





This book is a compilation of empirical research and review papers, which focuses on pertinent issues in current situation. The articles have been contributed by different researchers and experienced academicians from all over the country. The articles are thoroughly based on their original research work presented during Two Day National Conference titled "**Adaptability In Crisis: Psychology, Education And Society**" organized by the Department of Psychology, Rajiv Gandhi University (A Central University), Arunachal Pradesh, India, on the 17th & 18th of August 2021 through virtual mode.

The objective of the book is to highlight various issues related to the present COVID-19 pandemic to foster better preparedness and adaptability in crisis. The chapters delve on the themes of Physical & Mental Health, Health Care System, Work-Life Balance, Resilience, Coping Skills and Effects of COVID-19 on Mental Health. It consists of selected unpublished articles of diverse aspects of psychological and overall mental health highly relevant on both individual and community levels in every sphere of life. The findings will also contribute to public welfare and policy documentation for the Government.



**Dr. Dharmeshwari Lourembam** is working as an Assistant Professor in Department of Psychology, Rajiv Gandhi University (A Central University), Arunachal Pradesh. She is currently the Head in-charge of the Department. She has specialized in Clinical Psychology, Positive Psychology and Counseling. She has obtained her U.G., P.G. and Ph.D. Degree in Psychology from Panjab University, Chandigarh. She was a UGC-JRF and SRF after which she joined Sikkim University (A Central University) as a Guest Faculty in Department of

Psychology. She is currently part of a research project sponsored by National Commission for Women and has published research articles in journals and book chapters in the field of psychology. Her area of research includes Health Psychology and Positive Psychology.



**Dr. Kakali Goswami** is working as an Assistant Professor in Department of Psychology, Rajiv Gandhi University (A Central University), Arunachal Pradesh. She was former Head in-charge of the Department. She has specialized in Organizational Psychology and Positive Psychology. She has obtained her PG from Jamia Milia Islamia, New Delhi and Ph.D. Degree in Psychology from Gauhati University, Assam. Her area of research is positive psychology and organizational psychology. She has published numerous research papers and book chapters in the field of psychology. She is currently carrying out research project sponsored by National Commission for Women.



**Dr. Sandeep Panchal** is an Assistant Professor in Dept. of Psychology, Rajiv Gandhi University (A Central University), Arunachal Pradesh. He has Specialization in Clinical Psychology, Health Psychology and Sports Psychology. He has obtained Ph.D. Degree in Psychology from Kurukshetra University, Kurukshetra, Haryana, India. Previously, he worked as Senior Research Fellow (SRF) in DIPR, DR&DO, DELHI & Sports Psychologist in Sports Authority of India, Delhi, & Assistant Professor (Guest) at Central University of Haryana & Teaching Faculty at Indira Gandhi University (State University), Meerpur Rewari, Haryana. He has published more than 26 publications in National and International Journal of repute.



**Dr. Satchit Prasun Mandal** is presently working as an assistant professor in the Department of Psychology, Rajiv Gandhi University, Arunachal Pradesh. Prior to his present occupation, he was employed as a Scientist in the Defence Research and Development Organization (DRDO). He obtained his Ph.D. and Master's degree in Psychology from Banaras Hindu University (BHU). He completed his graduation from University of Calcutta. His area of research includes Personality Psychology, Health and Well-being, Positive Psychology.



**KUMUD PUBLICATIONS**

K-129, 3-1/2 Pusta Main Road, Gautam Vihar,  
Delhi-110053, Ph. 09811281638, 9953918120

E-mail: [kumudbooks@gmail.com](mailto:kumudbooks@gmail.com)

Website: [www.kumudpublications.com](http://www.kumudpublications.com)

**Rs. 1295/-**

ISBN 978-93-92023-13-2





## Contents

---

<i>Preface</i>	<i>v</i>
<i>Acknowledgement</i>	<i>vii</i>
<i>Foreword (Prof. Md Ghazi Shahnawaz)</i>	<i>ix</i>
<i>Foreword (Prof. Nutankumar S. Thingujam)</i>	<i>xi</i>
<i>Committee Members</i>	<i>xiii</i>
<i>List of Contributors</i>	<i>xv</i>
1. Digital Social Connections as the “New Social Cure” to Shield Psychological Immunity during the Novel Coronavirus (2019-nCoV) Crisis <i>Aishwarya Jaiswal, Tushar Singh &amp; Yogesh Kumar Arya</i>	1
2. Curriculum Adaptions for Learning Disabled Children <i>Akash Ranjan</i>	11
3. Role of Perma Model of Well-Being in Maintaining 14 Dynamics of Healthy Relationships: A Conceptual Framework <i>Anjali Singh, Sudha Rathore and Roopa Mathur</i>	26
4. Mental Health of Parents and Children in the Time of Covid-19 Pandemic <i>Asem Babina Devi</i>	40
5. Learning Management System (LMS): A Future-Path for Indian Education <i>Banipreet Kaur and Anjali Shokeen</i>	50

6. Mental Health Concerns of Patient Population during Positive and Negative States of Covid Disease: A Tele-Counselling Record Review 61  
*Bayana Beevi O.M.S & Sukanya B. Menon*
7. Overview of Education During COVID-19 in the District of Namsai, Arunachal Pradesh 76  
*Chow Ananda Chiring & B. Komow*
8. Digital Detoxification: A Way Forward to Deal with Digital Stress in Pandemic Scenario 88  
*Debasruti Ghosh, Saswati Bhattacharya, Kriti Vyas, Anuj Shukla, Saurabh Raj & Satchit Prasun Mandal*
9. Subjective Experience of Cognitive Functioning of an Individual with a Depressive Episode 99  
*Deepshri Phukan & Rita Rani Talukdar*
10. A Study of Resilience, Coping and Stress Among Medical Interns and PGS in Manipur 113  
*Khumukcham Suchitra Devi*
11. Effectiveness of Gratitude Intervention on Concomitants of Well Being in Adolescents 125  
*Lavaniya Singh & Vandana Nanglu*
12. Social Interest and Its Psychological Correlates in School Going Adolescents 137  
*Matrika Singh*
13. Personality of Adolescents with Substance Use Disorder in Manipur 149  
*Miranda Yendrembam & Arundhati Devi Maibam*
14. Spirituality Can Help Alleviate Physical and Mental Health Problems Resulting From COVID-19 Pandemic 158  
*Mithilesh Kumar Tiwari, Sweta Pathak, Tushar Singh, Yogesh K Arya, Benkat Krishan Bharti & Satchit Prasun Mandal*

15. Student's Perception of Remote Teacher Learning Amidst Lockdown 170  
*Neethu Sara Joseph*
16. Mental Health and Coping Strategies among Health Professionals during Covid-19 Pandemic 184  
*Oyin Mibang & Kakali Goswami*
17. Perception of Physical Self and Self-Esteem During Covid-19 Pandemic Among Female Students 195  
*Pranaya Rai & Dharmeshwari Lourembam*
18. To Study the Effect of Dance Therapy on Well Being 209  
*Preeti P. Masih*
19. Academic Procrastination in Online Learning among Students 220  
*Rashmi Rekha Gohain & Sampreety Gogoi*
20. A Comparative Study of Post-Partum Depression and Its Impact on Well-being of Mother in Pre and Post Pandemic 229  
*Ruchi Joshi & Abhilash Kasi*
21. Mental Health Problems and Associated Factors among Female Working Professionals 240  
*Sandeep Panchal*
22. Career Preferences of The Secondary School Students: A Meta-Analysis 248  
*Samiran Kalita, Nandita Chitrakar & Nisanth P.M.*
23. Teachers in Online Education and Children with Special Needs (CWSN): Bridging the Gap 259  
*Sushmita Borah & Sampreety Gogoi*
24. Hope, Resilience and Subjective Well Being among Recovered Covid-19 Patients in Assam 270  
*Tanzuma Zaman1, Janet Ngailianniang, Nida Nafees & Manas Pratim Kashyap*



## Mental Health Problems and Associated Factors among Female Working Professionals

---

Sandeep Panchal

### Abstract

The articles aimed at exploring the factors which are linked to the female working professionals. The article is based on the studies and review of literature related to female working professionals. As it is well understood that female are handling both family and professional work together therefore female working professionals are playing a good role at the professional setup as well as their house hold demands. Further, there are many factors which are linked altogether and certainly they affect the mental health of the female working professionals. The article is also highlighted the many factors which are directly and indirectly related to the mental health of the female working professionals. Several factors like, Negative Affect, Depression, Stress and their general health. So, the current article is very important in terms of current pandemic situation and the role of female working professional in this fast changing time.

**Keywords:** Mental Health Problems and Female Working Professionals

---

Assistant Professor, Dept. of Psychology, Rajiv Gandhi University (A Central University),  
Doimukh, Itanagar, Arunachal Pradesh, India