

# Inpsychful

THE NEWSLETTER



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Dear Readers,  
Welcome to the latest edition of 'Inpsychful' where we are taking a closer look at life. From birth to childhood and adulthood to death, we've got you covered for every precious piece of information you need to carry on in this beautiful phenomenon we call 'life'. We hope your journey across the pages of this newsletter would be as pleasant as your 365-day journeys across the sun! Happy Reading!

# EMOTIONAL INTELLIGENCE IN OLDER ADULTS



Emotional intelligence (EI) refers to the ability to perceive, control, and evaluate emotions. Some researchers suggest that emotional intelligence can be learned and strengthened, while others claim it's an inborn characteristic. The ability to express and control emotions is essential, but so is the ability to understand, interpret, and respond to the emotions of others.

Daniel Goleman was a science journalist and brought the concept of emotional intelligence, given by him, there are four components of emotional intelligence, as a psychological theory. Goleman defines self-awareness, the first component, as the ability to identify, assess and control one's own emotions, the emotion of others and that of groups. Self-Management, or self-regulation i.e. the second component, can be defined as the ability to manage one's actions, thoughts, and feelings in flexible ways to get the desired results. Third, social awareness is the ability to accurately notice the emotions of others and 'read' situations appropriately. It is about sensing what other people are thinking and feeling to be able to take their perspective using your capacity for empathy. Lastly, relationship management is the ability to take one's own emotions, the emotions of others, and the context to manage social interactions successfully. Relationship management can be used to influence those around us to make good decisions. We can sense others' reactions to the situation and fine-tune our response to move the interaction in a positive direction.

Looking at emotional management from a life course perspective indicates that there is a high level of emotional wellbeing among older adults, stating therefore the importance of promoting positive emotional performance in older adults due to its potential benefit in their daily functioning. Elderly people know how to appreciate the present moment. They adjust their emotions to match what's going on around them so that they can enjoy every moment to the fullest. They have a relaxed and optimistic perspective. Life expectancy is reaching 80 years old, which means that being 60 is practically like being young again. When you reach the age of 70, you're in the stage of mature repose. With life expectancy this high, we see elderly people who are more active than ever. The experience shapes the emotional intelligence of older adults. Time has taught them how to better control certain emotional situations. They understand how emotions work, they can manage them better, and they're better at recognising others' needs. There are people who put their experiences on a balance and decide to keep the most gratifying ones. This is like a personal filter that helps them focus on the positive side. It allows them to create significant bonds with others and see everything through an optimistic lens. Another way is the Circle Time method, in which people are able to share emotionally, charged matters that concern them, and are coached in positive ways of listening and responding to each other. There comes a moment when you realise that your life will end soon. This idea, this personal and existential reality, makes you focus your behavior on emotionally gratifying experiences. You no longer think about the future. You would rather enjoy your well-being in the here and now.

In conclusion, the intention of encouraging an understanding of E.I. within older generations is to raise awareness of how it is just as important to recognise that there is more to living longer than ensuring a healthy and physically active lifestyle. Yes, these are important but it is equally important to recognise that the psychological, mental and emotional health of each individual will impact their quality of life and longevity. The need to engage with, and understand, community, groups etc., often provide an emotional life-line for what may be considered an aging population. After all, life expectancy is increasing by every day. We have the right to the best resources that will help us live our lives to the fullest.



# DEATH - A NEW BEGINNING



There is a saying on life and death that 'life is a beautiful lie and death, an ugly truth'. Death for some is scary, for some it's a process that happens to the body when our time here is over or as many say, ended. For me, death is not a non-living object but a lady in a black dress going to a party after a funeral. It is always among us, within us, happening all the time. We just choose to ignore it and not accept it. Death, as 'aghoris' and 'sadhus' say, is nothing but, "A soul changing a body like people change clothes."

As per physiology, clinical death occurs when the brain ceases to function. Social death occurs when others stop visiting or calling on someone who is terminally ill or in the dying process. Psychological death occurs when the person begins to accept their death and to withdraw from others psychologically.

According to the Vedas there are five stages of death, there is a fundamental life and a physical life. Physical life energy, which is generally referred to as prana, has five basic manifestations. These are called 'samana' (collection of energy through breath), 'prana' (the soul residing in body), 'udhana' (release of breath), 'apana' (flow of energy from the body), and 'vyana' (distribution of energy). Between 48 to 64 minutes after someone is considered to be dead, prana exits. Between six and twelve hours after death, 'udhana' exits. Somewhere between eight to eighteen hours, 'apana' exits. Subsequently, 'vyana', which is the preservative nature of prana, will start exiting and may continue to do so for up to 11 to 14 days if it is a normal death (from old age). For that period of time, certain processes will continue in the body; there will still be some element of life. If someone died in an accident, when the life within was still vibrant, the reverberations of this life will continue somewhere between 48 and 90 days.

In Hindu traditions, 'moksha' is a central concept and the utmost aim of human life. Derived from the Sanskrit word 'muc'; to free. The meaning of the word itself is salvation, liberation and freedom from the circle of rebirth and death. That's the reason why many people in their last days stay or come for the very last stage of the farewell, which is cremation (burning of the body) in Kashi (Banaras): the city of 'moksha' or freedom. It is said that the one who takes their last breath or is cremated on the Ghats of Kashi gets free from the cycle of rebirth and death. Some faiths, such as Jainism, posited an abiding self that became liberated, while others, such as Buddhism, denied the existence of a permanent self.

'Moksha' or freedom isn't something we all might receive after death, fascinatingly, there's something else which determines this freedom, called 'Karma'. There is a saying about 'karma' that she is a classy old woman who will serve you your tea laced with the same amount of poison which you have been serving everyone all these years of life. The meaning of the word itself is action. It specifies, what we do in this life will always return to us, either in this life or in the next one. We generate our 'karma' according to the deeds we do on a daily basis. If our deeds are good, we will receive good 'karma' or even 'moksha', in return of them. If we generate bad 'karma', we will have to face the consequences of the same. In many parts of the world, children are told not to even utter the word 'death' inside the house, because their elders have this blind faith that if you do not utter this word, it will not enter the house. This fear of death is not natural. Where walks life, death walks beside, hand in hand always and forever. The fear of death exists because we don't know what will come after it. Death is an unknown space; we don't know what will become of us after it.

Death isn't a scary thing nor something sinister. The dark belief surrounding death is facing the loss of someone who was once living. If people lose something or people precious to them, they might break down. It only means darkness for those who are still alive, but death, in actuality, has always been portrayed as a grand event in the Indian culture. It is only now that the Indians are imitating the West and walking with heads down when someone dies. There is a legend about Lord Shiva specifying it. The legend goes that Lord Shiva has made the 'Maha Shmashan' his earthly abode and is waiting there for the dead to arrive. Every time someone dies, he dances in celebration. The celebration is not because people lost someone dear to them but to celebrate the new journey the soul is about to start. So why fear death when it is rather the beginning of a new chapter, a new journey?

# PROPHECY OF A KID



*Now a child can kiss ahead death*

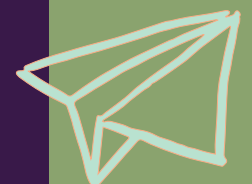
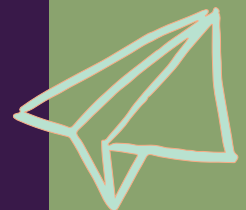
We perceive death as a very negative phenomenon that guides the life of an individual to an ultimate ending and as something out of the ordinary, as the ending of the psyche but what we fail to understand is that life and death are petals of the same flower. Walking back to the traces of your existence you will reach to your birth, you most probably don't remember that but there are some traces of its existence. With the beginning of life there is a beginning of a new death cycle in the form of an infinite loop that embraces your existence at every step of life and death.

A seven year old might smile at you when you tell her that there is a slight possibility of her life coming to an end and their might be a beginning of death, but people around her might not take the news as lightly as her or when an elderly person is given the same news for them, even when they were terminally ill, the reaction can never be even remotely same.

I experienced one such instance when I was almost seven and was encountering a battle with cancer. After my chemotherapy and radiation therapy, it was time for the end game, the surgery. I was with my mother, my father and my grandmother with my doctor, Dr. Gauri Kapoor, when she was discussing how they will take things further with the procedure of getting me cancer free and how things will move forward. I couldn't really understand (or remember completely) the conversation they were having but I could sense how the room was filled with dark clouds. I recall looking at my mother, patiently waiting for her to explain everything to me, like always, what was happening but things didn't seem fine. I saw her face turning pale and tears beaming her eyes. I turned to my grandmother and she had her pallu soaking already and all I could think of was the fact that I was responsible for their sadness and wet eyes. A few moments later and some hopeless attempts of understanding the conversation I asked what is going on and the reason behind their weeping, instead of kicking me out or taking the conversation someplace else my doctor said "they are just worried about you and are crying because they don't want to see you in pain anymore". I saw both the strong pillars, my mom and my grandma changing their facial expressing and telling me everything was fine and at that very moment I realized that these two are an example of perfect liars and I am dying because when I uttered that death is not a big deal, and you don't have to worry about me they both came at me as if I was already gone. I tried to explain what was going inside of me and what death can be instead of something bad, I told them it's just natural for someone to leave after all this, you have your best shot with you and this is something in the future. During this I realized that I was thinking how I was the only reason for their grief and how I am responsible for all this that has been happening for a year now, how even looking at me would hurt them in so many ways, how all the care and love they had for me acted as a shield for them, how my mother might have cried multiple times because of the pain I have caused her and even hiding it from me and how this end of me might cause her some relief. I never really understood death back then but I guess I realized it was something completely natural.

The things that I told them were just words but they acted as a consolation I guess because the fear they had was not inside me, maybe because I never knew what death was or is.

To me at that time it was just some words that told me "I can be free", as selfish as it sounds I am still looking for that freedom in at a different stage of this cycle, life.



ANONYMOUS





ON WHICH YOU CAN WORK ON:

### 1. THE RELATIONSHIP YOU HAVE WITH YOURSELF

Self-care is about looking after yourself and your mental health. The relationship you have with yourself is crucial to your own wellbeing and also to creating healthy and happy relationships with others. Being kind to yourself regularly is one of the best things you can do for yourself.

### 2. SCHOOLS

The school environment plays a critical role in the social development of its students. Teachers can work together with students in a number of ways to avoid isolating classmates.

### 3. UNIVERSITIES

Student mental health is an important matter to address in higher education. Having student peers and maintaining good social networks throughout the university years protects against mental health problems and fosters positive mental health during stressful periods.

### 4. WORKPLACES

The workplace presents a number of opportunities for people to develop their social networks. This can be through work itself, through leisure activities, or through shared interests such as sport and the arts. Approaches that increase employee health and wellbeing are also likely to influence and impact relationships in the workplace.

### 5. COMMUNITIES

Being neighbourly. Practise common courtesies such as greeting neighbours when you pass them in the street. Getting to know your neighbours has been linked to lower crime rates, thriving children and greater school success.

### 6. ONLINE

The internet has enabled us to make friends with people we don't know and may never meet in real life. These relationships may not always be adding value to our lives and, instead, may be sources of anxiety. It's important to regularly assess your contacts on social networks like Facebook, Twitter, and Instagram to see if they need to be adjusted.

Good relationships protect our mental health and wellbeing at any stage of life. People who are more socially connected are happier, physically healthier and live longer. Investing in relationships is as important as investing in money. It helps us to stay sane in times like a pandemic which we are already going through.

Loneliness can be toxic to our wellbeing – our health declines earlier and we can have shorter lifespan. It's important to remember that it is good, supportive relationships that protect our bodies and our minds.

Five universal tips for maintaining healthy relationships:

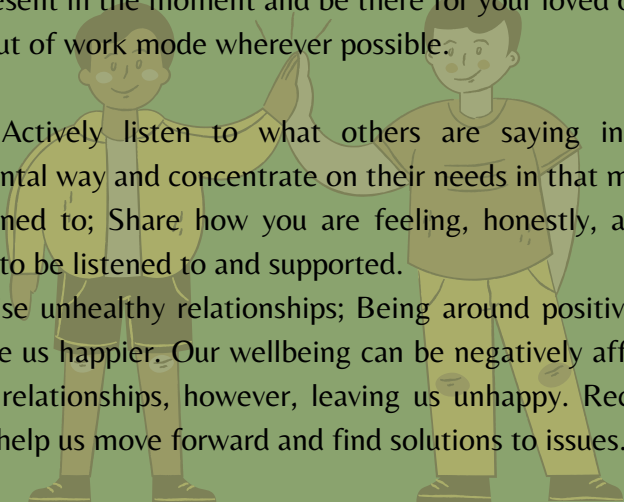
- Give time; Put more time aside to connect with friends and family.

- Be present; it can be tempting to check your phone, Facebook messages or even work emails when with family and friends. Try to be present in the moment and be there for your loved ones, and switch out of work mode wherever possible.

- Listen; Actively listen to what others are saying in a non-judgemental way and concentrate on their needs in that moment

- Be listened to; Share how you are feeling, honestly, and allow yourself to be listened to and supported.

- Recognise unhealthy relationships; Being around positive people can make us happier. Our wellbeing can be negatively affected by harmful relationships, however, leaving us unhappy. Recognising this can help us move forward and find solutions to issues.



## DIFFICULTIES IN BUILDING RELATIONSHIPS:

Not everyone finds it easy to stay socially connected or to make new friends. This might be due to being unable to leave the house, living a distance away from other people, or because social situations feel uncomfortable. Some people are more vulnerable – for example, if they move to a new area, have recently been bereaved, feel socially anxious, or live with a mental health problem that affects their ability to make and/or sustain relationships.

During this, a person can follow the abovementioned steps in order to improve the life of living in a close-knit circle.

# IT'S A BIG WORLD FOR SMALL KIDS



Gather around every little child  
I'm going to narrate something wild  
You see here, keep your eyes open and wide  
Hold the hand for support, of the one to  
your side.



Life, I believe, is a merry-go-round;  
a ride which takes you up and down  
rotating while doing so  
the sceneries around you whilst the round are always pretty though!

The world has babies who have to wear shoes too big, which at first doesn't  
seem to fit,  
but how immensely comfortable they are to him who knows how to grow into it.  
I realised it's not always the first one who wins  
but the one who does it the loudest it seems.

When you're hurt you're advised to go home and rest  
But where should they go who got hurt at home instead?

Also know about this, you should:  
There are people of colour, people of deed  
and people of certain types of abilities  
being read as people of the wrong colour, people of misdeed and people of  
certain types of disabilities.  
Often, by the one who is too scared to do something good.

Everybody has time to spend on someone else  
Just like how a class ends after the bell, for oneself, here ring all the bells!  
But don't you kids forget the importance  
of giving time to the ones whom you call your own  
because after the earthquake is past your area, it's probable that  
to them it's being shown.

It's not always a good thing to be sturdy and tough.  
Some situations call for you to be fun, flexible and show if you  
can bend enough.

Now, however big this world may get  
remember that its boundaries always stay in place.  
And don't worry if you wander off the coast, your special ones are usually,  
generally finding ways to get to your base.

It's a big world, that's true  
But that just means that it has an adequate amount of space for you!



# INABILITY TO SEE REALITY



Perception is a subjective process, often meaning that every person is unique in their own way and every person's perception is different; it is affected by a number of variables. Stemming forth with this statement, there is a Gestalt pattern for seeing things, the word Gestalt means 'form or pattern'. This means our brain sees things as one whole rather than a sum of its part. In everyday life, we perceive many things that are related to 'Gestalt perception'. The shape circle is a good example of Gestalt in terms of completeness. However, according to Gestalt principles, we will also perceive an incomplete circle as a complete circle. There are many logos that are also good examples of Gestalt perception like that of WWF (World Wildlife Fund), in this logo there is an image of a panda, and it has some missing spaces on its back and head.



The shape of the panda is incomplete, however, since we are well aware of the shape and color of a panda, we automatically and subconsciously fill the gaps. This all happens because we have the shape structure of certain living and non-living objects imprinted in our memories since the time our ancestors walked on this Earth, thanks to evolution. When we talk about perception in different age groups like childhood, adolescence, adulthood, old-age, it is observed that we have different perspectives on life, its surrounding objects etc., changing as we change ourselves. In a research, it was found that in old age people perceive things differently. Essentially, "the older we get, the younger we feel". There is a saying "Dhekhne ka nazariya badal jaata hai umar ke sath". We make impressions of other people very quickly, with only limited amounts of information. This allows us to make snap judgements and decisions, but it can also lead to biased or stereotypical perceptions of other people.

We will assume that different perceivers will all form pretty much the same impression of the same person. For instance, if two people are both thinking about their mutual friend Janetta, or describing her to someone else, they should each think about or describe her in pretty much the same way. After all, Janetta is Janetta and she should have the same personality that they can both see. But there is a sense of individual differences here making different persons have different perceptions about the same person, they will see the whole personality (the good and bad) of her then according to that they will describe her. If one friend sees her in different places and talks to her about things that are different from those applying to the other friend, then they will each have a different sample of behaviour on which to base their perception of her. But the possibilities of them forming a different perception even if they have seen her doing the accurate same activities is very much existent.

Eventually, listed below are some things that you can do that might help you perceive more in the world around you.

1. **PAY ATTENTION:** It requires to attend to the world around you.
2. **MAKE MEANING OF WHAT YOU PERCEIVE:** By placing objects in meaningful categories, you are able to understand and react appropriately.
3. **TAKE ACTION:** The final step of the perceptual process involves some sort of action of response to the environmental stimulus. This could involve a variety of actions, such as turning your head for a closer look or turning away to look at something else.

In conclusion, perception is the process by which people organise and obtain meaning from the stimuli they receive from the environment. It might not be the reality, it's only the meaning that a person gives to the environment. Always remember every person's perception is different, if someone misunderstands you don't worry it's his/her perception but, sometimes it is important to have a knowledge of someone's perception about you. Although, more importantly, "What people in the world think of you is really none of your business." We must also remember to perceive the person but not judge the person very quickly.

# ALL ABOUT TRUST

To earn trust, money,  
Power isn't enough,  
you have to show some concern for others.  
You can't buy trust in the supermarket.

Trust is hard to define, but we do know when it's lost. When that happens, we withdraw our energy and our level of engagement. We go on an internal strike, not wanting to be sympathetic to the person who we feel has hurt us or treated us badly. We might not show it outwardly, but, we are less likely to tell the formerly trusted person that we are upset to share what is important to us.

As a result, we pull back ourselves from that person and no longer feel part of this world.

We make people feel eager to be part of a relationship or group with a shared purpose and willingness to depend on each other.

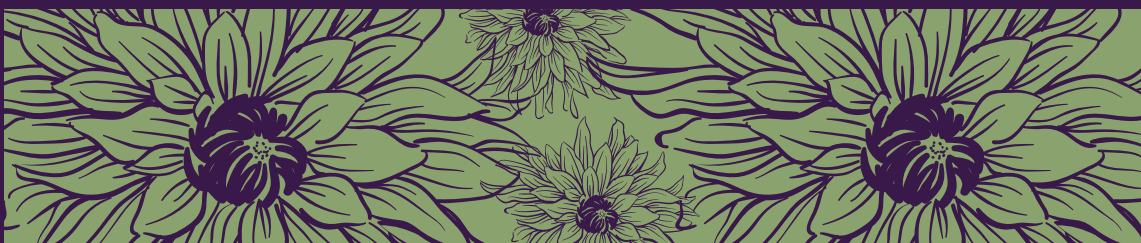
If the level of trust is low in a relationship, people will limit their involvement and willingness to do or share their feelings. They might think to themselves, "This is all you deserve", or "This is all I am willing to give". When the trust level is high, people reward it by giving more. Whereas, more often than not, people feel that their lack of trust is not safe to share. So, a leader or loved one may be slow to discover that they have lost a person's trust.

Trust is often lost, when we feel hurt by another's actions and believe that this action was intentional. But by sharing our feelings with the person who hurt us, we might begin to see things differently and realise that their intention was not what we first imagined.

The dynamics of trust are delicate in important relationships and the loss of trust can be costly-not only psychologically, but also financially and in terms of work and livelihood.

What's helpful to remember is that trust is an ongoing exchange between people which is not static. Trust can be earned. It can be lost. And it can be regained.

MEDINI SINGH





# Fun-oasis THE GAME CORNER



## PSYCHOPOLY

BACK TO FIXATION	PRE- CONVENT IONAL	SENSORY MOTOR	INTEGRITY VS DESPAIR	GENEATIVITY VS STAGNTION	ITEMACT VS ISOLATION	IMMOBALIZING GUILT
CONCRETE OPERATIONAL	<p>Q1. Guess all the psychologist's name whose theory is written here(if correct move to oral stage,otherwise remain on start )</p> <p>Q2. Around this age, the child begins to toilet train which begin about the child's fascination in the erogenous zone of the anus(if correct then move to next stage,if wrong then start again)</p> <p>Q3. A pattern described by freud in which a young girl develops an attachment to her father and competes with her mother for his attention(if correct move to latency stage,if wrong then move to fixation till next correct answer)</p> <p>Q4. Genital stage age range( If correct then move forward towards trust vs mistrust else stay here till you find correct answer)</p> <p>Q5. Erikon's developmental stage during the toddler stage 1-3 is called what ? (If correct then move to next stage or move back to fixation)</p> <p>Q6. What is the name of Erik Erikson's developmental theory?(if correct move to identity vs confusion or move towards immobilizing guilt)</p> <p>Q7. How many stages are there in Erikson's developmental theory?(if correct then directly move to sensorimotor stage,if wrong then back to fixation)</p> <p>Q8. Problem solving and___ are developed during the fourth stage(if correct then move forward to preoperational, otherwise back to fixation)</p> <p>Q9. ___ are mental representations or concept.(if correct then move to formal operational stage,if wrong then to immobilizing guilt)</p> <p>Q.10 Piaget's theory focuses on ___ development in children.</p>					IDENTITY VS CONFUSION
FORMAL OPERATIONAL						INDUSTRY VS INFERIORITY
PRE CONVENT- IONAL						INNITIATIVE VS GUILT
CONVENT- IONAL						AUTONOMY VS SHAME
POST CONVENT- IONAL						TRUST VS MISTRUST
STOP START	ORAL STAGE	ANAL STAGE	PHALLIC STAGE	LATENCY STAGE	GENITAL STAGE	FIXATION

Heinz's wife was dying from a particular type of cancer. Doctors said a new drug might save her. The drug had been discovered by a local chemist, and the Heinz tried desperately to buy some, but the chemist was charging ten times the money it cost to make the drug, and this was much more than the Heinz could afford. Heinz could only raise half the money, even after help from family and friends. He explained to the chemist that his wife was dying and asked if he could have the drug cheaper or pay the rest of the money later. The chemist refused, saying that he had discovered the drug and was going to make money from it. The husband was desperate to save his wife, so later that night he broke into the chemist's and stole the drug.

Questions based on context

Q11. Should Heinz have broken into the store and stolen the drug for his wife?(justify after reading the case)

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opinions to our  
Instagram page



## WORLD MENTAL HEALTH DAY



On the occasion of World Mental Health day, a poster making competition was held in the campus premises of JIMS Sec-3 for raising awareness about mental health issues in our society and how even the pandemic has added to it. The theme for this year's World Mental Health Day was "MENTAL HEALTH IN AN UNEQUAL WORLD".

"In recent years, there has been increasing acknowledgement of the important role mental health plays in achieving global development goals, as illustrated by the inclusion of mental health in the Sustainable Development Goals," according to World Health Organization (WHO).

Along with the acknowledgement of various issues faced by the students on a regular basis we received many beautiful posters from the participants depicting deep messages and creativity of young minds. Two groups from the psychology department won a cash prize for their achievement.



MUGDHA VOHRA AND AAN MEHRA (2ND YEAR)



VAISHALI AND MUSKAN (3RD YEAR)

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## EVI

FOR YOUR INFORMATION

## LIFESPAN THEORY

BY ERIK ERIKSON

Lifespan development explores how we change and grow from conception to death. This theory consists of eight stages of development: Trust versus mistrust; Autonomy versus shame and doubt; Initiative versus guilt; Industry versus inferiority; Identity versus identity confusion; Intimacy versus isolation; Generativity versus stagnation; Integrity versus despair. The Eriksonian theory is used based on the fact that it has been defined as well-equipped to resolve the crisis of early adulthood, this can be successfully reached once the crisis of adolescence has been resolved.