

Editorial

Teaching and practicing Psychology in the Indian context is picking up fast in recent years. Encouraged by the University Grants Commission's directive to Universities Indian authors are increasingly contributing to promoting the teaching of Psychology in the Indian context. Researchers in India are also equally promoting the concepts unique to Indian culture and innovative methods of studying them. Theoretical models, standardized tools, and indigenous methods have been emerging in the past few years qualifying necessary scientific characteristics. Researchers in the field of health and wellbeing are found to be focusing either on concepts typical to the Indian context or choosing the variables that prove as a great value addition to the teaching research and practice in the Indian context. At the same time, Indian academics are always found to be open to cross-cultural experiences.

This issue has six articles. Social competence constitutes a significant component in emerging resilient, particularly in the Indian set up which is highly affiliation oriented. The interrelationship between resilience, well-being, and social competence is an important phenomenon to be studied. Indian family system is in a state of transition ever since globalisation started influencing the nation. Gender sensitivity, the increasing role of women in family economics, and the rise in women's literacy and awareness of rights have resulted in changes in attitudes toward marriage and family. The outcome has been seen in the increase in divorce rates and single parenting. While both are identified as contributing to stress levels of the family, it is time that members of the family, including the children, endorse this as a reality and find out means of sustaining wellbeing. Enhancing social competence is one way of emerging resilience in an environment of single parenting. The other health challenge faced globally is the ever-increasing incidence of non-communicable diseases. While technological advancements and clinical trials have been keeping pace with the patient's needs, the needs of the caregiver have been a neglected area of research, particularly in India where strong family bonding is likely to trigger emotional drain-out exhaustion among the family caregiver. It is a positive sign that more and more researchers are taking up the study of various dimensions of caregiver psychology.

Indian music is something whose therapeutic value has been given its due merit thousands of years ago. There has been sufficient mention of the positive impact of music on health and well-being in Indian scriptures. It is very encouraging to see that Indian researchers in the field of health are now making a sincere attempt to scientifically prove the credentials of Indian music on health and well-being not only of the patients but also of the care providers on

the verge of burnout. Similarly, yoga and meditation which have their origin in India have occupied a prominent place in research. Non-communicable diseases like cancer have been identified as a disease that has significant contributions from psychological factors such as stress, anxiety, and depression preceding the disease. In such cases, including the relaxation techniques such as mindfulness meditation in the treatment process is an apt area of research in the field of health and wellbeing. There is an increasing need for research and publication in these fields. At the same time taking inputs on problems such as HIV/AIDS from the countries where such studies are in vogue so that we learn from their experience is important. This issue also includes a novel concept of borderline personality related to baulism which is studied on an Indian sample. Such topics though are new to the field of Psychology, mental health, and health in general needs dissemination in view of their relevance to the cultural ethos of the nation.

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