Applied Social Psychology


   Aims to introduce group counseling program among women college students and find out its effectiveness in terms of better adjustment, improved self-confidence and emotional stability. The sample comprised of 304 women students of St. Joseph’s College, Visakhapatnam, India (age ranging between 16 and 22 years). The students were administered the Bell Adjustment Inventory (Bell, 1962) as a measure of adjustment. The subjects who scored low on the emotionality dimension were divided into control and experimental groups. All of them were tested on Internal-External (IE) locus of Control Scale (Rotter, 1972) and the Eight State Questionnaire (8SQ, CURRAN & Cattell, 1973) followed by group counseling was given to the experimental group. No such counseling was given to the control group. These tests were administrated once again to both the groups. Analysis of data included computation of t s and correlations. Pre-score and post scores between the control and the experimental group and also a comparison of post scores between the control and the experimental groups revealed that there were positive changes being brought about by counseling in terms of adjustment, self-confidence, locus of control and certain emotional states.


   Emphasizes the importance of the importance of bio-psycho-social model towards understanding of mental illness, the paper attempts to establish the relevance of social representations through a qualitative study. The study revealed that the meanings and notions held by common people of mental health and illness were more inclined towards psycho-social explanations. In conclusion, the author suggests for an integration of the commonsense knowledge with other approaches for designing of intervention programmers for effective interventions.