

Editorial

We are glad to bring out another exciting issue of Artha – Journal of Humanities and Social Sciences. This issue carries articles that focus mostly on the psychological and the spiritual. It a general notion amongst the public that the psychologists are averse to spirituality. However, spirituality does play a major role in defining the psychological attributes of humans. It is in this context that this tries to throw the spotlight on the spiritual aspects of our religious practices that could help us gain insight into the psychological impact they have on humans.

The first article of this issue, titled *The Impact of Attachment Styles on Social Competence of Adolescent Students* by D M Sujan Kumar *et al.* explores the effect of attachment styles of children and its impact on the social competence of students. Teenagers are expected to adapt to the positive wellbeing in every sphere of life: at home, school or peer adjustments. It is in this regard that the researchers explores if attachment style has any bearing over their competence. For this study the researchers have analysed a large sample of 1152 male and 1188 female students and have used the Attachment Styles Questionnaire and Adolescent Social Competence Scale to gather data. The study has come out with interesting findings by the use of statistical analysis of the data collected.

The next article of this issue, *MounaVratha: An Effective Traditional Method of Self-Regulation* analyses the traditional, most often, religious concept of *MounaVratha* and how it could be an effort at behavioural and emotional self-regulation. The article details the way in which self-regulation through the religious practice of *MounaVratha* can lead to the accentuation of performance, will power and motivation. The researcher argues for the use of *MounaVratha* in psychological counselling as a tool to explore the self through silence.

On the Question of Integrating Spirituality with Counselling in India by Thomas Joseph Parayil and Tony Sam George is an exploration of the therapists' views and experience on spiritual components in counselling. The study has considered nine mental health professionals with fifteen to thirty years of experience in the field as

its subject and has used semi-structured interviews as a mode of data collection. The findings of this study emphasize the importance of spirituality into counselling interventions in clinical settings.

The last article of this issue, *A Comparison of Maslow's Theory of Hierarchy of Needs with the Pancha Kosha Theory of Upanishads*, the authors attempt to explore the similarities between the needs hierarchy as proposed by Maslow and the model of 'Pancha Kosha' or 'five sheaths' theory as presented in the *Taittiriya Upanishad*. The authors of the article believe that since Maslow's needs hierarchy is an appropriate non-reductionist, humanist model, it can be compared with the 'five sheaths' (Pancha Kosha) theory, which explores the purpose of human existence from a 'very high level' perspective.

We wish our readers an intellectually stimulating read and believe we have furthered the discourse on the link between spirituality and religion.

Editor