CHAPTER II
REVIEW OF LITERATURE
“A familiarity with the literature in any area helps the investigator to discover what is already known, what others have attempted to find out, what methods to attack have been promising and disappointing and what problem remains to be solved”

- Best

Although the terminology of Psychological distress has been popular for thousands of years in a number of countries yet the researches and the writings in this area are quite recent. Various attempts at comprehending the experiences of Psychological Distress, Depression, Anxiety and positive lifestyle have shaped an extensive amount of literature.

The common debate that persists is whether Psychological Distress is predecessor or a consequence of any event such as chronic pain. Another significant concern is not to converge or amalgamate distress and disorder together. Adame et al. (2007) stated that some authors due to their personal experiences have attempted to define psychological distress under the biomedical model as per their own understanding. Others have provided a significant consideration of the key elements of psychological distress and poor mental health consequences.

A literature review provides a description, summary, and critical evaluation of significant works done in a particular area of study. The research scholar has made her best efforts to read, comprehend and then collect the relevant literature from every promising and available resource. In the process of gathering relevant review material; various articles, journals and other existing literature were taken into account and notes about essential papers were made periodically. These notes were then summarized and discussed with experts from the field. For the purpose of quality in research; it is recommended to read research papers, magazines, journals, articles and other related topics. While a number of studies were surveyed during the course of study yet only a selected number of studies have been reported and documented for the research work.

In undertaking this review, three crucial segments have been thoroughly studied, comprehended, reviewed and documented. These three comprises of review of the presence of psychological distress, depression and anxiety amongst youth, followed by reviewing the role of counseling interventions in the management of psychological distress, depression, anxiety and finally reviewing the role of counseling interventions in the enhancement of positive Lifestyle.
The selected writings and researches reviewed with respect to the topic of study are presented below:

Hannan et al. (1997) stated that unemployment endures the major impact on the levels of psychological distress experienced by young adults. They said that social class and wages/income are not the contributing variables for the youth like in the case of adults. The political and structural factors double the impact of unemployment and generate a frame of mind that experiences absence of control and accountability for employment. They quoted that “Unemployed youth appear to be “people with a problem” rather than “problem people”. They indicated that young adults experience troublesome role alterations that often escalate distress and that these psychological effects are usually in the developmental process of young adults supposing roles of adults.

Young et al. (1997) in their exploratory research found that abuse namely emotional, physical and sexual was present in almost 35% of their clients with symptomatology of major depressive and anxiety disorder. They also found that it is more common in women than men and is related to the early onset of warning signs. They also suggested that family or marital discords and psychopathology often predisposes children to adversity or abuse. Additionally, the relationship between abuse in children and parental mental disorder also suggest the role of genes and environmental factors in developing vulnerability.

The Commission for the Prevention of Youth Violence (2000) echoed that health and the mental health services are crucial in the prevention of violence at the primary, secondary and tertiary levels and also includes prevention of problematic behaviors from emerging. It helps to identify and serve specific, at risk population and thus decrease the harmful effect of violence on the sufferers.
McCreary et al. (2000) found that drinking in men and women are highly related with depression, coping mechanism for dealing with stressful life events and loneliness. In fact, they stated that depression and mechanism for coping were strong interpreters for problematic drinking conducts. The relationship for both the genders was exactly the same except that in young adults, women who were lonely were more inclined towards intoxication than the lonely men. Greater levels of depression were suggestively related to the rise in occurrence of cases of intoxication and the binge drinking whereas an avoidant coping mechanism predicted drink tossing amongst young adults.

The National Survey of Counseling Center (2001) discussed that roughly eighty four percent of the Directors of the student counseling centers are stressed due to an increase in students on campus that exhibit severe psychological concerns. As per the data collected from over three hundred U.S. colleges and the universities, it was reported that over the past decade almost 44.5% testified an increase in number of students with alcohol abuse concerns, then up to 49% testified an increase in the usage of the other illicit drugs, 71% reported an increase in the number of students with learning disabilities and finally almost 37% reported an increase in the eating disorders. These statistics are quite alarming.

Purdon et al. (2001) administered a study to observe social anxiety in the college going students with three main objectives; firstly to be able to gather data on 52 non clinical sample of individuals experiencing signs of social anxiety like recurrent shaking and sweating; secondly to evaluate the perception of panic or anxiety and its impact on the participant’s personality traits like physical attractiveness and intelligence and finally to enquire the association between occurrence of social anxiety and the observations of others who seem to be anxious as well. The results recommended that majority of the individuals in any social situation had displayed indicators of anxiety from time to time. Also, that group of individuals with eminent social anxiety themselves judged others with anxiety as having less strength of character, lesser attractiveness and also more considerate in comparison to the others without anxiety.
Baker and Gerler (2001) acknowledged that students who were a part of the school counseling program displayed significantly lesser inappropriate behaviors and more positivity in attitude towards school than the number of students who were not a part of the school counseling program. Another study displayed that group counseling sessions significantly diminished the violent and hostile behaviors amongst school children. It concluded that the school counseling programs have a great impact on the disciplinary issues. Additionally, the survey also determined that about a third of the counseling centers reported that a number of students were seeking counseling due to reasons of sexual assaults. They also reported two severe concerns of stalking and obsessive behavior which accounted for the 60% of the centers. These centers have dealt with the cases of obsessive pursuit in the past year that also included 5 cases where students were also killed.

Mazze (2002) specified that approximately more than half of the women in college have faced symptoms of eating disorder. The reason of these eating disorders is not known till date yet new researches propose that amongst the young women with the past of family concerns and abuse; both depression and inability to express one's emotion can be the factors for disorderly eating. She also stated that predisposition to eating disorder could also be the result of conflicts in family, child’s sexual or emotional abuse and abandonment. Though, she also found out that both depression and trouble in recognizing and describing one's feeling i.e. alexithymia directly impacts the probability of women developing eating concerns.

Benton et al. (2003) in their longitudinal study mentioned that the reports of the University Counseling Center exhibit greater number of students seeking aid for depression, sexual assault and related thoughts of suicide. Bringing forth the comparison, they stated that these days College students often experience more complex problems than the past. These complex problems range from complications in relationships, developmental concerns, feelings of depression up till the thoughts of suicide. Their study unfolded the results of 13,257 students that approached the Midwestern university counseling center for thirteen years. The results concluded that number of college students with depression almost doubled, followed by suicidal students who tripled and lastly the sexual assault students quadrupled. The three academic years
that were accounted for were: 1988 to 1992, 1992 to 1996 and 1996 to 2001. This revealed that six problematic areas showed unreasonable increase during the first time period till the second time period and post which it stabilized from the second time period till the third time period. The concerns patterned composed of relationship concerns, family concerns, suicidal thoughts etc.

American Psychological Association (2003) in the article on “School Based program teaches skills that stave off depression” highlighted that these days children in school are at a higher risk for depression in comparison to any preceding generations so far. The statistics revealed that nine percent of children would experience major depression by the time they will turn 14 years of age and also twenty percent would experience major depression before they would graduate from their high schools. As they would be pre-exposed to depression as children; they are highly vulnerable to depression as adults as well. They emphasized the work of Jane Gillham, Karen Reivich, Lisa Jaycox and Martin Seligman on the preventive approaches to counseling; and state that advanced school based programs teach the young people to be positive problem solvers to deal with depression.

Nichols et.al (2004) stated that parent in America, the policy makers, the media and the teachers-all undervalue adolescents or teenagers. They reason that it is due to the changes in the structures of family and economy and also the diminishing actual contact with teens in normal day to day scenario. The authors also emphasized that rapidly increasing reinforcement from media on youth as sexy is thus creating pressures and also contradictions in the minds of teenagers as media teaches to be sexy and schools or colleges preach abstinence. This mixed social message thus leaves many young minds too confused and in distress.

Lenz et.al (2004) administered a study on use of tobacco, lifestyle choices and depression in early years of college. The sample explored was 18 to 19 years old students at Midwestern University. The occurrence for use of tobacco was 29% for previous year and almost 32% for previous month. The statistical technique of Multivariate Analyses advocated that students with
the depression were seven times as probable as other students to make use of tobacco. Other factors that are not significantly associated with use of tobacco are diet and stress.

Stein et al. (2007) measured the relationship between depression and the activities of the college going students. They conducted a cross-sectional study in New York and Long Island amongst 6 universities with the sample size of 381 full-time undergraduate students. The students were surveyed on the Beck Depression Inventory and the other questions on activities and some basic demographic information. The results indicated that 379 respondents who had finished the conduction of BDI, amongst them 20.3% reported experiencing incidences of depression whereas 35.0% can be deliberated as depressed based on the scores of BDI. There was no relationship found amongst the respondent’s scores on BDI and the activities such as exercising, studying, socializing and extra-curricular activities. It was discussed that an understanding of depression and its effects on the performances of college going students is extremely crucial for the parents, teachers and college administration.

Mclean et.al (2007) in their study examined the probable differing effects of causative ascriptions on psychological distress and the coping mechanism in relation to the hypothetical failure in exams. The findings explored that failures in exams are related with the internal and unsound causes which are linked with the lower levels of expected psychological distress. They discovered that stable causes were high indicators of both the avoidance and the wishful thinking strategies of coping. As expected, the women estimated considerably more psychological distress than in the case of men. The results also highlighted that women adopted the social support coping mechanisms to deal with an exam failure.

Paul Surtees et.al (2008) stated that psychological distress was related to an amplified risk of stroke. It was also noted that the risk of stroke augmented when the participants reported distress. He pointed out that higher emotional distress is related to 11% increase in risk of stroke after considering factors such as age, the sex of the person, smoking, blood pressure, obesity, social
class, the education procured, treatment of hypertension, family history of stroke, and use of antidepressants. This relationship was consistent for men and women both, for both the fatal and nonfatal stroke.

Rothon et al. (2008) recommended the correlation between psychological distress and educational achievement. She proposed a higher need for provision in the schools for the children suffering from the psychological difficulties as it is seen that low achievement in school can have a substantial effect on opportunities in adult life therefore it implies in order to achieve the best possible outcomes in the long-term.

Dixon et al. (2008) examined the interrelationships amongst four variables namely depression, self-esteem, college stress and mattering. The participants were 199 males and the 256 female’s college students in between the age groups of 18 to 23 years. The results indicated noteworthy sex differences in women recording greater depression, high college stress and mattering. It was also found that sex, mattering and self-esteem accounted for 13.8% and 39.4% of the inconsistency amongst stress and depression respectively.

Greenberg (2008) studied the family environment, a depressed parent and negative life events as important influences in the causation of depression amongst girls. He found out that as supported by existing literature; the family environment, cognitive triad and the negative life events are all directly related to the rigorousness of the depressive indications.

Public Interest Directorate (2009) in their resource publication mentioned that the indulgence in to measures for unhealthy weight control such as excessive fasting, or skipping meals, vomiting and by making use of diet pills or laxatives has been linked with the co-occurrence of obesity. They cited that engaging in unhealthy measures for weight control has left many adolescents specially the teenage girl’s with body image concerns. The girls are highly likely to observe the symptoms of the social and psychological distress because of the stigmatization of obese. Also, weight concerns can also lead to experiencing bullying and inconsiderate victimization by peers. It has also been highly related with teachers and the school staff ascribing the less anticipated personality characteristics to obesity in youth.
Villiers et al. (2009) pioneered a research work on perfectionism and social anxiety amongst College Students. The results indicated that both math and physics majors displayed significant higher scores in Social Anxiety in comparison to the music majors and not with the Communication Majors. Also, the communication majors observed lesser social anxiety in comparison to the math and the physics majors. The perfectionist traits were usually found to be extremely alike in all the four crucial academic majors. They stated that with respect to the influence of the 4 demographic variables namely age, gender, race and the residential status on the social anxiety score; it was only age of the college students that predicted the level of social anxiety. It said that lower levels of social anxiety were related to the older student.

Gallagher (2009) referred to the younger generation and stated that the economic condition complements the level of stress amongst the college students or the future work force. He also reinforced the results of the survey held in 2009 that acknowledged that the counseling heads of the campus reported a stable increase in the number of students that were seeking help in majority of the psychological concerns like the depression, anxiety and suicidal thoughts.

Paul & Moser (2009) also strengthened other researches and stated that the young unemployed adults experience greater psycholgical and physical concerns. According to the CBS News poll, New York Times (2009); the researchers described that Joblessness generates economic and emotional chaos in the lives of the individuals that are out of work and a quarter of these unemployed people visit the mental health professionals.

Kelly and Coon (2009) shared their views in an article and mentioned that simply by acknowledging situations more positively, looking at problems as opportunities and challenging the negative thinking are some of the important means to stay positive and lessen the stress. They also reinforced that having a measured realistic expectation and reframing positively the perception of stressful conditions can make one’s life more convenient and strong. They concluded that one must ensure consultation with a registered mental health professional in case of distress, feelings of hopelessness etc.
Seligman (2009) in an article stated that in the past fifty years, the population of United States of America has observed a significant escalation in their standards of living yet their sense of meaning, satisfaction with life and clarity of purpose has not improve. He considers this state as extremely disadvantageous for children. He quoted that almost twenty percent of the youth experiences depression in the current times. He referred that the effects of the aforementioned can severely impact the adulthood and can cause multiple concerns like early death, lesser satisfaction in jobs, severe health problems, higher rates of depression etc. The researcher took into account only two evidence based programs namely the Positive Psychology Program (PPP) and the Penn Resiliency Program (PRP). The results proved that the PRP increased the ability of the students to manage daily stressors in adolescents. Also it was efficacious in preventing of depression. Assessments of the feelings of students also declared that PRP helped in increasing optimism and reducing the depression for up to one year. This program was also fruitful in reducing helplessness, worthlessness, hopelessness and levels of anxiety and depression.

Lama (2010) on sharing his thoughts in an article on “The art of Happiness in Troubled Times” reinforced the positive psychology concepts and described how goodness should be emphasized and weakness should be kept aside. He highly emphasized the role of effective interventions in any plan that is designed to lessen the mental, emotional and physical stress. He described that the Intervention programs act as crucial agents in the process of making a person fully functional and self-sufficient.

Bhasin et al. (2010) focused on the three factors namely Depression, Stress and Anxiety amongst the adolescent school students. They found that Depression was suggestively more amongst females than males. They also reported that all the three factors i.e. Depression, Stress and anxiety were found out in higher rates amongst the students appearing for the board classes or the 10th and 12th class in comparison to the 9th and 11th class. All the three significant factors were found to have a contrary association with the academic performances of the adolescent school students and it was also observed that both Depression and Stress were considerably related with adverse events and their number of occurrence in an adolescent student’s life in a period of one year.
Elkington et al. (2010) in their study reported that the use of substance highly facilitated the association between the psychological distress and the frequency of intercourse and usage of condom and also partially facilitated the association between the psychological distress and the presence of the number of companions. They also reported no differences in intermediation in terms of sex, race or ethnicity and also no evidence in support of the equability of the psychological distress and the use of substance on sexual risk. Therefore, they concluded that psychological distress is linked with sexual risk as youth experiencing greater psychological distress are highly likely to abuse the substance.

Garber and Weersing (2010) in their research work concluded that high levels of comorbidity in anxiety and depression amongst youth is resultant of three factors namely the considerable overlap in the symptomatology and the items that assessed the putatively dissimilar disorders, secondly the usual etiological factors that are associated with the development of every individual condition, and lastly the negative sequence of deliberating anxiety increased risk for the increase of depression. They reasoned that if the treatment of anxiety is not enough for the prevention of depression, then it may be essential to align treatment for anxiety with other important intervention techniques that are specifically aimed at preventing depression.

Palliative care knowledge network (2010) in their article stated that hopelessness, loss of feeling of dignity, loss of interest in life and threats to self-identity are factors to Existential Distress. They also explained Existential Loneliness as the feeling of intolerable emptiness, longing and chronic sadness that is resultant of the fact that one is experiencing central disconnectedness as a human being.

Al-Qaisy (2011) conducted his research on Depression and Anxiety; he found out that females were observed to be more anxious than males whereas males were found to be more depressed than females. In addition to that, it was found that there was a positive relationship amongst achievement and anxiety and a negative relationship was found between depression and
achievement such as higher the level of depression amongst students, the lower the level of achievement amongst students. Also, it suggests that the students with medium level of concern, usually have higher academic achievement.

Kim (2011) found out that individuals who often boost their self-esteem by announcing to themselves that they have done a great job, they could end up with feelings of dejection instead to positivity. The results found by him underscored the emotional benefits of estimating the accuracy of self-assessments and the performance feedback. The results indicated that individuals who rated themselves as much higher than they actually were significantly more expected to feel the dejection.

Ojha (2011) mentioned that counseling targets at helping an individual understand and accept themselves just “as they are”. She mentioned that the adolescents are encouraged to work towards actualizing their potential and are helped to realize their strengths and weaknesses. She stated that counseling helps an individual reach self-autonomy through self-understanding, self-direction and self-motivation. In this, the individual agonizes lesser from inhibitions, conflicts, anxieties and stress.

Misquitta and Misquitta (2011) in an article on “Positive psychology- From stress Management to Life enrichment” described their belief that interventions which are efficient and effective in the management of stress are based on strengths building and positive emotions. They also spoke of the yogic management of stress that they describe is fast gaining popularity in east as well as west. They state that the causation of an increasing emotionality is due to the I-ness in everyone and arrangement of attachment that often leads to robust likes and subsequent dislikes. So they emphasized the holistic yogic way for the management of stress.

Mohanty (2011) described interventions to deal with stress in an article on “Stress Management and coping styles” and highlighted methods of deep relaxation. This intervention is advised for a period of 15 to 20 minutes per day; it helps in releasing tension and thus provides an individual with a marked sense of tranquility. The author has also emphasized the exercise of chanting mantras that is known to have benefit to human mind as well.
Neils and Christensen (2011) based their study on the mental ill health prevention programs and early intervention in schools in Australia. They stated that a number of prevention and early intervention models in Australia are based on the functions of cognitive behavior therapy (CBT). These approaches are based on the behavioral and the cognitive aspects and concentrates on factors like cognitive restructuring, assertiveness and interpersonal therapy (IPT) that is focused on refining the social linkages, role transitions and conflict resolution.

Schwab Reese et al. (2012) found out that the process of guided imagery is associated with enhanced mental coping mechanism and abridged re-injury anxiety. Also, process of goal setting did not show direct association with the lessening of the unreasonable psychological concerns. Results also displayed that psychological techniques like the acceptance therapy, micro level counseling skills and the written disclosures are successful in the reduction of negative mental concerns and the re-injury anxiety and also improves the psychological coping mechanism. The implications of the study highlight the need for development and implementation of the well-made interventions. These interventions aim at improving the post-injury psychological consequences.

Gee et al. (2012) centered the research study on the basis of the people's perceptions of the symptomatology of anxiety, the revelation of anxiety as stated by others, and also how one's level of social anxiety affects perceptions. The results highlighted that the participants had a negative evaluation of others who looked anxious as awkward. The social skills, weakness and the disclosure of perceived anxiety were related with lesser negative judgments. In fact it was determined that the participants own a level of the social anxiety was not associated to their judgments. This study proved that the apprehensions of the socially anxious entities such as the others will negatively evaluate them on the basis of their signs of anxiety are correct.

Schneider (2012) in his research study reported that almost 15.8 percent of the students testified cyber bullying and almost 25.9 percent testified school bullying in the last one year. Also it was found that the 59.7 percent i.e. the majority of the cyberbullying targets also formed a part of
school bullying targets and similarly almost 36.3 percent of the school bullying targets also formed the cyber bullying targets. Another revelation was that victimization was observed as higher amongst the non-heterosexually recognized young adults. The victims reported lesser attachment to schools and low academic performances. The technique of Controlled analysis highlighted that highest stress levels were observed by distressed victims of both the cyberbullying and the school bullying; and also the victims of either forms of bullying also highlighted an elevated distress level. The study emphasized the dire need for preventive approaches for addressing both the forms of bullying.

Lewinsohn et al. (2013) in their research established that the young adults with experiences of major depressive episodes during adolescence have higher vulnerabilities for relapses in their adulthood that can have significant detrimental effect on the quality of life. As per the reports of the study; the young adults exhibit persistent impairments through many areas of their life during the mid-20s itself. They show signs of performing poorly at work, experiencing difficulties in social, physical and mental well-being. These young adults experienced more hardships than the other young adults with experiences of psychological problems besides MDD. Other affects could be low academic performances, facing a major adversity and also early childbearing and marriages.

Novotney (2014) stated that more than thirty percent of the students seeking counseling services reported that they have contemplated attempting suicide at some or the other point in their lives. Further, the researcher stated that students who tussle a lot are highly likely to drop from school. They also highlighted that by offering services for the management of anxiety, relationship concerns, depression one can help to relieve them from their psychological stress and in turn help focus on academics and newer ways to exist in the world.

Naushad and Farooqui (2014) administered a cross sectional study to establish the incidence of depression amongst the pre-university students of Mangalore. The results were alarming as almost out of the 308 participants, 79.2 percent of students showed signs of depression. The Majority of students i.e. 41.2 percent suffered from moderate depression, followed by 26.6
percent who suffered from mild depression. It displayed that the prevalence rate for depression and the severity of depression increased significantly in accordance to the age of the participants. In accordance to their discipline, the students of commerce were significantly more depressed in comparison to the students of science. The implications of the study indicated a strong need for college students to be psycho-educated about depression and its symptoms for managing the diagnosis and prognosis. Depression and stress in college are two major concerns amongst the undergraduates and were highly related to the self-esteem and mattering.

Ruggero (2014) in his research on “Does Cardiorespiratory Fitness Protect against Depression during Middle School?” revealed that almost 28% of the sixth grade girls and 29% of the seventh grade girls displayed prominent indications for depression. The results for the boys indicated that 22% had raised indications for depression in grade seventh and almost 19% in grade eighth subsequently. The researcher stated that the most commanding forecaster for depression in grade seventh was experiencing depression in grade sixth. It was found out that fitness was crucial in restricting depression in students within a year. As per WHO, depression in youth is related to a spectrum of poor school related and health related concerns that multiply to become the chief reason for disability in a particular age group. Eminent researchers have explored fitness as a measure for prevention of depression in children in middle school and also recommended that schools must engage in interventions that directly emphasized and addressed such concerns in children.

Robinson et al. (2015) stressed that the older maternal age is related with the symptomatology for depression, stress and anxiety in the young females. It was also found out that the daughters, and not the sons, of women who give birth at 30 years or much older are highly likely to experience depression as a young adult.

Adcock (2015) shared his ideas on anxiety disorders and concluded that 1 in 5 Americans have been diagnosed with some or the other state of anxiety. These anxieties range from social phobias to the post-traumatic stress disorder to the obsessive-compulsive disorders and so on. He also laid emphasis on the growing business of anti-anxiety drugs and the antidepressants. In 2013, the statistics exhibited that Americans completed 48 million prescriptions for the anti-
anxiety drug namely the benzodiazepine drug alprazolam along with 27 million prescriptions for the antidepressant called the sertraline.

Francia and Millar (2015) also discussed that the management of parental conflict was more a psychological burden on the child than the actual parental conflict. The research demonstrated parental conflict as a mediator amongst the child and the emotional security. It also exhibited the mental impact that children face when they are repeatedly loaded with the concerns of the adult and also due to the situations not under their control as the child relies heavily on the emotional environment generated by the parents.

Magyar-Moe et al. (2015) discussed that counseling psychologists hold leading positions in the arena of positive psychology. Their discussion was reinforced by Shin and Steger in 2014; they had proposed to develop the meaning based therapy. This therapy helps by enhancing meaning through a development for the sense of general understanding about one self and the related world and ensuring noteworthy goals in life. Multiplicity of interventions like exploration of significant goals or life choices helps in determining significant meaning in life. This therapy is reinforced by many researchers; Irving et al. in 2004 highlighted that Hope as a construct is of value to his clientele and can be practiced across all significant stages of counseling. Further Smith in 2006 also validated the advantages of Strengths Based Counseling and Positive psychology that focuses on the development of resilient therapeutic relationship that identifies and makes use of the strengths of an individual.

University of Pittsburgh (2016) reported that due to anxiety an area in the brain called the prefrontal cortex disengages. This area is imperative for flexibility of decision making. They also reported that anxiety imparts a selective effect on the neuronal activity in the brain that favors the decision making process.

Advocacy Issues of the American Psychological Association (2016) stated that joblessness or the economic turmoil can damage the physical and the mental health of an individual. They
emphasized that it specially harms the emotional and the psychological well-being; thereby resulting in concerns like depression, compulsivity in behavior, anxiety and the abuse of substance. The unemployed are more likely to abuse alcohol and drugs than the employed ones. Also, self-harm thoughts are four times higher in employed people than the unemployed people. As per the reports, the Unemployed people reported four times more the indications for severe mental concerns like major depression. They further report that almost half of the country’s unemployed people face depression or panic and out of 10 work parents almost 4 have observed behavior changes in their children. Many have reported Unemployment as a mentally devastating experience and are like ensuring a chronic illness.

Antony (2016) researched that the therapists must possess the two sets of skills which is to help individuals prepare for change and to help individuals achieve that change. The results highlighted that for long-term improvement, the technique for integrating the motivational interviewing with the Cognitive Behavior Therapy is far more effective and efficient than applying the Cognitive Behavior Therapy alone. The researcher announced that this offers a patient centered way of working through incompatible feelings to further enhance the inspiration for change. They said that Motivational Interviewing is determined at listening and bringing out the client ideas. In an experiment conducted to assess the treatment impact of MI and CBT versus CBT alone, it was found that those who were given the combination of MI and CBT were 5 times more likely to be cured for generalized anxiety disorder within a span of one year.

Price and Rosen et al. (2016) in their research work stated that anxiety stricken youth are at greater risk for the successive growth of depression and also that there is limited information on anxiety stricken youth and prospective risk. For the research, a dot-probe task was allotted to sixty seven anxieties stricken youth from the age category of 9 to 14 years. The total sample was 36 female who accomplished the assessment of baseline attentional patterns triggered by fearful neutral face pairs. Depressive and the anxiety symptoms were self-reported and assessed two years post the trial for the larger psychotherapy. It was found that the eye-tracking patterns indicated the threat avoidance that forecasted higher two year scores of depression over and above the baseline and the post treatment symptomatology. The sustained post threat pupillary
avoidance forecasted supplementary alteration in the scores for depression. The identical eye-tracking and the pupil indices did not forecast the anxiety at a period of two years. Researchers believed that these bio-behavioral indicators prove that avoidant attentional processing with respect to anxiety will be an opening to depression. It is also seen that extreme evasion of threat can interfere with the attainment of the adaptive emotional regulation skills thru the development and termination of the comprehensive behavioral deactivation which characterizes depression.

2.1 Analysis of Review of Literature

The researcher pursued the literature review to analyze the existing information on the topic of study as it was imperative for the current understanding of the related subject and its relevance to pursue the topic. The literature review offered an insight into the important facets of the topic, helped in identifying the valuable data sources that the other researchers have utilized in the past, understood various relationship amongst concepts, helped in formulating ideas for the purpose of further deliberation and most importantly guided the researcher in avoiding pitfalls or errors that have been committed in the previous research work. It has also helped considerably in creating strategies for reading and critiquing.

Present investigation was carried out to study the counseling intervention model for enhancement of positive lifestyle in youth experiencing psychological distress. As per the existing literature; there is a positive impact of the counseling intervention on the enhancement of positive lifestyle amongst the distressed population. The review also proved that the psychologically distressed population needs external help, more in terms of para-medical help like counseling than medical help like medication. The review of existing literature also discloses that depression, anxiety and distress can lower the quality or the positivity of lifestyle thereby generating more need for immediate help in young adults.

The review of literature has also shown promising results with respect to counseling interventions. The advantages of counseling are that an individual becomes decidedly self-aware
and is empowered to deal with the irrationality of feeling, thoughts and behavior. This enhances healthy relationships, escalates the confidence and adds more meaning to their life. Preferably, any individual facing a difficulty is comfortable seeking counseling or external support. Though, this is often not the case.

Review of research also highlights that individuals seeking counseling have experienced troubled relationships or circumstances in the past. The literature shows that individuals who hold irrational and negative views about themselves; usually have the root cause for their mental health concerns in their childhood. People generally continue to hold their negative thinking states in their adulthood as well.

The Counseling Interventions, as reported in review of existing literature helps alleviate the negative thinking and form the positive thinking or thoughts that helps an individual grow and thus encourage a healthy lifestyle. Interventions, both brief and detailed have been reinforced by many supporting researches that spoke about the favorable outcomes.