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# PERSONALITY SOCIAL AND COGNITIVE PERSPECTIVES

Edited by  
Dr. Chandrakanth Jamadar  
Dr. Bagappa Chalawadi  
Dr. Ashok D. Holkar

ಸಪ್ತಮಾಸಿಕವಾಗಿ  
ಅನುಬಂಧಗಳನ್ನು  
ಅನುಬಂಧಗಳ ರೀತಿ, ಕುರಿತು  
ವಿಷಯ-578...



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# PERSONALITY: SOCIAL AND COGNITIVE PERSPECTIVES

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Dr. Chandrakanth Jamadar  
Dr. Bagappa Chalawadi  
Dr. Ashok D. Holkar

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# THE ROLE OF LIFE SKILLS COUNSELLING IN INCREASING WARMTH PERSONALITY AMONG ALCOHOLICS

Dr. Manjunatha P.

**Abstract:**

Alcoholics suffer from many psychological problems as well as do have a disorganized personality. To treat the alcoholics several psychological techniques, interventions, therapies have been developed by Psychologists. Life skills counseling intervention is one of the most effective one in treating and helping the alcoholics in reconstruction of their personality. The major aim of the present paper is to emphasize the impact of Life-skills counseling as intervention in increasing the warmth personality among alcoholics. The Life-skills counseling is known to be cost effective as well as emerging as an appropriate, non-pharmacological intervention for larger group. Total 120 alcoholic participants were selected on convenient basis, with low score on warmth personality factor. To measure warmth personality CAQ was administered before

Dr. Manjunatha P.: Assistant Professor, Dept. of Studies and Research in Psychology, Karnataka State Open University, Mukthagangothri, Mysore (Karnataka) India.

Handwritten notes in Kannada script at the bottom right corner of the page.

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 ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾನಿಲಯ

## ROLE OF INTERVENTION PROGRAMMES IN REDUCING ALCOHOLICS PROBLEMS

Dr. MANJUNATHA P & Dr S SURMA

Department of studies and research in Psychology, Karnataka State Open University, Mysore

### Abstract

Alcoholism is one of the major social and psychological problem. The individual forgets his responsibilities towards family, career and Society. It affects the individual's physical, psychological and social adjustment. The total personality gets disrupted due to alcoholism. There are different ways being used to treat alcoholism like deaddiction, cognitive behavioural therapy, Group Therapy, aversion therapy, counseling, drug treatment and intervention programmes etc. The present paper deals with the Role of intervention programmes in reducing alcoholics problems.

**Keywords:** Alcoholics, alcoholics problems, intervention programmes.

### Introduction:

Alcoholism is the most studied subject in Psychological research. An individual gets into the addiction of alcohol due to a number of environmental, social and Psychological factors. Alcoholics suffer from many socio-economical and Psychological problems.

The Global status report on alcohol health (2014) released by the World Health Organisation states that around 30 % of the total population of India consumes alcohol a year. WHO states that the amount of alcohol consumption has raised in India between the periods of 2008 to 2012. 11% of the population in India indulged in heavy or binge drinking the Global figure stood at 16%. The report stated that 8.3 % of the Global population consumed alcohol on an average and individual over 15 years of age consumed 6.2 litres of alcohol annually. Americans consumed 8.5 to 9.9 litres of alcohol per annum while Canadians consumed a whopping 12.5 litres per annum.

According to WHO (2010) estimates that approximately 2 million people are addicted to alcohol out of which 76.3 million people are suffering from Medical problems 1.80 million die and 58.3 million people become incapable of doing anything due to alcoholism. Hence it is a major social problem the Nations are facing and it becomes an important issue that social scientists do pay more attention to study, control and avoid the negative impact of alcoholism on the society.

**Alcoholics Problems:** According to World Health Organisation 'alcoholics' are those individuals who drink alcohol heavily and have become dependent on it. They show certain early observable psychological difference due to alcohol. Their physical and mental health would have been affected, their interpersonal relationships reduced, social activities troubled, economic conditions and various other characteristics are affected.

Alcohol is said to be central nervous system depressant. Alcohol abuse leads to serious withdrawal symptoms chronic use of alcohol leads to various negative psychological effects and it also leads to organic brain disorders as Korsakoff's syndrome.

Banerjee (2014) says that the short term alcoholic use may be reinforcing for many people but as drinking is not an effective coping mechanism their life situations do not improve.

According to Bharti Roy (2013) in the study conducted upon 'Mood States and pattern of adjustment among male alcoholics' reveals that alcoholism differ significantly with normal control group on mood States of anxiety, stress, guilt, depression and extraversion, alcoholics exhibit higher levels of anxiety, stress and guilt. Alcoholics showed more problems in all areas family, health, occupation, educational and overall adjustment.

According to Moonat and Pandey (2012) the psychological traits like stress, anxiety and tension and the easy accessibility increases the risk further for alcoholism.

Roper et,al (2009) in their study with alcohol dependents found out significant improvements in relation to depression and anxiety and maladaptive schemas after a period of abstinence and educational program. Thus maladaptive schema can be changed with the psychological support and therapeutic impact which may in turn lead to personality changes at least from interpersonal perspective. It also suggests that greater this social support the therapeutic effects helps improve mental health of the alcohol dependent person.

### Intervention Programmes

Kienast and Heinz (2005) Intervention program for alcoholism include short term strategies to change behaviour as much as possible in a limited time. It includes motivational interviewing techniques providing feedback about alcoholism, negotiating and setting a goal for change. Intervention also focused on identifying high risk situations exploring the pros and

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DEPARTMENT OF STUDIES AND RESEARCH IN

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M.Sc PSYCHOLOGY

THIRD SEMESTER

COURSE-13 : PSYCHOTHERAPY

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ಕರ್ನಾಟಕ ರಾಜ್ಯ ಮುಕ್ತ ವಿಶ್ವವಿದ್ಯಾನಿಲಯ



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ಎಂ.ಎಸ್ಸಿ. ಮನೋವಿಜ್ಞಾನ

ತೃತೀಯ ಸೆಮಿಸ್ಟರ್

ಕೋರ್ಸ್ 13 - ಮನೋಚಿಕಿತ್ಸೆ

THE BEHAVIORAL MODEL

ANTICIPANTS  
WHAT YOU HEAR

BEHAVIORS  
WHAT YOU DO

CONSEQUENCES  
WHAT YOU GET

FEEDBACK  
HOW YOU FEEL

PSYCH THERAPY

"What gets measured, gets moved. What gets rewarded, gets repeated"

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ಮನೋವಿಜ್ಞಾನ ಅಧ್ಯಯನ ಮತ್ತು ಸಂಶೋಧನಾ ವಿಭಾಗ, ಕರಾಢುಁ

ಕರ್ನಾಟಕ ರಾಜ್ಯ ಮುಕ್ತ ವಿಶ್ವವಿದ್ಯಾನಿಲಯ



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ಎಂ.ಎಸ್ಸಿ. ಮನೋವಿಜ್ಞಾನ

ತೃತೀಯ ಸೆಮಿಸ್ಟರ್

ಕೋರ್ಸ್ 13 - ಮನೋಚಿಕಿತ್ಸೆ

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ಪ್ರೊ. ಎಸ್. ವಿದ್ಯಾಶಂಕರ್  
ಕುಲಪತಿಗಳು ಮತ್ತು ಅಧ್ಯಕ್ಷರು,  
ಕರ್ನಾಟಕ ರಾಜ್ಯ ಮುಕ್ತ ವಿಶ್ವವಿದ್ಯಾನಿಲಯ  
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ಪ್ರೊ. ಕಾಂಚ್ಚಿ ಅಶೋಕ್  
ಡೀನ್ (ಶೈಕ್ಷಣಿಕ) ಸಮಾವೇಶಕರು,  
ಕರ್ನಾಟಕ ರಾಜ್ಯ ಮುಕ್ತ ವಿಶ್ವವಿದ್ಯಾನಿಲಯ  
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ವಿಷಯ ಸಂಯೋಜಕರು

ಡಾ. ಎಸ್. ಸುರೇ  
ಮುಖ್ಯಸ್ಥರು  
ಮನೋವಿಜ್ಞಾನ ಅಧ್ಯಯನ ಮತ್ತು ಸಂಶೋಧನಾ ವಿಭಾಗ  
ಕರ್ನಾಟಕ ರಾಜ್ಯ ಮುಕ್ತ ವಿಶ್ವವಿದ್ಯಾನಿಲಯ  
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ಡಾ. ಮಂಜುನಾಥ.ಪಿ  
ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕರು  
ಮನೋವಿಜ್ಞಾನ ಅಧ್ಯಯನ ಮತ್ತು ಸಂಶೋಧನಾ ವಿಭಾಗ  
ಕರ್ನಾಟಕ ರಾಜ್ಯ ಮುಕ್ತ ವಿಶ್ವವಿದ್ಯಾನಿಲಯ  
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ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ  
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ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕರು  
ಮನೋವಿಜ್ಞಾನ ಅಧ್ಯಯನ ಮತ್ತು ಸಂಶೋಧನಾ ವಿಭಾಗ  
ಕರ್ನಾಟಕ ರಾಜ್ಯ ಮುಕ್ತ ವಿಶ್ವವಿದ್ಯಾನಿಲಯ  
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ಮಹಾರಾಣಿ ಕಾಲೇಜು  
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ಪ್ರಕಾಶಕರು

ಕುಲಸಚಿವರು (ಆಡಳಿತ)

ಕ.ರಾ.ಮು.ವಿ. ಯ ಶೈಕ್ಷಣಿಕ ವಿಭಾಗದಿಂದ ಸಿದ್ಧಪಡಿಸಲಾಗಿದೆ.

ಕರ್ನಾಟಕ ರಾಜ್ಯ ಮುಕ್ತ ವಿಶ್ವವಿದ್ಯಾನಿಲಯ, 2022

ಎಲ್ಲಾ ಹಕ್ಕುಗಳನ್ನು ಕಾದಿರಿಸಲಾಗಿದೆ. ಆಪ್ತನೇ ಇಲ್ಲದೆ ಈ ಕೃತಿಯನ್ನು ಪೂರ್ಣವಾಗಿ ಅಥವಾ ಭಾಗವಾಗಿ ಪುನರ್ ಮುದ್ರಿಸಬಾರದು.

ಕರ್ನಾಟಕ ರಾಜ್ಯ ಮುಕ್ತ ವಿಶ್ವವಿದ್ಯಾನಿಲಯದ ಕೋರ್ಸ್‌ಗಳ ಹೆಚ್ಚಿನ ವಿವರಗಳಿಗೆ ವಿಶ್ವವಿದ್ಯಾನಿಲಯದ ಕಾರ್ಯಾಲಯ, ಮುಕ್ತಗಂಗೋತ್ರಿ, ಮೈಸೂರು - 6 ಇಲ್ಲಿಂದ ಪಡೆಯಬಹುದು.



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M. Sc. PSYCHOLOGY

FOURTH SEMESTER

COURSE 19- POSITIVE PSYCHOLOGY

OPTIMIST

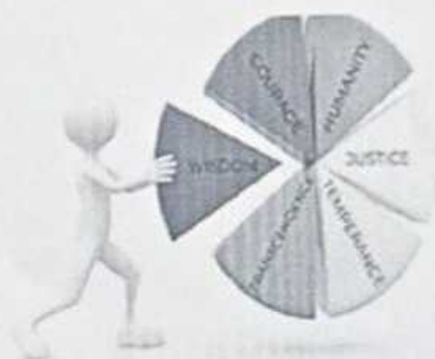
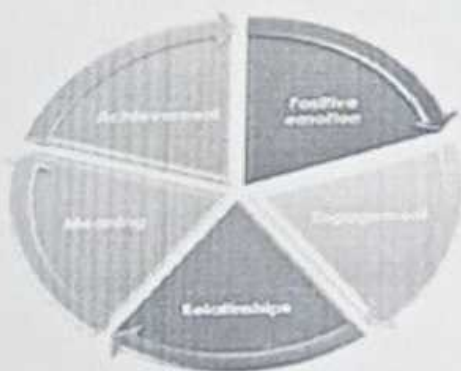


"The glass is half full"

PESSIMIST



"The glass is half empty"



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**COURSE - 19 POSITIVE PSYCHOLOGY**

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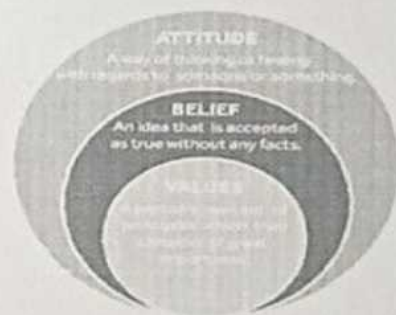
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M. Sc. PSYCHOLOGY (CBCS)

FIRST SEMESTER

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SOCIAL AND COMMUNITY PSYCHOLOGY



Agents of socialization



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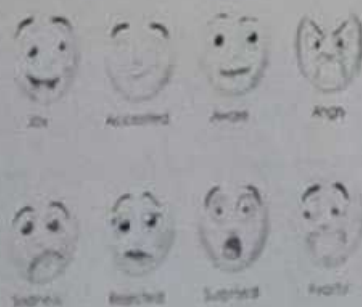
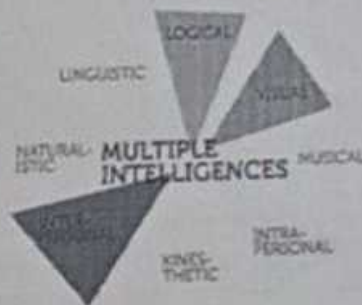
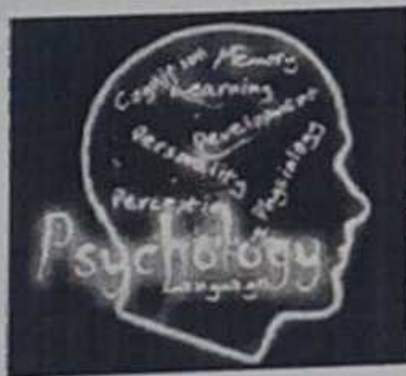
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FIRST SEMESTER

INTERDISCIPLINARY OPEN ELECTIVE EL- I

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**INTERDISCIPLINARY OPEN ELECTIVE EL- I**  
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