

**XXVII Annual Conference of National Academy of Psychology (India),  
IIT Kharagpur, Dec. 22-24, 2017  
Symposium Proposal**

Abstract

**Track:** Psychology of Millennials and Mental Health

**Theme of the Symposium:** Millennials and Mental Health Research in India: Traditional and New/ Critical Paradigms .

**Organizer and Chair:** Dr Sadhana Natu (Associate Professor and Head, Dept. of Psychology, Modern College, Ganeshkhind, SavitribaiPhulePune University)[dr.sadhana.natu@gmail.com](mailto:dr.sadhana.natu@gmail.com)

**Speakers:** Dr Sadhana Natu, Dr Kumar Ravi Priya, DrRuchikaVarma, Dr RakheeVarma

**Objective:** This Symposium wishes to explore how mental health of Millennials in India which covers a broad spectrum, regionally, socio economically and in terms of gender, caste and religion has been viewed through a traditional lens and the urgent need to look at transformative, new / critical paradigms. There will also be a deliberation on exclusion and the flip side of this ‘demographic dividend’. It is hoped that the symposium will underline the need to go beyond superficial readings and look for more inclusive, critical analysis in the domain of mental health of millennials.

**Presenters:**

1. Dr Sadhana Natu, Convener and Chair:Demographic Dividend or Demographic Disaster?: A critical scrutiny of the mental health of the Millennials[dr.sadhana.natu@gmail.com](mailto:dr.sadhana.natu@gmail.com)
2. Dr Kumar Ravi Priya,Associate Professor of Psychology Department of Humanities and Social Sciences,Indian Institute of Technology Kanpur,: Mental health of Millennials Facing Communal Violence in India: A Life Story Approach[krp@iitk.ac.in](mailto:krp@iitk.ac.in)
3. Dr RuchikaVarmaPost- Doctoral Fellow Department of Psychology University of Allahabad Changing Roles of Millennial Women and its impact on Mental Health: Past and Present[ruchikapsy@yahoo.co.in](mailto:ruchikapsy@yahoo.co.in)
4. Dr.RakheeVarma, Assistant Professor,Department of Psychology, Bhopal School of Social Sciences, Bhopal, Madhya Pradesh.Impact of Social Media on the Socio Emotional Adjustment of Millennial students in the Bhopal City[varmarakhee@yahoo.com](mailto:varmarakhee@yahoo.com)

**ABSTRACT-I ID0463NAOP2017**

**Title- Demographic Dividend or Demographic Disaster?A critical scrutiny of the mental health of the Millenials.**

**Dr Sadhana Natu**, Associate Professor and Head, Dept. of Psychology, Modern College

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While much is being bandied about the India's demographic dividend, which encompasses the millenials, the ground reality is that we will soon be facing the challenges of a demographic disaster. This paper will reflect on the mental health challenges that many millenials will face, using various indicators and indices such as Millenial Development Goals, NSSO statistics about employment, UNDP projections for Indian Youth, WHO statistics reported in the Global Imperative on Suicide Report and so on.

While all is not well and the writing on the wall does not augur well for the mental health of the millenials, hope is forthcoming from alternative and community locations such as Peer Support Groups, alternatives for recovery of young men and women through community participation and many other creative endeavours.

Many excluded groups of millenials are ushering in social change that has long been their due and pushing at the centre from the margins. Their voices need to be heard and recognised. The stories of their resilience will help the privileged groups to take care of their mental health. In this way, this paper will put together the need to pause and ponder about vulnerable, excluded millenials and the need to celebrate the unsung heroes and heroines who will be at the forefront of fire fighting to save us from the demographic disaster.

## **Impact of Social Media on the Socio Emotional Adjustment of Millennial students in the Bhopal City**

Dr. Rakhee Varma

Rapidly growing information and communication technologies are entering into the lives of almost everyone in this world. Time spent on social networking sites is tremendously increasing and the impacts on different groups of people are reflected in their behaviours. Class XI and XII school going students are the cohort that also form part of the millennial group. The present study was done to explore the relationship between the time spent by college going students on the social networking sites and their socio emotional adjustments. The study was conducted on 100 boys and 100 girls in the age range of 17-19 years of age. The emotional and social adjustment using the Adjustment Inventory for School Students (AISS) by A.K.P. Sinha and A.K. Singh. Moreover using a Focused Group Discussion method (FGD), students have divided in the groups of 10 and the discussion focussed on aspects like – time they spent engaging themselves in social networking sites, with which form of expression (face to face, sending a text) are they comfortable in communicating with their friends and also why they are convenient and comfortable? The results indicated that the students who spent more than 5 hrs on social networking sites (SNS) have below average social emotional adjustment. They believe that they have greater number of friends on popular SNS such as FB, Instagram etc but in real social world they find it difficult to manage large number of friends and hence show poor social and emotional adjustment. The students who spent less than one hour on SNS instead enjoy more with their friends and show better social and emotional adjustments. The study has implications for mental health concerns of adolescents in India.

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**ABSTRACT-III**

**ID0464NAOP2017**

**Title-"Mental health of Millenials Facing Communal Violence in India: A Life Story Approach":**

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The shock and disruptions to 'normal' life and growth that the adolescents witnessing violence in post-Godhra communal riots endured have created unique negotiations for wellbeing or coherence of selfhood. A life story approach to the experiences of such adolescents enabled taking a critical look at the initial shock of being an 'other' (during the riots) in a society that was hitherto marked by communal harmony, and how that has been supplemented till date with threats to having a dignified identity. The co-constructions of how they have negotiated a sense of coherence amidst such threats have pointed to a paradoxical experiences of trust as well as 'being on the edge' in interpersonal relationships as well as while responding to the socio-economic and political changes in the post-riots settings. The paper also deliberates on how their sense of coherence or growth has been hinged on the courage to face any threat to life or dignity by aligning their actions in the light of safeguarding the community and certain humanitarian values that facilitates communal harmony.

**ABSTRACT-IV**  
**ID0465NAOP2017**

**Title: Changing Roles of Millennial Women and its impact on Mental Health: Past and Present**

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The term Millennial is considered to apply to individuals who reached adulthood around the turn of the 21<sup>st</sup> century (born between 1982 to 2004). Millennial grew up in an electronics- filled and increasingly online and socially networked world. The period of transition from 20<sup>th</sup> to 21<sup>st</sup> century was of special significance in the context of women's empowerment. During that period *Status of Women Report 1974*) of the Committee on Status of Women was published by Government of India that changed the direction of women's lives. Women's education and employment became the foremost agenda and as a result the psychosocial and socio cultural context completely changed. The social roles performed by women changed drastically and consequently there was an increase in the roles conflicts. The present study is an attempt to understand the changing complexities in the women's social roles during the millennial period and associated role stress. Fifty women in the age range of 30 to 45 years were interviewed using in depth interview. They were assessed on the issues such as meaning and causes of mental health problems in women and comparative analysis of stress due to different roles played by women in their lives. The results indicated that although educated women gained an independent status in the society to some extent however, on the domestic front that is in their psychosocial context women are still facing a lot of stress. Traditional roles of women are still prevailing and are in a conflict with their progressive new professional roles. 60% women reported role of a mother to be most demanding whereas 40% reported the roles of wives to be most demanding. A comparison with the research studies in the area of women's roles done from 1970's to 2000 indicate that no significant change has taken place as far as role substitution is concerned. Women continue to feel stressful in their domestic roles, although women have become more focused for their professional roles also leading to serious mental health problems.