Department of Psychology presents

Inpsychful

The E Newsletter

Jagannath Institute Of Management Sciences Sec-3

JCC

Q W E R T Y U I P backspace

caps lock A S D F H J K L enter

shift Z X C V B n m shift

ctrl alt space alt ctrl

INSIDER

Ms. Harpreet K. Rakhra
HOD

Ms. Sagarika Mathur
Faculty Incharge

Mr. Raunaq Chawala
Faculty Incharge

Ms. Pallavi Gupta
Faculty Incharge

Ms. Prerna Goyal
Faculty Incharge

In this modern world,
full of mirror selfies, reels and stories, one must believe in oneself in every aspect. Regardless of the filters we use, one should also focus on living an unfiltered life, full of happiness and without the fear of being judged. One must also remember that it's necessary to be true to others but also to oneself. The basic idea is to trust yourself and believe in your magic!

Happy reading~

Social media is internet-based and gives users quick electronic communication of content, such as personal information, documents, videos, and photos.

Users engage with social media via a computer, tablet, or smartphone via web-based software or applications.

From the past two decades social media beheld a sporadic enhancement in quantity, quality and utility. As the body of an individual is nourished by the intake of necessary mineral elements obtained through nutrition, likewise the human mind is nurtured by the availability of nutrition for thoughts. Nowadays which is readily available through the advancement of technology, thereby opening a platform for discussion between social media and mental health of the present era. From the dawn of internet and social networking sites human resources of the contemporary world have become more social virtually but less practically. This virtual life is isolating the present man from other fellow beings thereby affecting his health (mental & physical) and overall balance.

One study of literature summed so far reveals that the younger generation operates susceptible. As a confronting population of the present era, the younger generation is experiencing an embryonic stage of life and is at higher risk of serious mental health problems. Younger generation of the present era is acting as active users of social media which has affinity towards the problems of mental health. (Hilal Bashir and Shabir Ahmad Bhat)

A review conducted in 2020 showed that social media has negative and positive effects on mental health. Negative effects included anxiety, depression, loneliness, poor sleep quality, poor mental health indicators, thoughts of self-harm and suicide, increased levels of psychological distress, cyber bullying, body image dissatisfaction, fear of missing out and decreased life satisfaction. Positive effects included accessing other people's health experiences and expert health information, managing depression, emotional support and community building, expanding and strengthening offline networks and interactions, self-expression and self-identity, establishing and maintaining relationships.(Hassan Ebrahimpour Sadagheyani, Farin Tatari 2020)

Recent studies have shown that individuals with mental disorders are increasingly gaining access to and using mobile devices, such as smartphones (Firth et al. 2015; Glick et al. 2016; Torous et al. 2014a, b).

Similarly, there is mounting evidence showing high rates of social media use among individuals with mental disorders, including studies looking at engagement with these popular platforms across diverse settings and disorder types. Initial studies from 2015 found that nearly half of a sample of psychiatric patients were social media users, with greater use among younger individuals (Trefflich et al. 2015), while 47% of inpatients and outpatients with schizophrenia reported using social media, of which 79% reported at least once-a-week usage of social media websites (Miller et al. 2015).

The fear of missing out refers to the feeling or perception that others are having more fun, living better lives, or experiencing better things than you are. It involves a deep sense of envy and affects self-esteem. FOMO has only been studied during the past few decades, beginning with a 1996 research paper by marketing strategist, Dr. Dan Herman, who coined the term "fear of missing out", (Herman,2000).

 Social media has accelerated the FOMO phenomenon in several ways. It provides a situation in which you are comparing your regular life to the highlights of others' lives. Social media creates a platform for bragging; it is where things, events, and even happiness itself seem to compete at times.   FOMO can be experienced by people of all ages, one study in the Psychiatry Research journal found that the fear of missing out was linked to a greater smartphone and social media usage and that this link was not associated with age or gender. The research also found that both social media use and "problematic" smartphone usage was linked with a greater experience of FOMO. (Wolniewicz CA, et al, 2018)

Research shows that a fear of missing out can stem from unhappiness and dissatisfaction with life and that these feelings can propel us into greater social media usage. (Kou et al, 2013)

However, understanding where the problem lies can be a great first step in overcoming it. These steps can be taken to curb your FOMO if it is something you experience.

1. QUIT THE MULTITASKING: Even if those around us are multitasking, we don't have to. Psychiatrist Edward M. Hallowell describes multitasking as a "mythical activity in which people believe they can perform two or more tasks simultaneously as effectively as one." One should be focused on a single task, and give their full attention to it, then not only are they more likely to be successful in producing a high-quality result, but their level of satisfaction while performing the task would be much higher.

2. PRACTICE DISCERNMENT: Discernment regards distinguishing what is truly important and necessary from what is merely desirable, and choosing to eliminate some of the things that don't contribute to the deepening of the quality of your life experience. Be willing to say "no" to more things. Focusing on the kinds of things that enhance the quality not the quantity of your experiences.

3. HAVE A DETOX: One should try taking a little bit of a break from the social side of life altogether and using that energy to focus on yourself, and other aspects of your life like school or work. This should help you get back to knowing who you are when you aren't constantly chasing the realms of social media.

@Khushi Gupta
#socialmedia #instagram

What is Finsta?

Finsta is the short form of "Finstagram" or "Fake Instagram". The term "fake" here does not mean that the account is not run by real people. Finstas are real accounts run by real people. It is a secondary account created by a user to share pictures and videos in a more private way, usually reserving the account's followers to close friends. Compared to the perfect and filtered images that a user usually shares on his/her "Rinsta" or "Real Instagram", the Finsta account features a much more of the real or unfiltered experiences of the user's life.

For instance, a lot of celebrities with verified Instagram accounts are also believed to maintain private secret accounts for their personal use; in such cases those accounts can be refered to as Finsta accounts.

Where did Finsta come from?

11 years ago, a social media app called Instagram was launched on October 6 2010 and by the year 2015, it was observed that people have started creating their Finsta accounts. Usually the images or videos on the Finsta account are those that people don't want to share on their public account. At times it has also been observed that teens create such accounts to hide their activity from their parents, partners or school. Such accounts provide anonymity; they can also be sometimes referred to as spam accounts.

Why do people create Finsta accounts?

Instagram has come a long way. Creators now use the platform Instagram to showcase their perfectly staged photos with great lighting and filters. Such pictures and videos have added a lot of pressure to the life of influencers, creators and business owners. Instagram is now a platform where a lot of people found fame; some of them even turned this into a full time job. Finsta accounts show reality, from the blurry photos and selfies to the funny life moments, the Finsta accounts capture it all. Life isn't all flawless angles and ring lights and Finsta accounts help the people showcase their real self among their close people. Through posting your feelings, regardless of whether it is an unfiltered crying selfie or a

hangover face, you are validating you feeling which can be beneficial for mental health.

For example,

Cole Sprouse created a Finsta account with the username @camera_duels to capture photos of people trying to take pictures of him secretly. He shares those pictures on his Finsta account with funny captions.

@Titiksha Bhatia

#FakeOrReal?

When I was small, I used to watch popxo beauty content and this is what inspired me the most to create my own content and show my creativity to the whole world. I started my blogging page in June, 2020 during the lockdown period. During childhood, I used to see brand ads on tv and now, when I work with them in collaboration, it feels like a dream. It feels so satisfying when your audience loves the content you create and appreciates you. It is a dreamy feeling when I am known for the content I create. I feel this is my biggest achievement till date.

My biggest inspiration is my family. They have always supported me with my work. Since day 1, they are my biggest motivators. There are days when I feel really demotivated and don't feel like making videos, at that time, they are the one who encourages me to make new content post. I feel so lucky to be their daughter.

My target audience is usually young girls. I want to inspire them and motivate them to accept them the way they are and to tell them that they are perfect the way they are and they shouldn't change themselves according to people. My audience is my strength. Ofc there are haters too and I do feel discouraged as well. But when I see the love, I get for my videos and how much my audience loves me, it motivates me to continue the work I do. That feeling is very overwhelming. Talking about the collaboration, I feel that meeting up with the deadlines can sometimes be very exhaustive but now I have learned to deal with it. I feel that I have become a little more professional in my field and I know how to manage my schedule accordingly. I set my priorities and work according to them. Other than this, I have worked with certain brands like colorbar, plum, lays, sting etc. and my experience with them was really good. I fulfilled all their deliveries on time and got my payments as well. I personally never refuse to work with brand because I feel these small steps take us to big stages in life.

Umm, my advice to the upcoming young budding influencers would be that there would be a lot of times you won't feel like continuing it but don't lose hope, at the end everything will fall in place, just be patient and give some time. Secondly, you'll come across a lot of negative people who will try to pull you down but always focus on the ones who motivates you and encourages you. My last advice to them will be that deadlines would be exhausting but keep trying and eventually you will fulfil them.

At the end, I just want to say that I create my content for fun and learning purposes and I am very proud of myself. I am really grateful for the earnings I get through my page now. It really makes me happy that I am self-independent at such a young age itself.

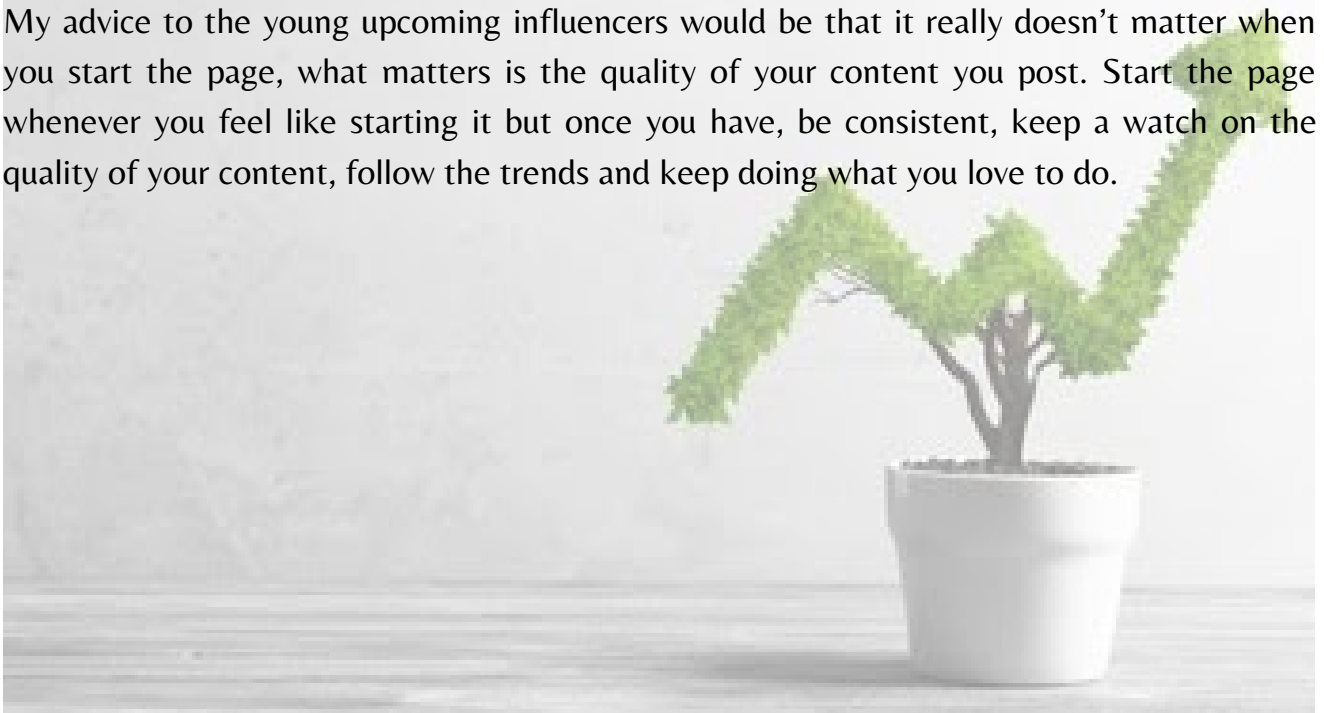@_sanyaa.sharma_
#influenza #followforfollow

It was the year 2021, when I decided to start my own blogging page. I used to watch dress up and makeup videos of "thatbohogirl" on Instagram and I was in awe of her. She is the one who inspired me to start this page. My future plans regarding this page are that I want to inspire young girls through my fashion creativity from Instagram.

As of now my main focus are my studies and I keep them over the page. But if talk only about the page then right now I am growing and I focus to grow this page. I don't really face any negativity right now but if I do face any in the future, then I am ready for it as I have mentally prepared myself for it. As I am growing, I don't really get much paid collaborations and I have also declined some of them as well because sometimes I don't really feel like working with them.

My biggest achievement till date is that my parents feel happy that I am growing and I get to explore new places through my page. Every weekend I prefer to explore a new café or bar. My parents are very supportive in my every decision and they constantly remind me how proud they are of me.

My advice to the young upcoming influencers would be that it really doesn't matter when you start the page, what matters is the quality of your content you post. Start the page whenever you feel like starting it but once you have, be consistent, keep a watch on the quality of your content, follow the trends and keep doing what you love to do.

@_ananyadhingra_
#influenza #thebohogirl

On 28th April we had a guest lecture on Forensic Psychology and the resource person is an experienced crime investigator by Mr. Gaurav Gill who have a specific certification on Body language along with that he is a consultant of Delhi Police crime branch, His expertise is on body language analysis. He was recently awarded on December 2021 by the Delhi police crime branch for his contribution as a psychologist.

Once he have started with the lecture, he have mentioned that forensics is a subject which people talk a very less about but it is a field wherein we can use our investigative mind which ideally people use in Netflix and amazon prime. We have discussed about a few cases, about the prison suspects, the distinctions between the local police and the crime branch also what are the possible challenges in this field.

Initially , we have discussed a few basic things such as to which extend we can understand the behavior of the other person through their body language. Later , we were shown a few images and we were to respond which emotion that picture indicates. Students actively participated and tried answering to the pictures which were shown through the presentation.

We have discussed a case in which a boy has been kidnapped by his own friends and he have sent a video to his family , in that video He requested his parents to give 50,000 rupees and to save him if they don't, then they will kill him also he have mentioned that soon they will kidnap his sister so beware. Later it was found that he is dead. After watching this video Sir has explained us his body language analysis.

Towards the end of the Session he have helped us know the available colleges in India for forensic psychology for those who want to do Masters and get into this field. The suggested college were National forensics Science University in Gujarat, and in Jaipur. The admission criteria were explained by Him. Doubts regarding the skills which has to be developed were asked by the students.

Forensic psychology can be an exciting and challenging career choice. The session was informative, extremely beneficial and enlightening.

Kezia Aby

If you can't imagine your life without social media, you've probably fallen into the strong influence that social media has over people. The uncontrollable urge to share your daily life events with others on social media is starting to have long-term effects. Social media, a place with great benefits to social beings, a crazy place for entertainment has become the reason for bad mental health.

Spending long hours scrolling through these websites lets you see the carefully selected best parts of everyone's life, which you then compare to the negatives in your own life that with no doubt will affect your mental health . It may promote negative experiences such as: Inadequacy about your life or appearance, loneliness etc.

Being social on social media might take one's private life from their hands. Everything one does whether it's a trip to some foreign land or outing with friends or be it anything, a person might feel the need or urge to post about them on social media to make oneself feel better or satisfied. No one posts about their hardships ,their ups and downs on social media which just makes them fake for who they have been, maybe because that's what they want to become. SNS being a great platform for entertainment, can also be used in many useful ways has somehow become a medium for people to show off their lives. It has made us so eager to "show and tell", forgetting that privacy has a beauty of its own. One must understand that everything isn't meant to be displayed and It's perfectly fine to keep some things to yourself.

Now, the question arises, 'what does being real on social media actually mean?' Being authentic on social media means being confident about yourself and not worrying about how others perceive you.

If everyone had a good understanding of such concepts, it could lead to healthier social media habits. The problem is that not many people know how to create a healthy balance.
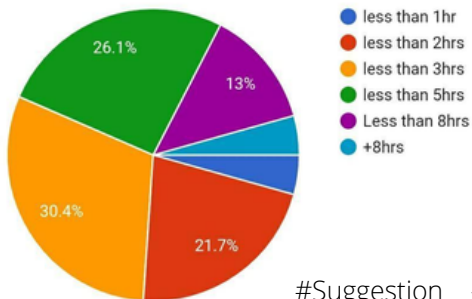
@Khushi Narang
#socialmedia #reellife

How much time you spend on social media on daily basis?

- less than 1hr
- less than 2hrs
- less than 3hrs
- less than 5hrs
- Less than 8hrs
- +8hrs

26.1% · 13% · 30.4% · 21.7%

#Suggestion   -Analysis

#Just a bit of time control... I don't really have anything to say.

-As per survey only 4.3% of the total population used social media for less than 1hr and less than 2hrs respectively.

Social sites that require changes according to you?

Yes   No

Facebook   WhatsApp   Instagram   Snapchat

#Suggestion   -Analysis

#1. That the under adults are using social media for a restricted period of time. 2. More actions are being taken for the content that contains hateful speeches.

-As per survey Facebook & Instagram were most common social apps that required changes according to 64.4% & 44.4% respondents respectively.

How often you get affected by other people on social media?

Oftenly   Rarely   Not at all

Jealous   Irritated   Motivated

#Suggestion   -Analysis

#So in short Instagram is taking a huge advantage of people's time for entertainment and converting it into their profits gradually, this does not only affects people time but it changes their perceptions from its origin.

-As per survey: 66.3% don't get jealous at all, 51.1% get irritated rarely & 53.1% get motivated oftenly by other people on social media.

Analysis

Survey was conducted to study the effects of social media on youth. The study was conducted on college students and staff of JIMS Sect3 Rohini. Out of all the respondents 72.3% were female and 27.7% were male. 29.8% were below 25 years and 70.2% were below 20 years of age. All the participants were from Delhi and surrounding areas.

The main reasons why people started social media were entertainment, trend and interest with 63.8% and rest comprising of advertisement, peer pressure, business & boredom.
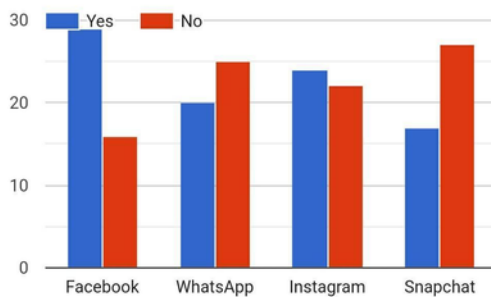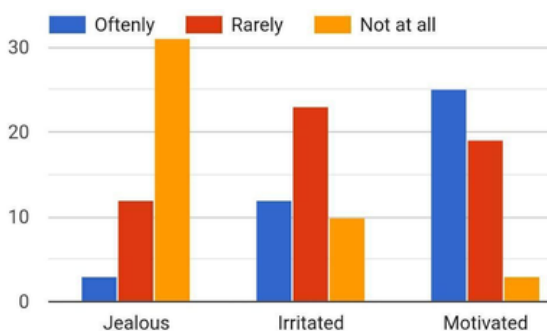
8.5% of the total population had been using social media for a year or less, 63.8% for +2years & rest 27.6% for +5years.

The Data indicates that higher percentage of population has been using social media from +2 years in which global pandemic and lockdown has a vital role to play as people were at home and also had less sources of entertainment. (Biomedcentral)

The maximum percentage of population i.e. 30.4% uses social media for 3 or less hours followed by 26.1% for 5 or less hours and 21.7% for 2 hours or less.

The data shows that the social media sites are pretty addicting and time consuming which is a concern as screen and internet related apps have mental and physical harms like postural deformity, sleep cycle, head pain, lifestyle changes etc. (Medical news today)

@Kartik Pandey

JAIL VISIT

Ft. STUDENT SECTION

The theory of parallel universe talks about a hypothetical self-contained plane of existence, co-existing with one's own; basically a reality different than our own that exists with our existence but with zero to small knowledge of its functioning, inside the Rohini Jail we encountered a situation that was completely divergent.

Our college recently organized an educational visit to the rohini jail premises for the students of psychology department to help us understand how such institutions function. Walking through security we realized that we were walking in a different world, a world of legal offenders. The cinematic view of a jail is far from reality but one thing we understood was that an inmate is a normal human being, there is no real bifurcation between a criminal and a respected citizen, they look the same, they walk the same, they talk the same but when an inmate shares his/ her crimes its only then you can tell the difference. When we walked in through the prison setting we were being accompanied by some officials (not in uniform) and inmates as well and until the end we were under the impression that they were officials.

The prison was well equipped with several facilities for the inmates and was taken proper care of, keeping in mind the diverse over population they were equipped with ample of staff for security purposes as well as proper arrangements for their religious preferences and festival celebrations. We live under the misconception that life in prison is miserable but on the contrary it is well equipped with all the basic needs of a person but at a cost obviously; the prisoners were blessed with various facilities like laundry rooms, art room, canteen, dance room, music room and much more but a paid cost, they were obligated to work and earn money inside the prison premises to avail these basic facilities which also encouraged employment and enhancement of various skills, moreover focusing on development in such a way that helps eliminating the chance of becoming a repeated offender.

Aarushi Chauhan

EDITORIAL TEAM

Aarushi Chauhan (Editor in Chief)

Levin Kumar (Editor)

Simran Jashnani (Designer)

Khushi Narang (Designer)

Kezia Aby (Writer)

Kartik Pandey (Writer)

Khushi Gupta (Writer)

Chetna Malhotra (Writer)

Vedika Kapoor (Writer)

Pragya Sharma (Writer)

Titiksha Bhatia (Writer)

You're All Caught Up

You've seen all new posts from the past 3 days.