CHAPTER- 2

REVIEW OF LITERATURE

Many Researchers have been done in this related problem. The present study has been restricted the variables of and stress and mood states. The purpose of this research is to study the differences. If any in respect of these variables between stress and mood states, parents mother and father. A review of the related literature pertinent to this study is presented in this chapter.

The review of Literature in research provides one with the means of getting to the frontiers in a particular field.

For any worthwhile study in a field of knowledge a research needs adequate familiarly with related studies only than an effective research for specialized knowledge is possible. The research for reference material is time consuming but very fruitful phase of research program. Survey of related literature serves to show what is already available, solves the problem adequately without further investigation and also avoids the risk of duplication. It provides comparative data useful for the interpretation of results and contributes to the general scholarship of the investigator.

The importance of the review of the related literature is expressed in the words by Billy Turney and George Robb ad follows identification of a problem development of a research design and the determination of the size and scope of the problems all depend to a great extent on the case and intensity with a researcher has examined the literature related to the intended research.
Keeping in view the above consideration made a comprehensive survey of the related study of past years was studied, which have been presented as following.

The human being passes through various stages of development like infancy childhood adolescence youth and old age. But in these all stages of development parents play prominent role in one’s life. As far as parents are concerned, it is more difficult if their child is physically challenged. In this regard, the present investigation will throw light on mental maladies (stress and mood state) of such type of parents.

The present review of literature will consider the conceptual phenomena as well as the variables under study to assess empirical clarifications any research needs support verification and clarification by having thorough critical evaluation of the literature available to the research investigation.

The present chapter will focus on review of literature related those parents stress and mood state whose children are visually disabled challenged.

**STRESS:**

_Vina Chaudhari and Borase (2005)_ studied on work stress among the teachers from private school and public school of Mumbai area. They found significance difference both the group work stress is very high among the female teachers of private school and average among the public school indirectly work stress represents the level of job satisfaction and job involvement of school teacher.
Rajshree Kapoor and Borse (2007) studied on job involvement job satisfaction and job stress and Urban school teachers of Nasik District through the Sample of 300 teachers from Urban and rural area. They concluded that there is significance difference between job involvement and job stress among the school teachers of rural and urban area with reference in government aided school and non granted aided school teachers are having high job satisfaction and low job stress and average job involvement. While the non government school teachers having low job satisfaction high involvement and high job incentive of protection for future but salary is very low.

Hemalata Nateson (1999) studied on the stress among the professional school teacher of Tamilnadu and she found that work overload work pressure environment prolusion physical excursion create stress among their and they are spondialis, hipper tension, arthritic heart diseases, asthma, diabetic, backache and depression problem.

Priyanka Sharma And Pallavi Sachdev (2005) studied on 44 primary teachers of Kashmir valley for their occupational stress and through OSI. 12 variables are measures and they found that the entire variable experimented moderate level of stress among the teachers of four groups married unmarried female, these group showing level.

Mishra P.C. And Maniktola N. (1993) impact in occupational stress and ego strengthen our organization the job satisfaction of female degree college teachers.
For this investigation random sample of so female degree college teacher working in different girls college of Curnow city was take as the sample of occupational stress. Index development by shrivastava and Sinha Hasans. Ego strength scale and Bray field Ro the job satisfaction scale were administered to the whole sample.

The results of this study that

1 High occupational stress group has lower job satisfaction then the low occupational groups.
2 The high ego strength group reveled job satisfaction then its counter part low ego strength group.

Bharatz T Nagarathanama And Viswanatha Reddy (1999) effect of occupational stress in job satisfaction. This study included 90 sample clerical employees from three organization i.e. Business scale and Shrivastava administered to the three groups.

For statistical analysis ‘t’ test chi-square test co-efficient of range test were applied.

2) MOOD STATES:

Jessica McFarlane and et. al (1988) suggested that mood fluctuations in women and men were studied both prospectively and retrospectively to determine whether cyclic changes occur over phases of the menstrual cycle, liner cycle and or days of the week, participants, who did not MO the purpose of
the study recorded the pleasantness, arousal and stabbing there, mood daily 70
day later they recalled, their average mod for eat day of the week and phase of
menstrual cycle. The only evidence or mo fascination over the menstrual cycle
100 in women reported more pleasant mood in the follicular and menstrual
cycle than over women on contraceptives. There was no evidence of mood
fluctuations over the cycle and the group did not differ in stability. The
retrospective reporting bias for the menstrual cycle and day week suggests the
influence stereotypes about moods.

Cameron, Paul (1975) observed in 4 investigations 6,452 4-99 yrs old
persons were interrupted at leisure, at home at school and at work and
asked to assess their mood as being happy, neutral or unhappy. Mood of
happiness and neutrality were each reported about 45% and happiness about
10% of the time female more frequently reported moods of happiness or
unhappiness than males, while mood did no very as a function of age.
Present at leisure reported more affectively pleasant mood than these at
work or at school person of higher socio economic status reported more
happy mood them hose of lower status. In another study 255 colleges
students were administered various personality scale and then interrupted 21
times over the course of the quarter and their mood indexed. Tested
religiosity negatively correlated with frequency of pleasant moods, the
baron Ego - strength scale was uncorrelated with frequency kind of mood,
and the Eysenck neuroticism scale correlated with frequency of unpleasant
moods.
Khajuri B. Sharma R (2007) concludes that out of total 3485 autopsies 16.24% (566) were already suicidal outsiders. 343 (60.61%) victims were from urban and rural area respectively (P=0.030).

Wagner, Barry M (1995) studied to students (N=1050) in mid-Atlantic state were divided into post suicide attempters, depressed students and were compared for risk factors, suicide attempters reported lack of adult support: More problems with parents, police and sere and increased incidence of physical abuse, running away from home, living away from parents and knowing someone who had committed suicide.

Blau, Gary M - et al (1988) investigated to data from 281 fifth and seventh grades students reporting no prior experience with groups or alcohol showed self - esteem, depression; and anxiety to be significantly correlated with variables associated with potential drug use. Suggests that low self esteem and high levels of depression and anxiety can be predispositions to drug use in rural populations.

Janice langan (1995) was measured occupational stress in 163 Australian managerial and professional women through the OSI. The wife role had the highest mean score for the most stressful role, women with three or more children reported poorer psychical health and having parental status was associated with headaches, exhaustion, ovations smoking and drinking Nonetheless, this group also had significantly high scores for satisfaction.
Swanda, Raze M etal (1986) Described, study in which 146 rural mental Health clinic clients reported moderate to experience stress levels for all demographic and diagnostic groupings. Indicates younger patients had higher stress levels than older and significantly different stress events differentiated alcoholic, male and Hispanic - American patients.

Shonefeelt Elizabeth L Battisat lynee (2004) studied 154 graduate experiencing positive; neutral or negative job and Life satisfaction. positive satisfaction resulted in ratings of more positive reported mood state, lower expected absenteeism and turnover intentions and greater expected organization citizenships behavior than did neutral satisfaction- and negative satisfaction. Life satisfaction was associated with reported mood states and intentions similarly to job satisfaction except negative job satisfaction was more negatively influential on expectations of quitting they negative life satisfactions, both job and Life satisfaction may be, antecedents to affect and its consequences in work setting.

Rubio - Charles - T; Lubin - Bernard (1986) compared 70 undergraduates who sought help from a student counseling services with 70 students who had not sought help. Measures included the profile of mood states, the depression adjective checklist a stressful life - events inventory, A. Mehrabiat's (1977). Stimulus screening scale - and L. A. Pervin's (1967) transactions analysis of personality - environment. Results demonstrate a significant relationship among life events, in the preceding year than did
controls findings also confirm the importance of social support on the psychological effects of stress, stimulus screening and locus of control were also related to psychological strain. The pattern of relationships depends on whether mood disturbance or help seeking behavior was targeted.

**Olson, Douglas H** (1990) assigned 60 college students to arousal, Low arousal or control conditions, responded more positively first interpretation in high arousal then in low arousal condition.

**Gruber - Louis - N: et al** (1984) Studied 33 patients with various from of affective disorder or schizophrenia listened to 2 tape - recorded sounds (presented in associations while listening to determine if there was a significant difference in the mood states evoked by the 2 tapes one tape has been described as dysphasia producing and the other generally evoked experience in the country or on a farm. SS completed as ego function assessment as part of their diagnostic evaluation & were given the profile of mood states for 5 precooks baseline sound baseline - sound 0 baseline. There was a considerable range in the degree of responsiveness of the SS to sound recordings, ranging from virtually no effect to dramatic but transient mood change. It was noted that SS with the more marked response were more likely to be called "borderline" by ward staff, to have a stormy hospital course and to show other evidence of affective instability.

**Cheng Hisao - Ping** (1995) was compared the ways 35 American and 38 Chinese P.G degree students perceived the feeling of Love, guilt and anger.
A semantic differential using evaluative and potency scales for the concepts ways administered, found students in Taiwan evaluated the feeling of quilt more negatively than American students.

Entwistle, N.J. Wilson J. D. (1970) measured four personality types stable introvert, unstable introvert, stable extrovert and unstable extrovert along with the eysenck personality inventory were give to 72 graduate, results showed recognizable interaction between study methods; motivating and personality type n relation to degree performance.

Lovejoy, Mercia, A, Ferley, frank H (1971) showed that paired associate learning accompanied by high arousal should leas to stronger permanent memory and weaker immediate memory than paired - associate learning accompanied by low arousal.

Lewinsohn 0 Peter - M : Graf - Micheel (1973) examined the relationship between engaging in pleasant activates and mood as a function of age, sex and diagnostic group, go male & female ss, evenly divided in to 3 age groups (18-29, 30-49 & 50 and over) & 3 diagnostic groups (depressed, non depressed psychiatric, of normal controls completed activity schedules of mood ratings for 30 consecutive day. correlation with mood was obtained for total number of pleasant activities engages in as well as for individual activities, Results indicates that (a) a substantial and significant relationship existed between mood levels & number of pleasant activities engaged in for all groups, (b) psychiatric controls of SS aged 30 - 49 had a significantly larger number of
mood correlated items, and (c) depressed SS engaged in fewer pleasant activities, and event frequently associated with mood were cauterized in to 3 groups incompatible affects, ego supportive and social interaction. Treatment implications are discussed.

Hudesman - John; Semediler, - Gerrude - R (1976) revealed that ESP calls and self-report of mood were mode, both before and after each of 24 psycho analytically - oriented therapy sessions, by a single patient. His changes in mood correlated with his chaes in ESP success (PL .06) and the ESP scores were significantly better when he was less depressed and in an aggressive, impatient, mood. The variances of his ESP score was significantly below changes expectation after therapy sessions (pi.002) and also significantly lower than the variance before the sessions (PL 0.5) ESP success and ESP variance were not correlated. Results are interpreted as consistent with the ego defenses o the S It is recommended that in later research on mood and psi (a) the S ego defenses be examined as a modulating variable and (b) ESP success and ESP variance be examined separately.

Jones, Mee et al (1997) suggested that cigarette smokers and 20 non smokers completed a brief mood state questionnaire every 2 hrs over 1 day shift and 1 night shift. SS were male police officers and factory workers aged - 23 57 yrs smokers reported significantly higher stress levels than did non-smokers on both day and night shifts. This confirms previous findings
that smokers are often more stressed than are non-smokers. Stress shift, but the circadian pattern did not Thus, smoking did not after circa high mood rhythms, not did if facilitate stress control, self-rated levels of arousal showed the archetypal inverted - U pattern over time in both smokers and non-smoker. There was no difference in mean arousal levels between subgroups, indicating that aigrettes did not lead to greater alertness. The shift X time interaction was significant for both stress and arousal indicating different circadian rhythms during the day shift and the night shift finally, where as smokers consumed slightly more cigarettes during the night shift than day shift (22-3 and 19.4 respectively) mean stress and arousal levels did not differ between shifts. (APA ARR 2004.)

Best Connie - L : Kilpatrick D dean - G (1977) showed that to describe the psychological characteristics of volunteer rape crisis counselors, a battery of psychological tests (e.g. Barren Ego-strength scale, profile mood states, and Eysenck personality Inventory was administered to 20 female counselor and 14 pediatric horses matched for age and education. Analysis of several measures, including the MMPI, showed counselor to be well-adjusted open minded, non anxious, relatively assertive, pro feminism and individual’s whose mood of vigor and activity led them to seek out and enjoy new experiences.

wisdom regarding urban stress, findings indicate that stress-related disorders are much more prevalent among rural than urban residents.

Pollock V and et al (1979) spontaneously occurring moods states and various physiological indices were evaluated on three occasions in a group of eight healthy males. Results reveal that significant positive correlations exist among five of the significant comprising the profile of mood state (PMOS). This findings related to previous research on the POMS and varied methodologies utilized in those reports. Reliable positive correlations of the pomos factors depression and Tension with heart rate and diastolic blood pressure were obtained. The anger factor of the pomos also correlated positively and significantly with heart rate.

Duncan J. T. Skip (1979) shows that the need to perform effectively under stress is a concern in many professions. For police officers and managers, who make split-second life and death decisions, the problem takes on added significance. The annotated document complied are in three sections: an overview to describe types and effects of stresses, police stress causal factors and management approaches to reduce stress. Appendices desirable 35 training films that depict stressful situations and promote successful management techniques and give a source list of annotated documents.

Levitov, Justin E (1981) found that police of completed a self-report instrument measuring overt and covert anxiety and a demographic survey exploring officers perceptions of their need for counseling and to determine
factors that predispose officers to seek counseling. Results indicated that officers would seek counseling if services were available.

**Beehr, Terry A** (1981) was indicate that role stress were related to employee outcomes including overall job dissatisfaction, Life satisfaction, low self- esteem, depressed mood and fatigue.

**Tellis - Nayak V.** (1982) measured the degree of religious commitment of rural elderly and the contribution religion makes to their feelings of loneliness, anxiety about death, meaning in Life and well -being religious commitment among the elderly to be the results of a cognitive attempt on their part to render the wend intelligible.

**Schwab, Richard L, Iwanicki** (1982) studies of a statewide sample of 469 Massachusetts teachers found that role conflict was significantly related to two aspects of teacher burnout, those of emotional exhaustion and negative attitudes towards students and that role ambiguity was significantly connected to a third aspect, that of feelings of lack of personal accomplishment.

**Franco, Juan N** (1983) measured of self concept and level of acculturation obtained from 44 male & 48 female and Anglo American and 103 male and 116 female American students from one rural and one urban school district showed no overall ethnic differences for behavior happiness - satisfaction intellectual 1 school status, physical appearance, anxiety popularity.

**Revel - Keith - F** (1983) determined what multiple mood variables might be
affected by ego - manipulation condition. 92 undergraduates were administered the Howarth mood adjective checklist (HMAC) following completion of the test. SS were told that their performance would be assessed through a brief intelligence test, after completion of these SS were again administered the HMAC. Results showed that (1) the majority of the HMAC's multiple mood scales appeared sensitive to state manipulation; (2) significant positive state changes were produced in the ego enchaining conditions with a reversal of this pattern being seen in the ego - threatening position; (3) significant changes were found on at least 2 of 4 negative affect scales (sadness of anxiety), with females differing also on the state measure of fatigue; and (4) the negative mood scale of aggression revealed no significant change for either condition or sex.

Imig, David R. (1983) compared the differential influence of stress on the interpersonal relationships of 101 representative rural and urban families. Notes that high stress rates adversely affected rural, but not urban interfamilial interaction and affected young families’ more than older ones.

Kreienkamp, Ronald A (1983) found that the extrovert introvert differences between male student’s pilots and their flight instructors compared with student pilot flight training time were statistically significant. These results suggest that if male student pilots are paired with their instructors and proximity of their scores on the extrovert -introvert.

Muntain Kejan and others (1984) suggested that rural Texan's views
economic problems also impacted negatively on other factors of their lives. Illness or disability and lack of adequate health and human services also constituted significant sources of stress, lack of education a survey variable, was not views as stressful. Health providers cited gastrointestinal and cardiovascular disease, depression, anxiety, and headaches as commonly seen stress related illnesses.

Padwal Ram S (1984) examined the relationship of self concept to intelligence, anxiety and academic persistence and achievement among young adolescents in rural school statistical procedures used to analyze the data revealed that self 0 concept and intelligence were not significantly correlated that self concept and both that self concept and academic achievement had a significant positive correlation.

Baildwin, Josheph J, Randoph (1984) investigated the effect of provocation on aggression for three types of alcohol users. The results indicate that the provocation elicited significantly more feelings of hostility and verbal aggression However; there were neither significant level effects nor a significant interaction between level of drinking and presences of provocation.

Barker Jesses W (1985) designed to assess attitudes and anxiety levels was administered to 96 main cooperative extension personal prior to receiving computer training for these workers no age, sere or job level relationship to attitudes about computers were found.
Zettl-Lynn-A (1999) studied the experience of trauma in 14 prizefighters, police officers and paramedics was explored through a self administered questionnaire of a semi structured interview, the impact summation. Experiencing (super) (SF), a body centered psychotherapy, was examined in those who continued in the study. Three psychological lenses were used to explicate the experience of trauma: archetypal, self psychological and psycho physiological a theme that emerged from the interviews is that the archetypal energy of the horror allows the emergency workers to do their jobs, which involve sacrifice, skill, strength and courage. The role of emergency service workers provides a psychological armor which consists of assumptions about courage, helping, control of protector. When a critical incident punctures the armor, making it difficult to stay in the role of rescuer, the workers are more likely to be traumatized several development themes emerged out of the interviews with the participants, whose childhood histories were strikingly traumatic & difficult. Working in the emergency services field can be seen as a recapitulation of derailments at mirroring and idealizing in childhood. The individuals in this study are more prone to develop PTST not only because of their exposure to trauma but also because of their childhood histories, the experience of trauma was more deep understood by exploring the psycho physiological symptom which the participants were trying to manage consciously and unconsciously. These symptoms were categorized into the four constituents of a traumatic reaction: hyper arousal constriction, dissociation, and freezing response. in association with the experience of helplessness. SE provided dramatic relief from the
symptoms of PTSD for all but one of the participants most of the participants reported an improved ability to deal with stress both on and off the job and 40 love of nurture their significant others. Approximately 80% of the participants noticed a decrease in mood swings, anxiety, amnesia, flashbacks, or intrusive imagery and an increase in the ability to concentrate.

**Arentez - Bengt - B (1985)** assessed the role that psychological and social factors play in predicting the participation of elderly people in social activation programs and evaluated the importance of such factors in improving SS moods and decreasing feelings of loneliness. Over a 6-month period social activation program was implemented with 30 residents (aged 50 yrs) in senior citizen apartments. 30 additional age-matched residents served as no treatment control. SS completed a locus of control scale, the Hopelessness scale, a short version of the Eysenck personality inventory, a short version of UCLA Loneliness scale, and a mood scale immediately before and 3 and 6 mo after the beginning of the program. Results indicated that the activity level of SS who participated in the program had increased threshold. SS reported improved moods and decreased feelings of loneliness. Because the program benefited those SS who were initially most passive and isolated, it is concluded that geriatric occupational therapy plays an important role in preventing unnecessary social isolation in institutional living.
Matthews Doris B (1989) find out to formulate theory to geode relaxation theory to guide relaxation training in educational settings, primary rural schools. The resulting theory of relaxation that the relaxation training decreases arousal, with high anxious persons more capable of change than low anxious persons and students evoke the relation response easily but have difficulty evoking arousal. Relaxation training improved students self management skills decreased state anxiety, increased girls social interaction skills improved self concept reduced test anxiety and raised test scores and achievement.

Tong L moms, Li-ping (1989) was examine hardiness in a sample of police officers. Subjects were police form seven suburban police department. The results of hierarchical repression analysis indicated that hardy policy had less concurrent strain future strain concurrent illness and future illness. Police officers who had high police stress tended to have f high level of future illness and future absence from work. Further, the interaction between hardiness and police stress on future absence for work was significant.

Boright, Lucinda L (1990) suggested all comedian refugees seem to possess some degree of survival guilt. Emotional problems range from depression anxiety and paranoia to sleep disturbances and death.

Marcus - Eric - R (1990)Described the integrative treatment use of medication and psychotherapy based on the psychological structure (autonomous ego functioning, defensive structures and mood states that
affect both) of patients with depression coexisting with personality disorder. Several common personality disorders with depression are discussed including narcissism; obsessive, hysterical, paranoid and sadomasochistic personalities and borderline depressive hysteria.

**M C Clikin, Joyce** (1990) Examined studies of college students toward handicapped persons, findings from 68 male and female college student revealed that women and religious students had more favorable toward handicapped persons. Poor attitudes were associated with fee apprehensive feeling guilty conforming with others being easily and feeling unworthy.

**Reed, John C.** (1991) suggested that to working in high stress situations, helpers in rural areas also suffer from isolation from support network and peers that are available to urban helpers. This isolation may contribute to rural helper’s burnout and symptoms of excessive stress.

**Barry J. Evans, Gre J – Coman** (1992) suggest that police officers in the performance of their duties face a range of potentially stressful situations and events. These have the capacity to cause significant personal distress - leading to short - term changes in mood and psychological functions researcher reported the post non analysis of data collected as part of larger study of Australian police officers occupational stresses and coping behaviors. Subject's responses on the Jenkins activity survey and the trait scale of the state - trait anxiety inventory were compared across length of service results
showed that police officers with more than 12 years of service differed significantly from those with fewer years of service on the Hard during and competitive panel dimension in the Jenkins activity survey and also had significantly lower trait anxiety scores.

Norvell, Nancy, Bells et-at (1993) examined effects of circuit weight training on mood perceived stress, job satisfaction and physical symptoms among 43 state has enforcement officers. After four months, exercisers significant increase strength on cardiovascular fitness; significant improvements in mood, including decreases in somatization anxiety, depression and hostility, decreases in reports of physical symptoms and improvement in job satisfaction.

Evans, Barry - J, coman, - Gerg - J (1993) Examined stressors reported by police officers and correlated them with perceptions of their working environment and measurers of anxiety, Locus of control and mood states. 371 Australian police officers were administrated test that included a critical life events scale, the profile of mood states and the state - Trait Anxiety inventory stress was considered in terms of job content and job context. SS were stressed primarily by organizational variables common to occupational groups, such as rules, regulations and social ethos. Officers perception regarding the poor quality of supervision and the limited context to which they can rely on supervisors, constituted important organizational stressors. Trait anxiety was found to be an important variable in the job
stress appraisal process. Data highlight the important of dimension between job contents and job context stress.

Norvell, Nancy, Belles, Dale (1993) examined effects of circuit weight training on mood, perceived stress, job satisfaction and physical symptoms among 45 state law enforcement officers. After four months, exercisers showed significant increases in strength on cardiovascular fitness; significant improvements in mood; including decreases in somatization, anxiety, depression and hostility decreases in report of physical symptoms and improvements in job satisfaction.

Minner, Sam Lepich, Jim (1993) was administered occupational stress inventory to special teachers in Illinois and Tennessee significantly higher levels of ob-related stress found for rural compared to urban teachers and for female compared to male teachers.

Bogotech, Ira E (1993) summarized an exploratory study to identify administrative stress and socialization variables that affect the attitude and performance of new and experienced urban principle. The study found that new and experienced principals. Possessed remarkably similar attitudes and that experienced principals perceive greater role conflict than do new principals.

Ronald J. Burke (1993) examined a research model developed to understand work satisfaction and emotional and physical well-being among police officers. Five groups of predictor variables identified in previous research were
considered: individual demographic and situational variables work stressors, work family conflict, coping response and psychological burnout components. Work stressors and psychological burnout were fairly consistently and significantly related to levels of self-reported work attitudes and emotional and physical well-being.

Satoru Shima (1993), the frequency and magnitude of Life events and the relationships between these events and neurotic impairment were examined in 368 Japanese employees, using a Life events questionnaire and the (GHQ), while both desirable and undesirable life events with a high frequency were related to work, only, both kinds of Life events with a high strength were related to both family and work. No significant relationship was found between GHQ scores and the frequency or strength of desirable life events, but it was found between those scores and the frequency or strength of undesirable events.

Alien, Bern P. (1993) Reported on a study of physical effects of one 236 college-age student compares pulse rates and the ability perform physical exercise while viewing a video on a nuclear war & non frightening incident, finds that fear was effective at moderate levels of arousal, but high levels of arousal eliminated or reversed the effect.

Swetman Daniel L. (1994) investigates attitudes towards mathematics of elementary school teachers and students in rural Texas finds a slight negative correlation between teachers mathematics anxiety level and fifth and sixth
grade students attitude towards mathematics. Although fourth grade teachers had the most positive attitude towards mathematics.

**Williams; Christopher** (1994) Examined Adults self - descriptions of situations individuals and incidents that evoked feeling of guilt to determine developmental and gender differences in guilt to determine development and gender differences in guilt. Content analysis revealed changes in percentage of adults at three grade levels who spontaneously mentioned a situation as guilt producing, sticking and distinctive patterns in types of guilt producing situation were found across grade and gender.

**Marcholides,George A and otehrs** (1995) suggested covariance modeling techniques were used to test the assumption of group invariance of a computer anxiety scale by comparing results from potentially different populations. 320 lows enforcement officers. Results support the idea that the validity of computer anxiety construct can be generalized to different groups.

**Paul E. Spector. Steve M. Jeze** (1995) examined the possibility that individuals with certain personality traits tend to be found in certain types of jobs. The correlations between two personality traits, anxiety and optimism and measures of job characteristics obtained viva self reports and through job analysis results showed that those who were high in trait anxiety tended to be in jobs characterized by 1000 autonomy variety identify feedback, significance and complexity.
Conger, Rand D et al (1995) examined the effects of parental stress on adolescent adjustment in independent rural and urban samples of intact families with at least one early adolescent male child. Findings showed that parental stress was related to adjustment through stress-related parental depression that, in turn, correlated with disrupted discipline practices.

Wager, Borry M (1995), concludes suicide attempters reported lack of departmental support, more problems with family and sere and increased incidence of phobic base, running away from home.

Maclntyre, peter D. (1995) finds that the global traits of extroversion/introversion emotional stability and intellect were significantly correlated with public speaking anxiety and related cognitive and affective reaction to the prospect of public speaking.

Usharee, S. Seshu Reddy, B. V. (1995) attempted to assess the effects of gender, gender-role and age on teacher's experience of job stress and job satisfaction. The sample consisted of 80 male and 80 female high school teachers in the age groups of 25-40 years and 41-60 years. Analysis of data indicated significant effect of gender-role differences alone on job stress and masculine and androgynous subjects were undergoing more stress than others. Job satisfaction scores were not found to be influenced by any of the independent variables significantly.

Jerome Stroch and Robert panzarella (1996) combine standardized
measure of stress with a questionnaire about job individual job and career variables, and personal variables. 79 Police officers from three different department in U.S.A. participated in study. In General the offices scored low

Am Ac spiel Berger et al state - Trait anxiety inventory The stressor in police work identify them were primarily administrative matters and relation to police officers who focused on the jobs compensations experience stress than who relished the requirement of the job'; crime tight' people centered policing. More stress was experienced by office were inclined to think more frequently about the possibility injured and by officers adapting to changes in their work or family- Ezra Scotland (1991) indicates that police officers with low workload are oriented toward their department, particularly their and suffer more stress when relations with others in their depart negative. They are susceptible to stress from any difficult profess other problems they encounter, more so than are low - worked facing such problems. These finding are consistent with other high and low - workload officers.

Chevalier, Anne etal (1996) described the prevalence of mental disorders in the workplace by using standard diagnostic criteria A two stage case control study of anxiety and depression was initiated by electricity de frances. Their aim was to point out occupational situations that promote the occurrence of anxiety and depression creases. Annual prevalence of depression was estimated at 7.6% in men and at 17.9 in women and that of anxiety at 9.67 in men and 26.3% in women workers in hazardous occupations were found to be protected from these disorders, whereas
supervisory staff tended to be prone to developing them. Important changes in work or in its organization seemed to be risk factors. Extra professional variables and occupational characteristics were included in a logistic regression model. The odds ratios corresponding to recent ob changes and a supervisory position were significantly elevated these results suggest that some occupational events, such as major changes in work content or organization may cause or precipitate anxiety and or depressive disorders.

Beauvois, Margaret, Healy (1996) indicated that both introvert and extrovert personality types generally perceive the use of a local area network as beneficial experience.

Cano, Jamie, Carton; Bryan L (1996) studied the Myers Briggs type indicator was completed by 82 preserves agriculture education teachers. All 16 types were reflected the most common were extrovert sensing thinking judging (23%) introvert sensing thinking judging (18%) and extrovert sensing feeling judging (13%).

John W. lounsbury, Dantel Deneri (1996) to measured psychological sense of community (PSC) for colleges and universities undergraduates students from colleges with enrollments of less than 2,000 and 2.00 -9.999 had higher PSC score than students from colleges with enrollments of 10,000 - 19.999 and greater than, 20,000 higher PSL scores were also observed for students living on - campus versus off - campus Extroversion was found to be significantly
related of PSC. Both extroversion and size of school accented for unique in PSC.

Alien; Lisa A (1996) Examined that how the sex of mock jurors (N=330) affected their perception of child victim witness. Results indicate that males tended to rate the child's testimony as less believable, less important, assigned more blame to the victim and yielded fewer quality verdicts than did females. No main effect for victim age was found.

Ohme, Rafal - Krzys (1997) studied mood self-reported after reports after reported failure in an ego-involving risk. Human SS were subdivided into 2 "threatened" experimental groups and a control group. Mood was manipulated in the experimental groups by giving on favorable information about performance and factitious test. All SS were administered a self-esteem questionnaire. Then SS from experimental group and the control group formed for the purpose of making social comparisons, but SS, from other experimental group remained isolated. The influence of the affective valence of mood questionnaire items on the quality of self-reports was analyzed.

Anson, Richard H. Johnson, Bobby Nancy W (1997) reported the results of a compression of police officers with person guards regarding stress and job related stressors. Data analysis reveals that police officers and guards do not differ significantly in inquietude either of general or of occupation-specific stress.
Fiona H. Biggam, Kevin G. (1997) OSI was administered to a group of serving Scottish police officers in order to examine the coping skills they might employ in dealing with routine police work. Differences in coping style according to age, gender and rank were observed; overall a preference for problem focused direct action coping strategies was apparent. In particular, officers displayed a preference for balancing the demands of work and home as a means of coping with the self-perceived stressors of routine police work. No significant correlation was found between the OSI coping scales and physiological distress.

David A. Alezander (1997) suggest that police work has an adverse impact, particularly, in terms of spouse's social Life, the main culprits are long hours, shift work and cancelled leave dangerous duties and working with the opposite sex did not usually have an injurious effect on those at home. The methods used by the officers to combat work-induced stress may create additional difficulties for their spouses and families.

David wheatley (1997) indicate that acute response to stress is embodied in the fight or flight reaction, inducing a state of anxiety. When stress is long-contused, depression may develop insidiously under the cloak of continuing anxiety symptoms depression inhibits the ability to cope with stress and so a vicious circle becomes established; depression approaching stress and vice versa of 100 patients attending the stress clinic, 49 were suffering from major depression.
Dovid E. Clerke, Margaret A. Jenten (1997) to measured depression, social support, stressful life events and demographic factors. A. B. way ANOVA demonstrated significant interaction effect of ethnicity and recent Life events on depression but social support did not significantly affect depression nor interact with life events to ameliorate the effects of life events on depression. Compared to similar groups in the rural district and the city, Moori and young people in town had significantly higher mean depression scores. Maori reported significantly more depressive symptoms and stressful life events than Europeans in the town but not in the rural or urban environment. Young adults had highest mean depression score and oldest group the lowest both in the rural area.

Mearns - Jack, Mauch (1998) Investigated links between occupational stress, negative mood regulation expectancies, coping anger and distress participants were 56 police officers (mean age 36.2) years) from two small urban departments. They filled out the negative mood regulation (NMR) scale, as well as measures of police stress, coping anger and distress, simultaneous multiple regression analyses revealed that high NMR expectancies predicted SS use of adaptive active coping strategies. High NMR scale scores were also independently associated with lower levels of anger and distress and anger significantly predicted distress. Results suggest that strong mood regulation expectancies buffer the affects of even high levels of occupational stress. Interventions directed toward raising mood regulation expectancies may help protect officers from the consequences of
job stress. Results may also have implications for combat stress

Patrick Tyler, Delia cushway (1998) found to be no interaction between job demand and discretion for either job satisfaction or psychological distress. So karaoke's model was not supported. Both job satisfaction and psychological distress were found to be influenced by lack of resources while perception of demand was strongly influenced by work low.

Donald R. Morse (1998) first the following terms are defined stress, stressor, physical stressor, social stressor psychological stressor, stress response, anxiety, fear, quilt This is followed by examination of existential anxiety and methods of dealing with existential anxiety both early in Life and later if Life. Then the following subjects are briefly considered: God, the origin of the universe, evolution of Life, near -death experiences, finally the results of worrying about death are examined.

Lesile J. Francis and David W (1998) conducted the short - form revised Eysenck personality questionnaire was completed by 81 male Anglican clergy in charge of rural benefices and by 72 in charge of urban benefices and by 72 in charge of urban benefices. The rural clergy recorded higher scores on the extroversion and lie scales.

Hart P. M. (1999) explained a theoretical model that linked neuroticism, extroversion, daily hassles and uplifts in both work and non .. work dominos job satisfaction and non work satisfaction to overall Life satisfaction structural equation analyses were conducted on 3 waves of data
obtained from 479 police officers. It was found that job satisfaction and non work satisfaction made independent contributions to overall life satisfaction, but there was no significant relationship between work experiences and non work satisfaction nor between non work experiences and job satisfaction. These finding support a segregation model rather than a spillover model of the links between the work and non work dominances of employees lives. Moreover, the total effects showed that Life satisfaction was determine, in order of importance, by non work satisfaction neuroticisms, non work hassles, job satisfaction non work uplifts, extroversion, work hassles and work uplifts.

Donnelly - michal (1999) charted of self reported depressed mood among a sample of 887; 11-15 yr-old secondary school student in Northern Ireland and examined the association between clearweed mood and stressful life events, family support and perceived control. ANOVA of man depression scores did not reveal main or interaction effects for age o sex. However, a school year, sex interaction effect was found when the variation in depression scores due to family cohesiveness (or support) was partial zed out in an analysis of covariance (ANCOVA) In year 1 and 2, males reported higher mean depression score than females, whereas he pattern was reversed in year 3 and 4. The covariates of stressful life event and perceived control did not significantly affect the patterns of mean depression score. This would tend to suggest that the sere differences in depression found consistently was adult may be to emerge in middle adolescences and that the nature and level of family relationship may influence the prevalence and
pattern of adolescent depression. The study found a higher mean depression score and large proportion of "cases" (27%) that has been recorded in studies of young adolescent living Northern Ireland.

Wenz - Gross, melodic, parker (1999) showed significant differences in stress and social support with urban students experiencing significantly higher school stress and significantly lower social support from family, friends and school personnel than urban students. Urban students also experienced qualitatively different stressors, which suggest that problems with peers are of much more cancers for them than for students entering middle schools in urban fringe or suburban communities.

Abel, millicent H; seweel Joanne (1999) were studied of rural and urban secondary teachers examined teacher stress and burnout. Urban teachers experienced significantly more stress from poor working conditions and staff relations. In both types of schools, student’s misbehavior and time pressures caused the highest stress. Working condition and time pressures predicated burnout for rural teachers.

Muhammad Jamal (1999) examined the relationship between job stress and employees well - being. Job stress was operational in terms of perceived experiences at the job. Which were chronic in nature employees well - being was operational zed in terms of burnout and its three dimensions, intrinsic motivation, Job involvement turnover intention. Canada and Pakistan countries, job stress was significantly related to a number of
well-being variables. Moderated multiple regression did no support the stress was significantly related to a number of well being variables.

S. L. Fielden, C. J. Peekar (1999) indicated a direct link between the number of hours worked and stress levels, although number of ours worked was positively related to the perceived availability of social support. Junior hospital doctors used social support as a coping strategy significantly more often than senior hospital doctors. Having access to higher levels of effective social support junior hospital doctors faced significantly greater sources of stress and poorer mental than their senior counterparts.

Carol Machonald; Kerry chambertain etal (1999) showed the peacekeeping personal reported higher anxiety, psychological distress and deployment-related hassles prior to departure and higher anxiety, psychological distress and lower positive psychosocial well-being months after their return in tow New Zealand, the results also showed that the most important predictor of the overall mental health status of these personnel across, all four stages, was level of current stress.

Sus A, Malik AK (1999) studied the effect of three variable combination of job stress, social support and trait anxiety has been studies for school teachers, by treading trait anxiety as an independent variable along with many other finding emergence of clear correspondence co-workers support and provision of reassurance of worth, ensures the moderating effect of co-working support
for Indian teachers.

**Rosenthal, Beth Spericner et al** (2000) surveyed levels of psychological symptoms cancer, anxiety and depression among ethically diverse, urban college youths students reported a wide range of symptoms similar to those reported by U.S. adults in the 1990s, women's levels symptoms were higher than men's, older students had lower levels anger and depression.

**R. Regani** (2000) evaluated the difference between the mean scores on locus of control test of children living in high density and low density areas the inferential statistics 't test was applied. Statistically significant difference was found between them.

**Reynolds, Linda K et al** (2001) studied rates of somatic complaints and the association between stress and somatic complaints for 1,030 low income urban adolescents in grades through for both boys and girls; somatization was the most commonly reported internalizing symptoms and heightened rates of urban stress predicated heightened rates or somatic complaints.

**Niclier Kop, Martin C Fuwema** (2001) addressed characteristics of Dutch police work and the stressful aspects of this work are described the levels of burnout of Dutch police officers are assessed in terms of emotional exhaustion, depersonalization and personal accomplishment. Burnout is related to the use of force by police officers. Organizational hazards emerged as the most frequently stressful and demanding aspects of police work. Compared to other professions, police officers score relatively low on
a emotional exhaustion, relatively high on depersonalization and average on personal accomplishment significant relationships were found between burnout of police officers and a positive attitude toward the use of force; the self-reported use of force and the independently observed use or force.

**Stordal E, Bjartveit Keuger M et al** (2001) to investigated depression in relation to gender and age in the general adult population (N-62, 344)) minimal gender difference was found in dimensional depression score and in prevalence rates of depression.

**Murali Mahdav S.** (2001) find out the prevalence rates for all mental disorders was observed to be 65.4 per 100 population, prevalence rates for schizophrenia affective disorders (depression), anxiety neurosis and mental retardation were 2.3, 31.2, 18.5 and 4.2 per 1000 population respectively. The urban mobility was 2 per 1000 higher than the rural rate.

**Boundreaw, John W. Boswell** (2001) Neuroticism was associated with lower extrinsic success for U.S. executives, extroversion with higher extrinsic success for European executives Extroversion was related positively and neuroticism negatively to intrinsic success for both.

**Srivastava A. K.** (2001) shows that employees, occupational stress significantly negatively cordites with their job satisfaction and physical Health, but not with their performance and rate of absenteeism at work among a sample of 300 technical supervisors.

**Mishra PC, Srivastava S** (2001) attempt was made to find out the
moderating effect of the job stress on moderated multiple regression analysis
and sub - group analysis show that job stress has moderating effect on
organizational commitment and job satisfaction relationship.

**Pandey R Tripathi** (2001) examined the revel of perceived occupational
stress and burnout analysis of the data revaluated a moderate level of
occupational stress as well as burnout in the given sample, finding suggest
that teaching is a stressful occupation and teachers are at risk for developing
burnout syndrome and subjectively defined job stressors such as role
ambiguity, unreasonable group pressure may play an important role in it.

**Farmer NK** (2001) clearly shows that there is no direct a relationship between
core dimensions of job and outcome variables. The relationship as moderated
by the job anxiety.

**Ahmad A** (2001) were attempted to assess the employee’s perceived reactions
towards organizational change with reference to occupational stress. IN = 463
company workers. The results indicated that four Dimensions of occupational
stress, namely as responsibility of persons, intrinsic impoverishment, low status
are found as predictors of employees reaction towards organizational changes,
although, all the job incumbents have shown favorable inclination to
organizational changes.

**Iwaski Yoshi et al** (2002) Despite the growth of leisure coping research,
an important yet neglected idea is whether or not and low leisure
contributes to coping with stress above and beyond the effects of general
coping; that is, coping not directly associated with leisure (e.g. problem focused coping). The purpose of the present study was to examine the contributions of leisure to coping with stress and maintaining good physical and mental health among workers of police and emergency response services caged 24 61 yrs) when the effect of general coping were taken into account. According to hierarchical regression analyses, leisure coping showed a positive relationship with both short - term and longer term outcomes of stress and coping above and beyond the contributions of general coping. It is worth emphasizing that mental health was significantly predicted only by leisure coping, not by general coping. The use of leisure for enhancing mood and facilitating palliative coping was found to significantly predict coping effectiveness, satisfaction with coping and stress reduction. The facilitation of palliative coping and companionship through leisure was related to good Mental health, whereas high leisure empowerment was associated with better physical health.

Stoeva, Albena Z. et al (2002) to measured job and family stress and negative affectivity were completed by 148 (of 400) Hong Kong civil service employees. Persons with high negative affectivity experience more work and family stress. Job stress was associated with extensive interference of work with family and family stress with extensive interference of family with work.
Mark H. Anshel (2002) studied that experiencing acute stress is inherent in police work. The inability to cope effectively with stressful events can result in undesirable psychological and somatic outcomes, leading to chronic stress, burnout, and quitting the profession. Surprisingly, however, understanding the coping process in police stress and identifying effective coping strategies in response to stressful events had received only scant attention in this research.

Gergory S. Anderson et al (2002) demonstrated that police officers experience physical and psycho-social stress on the job anticipating stress as they go about their work, while suffering anticipatory stress at the start of each shift. The results that the highest levels of stress occur just prior to and during critical incidents and that officers do not fully recover from that stress before leaving their shift. Overall the results illustrate the need to consider stress reactivity and repressors in the assessment if police officer stress while clearly demonstrating the need debriefing after critical incidents and increased training is stress management and coping strategies.

Daughenbouh, Rechard (2002) were that introvert, Intuitions Making and perceiving personalities express greater satisfaction than extrovert, sensing, feelings and judging personalities.

Saviekas, Mark L. Briddiek (2002) Results of the California psychological inventory and career Development inventory for 200 college students indicated that painful competence in career development is related to greater realization
of one's potential and social adjustment. Mature altitudes towards career planning are related to extroversion and a positive orientation to social norms.

**Waheda Khan, Meena Osmany** (2002) indicated that substantial differences exist between bank employees of U.P. and Delhi on the quality of work Life dimensions of economic benefits, mental state, union management relations, supervisory relationship and general Life satisfaction. Further mean companions between clerks and officers of the two stated repealed that clerks of Delhi reported more economic benefits in comparison to U.P. clerks but the later group have better union management relations with their sponsors higher level of self respect and greater general life satisfaction as camped to clerks of Delhi state. Although U.P. officers reported more job involvement but depressive felling was significantly higher in them.

**Hari Om Sharma and Indramani** (2002) suggested that introverts were less susceptible to complacency than extroverts on mentoring the automation failures. This may be due to the fact that introverts have higher cortical arousal which protects them automated complacency.

**Janet Haines, Christopher L. williams** (2002) most rated increased psycho physiological arousal and psychological response to stressful work events in compassion with neural events. Also, the work public demonstrated markedly elevated heart rate response and subjective report of fear that distinguished them from the other groups.

**Song, Sharron, Jason** (2002) investigated the relationship between fatigue,
and gender among African Americans Caucasians and Latinos, surveyor results found significant difference in levels of fatigue reported by younger and older African Americans women.

Dautov RR, Simonova NI (2002) shows that peculiar occupational factor in police officers service is intensive psycho emotional and physical strain leading to performance decrease caused by fatigues to high transitory disablement morbidity.

Why young Deng et al (2003) examined homodynamic processes in cardiovascular reactivity (CVR) as a function of task, ethnicity and trait hostility. One hundred and fourteen male patrol officers from the Singapore police force participated in this experimental study. Trait hostility was measured using the interpersonal hostility assessment technique to derive a hostile behavior index (HBI) Heart rate, blood pressure and homodynamic measures were taken while participants performed three tasks. Mental arithmetic, number reading and anger recall (AR), elicited the greatest blood pressure, vascular and cardiac output relativism; HBI scores were positively related and systolic blood pressure recidivism during AR for Malays whereas this was not true for Indians with high HBI Scores appeared to be cardiac reactors whereas the reactivity patterns for Malays and Chinese were undifferentiated. Self-report of negative mood was not related CVR. These results are consistent with the higher rates of coronary heart
disease deaths among Indians as well as the higher rates for hypertension among Malays in Singapore.

Seteven G. LoBello and et al (2003) study assessed the relationship of social integration of life satisfaction and family satisfaction among survivors 5 years after injury. Thirty Four matched Paris of injured patients were interviews by telephone 60 months after initial discharge from the acute care setting. Respondent? were matched according to sex, race education, injury seventy and employment status before comparing high and low socially intergraded persons of measures family and Life satisfaction High and low SI groups were formed based on the crata Handicap Assessment and Reporting Technique (CHART) SF scale. The former consisted of Patients scanning 100, the latter consisted of patients scanning 50 or less. Analyses of covariance with age and injury type high and low SF groups differed on both the life and family satisfaction measures with the high SI group reporting greater life and family satisfaction.”

Seaton, Eleanon K. (2003) administered the index of Race - Related stress (IRRS), previously used with adults and college students to urban African American high school students. Results provided evidence of validity for the IRRS, particularly for measuring race - related stress among adolescents.

Ricca Donna (2004) Proposed of the current study was to explore the potential of emotional and social competencies to predict job burnout in a sample of 50 Municipal police officers from the Northeastern united sates
participants were administered 3 self-report questionnaires. Emotional Intelligence's (EI) was measured with the Baron Emotional audient inventory (EQ-I) which is based on a 1-5-15 Structural model that definite EI as a group of related social and emotional competencies involved in the ability to effectively cope with environmental demands (Baron, 1997).

For negative mood regulation (NMR) scale, was employed to beliefs about one's ability to alleviate negative mood (Catanzero & Mearns, 1990)

Burnout was measured with the Maslach Burnout inventory - Human services survey (MBI-HSS), which yields score for 3 separate components of burnout emotional exhaustion (EE), depersonalize (DP), and sense of personal accomplishment (PA) (Maslach & Jackson, 1996)

Regression analyses supported the main hypothesis, which predicted an inverse relationship between EI and burnout. Also as expected, NMR was inversely related to burnout. EQ-I and NMR scale total scores, combined, accounted for approximately 25% of the variance in EE (P = 0.001) and 40% of the variance in PA (P = .000). Finally, results supported the prediction of a positive relationship between EI and NMR (R = 40, P (.01) Implications for selection, training, and the development of an 'emotionally intelligent' organizational elements are discussed.

Anne M. Riddley Brian R. Clifford (2004) has been carried out into the effect of anxious mood at the time of either the encoding of misleading post event information of the time of its possible retrieval on subsequent suggestibility. There were four state anxiety conditions, dependent on the
Timing of the anxious mood induction at the time of encoding misleading information at retrieval only at both encoding and retrieval: or at neither encoding nor retrieval. Results showed memory accuracy for non-suggestible items was unaffected by the anxious mood indication with respect to suggestibility, there was a strong effect of misleading information.

Violanti JM, Gehrke A (2004) indicated that the homicide of another officer in the line of duty and dealing with victims of serous crime resulted in the greatest increased risk of trauma symptoms. Gender differences were found in trauma risk with women officer experiencing higher risk from dealing abused children and male officers experiencing higher risk due to shooting incidents were officers were involved. It was concluded that increased frequency and type of traumas, especially those occurring to other co-workers and those associated with gender, may eventually led to a secondary process of emotional compassion fatigue.

Reid, Scott A et al (2005) studied to the context of aboriginal-Anglo and Australian relations tested the effect of framing and majority groups members social values on the persuasiveness of aboriginal group rhetoric. Data support that the reason that universalists are more in favor of compensation and reparation is because of high collective guilt.

Berg AM, Hem E, Lau B et al (2005) to assessed the most severe and frequent police stressors, to compare levels of stress according to the demographic and organizational factor and results suggest that work injuries
were appraised as the most stressful but least frequent stressor and job pressure was reported the least server but most frequent stressor females experienced job stress less frequently, but appraised them as more severe than men did older police, officers reported more job pressure severity and fewer work injuries. The police work distracts, with more than 50,000 inhabitants, perceived the lack of support more severely than others. The correlations between stress and personality traits, work locus of control and coping were moderate.

Andreson Elaine A, Kolhar (2005) investigates the life condition that contribute to low - income fathers' depression and that my jeopardize their relationships with their children of the fathers, 56% reported depressive symptoms indicating cause for clinical concern. Lack of permanent housing, problems with alcohol or drugs, health problems of disability and criminal conviction history, residence (rural us urban) and level of social support were all significant predictors of fathers depression.

F. C. Papadopouls, E. Peeridou (2005) suggested that the prevalence of mild more severe depression (GDS 7) was 27% while the prevalence of moderate so server depressions (GDS 11) was 12% increasing age, female gender, tower education and being currently unmarried were associated with higher risk of depression in unvaried repression models, but these associations disappeared after controlling for cognitive function, except for the association with marital status - cognitive impairment was strongly
associated with increased risk for depression. In a rural Greek area, the prevalence of depression in late life is high depression was more common among unmarried individuals, these with significant cognitive impairment and in association with specific medical conditions.

Nguyen N. T. Alien, Lorry (2005) were investigated in relation to course grade in an undergraduate students conscientiousness positively and significantly predicated overall grade point average (GPA) conscientiousness positively and significantly predicated overall GPA over and beyond other personality traits of agreeableness, extroversion, emotional stability and intellect, accountants for unique variance in final course grade and overall GPA.

Laukukka T, Laaksomen M etal (2005) to studied that associations between psychosocial working conditions and weight gain among 40 - to 60 - y - old women (n=7093) and men (N=1799) employed in the city of Helsinki. Regression analyses method were used, results suggested that work fatigue and working overtime were associated with weight gain in both sexes work fatigue and working overtime are potential risk factors for weight gain.

Trin Eller MD, Anu Aluoan (2006) shows that 21.9% students had symptoms of anxiety and 30.6% had symptoms of depression. The frequency of anxiety and depressive symptoms was higher in females women, anxiety remained significantly related to working up because of night mares and felling tired in the mooring.
Ballery, Beth (2006) to examined the potential buffering or moderating role of maternal acceptance in the relationship between community violence exposure and internalizing and externalizing problem subjects were 268 urban African American first graders. Community violence exposure was significantly related to symptoms of post traumatic stress, but did no correlated with either internalizing or externalizing problems of all children, after control for demographic, maternal mental health and general life stress.

Meery Morash, Robin Hararr etal (2006) has highlighted a variety of workplace problems, such as racial and gender bias and lack of influence over work activities, as influences on police stress. High crime rates and size of community, taken statues within the police organization and lack of family and coworker support for work related activities influence on police stress. It also determined whether community conditions and lack of social support explained additional variance in officers stress levels.

Adams, Scott J. (2006) find out depression disease management improved the mental health status of urban patients over 18 months but no rural patients. Depression disease management appears to improve clinical outcomes in urban but not rural patients.

Taskin, O. E. (2006) was performed to determine the public's attitudes and their correlates towards patients with depression in a rural area in turkey. Participants reported that they wouldn't get married to a person with depression and more than half of subjects stated that they would feel uncomfortable to
have a neighbor with depression and that they wouldn't rent their house to a patient with depression and stated that the patients with depression are aggressive 86.5% of the subjects believed that social problems lead to depression. Rural areas peoples though inadequate are not different from the urban areas. The public attitudes towards depressive patients in rural areas are generally more negative.

**Surman, Lauren A.** (2006) indicated that overall readiness terminate a relationship was predicted by a preoccupied attachment and high emotional arousal.

**Kimberly Dean, Dan mack etal** (2007); A policy capturing study was conducted to evaluate the roles of both plaintiff and defendant race and gender on judgments of guilt in either on assault or that’s care. It' was hypothesized that defendant gender and race would affect likelihood of guilt ratings moreover, mock jurors dispositional happiness, scores o modern racism and race and gender were explored as potential influences on their decision making policies and judgments as predicated, strong support was found for the role of defendant gender of judgment of guilt. However, defendant race and not significantly impact guilt rating post -hoc analyses raveled the importance of race and gender of the victim juror decision.

**Van Gelderen, Benjamin et al** (2007) examined the relationship job demands during a working day 65 police officers Hypothesized that emotional
dissonance partly mediated the relationship between psychological strain at the start and at the end of a work shift also tested the mediating role of emotional dissonance between emotional job demands and psychological strain at the end of a work shift. Results showed that psychological strain at the start of a work shift had a positive effect on the experience of emotional dissonance and psychological strain at the end of a work shift. Emotional dissonance partly mediated the relationship between psychological strain at the start and psychological strain at the end of a work shift.

**Van Glederan, Bengjamin et al** (2007) examined the relationship between psychological strain, emotional dissonance, and emotional job demands during a working day of 65 Dutch police officers. Hypothesized that emotional dissonance partly mediated relationship between psychological strain at the start and the end of work shift. Results of structural equation modeling analysis showed that psychological strain at the start of a work shift had a positive effect of the experience of emotional dissonance and psychological strain at the end of a work shift.

**Bride, Brain E** (2007) investigated that the prevalence secondary traumatic stress (STS) in a sample of social workers by examining the frequency of individual symptoms; the frequency with which diagnostic to criteria for post-traumatic stress disorder are met and seventy of STS level. Results indicate that social workers engaged in direct practice are highly likely to be secondarily exposed to traumatic events thought their work with traumatized
populations many social workers are likely to experience or at least some symptoms of STS and a significant minority may meet the diagnostic criteria for PTSD.

**Miller, Thomas W** (2007) shows that the impact of stressful life events on health has been the object of inquiry for deeds Health care professionals have studied had stressful life events may precipitate or contribute to the onset of illness. Traumatic events and experiences can profoundly affect physical and psychological well-being, which in turn may predispose an individual to greater resilience or greater vulnerability of Life stresses.

**Pietrese, Aleze L et al** (2007) explored the relationship among general life stress, racism related stress and psychological health in sample of 220 Blackman. Regressions indicated that when general stress was controlled racism-related stress predicted an additional 4% of variance and psychological distress for working class men and additional 7% for middle upper classmen. Racism-related stress also predicted an additional 5% of variance in psychological well-being for middle-upper classmen.

**Jacobus pienaar** (2007) studied to determine whether suicide ideation among police officers of the African police service could be predicated on the basis if occupational stress, personality traits and coping strategies, using a cross-sectional survey design, the police stress inventory; the personality characteristics inventory and the coping orientation to problems experienced are administered to a random sample 1794 police employees.
Results shows that low scores on conscientiousness, emotional stability approach coping and turning to religion as well as high scores on avoidance coping are associated with more suicide ideation.

Kidd; sean A (2007) examined the mental health implications of social stigma as it is experienced by homeless youth, revealed significant association between perceived stigma due to homeless status and sexual orientation. Higher perceived stigma was also related to low self esteem loneliness, feeling trapped and suicidal ideation with guilt/self-blame due to homeless status having the strongest impact on mental health variables.

Peeling, Peter, Dowson (2007) investigated to assess the effect CAFFEINE supplement on perceived mood state, concentration and around a 75 - min university lecture. The results showed that after cafe consumption Students perceived themselves to be significances m~ awake, clear mined, alert and anxious.

Sprang, Ginny, withhwoosly (2007) examined the relationship between three variable, compassion fatigue (CF), compassion satisfaction and burnout and provider and setting characteristics in a sample of mental health providers in a rural southern state female gender was associated with higher levels of CF, and therapists with specialized training in trauma work reported higher level CS than non - specialties, also compared wings rural, urban and rural with urban classifications, the most rural providers reported increased level of burnout but could not be distinguished from their
colleagues on the CF and CS subscale.

Sasaki T, Iwasaki K etal (2007) examined the association between overtime work ob stressors or the quantity of rest and subjective symptoms of fatigue among 390 registered workers 363, workers 284 males and 99 females.) The subjective symptoms score significantly increased according to the order of grade of overtime work, other ob stressors and rest subscales in both sexes by ANOVA. the subjective symptoms grade was significantly associated with the other job stressors grade and rest grade, but not with overtime time.

Kiplatrick - Dean G; Dubin, William - R; Mar cotte David - B (1979) showed that personality characteristics, stress of medical education and affective mood state, 277 medical student were administered Rotter's Internal - external control scale and profile of mood state scale. Internal SS consistently exhibited less mood disturbance than externally oriented SS. Affective mood state varied considerably as a function of class year with the junior year appearing to be the most stressful. Freshmen demonstrated increased mood disturbance after the first few months in medical school. A striking finding was the high level of anger and hostility in these SS. Locus of control did not appear to changes as had been predicted, suggesting that it is a relatively stable personality characteristic which might predict adverse emotional reaction in medical school.

served as ss. ss were administered a battery of test that included the profile of mood states Rotter's Internal - Ex - enternal locus of control scale and the rosenberg self- esteem scale, although 95% of the made attributions (e.g. stress diet) was associated with better adjustment. Analyses of attributions of responsibility for the cancer to the self, environment another person or change yielded only a negative relation between adjustment and blaming another person. In contrast, both the believe that one could now control one's cancer and the belief that others (e.g. the physician) could now control the cancer were significantly associated with good adjustment of the different type of control, cognitive control was most was most strongly associated with adjustment behavior control was less strongly associated with adjustment and information control of retrospective control were unassociated with adjustment.

Boster, Franking J Mitchell (1999) studied that a positive self -feeling compliance - gaining message would be more effective in producing targets compliance request undergraduate student subjects than would a direct - request the opposite relationship would when the target was not felling guilty.

Frane Mario; Sebellico, Anadreina; Gnugnoli, Denis; Coralo -Anna (1992) Investigated the moderating effect of personality traits on subjective distress caused by daily hassled among 95 university student. The traits studied were internal locus of control repression ego strength and barrier. Measures include he MIPI : a personal control scale & the profile of mood states. Ego
strength and barrier were negatively correlated with the somatic and emotional distress indications and with the frequency of hassles reported. Internal Loc showed on inverse relationship only with frequency of hassles ego strength and barriers appear to be personality factors that influence not only the outcomes of coping but also approval.

Talala, Kirsi etal (2008) studies was to assess the relative importance of socio - demographic characteristics associated with different domains of psychological distress in Finland. Results suggested that education, employment and partnership were associated with most of the psychological distress out comes. Respondents with a lower educational level had poor mental health in both greater but less insomnia and stress in men the unemployment and retired were at a higher risk for poor mental health and depression.

Moriya, Hiroki; Nittono, Hiroshi (2011) reported that in order to determine the processing stage that is responsible for the effect of mood states on the breadth of attention focus, we recorded event-related potentials from 18 students who performed a flanker task involving adjacent letters. To induce a specific mood state, positive, neutral, or negative affective pictures were presented repeatedly during the task. The participants’ task was to respond to the central target letter by pressing a corresponding button. Spacing between each letter was manipulated so that it appeared either near or far. In 80% of the task trials, a probe stimulus was presented at one of four locations
superimposed on the letter array: 0.5[degrees] left or right from the central letter or 1.5[degrees] left or right from the central letter. Reaction time data showed that the effect of spacing on the flanker compatibility effect was absent under positive mood state. The probe-evoked P1 amplitude was larger in the positive mood state than in the neutral and negative mood states. These results indicate that positive mood states may broaden the focus of attention during visual input stage.

Lin, Shuqiong; Hsiao, Yu-Yu; Wang, Miao (2014) stated that the "Profile of Mood States 2nd Edition" (POMS 2) was published in 2012 by Multi-Health Systems (MHS) to assess transient feelings and mood among individuals aged 13 years and above. Evolving from the original POMS (McNair, Lorr, & Droppleman, 1971, 1992), the POMS 2 was designed for youth (13-17 years old) and adults (18 years old and above) to measure their affective traits, moods, and emotions. The POMS 2 contains four self-report versions: the "Profile of Mood States 2nd Edition-Adult" (POMS 2-A), the "Profile of Mood States 2nd Edition-Youth" (POMS 2-Y), the "Profile of Mood States 2nd Edition-Adult Short" (POMS 2-A Short), and the "Profile of Mood States 2nd Edition-Youth Short" (POMS 2-Y Short). The POMS 2 is applicable and useful to multiple settings. For clinical practitioners, the POMS 2 instruments can monitor change in mood disturbance during or following intervention. In medical settings, the POMS 2 helps to assess the impact of diagnosis and treatment of physical disease on psychological functioning. In the athletic domain, the test can be used to study the relationship between mood and
exercise or physical activity. Reliability and validity evidence has been provided in this article from several analyses.

Lee, Sang Min; Moon, Kyoung-Suk; Puig, Ana; Cho, Eunsoo; Lee, Sun Young; Back, Sun Hee; Woo, Yeon Kyoung (2008) describe the development and psychometric properties of the Korean Mood State Inventory (KMSI), which is designed to measure the mood states of Korean college students. Factor structure, concurrent validity, and internal consistency of the KMSI scores are reported. Implications, limitations, and recommendations for future research are discussed.

Turner, Margaret A.; Andrewes, David G. (2010) investigated in their study that whether increasing positive mood improved interpersonal attitudes and relieved depression in depressed stroke patients despite levels of cognitive and emotional dysfunction. Depressed stroke (n = 30) and rheumatic/orthopaedic controls (n = 30) were compared on the effect of verbal and nonverbal positive and neutral mood induction on mood state, interpersonal attitudes, psychological distress and related cognitive and emotional processing deficits. Compared with the neutral mood induction condition, the positive mood induction significantly improved mood state, interpersonal attitudes and psychological distress, irrespective of cognitive and emotional processing deficits. The nonverbal material was effective for all patients but was more marked for the left hemisphere stroke group. There was no obvious influence of humour appreciation despite reduced understanding in the right hemisphere.
stroke group. Although the effect is likely to be short-lived, these results support the trial of positive mood induction within therapy programmes to relieve depression.

Hess, Elaine A.; Becker, Martin A.; Pituch, Keenan A.; Saathoff, Andrea K. (2011) examines in article that college students' self-reported mood states during a suicidal crisis and the relationship between mood and indicators of suicidality. Multilevel modeling demonstrated that the moods of hopelessness and anger predicted stronger intent; anxiety/worry predicted weaker thoughts of suicide; hopelessness increased the odds of receiving professional help, having a specific plan, and having contemplated methods; and guilt decreased the odds of having made preparations for an attempt. The associations between mood and precipitants of suicidal ideation are presented. Implications of these findings for increasing collaboration during the course of risk assessment and treatment are also discussed.

Lynch, Mervin D.; Foley-Peres, Kathleen; Sullivan, Stefanie (2008) stated the purposes of the present study were to develop and validate a mood scale measure for elementary grade school children. Graduate students generated a sampling of mood state items, 30 to use in a pilot study and 60 to use in a study to develop and validate this scale. Ratings were obtained on five point scale choices on each of the items from a sample of children in grades 1-5, 50 for the pilot study and 206 for the developmental study. Ratings were obtained in both studies on the CMAS measure of trait anxiety. Separate factor analyses using
Principal Components Factor Analysis with Varimax Rotation were used in both studies. Results of the analyses in the developmental study showed 13 factors, 12 of which were defined by mood state items and 1 factor was uniquely defined by the CMAS test. The mood state scales from the 12 factors were chosen to comprise the Childrens' measure of mood state, labeled the Minimood. They were shown internally consistent with Alpha reliabilities of .80 or above on all 12 mood state factors, and both stable and valid across grade levels 1-5. Ten of the 12 factors were similar in content emphasis to those identified in studies of adult mood state.

Misalidi, Plousia; Bonoti, Fotini (2014) aimed to investigate whether the impact of mood state on children's choice of expressive strategies (literal and non-literal content and abstract) varies as a function of mood valence, age and topic to be drawn. The sample (N=96) consisted of four groups of children aged 5, 7, 9 and 11 years, respectively. Half of the children in each age group were induced with a positive mood state and the other half with a negative mood state. Following mood induction, children were asked to draw one of two topics, an animate (person) or an inanimate one (tree). The results showed that: (a) happiness and sadness activated similar expressive drawing strategies; (b) from the age of five years onwards children were able to use both literal and non-literal expressive strategies in their drawings; (c) non-literal content strategies were used more frequently compared to abstract ones by all age groups; and (d) topic had an effect on the choice of expressive strategies: children used more literal strategies for the depiction of the person and more
non-literal ones for the depiction of the tree. The implications of these findings and future directions for research are discussed.

Davis, Mark A. (2009) conducted a meta-analysis of 62 experimental and 10 non-experimental studies to evaluate the positive-mood-enhances-creativity generalization. While the results demonstrate that positive mood enhances creativity, the strength of that effect is contingent upon the comparative or referent mood state (i.e., neutral or negative mood) as well as the type of creative task. Further, the pattern of effect sizes supports a curvilinear relationship between affective intensity and creative performance. In general, a contextual perspective of mood-creativity relations is supported.

Begeer, Sander; Terwogt, Mark Meerum; Rieffe, Carolien; Stegge, Hedy; Koot, Hans M. (2007) tested whether children with and without high-functioning autism spectrum disorders (HFASD) differ in their understanding of the influence of mood states on behaviour. A total of 122 children with HFASD or typical development were asked to predict and explain the behaviour of story characters during hypothetical social interactions. HFASD and typically developing children predicted at equal rates that mood states likely result in similar valenced behaviour. "Explicit" descriptions were used to explain predictions more often by children with HFASD than by typically developing children. However, "implicit" and "irrelevant" descriptions elicited fewer mood references among HFASD children. Furthermore, they less often referred to the uncertainty of the influence of mood on behaviour, and less
often used mood-related explanations, in particular when they had to rely on implicit information. This may indicate a rote- rather than self-generated understanding of emotions in children with HFASD.

**Zenasni, Franck; Lubart, Todd** (2011) try to examine the impact of emotion on creative potential, experimental studies have typically focused on the impact of induced or spontaneous mood states on creative performance. In this report the relationship between the perceived pleasantness of tasks (using divergent thinking and story writing tasks) and creative performance was examined. Overall perceived pleasantness did not differ between tasks. However, results indicate that the perceived pleasantness of the story writing task increased during task completion whereas the perceived pleasantness of divergent thinking tasks remained stable during task performance. The number of generated ideas in a divergent thinking task (fluency) was significantly related to overall perceived pleasantness of the task.

**Reynolds, Bridget M.; Repetti, Rena L.** (2008) explores the link between peer problems in school and contextual variations in negative mood and state self-esteem over a 5-day period. Fifth-grade children completed measures of mood and state self-esteem while they were at home in the morning and while they were at school each day, allowing for an examination of whether psychological states change from context to context and whether these changes are influenced by types of peer events that children report experiencing at school. Results indicated that children who experienced more peer problems at
school showed, on average, a shift toward more negative mood and lowered state self-esteem from mornings at home to afternoons at school during the week of data collection. Peer problems were also associated with higher levels of negative mood at school after controlling for academic problems but no longer predicted state self-esteem in school when academic problems were controlled.

Cahill, Jane; Barnes-Holmes, Yvonne; Barnes-Holmes, Dermot; Rodriguez-Valverde, Miguel; Luciano, Carmen; Smeets, Paul M. (2007) reported that the recent research has demonstrated the transfer of induced mood functions through equivalence relations by means of a musical mood-induction procedure. The research described in this article replicated and extended such work, primarily with the inclusion of a baseline and two types of reversal procedures. First, 16 adult participants were trained and tested for the formation of two three-member equivalence classes (A1-B1-C1 and A2-B2-C2). A musical mood-induction procedure was used to induce happy and sad mood states in the presence of the B stimuli, and a transfer of mood functions test was administered to determine whether the corresponding mood functions had transferred via equivalence to the C stimuli. Participants were then exposed to either Reversal 1, in which only the functions attached to the B stimuli were reversed, or to Reversal 2, in which the structure of the equivalence classes was altered. At all stages throughout the experiment, participants were asked to rate their current mood state by using mood and incentive rating scales. The findings of the current study replicated the results of previous research in
demonstrating a clear transfer of mood functions via equivalence relations. This outcome is compared with the existing literature about mood induction and the transfer of mood functions.

Pirbaglou, Meysam; Cribbie, Robert; Irvine, Jane; Radhu, Natasha; Vora, Khushboo; Ritvo, Paul (2013) assessed a mediational model in which negative automatic thoughts and anxiety sensitivity were hypothesized to mediate the relationship between perfectionism cognitions and depressive and anxiety symptoms. Participants: Participants were undergraduate students from an urban Canadian university. The data were collected from July 2009 to August 2010. Methods: In a cross-sectional evaluation, 992 undergraduate participants completed questionnaires that assessed perfectionism cognitions, negative automatic thinking, anxiety sensitivity, and anxiety and depressive symptoms. Results: Mediational analysis confirmed the role of anxiety sensitivity and negative automatic thoughts in mediating the association between perfectionistic cognitions, anxiety symptoms, and depressive distress. Furthermore, in line with previous studies, nearly a third of students displayed an elevated prevalence of anxiety and depressive symptoms. Conclusions: This study further clarified the associations and mediating relationships among mood states associated with perfectionism.

Scarborough, John E. (2011) stated that student-faculty trust and related concept characteristics have been shown to be factors associated with successful student learning. Research investigating the role of trust in
communications and education has been conducted with students in other disciplines but not with nursing students. The purpose of the research is to investigate the complex relationships between students' trust in faculty, the students' mood states, and students' educational performance and outcomes. Special emphasis is placed on the relationship between student-faculty trust and critical thinking skills. A further purpose of this research is to establish a baseline understanding of trust and related characteristics in a typical nursing student population. The hypothesis is that there is a positive correlation between a student's level of trust in his or her instructor, the student's mood state, and the student's success in nursing education. The study utilized a quantitative, cross-sectional, descriptive, and correlational design. Student participants were voluntarily recruited from a BSN nursing education program, and completed three instruments: the Health Sciences Reasoning Test (HSRT), Profile of Mood States (POMS), and Interpersonal Trust Scale (ITS). The resulting scores were compared and contrasted along with selected demographic variables using statistical methodology as appropriate. Results. The study identified no significant relationships between trust and critical thinking scores, and no significant relationships between total mood disturbance scores and critical thinking scores. The study did identify a significant relationship between total mood disturbance and interpersonal trust. Enhanced understanding and assessment of factors contributing to nursing student success are needed by nurse educators to decrease student attrition and increase graduation rates for students admitted to and enrolled in nursing
education programs. Improved understanding of factors related to the successful education of nursing students would serve to improve retention and graduation rates from nursing education programs.

**Baas, Matthijs; De Dreu, Carsten K. W.; Nijstad, Bernard A.** (2008) synthesized 102 effect sizes reflecting the relation between specific moods and creativity with the help of meta-analysis. Effect sizes overall revealed that positive moods produce more creativity than mood-neutral controls (r = 0.15), but no significant differences between negative moods and mood-neutral controls (r = -0.03) or between positive and negative moods (r = 0.04) were observed. Creativity is enhanced most by positive mood states that are activating and associated with an approach motivation and promotion focus (e.g., happiness), rather than those that are deactivating and associated with an avoidance motivation and prevention focus (e.g., relaxed). Negative, deactivating moods with an approach motivation and a promotion focus (e.g., sadness) were not associated with creativity, but negative, activating moods with an avoidance motivation and a prevention focus (fear, anxiety) were associated with lower creativity, especially when assessed as cognitive flexibility. With a few exceptions, these results generalized across experimental and correlational designs, populations (students vs. general adult population), and facet of creativity (e.g., fluency, flexibility, originality, eureka/insight). The authors discuss theoretical implications and highlight avenues for future research on specific moods, creativity, and their relationships.
Duffy, Christopher J.; Cunningham, Everarda G.; Moore, Susan M. (2005) try to examine the structure of negative mood states among young adolescents. Students (N=216) aged 11-15 years from a secondary school in Melbourne, Australia, completed the Depression, Anxiety, Stress Scales (DASS) [Lovibond, S. H., & Lovibond, P. F. (1996). "Depression anxiety stress scales." Sydney: The Psychology Foundation of Australia Inc.]. Confirmatory factor analyses (CFA) failed to find support for a three-factor model. Further analyses suggested that items from the DASS were best represented by two factors, namely a generalized negativity factor and a factor comprising items indicating physiological arousal.

Perelman, Abigayl M.; Miller, Sarah L.; Clements, Carl B.; Rodriguez, Amy; Allen, Kathryn; Cavanaugh, Ron (2012) reported that in an era marked by pronounced overcrowding, including an increasing number of offenders serving long-term sentences, correctional systems continue to search for innovative and effective treatments. Few jurisdictions have attempted non-Western approaches such as meditative practice to reduce stress, conflict, and rule infractions. The current study examined the psychological and behavioral effects of intensive ten-day Vipassana Meditation (VM) retreats in a maximum security prison. VM goals and practice are consistent with evidence-based methods such as cognitive behavioral treatment and Risk-Need-Responsivity principles, as well as newer conceptions such as the Good Lives Model. Long-term offenders were followed over a one-year period. These included three retreat cohorts (n = 60) as well as an alternative treatment comparison group (n
Pretreatment measures assessed mindfulness, anger, emotional intelligence, and mood states. Baseline rates of prison infractions, segregation time, and health visits were also recorded. VM participants achieved enhanced levels of mindfulness and emotional intelligence and had decreased mood disturbance relative to a comparison group. Both groups’ rates of behavioral infractions were reduced at one-year follow-up. Clinically, VM holds promise for addressing self-regulation and impulse control, among other barriers to prisoner adjustment and community reentry. Additional study of VM across diverse offender groups is warranted.

Simone, Patricia M.; Cesena, Jacob (2010) found that leisure activity participation has been found to have a positive impact on our health and well-being (e.g., Rowe & Kahn, 1998), and interest in lifelong learning as a leisure time activity is rising. This study compared self-reported measures of demographics, life satisfaction, cognitive status, and mood states in adult populations (over 50 years old). These older adults were attending noncredit courses in two different adult education programs: an adult education center and a university setting. Students in the two programs differed in several demographic features (age, years of formal education, socioeconomic status, and satisfaction with life). While both groups reported the same level of cognitive functioning, adult education students found the classes more familiar yet more challenging. Students in both programs reported an improvement in mood at the end of the class compared to the beginning. This study suggests that demographic variables, such as years of formal education, socioeconomic
status, and life satisfaction, may determine which lifelong learning program adults choose. Regardless of program choice, participation in noncredit lifelong learning programs improves the mood of adults and may provide longer term benefits to their overall health and well-being. Further research is needed to determine whether the degree of challenge (Salthouse, Merish, & Miles, 2002) or lack of familiarity (Park, Gutchess, Meade, & Stine-Morrow, 2007) with the material will influence whether participation in lifelong learning programs has a lasting impact on cognitive health.

Kouwenberg, Maartje; Rieffe, Carolien; Theunissen, Stephanie C. P. M.; Oosterveld, Paul (2012) stated that frequent somatic complaints are not only a problem in themselves but also related to other difficulties. So far, no conclusive findings have been reported about the prevalence of and factors underlying these complaints in children and adolescents who are deaf or hard of hearing (DHH). Such information would be valuable for prevention and intervention. Therefore, the aim of this study was to examine the prevalence of somatic complaints and their relation with emotional functioning in DHH youngsters, as compared with hearing youngsters. This was established by assessing how somatic complaints, mood states, and sense of coherence were experienced by 186 Dutch participants (mean age = 11;07 years). DHH and hearing groups were compared using multivariate analysis of variance and structural equation modeling. The results showed that somatic complaints were reported equally often for both groups, but that the pathways leading to these complaints were partly different. Only in DHH participants were feelings of
fear associated with more somatic complaints. The results suggest that DHH children and adolescents would benefit from support in the regulation of fear and its causes. Other aspects affecting adjustment outcomes of DHH youngsters were education type and communication mode.

**Summary:**

There is no general agreement as to whether the stress and mood states of individuals who are blind or have low-vision differs from that of the sighted. Results from several studies summarized in Morse (1983) vary as to the positive and negative attitudes the blind and visually impaired children and teenagers have towards themselves. Jervis (1959) concluded that there were no significant differences between the blind and the sighted, while Meighan (1971) found that the blind tend to view themselves extremely negatively and Bauman (1964) that the partially sighted have a greater degree of anxiety, insecurity and loneliness. More recently, Sacks (1996) found that individual with low-vision perceive themselves more negative, expressing feelings of isolation and unjust fault when compared to the blind or sighted and Freeman et al., (1991) found that in many cases individual with low-vision tend to reject services that would be beneficial because they did not want to be labeled as blind. Here it is worth noting that these all these experiments used different scales. In this sense, researcher has reviewed various research studies regarding the present topic.