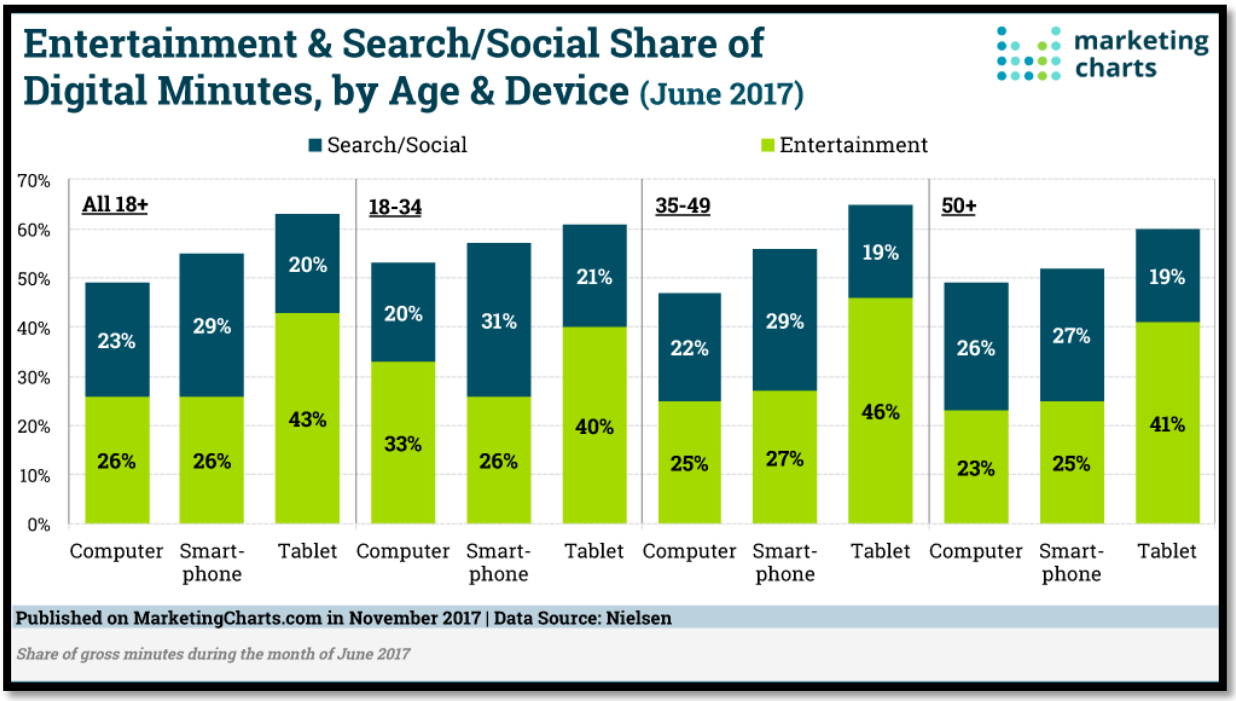
"The Role of Media and Technology for gratification psychosocial needs in children and Adolescents"

ABSTRACT

The increased use of the Internet as a new tool in the gratification of psychosocial needs has changed the level of adjustment in adolescents specially children between 12 to 18yrs. This fact is even more evident in the recent development and use of various social networking sites and internet addictions. However, no research has evaluated the role of media and technology on adolescent's gratification emotional and psychosocial needs. Therefore, the present study was conducted to evaluate and discover the underlying motives for media use, to identify the positive and the negative consequences of individual media use. Furthermore, the study wants to understand the primarily gratifies adolescents' need for integration, social interaction, information and understanding of their social environment. The uses and gratification theory proved thereby to be an adequate background for the analysis of the results.



Technology is unavoidable but shouldn't consume us. It is important for our children and adolescents to understand the importance of maintaining a balance. The role of parents and mentors or counsellor do playa very important role in understanding the young mind. To this end, adolescents need to be closely monitored and be careful what they do on the internet. What they do is expected to be purposeful and meaningful. To understand the emotional needs and personality type which causative issue may interfere in the increasing rate of internet use in adolescents. The finding will help understanding further intervention to research to help adolescents have better adjustment skills.



Biography I am SMARANIKA TRIPATHY, Consultant Clinical & Rehabilitation Psychologist (RCI redg.no. A21876) with an experience of 15yrs in the field of clinical psychology and school counselling. I am a MSc. in Applied Psychology and PG. Diploma holder from SWEEKAAR UPKAAR REHAABILITATION INSTITUTE, SECUNDERABAD, in PROGRAMME IN REHABILITATION PSYCHOLOGY, which is a leading Institute in INDIA also perusing my PhD programme from Utkal University, Odisha. I am extrovert; friendly, dedicated, empathetic to work and a sincere person who loves to lead a disciplined life. I am interested in living my life for a good cause, where I can help the needy and be a good human being. The latter being my motto of life, I am interested in meeting people from all works of life and helping them to help themselves.

WORK SHOPS:

- Columnist with Times of India, Telegraph & the Progressive Schools (Magazine)
- Training the nursing staff on basic counselling skills and empathy building with the patient
- Stress management workshops at various corporate
- Programme on Life Skill Management, parenting session for developmental disorders in children
- Managing personal and professional life (balancing approach)
- Feeding problems in children (role of clinical psychology)
- Adjustment problems in teen age group (coping with stress)
- Teacher's training programme in new area of teaching
- Dealing with problem behaviour and special needs