

Research Paper

## Enhancing Emotional, Psychological Well-Being Through Virtue & Belief-Based Intervention: A Pre and Post Experiment (A Part of Karma Study)

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### ABSTRACT

This experiment explores the potential of a virtue-based intervention to improve emotional psychological well-being by focusing on virtues: forgiveness, humility, simplicity, straightforwardness, truthfulness, contentment, austerity, renunciation, non-reactiveness and celibacy; Managing emotions mainly of four major kashays (the deluding emotions)-anger, ego, imagination, greed; breaking dependencies (five of its kind) non-violence, lying, stealing, hoarding, forceful sexual activity; breaking beliefs and enhancing conscious awareness. The study employs a pre and post-experiment design to assess the impact of this intervention on individuals' emotional and psychological states. Through a comprehensive examination of the theoretical foundations, practical application, and outcomes of this intervention, this research seeks to contribute to the understanding of how virtues can be harnessed to enhance well-being and develop emotional balance and reduce deluding emotions.

**Keywords:** *Emotional, Psychological Well-Being*

Improving emotional and psychological well-being in the present world is of paramount importance due to several compelling reasons. Here are few vital reasons, first and foremost, the modern world is marked by an increasing prevalence of mental health disorders. Stress, anxiety, depression, and other related conditions have become pervasive, affecting people of all ages and backgrounds. Ignoring these issues not only leads to individual suffering but also imposes a significant burden on health.

Furthermore, the fast-paced and interconnected nature of contemporary life has amplified the sources of stress and emotional turmoil. Constant exposure to digital devices, social media, and the pressures of a competitive society can erode one's mental resilience. Consequently, fostering emotional and psychological well-being is crucial to equip individuals with the tools needed to navigate these challenges effectively. Additionally, a strong emotional and psychological foundation is vital for personal relationships. Healthy connections with family, friends, and colleagues are essential for a fulfilling life. Individuals

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struggling with mental health issues may find it difficult to nurture these relationships, leading to isolation and further deterioration of their well-being.

Moreover, an emphasis on mental health can enhance overall productivity and creativity in the workforce. Employees with good emotional and psychological well-being tend to be more engaged, innovative, and resilient.

Even in the educational sphere, promoting emotional and psychological well-being is equally important. Students facing mental health challenges often struggle academically, and their long-term prospects may be compromised. A mentally healthy learning environment can foster academic success and personal growth.

Therefore, this research aims to uncover multiple methods for enhancing emotional and psychological well-being. And to comprehend the scope of this study, it is crucial to gain a clear understanding of the following variables:

### ***Emotional intelligence***

In today's world, the concepts of Emotional Intelligence (EQ) and well-being play a crucial role in shaping our lives. Emotional Intelligence, as coined by Salovey and Mayer in 1990, is the profound ability to not only understand our own emotions but also to empathize with the feelings of others. It involves the skill of distinguishing between various emotions and labelling them accurately. Even more importantly, EQ equips us to use emotional awareness to make informed decisions and guide our actions.

Building on this foundation, Daniel Goleman's 1995 assertion shed light on the remarkable impact of emotional intelligence. He posited that while conventional intellectual intelligence accounts for just 20% of one's overall success, the remaining 80% can be attributed to emotional and social intelligence. Moreover, a compelling link exists between emotional intelligence and psychological well-being, as revealed by research (S Shaheen, H Shaheen, 2016).

A high emotional intelligence quotient becomes a valuable asset, helping them navigate the challenges of adapting to new environments, crafting effective routines, forming meaningful relationships, and coping with the inevitable hurdles life throws their way (Goleman, 1998). The development of emotional intelligence is an ongoing process, involving introspection, feedback from others, and continuous practice.

### ***Wellbeing***

Well-being, according to the World Health Organization's 1948 definition, extends far beyond the mere absence of disease. It encompasses physical, mental, and social aspects, recognizing their interconnected nature. The WHO emphasizes that these dimensions are not isolated but rather deeply intertwined and mutually influential.

In our exploration of well-being, we focus on eight distinct dimensions: Emotional, Physical, Spiritual, Social, Financial, Occupational, Intellectual, and Environmental. It's essential to grasp that changes or improvements in one dimension can significantly impact the others. A pivotal aspect of this multifaceted well-being puzzle is psychological well-being. This dimension plays a pivotal role because it serves as a linchpin that holds together the various facets of our overall wellness.

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Psychological well-being, as per Ryff and Keyes (1995), isn't just the absence of negative emotions; it represents a state where individuals are not only free from stress but are also devoid of psychological issues. When we prioritize and nurture our psychological well-being, we are essentially strengthening the foundation that supports our holistic wellness.

Hence, an individual striving to boost their mental capacity through the improvement of willpower can experience various outcomes. These may include better self-control, increased determination and effort, the ability to push their limits, influence and lead others effectively, exhibit a strong character, possess a quantifiable trait, and align with educational and training goals (Kugelman, R, 2013).

### **Virtues**

A "virtue" is a trait or quality that holds positive significance within a particular cultural context and is deemed advantageous for psychological well-being, embodying moral positivity (N., Sam M.S., 2013). They encompass characteristics like honesty, compassion, integrity, courage, humility, and kindness. Virtues are seen as valuable traits that contribute to ethical and personal well-being, guiding individuals in making virtuous and ethical choices in their lives. Different cultures and belief systems may emphasize different virtues, but the overarching idea is that virtues are qualities that lead to moral excellence and ethical living.

In essence, this experiment seeks to investigate how certain virtues; namely forgiveness, humility, straightforwardness, truthfulness, contentment, non-reactiveness, renunciation, austerity, non-attraction, and celibacy can serve as catalysts for enhancing emotional intelligence, psychological and overall well-being, and quality of life.

To elaborate further, the study explores the potential for these virtues to bring about positive transformations in one's emotional awareness, mental health, and general state of being. It aims to shed light on the profound impact that these qualities, as derived from Jainism philosophy, can have on our personal and interpersonal growth.

### **Beliefs**

In a world driven by beliefs and convictions, our actions are intrinsically tied to what we believe. When you genuinely hold a belief, your actions will naturally align with that belief. To achieve your goals, you need to have a collection of beliefs that back your intentions. These beliefs serve as the driving force behind our actions, and the outcomes of these actions, in turn, serve to bolster and affirm these beliefs.

But these beliefs don't always have to follow a strictly logical or rational framework of ideas. In fact, many beliefs are known for their lack of logical consistency and may not necessarily reflect the objective reality.

This cycle of belief-driven action perpetuates our attachment to the consequences of our choices, leading to the accumulation of karmas. Recognizing this inseparable link between our beliefs and our actions is the key to freeing ourselves from the weight of accumulated karmas. It involves a willingness to let go of deeply ingrained beliefs that may not always align with objective reality.

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In summary, the path we embark upon in this exploration is one that intertwines emotional intelligence, well-being, beliefs, and virtues, creating a tapestry of understanding and self-improvement. This journey of self-awareness and transformation draws its inspiration from Jainism philosophy and the profound concept of karma. To provide a comprehensive overview, let's delve into the virtues and variables of the experiments rooted in Jainism philosophy.

### *Rational*

The rationale for the study is multifaceted and includes several key justifications:

- **Positive Psychology Emphasis:** Positive psychology, which focuses on the enhancement of well-being and human strengths, has gained prominence. Virtue-based interventions align with the positive psychology framework by emphasizing the cultivation of character strengths and virtues.
- **Limited Research on Virtue-Based Interventions:** While there is a growing body of research in positive psychology, there is still relatively limited research specifically investigating the impact of virtue-based interventions on emotional and psychological well-being. This study aims to contribute to this underexplored area.
- **Practical Application:** Virtue-based interventions have practical applications that can be implemented in various settings, including therapy, counselling, education, and personal development. Understanding their effectiveness is valuable for practitioners and educators.
- **Holistic Approach:** This study takes a holistic approach to well-being, considering emotional and psychological aspects. It acknowledges that well-being is not solely about the absence of mental illness but also encompasses positive mental health and flourishing.
- **Contributing to Well-being Science:** By examining the impact of virtue-based interventions on well-being, this study contributes to the broader field of well-being science, helping to expand our knowledge of how individuals can lead happier, more meaningful lives.
- **Alignment with Personal Growth:** Many individuals are interested in personal growth, self-improvement, and cultivating virtues in their lives. This study can provide insights into how individuals can actively work on enhancing their well-being.

### *Objective*

The objectives of the study are as follows:

1. **To Assess the Impact of the Virtue-Based Intervention:** The primary objective is to evaluate how participating in a virtue-based intervention affects the emotional and psychological well-being of individuals. This involves measuring changes in various aspects of well-being before and after the intervention.
2. **To Explore the Role of Specific Virtues:** Investigate the extent to which specific virtues, such as forgiveness, humbleness, straightforwardness, simplicity, contentment, non-reactiveness, and mindfulness, contribute to improvements in emotional and psychological well-being.
3. **To Analyze the Short-Term Effects:** Examine short-term changes in well-being resulting from the intervention. This objective focuses on assessing immediate improvements and understanding whether the intervention has an immediate impact.

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4. To Consider the Potential for Long-Term Effects: Explore whether the positive changes in emotional and psychological well-being persist over the long term. This objective aims to determine whether the intervention has lasting benefits.
5. To Investigate Variability among Participants: Analyze individual differences among participants, including how different individuals respond to the intervention and whether certain factors (e.g., personality traits) influence the outcomes.
6. To Examine the Feasibility of Implementation: Assess the practicality and feasibility of implementing virtue-based interventions in real-world settings, such as therapy, education, or personal development programs.
7. To Contribute to the Field of Virtue-Based Interventions: Add to the existing body of knowledge on virtue-based interventions and their potential in promoting emotional and psychological well-being. This objective includes advancing the theoretical understanding of how virtues relate to well-being.

### *Hypotheses*

H1: Practicing the intervention will bring a significant change in their EQ.

H2: Practicing the intervention will bring a significant change in their overall wellbeing.

H3: Practicing the intervention will bring a significant change in their deluding emotions (kashay).

## **REVIEW OF LITERATURE**

The following literature review combines and represents various facets of virtues, beliefs, well-being, and emotional intelligence (EQ), along with their interconnections.

Anwasha Choudhary & Dr. Seema Singh (2023) studied the relationship between forgiveness and emotional intelligence on the psychological wellbeing of young and middle-aged adults. Participants consisted of 140 individuals (70 middle-aged and 70 young adults). The results suggest that both forgiveness and emotional intelligence play crucial roles in forecasting an individual's psychological well-being. Enhancing mental health and overall wellness can be facilitated through interventions designed to promote forgiveness towards others and improve emotional intelligence. Also prioritizing the development of emotional regulation skills could prove beneficial for individuals dealing with mental health challenges.

Vaishnavi Prakash & Dr. Manini Srivastava (2022) investigated the relationship between Emotional Intelligence and forgiveness in adults: A study across gender. The sample included 60 young adults aged 20-40. The findings revealed a moderately positive correlation coefficient, suggesting a potential connection in the relationship between Emotional Intelligence (EI) and Forgiveness. Thus, the study concludes that it can be inferred that an individual's level of emotional intelligence does exert some influence on their inclination towards forgiveness.

Jill Kahli (2021) investigated Trait Emotional intelligence as a predictor of humility in a group of adults categorized into three ages: young, middle-aged, and older adults which comprised 141 participants. The first hypothesis of this study, which posited that the capacity of overall trait Emotional Intelligence (EI) predicts humility, received confirmation. Hence, Individuals with high EI demonstrate the ability to regulate their emotions effectively, rendering them more inclined toward humility compared to those with lower EI levels.

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Malgorzata M & Puchalska-Wasyl (2022) investigated how authenticity plays a role in the use of internal dialogues, their frequency, and their impact on well-being. The study involved 214 women and 193 men, ranging in age from 20 to 60 years. The findings affirmed that authenticity is linked positively to well-being. Among the various types of internal dialogues, highly authentic individuals engage more frequently in internal dialogues compared to those with lower authenticity. Additionally, it was observed that greater authenticity mitigated the negative relationship between ruminative, maladaptive and confrontational internal dialogues and well-being. Furthermore, the study revealed that in individuals characterized by high authenticity, perspective-changing internal dialogues contributed to higher levels of well-being.

Ornella Tohme & Stephen Joseph (2020) investigated the connection between authenticity and two prominent individual traits in contemporary research: mindfulness and emotional intelligence. A total of 197 adults participated in the study, either through convenience sampling or by completing an online survey. The results of the study indicated that individuals who scored higher on the authenticity scale also tended to score higher on measures of self-deceptive enhancement, mindfulness, and emotional intelligence. Through regression analyses, it was further revealed that authentic living subscale predicted emotional intelligence.

Kamboj, K. P., & Garg, P. (2021) explored how internal factors such as emotional intelligence and resilient character traits influence the psychological well-being of school teachers. It specifically highlights the role of resilient character traits as mediators in the connection between emotional intelligence and the psychological well-being of teachers. This research involved 200 school teachers from various locations in the state of Haryana, India, using a convenience sampling method. The results obtained demonstrate that perseverance plays a significant role as both a mediator and predictor of psychological well-being among the various resilient traits considered. Additionally, the direct impact of emotional intelligence on psychological well-being is statistically significant.

Cassidy, T., Boulos, (2023) studied Academic Expectations and Well-Being in School Children. A survey was administered to 373 children, consisting of 150 males and 223 females, aged between 11 and 15 years. The survey covered various aspects, including academic expectation stress, family and social background, parenting experiences, psychological capital, self-compassion, health behavior, well-being, and quality of life. The study found that academic expectation stress had a negative association with well-being and quality of life. Furthermore, this impact was mediated through its influence on self-compassion and psychological capital, affecting health behavior as well.

## **METHODOLOGY**

### ***Research Design***

This study employs a pre and post-experiment design with a single-group pre-test-post-test model. This design allows for the assessment of changes in emotional and psychological well-being before and after the virtue-based intervention.

### ***Participants***

**Sampling:** The participants in this study will be recruited through convenience sampling from diverse backgrounds to enhance the generalizability of the findings.

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**Sample Size:** A sample size of 20 case studies (20 participants) will be targeted to ensure statistical power for detecting significant changes in emotional and psychological well-being.

**Inclusion Criteria:** Participants must be adults (above 18years) willing to engage in the virtue-based intervention.

**Exclusion Criteria:** Individuals with severe mental health conditions, specially those currently receiving psychological treatment (for psychotic disorders) will be excluded from the study.

### ***Measures***

Well-being and emotional quotient Assessment: To measure emotional and psychological well-being, validated scales will be used:

- Kashay-The Four Emotion Test
- Eight Dimension Wellbeing Scale
- Emotional Intelligence Scale
- Ryff's Psychological wellbeing scale

*These assessments will be administered both before and after the intervention.*

### ***Intervention Protocol***

Virtue-Belief Based Intervention: The virtue- Belief based intervention will consist of an in-depth understanding and practical experience of ten virtues, managing emotions, breaking dependencies, breaking beliefs and enhancing conscious awareness.

A brief explanation of the virtues and belief activities which will be involved in the experiment are as follows:

#### ***A. Pro Social virtues***

##### **i) Forgiveness**

Theoretical understanding and practical implementation

1. The Forgiveness Quotient: Measuring Your Capacity for forgiveness
2. Presumptions inhibiting forgiveness: Overcoming Hurdles to Forgiveness
3. The Liberation Within: Embarking on the Journey of Self-Forgiveness
4. Unshackling the Soul: Burden of withholding forgiveness
5. Healing the Inner Child: A Guided Meditation on Forgiveness
6. A Paradigm Shift: Transforming Perspectives to Embrace Forgiveness
7. Forgiveness through dance: The Therapeutic Power of Body Movements
8. Tales of forgiveness: A Narrative Journey into Forgiveness
9. Tiny Acts, Big Impact: The Magic of Small Forgiveness Gestures

##### **ii) Humility**

Theoretical understanding and practical implementation

1. The Humility Spectrum: Navigating internal and External Humility Ratings
2. Empathy Unveiled: Cultivating Sensitivity through Humility
3. Healing Egos, Bridging Divides: The Power of Humility in Conflict Resolution
4. The Wisdom of Humble Minds: Exploring Intellectual Humility

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5. Armor of Grace: Shielding Against Criticism with Humility
6. Flexibility in the Face of Truth: Embracing Humility over Adamancy
7. Strength in Meekness: Embracing Humility in Our Prowess
8. Ethical Elegance: The Path to Moral Humility
9. Unveiling the Self: The Journey of Personal Humility
10. Embracing Intellectual Humility: A Journey of Self-Discovery

### **iii) Simplicity/ Straightforwardness**

Theoretical understanding and practical implementation

1. The Straight-Shooter's Dilemma: Navigating straightforwardness
2. Inquisitive Insights: Probing Questions about Straightforwardness
3. Straightforwardness through Application of Pragmatic Competence
4. Harmony in Honesty: Aligning Thoughts, Speech and Actions
5. Alignment of Benevolence: The Power of Straightforward Good Deeds
6. Simplicity by Design: The Art of Making It Minimal
7. Empowering Straightforwardness in taking Responsibility

### **iv) Contentment**

Theoretical understanding and practical implementation

1. Possession vs Survival: A Battle for Fulfilment
2. Contentment: The Zen of Satisfaction
3. From Ambition to Appreciation: Embracing Lowered Expectations
4. Mental Alchemy: Reframing Perspective for Contentment
5. Simplicity and Serenity: The Art of Prioritising Essentials
6. The Power of Now: Embracing the Beauty of Present Living
7. Strengths Unleashed: Amplifying Your Innate Potential

### **v) Truthfulness**

Theoretical understanding and practical implementation

1. Deception: Identifying motives for lying
2. Shades of Truth: Delving into the Realm of White Lies
3. Lies in Disguise: Unravelling the Intricate Patterns of Deception
4. The Fallout of Falsehood: Unmasking the Impact of Lying
5. Exploring the Dynamics of Honesty
6. Truth as a Virtue: Paving the Way for a Culture of Honesty

### **vi) Non-Reactiveness**

Theoretical understanding and practical implementation

1. Understanding Sayyam: Unravelling the Inner Self
2. Unlocking Equanimity: Exploring the Roots and Elevating Non-Reactiveness
3. Cognitive Chronicles: Exploring the types of Automatic Thoughts
4. Thoughts Unleashed: Liberating Yourself from Automatic Thinking
5. Joy's Ripple Effect: The Impact of Positive Emotions on Reactions

### **vii) Mental Toughness for Endurance**

Theoretical understanding and practical implementation

1. Breath of Resilience: Mastering Mental Endurance
2. Balancing Act: Elevating Mental Fortitude on a Single Leg
3. The Mental Alchemist: Identifying and Enhancing Your Cognitive Strengths



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4. Navigating Life's Maze: A Journey into Mental Problem Solving
5. The Syrup, The Carrot and The Coffee Bean
6. Story Telling: The impact of mental toughness
7. Exploring the 4C's of Mental Toughness

### **viii) Renunciation**

Theoretical understanding and practical implementation

1. Application of renunciation through Systematic Desensitisation
2. The Art of Selection: Pick and Release for Inner Freedom
3. Unburdening the Heart: Releasing Dislikes through renunciation
4. Application of renunciation -Through Cognitive Restructuring
5. Ascending to Liberation: The Gradual Tyag of Possessions
6. Unchaining Yesterday: Liberation from the Past
7. Tech Minimalism: Narrowing Down Digital desires

### **ix) Non-Attraction**

Theoretical understanding and practical implementation

1. The Magnetism Within: Unravelling the Motives of Attraction
2. From Chemistry to Charisma: Exploring the types of Attractions
3. Shifting Sands: Transforming Perceptions in the Realm of Attraction
4. Unbinding the Heart: Practising Non-Attraction
5. Taming Temptation: Strategies for Diminishing Desires

### **x) Celibacy**

1. Narratives on celibacy
2. Attraction Alchemy: Tracing Thoughts That Lead to Desire
3. The Path of Celibacy: Embracing a Purposeful Lifestyle
4. Capturing Moments: Unravelling the Motivations Behind Private Pictures
5. Behind Closed Doors: Understanding the Victim's Perspective

### ***B. Belief Breaking activities and theoretical understanding(mithyatva)***

1. Breaking the Shackles of Self-identity beliefs
2. Ambitious beliefs: The 'Should' and 'Must' Conundrum
3. The Weight of Self-Expectations: Navigating the Inner Landscape
4. Balancing Acts: Managing Expectations from others
5. Moral Beliefs: Navigating the Maze of Beliefs
6. Revolt vs Reason: The Duality of Rebellion and Rationality
7. Unmasking the Mind: A Dive into Cognitive Biases
8. Self-Centred vs Other-Centred vs Reality-centred: Where Do You Stand?
9. Breaking the Spell: Dispelling Superstitions
10. Redefining Self-Worth: Breaking the Chains of Superiority and Inferiority Complex
11. Judging Judgments: Exploring the Dynamics of Assessing Others

### ***C. Managing Emotions-AKashays***

Theoretical understanding and practical implementation

#### **i) Greed (Lobha)**

Theoretical understanding and practical implementation

1. The Shades of Avarice: Exploring Different Types of Greed
2. The Price of Desire: Unmasking the Side-Effects of Greed

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3. From Aversion to Avarice: Tracing the Path from Dislikes to Greed
4. Holding On vs. Letting Go: The Dichotomy of Possession and Generosity
5. Greed Check: Navigating the Fine Line Between Need and Greed
6. The Grasp of Excess: Delving into the Realm of Addiction
7. From Necessity to Cupidity: The Transformational Journey of Greed

### **ii) Anger**

#### *Aggression*

Theoretical understanding and practical implementation

1. Temperance Through Thought: Navigating Anger with CBT
2. Family Threads Unraveled: Healing Anger with Family Systems Therapy
3. Beneath the Blaze: Exploring the Roots of Anger
4. The Expectation Game: Untangling Anger's Web
5. The Power of Controlled Outbursts: Assertive Anger Communication
6. The Anger Chronicle: Journeying Through an Anger Diary
7. The ABCs of Anger: Deconstructing Emotions with the ABC Model
8. Calm Amidst the Storm: Discovering Serenity through Relaxation

#### *Passion*

Theoretical understanding and practical implementation

1. Persona Paradigms: The Intrigue of Type A and Type B Personalities
2. Development of Passion
3. Imagining the Unthinkable: The Art of Negative Visualisation
4. The Passion Paradox: Navigating the Emotional Consequences
5. Love's Burning Flame: The Dynamics of Passion in Relationships

### **iii) Self Esteem**

Theoretical understanding and practical implementation

#### *Low Self-esteem Activities:*

1. Unearthing the Roots of Self-Worth: A Journey to Identify Low Self-Esteem
2. Unmasking the Power of Self-Talk
3. Rewriting the Narrative: Challenging Self-Talk with Empirical Evidence
4. Embracing Imperfection: The Art of Navigating Mistakes
5. Cultivating Self-Esteem through Mindfulness
6. Shattering Illusions: Overcoming Bias and Beliefs to Boost Self-Esteem
7. Breaking the Chains of Co-dependency: Reclaiming Self-Esteem

#### *High Self Esteem Activities:*

1. Understanding Self Esteem Through the Application of Cognitive Behavior Therapy
2. Beneath the Surface: Exploring the Underlying Emotions for high Self Esteem
3. Embracing Authenticity: Navigating Self-Esteem through Acceptance and Commitment Therapy
4. The Journey of Distancing Oneself from Self Esteem

### **iv) Illusion/ Imagination**

Theoretical understanding and practical implementation

1. The Mind's Tumult: Navigating Anxiety induced by Imagination
2. Unravelling Illusions: Strategies to Halt the Imagination Spiral

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3. Daydreams Disassembled: Deconstructing the Art of Wandering Thoughts
4. Intentional Living: Mastering Tasks with Mindful Purpose
5. Flowing through the Psyche: The Art of Achieving the Flow State
6. Family Therapy for People with Imaginative, Daydreaming or Overthinking Tendencies

### ***D. Breaking Dependency (Vrati)***

Theoretical understanding and practical implementation

1. Metamorphosis of Habits: The Journey to Transform Behaviour
2. The Puzzle of Behaviour: Unveiling the 'Why' through Applied Behavioral Analysis
3. Pledging Change: Breaking the Habit Barrier with Vows

### **i) Lying**

Theoretical understanding and practical implementation

1. The Truth Spectrum: A Comparative Exploration of Lying and Truthfulness
2. Cultivating Candour: The Art of Practising Honesty
3. Unveiling Thought Patterns: The W.A.I.T. Acronym (What Am I Thinking) for Mindful Communication
4. Affirmations Unleashed: Harnessing Honesty through Positive Self-Dialogues
5. The Truth Response: Choosing Between Reaction and Response

### **ii) Violence**

Theoretical understanding and practical implementation

1. Deciphering the Enigma of Violence: An Exploration
2. Unmasking the Roots of Aggression: Identifying Reasons and Restructuring Violent Behaviour
3. Shifting Horizons: The Power of Perspective in Addressing Violence
4. Healing Through Forgiveness: A Meditation Journey
5. Atonement: The Path to Reconciliation and Redemption
6. Cultivating Tranquillity: Activities for a Calm Mind

### **iii) Stealing**

Theoretical understanding and practical implementation

1. Unravelling the Act of Stealing: A Comprehensive Exploration
2. The Hidden Motives: Uncovering the Reasons Behind Stealing
3. Transforming the stealing Mindset: Restructuring Beliefs About Stealing
4. The Stolen Truth: Gaining Insight from the Victim's Perspective
5. From Theft to Gratitude: Cultivating Insightful Awareness
6. Healing Through Connection: Family Therapy for Stealing Behaviour

### **iv) Sexual Activity**

Theoretical understanding and practical implementation

1. The Lens on Lust: Perspectives on Pornography
2. Desires Unveiled: Navigating Fantasies and Fetishes
3. Contemplating the Controversial: A Discussion on Prostitution
4. The Genesis of Life: Diverse Views on Reproduction
5. Matrimonial Musings: Exploring Views on Marriage

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### v) Hoarding

Theoretical understanding and practical implementation

1. Survival vs Pleasure
2. The Gift of Giving: Exploring the Power of Sharing and Donation
3. Dollars and Sense: Candid Conversations about Money
4. Simplicity's Wisdom: The Liberation of Minimalism
5. Digital Declutter: Embracing a Minimalist Approach to Technology
6. The Alchemy of Appreciation: Cultivating a Gratitude Mindset
7. Less is More: Practising Self-Restraint for Abundance
8. Detached Harmony: The Art of Emotional Equanimity

### E. Enhancing Conscious Awareness

Theoretical understanding and practical implementation

#### i) Regulation of the Mind

Theoretical understanding and practical implementation

1. Mindfulness: Embracing the Present Moment
2. The Power of Self-Awareness: Navigating toward Heightened Alertness and Consciousness
3. The Written Journey: Harnessing Journaling for Thought Regulation

#### ii) Regulation of the Body

Theoretical understanding and practical implementation

1. Energising the Spirit: Strategies to Overcome Lethargy
2. Delicate Steps: The Art of Careful Movement
3. The Mindful Gym: Elevating Mindful Workout
4. Walking with Presence: A Mindful Meditation Journey
5. On the Road to Awareness: Mindful Driving
6. From Aggression to Awareness: Cultivating a Violence-Free Mind
7. Awakening the Senses: A Journey of Mindful Perception

#### iii) Regulation of Speech

Theoretical understanding and practical implementation

1. Silencing the Whisperers: The Journey to Give Up Gossip
2. The Gossip-Free Zone: Strategies for Avoiding Idle Chatter
3. The Power of Silence: Embracing the Practice of Muteness
4. Words as Wisdom: Mastering Speech Regulation
5. Gossip's Consequences: A Tale of Words and Deeds
6. Halting the Chatter: Exploring the Thought Stopping Technique
7. Awakening from Daydreams: Regaining Consciousness Amidst Wandering Thoughts
8. Sensory Sobriety: Breaking Free from the Addiction of the Senses
9. Sleep Deconstructed: Understanding the Phases of Rest
10. From Passion to Pramad: The Spectrum of Excessive Emotion/ Hate

**Duration:** It will be conducted over three to four months sessions, with each session lasting 1 hour 30 minutes. The applications of the intervention will be done through both the mediums-online and offline.

The intervention will be facilitated by a qualified instructor with expertise in virtue ethics.

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**Content:** The intervention will focus on the cultivation of the identified virtues through a combination of didactic instruction, group discussions, reflection exercises, and practical applications in daily life.

**Ethical Considerations:** Informed consent will be obtained from all participants. Ethical guidelines for conducting psychological research will be strictly followed, ensuring confidentiality and participants' well-being.

### *Data Collection*

**Pre-Intervention Assessment:** Participants will complete the baseline well-being test, Psychological wellbeing, EQ test and Kashay the four emotion test before the intervention begins.

**Intervention:** The virtue-based intervention will be conducted according to the prescribed protocol, with regular attendance recorded.

**Post-Intervention Assessment:** Following the intervention, participants will complete the post well-being, EQ, Psychological wellbeing and Kashay test to measure changes in emotional and psychological well-being.

### *Data Analysis*

**Descriptive Analysis:** Descriptive statistics, including means, standard deviations, and frequency distributions, will be computed for well-being, kashay, Psychological Wellbeing and EQ scores at baseline and post-intervention.

**Inferential Analysis:** Paired-sample t-tests or non-parametric equivalents (e.g., Wilcoxon signed-rank test) will be conducted to compare pre and post-intervention scores on well-being measures.

**Qualitative Analysis:** Qualitative data from open-ended questions or interviews will be analysed thematically to gain deeper insights into participants' experiences and perceptions of the intervention.

## **RESULT**

The results of the study titled "Enhancing Emotional Psychological Well-being through Virtue & Belief-Based Intervention: A Pre and Post Experiment" will be summarized as follows:

### **i) Pre-Intervention Emotional Psychological Well-being Assessment**

In the pre-intervention assessment of emotional and psychological well-being:

- Baseline scores for emotional quotient, as measured by Emotional Intelligence Scale, will be reported.
- Baseline scores for overall Wellbeing, as measured by the Eight Wellbeing Scale, will be presented.
- Baseline scores for psychological well-being, as measured by the Ryff's Psychological Well-being scale will be documented.
- Baseline scores for deluding emotions, as measured by Kshay-The Four Emotion Test

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### ii) Post-Intervention Emotional Psychological Well-being Assessment

In the post-intervention assessment of emotional and psychological well-being:

- Post-intervention scores for emotional quotient, (EIS) will be reported.
- Post-intervention scores for overall Wellbeing (EWS) will be presented.
- Post-intervention scores for psychological well-being (RPWS) will be documented.
- Post-intervention score for deluding emotions (KTET) will be noted.

### iii) Comparison and Analysis of Pre and Post Result

The comparison and analysis of pre and post results will reveal:

- Changes in emotional quotient scores, including any significant increases or decreases.
- Changes in overall wellbeing scores, indicating whether participants' satisfaction levels have changed.
- Changes in psychological well-being scores, reflecting improvements in various dimensions of well-being.
- Changes in deluding emotion scores, reflecting improvements in various dimensions of well-being.
- A statistical analysis (e.g., paired-sample t-tests or non-parametric equivalents) to determine the significance of these changes in well-being.)

### iv) Subgroup Analysis

Subgroup analysis, if applicable, will investigate:

- Variations in well-being changes among different demographic groups (e.g., age, gender, education).
- Differences in well-being changes based on baseline virtue scores and the specific virtues focused on in the intervention.
- Any moderating factors that may have influenced the impact of the intervention on well-being.

The results will provide insights into the effectiveness of the virtue-based intervention in enhancing emotional and psychological well-being. This analysis will contribute to our understanding of the role of virtues in well-being enhancement and inform the development of future interventions and recommendations for individuals, practitioners, and educators seeking to promote emotional and psychological well-being through virtue-based approaches.

## CONCLUSION

In summary, this research is multifaceted in its objectives and aims to make significant contributions to our understanding of the connections between virtues, belief and emotional psychological well-being.

First and foremost, our study seeks to assess the impact of a specialized virtue-belief based intervention. We want to understand how the deliberate cultivation of virtues can bring about positive changes in individuals' emotional and psychological states and overall well-being as a whole. By doing so, we hope to uncover the potential benefits of such interventions.

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Furthermore, we are exploring the specific roles that different virtues play within this intervention. Virtues like forgiveness, humility, simplicity, and others are examined to determine how they contribute to emotional and psychological well-being. This allows us to pinpoint which virtues are particularly influential in this context.

Our investigation isn't limited to short-term effects. We are keen to understand the lasting impact of these virtue-based practices. This long-term perspective is crucial for assessing the sustainability of such interventions.

Moreover, the study takes into account the diversity among individuals in its analysis. It aspires to contribute to the broader knowledge base in this field. Recognizing that individuals vary in their responses and needs, we consider individual variability and aim to discern how different people may benefit from these interventions in unique ways.

Beyond the theoretical realm, we are committed to advancing practical applications. We seek to translate our findings into actionable strategies that can be used to enhance emotional and psychological well-being. This practical aspect ensures that our research has real-world relevance and utility. Lastly, we are dedicated to examining the ethical dimensions of virtue-based interventions to guide the development and implementation of such practices. We are keen to address these ethical concerns, ensuring that any interventions are not only effective but also morally sound.

In sum, our research project is a comprehensive exploration of the complex interplay between virtues, belief and emotional psychological well-being. It aspires to provide valuable insights, not only into the theoretical aspects of this relationship but also into how these insights can be practically applied for the betterment of individuals' lives.

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***Conflict of Interest***

The author(s) declared no conflict of interest.

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