

INSPA JOURNAL OF APPLIED AND SCHOOL PSYCHOLOGY

Copyright © 2026 by the Indian School Psychology Association

Contents

- 6 General Information and Editorial Board
- 13 Journey of the InSPA
- 19 Sports Teams Experiencing Collective Collapse: A Proposed Intervention Framework Using Technology for Team Synergy
Mamta Sharma and Vibhuti Sayal
- 30 Cognitive Distortion Patterns in Female Muslim Students: A Cross-Sectional Analysis
Fahima Farid, Lalit Lalitav Mohakud, Sharif Khan and Sudip Sundar Das
- 43 Network Analysis of Depression, Anxiety, Obsessive-Compulsive Symptoms, and Loneliness among Indian Participants
Argha Nath Bhattacharyya and Soham Sarma
- 55 Academic Resilience as a Protective Pathway between Parental Autonomy Support and Academic Satisfaction
Anjana G M and Asmita Jain
- 65 Beliefs Toward Mental Illness Among Young Adults in Mizoram and Manipur: An Examination of Dangerousness, Social Dysfunction, Incurability, and Shame
Marcus Saihmingliana, Mercy Chingnunhoih and Saihlupuii Sailo
- 75 Beyond Healthy Eating: Self-Care, Self-Disparagement, and Orthorexia Nervosa Tendencies Among Young Adults
Prerna Puri and Alka
- 83 Psychological Science Perspective for Sustainable Tribal Development
Rakesh K. Srivastava
- 91 Exploring the Lived Experiences of Gifted Children in India: A Qualitative Study
Shruti Mohan, Suresh Sundaram and Keerthi Pai
- 102 Personality Antecedents of Internet Addiction among Adolescents
Rexlin. I and Yuvaraj. T
- 113 Predictive Role of Gratitude on Resilience and Well-Being among Adolescents
Lalrinawmi Rawite, Lalremruati and Zokaitluangi
- 121 Hidden Behind Normalcy: Masking, Burnout, and Identity Crisis Among Neurodivergent Students in Mainstream Education
Payal Banerjee

Indexed in various databases

- 132 Neurodevelopmental Perspectives on Schizophrenia: Implications for Learning and Mental Health
Ramdintluangi, Lalremruati, H. Lalremmawia, Zokaitluangi and N. Senthil Kumar
- 138 Dimensions of Sexual Attitudes and their Relationship with Mental Health Among Young Men
R. Zorinsanga, C. Lalfakzuali and Lucy Chingsannemi
- 148 Alcohol Use Among Informal Alcohol Brewers: A Narrative Review
Ningthoujam Helison Singh and Jitendra Kumar Kushwaha
- 157 Empowering Neurodiversity Through Inclusive Physical Education: Promoting Participation, Well-Being, and Holistic Development
Sheeja E Aliyas, Chethana V Chalapathy and R. Vasumathi
- 168 Perceived Parenting Styles and Self-Esteem among Cisgender and Transgender Persons
Maisnam Julia Devi and Lourembam Roshan Singh
- 180 Exploring the Relationship between Personality Traits and Group Conformity among University Students
Kh Chalamba Singh and Khumukcham Suchitra Devi
- 191 Intelligence and Locus of Control of High School Students
V. L. Sawmzeli, Lalremruati and Zokaitluangi
- 197 Sociodemographic Factors as Determinants of Perceived discrimination among Non-Regular Teachers
Khumukcham Suchitra Devi and Jitendra Kumar Kushwaha
- 205 A Review on Culturally Adaptive Mental Health Intervention in India
Sampreeti Das
- 220 Growing Up With a Police Parent: A Narrative Review of Psychological, Family, and Educational Experiences
Loyalembi Thangjam and Gangmumei Kamei
- 229 Parenting and Digital Media Use: A Narrative Review
Deepali Nongmaithem and Asem Babina Devi
- 236 Big Five Factors and Social Support Predicting Resilience among Adolescents from Different Family Structures
V. C. Megha and N. Annalakshmi
- 247 Competency of Teachers in Special Institutions: An Analytical Study
Thongam Binita Devi, Shubhaarati Oinam, Naorem Ingochouba Singh, Akoijam Pete Meitei and Asha Elizabeth Chhetri
- 257 Interactive Mentalization and Self Esteem among Young Adults
Kevisilie Chielie and Lovika P. Shikhu

- 265 Development of Cognitive Affective Persistence Model to Understand Discontinuation from Mathematics by Higher Education Students
Bindu Roy, Kiran Kalia and Suman Garg
- 277 Beyond AI Use: Exploring the Role of Generative AI Knowledge and Perceived Value in Students' Critical Thinking
Parul Patneja and Sandeep Singh
- 284 Mental Health Challenges Faced by Counsellors: A Narrative Review
Syeda Aleha Fatima
- 294 Understanding Neurodiversity Representations and Awareness in India: A Thematic Analysis of Online Personal Narratives
Sherli Christina Mariadoss
- 308 Does the Beat Last? Effects of Beta-Frequency Binaural Beats During Encoding on Serial Recall Following Mental Exhaustion
Harita Ganash and Amirdha G
- 316 Intellectual Functioning, Adaptive Functioning and Caregiver Stress in Children with Neurodevelopmental Disorders
Vanallawmkimi and C.Lalfakzuali
- 326 Exploring the Impact of Assertiveness and Tolerance for Disagreement on the Personality
Anushree Ghosh and Dipanjana Chatterjee
- 342 Family Structure, Adjustment, and Perceived Social Support among Adolescent Boys: A Factorial Study
Ram Singh Tomar and Yogendra Verma
- 353 Psychological Safety and Other Mental Health Outcomes in the Organizational Context: A Narrative Review
Phurailatpam Dinakumari Sharma,
- 368 Digital Multitasking and Executive Functioning among University Students
Masooma Khan, and Ayesha Khan
- 377 Impostor Phenomenon and Self-Critical Perfectionism as Predictors of AI Dependency: Self-Compassion as a Mediator
Vedika Sawant and Niksha Amin
- 385 Behind the Bullying: A Qualitative Enquiry into Risk Factors for Childhood Bullying among College Students with a History of Bullying
Navanitha M and Annalakshmi N
- 398 Resilience as a Mediator Between Job Satisfaction and Work-Life Balance among School Teachers
Parveen Kumar, Sweetly, and Sandeep Singh
- 408 Infrastructure and Pedagogical Practices in Pre-Primary Schools: Evaluating Teachers' Perceptions and Observations
Akoijam Pete Meitei and Naorem Ingochouba Singh, and Kh. Kesho Singh

InSPA Journal of Applied and School Psychology (IJASP)

An Official Journal of the Indian School Psychology Association (InSPA)
(Regd No. 583/2009)

Address: No. 17, 14th Street, Krishna Nagar, Puducherry – 605008

Website: www.ijasp.in | Email: ijasp2018@gmail.com

General Information

Language	:	English
Year of Inception	:	October 2019 (Volume I, Number 1)
Format of Publication	:	Print only
Frequency	:	Biannual
Publisher	:	Indian School Psychology Association, Puducherry, India.

Aim of the Journal

The *INSPA Journal of Applied and School Psychology (IJASP)* is the official publication of the Indian School Psychology Association. Its primary objective is to publish high-quality research in applied and school psychology. The journal is dedicated to enhancing the practice of school psychology by providing empirically supported and theoretically grounded research that has clear practical implications for professionals working in educational and community settings.

Scope of Content

The journal welcomes manuscripts addressing diverse aspects of school psychology, including work with:

- Individual students or groups of students
- Teachers and parents
- School administrators and policy makers
- Community and state-level education systems

Practice Implications

Authors are expected to clearly articulate the practical applications of their work. Submissions must demonstrate how findings can be translated into effective practices in school and community settings.

Innovation in Dissemination

IJASP encourages creative and innovative presentation formats, provided they remain theoretically sound and evidence-based.

Publication Policy : IJASP publishes:

- Original empirical research papers (Maximum 5000 words)
- Theoretical, review, or qualitative studies (Maximum 6000 words in special cases)
- Brief reports and book reviews (Maximum 2000 words)
- Authors must sign a declaration confirming the manuscript's originality, ethical compliance (including treatment of human/animal subjects), and exclusivity to IJASP.

- Requests for permission to reproduce published work should be directed to the Editor.
- The journal does not accept manuscripts previously published in whole or in part, or simultaneously submitted to other journals.

Review Process

IJASP follows a double-blind peer-review system. Manuscripts are evaluated on:

- Originality
- Scientific merit
- Writing quality
- Compliance with APA (7th ed.) style
- Reference quality
- Plagiarism check
- Relevance to IJASP's scope

For review papers, comprehensiveness and practical significance are key evaluation factors.

Review criteria include:

- Relevance to the journal's scope
- Clarity and relevance of research questions
- Significance of the research objectives
- Appropriateness of methodology and analyses
- Adequacy of sample size
- Accuracy of results and interpretation
- Contribution to theory or practice
- Clarity of presentation

Decisions may result in acceptance, minor/major revisions, or rejection. The editor's decision is final. Authors may withdraw their submission if they do not agree with the suggested revisions.

Note: Plagiarism is strictly prohibited. Authors are advised to check their manuscripts using plagiarism detection tools before submission.

Instructions for Authors

The *InSPA Journal of Applied and School Psychology (IJASP)* is the official peer-reviewed journal of the Indian School Psychology Association (InSPA). The Journal is Registered with Government of India with RNI PONENG/2019/80436, ISSN (3048-698X) print, and UGC Care Listed from January 2023. The process of indexing IJASP in major databases is currently underway to ensure wider visibility and accessibility. Published bi-annually, IJASP aims to disseminate advancements and innovations in research, training, and practice in school psychology across India and abroad.

The journal invites multidisciplinary contributions focused on the application of psychology in Indian educational settings, particularly schools. Priority is given to submissions that bridge theory and practice and highlight evidence-based interventions relevant to school psychologists, counsellors, researchers, and educators. IJASP publishes:

- Theoretical articles
- Original empirical research