



34th International conference on

Mental Health and Psychiatry

March 07-08, 2022 | Webinar



SCIENTIFIC TRACKS
& ABSTRACTS

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Mental Health: Leading to a happy, peaceful and freedom life for mental health

Introduction: As today's world is full of work, personal and social pressures, most of humans in this world live with anxiety, nervousness, fear, other mental health problems, are unhappy, no peaceful and with no freedom in life. With so many high-profile suicides, depression has come to the forefront. It is described as a serious medical illness that leads to profound and constant feelings of sadness, hopelessness, helplessness and worthlessness. This world needs more positive energy to balance up the negative energy. Evelyn Leng Academy was founded to serve people, and by utilizing a theoretical analysis assists clients to plan and change their life in order to have a Happy, Peaceful and Freedom Life by creating more positive energy and educating their hearts. Based on spiritual studies (Christianity, Buddhism, Judaism, Islam, Hinduism, Confucianism, Baha'ism), academic studies and numerous motivational books like Dale Carnegie, Og Madino, Robert Kiyosaki, Business Management guru and 30 years of life experiences. Evelyn found that in life if we have love and money, life will be like a Paradise every day. For instance, if we have a work (job/ business) that we love, be with the people that we love, and enough money to live, she believes life will be fantastic and awesome. As we do not know when our last day in life, will be, we should just live in the moment, enjoy being here now, at this moment. Let's enjoy life together and do everything in Love.

Biography

Evelyn Leng is a curious, loves continual improvement culture, challenges & achievements, and serving people in her life. She has the passion to find out "what is the purpose of life?" since she was age of 3. Since she was small, she is passionate to have a freedom life so she can be happy. At the age of 10, she started to look for method can make her happy, because toys cannot made

her happy. At the age of 16, she started to attend church, and Jesus told her the meaning of life is 'Love'. Since then, she follows the rules for everything in love, even though her family was not agreed and made her very depressed, but she insists her belief and after 30 years of empirical research she has developed the "hierarchy of love". Only love can feed the soul, this is what she believes until now. And today she is financial freedom, and she can shares her love to the world.

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Correlational analysis between emotional intelligence and adjustment problems during Covid-19

Introduction: Ever since Coronavirus shook the world, life in general have been exceedingly difficult and new. People reported increase in anxiety and fears related to uncertainty. The present study examined the relationship between emotional intelligence (EI) and adjustment problems (AP) during the time of COVID-19. A total of 105 (Male 47 and Female 58) participants, age ranging between 18-55 years, participated in the online questionnaire. Emotional Intelligence was assessed with the help of Emotional Intelligence Scale (BEIS-10) developed by Davies and Lane, et al., (2010) and Adjustment problems were assessed with the help of Brief Adjustment scale-6 (BASE-6) developed by Cruz et,al., (2019) along with personal data sheet. Data was collected through online Google Form. Results revealed non-significant differences in emotional intelligence and adjustment problems were obtained based on demographic information (gender, age group, marital status, socioeconomic status, and education). Correlational analysis revealed that appraisal of others' emotions was significantly positively correlated with anxiety. Regulation of own emotions was significant negatively correlated with irritability, anxiety, depression and total adjustment problems. Utilization of emotions and total EI was significantly negatively correlated with depression. Emotional intelligence is an acquired skill. Like all crises, the coronavirus epidemic has put pressure on personal and professional lives. In this context, individuals have to act with restraint and extraordinary self-control. These situations have to be dealt in a highly effective way, but if one merges between stress and strain of a crisis, it would be difficult to face the circumstances, especially during this COVID-19 pandemic.

Shikha Verma

Chhatrapati Shahu Ji
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Biography

Dr. Shikha Verma is Assistant Professor, Department of Psychology, Acharya Narendra Dev Nagar Nigam Mahila Mahavidyalaya (affiliated to Chhatrapati Shahu Ji Maharaj University) Kanpur, Uttar Pradesh. She received her Bachelor of Arts, Master of Arts, Diploma in Counseling, Guidance and Psychological Intervention and Ph.D from the Dept. of Psychology, Banaras Hindu University, Varanasi. She got Punam Memorial Gold Medal for securing highest marks in B.A. (Hons.) Psychology, Pt. Radheshyam Sharma Smriti Scholarship and Let. Shiv Mangal Pandye Pratibhanveshi Scholarship during graduation and U.G.C. JRF and SRF fellowship during her Ph.D. She has published 15 research papers in various reputed national and international journals. Her areas of interest are Health Psychology, Clinical Psychology, Guidance and Counselling Psychology, Positive Psychology, Psychotherapy and Psychological Interventions, Research Methodology, HIV/AIDS, Vulnerable youth and children.

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