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RECENT TRENDS IN PSYCHOLOGICAL RESEARCH A STUDY OF INDIAN JOURNAL OF POSITIVE PSYCHOLOGY

Z. S. Kadam*

The recent trends in psychological research can be traced in many different ways analyzing keywords of articles published in flagship journals, analysing subject matter of dissertations etc. This is an effort to understand the prominent research trends in subthemes of Positive Psychology through a study of Indian Journal of Positive Psychology. It is seen that Subjective well-being is the most dominant theme of research and then follows emotional intelligence, mental health, Spirituality and subject matter of positive psychology.

The recent trends in psychological research can be traced in many different ways analysing keywords of articles published in flagship journals, analysing subject matter of dissertations, tracing the grants received for research projects and universities and centers offering specialization so also the emergence of professional organizations and new journals. Here is an effort to understand the prominent research trends in subthemes of Positive Psychology through a study of Indian Journal of Positive Psychology.

Study area : The scope of this study is limited to the trends of research in psychology in India for last three years specifically from the launch of a first ever journal of positive psychology in India on Sept. 17, 2011 i.e. Indian Journal of Positive Psychology. The quarterly journal is published by Indian Association of Health, Research and Welfare (IJHRW). Being a group of researchers, health practitioners, social workers and students, the aims of the IJHRM are to promote quality, indigence and cross-cultural researches, provide database to researches relating to psychology and other health sciences, build a platform for researchers for scholarly discussion to enrich thoughts for generating new ideas in psychology and other health sciences, and to publish quality books, journal and scales and to provide them to researches at their doorstep to promote the discipline of psychology. Till now 4 volumes of 12 issues are published comprising 331 research articles with latest issue in September 2013.

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Objective :

To understand the five most dominating subthemes of research in Positive Psychology through a study of Indian Journal of Positive Psychology

Limitations of the Study :

The study focuses only on research papers published in Indian Journal of Positive Psychology so one should be very cautious while making generalization.

DATA AND METHODS

The tool of data collection used in this study is Archives. The necessary information is gathered from an official website of Indian Association of Health, Research and Welfare (IJHRW).

The reason behind selecting this particular journal is it is an official publication of a group of research scholars and health practitioners and first ever journal of Positive Psychology in India. Another practical reason is that the sufficient data is available on a website in an interpretable manner.

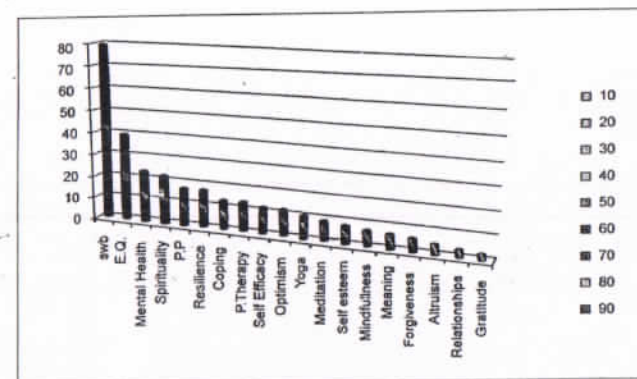
The study is conducted in following steps :

1. Collecting the titles of all the papers and their short preview from all the 4 volumes comprising 13 issues.
2. Screening the titles for indicating the subthemes of positive psychology.
3. Data analysis.

As the raw scores are interpretable, no further statistical analysis is done. To well interpret the data and avoid complications the variables of subjective well-being, life satisfaction and happiness are grouped together as many a times they are used as synonyms. So also Emotional Intelligence, emotional regulation and emotional literacy are grouped together. Some articles like "Senior citizens : Problems and remedies Vol-3, Issue-2 (Pages 194 to 196)" are excluded from the data as they are more relevant to other disciplines of psychology.

RESULTS AND DISCUSSION

The maximum research articles published in the journal are related to subjective well-being i.e. 81. For emotional intelligence, mental health, spirituality, the articles published are 40, 24, and 23 respectively. The equal numbers of articles are related to subject matter of positive psychology and self efficacy i.e. 17.

**CONCLUSION**

It is seen that Subjective well-being is the most dominant theme of research and then follows emotional intelligence, mental health. Spirituality and subject matter of positive psychology.

Recommendations :

The major subthemes of positive psychology like relationships, gratitude, altruism and forgiveness are much neglected. And these variables favourably contribute to the psychological and physical well-being and ultimately to subjective well-being.

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* EMOTIONAL INTELLIGENCE SCALE

(FOR SECONDARY SCHOOL STUDENTS)

— Neha Sharma and Dr. Sudha Kumari Sharma

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