

# BODHRAJ KUMKARIA

📞 7339749294

[bodhrajcumkaria@gmail.com](mailto:bodhrajcumkaria@gmail.com)

Date of birth. : 16-12-1986

Father's name : Shri Hanuman Prasad

---

## OBJECTIVE

To work in an environment which encourages me to succeed and grow professionally where I can utilize my skills and knowledge appropriately.

---

## EDUCATION

<b>Ph.D (Psychology)</b>	2019   <b>Awarded</b> Title- psychological Predictors of Well-being in the Psychiatrists Guide- Dr op Sharma Professor, department of psychology , university of Rajasthan Jaipur	Department of Psychology, University of Rajasthan ,Jaipur
<b>N.E.T. (Psychology)</b>	June 2013   <b>Qualified</b>	University Grant commission, New Delhi
<b>S.E.T. (Psychology)</b>	Sep. 2012   <b>Qualified</b>	Rajasthan Public Service Commission, Ajmer
<b>M.Sc. (Psychology)</b>	2008   <b>Awarded</b>	University of Rajasthan,Jaipur
<b>B.Sc (Biology)</b>	2006   <b>Awarded</b>	Bikaner University, Bikaner

---

## RESEARCH EXPERIENCE

---

### Research Papers Presented in seminar / conference / workshop.

- Presented a research paper entitled " Srimad bhagavad Gita : through the vision of Psychology in the national seminar (MHCRA-2014, Gurukul kangri university haridwar , India).
- Presented a research paper (Mental Health and Triguna) in the international seminar at department of Psychology, P.G. govt. College sector 46, Chandigarh.
- Presented two research papers in the field of Indian Psychology at international conference on Psychology and Allied Sciences (25-27<sup>th</sup> sep. 2014 at Amity University Noida).
- Presented a research paper in the field of Yoga Psychology at international conference on Psychology and Allied Sciences (25-27<sup>th</sup> sep. 2014 at Amity University Noida).

### Research Papers published in the reputed and UGC listed Journals.

- (1). Role of emotional intelligence and self-efficacy on psychological well-being in psychiatrists [IJHW 2017,8(7)774-776, ISSN p-2229-5356, issn e-2321-3698].
- (2). Influence of Big five personality traits on well-being in psychiatrists [IJHW 2017,8(8)853-855, ISSN p-2229-5356, issn e-2321-3698 ].
- (3). Gender differences in burnout : A study on counselors [IAHRW international journal of social science and review, 2019,7(3). 460-462 ,ISSN -2347-3797, UGC journal no. 41948, NAAS rating 2.72 ].
- (4). Emotions Work :Indian and Western Perspectives [IAHRW international journal of social science and review, 2019,7(3). 471-474 ,ISSN -2347-3797, UGC journal no. 41948, NAAS rating 2.72 ].
- (5).TYPE A -behaviour pattern as a predictors of psycholgalical well-being in psychiatrists [IAHRW international journal of social science and review, 2019,7(4). 740-742, ISSN -2347-3797, UGC Journal no. 41948, NAAS rating 2.72 ].
- (6). Emotion Work as a predictors of psycholgalical well-being in psychiatrists [IAHRW international journal of social science and review, 2019,7(4). 755-757, ISSN -2347-3797, UGC Journal no. 41948, NAAS rating 2.72 ].
- (7). Effect of Sudarshan Kriya Yoga Practices on Positive and Negative Experiences [Indian Journal of Psychology and Education (IJPE), ISSN -2231-1432, vol. 9, No.2, July 2019,194-198 ].

## MEMBERSHIP OF ACADEMIC / PROFESSIONAL BODIES

- Life member of Indian Academy of Health Psychology (IAHP)
- Life member of Indian Academy of Applied Psychology (IAAP)

## ACKNOWLEDGMENTS

1. Research Fellowship Doctoral -2015 awarded by ICSSR , New Delhi.

### Reference familiar with my academic work

S No.	Full Name	Institutional Affiliation (Present/Former)	Designation	Address	Mobile / Phone No.	Email
1	<b>Om Prakash Sharma</b>	Department of Psychology, University of Rajasthan, Jaipur	Professor	C-4 , professor's bungalow , university of Rajasthan, jaipur	9828088456	opbrd65@gmail.com

पंजीकरण (Regn. No.) 467/13/524

# राजस्थान विश्वविद्यालय

जयपुर

हम, राजस्थान विश्वविद्यालय के  
कुलाधिपति, कुलपति तथा सेनेट के सदस्य प्रमाणित करते हैं कि  
विश्वविद्यालय मनोविज्ञान विभाग, विज्ञान संकाय में  
बोधराज कुमकरिया

को शोध प्रबन्ध

*Psychological Predictors of Well - Being in Psychiatrists*

16.07.2019 को स्वीकृत होने के उपरान्त यू.जी.सी. विनियम 2009 के प्रावधानों के अन्तर्गत

## डॉक्टर ऑफ़ फिलॉसफी

की उपाधि प्रदान की गई।

प्रमाण-पत्र विश्वविद्यालय की मुद्रा और कुलपति के हस्ताक्षर से अंकित किया जाता है।

## University of Rajasthan

Jaipur

*We, The Chancellor, Vice-Chancellor  
and the Members of the Senate of University of Rajasthan  
Certify that*

**Bodhraj Kumkaria**

*of the University Department of Psychology, Faculty of Science*

*has been conferred the Degree of*

## Doctor of Philosophy

*after approval of the thesis*

*Psychological Predictors of Well - Being in Psychiatrists*

on 16.07.2019 in accordance with the provisions of the UGC Regulations 2009.

*In Testimony whereof are set the Seal of the said University and the signature of  
the said Vice-Chancellor.*



R. K. Isotari  
कुलपति  
Vice - Chancellor



Jaipur, Dated : 11-12-2019

Electronic Certificate No: 131005124



**University Grants Commission**  
NATIONAL EDUCATIONAL TESTING BUREAU



**NATIONAL ELIGIBILITY TEST FOR LECTURESHIP**

UGC Ref. No: 5124/(NET-JUNE 2013)

Roll No: 62040004



Certified that **BODHRAJ KUMKARIA**

Son/Daughter of **HANUMAN PRASAD**

and **TULSA DEVI**

*has qualified*

the UGC-NET for eligibility for lecturership held on 30-06-2013

in the Subject **PSYCHOLOGY**

The date of qualifying NET is 21st October, 2013, which is also the date of declaration of the result.

This is an electronic certificate only and its authenticity should be verified from the UGC by the employer through [www.ugcnetonline.in](http://www.ugcnetonline.in). This electronic certificate can also be verified by scanning QR Bar Code printed on the electronic certificate.

Validity of the electronic certificate is forever.

*Surender Singh*

Head  
NET Bureau

Date of Issue: 17-01-2014

Note: a) UGC has issued the electronic certificate on the basis of information provided by the candidate in his/her Application Form. The appointing authority should verify the original records/certificates of the candidate while considering him/her for appointment, as the Commission is not responsible for the same. The candidate must fulfil the minimum eligibility conditions for NET within two years from the date of declaration of NET result.

b) Whenever PWD is shown in the UGC Ref. No., the recruiting body should check the status and sincerity of disability.

RAJASTHAN PUBLIC SERVICE COMMISSION, AJMER

PROVISIONAL CERTIFICATE

Roll No. 103041

It is Certified that Dr./Mr./Ms./ - Bodhraj Kumkaria

S/o /D/o - Sri Hanuman Prasad

has Successfully Passed State Eligibility Test 2012 in the Subject of **Psychology**  
Conducted by the RPSC, Ajmer in the month of August 2012.

*24/12/13*  
Member Secretary

SET

Note:

1. The appointing authority should verify the original Document of the candidate while considering him/her for appointment, as the SET agency is not responsible for the same. The candidate must complete UGC specified master's degree within two year of date of SET, if he is not already qualified as on issue date.

2. Wherever SC, ST, OBC, SBC PH or VH is shown in the SET Ref. No. the recruitment body should check the relevant documents of Scheduled Caste / Scheduled Tribe / Physically Handicapped / Visually Handicapped candidates before appointment.



UNIVERSITY GRANTS COMMISSION  
NATIONAL EDUCATIONAL TESTING BUREAU  
UNIVERSITY OF DELHI, SOUTH CAMPUS  
BENITO JUAREZ MARG, NEW DELHI-110021

11 DEC 2013

No.F.15-9(JUNE 2013)/2013(NET)

Date: 11.12.2013

UGC-REF: 5124/(NET-JUNE 2013)

TO WHOM IT MAY CONCERN

This is to certify that **SHRI BODHRAJ KUMKARIA S/O SHRI HANUMAN PRASAD & SMT. TULSA DEVI** has provisionally qualified the UGC-NET held on 30<sup>th</sup> June, 2013 for the eligibility for Lectureship only in the subject '**Psychology**' with Roll No. **62040004** subject to fulfillment of eligibility conditions for UGC-NET.

(Ravi Patwardhan)  
Sr. Statistical Officer



  
 Alka Srivastava  
 Asistant Director (RFD)  
 Tel # 011-26716687

Indian Council of Social Science Research  
 (Ministry of Human Resource Development)  
 JNU Institutional Area, Aruna Asaf Ali Marg  
 New Delhi 110067  
 E-mail: [rfdicssr2014@gmail.com](mailto:rfdicssr2014@gmail.com)  
 Website: [www.icssr.org](http://www.icssr.org)

F.No. RFD/2014-15/SC/143

Dated: 29 .12.2017

**Sanction Order**

The Registrar,  
 University of Rajasthan  
 Jaipur-302004.

**Subject:** Extension of ICSSR Doctoral Fellowship of **Mr. Bodhraj Kumkaria**, into the Second Year to work on "**Psychological Predictors of Well-Being in Psychiatrists**".

In continuation of our earlier sanction letter of even number dated **24-02-2015**, I am happy to convey that Doctoral Fellowship **Mr. Bodhraj Kumkaria**, has been extended into the second year from **6/02/2016 to 5/02/2017**. The scholar will be entitled to the following payments during the tenure of his/her second year's Fellowship:

Fellowship @ Rs.16, 000/- p.m. for 12 months	: Rs.1, 92,000/-
Contingency grant @ Rs. 15000/- p.a.	: Rs. 15,000/-
<b>Total</b>	<b>: Rs.2, 07,000/-</b>

The total amount of Rs.2, 07,000/- along with the third installment of First Year will be released in **three installments** as follows:

- The **first installment of Rs. 1,00,000/ of Second Year and the third installment of First Year of Rs.15,000/-** will be released on receipt of the '**Grant-in-aid Bill**' of **Rs.1,15,000/-**-(Performa enclosed) duly completed, signed and stamped by the competent authority, viz., The Registrar/Principal/Director of the University/College/Institute, across a revenue stamp of usual denomination.
- The **second installment of Second Year of Rs. 92,000/-** will be released only after completion of six months and within fifteen days thereafter on receipt of the **following documents:**
  - First Six-Monthly Progress Report of **Second Year** (in approximately **2,500 words**) indicating clearly the work already done and the work left to be done **forwarded by the Supervisor and the Head of the Department.**
  - First Six-Monthly Simple Statement of Expenditure incurred against the first installment of grant released **forwarded by the Registrar/Principal/Director.**
  - The Grant-in-Aid Bill of **Rs. 92,000/-** duly completed and signed by the Registrar/Principal/Director of the university/college/institute (as the case may be) across a revenue stamp of usual denomination



Electronic Certificate No.: 131005124



**University Grants Commission**  
NATIONAL EDUCATIONAL TESTING BUREAU



**NATIONAL ELIGIBILITY TEST FOR LECTURESHIP**

UGC Ref. No.: 5124/(NET-JUNE 2013)

Roll No.: 62040004



Certified that **BODHRAJ KUMKARIA**

Son/Daughter of **HANUMAN PRASAD**

and **TULSA DEVI**

*has qualified*

*the UGC-NET for eligibility for lectureship held on 30-06-2013*

*in the Subject PSYCHOLOGY*

The date of qualifying NET is 21st October, 2013, which is also the date of declaration of the result.

This is an electronic certificate only and its authenticity should be verified from the UGC by the employer through [www.ugcnetonline.in](http://www.ugcnetonline.in). This electronic certificate can also be verified by scanning QR Bar Code printed on the electronic certificate.

Validity of the electronic certificate is forever.

*Surender Singh*

Head  
NET Bureau

Date of Issue: 17-01-2014

Note: a) UGC has issued the electronic certificate on the basis of information provided by the candidate in his/her Application Form. The appointing authority should verify the original records/certificates of the candidate while considering him/her for appointment, as the Commission is not responsible for the same. The candidate must fulfil the minimum eligibility conditions for NET within two years from the date of declaration of UGC-NET result.

b) Wherever PWD is shown in the UGC Ref. No., the recruitment body should check the relevant documents of disability.



# UNIVERSITY OF RAJASTHAN

S. No. 65

Copy of Marks obtained at the M.A/M.Sc.(Final) PSYCHOLOGY EXAM.-2008 ( 4521 )

Roll No. 69369  
Name BODHRAJ KUMKARIA

En. No. 06/482

Category REGULAR

Ordinance

Sub. Catg. Y

Father's Name HANUMAN PRASAD

Mother's Name TULSA DEVI

Medium HINDI

College/Deptt./Centre ST. WILFRED'S COLLEGE, MANSAROVAR, JAIPUR



No.	PAPER(S) OFFERED		Max. Marks	Min. Marks	Marks obtd.		Remarks	
	Narration				Prev.	Final		
I	7501-APPLICATIONS OF PSYCHOLOGY		100	25		41		
II	7502-SOCIAL PSYCHOLOGY		100	25		41		
A-III	7503-FUNDAMENTALS OF CLINICAL PSYCHOLOGY		100	25		43		
A-IV-PER	7504-PERSONALITY		100	25		39		
A-V-PRAC	7506-PRACTICAL/TESTING		100	36		70		
EXAMINATION	Marks in Paper(s) appeared	Marks in Paper(s) already cleared	Aggregate Marks	Pass/Fail	Marks to be taken into account for award of division		Combined marks of Previous & Final	Passed in Division
Previous	--	289	289 /500	P	Previous	Final	523 /1000	SECOND
Final	234	--	234 /500	P	289	234		

JAIPUR

(For Notes, Please see on reverse)

Result declared on 17/07/08

Controller of Examinations



# Maharaja Ganga Singh University

FORMERLY: UNIVERSITY OF BIKANER, BIKANER

ORIGINAL / DUPLICATE /  ADVANCE

COPY OF MARKS OBTAINED AT THE BSC PT-III Examination, 2006  
(Under (10+2+3) Pattern)

22212

S.No. \_\_\_\_\_ Name of Candidate BODHRAJ KUMKARIA

Roll No. 152798 Father's Name HANUMAN PRASAD

Enrolment No. 03/13214 Mother's Name TULSA DEVI

Category  Collegiate /  Ex-Student /  Non-Collegiate

Subject Offered	Maximum Marks	Minimum Pass Marks	MARKS OBTAINED					Remarks	
			I	II	III/Sub	Total	Practical		Subject Total
CHEM	150 75	54 27	11	20	21	52	60	112	G
BOT	150 75	54 27	33	30	19	82	58	140	
ZOO L	150 75	54 27	38	26	24	88	56	144	
Total Marks Obtained excluding compulsory and back log paper/subject(s) Marks:-								396	

YEAR-WISE TOTAL MARKS OBTAINED			GRAND TOTAL	RESULT / CLASS / DIVISION
PART FIRST	PART SECOND	PART THIRD		
321	349	396	1066/2025	SECOND

G-Passed by Grace, S-Eligible for Supplementary, F- Failed, A- Absent

Bikaner

Result Declared on 12/6/2006 Written by [Signature]

Date of Issue of Mark Sheet 26/7/2012 Checked by [Signature]

(For Notes, Please see on reverse)

[Signature]

Controller of Examination

#	Publication Type	Title of the Paper	Journal Name	Year	Vol. No.	Page No.	ISSN No.
1	UGC Listed	EFFECT OF SUDARSHAN KRIYA YOGA PRACTICES ON POSITIVE AND NEGATIVE EXPERIENCES	INDIAN JOURNAL OF PSYCHOLOGY AND EDUCATION	2019	9(2)	194-198	2231-1432
2	UGC Listed	INFLUENCE OF BIG FIVE PERSONALITY TRAITS ON WELL-BEING IN PSYCHIATRISTS	INDIAN JOURNAL OF HEALTH AND WELL-BEING	2017	8(8)	853-855	2229-5356
3	UGC Listed	ROLE OF EMOTIONAL INTELLIGENCE AND SELFEFFICACY ON PSYCHOLOGICAL WELL-BEING IN PSYCHIATRISTS	INDIAN JOURNAL OF HEALTH AND WELL-BEING	2017	8	774-776	2229-5356
4	UGC Listed	EMOTION WORK : INDIAN AND WESTERN PERSPECTIVES	IAHRW INTERNATIONAL JOURNAL OF SOCIAL SCIENCES REVIEW	2019	7(3)	471-474	2347-3797
5	UGC Listed	GENDER DIFFERENCES IN BURNOUT : A STUDY ON COUNSELORS	IAHRW INTERNATIONAL JOURNAL OF SOCIAL SCIENCES REVIEW	2019	7(3)	460-462	2347-3797
6	UGC Listed	EMOTION WORK AS A PREDICTOR OF PSYCHOLOGICAL WELL-BEING IN PSYCHIATRISTS	IAHRW INTERNATIONAL JOURNAL OF SOCIAL SCIENCES REVIEW	2019	7(4)	755-757	2347-3797
7	UGC Listed	TYPE A BEHAVIOUR PATTERN AS A PREDICTOR OF PSYCHOLOGICAL WELL-BEING IN PSYCHIATRISTS	IAHRW INTERNATIONAL JOURNAL OF SOCIAL SCIENCES REVIEW	2019	7(4)	740-742	2347-3797

*Bodhraj Kumkaria*

**Effect of Sudarshan Kriya Yoga Practices on Positive and Negative Emotions**  
Bodhraj Kumkaria\*, Neelam\*\*, Anjana kumari\*\*\*and O. P Sharma,\*\*\*\*

**Abstract**

Studies on affective well-being have shown the beneficial role of positive emotions on cognitive processing and the harmful role of negative emotions on coping, stress and health status. Studies have shown that yoga practices reduce anxiety and depression and improve wellbeing. Sudarshan kriya yoga (SKY), a unique yogic breathing practice, involves several types of cyclical breathing patterns, ranging from slow and calming to rapid and stimulating. The aim of the study was to examine the impact of 'Sudarshan kriya yoga' practices on the positive and negative affect in normal healthy adults. A group of 20( equal number of male and female) participants were selected for the study. The age range was 35 to 45 years. Assessment was carried out on the before and after intervention, using a modified version of Positive Affect Negative Affect Scale (PANAS). It has ten questions each to measure positive affect (PA) and negative affect (NA). The t-test was employed to differentiate between the pre and post testing data of the positive and negative experience of the participants. The results indicated that the practice of Sudarshan Kriya Yoga enhanced the positive experience and reduced negative experiences of the participants.

**Keywords:** 'Sudarshan kriya yoga', positive affect, negative affect.

Pollution in the environment, increased pace of life, psychosocial disorder, eating habits and sedentary lifestyles have increased levels of stress and related disorders. Yoga has been practiced as a healthy way of life, as an ancient Indian science. The approach of yoga to health in alternative medicine was recently adopted. Relaxing exercises are designed to reduce stress and thus avoid unwanted effects. Yoga and yogic breathing exercises are one of the common relaxations. The Pranayama, yogic breathing, is a unique way to balance the autonomic nervous system and influence psychological and stress-related disorders. Sudarshan Kriya Yoga (SKY) is a particular form of these respiratory exercises, and has a positive effect on the mind-body system.

Sudarshan kriya yoga (SKY) is a special controlled cyclic breathing technique, the origin of which is due to the influence of patanjali ashtangic yoga or say that its roots are associated with patanjali yoga. Practicing it provides relief for depression, and it is taught by the Art of Living Foundation. Which is a non-profit organizations.

As we know that SKY is a group of breathing techniques, following breathing techniques are practiced in the practice session of SKY.

1. Ujjayi: This involves the sensation of the breath that affects the throat. This technique of slow breathing (2 - 4 breaths per minute) increases the airway resistance during inspiration and expiration and controls the flow of air so as to extend to an exact count every phase of the breathing cycle. The subjective experience with vigilance is physical and mental calm.

2. Bhastrika: during Bhastrika, at a rate of 30 breaths a minute, the air is quickly inhaled and forcefully exhaled. It causes arousal and then calm.

3. OM: "Om," with a very prolonged expiration is chanted three times.

4. The Sanskrit word "Sudarshan Kriya" means a proper vision by purifying action; it is a slow, medium and rapidly advanced, rhythmic and cyclical respiration.

In over six million countries worldwide, SKY has been taught by the Art of Living Foundation. Below are possible mechanisms, effects and advantages for SKY. According to Agte & Chiplonkar (2008), and Visnikar & Mesko (2002) SKY has demonstrated significant reductions in the scores of mental anxiety, increased brain function and increased stress resilience throughout various antistress programs in several populations. Descilo et al., (2010) concluded in a research work that SKY based yogic interventions may help relieve psychological distress during or after mass disasters like tsunami, hurricane, cyclone, earthquake, and floods etc. Descilo et al., (2010) believed that sky based intervention would reduce over reactivity, sadness and fear, decrease the symptoms and experience of PTSD., depression and decrements in quality of life in tsunami survivors. The use of yogic techniques in emergency response plans should be considered an additional treatment. Sudarshan Kriya can be an antidote to stress by countering sympathetic effects physiologically. The practice of quick breathing interspersed with adequate pause of slow breathing in a normal situation (in the absence of stress) may be an instrument for relaxation and vibrant imagery. SKY rapidly improves posttraumatic symptoms of psychological and physiological stress, such as insomnia, stress, nightmare, anxiety, depression, hyperarousal stress, re-experience, emotional engagement, social retreat, loss of appetite and angry explosions. Overactivity or erratic activity of Sympathetic nervous system (SNS) and Para-Sympathetic nervous system (PNS) is associated with anxiety, depression and PTSD. It is apparent that yoga breathing normalizes SNS activity

\*Research scholar, Department of Psychology, University of Rajasthan, Jaipur (RAJ.), Email: bodhrajcumkaria@gmail.com

\*\*Research Scholar, Department of Psychology, JNU, Jodhpur (RAJ.), Email: chejanesedam@gmail.com

\*\*\*Research scholar, Department of Psychology, Bhupal Nobles University, Udaipur (RAJ.), Email: dr.devenida123@gmail.com

\*\*\*\*Associate Professor, Department of Psychology, University of Rajasthan, Jaipur (RAJ.), Email: Opbed65@gmail.com



## Influence of Big Five Personality traits on well-being in psychiatrists

Bodhraj Kumkaria, O. P. Sharma, and Mridula Pal Singh  
Department of Psychology, University of Rajasthan, Jaipur, Rajasthan

The present study aimed at investigating the role of various personality traits on well-being among psychiatrists. The sample size consisted of 100 psychiatrists with (50 male & 50 female) from SMS Psychiatric Center, Jaipur and various Government Psychiatric Centers located in Rajasthan State through purposive sampling. Correlational design was used. Participants completed Psychological Well-Being Scale (Ryff, 2008); and NEO-FFI (McCrae & Costa, 1992); and Type A/B Behavioral Pattern Scale (Dhar & Jain, 1983). The results of the study revealed that psychological well-being of psychiatrists significantly positively correlates with extraversion, openness to experience and conscientiousness. On the contrary well-being has a significant negative relationship with neuroticism dimension of Big Five personality traits. No significant correlation was obtained between well-being and agreeableness dimension of personality.

**Keywords:** well-being, self, personality, traits, neuroticism, conscientiousness, agreeableness, openness, extraversion

Growth in the field of SWB reflects larger societal trends concerning the value of the individuals; the importance of subjective views in evaluating life, and the recognition that well-being necessarily includes positive elements that transcend economic prosperity. The scientific study of subjective well-being developed in part as a reaction to the overwhelming emphasis in psychology on negative states. Subjective well-being is a broad category of phenomena that includes pennies emotional responses, domain satisfactions and global judgment of life satisfaction. However, Ryff (2000) have explored the question of Subjective Well-being in the context of developing a lifespan theory of human flourishing. Also drawing from Aristotle, Subjective Well-being not simply described as the attaining of pleasure, but also as "the striving for perfection that represents the realization of one's true potential", thus a state of psychological Subjective Well-being (PWB) as distinct from SWB and presented a multidimensional approach to the measurement of PWB that taps six distinct aspects of human actualization: 1. Self-acceptance (the positive evaluation of oneself & one's past life), 2. Positive relations with others (The possession of quality relations with others), 3. Autonomy (a sense of self-determination), 4. Environmental mastery (the capacity to manage effectively one's life in surrounding world), 5. Purpose in life (the belief that one's life is purposeful and meaningful) and 6. Personal growth (a sense of continued growth & development as a person) (Ryff, 1998). These 6 constructs define PWB both theoretically and operationally and they specify what promotes emotional and physical health (Ryff, 2000).

Psychological well-being has been regarded as synonymous with mental health and quality of life. It is being studied by using both subjective and objective indicators. Researchers are defined psychological well-being in different ways. Bradburn (1969) believes that psychological well-being is highly related to the emotional status of an individual. It refers how people evaluate their lives, these evaluations in the form of cognition or in the form of affect. The cognitive part, an informed and appraisal of one's life, is when a person gives conscious evaluative judgments about one's satisfaction with life as a whole. The affective part is hedonic

evaluation guided by emotions and feelings such as the frequency with which people experience pleasant/unpleasant moods in reaction to their lives. The assumption behind this is that most of the people internally evaluate their life as either good or bad enabling them to communicate their judgments.

Indicators of well-being include happiness, affect, life satisfaction, and quality of life (Diener, 2000; Pressman & Cohen, 2005) and well-being is related with both physical and mental health (Diener & Seligman, 2004; Diener, Suh, Lucas, & Smith, 1999; Dunn, 1973; Pressman & Cohen, 2005). In addition, lifestyle health behaviors affect an individual's perception of wellbeing, overall health (Galán, Meseguer, Herrero, & Rodríguez-Artalejo, 2010; Nakata, Takahashi, Swanson, Ikeda, & Hojima, 2009; Powers & Young, 2008) and quality of life (Boyle, Jones, & Walters, 2010; Ravens-Sieberer, Nickel, Erhart, & Wille, 2006).

Early studies on behavioral influences have also examined coping approaches and investigators have shifted their focus to how personality contributes to subjective wellbeing (Diener, Suh, Lucas, & Smith, 1999; Steel, Schmidt, & Shultz, 2008). Health behaviors during emerging adulthood Early young adulthood represents a time when individuals are increasingly responsible for making decisions about their future lifestyles. This developmentally unique stage is known as emerging adulthood, and is a period of transition from adolescence to adulthood that typically takes place from the late teens to mid-twenties (Arnette, 2010). Decisions made during this period often involve health-related choices, such as food, alcohol, tobacco, drugs, and physical activity (Nelson, Story, Larson, Neumark-Sztainer, & Lytle, 2008). Many of these health behaviors affect both an individual's perceptions of wellbeing and her or his overall health. In a study of first-year Swedish university students, tobacco use correlated negatively with physical activity, self-rated physical health, and self-rated psychological health (Vaez & Laflamme, 2003). In general, female students had healthier lifestyles and rated their quality of life higher than their male peers. Both psychological and physical self-rated health correlated strongly with self-perceived quality of life. Similarly, young adults who had experienced positive wellbeing during adolescence were more likely to report better perceived health and fewer risky health behaviors during young adulthood (Hoyt, Chase-Lansdale, McDade, & Adam, 2012).

Correspondence should be sent to Dr. O. P. Sharma  
Department of Psychology, University of Rajasthan, Jaipur, Rajasthan  
E-mail: opsharma65@ircv.ac.in



## Role of emotional intelligence and self-efficacy on psychological well-being in psychiatrist

Bodhraj Kumkaria, O. P. Sharma, and Mridula Pal Singh  
Department of Psychology, University of Rajasthan, Jaipur, Rajasthan

The present study aimed at investigating the role of subjective well-being and emotional intelligence in determining subjective well-being among psychiatrist. The sample size consisted of 100 psychiatrists with (50 male & 50 female) from SMS Psychiatric Center, Jaipur and various Government Psychiatric Centers located in Rajasthan State through purposive sampling. Correlational design was used. Participants completed Psychological Well-Being Scale (Ryff, 2008); Mangal's Emotional Intelligence Scale (Mangal & Mangal, 2004); and Self-efficacy Scale (Schwarzer & Jerusalem, 1995). The results of the study revealed that psychological well-being of psychiatrist significantly positively correlates both with self-efficacy and emotional intelligence.

**Keywords:** well-being, self, self-efficacy, emotional intelligence

Growth in the field of SWB reflects larger societal trends concerning the value of the individuals; the importance of subjective views in evaluating life, and the recognition that well-being necessarily includes positive elements that transcend economic prosperity. The scientific study of subjective well-being developed in part as a reaction to the overwhelming emphasis in psychology on negative states. Subjective well-being is a broad category of phenomena that includes pennies emotional responses, domain satisfactions and global judgment of life satisfaction. However, Ryff (2000) have explored the question of Subjective Well-being in the context of developing a life span theory of human flourishing. Also drawing from Aristotle, Subjective Well-being not simply described as the attaining of pleasure, but also as "the striving for perfection that represents the realization of one's true potential", thus spoke of psychological Subjective Well-being (PWB) as distinct from SWB and presented a multidimensional approach to the measurement of PWB that taps six distinct aspects of human actualization: 1. Self-acceptance (the positive evaluation of oneself & one's past life), 2. Positive relations with others (The possession of quality relations with others), 3. Autonomy (a sense of self-determination), 4. Environmental mastery (the capacity to manage effectively one's life & surrounding world), 5. Purpose in life (the belief that one's life is purposeful & meaningful) and 6. Personal growth (a sense of continued growth & development as a person) (Ryff, 1989). These six constructs define PWB both theoretically and operationally and they specify what promotes emotional and physical health (Ryff, 2000).

Psychological well-being has been regarded as synonymous with mental health and quality of life. It is being studied by using both subjective and objective indicators. Researchers are finding psychological well-being in different ways. Bradburn (1969) believes that psychological well-being is highly related to the emotional status of an individual. It refers how people evaluate their lives, these evaluations in the form of cognition or in the form of effect. The cognitive part, an information-based appraisal of one's

life, is when a person gives conscious evaluative judgments about one's satisfaction with life as a whole. The affective part is a hedonic evaluation guided by emotions and feelings such as the frequency with which people experience pleasant/unpleasant moods in relation to their lives. The assumption behind this is that most of the people internally evaluate their life as either good or bad enabling them to communicate their judgments.

Emotional intelligence is about the ability to monitor one's own and other's feelings and emotions and discriminates among them and to use this information to guide one's thinking and actions (Mayer & Salovey, 1990). Emotional intelligence is significant for building and maintaining interpersonal relationships. Basically people have to deal with different types of people in different contexts. Among them, organizational context can be identified as vital and influential for people who are performing their jobs. In organizational context, employees have to interact with their superiors, subordinates, customers, peers as well as other external and internal stakeholders while performing their jobs. The nature of their relationship may directly influence the level of their psychological well-being. Emotional intelligence is one of the major determinants of the quality of their interpersonal relationships. Salovey and Mayer (1990) have identified that higher levels of emotional intelligence result in better psychological and physical well-being.

According to Landa et al. (2010) Diener and Suh (2001) have identified emotions as good predictors of psychological well-being. Argyle (1987) Landa et al. (2010) further emphasizes that satisfaction and psychological well-being can be characterized as indicators of good mental functioning. Carmeli et al. (2009) have also identified a positive relationship between emotional intelligence and psychological well-being. Additionally, Brackett and Mayer (2003) also found positive relationships between the Emotional Intelligence, the Big Five, and Ryff's psychological well-being scale (Diener & Suh, 2001). Furthermore, Landa et al. (2010); Exemera and Fernandez Berrocal (2006); and Gohm and Clore (2002) have identified positive relationships between emotional intelligence and psychological well-being in their studies.

Self-efficacy is the belief in one's effectiveness in performing specific tasks. According to Bandura (1997), a well-established

Correspondence should be sent to: Dr. O.P. Sharma  
Associate Professor, Department of Psychology,  
University of Rajasthan, Jaipur, Rajasthan  
E-mail: opsharma65@live.in

## Gender differences in burnout: A study on counselors

Himalaya Tiwari  
Department of Basic Science and Humanities  
PSIT, Kanpur, Uttar Pradesh

O. P. Sharma, Pragati Chaturvedi, and Bodhraj Kumkaria  
Department of Psychology  
University of Rajasthan, Jaipur, Rajasthan

The purpose of the present study was to identify the gender differences in burnout between male and female counselors. A sample of 100 male and 100 female counselors was collected from different psychiatric centers, schools and family courts of Rajasthan. 't' test was used to assess the significance of difference. The results of the study revealed a higher level of burnout in female counselors.

Keywords: burnout, counselors, male, female

Health related professionals were first found to suffer from burnout (Maslach, 1982; Schaufeli & Enzmann, 1998). Some other recent studies indicates that burnout is not only related with health related professions but workers in different professions from entire the world also suffer from work-related stress, tiredness, and emotional problems (Ahola, Väänänen, Koskinen, Kouvonen, & Shirom, 2010; Kant et al., 2003; Langelaan, Bakker, Schaufeli, Van Rhenen, & Van Doornen, 2006). Burnout is defined "as a syndrome of emotional exhaustion, depersonalization, and reduced personal accomplishment that can occur among individuals who work with people in some capacity" (Maslach, Jackson, & Leiter, 1996). Burnout comprising three aspects: emotional exhaustion, depersonalization, and reduced personal accomplishment occurring among those who are doing work of people (Maslach & Jackson, 1986). It has been a point of discussion that, with the time, burnout can lead to depression, long term stress effects and psychosomatic complaints. The emotional management that is related with the control and proper expression of an individual's emotional considered a core part of work in these types of jobs. To Maintain a good relationship with clients, emotional involvement, empathy, unconditional positive regard are the key elements many employees find to perform these key elements very difficult and it becomes more difficult with the time. Burnout explains the bitter truth about an employee that he/she is not able to perform his/her task in an adequate way. Cordes and Dougherty (1993) explain the components of burnout: Depersonalization is defined as perceiving client like an object instead of person. Emotional exhaustion is being described as lack of energy and draining of emotional resources. Finally, personal accomplishment is related with the feeling of being not able to competent at one's job.

Counseling is a job, related with care of the client. In the process of counseling it is the first aspect to make a good relationship with the client. There is a need to reduce all the inhibitions out of the client's mind, to get reliable information about the client. It can be summarized that counseling is a care providing job and the necessity of developing a good relationship may increase the possibility of burnout in counselors.

### Corresponding Author:

Himalaya Tiwari  
Assistant Professor, Department of Basic Science  
and Humanities, PSIT, Kanpur, Uttar Pradesh  
E-mail: opbrd65@gmail.com

The aim of this article is to analyze if gender differences exist with the phenomenon of burnout in a trained population of counselors. As counseling fulfills the criteria of emotion work with the concepts of surface and deep acting, it becomes difficult for a counselor to manage and control his/her emotions and it may lead to burnout. Emotion work has a great influence on the concept of burnout (Zapf, et al., 2001).

### Review of literature

Burnout was first observed in the professions which are related to helping clients (Maslach, 1982; Schaufeli & Enzmann, 1998). It came into light with observations that the relations being maintained by a professional with clients are usually very emotional demanding and high degree of emotional involvement is must. It is often related with a high level of expectations for doing a job in well manner. The central part of the job in these professions is considered as emotional management. Burnout indicates that professionals are no longer able to manage their emotions when having interaction with clients in a proper manner. Developments in the field of burnout related studies have enlarged the influence of the concept to jobs without any direct relation with the client (Schaufeli, Leiter, Maslach, & Jackson, 1996). Studies suggest that burnout is related with negative outcomes in organizations (Schaufeli & Enzmann, 1998).

A study on general working population of northern Sweden showed in its result that women have a higher level of burnout than men (Norlund et al., 2010). Some longitudinal research on burnout suggests that it can be stable to ten to fifteen or more years (Hakanen et al., 2008; Schaufeli, Maassen, & Bakker, 2011).

Care giving service professionals are more likely to feel burnout (Schaufeli, 2003). It has been suggested by a number of studies that there is something special about care giving professions in context to feel the symptoms of burnout to a greater extent than other professions, especially those which don't include care of client in working conditions (Cherniss, 1992; Leiter & Maslach, 1988).

On the basis of review it can be concluded that care giving professionals has to maintain a close relationship with the client. Counselor's work as a care giving professional is not only limited to health care professionals but also extended up to a guide, supporter who has to show unconditional positive regard, empathy to the client. High level of job demand may lead to different type of reactions to stress like; depression and burnout (Jeung et al., 2017). Most of the studies have established the role of gender as the predictor of different coping styles whether it is going to be emotion





## Emotion work as a predictor of psychological well-being in psychiatrists

Bodhraj Kumkaria

Department of Psychology, University of Rajasthan, Jaipur, Rajasthan

The present study aimed at investigating the role of emotion work in determining psychological well-being among psychiatrist. The sample size consisted of 100 psychiatrists with (50 male & 50 female) from various Government Psychiatric Centers located in different states of India through purposive sampling. Correlational design was used. Participants completed Psychological Well-Being Scale (Ryff & Singer, 1996); Emotion Work Scale (Zapf et al., 1999). The results of the study revealed that psychological well-being of psychiatrists significantly negatively correlates with emotion work (-.975 with  $P < .01$ ).

Keywords: psychological well-being, emotion work, psychiatrists

At the most fundamental dimension, Psychological Well-Being (PWB) is very like different terms that allude to positive mental states, for example, joy or fulfillment, and from numerous points of view it isn't essential, or accommodating to stress over fine qualifications between such terms. Psychological well-being has two vital aspects. The first of these alludes to the degree to which individuals experience positive feelings and sentiments of satisfaction. Now and then this part of PWB is alluded to as Subjective Well-Being (SWB) (Diener, 2000).

SWB is a fundamental piece of in general PWB yet all alone it isn't sufficient. To perceive any reason why this is along these lines, envision being some place that you truly appreciate, maybe sitting on a yacht in the daylight, with your most loved nourishment and drink and some great organization or alone if that is the way you'd incline toward it! For a great many people that would be entirely pleasant, for up to 14 days however envision doing it for seven days as well as until the end of time! There are not very many individuals who might find that prospect agreeable. The familiar adage might be valid, you can have a lot of something to be thankful for. What this precedent brings home is that to truly feel great we have to encounter reason and significance, notwithstanding positive feelings.

In this way, the two critical fixings in Psychological Well-Being are the emotional upbeat sentiments expedited by something we appreciate and the inclination that what we are doing with our lives makes them mean and reason. There are two types of Psychological Well-Being (1). Hedonic well-being, (2). Eudaimonic well-being. The expression "hedonic well being" is ordinarily used to allude to the emotional sentiments of joy. It includes two segments, a full of feeling part (high positive effect and low negative effect) and a subjective segment (fulfillment with life). It is suggested that an individual encounters joy when positive effect and fulfillment with life are both high (Carruthers & Hood, 2004). The less notable term,

### Corresponding Author:

Bodhraj Kumkaria  
Doctoral Research Scholar, Department of Psychology  
University of Rajasthan, Jaipur, Rajasthan  
E-mail: bodhrajcumkaria@gmail.com

"Eudaimonic" well being is utilized to allude to the intentional part of PWB.

The psychologist Ryff has built up an unmistakable model that separates Eudaimonic well-being into six key kinds of PWB 1. Self-acceptance (the positive evaluation of oneself & one's past life), 2. Positive relations with others, 3. Autonomy (a sense of self-determination), 4. Environmental mastery (the capacity to manage effectively one's life and surrounding world), 5. Purpose in life and 6. Personal growth (a sense of continue growth & development as a person) (Ryff, 1989). These six constructs define PWB both theoretically and operationally and they specify what promotes emotional and physical health (Ryff, 2000).

The sociologist Hochschild (1983) provides the first definition of emotional labor, which is a form of emotion regulation that creates a publicly visible facial and bodily display within the workplace.

According to Hochschild (1979) recognized three emotional regulation techniques: cognitive, bodily, and expressive. Inside cognitive emotion work, one endeavors to change pictures (images), ideas, or considerations with expectations of changing the sentiments related with them. For instance, one may relate a family picture with inclination glad and consider said picture at whatever point endeavoring to feel upbeat. Inside bodily emotion work, one endeavors to change physical manifestations so as to make an desired emotion or feeling. For instance, one may endeavor profound breathing so as to diminish outrage. Inside expressive emotion work, one endeavors to change expressive motions to change inward sentiments. For instance, one may endeavor to grin when attempting to feel cheerful. One ends up mindful of emotion work frequently when one's emotions don't fit the circumstance. For example, when one doesn't feel sad/ grief at a burial service, one turns out to be intensely mindful of the emotions proper for that circumstance (Hochschild, 1979).

The emotional management of bosses, as in Hochschild (1983), is a circumstance in which this management of emotions is traded in the commercial centre. As Hochschild (1983) points out, the following occupations include emotional work:

- Requiring contact with people in general with the eye or voice - to - voice.
- Require the worker to give another person emotive status.

## Type-A behaviour pattern as a predictor of psychological well-being in psychiatrists

Bodhraj Kumkaria

Department of Psychology, University of Rajasthan, Jaipur, Rajasthan

The present study aimed at investigating the role of Type A Behavior Pattern in determining subjective well-being among psychiatrists. The sample size consisted of 100 psychiatrists with (50 male & 50 female) from various Government Psychiatric Centers located in different states of India through purposive sampling. Correlational design was used. Participants completed Psychological Well-Being Scale (Ryff, 1996); Type A/B Behavioral Pattern Scale (Dhar & Jain, 2001). The results of the study revealed that psychological well-being of psychiatrist significantly negatively correlates with Type A Behavior Pattern (-.568 with  $P < .01$ ).

Keywords: psychological well-being, type a behavior pattern, psychiatrists

Subjective Well-being is an unpredictable build that worries ideal experience and working. Ebb and flow inquire about on Subjective Well-being has been gotten from two general points of view: the hedonic view, which centers around satisfaction and characterizes Subjective Well-being as far as delight achievement and agony shirking; and the eudemonic view, which centers around importance and self-acknowledgment and characterizes Subjective Well-being as far as how much an individual is completely working. These two perspectives have offered ascend to various research foci and an assortment of information that is in a few territories dissimilar and in others reciprocal. New methodological improvements concerning staggered demonstrating and build examinations are likewise enabling specialists to figure new inquiries for the field. This audit considers explore from the two points of view concerning the idea of Subjective Well-being, its forerunners, and its solidness crosswise over time and culture. One is the Hedonic View and other is Eudemonic View.

Comparing Subjective Well-being with hedonic joy or satisfaction has a long history. Aristippus, a Greek rationalist from the fourth century B.C., trained that the objective of life is to encounter the greatest measure of joy, and that satisfaction is the totality of one's hedonic moments. His initial philosophical indulgence has been trailed by numerous others. The transcendent view among hedonic analysts is that Subjective Well-being comprises of emotional bliss and concerns the experience of delight versus dismay extensively translated to incorporate all decisions about the great/terrible components of life. happiness is along these lines not reducible to physical debauchery, for it very well may be gotten from fulfillment of objectives or esteemed results in changed domains (Diener et al., 1998).

The Eudemonic View In spite of the cash of the hedonic view, numerous rationalists, religious bosses, and visionaries, from both the East and West, have slandered bliss as such as a chief foundation

of Subjective Well-being. The term eudemonia is profitable in light of the fact that it alludes to Subjective Well-being as particular from joy fundamentally. Eudemonic theories keep up that not all desires, not all results that an individual may esteem would yield Subjective Well-being when accomplished. Despite the fact that they are joy delivering, a few results are bad for individuals and would not advance well-being. Accordingly, from the eudemonic point of view, emotional satisfaction can't be compared with Subjective Well-being.

Ryff (2000) have investigated the topic of Subjective Well-being with regards to building up a life expectancy hypothesis of human prospering. Additionally drawing from Aristotle, they portray Subjective Well-being not just as the accomplishing of delight, but rather as "the taking a stab at flawlessness that speaks to the acknowledgment of one's actual potential", accordingly discussed psychological Well-being (PWB) as distinct from subjective well-being and displayed a multidimensional way to deal with the estimation of PWB that taps six unmistakable aspects of human actualization: 1. Self-acceptance (the positive evaluation of oneself & one's past life), 2. Positive relations with others, 3. Autonomy (a sense of self-determination), 4. Environmental mastery (the capacity to manage effectively one's life and surrounding world), 5. Purpose in life and 6. Personal growth (a sense of continue growth & development as a person) (Ryff, 1989). These six constructs define PWB both theoretically and operationally and they specify what promotes emotional and physical health (Ryff, 2000).

Psychological well-being has been viewed as synonymous with mental health and personal satisfaction. It is being considered by utilizing both abstract and target pointers. Specialists have characterized subjective well being in various ways. Bradburn (1969) trusts that Psychological well-being is exceedingly identified with the enthusiastic status of a person. It alludes how individuals assess their lives, these assessments as discernment or as impact. The subjective section, an information based examination of one's life, is the point at which an individual gives conscious evaluative decisions about one's fulfillment with life all in all. The full of feeling part is a gluttonous assessment guided by feelings and emotions, for example, the recurrence with which individuals encounter lovely/undesirable inclinations in response to their lives. The supposition behind this is the greater part of the general

### Corresponding Author:

Bodhraj Kumkaria  
Doctoral Research Scholar, Department of Psychology  
University of Rajasthan, Jaipur, Rajasthan  
E-mail: bodhraj.kumkaria@gmail.com