



**Madras School of Social Work**  
**Department of Counselling Psychology**

**Soft Skills – II Report**  
**Written Communication**  
**Batch 2020 -2021**

**April 2021**

## SOFT SKILLS – WRITTEN COMMUNICATION

### REPORT

The students of M.Sc. Counselling Psychology had their soft skills training on written communication, from 15<sup>th</sup> April 2021 to 20<sup>th</sup> April 2021. There were two sessions per day, 2 hours of each session. The resource persons were Ms. Rathika. E, Ms. Swetha Kannan, Ms. Amritha Kannan and Mr. Suresh Kumar Murugesan, and the sessions were coordinated by Mr. Vivian, assistant professor in the department of M.Sc Counselling Psychology.

**Day 1** – the first session of soft skills training was handled by Ms. Rathika. E. She went through the basic concepts of writing, the hall marks of writing being accuracy, brevity and clarity; sentences that can have more than one meaning and how to be precise while conveying the message; how to use simple language, getting yourself reviews and using different words while writing sentences to be more specific. She had also taught about punctuation and where to put the punctuation marks in sentences to convey the right meaning. She had given the students an activity on punctuation, spelling and rearranging the sentences, which the students had mailed to her.

The second session post break time was taken over by Ms. Swetha Kannan. She provided an insight on the concepts of creative writing, the ways to become a better writer, what are the things one should avoid while writing in a creative way. She had also taught the students about what hinders the flow of creative writing, what one can do to make writing lively and stylish while writing sentences and paragraphs. She had given the students different prompts to creatively write. The sentences or paragraphs written by the students were posted in the chat box, for which she had evaluated the students and had given appreciation as well as constructive criticism on their writings, imparting tips in order to make them better writers. She had highlighted on the sensory cues to be used while writing creatively.

**Day 2** – The first session was handled by Ms. Rathika. E. She had given a recap on the previous session, and she had further continued by elaborating on the 7Cs of written communication to follow in order to convey the intended message; She had also taught about gender confusion, different spellings of two words that had the same pronunciation but had different meanings, common grammatical errors and making sentences with creative words.

She had given the students three different activities. The first activity was where she had asked each of the students to state a word each, and then the students were asked to make a write up using all of those words. The second activity was that the students had to place the right tense and words to convey proper grammatical sentences, and the third activity was where she had given sentences with two different words and spellings that were pronounced the same in brackets, and the students had to choose the right word in accordance with the context of the sentence.

The second session was handled by Ms. Swetha. She had focused on the visual cues that were to be used while writing creatively. She had given the students two activities. The first activity was that she had sent the link of a video, that had depicted a scene from an Iranian movie. The students were asked to describe how they had interpreted the scene, using all the sensory cues along with writing about the colours and the music that were shown in the scene. The next activity was that she had shared two images on the screen, and the students had to write their interpretation of the images and what those mean to them. They had sent a mail to the trainer once they had finished it.

**Day 3** – The first session was handled by Ms. Amritha Kannan. She had given the students the knowledge about how writing should be done with correspondence to the particular audience they would write for, analyzing the audience's interests and communicating the right message. She had demonstrated this through a PowerPoint presentation where she had used the example of a multicuisine restaurant where various kinds of food from different countries were taken into consideration on basis of popularity and the types of Italian food that are the best sellers. She had depicted this through a pie chart and a bar graph and had also used WordArt and transition of slides to make the presentation more eye catching and attractive to the audience. She had used Microsoft Word, showing the students the different templates available to use for various purposes such as resumes, letters etc.

She had given the students two activities. The first one is where she had sent a link of a google form that they had to fill in class and send it. The second one was where they had to make a PowerPoint presentation, choosing a topic of their own, and also explain the presentation to convey the message to the audience through a Word document. The students had sent her the email once they had finished the activity.

The second session post break was taken over by Ms. Swetha. She had given feedback for each student regarding the write-ups about the two images she had shared the previous day. Each student was given constructive tips and appreciation as well. At last, she had given the students a small activity wherein she had depicted a sequential comic comprised of six images, and the students had to form a story out of the images. This activity was done in class, and the students were appreciated for their attempts.

**Day 4** – The first session was handled by Ms. Amritha. She had oriented the students towards the usage of Excel. She had taught us on how to form statistical data through bar graphs, tables and more by using the data that we had given by filling out the forms on the previous day. She had demonstrated the process of making coloured rows and columns and to make tables on excel by citing the required headings and the data. She had shown the students when to use a formula while inserting the data and on how to compound the values inserted from the data.

The second session post break was taken over by Mrs. Padma Subramanian. She had brushed up on the concept of problem solving, and had given the students an activity where they had to listen to statements that were being read and had to state yes or no. The statements were pertained to problem solving. This activity was done to assess the problem-solving ability of the students. After the students had finished the activity, she had considered the results carefully. She had given tips on how to go about solving problems step by step and had encouraged the students to become better problem solvers in the future.

**Day 5** – Both of the sessions were taken over by Mr. Suresh Kumar Murugesan, the H.O.D at the American College. In the first session, he had discussed about his own experiences of publishing research papers while working under his guide. His interests lay in education and psychology. He had highlighted on the concepts of reference, the three resume formats, the meaning of citation and its styles. He had shown a presentation conveying the different major citations for a reference list or bibliography through books, journal articles with and without DOI, websites, emails, radio and TV episodes, photographs, artworks and had elaborated on the above by giving examples.

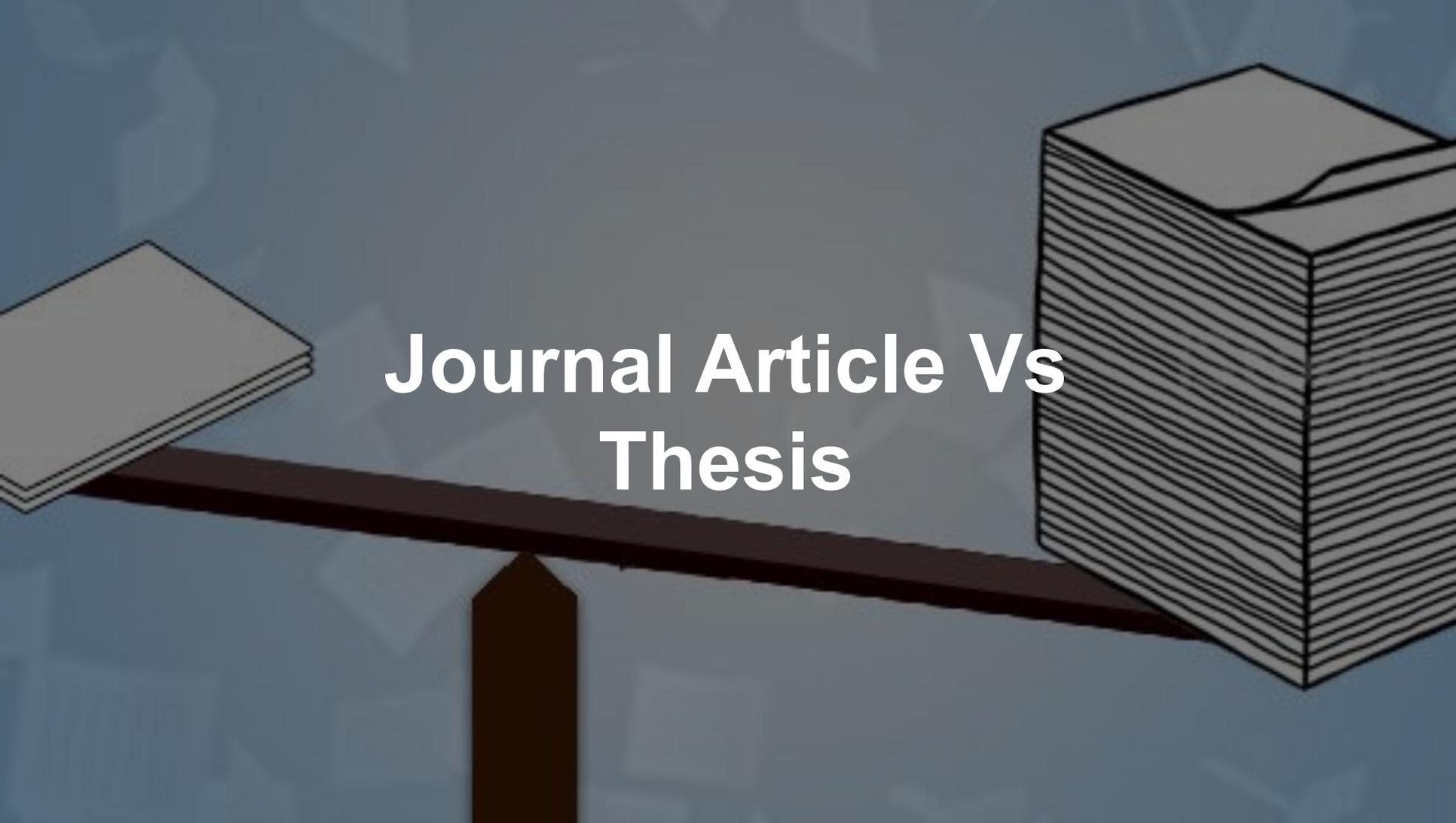
He had given the students an activity where in they were divided into 4 groups, and each group had to fill a worksheet that consisted of definitions and concepts. Each of the group members in the four groups had to give references from journal articles, books and websites as well. Once evaluated, he had appreciated the students as well as gave constructive feedback.

In the second session, he had provided insight on the review of literature being an important part of the research process. He had emphasized the importance of the methods that are to be followed – firstly, about choosing the appropriate sample and sample size along with a suitable sampling technique, after which the dependent variables and the independent variables were to be decided. The tools used for the research along with the research design and statistical techniques were to be analyzed, planned and chosen carefully. Then he talked about the importance of the findings and conclusions, with the references being only in the APA format.



# Research Article

Dr. Suresh Kumar Murugesan PhD, Head, Department of Psychology, The American College, Madurai

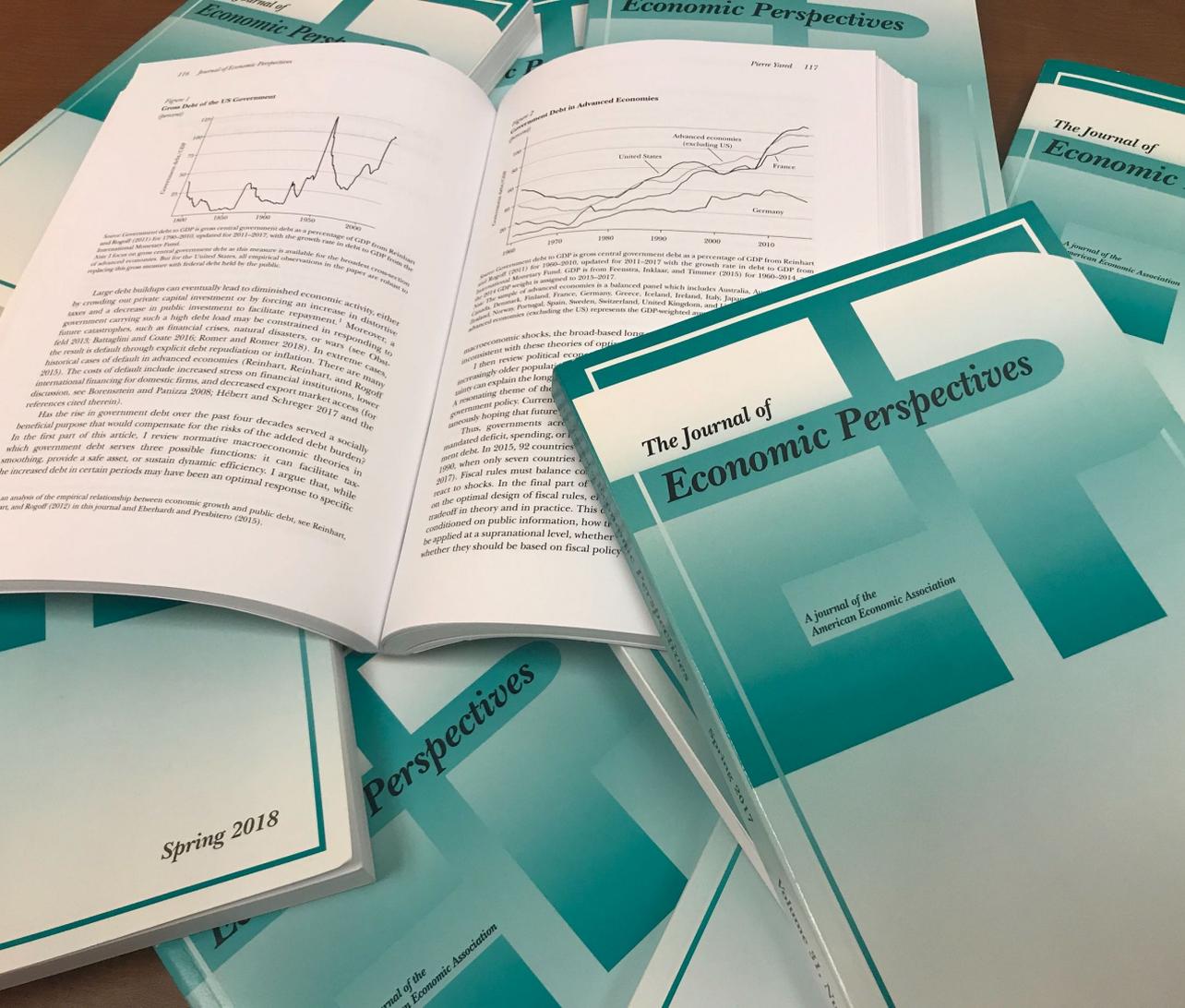


**Journal Article Vs  
Thesis**

# What is Research Article?

A **research article** is a primary source...that is, it reports the methods and results of an original study performed by the authors.





# Types of Journal Articles

1. Original Research,
2. Review Articles,
3. Short reports or Letters,
4. Case Studies,
5. Methodologies.

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# Structure of an Article



An article begins with the Title, Abstract and Keywords.

The article text follows IMRAD format, which responds to the questions below:

- **I**ntroduction: What did you/others do? Why did you do it?
- **M**ethods: How did you do it?
- **R**esults: What did you find?
- **A**nd
- **D**iscussion: What does it all mean?

The main text is followed by the Conclusion, Acknowledgements, References and Supporting Materials.

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# Steps to organizing a manuscript



1. Prepare the figures and tables.
2. Write the Methods.
3. Write up the Results.
4. Write the Discussion.
5. Write a clear Conclusion.
6. Write a compelling introduction.
7. Write the Abstract.
8. Compose a concise and descriptive Title.
9. Select Keywords for indexing.
10. Write the Acknowledgements.
11. Write up the References.



# Length of the manuscript



1. Title: Short and informative
2. Abstract: 1 paragraph (<250 words)
3. Introduction: 1.5-2 pages
4. Methods: 2-3 pages
5. Results: 6-8 pages
6. Discussion: 4-6 pages
7. Conclusion: 1 paragraph
8. Figures: 6-8 (one per page)
9. Tables: 1-3 (one per page)
10. References: 20-50 papers (2-4 pages)



# The Importance of Titles

An effective title should:

- Convey the **main topics** of the study
- Highlight the **importance** of the research
- Be **concise**
- **Attract** readers



# Crafting Titles

5

Tips on how to write them



## Title

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Example:

*Does Vaccinating Children and Adolescents with Inactivated Influenza Virus Inhibit the Spread of Influenza in Unimmunized Residents of Rural Communities?*

**This title has too many unnecessary words.**

# Abstract

The Abstract is:

- A **summary** of the content of the journal manuscript
- A time-saving **shortcut** for busy researchers
- A **guide** to the most important parts of your manuscript is written content





# Abstract

An Abstract should answer these questions about manuscript:

- What was done?
- Why did you do it?
- What did you find?
- Why are these findings useful and important?

# Keywords



**Keywords** are a tool to help indexers and search engines find relevant papers.

If database search engines can find your journal manuscript, readers will be able to find it too.

This will increase the number of people reading your manuscript, and likely lead to more citations.

# Effective Keywords

An effective, Keywords must be chosen carefully. They should:

- Represent the content of manuscript
- Be specific to field or subfield

**2020**

**pick-up**

Fixed expenses)

20,000 ✓  
 12,500 ✓  
 17,500  
 17,000  
 15,000 ✓  
 12,500 ✓  
 1500  
 110,000

**Note to self**  
 ALWAYS make a shopping list before going grocery shopping

**Birthday party budget**  
 15,000

Weekly exp	Week 1	Week 2	Week 3	Week 4
12,500	12,500	1500	17,000	
12,500	12,000	17,500	15,000	
-	-	1200	-	
1500	1500	-	1200	
1500	1500	1500	1200	
17,000	12,500	17,500	17,000	
-	1200	12,000	-	
17,000	12,200	16,200	14,500	

**Instalment**    **Date**    **To be paid off by**

15,000    7/1/2020    June 2023

12,000    10/1/2020    December 2020

**Savings**

Savings account: Jan  
 Starting balance: ₹12,000  
 Ending balance:

**Goals to track**

**Caribbean cruise**  
 Goal: ₹1.5 lakh by 2022  
 Savings so far: ₹50,000

**Retirement fund** (Update every 6 months)  
 Goal: ₹1 crore by 2025  
 Savings so far: ₹6.2 lakh

**To do list:**

- Submit investment proof by 31 Jan
- Ask Ritu to split and settle trip expenses on Splitwise
- Book tickets for March trip home while flights are cheap!
- Re-invest maturing fixed deposit amount (start ITP)

Goal of the month: Cut eating out budget down to ₹1,000 per week

GRAPHIC: SANTOSH SHARMA/MINT

# Example 1: Keywords



**Manuscript title:** Direct observation of nonlinear optics in an isolated carbon nanotube

**Poor keywords:** molecule, optics, lasers, energy lifetime

**Better keywords:** single-molecule interaction, Kerr effect, carbon nanotubes, energy level structure

## Example 2: Keywords

**Manuscript title:** Region-specific neuronal degeneration after okadaic acid administration

**Poor keywords:** neuron, brain, OA (an abbreviation), regional-specific neuronal degeneration, signaling

**Better keywords:** neurodegenerative diseases; CA1 region, hippocampal; okadaic acid; neurotoxins; MAP kinase signaling system; cell death



# Example 3: Keywords

**Manuscript title:** Increases in levels of sediment transport at former glacial-interglacial transitions

**Poor keywords:** climate change, erosion, plant effects

**Better keywords:** quaternary climate change, soil erosion, bioturbation



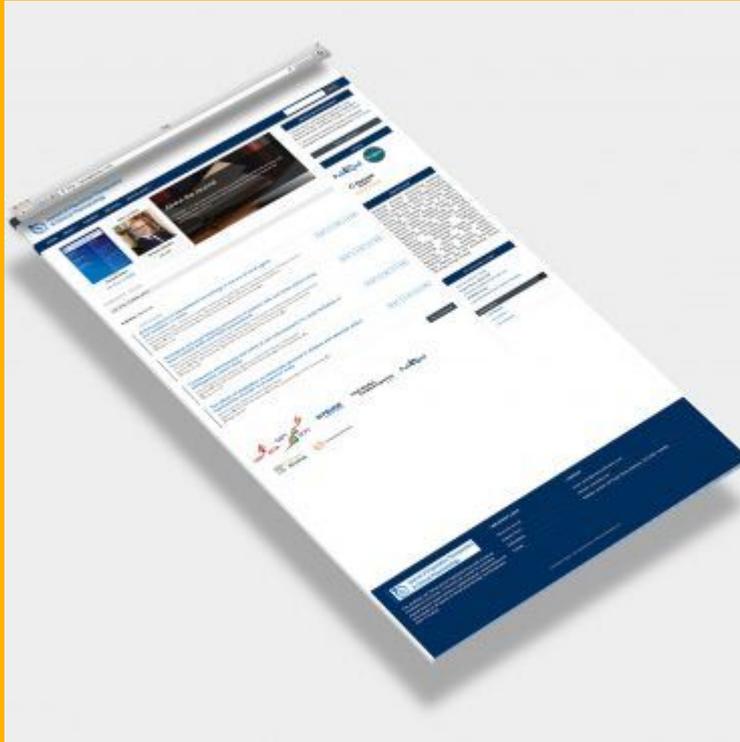


# Introduction

The Introduction should provide readers with the background information needed to understand your study, and the reasons why the study was conducted.

The Introduction should answer the question: what question/problem was studied?

# Background in Introduction



While writing the background, make sure your citations are:

- **Well balanced:** If experiments have found conflicting results on a question, have you cited studies with both kinds of results?
- **Current:** Every field is different, but you should aim to cite references that are not more than 10 years old if possible. Although be sure to cite the first discovery or mention in the literature even if it older than 10 years.
- **Relevant:** This is the most important requirement. The studies you cite should be strongly related to your research question.

# Introduction : Tip

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*TIP: **Do not** write a literature review in your Introduction, but **do** cite reviews where readers can find more information if they want it.*

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# Materials and Methods

This section provides the reader with all the details of how you conducted your study. You should:

- Use **subheadings** to separate different methodologies
- Describe what you did in the **past tense**
- Describe new methods in enough detail that another researcher can reproduce your experiment
- Describe established methods briefly, and simply cite a reference where readers can find more detail
- State **all** statistical tests and parameters



# Materials and Methods : Tip

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*Check the 'Instructions for Authors' for your target journal to see how manuscripts should present the Materials and Methods.*

*Also, as another guide, look at previously published papers in the journal or sample reports on the journal website.*

# Results

In the Results section, simply state what you found, but **do not** interpret the results or discuss their implications.

# Results

- As in the Materials and Methods section, use **subheadings** to separate the results of different experiments.
- Results should be presented in a **logical order**. In general this will be in order of importance, not necessarily the order in which the experiments were performed. Use the **past tense** to describe your results; however, refer to figures and tables in the present tense.
- **Do not duplicate data** among figures, tables, and text. A common mistake is to re-state much of the data from a table in the text of the manuscript. Instead, use the text to summarize what the reader will find in the table, or mention one or two of the most important data points. It is usually much easier to read data in a table than in the text.
- Include **the results of statistical analyses** in the text, usually by providing p values wherever statistically significant differences are described.

# Results: Tip

- *There is a famous saying in English: “A picture is worth a thousand words.”*
- *This means that, sometimes, an image can explain your findings far better than text could.*
- *So make good use of figures and tables in your manuscript!*
- *However, avoid including redundant figures and tables (e.g. two showing the same thing in a different format), or using figures and tables where it would be better to just include the information in the text (e.g. where there is not enough data for a table or figure).*

# Discussion and Conclusion

- Discuss your conclusions in order of most to least important.
  - Compare your results with those from other studies: Are they consistent? If not, discuss possible reasons for the difference.
  - Mention any inconclusive results and explain them as best you can. You may suggest additional experiments needed to clarify your results.
  - Briefly describe the limitations of your study to show reviewers and readers that you have considered your experiment's weaknesses. Many researchers are hesitant to do this as they feel it highlights the weaknesses in their research to the editor and reviewer. However doing this actually makes a positive impression of your paper as it makes it clear that you have an in depth understanding of your topic and can think objectively of your research.
  - Discuss what your results may mean for researchers in the same field as you, researchers in other fields, and the general public. How could your findings be applied?
  - State how your results extend the findings of previous studies.
  - If your findings are preliminary, suggest future studies that need to be carried out.
  - At the end of your Discussion and Conclusions sections, state your main conclusions once again.
- 
-

# Figures



When deciding which of your results to present as display items consider the following questions:

- Are there any data that readers might rather see as a display item rather than text?
- Do your figures supplement the text and not just repeat what you have already stated?
- Have you put data into a table that could easily be explained in the text such as simple statistics or p values?



# Figures

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Figures are ideal for presenting:

- Images
  - Data plots
  - Maps
  - Schematics
-

# Table

The following is an example of a well-designed table:

- Clear and concise legend/caption
- Data divided into categories for clarity
- Sufficient spacing between columns and rows
- Units are provided
- Font type and size are legible

# Acknowledgments



This usually follows the Discussion and Conclusions sections. Its purpose is to thank all of the people who helped with the research but did not qualify for authorship (check the target journal's Instructions for Authors for authorship guidelines). Acknowledge anyone who provided intellectual assistance, technical help (including with writing and editing), or special equipment or materials.

*TIP: The International Committee of Medical Journal Editors has detailed guidelines on who to list as an author and who to include in the Acknowledgments that are useful for scientists in all fields.*



# References

As references have an important role in many parts of a manuscript, failure to sufficiently cite other work can reduce your chances of being published. Every statement of fact or description of previous findings requires a supporting reference.

*TIP: Be sure to cite publications whose results disagree with yours. Not citing conflicting work will make readers wonder whether you are really familiar with the research literature. Citing conflicting work is also a chance to explain why you think your results are different.*

# Article Writing: Checklist

Review all guidelines and ensure that your manuscript meets them. Have you:

- Obeyed all **word and character limits** (title, running title, abstract, manuscript text)?
- Included all **required** sections?
- Met **language** requirements (US or UK English)?
- Supplied all requested **contact information**?
- Inserted **figures** in the correct location (in text, end of manuscript, separate files)?
- Correctly formatted **references**?
- Used the correct **file format** for your images (.jpg, .png, .pdf, .ppt)?
- Stated **ANY conflicts of interest**?
- Included details of any required ethics and regulatory **permissions**?
- Obtained consent from ALL authors?

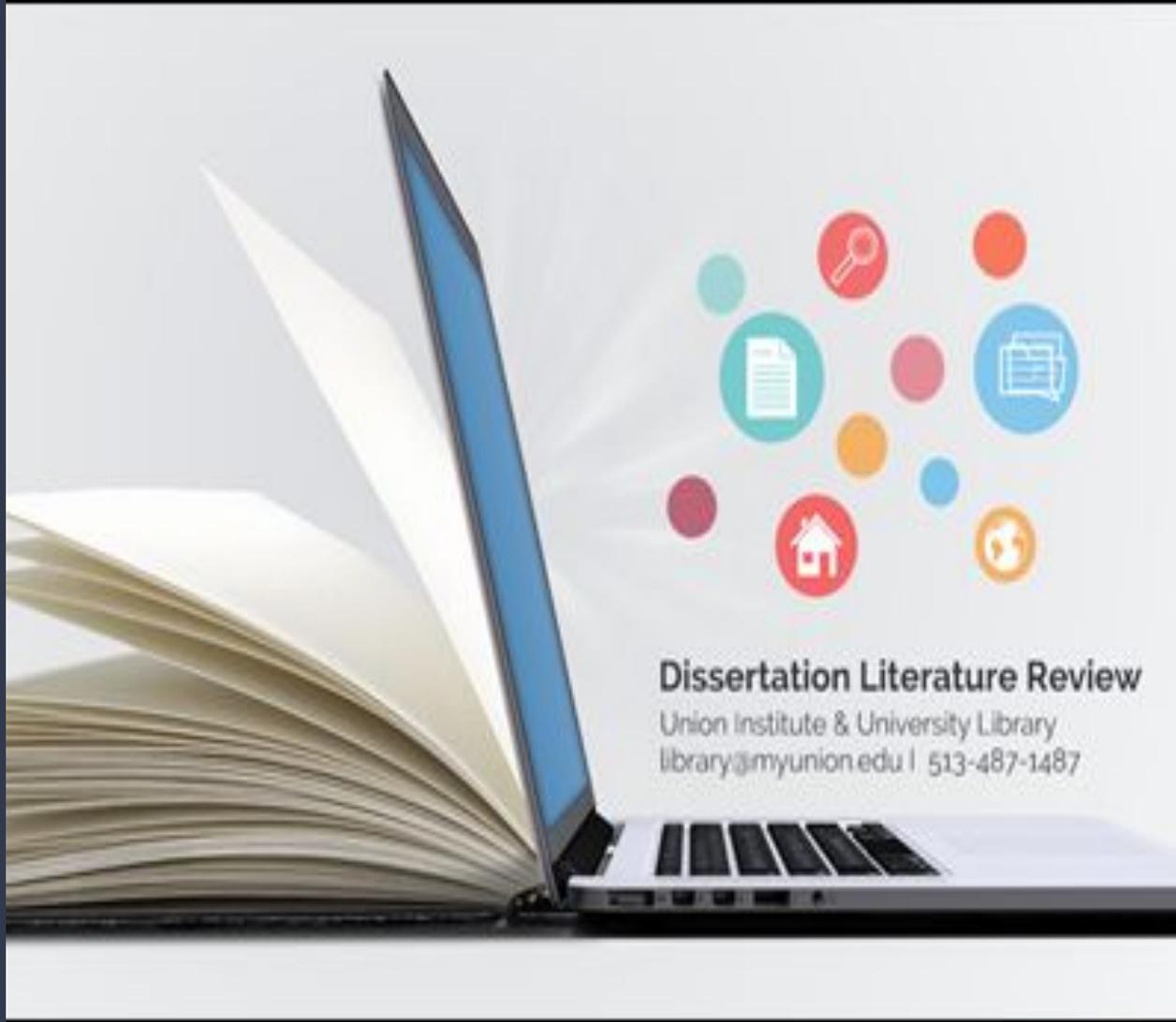
*TIP: Some journals provide templates to assist authors. Also look for template style files for use with your reference manager.*

# Reference

1. <https://www.springernature.com/gp/authors/campaigns/writing-a-manuscript>
2. <https://www.elsevier.com/connect/11-steps-to-structuring-a-science-paper-editors-will-take-seriously>
3. <https://www.unl.edu/gradstudies/connections/twenty-steps-writing-research-article>
4. <https://academic.oup.com/intqhc/article/16/3/191/1814554>
5. <http://www.columbia.edu/cu/biology/ug/research/paper.html>

# Review of Related Literature

Dr. Suresh Kumar Murugesan PhD  
Madurai, Tamil Nadu, India  
+91 9750 406463



**Dissertation Literature Review**

Union Institute & University Library  
library@myunion.edu | 513-487-1487



## About the Presenter

- Dr.Suresh Kumar Murugesan is a passionate Professor, researcher and Mental Health Practitioner from Madurai, Tamil Nadu, India
- At present he is Heading the department of Psychology, The American College, Madurai and Adjunct Professor of School of Behavioural Sciences and Education at TAU
- He is very keen in new research studies in behavioural Sciences and open to learn.
- His area of specializations are Psychometry, Counselling & Psychotherapy, Positive Psychology, Education Psychology.

# Disclaimer

- This presentation is prepared for learning purpose only and all the images and pictures used in this presentation are taken from google image search.
- Due recognition was given to all the material collected from the various sources.
- Any name or reference is missed kindly bring it to the notice of the presenter for inclusion.
- Email - [sureshkumar800@yahoo.com](mailto:sureshkumar800@yahoo.com)  
Thank you



# DISCLAIMER



# **Review of Related Literature**

A review of related literature is a detailed review of existing literature related to the topic of study.

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# Review of Related Literature

A literature review is a survey of scholarly sources on a specific topic. It provides an overview of current knowledge, allowing you to identify relevant theories, methods, and gaps in the existing research.





# Review of Related Literature

A good literature review doesn't just summarize sources – it analyzes, synthesizes, and critically evaluates to give a clear picture of the state of knowledge on the subject.

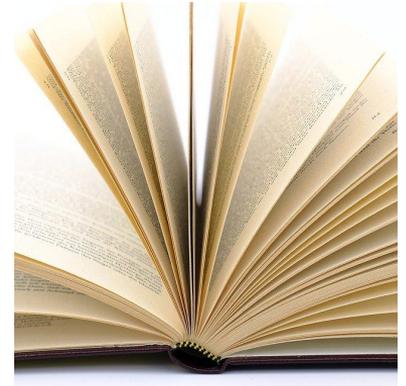
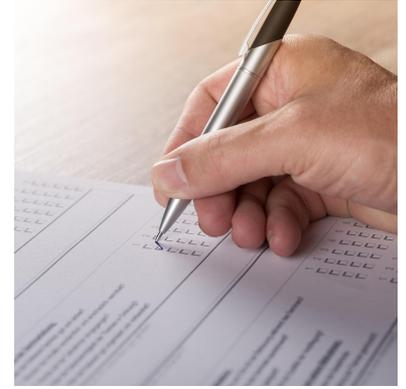
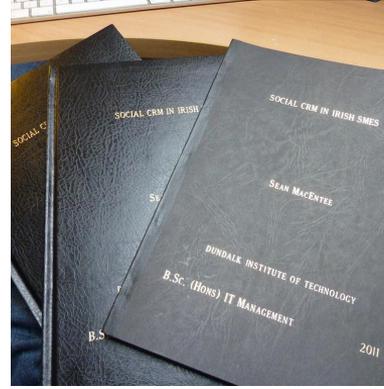
# Steps in RRL

- **Search** for relevant literature
- **Evaluate** sources
- **Identify** themes, debates and gaps
- **Outline** the structure
- **Write** your literature review



# Primary Sources of RRL

- Original research published as articles in peer-reviewed journals.
- Dissertations
- Technical reports
- Conference proceedings





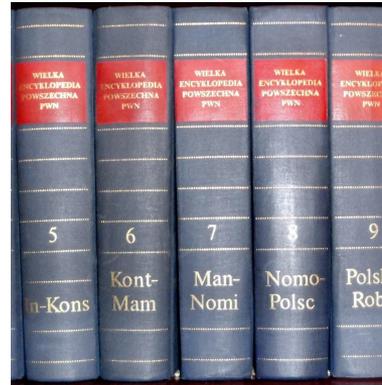
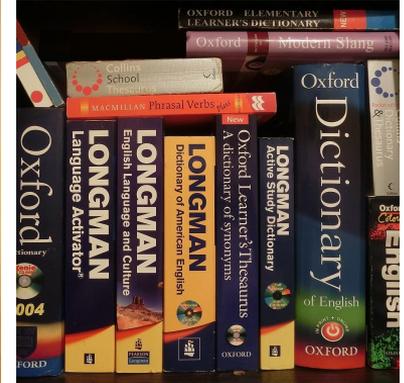
# Secondary Sources of RRL

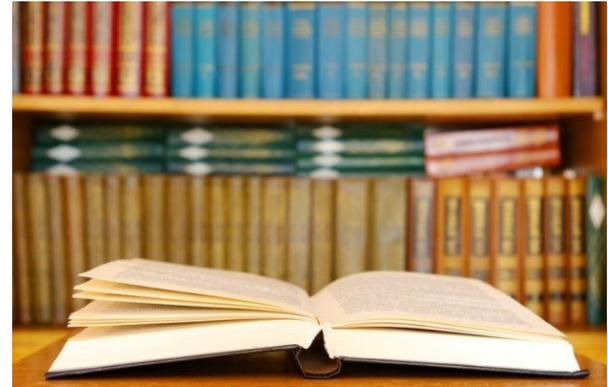
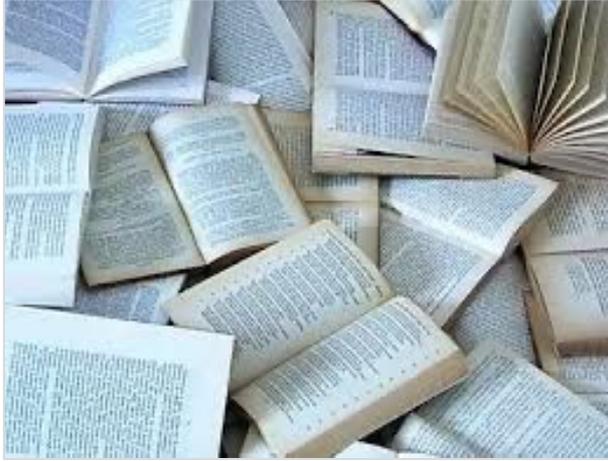
- Literature review articles
- Books



# Tertiary Sources of RRL

- Textbooks
- Dictionaries
- Encyclopedias
- Handbooks





## PRIMARY LITERATURE



- Original research and/or new scientific discoveries
- Immediate results of research activities
- Often includes analysis of data collected in the field or laboratory

### EXAMPLES:

- Original research published as articles in peer-reviewed journals.
- Dissertations
- Technical reports
- Conference proceedings

## SECONDARY LITERATURE

- Summarizes and synthesizes primary literature
- Usually broader and less current than primary literature



### EXAMPLES:

- Literature review articles
- Books

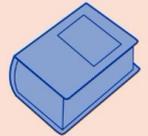
*Since most information sources in the secondary literature contain extensive bibliographies, they can be useful for finding more information on a topic*

## TERTIARY LITERATURE

- Summaries or condensed versions of materials
- Usually with references to primary or secondary sources
- Good place to look up facts or get a general overview of a subject

### EXAMPLES:

- Textbooks
- Dictionaries
- Encyclopedias
- Handbooks



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# Why RRL?

The literature review gives you a chance to:

- Demonstrate your familiarity with the topic and scholarly context
- Develop a theoretical framework and methodology for your research
- Position yourself in relation to other researchers and theorists
- Show how your research addresses a gap or contributes to a debate





# Step 1: Search for relevant literature

- Use university's library catalogue
- Google Scholar
- JSTOR
- EBSCO
- Project Muse (humanities and social sciences)
- Medline (life sciences and biomedicine)
- EconLit (economics)
- Inspec (physics, engineering and computer science)

# Step 2: Evaluate and select sources

For each publication, ask yourself:

1. What question or problem is the author addressing?
2. What are the key concepts and how are they defined?
3. What are the key theories, models and methods? Does the research use established frameworks or take an innovative approach?
4. What are the results and conclusions of the study?
5. How does the publication relate to other literature in the field? Does it confirm, add to, or challenge established knowledge?
6. How does the publication contribute to your understanding of the topic? What are its key insights and arguments?
7. What are the strengths and weaknesses of the research?

# Step 3: Identify themes, debates, and gaps

To begin organizing your literature review's argument and structure, you need to understand the connections and relationships between the sources you've read. Based on your reading and notes, you can look for:

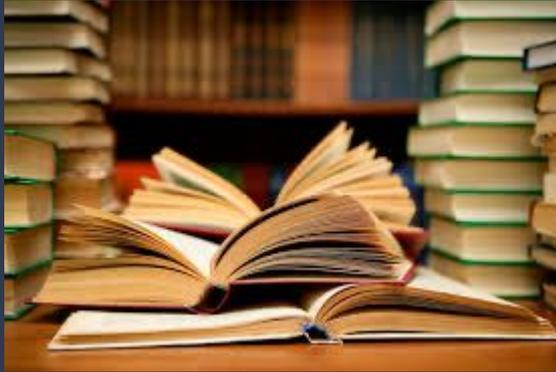
- Trends and patterns (in theory, method or results): do certain approaches become more or less popular over time?
- Themes: what questions or concepts recur across the literature?
- Debates, conflicts and contradictions: where do sources disagree?
- Pivotal publications: are there any influential theories or studies that changed the direction of the field?
- Gaps: what is missing from the literature? Are there weaknesses that need to be addressed?

A man in a light blue checkered shirt and glasses is looking at a large, blank computer monitor. The monitor is on a wooden desk. In the background, there is a white brick wall. On the desk, there is a keyboard, a mouse, a notebook, a pen, and a small black box. The overall scene is a professional office environment.

## Step 4: Outline of literature review

1. Chronological
2. Thematic
3. Methodological
4. Theoretical

# Step 5: Write your literature review



## **Introduction**

The introduction should clearly establish the focus and purpose of the literature review.

## **Body**

Depending on the length of your literature review, it might be divided the body into subsections. The subheading for each theme, time period, or methodological approach may be used

# RRL writing Tips

1

**Summarize and synthesize:** give an overview of the main points of each source and combine them into a coherent whole

2

**Analyze and interpret:** don't just paraphrase other researchers—add your own interpretations where possible, discussing the significance of findings in relation to the literature as a whole

3

**Critically evaluate:** mention the strengths and weaknesses of your sources

4

**Write in well-structured paragraphs:** use transition words and topic sentences to draw connections, comparisons and contrasts

# Reference

- <https://guides.library.bloomu.edu/litreview>
- <https://library.onu.edu/c.php?g=357773&p=2720217>
- <https://www.scribbr.com/dissertation/literature-review/>
- <https://press.rebus.community/literaturereviewsedunursing/chapter/chapter-2-what-is-a-literature-review/>
- <https://laverne.libguides.com/c.php?g=34942&p=222059>
- <https://research-methodology.net/research-methodology/literature-review-sources/>
- [https://shodhganga.inflibnet.ac.in/bitstream/10603/63521/10/10\\_chapter2.pdf](https://shodhganga.inflibnet.ac.in/bitstream/10603/63521/10/10_chapter2.pdf)
- <https://research.library.gsu.edu/c.php?g=115595&p=1940435>



# Reference Format

Dr. M.Suresh Kumar Murugesan PhD,

# References

provide (a book or article) with citations of sources of information.





## Format

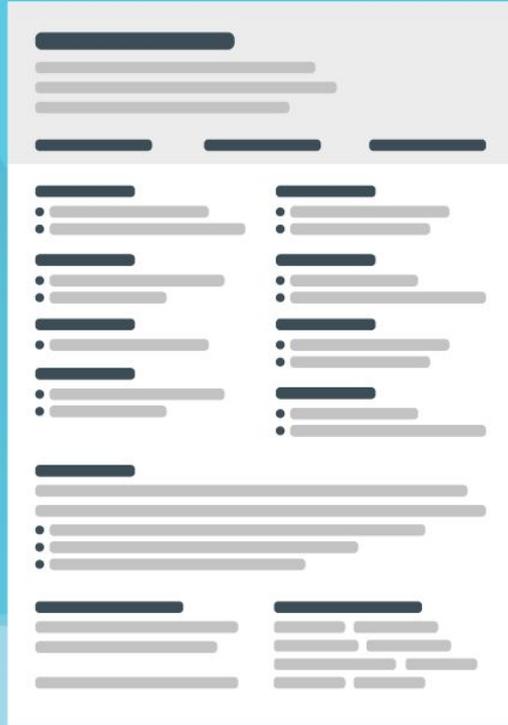
the way in which something is arranged or set out.

# Resume Formats

## Chronological



## Functional



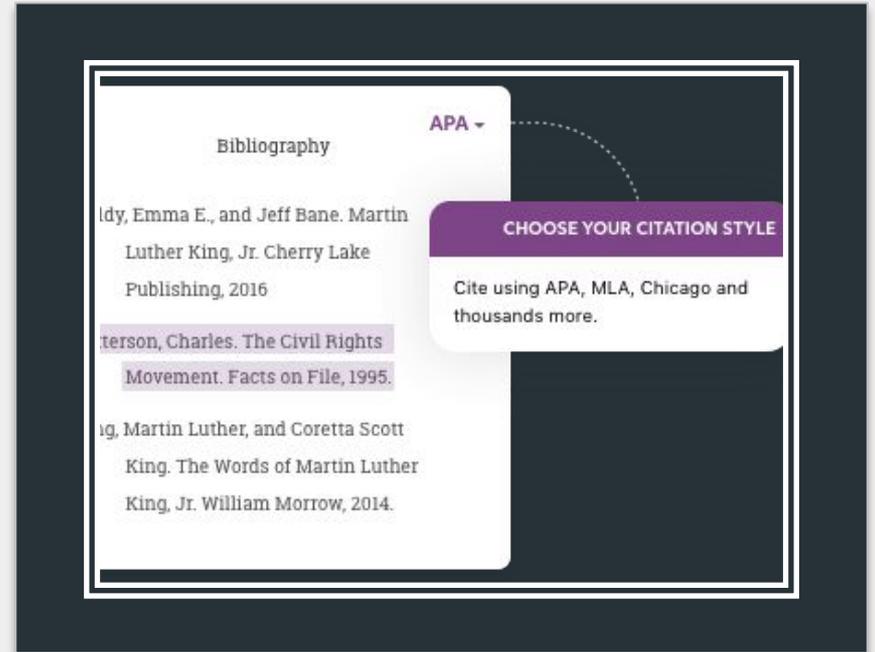
## Combined



**There are different styles  
used in research  
reporting**

# Citation

A **citation** is a way of giving credit to individuals for their creative and intellectual works that utilized to support the research.



The image shows a screenshot of a citation generator interface. At the top, the word "Bibliography" is centered. Below it, a list of citations is displayed. The first citation is "Ledy, Emma E., and Jeff Bane. Martin Luther King, Jr. Cherry Lake Publishing, 2016". The second citation is "erson, Charles. The Civil Rights Movement. Facts on File, 1995." The third citation is "ig, Martin Luther, and Coretta Scott King. The Words of Martin Luther King, Jr. William Morrow, 2014." On the right side, there is a dropdown menu labeled "APA" with a downward arrow. Below the dropdown is a purple button that says "CHOOSE YOUR CITATION STYLE". Underneath the button, a text box says "Cite using APA, MLA, Chicago and thousands more."

## Reference List

Author Last Name, First Name. "Title of Page Visited," *Title of Website*, Publication date, URL.

## In-Text Citation

(Author Last Name Publication Date)

# Citation

It can also be used to locate particular sources and combat plagiarism. Typically, a citation can include the author's name, date, location of the publishing company, journal title, or DOI (Digital Object Identifier).

# Citation Style

A **citation style** dictates the information necessary for a citation and how the information is ordered, as well as punctuation and other formatting.

## Popular Citation Styles

And Who Uses Them!



**MLA**

English  
Literature  
Foreign Language  
Communications  
Religious Studies



**APA**

Psychology  
Education  
Business/Economics  
Nursing  
Linguistic Studies



**Chicago**

History  
Art History  
Fine Arts  
Anthropology  
Philosophy



**IEEE**

Engineering  
Computer Science  
Information Science



**CSE**

Biology  
Physics  
Chemistry  
Geology

**Always check with your instructor about what style to use!**



# Selection of citation style

There are many different ways of citing sources for research. The citation style sometimes depends on the academic discipline involved. For example:

- APA (American Psychological Association) is used by Education, Psychology, and Sciences
- MLA (Modern Language Association) style is used by the Humanities
- Chicago/Turabian style is generally used by Business, History, and the Fine Arts

**Reference list entry:**

Alexander, P. A. (2018). Past as prologue: Educational psychology's legacy and progeny. *Journal of Educational Psychology*, 110(2), 147–162. <https://doi.org/10.1037/edu0000200>

**Parenthetical citation:**

(Alexander, 2018)

**Narrative citation:**

Alexander (2018)

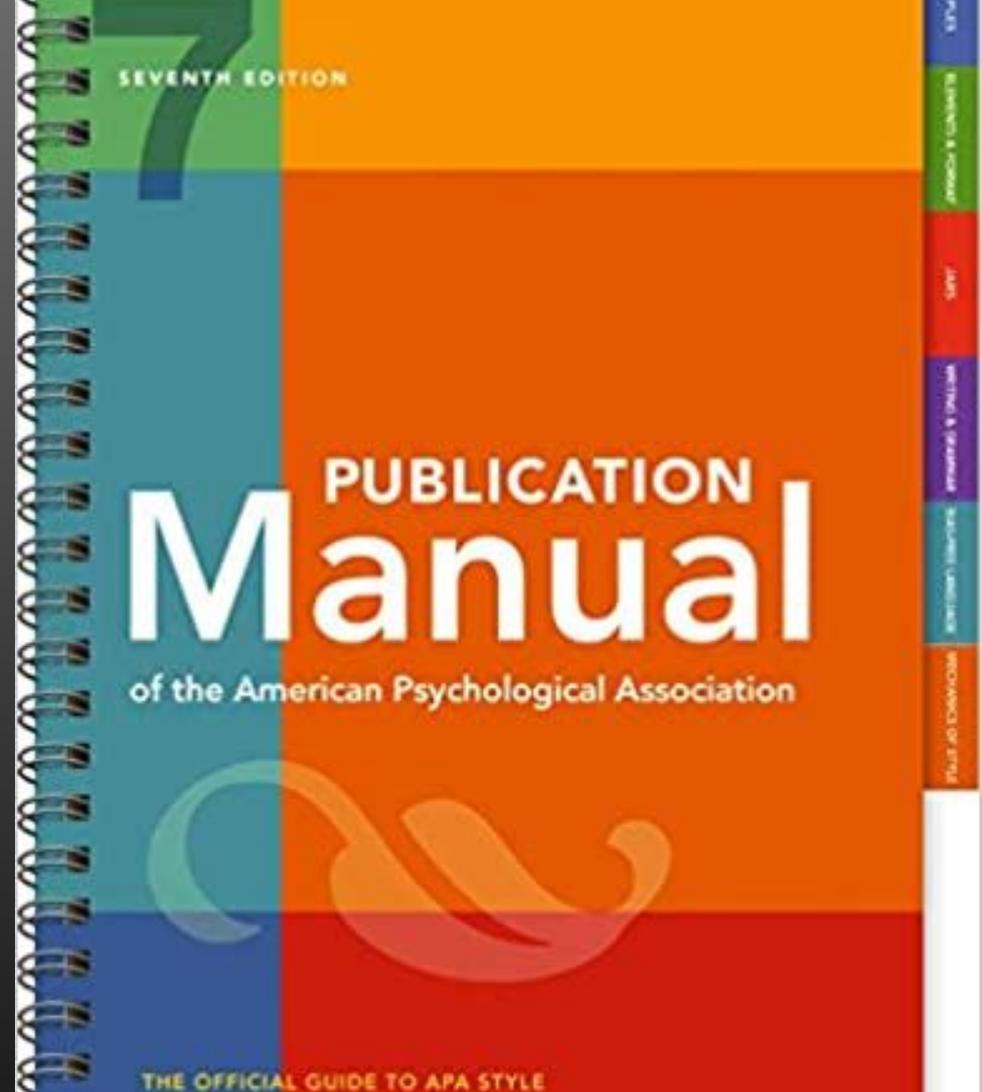
Note. The four elements of a reference list entry include the author (in purple), the date (in blue), the title (in yellow), and the source (in green). The in-text citations that correspond to this reference list entry include the last name of the author and year of publication, which match the information in the reference list entry.



**What is APA  
Style?**

# APA Style

APA (American Psychological Association)  
Style originated in 1929



7

SEVENTH EDITION

PUBLICATION  
**Manual**

of the American Psychological Association

THE OFFICIAL GUIDE TO APA STYLE

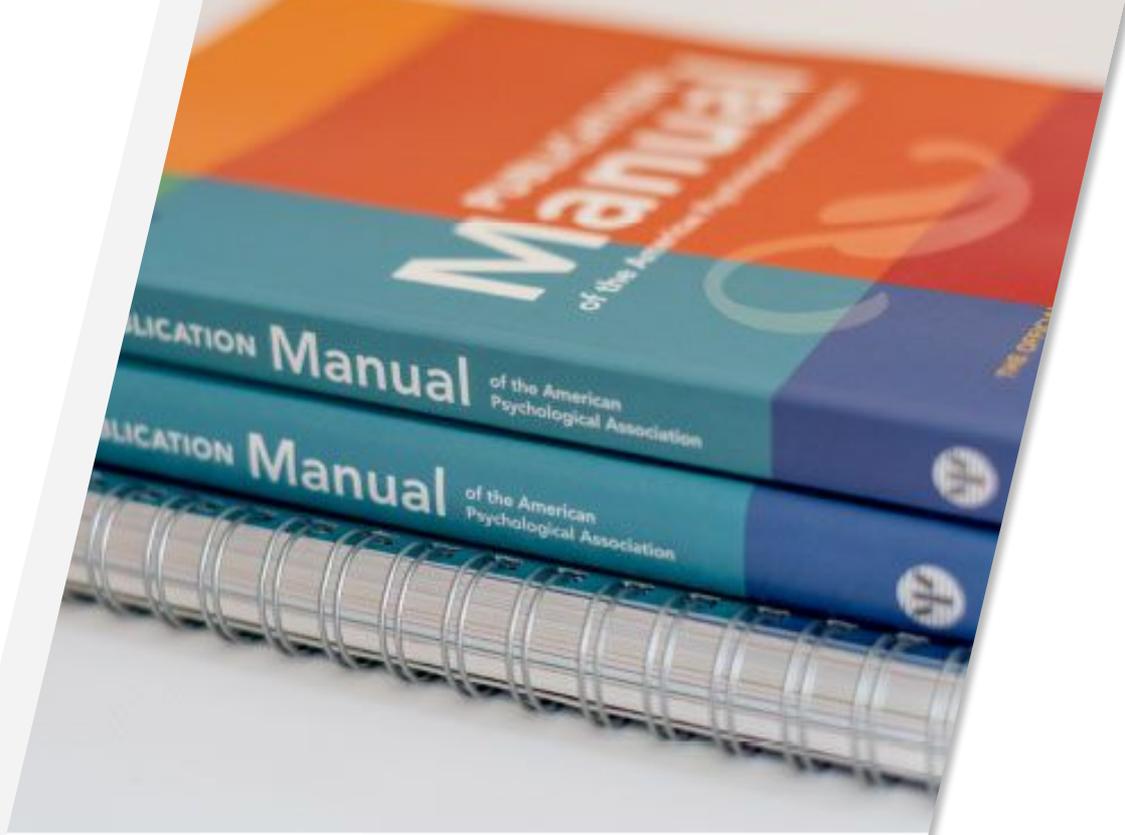
PRINCIPLES  
ELEMENTS &  
FORMAT  
JARS  
WRITING &  
GRAMMAR  
BIAS-FREE  
LANGUAGE  
MECHANICS  
OF STYLE

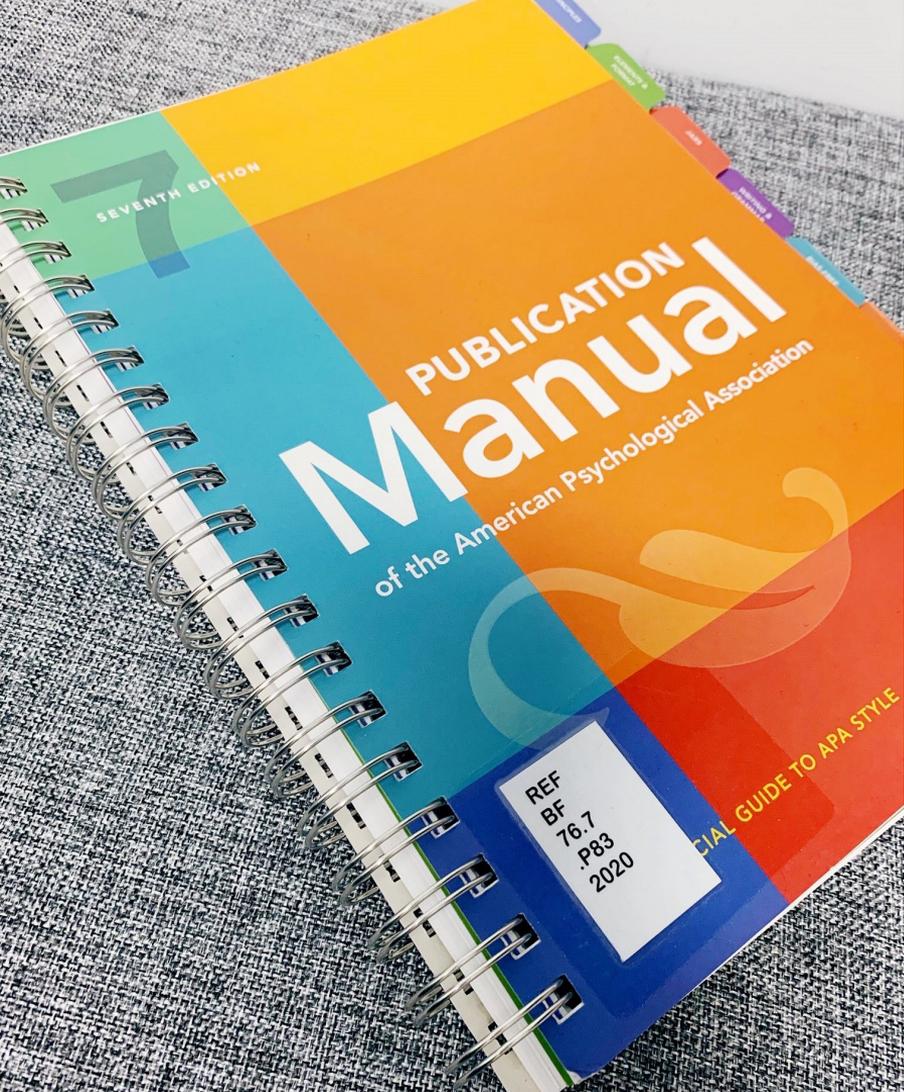
## APA Style

When a group of psychologists, anthropologists, and business managers convened and sought to establish a simple set of procedures, or style rules, that would codify the many components of scientific writing to increase the ease of reading comprehension.

# APA Style

As with other editorial styles, APA Style consists of rules or guidelines that a publisher observes to ensure clear and consistent presentation of written material.





## APA Style

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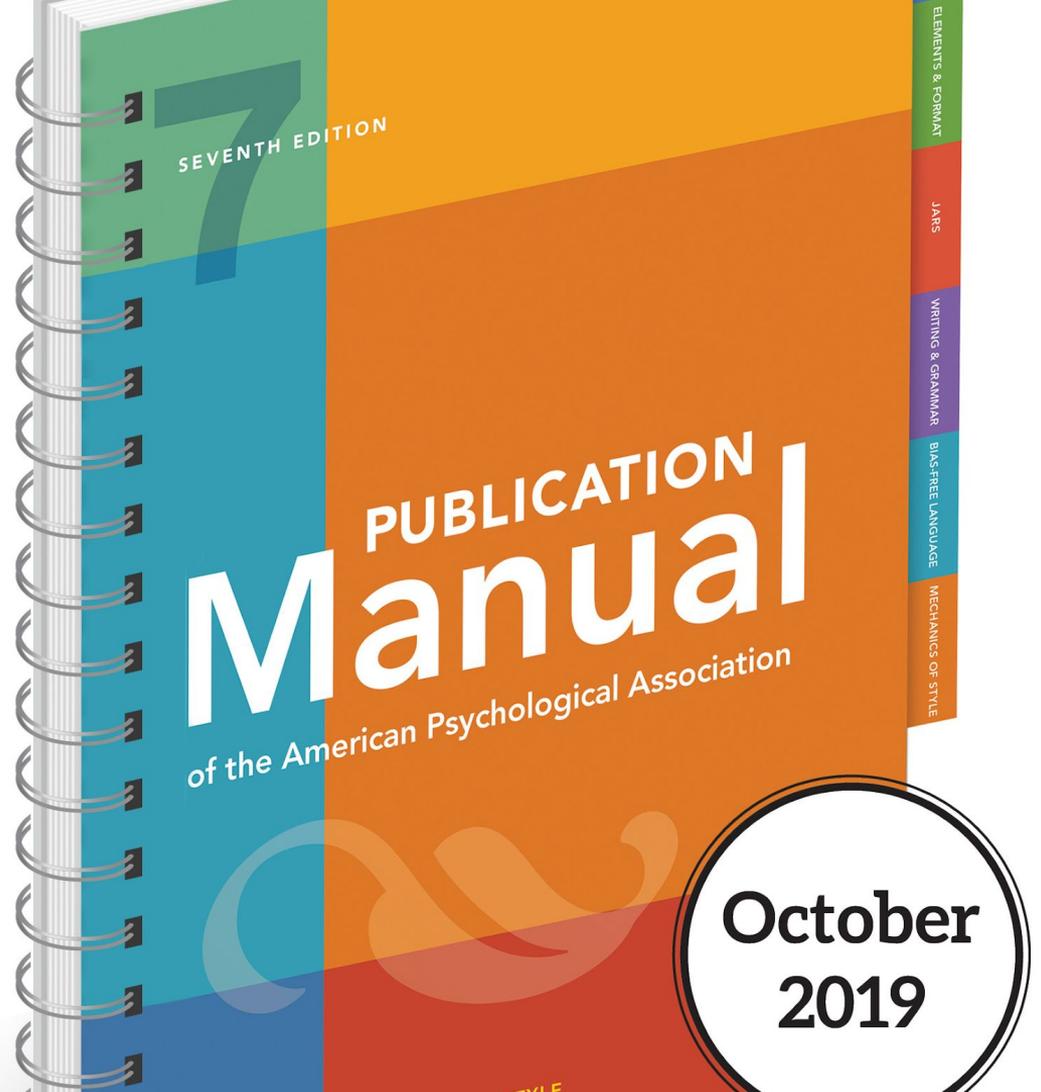
It concerns uniform use of such elements as selection of headings, tone, and length, punctuation and abbreviations, presentation of numbers and statistics, construction of tables and figures, citation of references, and many other elements that are a part of a manuscript.



## In-text Citation with APA

The APA style calls for three kinds of information to be included in in-text citations. The **author's last name** and the work's **date of publication** must always appear, and these items must match exactly the corresponding entry in the references list. The third kind of information, the page number, appears only in a citation to a direct quotation.

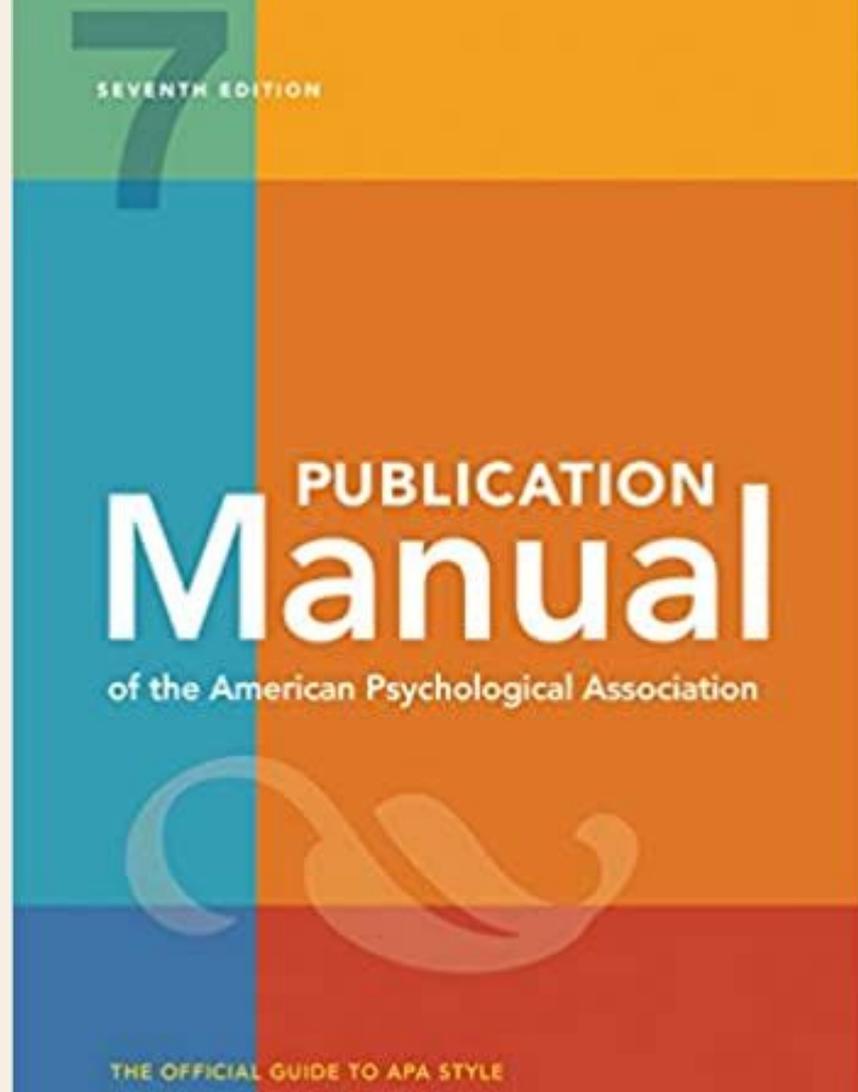
...(Crockatt, 1995).



# Direct quote from the text

"The potentially contradictory nature of Moscow's priorities surfaced first in its policies towards East Germany and Yugoslavia," (Crockatt, 1995, p. 1).

---





# Major Citations for a Reference List/Bibliography

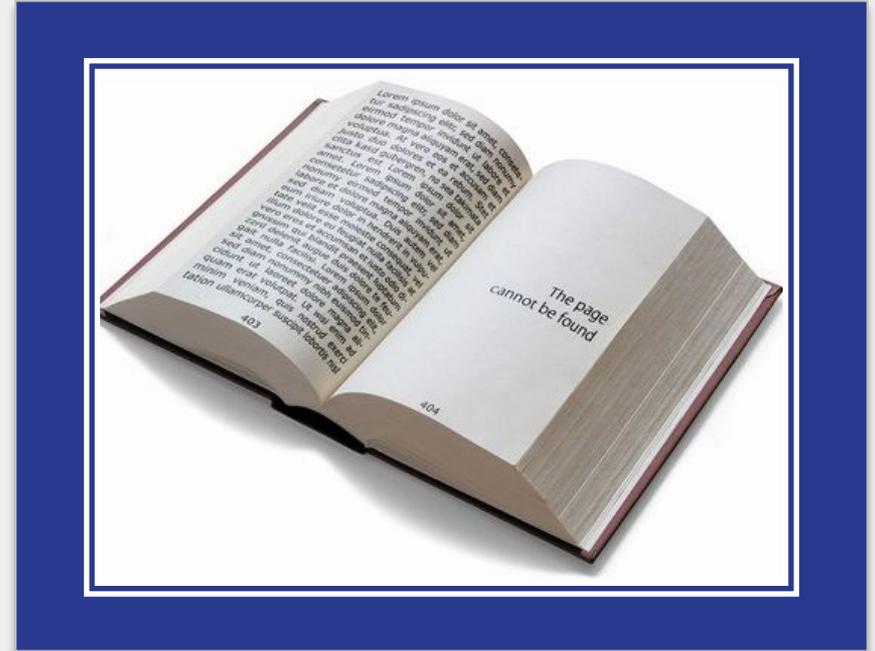


## A book in print

Baxter, C. (1997). *Race equality in health care and education*. Philadelphia: Ballière Tindall.

# A book chapter, print version

Haybron, D. M. (2008). Philosophy and the science of subjective well-being. In M. Eid & R. J. Larsen (Eds.), *The science of subjective well-being* (pp. 17-43). New York, NY: Guilford Press.



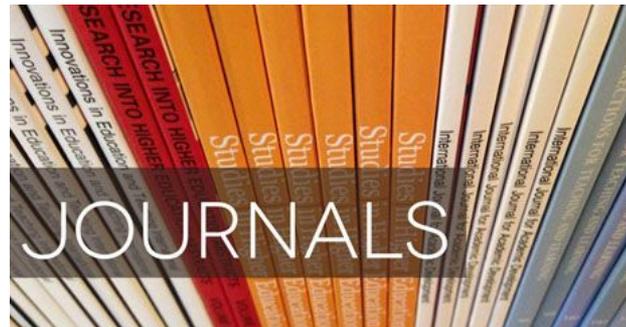


## An eBook

Millbower, L. (2003). *Show biz training: Fun and effective business training techniques from the worlds of stage, screen, and song*. Retrieved from <http://www.amacombooks.org/>

# An article in a print journal

Alibali, M. W. (1999). How children change their minds: Strategy change can be gradual or abrupt. *Developmental Psychology*, 35, 127-145.





Articles

# Assessment of the hydrological status of Doñana dune ponds: a natural World Heritage Site under threat

A. Fernández-Ayuso , M. Rodríguez-Rodríguez & J. Benavente

Received 18 May 2018, Accepted 02 Oct 2018, Accepted author version posted online: 18 Dec 2018

Download citation

<https://doi.org/10.1080/02626667.2018.1560449>

 Check for updates

 Full Article

 Figures & data

 References

 Citations

 Metrics

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 Accepted author version

## Abstract

The hydrological response of shallow ponds to groundwater withdrawal has been of growing concern in the Doñana National Park (southern Spain) in recent decades. This study examines the role of groundwater

**An article in a  
journal without  
DOI**

Carter, S., & Dunbar-Odom, D. (2009). The converging literacies center: An integrated model for writing programs. *Kairos: A Journal of Rhetoric, Technology, and Pedagogy*, 14(1), 38-48. Retrieved from <http://kairos.technorhetoric.net/>

# An article in a journal with DOI

Gaudio, J. L., & Snowdon, C. T. (2008).  
Spatial cues more salient than color cues  
in cotton-top tamarins (*saguinus oedipus*)  
reversal learning. *Journal of Comparative  
Psychology*, 122, 441-444. doi:  
10.1037/0735-7036.122.4.441



The screenshot shows the top portion of an Elsevier article page. At the top left is the Elsevier logo. To its right, the journal title "Nurse Leader" is displayed, followed by the volume and issue information: "Volume 10, Issue 2, April 2012, Pages 48-49, 52". A small author portrait is visible on the far right. Below the journal information, the article title "Structure Strengthens Nursing Communication" is shown. The authors listed are Brenda K. Baird, RN, MSN, CENP<sup>1</sup>, Amy Funderburk, RN, MSN, NE-BC<sup>2</sup>, Maria Whitt, RN, BSN, MHSM, NEA-BC<sup>3</sup>, and Patsy Wilbanks, RN, BSN, CURN<sup>4</sup>. A "Show more" link is present below the author list. The DOI "10.1016/j.mnl.2011.07.013" is highlighted with a blue oval. To the right of the DOI is a "Get rights and content" link. The beginning of the article's abstract is visible at the bottom of the screenshot.

Nurse Leader  
Volume 10, Issue 2, April 2012, Pages 48-49, 52

ELSEVIER

Structure Strengthens Nursing Communication

Brenda K. Baird, RN, MSN, CENP<sup>1</sup>, Amy Funderburk, RN, MSN, NE-BC<sup>2</sup>, Maria Whitt, RN, BSN, MHSM, NEA-BC<sup>3</sup>, Patsy Wilbanks, RN, BSN, CURN<sup>4</sup>

Show more

DOI: 10.1016/j.mnl.2011.07.013

Get rights and content

Effective communication remains one of the primary barriers when working to ensure safe, consistent, and excellent patient care. Leaders are often left feeling as though they are playing a game of "telephone" in which the message at the end of the communication process is nothing like the message that was sent out in the beginning.

## MEET PAT FLYNN

Pat Flynn is a beloved thought leader in the areas of online entrepreneurship, digital marketing, and lifestyle businesses. He overcame career adversity at an early age by finding his own path and true passion. Despite his success in business, Pat's greatest joys are spending time with his family and friends as well as helping inspire and educate ...

[Read More](#)



## Websites - professional or personal sites

*The World Famous Hot Dog Site.* (1999, July 7). Retrieved January 5, 2008, from <http://www.xroads.com/~tcs/hotdog/hotdog.html>

# Websites - online government publications

U.S. Department of Justice. (2006, September 10).

Trends in violent victimization by age, 1973-2005.

Retrieved from

<http://www.ojp.usdoj.gov/bjs/glance/vage.htm>

The screenshot displays the India.gov.in national portal. At the top, it features the logo and name of the national portal, along with navigation links for Sign In, Register, and user preferences. A search bar is prominently displayed. The main banner highlights the Pradhan Mantri Krishi Sinchayee Yojana (PMKSY) with the slogan 'Har Khet ko Pani More Crop Per Drop'. Below the banner, there are sections for News Highlights, Most Requested Information & Forms, and Activities & Initiatives. The 'Be Involved' section includes a DoD@60 - Essay Writing Competition and a discussion on smart city projects. The 'Spotlight' section features the Pradhan Mantri Sahaj Bijli Har Ghar Yojana and the Diksha initiative. The 'Transparency' section provides links to Right to Information, Open Data, and Public Grievance. At the bottom, there are icons for GO! Web Directory, Mobile App Directory, Calendar, E-Casts, and Webcast Services. The footer contains 'Information Related To' and 'About the Government' sections, along with an Archive, Mobile App, Open Data Portal, and Press Information Bureau links.

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## Emails (cited in-text only)



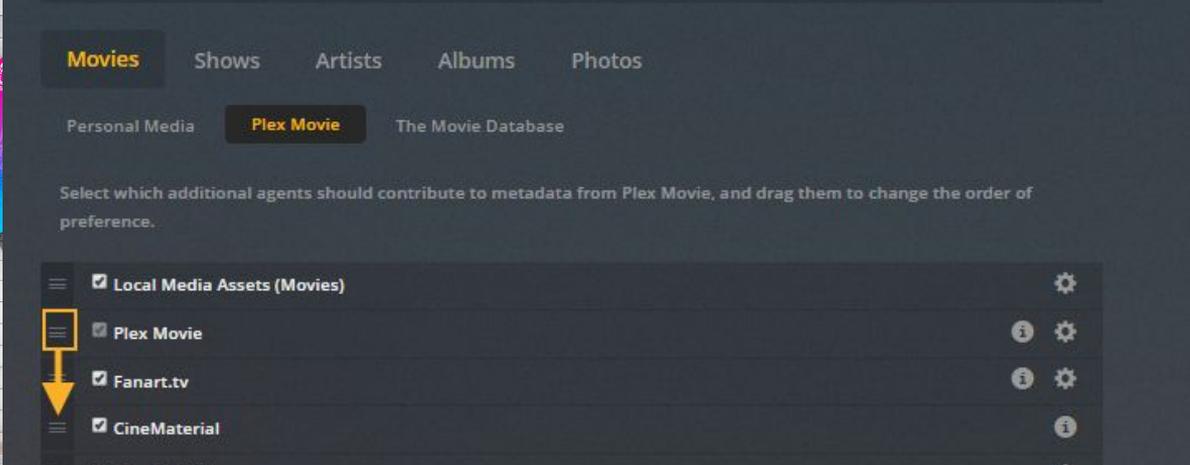
According to preservationist J. Mohlhenrich (personal communication, January 5, 2008).



## Mailing Lists (listserv)

---

Stein, C.(2006, January 5). Chessie rescue - Annapolis, MD [Message posted to Chessie-L electronic mailing list]. Retrieved from <http://chessie-l-owner@lists.best.com>



## Radio and TV episodes - from library databases

DeFord, F. (Writer). (2007, August 8). Beyond Vick: Animal cruelty for sport [Television series episode]. In NPR (Producer), *Morning Edition*. Retrieved from Academic OneFile database.



## Radio and TV episodes - from website

Sepic, M. (Writer). (2008). Federal prosecutors eye MySpace bullying case [Television series episode]. In NPR (Producer), *All Things Considered*. Retrieved from <http://www.npr.org/templates/story/>

# Film Clips from website

Kaufman, J.C. (Producer), Lacy, L. (Director), & Hawkey, P. (Writer). (1979). *Mean Joe Greene* [video file]. Retrieved from [http://memory.loc.gov/mbrs/ccmp/meanjoe\\_01g.ram](http://memory.loc.gov/mbrs/ccmp/meanjoe_01g.ram)



# Film

Greene, C. (Producer), del Toro, G.(Director). (2015). *Crimson peak* [Motion picture]. United States: Legendary Pictures.



# Photograph (from book, magazine or webpage)

Close, C. (2002). *Ronald*. [photograph].

Museum of Modern Art, New York, NY.

Retrieved from

[http://www.moma.org/collection/object.php?object\\_id=108890](http://www.moma.org/collection/object.php?object_id=108890)

Business Name

Email Address

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JAKE HAWK

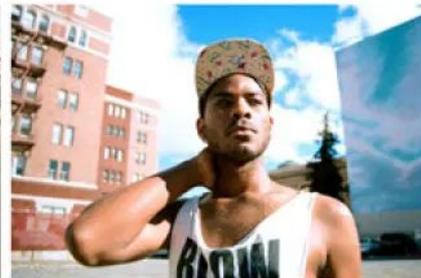
Photographer based in Brooklyn, NY

Galleries

About

Contact

Cart



## Artwork - from library database

Clark, L. (c.a. 1960's).  
*Man with Baby*.  
[photograph]. George  
Eastman House,  
Rochester, NY. Retrieved  
from ARTstor



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Close, C. (2002). *Ronald*.  
[photograph]. Museum of  
Modern Art, New York.  
Retrieved from  
[http://www.moma.org/collection/browse\\_results.php?](http://www.moma.org/collection/browse_results.php?object_id=108890)

[object\\_id=108890](http://www.moma.org/collection/browse_results.php?object_id=108890)



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My Gallery

Our unique artwork appraisal system will evaluate your work based on member reviews & popularity on a daily basis. Why



# **APA 7th Citation Examples**

# APA 7th Citation - A Book

Sapolsky, R. M. (2017). *Behave: The biology of humans at our best and worst*. Penguin Books.

**In-text Citation** - (Sapolsky, 2017)





## APA 7th Citation - Chapter in an edited book

Dillard, J. P. (2020). Currents in the study of persuasion. In M. B. Oliver, A. A. Raney, & J. Bryant (Eds.), *Media effects: Advances in theory and research* (4th ed., pp. 115–129). Routledge.

**In-text Citation** - (Dillard, 2020)

# PsyCh Journal

Volume 9  
Number 1

Editors  
Ernst PÖPPEL and Raymond CK CHAN

## REVIEW ARTICLE

A systematic review and meta-analysis on basic psychological need satisfaction, motivation, and well-being in later life  
Contributions of Self-determination Theory  
Mareis TAMM, Debra WANG, and Hans GILBERT

## ORIGINAL ARTICLES

A meta-analysis of the relationship between empathy and executive function

Zhenqiang SHI, Lijun HONG, Fuji LIU, and Xinyu SU

The role of spatial frequency in category-level visual search of real-world scenes

QI ZHANG and Zheng LI

Impact of academic psychological capital on academic achievement among university undergraduates: Roles of flow and self-handicapping behavior

Ahmet ADIL, Tahsin AKITIZ, and Lubna GHAMIS

Reliability and validity of the self-report version of the Early Adolescent Temperament Questionnaire – Revised

ELIYAZI BAYraktar and Sema KAYA

Impact of long-term institutionalization on experiential pleasure and motivation in patients with schizophrenia

Ming CHEN, Huihui HU, Hai WANG, Li LI, Y. L. LI, Zhen HUI, H. Liu, F. C. CHENG, and Raymond C.K. CHAN

Evolutionary mental time travel in individuals with schizotypal personality features

Tao CHEN, Lu WU, Peng GU, Haihong LI, Xueying SHI, Lu LI, and Yi WANG

The mediating effect of Internet gaming disorder's symptoms on loneliness and aggression among undergraduate students and working adults in Malaysia

Sue Ting TAO, Hwe Hwey HUI, Da En SIM, Cher Hui YU, and Pak Yin WONG

A cross-cultural examination on global orientations and moral foundations

Xiaohong HU, Yipeng FENG, YU LI, David A. HARPER, Li ZHANG, Sora Inahee CHEN, and Kaiping PENG

Personality, cognition, and morality in the understanding of parapsychical belief

Yiwei SHI, Huihui HU, and Raymond C.K. CHAN

Valuing happiness predicts higher well-being: The mediating role of acceptance

Hong ZHANG, Jing WANG, and Jing WANG

## SHORT COMMUNICATIONS

Stiffening executive functions in healthy preschoolers

Alexander VERMA, Olga ALMEIDA, and Carla DURVAL-LEONDA

Stability of memory Superagers over 3 years

Melanie CERVEJERA, Brian HOSLER, and Martin SPOFFORD

High incentive salience promotes medication and pleasure experience

Yu Jing ZHANG, Jie WANG, Jia HUANG, and Raymond C.K. CHAN



INSTITUTE OF PSYCHOLOGY  
Chinese Academy of Sciences

# APA 7th Citation - An article

Weinstein, J. (2009). "The market in Plato's Republic." *Classical Philology*, 104(4), 439-458.

In-text Citation - (Weinstein, 2009)

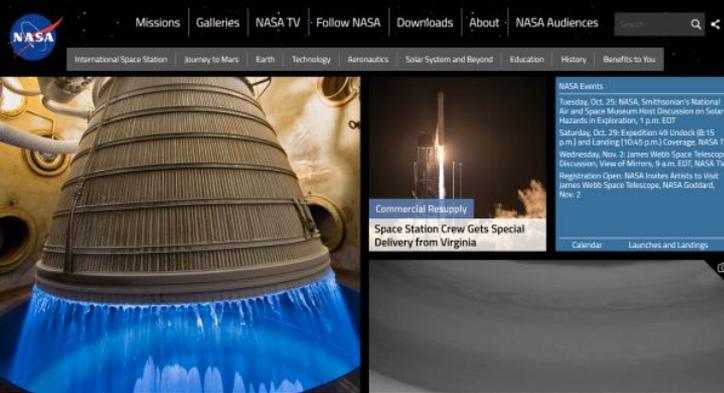
# APA 7th Citation - An article in electronic journal

Grady, J. S., Her, M., Moreno, G., Perez, C., & Yelinek, J. (2019). Emotions in storybooks: A comparison of storybooks that represent ethnic and racial groups in the United States. *Psychology of Popular Media Culture, 8*(3), 207–217.

<https://doi.org/10.1037/ppm0000185>

**In-text Citation -** (Grady et al., 2019)





# APA 7th Citation - A website

Bologna, C. (2019, October 31). *Why some people with anxiety love watching horror movies*. HuffPost. [https://www.huffpost.com/entry/anxiety-love-watching-horror-movies\\_l\\_5d277587e4b02a5a5d57b59e](https://www.huffpost.com/entry/anxiety-love-watching-horror-movies_l_5d277587e4b02a5a5d57b59e)



In-text Citation - (Bologna, 2019)



## About the Course Teacher

- Dr.Suresh Kumar Murugesan is a passionate teacher, researcher and Positive Mental Health Practitioner.
- He is very keen in new research studies in behavioural Sciences and related fields, open to learn.
- His area of specializations are Positive Psychology, Education Psychology, Cognitive Psychology, etc
- [sureshkumar800@yahoo.com](mailto:sureshkumar800@yahoo.com)





# References

- <https://pitt.libguides.com/citationhelp>
- <https://pitt.libguides.com/citationhelp/apa7>
- <https://pitt.libguides.com/c.php?g=12108&p=64730>
- <https://www.mendeley.com/guides/apa-citation-guide>

# APA Reference Format

Live worksheet for Group A

## Part 1

1. Name of the Group Members (Group A)

Aishwariya, Ashikha, Barghavi, Krishna, Kaviya, Nausheen

2. Define the following

Reference	Source of information
Citation	Mention or quotation of a particular reference
Bibliography	List of the sources in the study
Index	Cumulative record of all the methods, tools, citations, etc. used
Footnote	Additional piece of information at the bottom of the page

3. Name any two Citation Styles

APA, Chicago.

4. List the different sources that need to be included in citation and reference list

Books, Journal articles, blogs, pictures, wikipedia article, newspaper/magazine article.

5. What is "doi"? And Why is it used?

Digital Object Identifier. It is a series of numbers and letters that is unique to every journal article. It functions as a URL that takes one to the article.

### **Aishwariya. D -**

Two Reference books or Textbooks

1. Comer, R. J. (2007). Abnormal Psychology. New York: Worth Publishers.
2. Butcher, J. N. (2013). Abnormal Psychology. Boston : Pearson.

Two Journal Articles

1. MacDonald, A.W., Goodman, S.H., Watson, D. (2021). The Journal of Psychopathology and Clinical Science is the future of the Journal of Abnormal Psychology : An editorial. Journal of Abnormal Psychology, 130(1), 1-2.  
<http://dx.doi.org/10.1037/abn0000665>
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Amelung, T. (2019). Empathy in Pedophilia and Sexual Offending Against Children : A Multifaceted Approach. *Journal of Abnormal Psychology*, 128(5), 453-464.  
<http://dx.doi.org/10.1037/abn0000412>

#### Two Websites

1. Cherry, K., (2020, May 30). What is Procrastination?. Verywell Mind.  
[https://www.google.com/url?sa=t&source=web&rct=j&url=https://www.verywellmind.com/the-psychology-of-procrastination-2795944&ved=2ahUKEwiO2eL3nozWAhXNR30KHRHIAAdYQFjAeegQIWRAC&usg=AOvVaw2-noEKACXG3aN\\_WA7EQqhh&cshid=1618902032411](https://www.google.com/url?sa=t&source=web&rct=j&url=https://www.verywellmind.com/the-psychology-of-procrastination-2795944&ved=2ahUKEwiO2eL3nozWAhXNR30KHRHIAAdYQFjAeegQIWRAC&usg=AOvVaw2-noEKACXG3aN_WA7EQqhh&cshid=1618902032411)
2. Swanson, A., (2016, April 27). The real reasons you procrastinate - and how to stop. *The Washington Post*.  
<https://www.google.com/url?sa=t&source=web&rct=j&url=https://www.washingtonpost.com/news/wonk/wp/2016/04/27/why-you-cant-help-read-this-article-about-procrastination-instead-of-doing-your-job/%3FoutputType%3Damp&ved=2ahUKEwiO2eL3nozWAhXNR30KHRHIAAdYQFjAiegQIMxAC&usg=AOvVaw1Kfbdzwaen9iMPtEHuRYD&ampcf=1&cshid=1618902032411>

#### Nausheen Fareedha

##### Textbooks:

1. Santrock, J. W. (2011). *Life-span development*. New York: McGraw-Hill.
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2. Harnum, M., Duffy, J., & Ferguson, D. A. (2007). Adults' versus children's perceptions of a child with autism or attention deficit hyperactivity disorder. *Journal of autism and developmental disorders*, 37(7), 1337-1343.

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1. Cherry, K. (2021, March 5). Can Positive Psychology Really Help You Lead a Happy Life? Verywell Mind.  
<https://www.verywellmind.com/what-is-positive-psychology-2794902>.
2. Vandergrindt, C. (2020, July 16). What's the Difference Between Dopamine and Serotonin? Healthline. <https://www.healthline.com/health/dopamine-vs-serotonin>.

#### KRISHNA. V

##### Reference books:

- 1) Khatoon, M. (2012). *General Psychology: Darling Kindersly India Pvt. Ltd.*
- 2) Fiest, J. & Fiest, G.J. (2006). *Theories of Personality (6th edition): New Delhi, McGraw Hill.*

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- 1) Paterson, B.L., & Thorne, S. (2003). Enhancing the evaluation of nursing care effectiveness. *Canadian Journal of Nursing Research*, 35(3), 26-36.
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- 1) Beaven, B. (2020, January 20). The modern phenomenon of the weekend. BBC News.  
<https://www.bbc.com/worklife/article/20200117-the-modern-phenomenon-of-the-week-end>.
- 2) Cherry, K. (2019, November 26). Understanding the Psychology of Positive Thinking.  
<https://www.verywellmind.com/what-is-positive-thinking-2794772> .

BARGHAVI S.

Reference Book:

1. Miltenberger, R. G. (2008). *Behavior modification: Principles and procedures*. Thomson Wadsworth.
2. Robbins, S. P. & Judge, T. A. (2013). *Organizational behavior*. Pearson Education.

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1. Kunreuther, E. (2021). Autism spectrum disorder and substance use disorder: A dual diagnosis hiding in plain sight. *Psychiatric clinics of North America*, 44(1), 35-49.  
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1. Gordon, S. (2020, June 30). What are character strengths?. *Verywellmind*.  
<https://www.verywellmind.com/what-are-character-strengths-4843090>
2. Millacci, T. S. (2021, April 08). Toxic positivity in psychology: How to avoid the positivity trap. *PositivePsychology*.  
<https://positivepsychology.com/toxic-positivity-in-psychology/>

**Ashikha G R**

Book References:

1. Patrick JM Nelson. (2007). *An Easy Introduction to Egan's Skilled Helper Solution Focused Counselling Approach* (Vol. Part 1).
2. Laungani, P. D. (2007), *Understanding Cross-cultural psychology: Eastern and Western Perspectives*, Sage Publications.

Journal Articles:

1. huppert, f. A. (2009, June 05). *Psychological Well-being: Evidence Regarding its Causes and Consequences*, 1(2), 137-164. <https://doi.org/10.1111/j.1758-0854.2009.01008.x>
2. Matias, T., Dominski, F. H., & Marks, D. F. (2020). *Human needs in COVID-19 isolation*. *Journal of Health Psychology*, 25 (7), 871–882. <https://doi.org/10.1177/1359105320925149>

Websites:

1. Morin, A (2020, April 17). *How to improve your psychological well-being*. Verywellmind.  
<https://www.verywellmind.com/improve-psychological-well-being-4177330>
2. Cherry, K (2019, November 29) *Dream Interpretation: What Do dreams Mean?*. Verywellmind.  
<https://www.verywellmind.com/dream-interpretation-what-do-dreams-mean-2795930>

# Kaviya . R

## Book references :

1. Jackson, L.M. (2019). *The psychology of prejudice: From attitudes to social action (2nd ed.)*
2. Sapolsky, R.M. (2017). *Behave: The biology of humans at our best and worst.* Penguin Books.

## Journal Articles:

1. Nairne, D.C., & Wilkinson, H. (2018). *What is love got to do with it?* Vermont Connection, 39(1), 106-112.
2. Aspy, D.j., & Proeve, M. (2017). *Mindfulness and loving kindness meditation: Effects on connectedness and humanity to the natural world.* Psychological Reports, 120(1), 102-117.

## Web sites:

1. Raypole, C (2020, December 15) *11 signs of intelligence proving there is more than one way to be a genius.* Healthline. [11 Surprising Signs of Intelligence \(healthline.com\)](https://www.healthline.com/health/signs-of-intelligence)

# Review of Related literature

**Name of the student:** Barghavi S.

## **STUDY 1:**

**Title:** The relationship between Spiritual Well-being and Happiness among healthcare students: Application of the spiritual health questionnaire for the Iranian population

**Author(s):** Shahoo Feizi, Morteza Nasiri, Hanieh Bahadori, Meysam Hosseini Amiri and Hamid Mirhosseini.

**Year:** 2020

**Objectives** - To investigate the relationship between Spiritual Well-Being (SWB) and Happiness in a sample of Iranian healthcare students

**The Methods:**

- a) Population - Sample consisted of 343 Muslim students from a University of Qom, Iran. Using stratified random sampling method, students with the same majors were allocated to similar strata and simple random sampling was used to choose the sample from each strata.
- b) Variables - Spiritual well-being and Happiness
- c) Tools - Spiritual well-being scale (SWBS) and Persian version of Oxford Happiness Inventory (OHI).
- d) Research Design/ Method - Survey research design
- e) Statistical techniques - Pearson's correlation

**Findings and Conclusions:** A direct and significant correlation was found between Happiness and Spiritual well-being

**References:**

Feizi, S., Nasiri, M., Bahadori, H., Amiri, M. H. & Mirrhosseini, H. (2020). The relationship between spiritual well-being and happiness among healthcare students: Application of the spiritual health questionnaire for the Iranian population. *Heliyon*, 6(11).  
<https://doi.org/10.1016/j.heliyon.2020.e05448>

**STUDY 2:**

**Title:** Browsing towards happiness: Determinants of happiness of Young Millennials.

**Author(s):** Kathlyn A. Mata

**Year:** 2020

**Objectives** - To investigate significant relationship between personality type of the Millennial students and level of happiness

**The Methods:**

- a) Population - Sample consisted of 691 females from a University in Philippines. The age range of the sample is 16-19 and convenience sampling was used.
- b) Variables - Personality type (extraversion and introversion) and Happiness.
- c) Tools - Myers-Briggs Type Indicator (MBTI) and Maslow's Hierarchy of needs was used to assess happiness.
- d) Research Design/ Method - Survey research design.
- e) Statistical techniques - Frequency count and Chi Square.

**Findings and Conclusions:** Results showed that the majority of the millennial students' concept of happiness is equivalent to Abraham Maslow's third stage of hierarchy of needs, "belongingness and love needs". Their level of happiness was also related to personality types.

**References:**

Mata, K. A. (2020). Browsing towards happiness: Determinants of happiness of Young Millennials. *International Journal of Psychosocial Rehabilitation*, 24(3), 2197-2202.

**Name of the student :** Aishwariya. D

### **STUDY 1**

**Title :** Effects of Exercise and Physical Activity on Happiness of Postmenopausal Female

**Authors :** Mohsen Salesi, Bahram Jowkar

**Year :** 2011

**Objectives :** The aim of the research is to study the effect of physical activity on old women.

#### **Methods :**

- a) Population - 72 sedentary Postmenopausal women were randomized into three exercise groups (8 week training) - walking, weight training and water exercise and one control group.
- b) Variables - physical activity and Happiness
- c) Tools - Oxford Happiness Questionnaire (OHQ-R) was used before and after the exercise program.
- d) Research Design/ Method - Experimental research design
- e) Statistical technique - Analysis of Variance ( $P < 0.05$ ).

#### **Findings and Conclusions :**

Significant differences were found between the two groups, the effect of Exercise improved happiness and the weight training group had the most effect in relation with the control group. The study shows improvements in the parameters of happiness in all exercise groups. It is established that administration of a regular exercise program will be beneficial to sedentary postmenopausal women.

#### **Reference :**

Salesi M, Jowkar B. Effects of Exercise and Physical Activity on Happiness of Postmenopausal Female . Salmand: Iranian Journal of Ageing. 2011; 6 (2).

<http://salmandj.uswr.ac.ir/article-1-415-en.html>

### **STUDY 2**

**Title :** Perceived parental behaviour, self-esteem and happiness

**Authors :** A. Furnham and H. Cheng

**Year :** 2000

**Objectives :** The aim of the study is to determine the extent to which parental rearing styles (authoritarian, authoritative, permissive), personality (extraversion, neuroticism, psychoticism, etc.), and self-esteem affected happiness in young people in their late teens and early 20s.

**Methods :**

- a) Population - Normal, non-clinical, population of young people in their late teens and early 20s.
- b) Variables - Parenting styles, Personality, Self - esteem and Happiness.
- c) Tools - Eysenck Personality Questionnaire (revised), the Rosenberg Self-Esteem Scale, the Parental Authority Questionnaire and the Oxford Happiness Inventory.
- d) Research design - Survey research design.
- e) Statistical techniques - Regressions analysis and path analysis

**Findings and Conclusions :**

Self-esteem was found to be the most dominant and powerful predictor of happiness. The effect of sex on happiness was moderated by neuroticism, which is related to self-esteem and it directly influenced happiness. Stability, extraversion and maternal authoritative were significant predictors of self-esteem.

Self-esteem was a direct and a moderating variable for young people's self-reported happiness. Extraversion was both a direct and indirect predictor of happiness, whereas neuroticism predicted happiness through self-esteem. Maternal authoritative was the only direct predictor of happiness when paternal and maternal rearing styles were examined together. This shows that a reasonable discipline exercised by mothers towards their children was beneficial in enhancing the children's self-esteem.

**Reference :**

Furnham, A., Cheng, H. Perceived parental behaviour, self-esteem and happiness. Soc Psychiatry Psychiatr Epidemiol 35, 463–470 (2000). <https://doi.org/10.1007/s001270050265>

**Name of student :** Krishna Venkataraman

**Study-1:**

**Title:** The Relationship among Hedonistic Lifestyle, Life Satisfaction, and Happiness on College Students.

**Author:** Achmad Sholeh

**Year:** 2017

**Objectives:** To determine the relationship between hedonistic lifestyle with life satisfaction and the relationship between hedonistic lifestyle with happiness on college students.

**The Methods:**

1. **Population:** The subjects in the study are active Psychology Students Islamic University of Indonesia year of 2015 and 2016 amounting to 80 students with data collection of convenience sampling techniques
2. **Variables:** Hedonistic Lifestyle, Life Satisfaction, and Happiness.
3. **Tools:**
  - scale of life satisfaction used Temporal Satisfaction with Life Scale compiled by Pavot, Diener, and Suh
  - the scale of happiness used Subjective Happiness Scale compiled by Sonja Lyubormirsky
  - the scale of hedonistic lifestyle. Hedonistic lifestyle scale was compiled by the researcher based on the dimensions of hedonistic lifestyle by Well and Tigert
4. **Research Method:** statistical correlation analysis
5. **Statistical Techniques:** Spearman's Rho

**Findings and Conclusion:** Based on the results, it can be concluded that firstly, there is a significant positive relationship between hedonistic lifestyle with life satisfaction on Psychology Students Islamic University of Indonesia,

Second, there is no significant positive relationship between hedonistic lifestyle with happiness on Psychology Students Islamic University of Indonesia.

**References:**

**Sholeh. A, The Relationship among Hedonistic Lifestyle, Life Satisfaction, and Happiness on College Students, International Journal of Social Science and Humanity, Vol. 7, No. 9, September 2017**

[https://www.researchgate.net/profile/Achmad-Sholeh/publication/320583165\\_The\\_Relationship\\_among\\_Hedonistic\\_Lifestyle\\_Life\\_Satisfaction\\_and\\_Happiness\\_on\\_College\\_Students/links/59eeb233aca272029ddf7c6a/The-Relationship-among-Hedonistic-Lifestyle-Life-Satisfaction-and-Happiness-on-College-Students.pdf](https://www.researchgate.net/profile/Achmad-Sholeh/publication/320583165_The_Relationship_among_Hedonistic_Lifestyle_Life_Satisfaction_and_Happiness_on_College_Students/links/59eeb233aca272029ddf7c6a/The-Relationship-among-Hedonistic-Lifestyle-Life-Satisfaction-and-Happiness-on-College-Students.pdf)

**Study: 2**

**Title:** Sexual Satisfaction and its Relation to Marital Happiness in Iranians

**Authors:** Rahmani A, Merghati Khoei E, Alah Gholi L.

**Year:** 2009

**Objectives:** To find the relationship between sexual satisfaction and its Relation to Marital Happiness in Iranians.

**The Methods:**

- 1) **Population:** 292 married men, and women aged 19-58 yr from selected hospitals in Tehran while visiting their hospitalized relatives.
- 2) **Variables:** Sexual Satisfaction and Marital Happiness
- 3) **Tools:** The first questionnaire included socio-demographic questions: age, gender, reproductive status, economic status, number of children, age difference of spouses, duration of marriage, education attainment, the spouse's education attainment, drug abuse, contraception method, and type of marriage (permanent, temporary or remarriage).

The second one was Enrich Marital Satisfaction Questionnaire. This questionnaire has been used as a valid tool to determine the level of marital satisfaction in many studies.. A translated questionnaire which was used to assess sexual satisfaction came third. Using this tool the participants were placed into four groups: completely satisfied, relatively satisfied, slightly satisfied, and dissatisfied. All the questionnaires were completed by the participants.

- 4) **Research design:** descriptive-correlation study (continuous sampling)
- 5) **Statistical Techniques:** The data were analyzed using descriptive and inferential statistics (x<sup>2</sup> , Fisher and Anova) with SPSS. The data were analyzed using descriptive and inferential statistics (x<sup>2</sup> , Fisher and Anova) with SPSS.

**Findings and Conclusions:** Findings suggest that sexual satisfaction plays a seminal role in marital satisfaction of Iranians. Therefore, we need to develop culturally appropriate practical strategies to improve Iranian couples' awareness in sexuality issues as well as training them in communication skills through their sexual encounters.

#### **References:**

Rahmani A, Merghati Khoei E, Alah Gholi L. Sexual Satisfaction and its Relation to Marital Happiness in Iranians. Iran J Public Health. 38(4):77-82.  
<https://ijph.tums.ac.ir/index.php/ijph/article/view/3153>

# APA Reference Format

Live worksheet for Group B

## Part 1

1. Name of the Group Members (Group B)

Nirmala, Nisha, Prasanth, Promodhni, Rachel, Ramyaa

2. Define the following

Reference	List containing all the sources that were directly cited to write the paper
Citation	A citation is the way you tell your reader that certain material in your work came from other secondary sources.
Bibliography	List containing all the sources that were read to write the paper (whether the source was directly used or not)
Index	A list of names or topics given in alphabetical order and showing where each is to be found
Footnote	Additional information written in the bottom of the page to explain further if needed ( important words and definitions mostly)

3. Name any two Citation Styles

APA and MLA

4. List the different sources that need to be included in citation and reference list

Research papers, Reference books, journals, online sources that include extracts and websites.

5. What is "doi"? And Why is it used?

Digital object identifier; to find the article, also helps in easily locate the document for citation

## REFERENCES

### CITATION EXAMPLES :

#### Nirmala

Ciccarelli, K., & White, N. (2010). *Psychology(3e)*. Pearson books

Mangal,S.K.(2016). *Statistics in Psychology and Education (2e)*. PHI learning Private Limited

#### Journal :

Andreff , W. (2000) . The evolving European model of Professional sports Finance. *Journal of sports Economics*, 1(3), 257-276.

<https://doi.org/10.1177/152700250000100304>

#### Website

McLeod, S. A. (2018, August 21). *Classical conditioning*. Simply Psychology.

<https://www.simplypsychology.org/classical-conditioning.html>

#### B. Nisha

##### Books:

- Robbins, S. P. & Judge, T. A. (2013). *Organizational Behaviour*. (15th ed.). Pearson Publication.
- Fiest, J. & Fiest, G. J. (2006). *Theories of Personality*. (7th ed.). McGraw Hill.

##### Journal articles:

- Famakin, I. O. & Abisuga, A. O. (2016). Effect of path-goal leadership styles on the commitment of employees on construction projects. *International Journal of Construction Management*, 16(1), 67-76.
- Nastiszaie, N. & Musavinejad, S. H. (2018). Predicting the Effectiveness of School Principals based on Fiedler's Leadership Model. *The New Educational Review*, 51(1), 184-191.

##### Websites:

- Anniah, A. (2021, January 20). *The Fear is Real- I am scared of Lizards*. Retrieved from [https://medium.com/@anupama\\_anniah/the-fear-is-real-i-am-scared-of-lizards-e4219d1055b8](https://medium.com/@anupama_anniah/the-fear-is-real-i-am-scared-of-lizards-e4219d1055b8).
- Cherry, K. (2019, October 08). *How different psychologists have evaluated intelligence*. Retrieved from <https://www.verywellmind.com/theoriesofintelligence-2795035>.

#### Promodhni

##### Books:

- Rainey, H.G. (2000). Work motivation. *Handbook of organizational behavior*, 19-42
- Beck, A.T., & Alford, B.A. (2009). *Depression: Causes and treatment*. University of Pennsylvania Press.

##### Journals:

- Mottaz, C.J. (1988). Determinants of Organizational Commitment. *Human Relations*, 41(6), 467-482

- Gergen, K.J. (1973). Social psychology as history. *Journal of personality and social psychology*, 26(2), 309.

Websites:

- Cherry, K. (n.d.). What is operant conditioning and how does it work?. Retrieved April 20, 2021, from <https://www.verywellmind.com/operant-conditioning-a2-2794863>
- Organizational Commitment: Definition, Theory & Types. (2015, October 22). Retrieved April 20, 2021, from <https://study.com/academy/lesson/organizational-commitment-definition-theory-types.html>.

**Rachel Grace:**

**Books:**

1. Schopler.J., Morgan.T.C.,King.A.R.,Weisz.R.j.,(1993). Introduction to psychology.(7th edition) McGraw Hill Education(India) Private Limited.
2. Mangal,S.K.,(2014). General Psychology.(14th edition).Printed and Published by Sterling Publishers Pvt. Ltd., New delhi

**Websites:**

1. Fantasy Prone Personality, History, Characteristics Features and developmental Pathways.,Retrieved from [https://psychology.wikia.org/wiki/Fantasy\\_prone\\_personality](https://psychology.wikia.org/wiki/Fantasy_prone_personality).
2. Sampling errors, Example of sampling errors and Types of Sampling Errors., Retrieved from <https://corporatefinanceinstitute.com/resources/knowledge/other/sampling-errors/>

**Journals:**

1. Myers, S. A. (1983). The Wilson-Barber Inventory of Childhood Memories and Imaginings: Children's form [etc]. *Journal of Mental Imagery*, vol. 7, 83 - 94.
2. Colligan.W.T., Higgins.T.E., Workplace stress,Etiology and consequences.,*Journal of workplace behavioral health* 21 (2), 89-97, 2006

**Ramyaa**

**Books**

- Mangal,S.K.(2019).Statistics in psychology and education (2nd ed.).Twenty-third printing.
- Nyla.R. Branscombe., Robert.A. Brown.Social psychology(14th ed.). Pearson Publishing house.

**website**

-

Chery,K.,Amy.,Morin.Gardners theory of multiple intelligence retrieved on july 17,2019,from <https://www.verywellmind.com/theories-of-intelligence-2795035>

- Dr.Saul McLeod . Information Processing.Retrieved on June 2008 from <https://www.simplypsychology.org/information-processing.html>

**Journal**

- Gray, L 2018, 'Exploring how and why young people use social networking sites', *Educational Psychology in Practice*, vol. 34, no. 2, pp. 175-194.
- Keller, J. L., Smithfield, K. B., Ellis, M., Michelina, R., & Bels, S. (1987). The limitations of anchoring bias. *Journal of Market Research*, 17, 115-119.

## **Prasanth N**

### BOOKS:

- Butcher, J. N., Mineka, S., Hooley, J.M (2013). Abnormal psychology. (6th ed). Boston Person
- Collin, C., & DK Publishing, Inc (2012). The psychology book. New York(6th ed.) DK publishing

### Websites

- Mendeley, J.a., Thomson, M.,& Coyne, R,P. (2017, January 16). How and when to reference. Retrieved from <https://www.howandwhentoreference.com>

### Journal

- Grady, J. S., Her, M., Moreno, G., Perez, C., & Yelinek, J. (2019). Emotions in storybooks: A comparison of storybooks that represent ethnic and racial groups in the United States. *Psychology of Popular Media Culture*, 8(3), 207–217. <https://doi.org/10.1037/ppm0000185>

# Review of Related literature

Name : M.Ramyaa

Title:

Study 1: Subjective happiness and health behaviour among a sample of University students in India

Study 2: Understanding happiness and psychological well-being among young married women in rural area

Author(s): Study 1: Karl peltzer, Supa Pengpid.

Study 2: Sudeshna Ghosh, Subrata Lahir.

Year: Study 1: 2013

Study 2: 2017

Objectives - Study 1: To establish the associations between health behaviour and happiness in an Asian Indian population.

Study 2: To examine happiness and psychological well-being and its influence by various aspects of marriage among young married women

The Methods:

a) Population - Sample : Study 1 The students from a university in India

study 2- young married women of age 13-24 from rural west bengal

Sampling Technique:

Study 1: Random sampling

Study 2: Multistage sampling technique, interview method

Sample Size

study 1-large sample 500 students

study 2- large sample of 654 married women.

b) Variables - Dependent Variables and Independent variables

Study 1- Independent - happiness

Dependent -health

Study 2- Independent-Happines

Dependent -Psychological well-being

c) Tools -

d) Research Design/ Method

Cross sectional study

e) Statistical techniques

study 1- Multivariate analysis

study 2- Logistic regression analysis

Findings and Conclusions

study 1

\*Better social support ,better personal mastery,normal sleep, proper eating habits is associated with happiness.

\* Partially confrimed the association between happiness and several health behaviour.

Study 2

- No significant association was found between happiness and type of marriage.

References:

- Social behavior and personality: an interview journal vol 41 ,(6),1045,1056
- Journal of comparative family studies 48(1),113-131,2017

APA format

# Review of Related literature

**Name of the student: B. Nisha**

## **STUDY 1**

Title: Happiness and Health Behaviours in Chilean college students: A cross-sectional survey

Author(s): Piqueras, J. A., Kuhne, W., Vera-Villaruel, P., Straten, A. V. & Cuijpers, P.

Year: 2011

Objectives - To examine the association between general happiness and perceived stress and health behaviours in a Latin American sample.

The Methods:

a) Population - Sample, Sampling Technique, Sample Size

- Population- college students
- Sample- Students from the University of Santiago de Chile
- Sampling technique- Non-random, convenient sampling
- Sample size- 3641 students (1866 males and 1595 females) from the University of Santiago de Chile

b) Variables - Dependent Variables and Independent variables

- Dependent Variable- Happiness,
- Independent variables- perceived stress and health behaviours

#### c) Tools -

- Subjective happiness was measured using The Subjective Happiness Scale (SHS)
- Perceived stress was measured using 2 items selected from the questionnaire developed by The National Council for Narcotics Control for the National Study of Drugs in the General Population of Chile.
- Health behaviours measured in this study were consumption of legal and illegal drugs; nutritional aspects and physical activity; and nutritional status. Consumption of legal and illegal drugs and nutritional aspects and physical activity were evaluated using single items from the same questionnaire developed by The National Council for Narcotics Control. Nutritional status was calculated from self-reported height and weight.

#### d) Research Design/ Method

Cross-sectional survey was conducted.

#### e) Statistical techniques

Descriptive statistics (mean and Standard deviation), univariate and multivariate regression analysis

#### Findings and Conclusions

- Being female and younger was related to higher happiness
- Students who self-reported engaging in daily physical activity, having lunch and fruits and vegetables each day had a higher likelihood of being classified as “very happy”
- Perceived stress was negatively related to happiness, i.e., those who informed feeling stressed in normal circumstances and during test situations showed a lower likelihood of being considered “very happy”
- Drug consumption was negatively related to subjective happiness

References:

Piqueras, J.A., Kuhne, W., Vera-Villarreal, P. *et al.* (2011). Happiness and health behaviours in Chilean college students: A cross-sectional survey. *BMC Public Health* 11, 443.

<https://doi.org/10.1186/1471-2458-11-443>

## **STUDY 2**

Title: Altruism, Happiness and Health among Elderly People

Author(s): Kumar, A. & Dixit, V.

Year: 2017

Objectives - To investigate the role of gender on altruism, happiness and health among elderly people. To know the inter correlation of altruism, happiness and health. To investigate the impact of altruism, happiness on health among elderly people.

The Methods:

a) Population - Sample, Sampling Technique, Sample Size

- Population- elderly people
- Sample- elderly people from urban society in Delhi
- Sampling technique- Voluntary sampling
- Sample size- 153 elderly people with 84 males and 69 females

b) Variables - Dependent Variables and Independent variables

Dependent variable- Health

Independent variable- Altruism, happiness

c) Tools -

- Self-Report Altruism Scale
- The Oxford Happiness Questionnaire (OHQ)
- General Health Questionnaire (GHQ-30)

d) Research Design/ Method- Survey

e) Statistical techniques

ANOVA, Pearson's correlation, regression analysis

### Findings and Conclusions

- There was a significant gender difference in the scores of altruism but no statistically significant differences were found in the scores of happiness and health.
- Among elderly people, altruism and happiness were positively correlated with each other, whereas altruism and happiness were negatively correlated with health.
- Altruism and happiness both predicted health of the elderly people but happiness was found to be a stronger predictor of health.

### References:

Kumar, A. & Dixit, V. (2017). Altruism, Happiness and Health among Elderly People. *Indian Journal of Gerontology*, 31(4), 480-496.

## Review of Related literature

**Name of the student: Promodhni**

### **STUDY 1**

Title: Personality, Leisure Experiences And Happiness

Author(s): Luo Lu and Chia-Hsin Hu

Year: 2005

Objectives - To explore the relationships between personality, leisure involvement, leisure satisfaction and happiness

The Methods:

a) Population

- Sample: University students from China
- Sampling Technique: Quota sampling
- Sample Size: 423 (m=52.7% / f=47.3%)

#### b) Variables

- Dependent Variables - Happiness and personality
- Independent variables - Leisure involvement and satisfaction

#### c) Tools

- Demographic information - questionnaire
- Personality traits - Eysenck Personality Questionnaire
- Leisure involvement - Leisure Involvement Scale (specifically created)
- Domain satisfaction - Leisure Satisfaction Scale by Bear and Ragheb
- Happiness - Chinese Happiness Inventory

#### d) Research Design/ Method - explanatory

#### e) Statistical techniques - Pearson correlation analysis

#### Findings and Conclusions

(1) Extraversion significantly correlated with almost all kinds of leisure involvement, but neuroticism did not correlate with leisure activities at all

(2) Extraversion had significant positive correlation with leisure satisfaction while neuroticism had significant negative correlation with leisure satisfaction.

(3) Extraversion and neuroticism were the most significant predictors of happiness. Leisure satisfaction had most effects after that.

#### References:

Lu, L., & Hu, C. H. (2005). Personality, leisure experiences and happiness. *Journal of happiness studies*, 6(3), 325-342.

## **STUDY 2**

Title: Leisure and Happiness in the U.S.: Evidence from Survey Data

Author(s): Miao Wang and Man Chiu Sunny Wong

Year: 2011

Objectives - Study the relationship between leisure and happiness while controlling for other determinants

The Methods:

a) Population

- Sample - US citizens
- Sampling Technique - convenience
- Sample Size - 851

b) Variables

- Dependent Variables - Happiness
- Independent variables - Leisure

c) Tools - ISSP Leisure Time and Sports Survey

d) Research Design/ Method - survey

e) Statistical techniques - Logit regressions

Findings and Conclusions

- Found that leisure does play a significant role in affecting individual happiness.
- Also found that the quantity of leisure is not as important as other aspects of leisure such as satisfaction from leisure activities and the meaning of leisure time.

References:

Wang, M., & Sunny Wong, M. C. (2011). Leisure and happiness in the United States: evidence from survey data. *Applied Economics Letters*, 18(18), 1813-1816.

## APA Reference Format

Live worksheet for Group C

### Part 1

1. Name of the Group Members (Group C)

Varshini

Tanuja

Sangrita

Subha

Shalini

Sindhuja

2. Define the following

Reference:	Refers to the part where the factual overviews that are provided about the contents and the sources.
Citation:	This refers to providing the authors name with their topic of research and publication
Bibliography:	List of all the sources used in the process of research
Index:	To mention and navigate the contents of the research wrt to page nos.
Footnote:	Side notes that refer to a mentioned Variable or definition of some aspect

3. Name any two Citation Styles

APA MLA and Chicago

4. List the different sources that need to be included in citation and reference list

Websites and Book, journals, publications, date and month, author name, page no and edition

5. What is "doi"? And Why is it used?

Digital Object identifier. It is a string of numbers, letters and symbols used to permanently identify an article or document and link it to the web.

Help locate the journals online.

## **References**

### **D. Sangrita**

#### **Journals**

Jamadar, D.C., Melkeri, D.S., & Holkar, D.A. (2015, December 25). "Quality of life among Widows". *The International Journal of Indian Psychology*. Retrieved from <https://ijip.in/articles/quality-of-life-among-widows/>

Dagneu, A. (2018). The Relationship Among Parenting Styles, Academic Self-Concept, Academic Motivation and Students' Academic Achievement in Fasilo Secondary School, Bahir Dar, Ethiopia. *Research in Pedagogy*, 8(2), 98–110. doi: 10.17810/2015.76

#### **Book**

Ciccarelli, S.K., & White, N.J. (2017). *Psychology* (4th Ed.). Pearson education.

#### **Picture**

General Adaptation Syndrome. Extracted from <https://acareerofstress.blogspot.com/2016/04/the-stress-of-life-figure-1.html>

#### **Social Media**

Philosophy Quotes [@Thephilosophyquote]. (2021, March 22). [Quote by Haruki Murakami]. Retrieved from <https://instagram.com/thephilosophyquote?igshid=pwb25w5qg72o>

### **Shalini Sridharan**

#### **Website**

Here's What We Watched On Netflix In 2020 To Escape The Pandemic. DanaFeldman - <https://www.forbes.com/sites/danafeldman/2020/12/10/netflix-allowed-us-to-escape-2020-at-home-in-lockdown-heres-what-the-streamer-says-we-watched/?sh=7795f9731d2d>

#### **Book**

Raymond G. Miltenberger. (2008). *Behavior Modification: Principles and Procedures*, Fourth Edition. Thomson Learning, Inc.

#### **Journals**

Kantono, K., Hamid, N., Shepherd, D., Yoo, M., Carr, B., & Grazioli, G. (2016). The effect of background music on food pleasantness ratings. *Psychology Of Music*, 44(5), 1111-1125.

Zellner, D. A., Siemers, E., Teran, V., Conroy, R., Lankford, M., Agrafiotis, A., Ambrose, L., Locher, P. (2011). Neatness counts: how plating affects liking for the taste of food. *Appetite* 57, pp. 642-648.

## V. Tanuja

### Journals

1. Deshler, D.D, Schumaker, J.B., Lens, B.K., Bulgran, J.A., Hock, M.F., Knight, J., Ehren, B.J. (2001) Ensuring content area by secondary students with learning disabilities. *Learning Disabilities: Research and Practice*, 16, 96-108.
2. Ling, J., Heffernan, T. M., Muncer, S. J. (2003). Higher education students' beliefs about the causes of examination failure: a network approach. *Social Psychology of Education*, 6,159-170.

### Books

1. *Addiction Medicine: Closing the Gap between Science and Practice*. 2012. New York, NY: The National Centre on Substance Abuse at Columbia University.
2. Abbott, B. V., & Snyder, D. K. (2010). Couple distress. In M. M. Antony & D. H. Barlow (Eds.), *New York, NY: The Guilford Press*.

### Websites

1. Cherry, K. (July 17, 2019). *Emotions and Types of Emotional Responses*. Very Well Mind. <https://www.verywellmind.com/what-are-emotions-2795178>

## Subha

### Books:

- Meyers, G.D(2016).*Social Psychology* ,Twelfth Edition,McGraw-Hill Education.
- Kothari,C.R.(1985),*Research Methodology*,Second Edition,New age international publishers.

### Journals:

- Schwartz S.H(1977). Normative influence on Altruism.*Advances in experimental social psychology*,Volume 10, 1977, 221-279.  
[https://doi.org/10.1016/S0065-2601\(08\)60358-5](https://doi.org/10.1016/S0065-2601(08)60358-5).
- Hoffman, M. L. (1981). Is altruism part of human nature? *Journal of Personality and Social Psychology*, Volume 40, 121–137.  
<https://doi.org/10.1037/0022-3514.40.1.121>

### Website:

- Kelly .O,Block .B(July 28,2020). *What is Obsessive- Compulsive Disorder?*Verywell Mind.  
<https://www.verywellmind.com/what-is-obsessive-compulsive-disorder-ocd-2510675>.
- Cherry .K,Susman. D (June 10,2020). *What is Psychology?*Verywell Mind.  
<https://www.verywellmind.com/psychology-4014660>.

## **VARSHINI**

### **Books:**

1. Baron, R. A., Byrne, D. E., & Branscombe, N. R. (2006). *Social psychology*. Boston: Pearson/Allyn & Bacon.
2. Snyder, C. R., Lopez, S. J., & Pedrotti, J. T. (2011). *Positive psychology: The scientific and practical explorations of human strengths* (2nd ed.). SAGE.

### **Articles from Websites:**

1. Ehrenfeld,T. (2021, April 19). *How Unhealthy Eating at Night May Affect You the Next Day*. Psychology Today.  
<https://www.psychologytoday.com/us/blog/open-gently/202104/how-unhealthy-eating-night-may-affect-you-the-next-day>
2. Morin, A. (2020, November 28). *Why Do I Have Recurring Nightmares?*. Verywell mind. <https://www.verywellmind.com/why-do-i-have-recurring-nightmares-4846336>

### **Journals:**

1. Ni, S.F. & Aust, R. (2008). Examining Teacher Verbal Immediacy and Sense of Classroom Community in Online Classes. *International Journal on E-Learning*, 7(3), 477-498. <https://www.learntechlib.org/primary/p/23633/>.

## Review of Related literature

**SUBHA JOSHI:**

**Title:**

1. A study on the Difference between Male and Female young adults on practicing parenting styles.
2. A study on the difference between married and unmarried young adults in experiencing happiness.

**Author(s):** for study 1:Robinson,Mandleco, Olsen, & Hart.

For study 2:(OHI, Argyle, Martin, & Crossland,).

**Year:** For 1 study : 2001, For 2 study :1989

**Objectives:**

- 1.To find out the parenting styles of Male and Female young adults in chennai city.
2. To find out the happiness level among married and unmarried young adults in chennai city.

**The Methods:**

For the first study and the second study on parenting styles and Happiness, the researcher has selected **non- probability sampling** techniques based on the budget and the time.

**Parametric test(T-test)** was used in both the studies as the samples were normally distributed.

**a) Population -**

Sample: 1.The sample is normally distributed. The sample for the study of parenting styles were Young adults who are parents and live in chennai and either male or female and have kids in the age group of 3-18 years.

2.The sample for the second study comprises young adults who either are married or unmarried living in chennai.

**Sampling Technique:** 1.For the first study **purposive sampling** techniques used.

2. For the second study, **Convenience sampling** technique is used.

**Sample Size:** 1. For the first study, the sample size is 100. Male parents and 50 female parents.

2. For the second study 500 is the sample size. 250 married and 250 unmarried young adults.

b) Variables - Dependent Variables : For study 1: parenting style ;For study 2: Happiness

Independent variables: For study 1: Gender; for study 2: Marital status

**c) Tools -**

**For study 1: Parenting Styles and Dimensions Questionnaire** {Robinson, et al., 2001}

Description of Measure: parenting styles and dimensions questionnaire (PSDQ) includes 32 items forming three patterns Patterns of parenting: authoritative, authoritarian, and permissive.

**Reliability and validity:** The PSDQ questionnaire is a reliable and valid measure that is widely used by psychologists. The Cronbach's alpha for primary factors was found to be 0.91( authoritative), 0.86 ( authoritarian) and 0.75 ( permissive) (Robinson et al., 2001).

**For study 2: The Oxford Happiness Questionnaire** (OHI, Argyle, Martin, & Crossland, 1989).

**Description of the measure:** The Oxford Happiness Inventory (OHI, Argyle, Martin, & Crossland, 1989) was devised as a broad measure of personal happiness, mainly for in-house use in the Department of Experimental Psychology of the University of Oxford in the late 1980s. The development of the scale and some of its properties were reviewed by Argyle, Martin, and Lu (1995).

**Reliability and validity:** The correlation coefficient of the test-retest scores, for measuring reliability, was 0.78 ( $P < .001$ ). Cronbach's Alpha of the questionnaire's test and retest stages were 0.84 and 0.87 respectively, which are adequate at both stages. Content validity was estimated by submitting the questionnaire to several expert psychologists, all of whom

approved the power of the OHQ in assessing happiness. so there is an established reliability and validity of the scale.

**d) Research Design/ Method:** The research design which was used for both the studies are **Descriptive research** design. The method which was used for collecting data in both the studies are **Questionnaire.(primary method of data collection)**

**e) Statistical techniques:**

- **Mean:** The mean is the average or the most common value in a collection of numbers. In statistics, it is a measure of central tendency of a probability distribution along median and mode. It is also referred to as an expected value.
- **T-test/Z Test:(Independent sample -t test):** A t-test is a type of inferential statistic used to determine if there is a significant difference between the means of two groups, which isn't related in any features.
- **Standard deviation:** In statistics, the standard deviation is a measure of the amount of variation or dispersion of a set of values. A low standard deviation indicates that the values tend to be close to the mean (also called the expected value) of the set, while a high standard deviation indicates that the values are spread out over a wider range.

**Findings and Conclusions:**

For study 1: There is a significant difference between parenting styles practiced by male and female young adults in chennai.

For study 2: There is a significant difference between married and unmarried young adults experiencing happiness in chennai city.

**References:**

- Hayes .A(2020) *T-Test* .Investopedia.<https://www.investopedia.com/terms/t/t-test.asp>.
- *What is mean?* Corporate finance Institute.

<https://corporatefinanceinstitute.com/resources/knowledge/other/mean/#:~:text=The%20mean%20is%20the%20average,to%20as%20an%20expected%20value.>

- Onder .A,Gulay .H(2009).Reliability and validity of parenting styles & dimensions questionnaire,*Procedia - Social and Behavioral Sciences*, Volume 1, Issue 1, 2009, Pages 508-514.<https://doi.org/10.1016/j.sbspro.2009.01.092>
- Hadinezhad, H., & Zaree, F. (2009). Reliability, validity, and normalization of the Oxford Happiness Questionnaire. *Psychological Research*, 12(1-2),62–77.  
<https://psycnet.apa.org/record/2010-01877-004>

### **Shalini Sidharan:**

**Study 1- Title:** The Happy Personality in India: The Role of Emotional Intelligence

**Author(s):** Christopher A. Hafen • Kamlesh Singh • Brett Laursen

**Year:** 2010

**Objectives** - This study examined the relations among the big five personality traits, emotional intelligence, and happiness. This study addressed three research questions. Are personality traits linked with happiness? Does trait emotional intelligence mediate associations between personality traits and happiness? Are direct and indirect associations with happiness moderated by gender?

### **The Methods:**

a) Population - Participants included 205 (51 females, 154 males) university students in India (convenience sampling).

b) Variables - IV: Happiness, Agreeableness, Conscientiousness, Extraversion, Emotional Instability, Openness, and Emotional intelligence. DV: Gender

c) Tools - Revised NEO Personality Inventory (NEO PI-R; Costa and McCrae 1992), Emotional Intelligence (Austin et al. 2004), Oxford Happiness Questionnaire (OHQ; Hills and Argyle 2002).

d) Research Design/ Method- A series of mediational path analyses tested whether emotional intelligence mediated the relationship between personality traits and feelings of happiness. Multiple group mediation models (including gender as a moderator) were tested with AMOS 7.0. Path analyses were conducted with each personality variable.

e) Statistical techniques- A series of independent t-test compared males and females on all personality variables, emotional intelligence, and happiness.

**Findings and Conclusions:** The analyses revealed that emotional intelligence mediates associations between several personality factors and happiness for females but not for males. Specifically, for females, emotional intelligence mediated the associations from conscientiousness and emotional instability to happiness, while males evidenced only direct associations. The findings suggest different associations than those of past studies regarding personality and happiness in Western samples. According to these results from an Indian sample, emotional intelligence may serve as an intermediary from personality to happiness for females, but has independent contributions to happiness for males.

**References:**

- Argyle, M., & Lu, L. (1990). The happiness of extroverts. *Personality and Individual Differences*, 11, 1011–1017
- Chamorro-Premuzic, T., Bennett, E., & Furnham, A. (2007). The happy personality: Mediation role of trait emotional intelligence. *Personality and Individual Differences*, 42, 1633–1639.
- Furnham, A., & Petrides, K. V. (2003). Trait emotional intelligence and happiness. *Social Behaviour and Personality*, 31, 815–824.
- Steel, P., & Ones, D. S. (2002). Personality and happiness: A national-level analysis. *Journal of Personality and Social Psychology*, 83, 767–781.

**Study 2 - Title:** Eating breakfast, fruit and vegetable intake and their relation with happiness in college students.

**Author(s):** Azadeh Lesani, Asghar Mohammadpoorasl, Maryam Javadi, Jabiz Modaresi Esfeh, and Ali Fakhari

**Year:** 2016

**Objectives** - To evaluate the relationships between happiness and fruit and vegetable intake as well as eating breakfast in students.

**The Methods:**

a) Population - 541 students (M= 138, F= 403), of Qazvin University of Medical Sciences in Iran who attended course classes (convenience and purposive sampling)

b) Variables - DV: Happiness and IV: breakfast, fruit and vegetable consumption

c) Tools - A questionnaire was created to assess the relationship between happiness and breakfast, fruit and vegetable consumption among the students by the researchers, Physical activity was measured by RAPA, Happiness was measured by Oxford Happiness Questionnaire (OHQ).

d) Research Design/ Method- In this cross-sectional web-based study, all students of Qazvin University of Medical Sciences in Iran who attended course classes were invited to participate in the study. Five hundred forty-one students filled out the web-based questionnaire which included questions related to measurement of happiness, breakfast, fruit and vegetable consumption and socio-economic and demographic information. Analysis of covariance was used to assess the relationship between happiness and breakfast, fruit and vegetable consumption by adjustments for covariates.

e) Statistical techniques- A principal component analysis (PCA) was employed to measure socioeconomic status of the students based on the information collected about the household income and assets. Based on the PCA results, the students were classified into three SES

groups being high, middle, and low socioeconomic status. Analysis of covariance was used to assess the relationship between happiness and breakfast, fruit and vegetables consumption and adjustments were made for BMI, marital status, socio-economic status, physical activity, experience of stress in the last 6 months and having a defined disease. SPSS 22 software was used for statistical analyses.

**Findings and Conclusions:** Happiness was positively correlated with having breakfast on most days of the week, consuming more daily meals (3 meals and snacks) and eating more fruit and vegetables (a total of 8 serving or more). Although a considerable number of researchers have studied the relationship between happiness and fruit and vegetable intake among adolescents, young people and adults in different countries few studies have examined the relationship between happiness and the number of meals eaten daily. Previous studies have emphasized that people with higher happiness scores or more positive feelings tend to follow a healthier lifestyle. It is also probable that healthier food choices promote positive emotions and happiness through providing essential micronutrients for the body. Similarly, nutrition education programs may lead to improvement in mental and physical health.

**References:**

- Ioakimidis I, Zandian M, Ulbl F, Bergh C, Leon M, Soödersten P (2011) How eating affects mood. *Physiol Behav* 103(3):290–294. doi:10.1016/j.physbeh.2011.01.025
- Rampersaud GC, Pereira MA, Girard BL, Adams J, Metz J (2005) Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *J Am Diet Assoc* 105(5):743–760. doi:10.1016/j.jada.2005.02.007
- Veenhoven R (2008) Healthy happiness: effects of happiness on physical health and the consequences for preventive health care. *J Happiness Stud* 9(3):449–469. doi:10.1007/s10902-006-9042-1

**D. Sangrita****Study-1**

**Title:** Women's Perceived Body Image: Relations with Personal Happiness

**Author(s):** Rachel Stokes & Christina Frederick-Recascino

**Year:** 2003

**Objectives** - 1. To study the relationship between women's levels of satisfaction and their level of subjective well-being (happiness).  
2. To study the relationship between women's age, body image, and happiness level.  
3. To study the impact of other body image variables (eating attitude) on happiness amongst women.

**The Methods:****a) Population -**

1. **Sample size-** 144 women, ranging in age from 18 to 87 years old (M= 40 years).
2. **Sample Characteristics-** Within the sample, three age groups were established. The 1st group consisted of 58 women, aged 18-29 enrolled in undergraduate studies at the University of Central Florida, Daytona Campus. The 2nd group consisted of 48 women who ranged in age from 30-49 years, and were members of the University of Central Florida's Alumni Association. The last group consisted of 38 women aged 50 and above, who were all members of local Daytona Beach retirement and church communities. Approximately 33% of the sample reported that they were single, while 39% were married, 17.8% were divorced, and 8.6% were widowed. The mean yearly income for the entire group was \$34,000.
3. **Sampling technique-** Not mentioned in the study. Probably Purposive sampling because the researcher has set the criteria for the study such as Women population

between 18-87 years. The place for data collection seems to be fixed by the researcher.

**b) Variables:**

1. **Dependent Variables-** Happiness
2. **Independent variables-** Age, Body Image, other Body image variables (eating attitude)

**c) Tools -** Body esteem scale, Life satisfaction index, Eating attitude test and Demographics

**d) Research Design/ Method-** Cross-sectional research design and Survey method

**e) Statistical techniques-** Descriptive statistics, One way ANOVA, Pearson correlation and Linear multiple regression analysis.

**Findings and Conclusions-** There was a significant positive correlation between happiness and three components of body esteem. There were no significant differences among the types of body satisfaction expressed by women of different ages. The results help to understand the importance of body image as a major contributor to overall life happiness in women.

**References:**

Stokes, R., & Frederick-Recascino, C. (2003). Women's Perceived Body Image: Relations with Personal Happiness. *Journal of Women & Aging*, 15(1), 17-29.  
doi:10.1300/j074v15n01\_03

**Study-2**

**Title-** Associations Between Women's Body Image and Happiness: Results of the YouBeauty.com Body Image Survey (YBIS)

**Author(s)-** Viren Swami, Ulrich S. Tran, Stefan Stieger, & Martin Voracek.

**Year-** 2014

**Objectives-**

1. To study the association between Happiness and Body Image (body dissatisfaction and body appreciation).
2. To study the impact of age and education on Body image and Happiness.

### **The Methods-**

#### **a) Population**

1. **Sample size-** Sample consisted of 8,925 US residents and 742 non-US residents.
2. **Sample Characteristics-** Those below 18 years were excluded. All participants had BMIs ranging between 10.13 and 44.98 kg/m<sup>2</sup>. Non-US residents originated from 135 different countries.
3. **Sampling technique-** Convenience technique.

#### **b) Variables**

1. **Dependent variable-** Subjective Happiness
2. **Independent variable-** Body dissatisfaction, Body appreciation, BMI, and Demographics.

**c) Tools-** Body dissatisfaction, Body appreciation, Subjective happiness, Body mass index, and Demographics.

**d) Research Design/Method-** Cross-sectional research design and Survey method

**e) Statistical technique-** Descriptive statistics, and Path analysis.

**Findings and Conclusions-** Body appreciation positively predicted subjective happiness. BMI was negatively associated with body appreciation, but showed a direct positive association associated with subjective happiness. Controlling for BMI, body dissatisfaction had no significant association with subjective happiness. Older and non-US respondents had higher body appreciation.

Body dissatisfaction which is measured by weight-based discrepancy between current and ideal body sizes, may be inevitable by Western women. The study highlights the role of body

appreciation in enhancing subjective happiness. Women who hold more favourable opinions of their body. That is to accept, respect their bodies, and who protect their bodies from unrealistic ideals appear to be happier than women who have lower body appreciation.

**References:**

Swami, V., Tran, U. S., Stieger, S., & Voracek, M. (2014). Associations Between Women's Body Image and Happiness: Results of the YouBeauty.com Body Image Survey (YBIS). *Journal of Happiness Studies*, 16(3), 705-718. doi:10.1007/s10902-014-9530-7

**VARSHINI**

**Title:** INFLUENCE OF OCCUPATIONAL STRESS ON WORK LIFE BALANCE AMONG WOMEN PROFESSIONALS

**Author(s):** K. SIRAJUNISA and Prof. Dr. N. PANCHANATHAM

**Year:** October, 2010

**Objectives** - "The objective of the present study is to find out the influence of occupational stress and work life balance dimensions of women professionals".

**The Methods:**

**a) Population** - a sample of 150 professionals. stratified random sample basis by considering their different categories of lecturer's, bank officers, doctors, engineers.

**b) Variables** - occupational stress and work-life balance

**c) Tools** - Questionnaire I: Occupational Stress Index (OSI) by Srivastava and Singh (1984)

Questionnaire II: Work / life balance (WLB) by Gen Fisher (2001)

**d) Research Design/ Method:** Correlational Method.

**e) Statistical techniques:** Pearson's Correlation Coefficient test was carried out and SPSS to compute the correlation coefficient.

**Findings and Conclusions:** The results revealed that there is a significant relationship between influence of occupational stress and work life balance dimensions of women professionals.

**References:**

K Sirajunisa, N Panchanatham. (2010). *Influence of Occupational Stress on Work Life Balance Among Women Professions*. The Journal of Commerce, Vol. 2, No. 1 ISSN: 2218-8118

**TANUJA**

Title:

# APA Reference Format

Live worksheet for Group D

## Part 1

1. Name of the Group Members (Group D)

Kajal Janardhanan (2015782051027)

Charvi Sharma(2015782051026)

Zodinpuui(2015782051025)

Yvarani. V (2015782051024)

Aashwitha Sai (2015782051028)

Vimala.V (2015782051023)

2. Define the following

<b>Reference</b>	The source of information
<b>Citation</b>	Quotation form or reference to the book, paper or author
<b>Bibliography</b>	It refers to a list of all sources used in the research.
<b>Index</b>	It shows the content of the whole paper.
<b>Footnote</b>	It refers to a note that occurs at the end of the page.

3. Name any two Citation Styles

APA and CSE

4. List the different sources that need to be included in citation and reference list

Journals, Books and Websites

5. What is "doi"? And Why is it used?

Digital object identifier and it is used to locate journal articles online.

Digital object identifier(doi) . it's a unique number to each journal.

It is used to identify an article or document it to the web and link

## References

## **Aashwitha**

### **Text book reference:**

Morgan, C. T., Rosen J. W., Schooler & King R. A. (1975). Study guide for Morgan and King Introduction to Psychology Fifth edition. New York. McGraw-Hill

### **Website reference:**

Kendra cherry. (2019, October 08). Theories of intelligence in psychology. Retrieved from <https://www.verywellmind.com/theories-of-intelligence-279503>

### **Journal References:-**

Smith, Keri (2007), Wreck this Journals, *How to make Journals 1(1)*, 32-35, <https://www.wreckthisjournals.com/how-to-make-journals-978039916194>

## **Kajal**

### **Text book reference:**

Sandra K. Cicarelli, J. Noland White (2008). Introduction to Psychology Sixth edition. New York. Pearson

### **Website reference:**

Heather Lyons. (2020, March 03). What is flooding treatment for anxiety? Retrieved from <https://withtherapy.com/therapist-insights/what-is-flooding>

### **Journal Reference:**

Jingchun Chen, Xiangningchen (2020) Polygenic Risk Scores for Subtyping of Schizophrenia. *Schizophrenia Research and Treatment*, 20(13), 163-840

## **Vimala.V**

### **Text book reference:**

Dryfoos, J. G., & Barkin, C. (2006). *Growing up in America today*. Oxford University Press.

Karnath, P., & Rozario, J. (2003). *Learning disabilities in India: willing the mind to learn*. Sage Publications.

### **Website reference:**

Rajalakshmi, J., & Thanasekaran, P. (2015, July 23). The Effects and Behaviors of Home Alone Situation by Latchkey Children.

<http://article.sciencepublishinggroup.com/html/10.11648.j.ajns.20150404.19.html>

Amy Morin, L.C.S.W. (2020, April 17). Simple Ways to Improve your Psychological Well-Being. Verywell Mind.

<https://www.verywellmind.com/improve-psychological-well-being-4177330>.

### **Journal References:**

House, L.D., Bates, J., Markham's, C.M., & Lesense, C. (2010). Competence as a predictor of sexual and reproductive health outcomes for youth: A systematic review. *Journal of Adolescent Health, 46*, S7-S22.

Giedd, J.N. (2008). The teen brain: Insights from neuroimaging. *Journal of Adolescent Health, 42*, 335-343.

### **Yvarani. V**

#### **Text book reference:**

Elizabeth, B. Hurlock (2007). Developmental psychology a Life-span approach Fifth edition. Tata McGraw-Hill.

#### **Website reference:**

Hiroshi Yoshizawa. (2018, May 07). Delusions in patients with Dementia with Lewy Bodies and the Associated factors.

<https://www.hindawi.com/journals/bn/2018/6707291/>

#### **Journal Reference:**

Mitrofan, O., Paul, M., Weich, S. (2014). Aggression in Children with behavioral/emotional difficulties: seeing aggression on television and video games. *BMC psychiatry 14*, 287

<https://doi.org/10.1186/s12888-014-0287-7>

### **Charvi Sharma**

#### **Website reference:**

Aparna Banerjea. (2021, April 19). India announces next phase of Covid-19 vaccination, all above 18 years eligible.

<https://www.livemint.com/news/india/india-announces-next-phase-of-covid-vaccination-all-above-18-yrs-eligible-11618839943036.html>

Michael Behr. (2021, April 19). The Pandemic is Taking a Toll on Offshore Workers' Mental Health. <https://digit.fyi/the-pandemic-is-taking-its-toll-on-offshore-workers-mental-health/>

**Journal References:**

Fisher, C. D(2010). Happiness at work. *International journal of management reviews* 12(4), 384-412

Elliott, K M., Shin, D. (2002). Student satisfaction: An alternative approach to assessing the important concept. *Journal of Higher Education policy and Management*, 24(2), 197-209

# Review of Related literature

**Charvi Sharma**

1. Title: happiness at work

Author(s): Salas-Vallina, A; Alegre, J.

Year: 2018

Objectives - to see what factors influence happiness at the workplace by researching it under a positive attitude.

The Methods:

a) Population:

Sample- employees in management department

Sampling Technique- random sampling

Sample Size- 234

b) Variables - happiness along with job satisfaction, engagement, affective organisational commitment.

c) Tools - happiness at work developed by Salas-Vallina et al., job satisfaction scale using Schriesheim and Tsui's (1980) scale, Affective organisational commitment measured by Allen and Meyer's (1990) scale,

d) Research Design/ Method- correlational research

e) Statistical techniques- correlation, confirmatory factor analysis, chi square.

Findings and Conclusions- the results indicated that there is some correlation between happiness and the three dimensions( engagement, job satisfaction, and affective organisational commitment). This shows that all these attributes contribute to the happiness level of employees in an organisation. Happiness affects organizational citizenship

behaviour. They conducted the research once again with a reduced number of items in the scales as it decreases the effect of extraneous variables.

#### References:

Salas-Vallina, A., & Alegre, J. (2018). Happiness at work: Developing a shorter measure. *Journal of Management & Organization*, 1,

21. [https://www.researchgate.net/profile/Andres-Salas-Vallina/publication/325404200\\_Happiness\\_at\\_work\\_Developing\\_a\\_shorter\\_measure/links/5efaf725299bf18816f375d4/Happiness-at-work-Developing-a-shorter-measure.pdf](https://www.researchgate.net/profile/Andres-Salas-Vallina/publication/325404200_Happiness_at_work_Developing_a_shorter_measure/links/5efaf725299bf18816f375d4/Happiness-at-work-Developing-a-shorter-measure.pdf)

#### 2. Title: health and happiness in Swiss young adults

Author(s): Thomas V. Perneger, Patricia M. Hudelson & Patrick A. Bovier

Year: February 2004

Objectives - assess self-reported happiness is associated with mental and physical health of young adults

#### The Methods:

##### a) Population:

Sample- university students in Geneva, Switzerland

Sampling Technique- random sampling

Sample Size- 1257

##### b) Variables:

Dependent Variables- mental and physical health

Independent variables- happiness

c) Tools - short form 12 health survey questionnaire, self esteem scale

d) Research Design/ Method- cross sectional survey

e) Statistical techniques- multivariate analysis,

Findings and Conclusions- the results were found to be insignificant between happiness and physical health. It was found that asking people about happiness made them more aware about the need of mental health and how it is necessary for them to take useful measures when it comes to mental health.

References: Perneger, T. V., Hudelson, P. M., & Bovier, P. A. (2004). Health and happiness in young Swiss adults. *Quality of Life Research*, 13(1), 171-178.

<https://link.springer.com/article/10.1023/B:QURE.0000015314.97546.60>

### **Vimala.V**

3. Title: Do Positive Illusions of Control Foster Happiness?

Author(s): Martina Kaufmann, Thomas Goetz, Anastasiya A Lipnevich, Reinhard Pekrun.

Year: 2019

Objectives - To investigate the effects of increases and decreases in illusory control on positive and negative emotions.

The Methods:

STUDY 1

a) Population:

Sample- Students from the University of Erfurt.

Sampling Technique- The participants were randomly assigned to the two conditions of illusory control (increase, decrease).

Sample Size- 40 students (33 women, 7 men).

b) Variables:

- Dependent Variable- Frequency of light.

- Independent Variables- Judgement of control, Positive and Negative Affect.

c) Tools: German version of the Positive and

Negative Affect Scale (PANAS; Krohne, Egloff, Kohlmann, & Tausch, 1996; Watson, Clark, & Tellegen, 1988).

d) Research Design/ Method: Experimental research design.

e) Statistical techniques: One-way and Repeated measures ANOVA.

## STUDY 2

a) Population:

Sample- Students from the University of Trier.

Sampling Technique- The participants were randomly assigned.

Sample Size- 139 students (106 women, 33 men).

b) Variables:

- Dependent Variable- Payment, and Frequency of light.
- Independent Variables- Judgement of control, Positive and Negative Affect.

c) Tools: Modified version of the Positive and Negative Affect Scale (PANAS; Krohne, Egloff, Kohlmann, & Tausch, 1996; Watson, Clark, & Tellegen, 1988).

d) Research Design/ Method: The study was a 3 (Payment: Gain, Loss, No payment) × 3 (Illusory control: Increase, Decrease, No change) factorial between-subjects design.

e) Statistical techniques: ANOVA

Findings and Conclusions: The results of both studies revealed that whereas illusions of personal control over environmental outcomes mitigated the experience of negative emotions, they did not foster positive emotions. Perceiving a loss of illusory control, however, significantly reduced the experience of positive emotions, but had no effect on negative emotions.

## References:

Kaufmann, M., Goetz, T., Lipnevich, A. A., & Pekrun, R. (2019). Do positive illusions of control foster happiness?. *Emotion (Washington, D.C.)*, 19(6), 1014–1022.

<https://doi.org/10.1037/emo0000499>

### 4. Title: Motivating Job Characteristics and Happiness at Work: A Multilevel Perspective

Author(s): Wido G M Oerlemans, and Arnold B Bakker.

Year: 2018

Objectives - To examine how variations in motivating job characteristics relate to employee happiness during daily work activities.

## The Methods:

### a) Population:

Sample- Employees from the Netherlands, France, and Germany.

Sampling Technique- Convenience Sampling

Sample Size- 68 participants

b) Variables: Motivating job characteristics, Positive affect, Work activities, and Happiness.

c) Tools: Revised Job Diagnostic Survey

(JDS) of Idaszak and Drasgow (1987), International Positive and Negative Affect Scale Short Form (I-PANAS SF; Thompson, 2007).

d) Research Design/ Method: Survey Research Design

e) Statistical techniques: Hierarchical linear modeling, and Multilevel analyses.

## Findings and Conclusions:

- In line with adaptation level theory, multilevel results confirmed that the perceived availability of motivating job characteristics during work activities relates positively to

happiness during that same work activity, but only when similar motivating job characteristics at the job level are low. In addition, trait positive affect further moderated this cross-level interaction.

- In line with the affective-reactivity hypothesis, the 3-way interaction effect showed that for employees who are high in positive affect, the perceived availability of motivating job characteristics related positively to happiness during specific work activities, regardless of whether similar motivating job characteristics at the job level were high or low.

#### References:

Oerlemans, W., & Bakker, A. B. (2018). Motivating job characteristics and happiness at work: A multilevel perspective. *The Journal of applied psychology*, 103(11), 1230–1241.

<https://doi.org/10.1037/apl0000318>

#### **Kajal**

5. Title:

Author(s):

Year:

Objectives -

The Methods:

a) Population - Sample, Sampling Technique, Sample Size

b) Variables - Dependent Variables and Independent variables

c) Tools -

d) Research Design/ Method

e) Statistical techniques

Findings and Conclusions

References:

APA format

6. Title:

Author(s):

Year:

Objectives -

The Methods:

a) Population - Sample, Sampling Technique, Sample Size

b) Variables - Dependent Variables and Independent variables

c) Tools -

d) Research Design/ Method

e) Statistical techniques

Findings and Conclusions

References:

APA format

**Aashwaitha**

7. Title:

Author(s):

Year:

Objectives -

The Methods:

- a) Population - Sample, Sampling Technique, Sample Size
- b) Variables - Dependent Variables and Independent variables
- c) Tools -
- d) Research Design/ Method
- e) Statistical techniques

Findings and Conclusions

References:

APA format

8. Title:

Author(s):

Year:

Objectives -

The Methods:

- a) Population - Sample, Sampling Technique, Sample Size
- b) Variables - Dependent Variables and Independent variables
- c) Tools -
- d) Research Design/ Method

e) Statistical techniques

Findings and Conclusions

References:

APA format

### **Zodin**

9. Title:

Author(s):

Year:

Objectives -

The Methods:

a) Population - Sample, Sampling Technique, Sample Size

b) Variables - Dependent Variables and Independent variables

c) Tools -

d) Research Design/ Method

e) Statistical techniques

Findings and Conclusions

References:

APA format

10. Title:

Author(s):

Year:

Objectives -

The Methods:

- a) Population - Sample, Sampling Technique, Sample Size
- b) Variables - Dependent Variables and Independent variables
- c) Tools -
- d) Research Design/ Method
- e) Statistical techniques

Findings and Conclusions

References:

APA format

**Yvarani**

11. Title:

Author(s):

Year:

Objectives -

The Methods:

- a) Population - Sample, Sampling Technique, Sample Size
- b) Variables - Dependent Variables and Independent variables
- c) Tools -
- d) Research Design/ Method

e) Statistical techniques

Findings and Conclusions

References:

APA format

12. Title:

Author(s):

Year:

Objectives -

The Methods:

a) Population - Sample, Sampling Technique, Sample Size

b) Variables - Dependent Variables and Independent variables

c) Tools -

d) Research Design/ Method

e) Statistical techniques

Findings and Conclusions

References:

APA format

Reg No.	Name	Marks 50
2015782051001	Aishwariya	34
2015782051003	Ashikha	35
2015782051004	Barghavi	36
2015782051008	Kaviya	34
2015782051009	Krishna	42
2015782051010	Nausheen	20
2015782051011	Nirmala	35
2015782051012	Nisha	42
2015782051013	Prasanth	32
2015782051014	Promodhni	39
2015782051015	Rachel Grace Esther	30
2015782051016	Ramyaa	35
2015782051017	Sangrita	32
2015782051018	Selva Sinduja	32
2015782051019	Shalini	32
2015782051020	Subha	40
2015782051021	Tanuja	30
2015782051022	Varshini	34
2015782051023	Vimala	42
2015782051024	Yvarani	35
2015782051025	Zodinpuii	28
2015782051026	Charvi	34
2015782051027	Kajal	20
2015782051028	Aashwitha Sai	32



*y. vijayakumar*