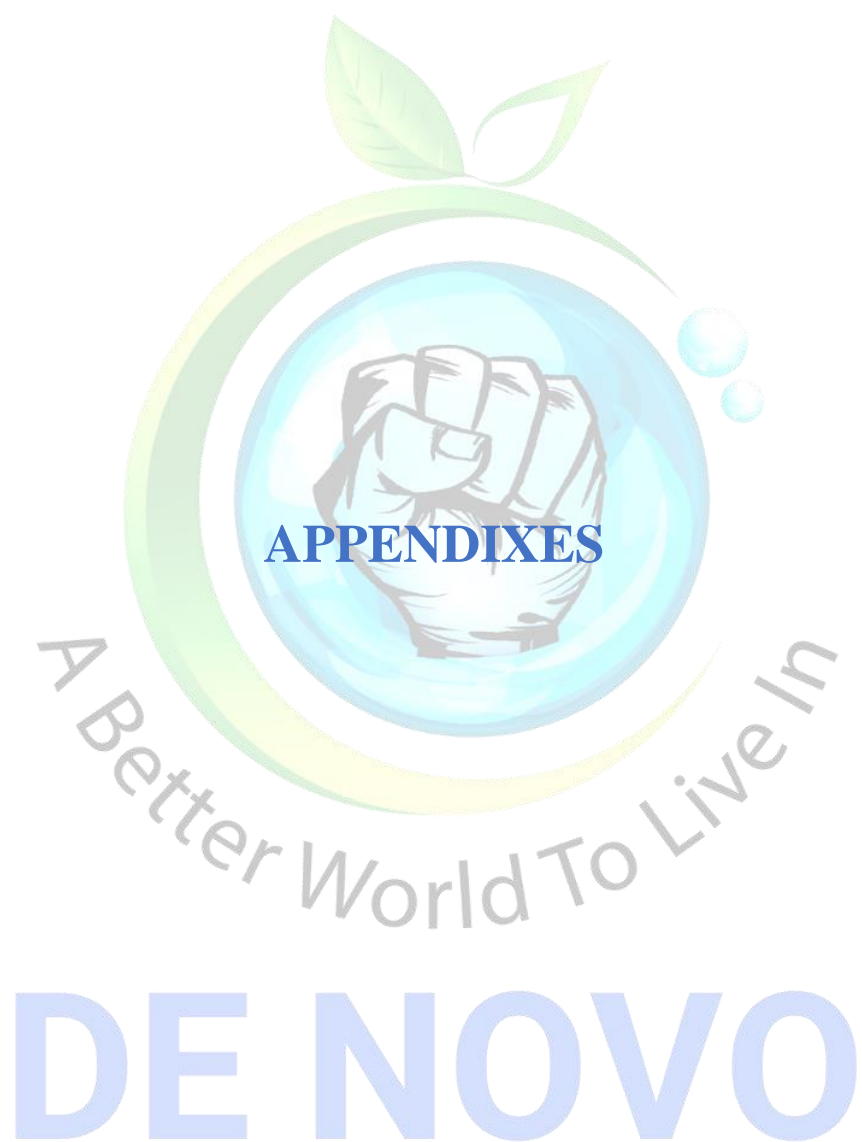
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