

## Editorial

The human race is marching towards development in every walk of life. Amazing innovations in science has gradually brought about lifestyle changes in the society. As a consequence, work has become easier, and faster increasing the productivity. A number of work executed manually earlier is being done by machines saving a lot of man hours. If the goal of development is to enhance wellbeing, then the happiness index of all nations should have increased progressively. However, this does not appear to be the case. Stress and its impact is evident on human life manifested in the progressive increase in the incidence of lifestyle diseases, mental illness, interpersonal problems, difficulties in coping with the hiccups of developmental milestones.

The change in lifestyle brought with it the challenges of mental health, particularly of mood disorders. With one family member diagnosed with mood disorder, the impact is seen on all the other family members who live with the patient and have to cope with the behaviour of the patient. Having a parent with mood disorder is a huge challenge for sustaining the wellbeing of the offspring. The article titled *Life Experiences of Offspring of Mood Disorder Patients: A Qualitative Study* gives a detailed thematic analysis of the offspring of patients with mood disorder. While mood disorder is a pathological phenomenon, mood swings during certain developmental milestones are natural. This is another factor where not only the person affected but the family members will have to cope with the sudden change in the moods of the person passing through the milestone. Menopause is one such milestone when the women go through multiple changes at physical, emotional levels. The article titled *'Symptoms and Coping in Menopause among Urban Indian Women: A Cross-Cultural*

*View'* depicts the various changes and coping techniques used by the women during menopause. The data collected from the sources other than the women in menopause highlights the approach to this study.

The changing lifestyle has a definite impact on family relationships. Compared to earlier generations, there is a sea change in the parent child relationship. The hierarchical relationship seems to be replaced with a horizontal relationship where parents and grown-up children assume equal partnership in family decisions. Children assume more autonomy which is respected by parents even if it causes them dissatisfaction or hurt. The article titled *'Role of Parent-Child Relationship in Coping Styles of Emerging Adults'* projects the impact

of parent child relationship on the children's coping with life on the entry point of adulthood. This emphasises the fact that the foundation one's coping abilities is determined at early stages of child rearing process.

A major challenge of contemporary times refers to the use and misuse of social media. Interpersonal relationships are built not so much through face-to-face interactions, as through the social media. This has both advantages and disadvantages. One of the major disadvantages is the lack of commitment or conscious deception. The article titled 'Online Dating, Deception, and Associated Risks: A Pilot Investigation' discusses this very important contemporary phenomenon leading to severe stress and disruption to the wellbeing of people across the globe.

The new lifestyle has a strong emphasis on the life at work place. Apart from the family, people now look for support at work place. This, unlike the family relationships is not something that is spontaneous and natural. This is purely a mutual phenomenon. Perception of and commitment towards the organization is one major determining factor for receiving organizational support. The article titled 'Normative Commitment Among Employees: Role of Perceived Organizational Support and Occupational Hardiness' portrays this aspect of the contemporary challenges.

Based on the various challenges, the therapeutic interventions to enhance the overall wellbeing are also gaining acceptance. Mindfulness is one intervention technique which has received wide acceptance across cultures. The article titled 'Effectiveness of Mindfulness Based Cognitive Therapy (MBCT) in Preventing Depression Symptoms' discusses the role of therapeutic interventions as a wellbeing management technique where the therapy is preventive in nature. Given the progressive increase in stress levels, such preventive measures are the need of the hour.