

ISSN : 2584-2412

ASHA PARAS INTERNATIONAL MULTIDISCIPLINARY RESEARCH JOURNAL (APIMRJ)

Open Access, Journal is Double Blind peer
reviewed, Bi-Annual (online)

VOL-3, ISSUE-1, JAN-JUNE 2026

ISSUE- PSYCHOLOGY AND DISABILITY

Editor in Chief
Prof. Asha Shukla

Volume Editor
Dr. J. Sujathamalini

Managing Editor
Dr. Ramshankar & Love Chawdikar



CONTACT US

www.apimrj.com
apimrjournal@gmail.com

PUBLISHER

ASHA PARAS FOR PEACE AND HARMONY FOUNDATION
A93, Emerald Park City, Near AIIMS Hospital, Bagsewaniya,
Bhopal (Madhya Pradesh) India- 462026



**Advisory Board**

Dr. Priya Ranjan Das Trivedi Founder Chancellor, Indira Gandhi Technological and Medical Sciences University, Zero, Arunachal Pradesh	Dr. I.S. Chouhan Former Ambassador of Fizi and Former Vice Chancellor, Barkatullah University, Bhopal	Dr. Sunil Gupta Former, Vice Chancellor, Himachal Pradesh University, Shimla	Dr. Virendra Kumar Goswami Former, Vice Chancellor and Wing Commander., Founder President: Environment and Peace Foundation
Dr. Shailendra Mani Tripathi Chief Editor, Delhi Library Board, Govt. of India	Dr. Devashish Debnath Former Chair Professor, Dr. B. R. Ambedkar University of Social Sciences, Mhow, (MP)	Dr. Surendra Pathak Professor, School of Philosophy and Theological Studies, LJ University, Ahmedabad, Gujarat	

Editorial Board

Chief Editor Prof. Asha Shukla Former Vice Chancellor, Dr. B. R. Ambedkar University for Social Sciences, Mhow, Indore and Managing Director, Asha Paras Foundation for Peace and Harmony, India Email: ashashukla2006@yahoo.co.in Mob.: +919926310987	Volume Editor Prof. J. Sujathamalini Professor and Head, Department of Special Education and Rehabilitation Science, Alagappa University, Karaikudi Email- smalinij@alagappauniversity.ac.in Mob.: +91 9894960171
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Managing Editors

Dr. Ramshankar, Assistant Professor, IIMT College of Management, Greater Noida, Email- ramwardha1986@gmail.com Mob: +919890631370	Love Chawdikar, Executive Manager, Asha Paras For Peace And Harmony Foundation (APPHF) India. Email- officeparasfoundation@gmail.com Mob. +919893950833
------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Editorial Board Members

Prof. R. K. Shukla Former Professor and Head, DESSH, Regional Institute of Education, NCERT, Bhopal (MP)	Prof. María Elena Martínez Torres Professor, Center of Investigations and Superior Studies in Social Anthropology, CIESAS, México	Prof. Clementina Furtado Head Professor, Centre for Research and Training on Gender and Family (CIGEF - Uni-CV)
Prof. Kanhaiya Tripathi Chair Professor, Dr. Ambedkar Chair, Central University of Punjab, Bhatinda	Dr. Eramala Dayal Principal, V.T. Choksi Sarvajanik Law College, Surat Gujarat	
Dr. Bindiya Tater Associate Professor, Department of Management, Medi-Caps University, RAU, Indore (MP)	Dr. Bharat Bhati, Associate Professor, Institute of Management Studies, Sage University, Indore (MP)	
Dr. Amarjeet Singh Assistant Professor, Hemvati Nandan Bahuguna Garhwal University (HNBGU), Srinagar, Uttarakhand	Dr. Ajay Dubey, Former Principal, Himalayan School of Yoga Science, Swami RamHimalayan University, Jolly Grant Dehradun, Uttarakhand	

TABLE OF CONTENT

SNO	CONTENT	PAGE NO.
COVER PAGE, INDEX AND EDITORIAL		
1	ONLINE FRIENDSHIP AND LONELINESS AMONG COLLEGE STUDENTS <i>Devika M. A, Murugeshwari M, J. Sujathamalini and K. Gunasekaran</i>	1-9
2	A THEMATIC REVIEW ON GOOGLE NOTE LM AS AN ASSISTIVE AI TOOL FOR ACADEMIC INDEPENDENCE AMONG STUDENTS WITH VISUAL IMPAIRMENT <i>Gunasekaran D, J. Sujathamalini and K. Gunasekaran</i>	10-19
3	SELF CONFIDENCE AND PUBLIC SPEAKING ANXIETY AMONG YOUTH ASPIRANTS <i>Jessythavanayagi M, Aswathy C S, Ranjithkumar P, J. Sujathamalini and K. Gunasekaran</i>	20-30
4	EMOTIONAL REGULATION AND BEHAVIOUR PROBLEM IN CHILDREN WITH INTELLECTUAL DISABILITIES <i>Joys M, Vaishnavi M, J. Sujathamalini and K. Gunasekaran</i>	31-44
5	PERFECTIONISM AND ACADEMIC BURNOUT IN UNIVERSITY STUDENTS <i>Krishna Rama M, Mohana B, Subha K, J. Sujathamalini and K. Gunasekaran</i>	45-54
6	A COMPARATIVE STUDY OF ONLINE AND OFFLINE INDIVIDUALIZED EDUCATION PROGRAMS (IEPS) FOR STUDENTS WITH INTELLECTUAL DISABILITIES <i>M. Karuppasamy</i>	55-68
7	READING PREFERENCE AMONG CHILDREN WITH MULTIPLE DISABILITIES <i>P. Kaladevi, V. Mrunalini, S. Revathi and K. Kalaivani</i>	69-95
8	ATTITUDE TOWARDS FLIPPED TEACHING METHOD IN TEACHER EDUCATION PROGRAM <i>R. Adaikalam and J. Sujathamalini</i>	96-101

9	BODY IMAGE RUMINATION AND SOCIAL ANXIETY IN COLLEGE GIRLS <i>Reena. J, Gayathiri. R, Rubasri. S, J. Sujathamalini and K. Gunasekaran</i>	102-109
10	MOBILE USAGE AT NIGHT AND MORNING ALERTNESS OF THE STUDENTS AT UNIVERSITY LEVEL <i>Sastha R, Mullaiarasu S, J. Sujathamalini and K. Gunasekaran</i>	110-117
11	PICTORIAL EVALUATION OF METAPHOR COMPREHENSION IN TAMIL <i>S.G. Suguna</i>	118-127
12	DIGITAL MINIMALISM AND PERCEIVED STRESS AMONG EMERGING ADULTS <i>S. Nivetha, Vishal Dinesh P, Rukkumani S, J. Sujathamalini and K. Gunasekaran</i>	128-136
13	ONLINE SHOPPING ADDICTION AND FINANCIAL SELF- CONTROL AMONG EMERGING ADULTS <i>Sreesshni A S, Mahalakshmi P, Sivakumar A, J. Sujathamalini and K. Gunasekaran</i>	137-149
14	SENSORY SENSITIVITY PROFILE AND THEIR IMPACT ON EVERYDAY ADAPTIVE BEHAVIOUR AMONG CHILDREN WITH AUTISM SPECTRUM DISORDER <i>Velan Dhayanithipalani, Asha Sipriya B, J. Sujathamalini and K. Gunasekaran</i>	150-163
15	SOCIAL MEDIA IDENTITY CONSTRUCTION AND SELF PRESENTATION ANXIETY AMONG UNIVERSITY STUDENTS <i>Yuthika G, Manipriya S, Celciya S, J. Sujathamalini and K. Gunasekaran</i>	164-174

Editorial

This special issue provides an in-depth analysis on various psychological concepts related to neurodevelopmental, digital, social and academic factors in children, adolescents and young adults.

Neurodevelopmental Challenges

Under this section the articles focused on neurodevelopmental issues. Two mixed-methods studies focused on sensory-emotional dysregulation, which was identified in neurodivergent children. It has been shown that emotional regulation difficulties predict behavioral problems in children with intellectual disability ($N=15$ caregivers, $r=-0.415$, large Mann-Whitney U effect) with qualitative themes supporting disrupted routine and caregiver burnout. The study of children with ASD ($N=15$; $r=0.639$) shows that sensory sensitivity profiles affect every day adaptive behaviors, which appear as tantrums, aggression and self-injury caused by the overload of stimuli.

Studies related to Digital Technology Impacts

Digital behaviour demonstrates complicated associations with mental health. The addiction to online shopping among young adults ($N=104$; $r=0.996$) is very much correlated to their poor self-control in financial matters especially to the dimensions of withdrawal/relapse. Digital minimalism has a moderate link to perceived stress ($N=112$; $r=0.344$). The construction of identity on social media has a weak relation to self-presentation anxiety ($N=152$; $r=-0.089$). There is a very light connection ($N=131$; $r=-0.149$) between online friendships and social isolation which is nothing more than a weak reduction in loneliness and nighttime mobile phone use has a very slight effect ($N=100$; $r=-0.09$) on the user's alertness in the morning.

Social and Performance Anxieties

The social and Performance anxieties were also studied. The articles are also related to youth who encounters multiple psychosocial stressors that overlap Body image rumination has a positive relationship with college girls' social anxiety ($N=110$; $r=0.383$). Self-confidence shows a weak negative relationship with public speaking anxiety in aspirants ($N=106$; $r=-0.226$). These trends manifest vulnerability during identity construction and performance requirements.



Academic and Educational Innovations

Attempts were made on Perfectionism which is the main cause of academic burnout among college students (N=122, correlational design). Teacher training students are very aware of and have a favourable opinion of the flipped classroom approach to teaching (N=50) because they like the flexibility and active participation it provides. A thematic review assesses Google Note LM as an AI tool that helps students with visual impairment which helps them to become more independent academically.

Methodological Patterns and Implications

Mostly descriptive-correlational studies (N=15-152) measure with standardized scales (e.g., OSA, FSES, ERC, SSP, PSS, PCAS) and the use Jamovi/Excel/SPSS for analysing the construct under study. The recommendations for the interventions are also given such as sensory-emotional training for neurodiverse children, financial literacy and digital hygiene for youth, confidence-building for social anxieties and innovative pedagogies like flipped classrooms and AI accessibility. The studies in this issue show the dual character of technology, the behavioral sequelae of emotional dysregulation and the pathways of building resilience in India's changing psychological landscape. I hereby thank Asha Paras For Peace And Harmony Foundation, India for giving this wonderful opportunity to publish this special issue related to Disabilities and Psychological concepts pertaining to the National and global initiatives that need to address and form inclusive society for all.

I would like to thank Chief Editor Prof. Asha Shukla for her trust and continuous support.

**Volume Editor
(Dr. J. Sujathamalini)**

Professor and Head,
Department of Special Education and Rehabilitation Science,
Alagappa University.
