

INTRODUCTION

CHAPTER I

INTRODUCTION

Family is the basic unit of society. An individual can satisfy physiological needs; safety and security needs; love and belongingness needs, and self-esteem through his family. Loyalty, tolerance, mutual aid, and assistance are the essential qualities to maintain a healthy family. Unfortunately, the number of dysfunctional and broken families are increasing. (Nichols, 2011). Family can be referred to as a group of people connected by blood, marriage, choice, and proximity. Marriage is the essential factor to create a family. Matrimony or wedlock can be formed by two individuals who wanted to live together socially, spiritually, and legally. They make a vow to share life's responsibilities and act as moral support to the other in life and death and treat the partner with dignity and respect (Kumari, 2016). Marriage is a systemic arrangement made by a man and woman to fulfil the needs like sex, intimacy, status, roles, norms, values, goals, and much more. (Kerber, 2005). Couples redefine themselves based on marital communication; revisit their past; structure the present and formulate the shared future. Good communication, satisfactory sexual relationship, and shared decision making are the benchmarks of successful marriages (Gelles,1995).

Indian religions consider marriage as a bond decided by the supreme power. It is a usual process to claim property and monetary benefits as dowry in arranging marriages. Love marriages and inter-caste marriages are different scenarios. Based on the family's religious and cultural beliefs, the couples must face rejection to honor killing (Sharma, Pandit, Pathak, and Sharma, 2013). Whether arranged or a love marriage, single parent families are caused by divorce, death, and intent. Family functioning will vary based on the cause of the single parent family.

According to the family life cycle model entailed by separation or divorce or remarriage (Carter and McGoldrick, 1989), there were seven stages in the whole process. The decision to divorce might be taken by mutual consent, or one partner might force the another; planning separation will happen because it involves a lot of emotional and logistical issues; separation from proximity will happen, and some couple will opt for legal separation; post-divorce period will start, and it may test the emotional strength of the whole family; entering a new relationship; planning a new relationship and establishing a new family were the final

steps to developing a new routine. Children will get affected by parent fights, and their quality of life will go down before the divorce decision itself. Age, education, finance of the family, maturity, social support, and other Individual characteristics of children will alone decide the flow of their future life(Carr, 2003).

Laws

When it comes to single parent family, the effect of law directly or subtly cannot be avoided. India is a secular country. We have marriage customs and regulations suitable to everyone's religion. Hindu Marriage Act 1955, Muslim Laws, Indian Christian Marriage Act 1872, and the Divorce Act 1869, Parsi Marriage and Divorce Act 1936 are the different acts existing related to marriage, divorce, and other related things. Special Marriage Act 1954 applies to all religions and all people throughout India. The public can use the clauses in this Special Marriage Act to marry or divorce and even take custody of children. Same way, the Guardians and Wards Act apply to all religious communities. Guardian and Wards Act are formed to safeguard the rights of a minor. During the parents' divorce or death, this act will help the minor have ownership over property, custody and assure safe living. This law is also common to all communities (Subayoga and Bhuvanewari, 2018). The single parent who holds the child's possession will gain more money support or give less compensation for the kid's sake (Mathur, 2018).

Nature and Characteristics of Single parent family

Single parent family has its own positive and negative characteristics. Single parent families' strengths are democratic and novelistic in handling roles and responsibilities; children will take responsibility for their actions at the earliest; improvised survival skills; values necessities like time, money. They may learn to maintain boundaries and roles socially; children's educational achievement may improve or get disintegrated financial issues, and the family's emotions may increase the psychological immunity of the total family. Single mothers balance struggles like finances; time management between children's needs, work pressure; personal care; maintaining or forming an identity; physical issues. Overall, single mother's households' functioning depends on age, education, income, and social support. Single fathers are stressed because of the lack of quality time with themselves and children and lack of social life (Gladding, 1995).

Single parents suffer a low level of emotional well-being, vitality, and life satisfaction than married parents. Single fathers without children showed lower life satisfaction, and on the other hand, single mothers showed low emotional well-being. The whole process of single parenting might affect single mothers than single fathers (Jenkinson, Matsuo, and Matthys,2020).

Single parents, specifically divorced parents feel guiltier towards their children than other parents, and its negative effect increases with age. This guilt feeling was generated and maintained due to the personal marriage related moral values of the parent. Single parents feel guiltier when the relationship is not more vital with the children. This guilt might be due to the empathetic understanding and altruism they possess (Kalmijn, 2020).

Nonresident single fathers and the relationship with their children is a complicated one. If they have a strong self-locus of control, good social relationships, and more positive emotions, they care more for the children, or the opposite happens. Socioeconomic status does not play many roles in caring for children when compared with parenting practices. Parenting practices like enhancing the children's material well-being and improving their relationship with the mother strengthens the bond (Maslauskaite and Tereskinas, 2020).

Socioeconomic Status

Health

The children are growing up in single parent family witness the fights between parents, negative emotions, economic issues, and the positive character strengths of the single parents like solely providing basic needs of the family and more. The question here is which side the child will take as a role model consciously and unconsciously. Some research strongly contradicts the notion that all children from single parent family will end up in issues. A systematic review study that analyzed the effects of single parent family on their own and adopted children and found that the cause of adverse outcomes in children might be traumatic events like parental separation or one parent dead left untreated than single parent practices. Some studies proved the adverse effects of single parent family on children and adolescent health might not have controlled extraneous variables like the single parent family types-separated, divorced, one parent dead, whether the traumatic event effects or nullified or not (Schmuck, 2013).

A quasi-controlled experimental study from Sweden found that even in identical twins, losing a marital partner means heavy emotional turmoil to the single parent than the other twin with a partner. This effect in twins shows the level of impact of single parent family. Automatically, the children of Single parent family will get affected by the depressed house head (Bernardi and Mortelmans, 2018).

Adolescent well-being in the single parent family varies based on the different forms of single parent family constellation. The well-being of adolescents after divorce is lower than adolescents in dual parents' household. Same way, the adolescent's well-being remains the same when both the parents remain single, or both got married to another partner. If father is remarried and the mother remains available, the adolescent's well-being got affected (Fallesen and Gahler,2020). After the separation of parents, College girls got more affected than the boys. Irrespective of gender, they wanted to experience functional, attitudinal, and financial independence from their fathers. They tend to experience guilt, negative emotions, conflicts than their friends from dual families (Pearce, 2018).

It is not that all children or adolescents from single parent family go through physical or psychological effects. In a study conducted with college students from single parent family, researchers found that parents' marital status did not impact their marital status. There was a promising chance that they may possess high self-esteem than dual families because of their hardships in the early years of life (Block and Spiegel, 2020).

Finance

The problems faced by the single parent family are enormous. But financial management is one potential factor that can create or subdue more issues. Specifically, allotting money for the educational needs of the younger generation is essential. So, to ease the process, discussing and planning is essential. Including youngsters and even separate spouse also has to be done. Identifying the children's life plan and concluding responsibility-sharing will avoid future conflicts and increase children's trust (Martinelli, 2020).

The psychological well-being of Single-parent families gets affected by financial issues. In certain families, the necessity of food and shelter itself can become a problem. That may lead to remoteness, anxiety, depression, and suicidal ideation (Stack and Meredith, 2018). Children below five of age from Africa's sub-Saharan areas in separated and divorced families showed more stunted growth than dual family. These are the effects of poverty, nutritional deficiency, and low parental care (Ntoimo and Odimegwu, 2014). College students who enter college have to face many responsibilities with academics, creating an identity and establishing themselves financially. Amidst all these crucial responsibilities, witnessing parents' marital breakdown also leads to heavy stress on their mind and a financial burden. Some students even opt for part-time jobs to ensure their continuing education, destabilizing their time management and increasing stress (UK, 2018).

Education

Single parents have to be mindful of the effects their children face because of the parent's separation. Adding to the academic responsibilities, adolescents have to face guilt, anger, resentment, frustration, being a mediator between parents, and sometimes pressured to choose sides. Because of the turmoil in the family, they may lose the sense of belonging in the family. All this turbulence may affect their academic journey (Furman, 2020). Planning the children's educational needs carefully and applying for scholarships is also vital in improving education quality. To do the planning effectively, assigning parents' roles in the children's life is essential, like under whose custody the child will be, who will contribute financially, or the share percentage and much more (Brown,2019).

Single mothers are a common phenomenon worldwide, and shockingly single mothers with low education are more poverty-stricken. They have more adversities when compared with single mothers with moderate and high education background (Harkonen, 2018). A study used data from 1990-2011 in the USA to understand the effect of single parent family on children's educational achievement. They found that the family structure does not affect the academic outcome. Still, the mother's educational level is affected (Amato, Patterson, and Beattie, 2015). Divorce and children's school engagement are harmful when parenting's academic level is lower, which can be accounted for due to fewer resources than educated but divorced parents. Economic resources, social connectivity, and living arrangements for children after divorce also add to children's school engagement (Havermans, Swicegood and Matthijis, 2020).

There were contradicting studies that show that adolescents from single parent family showed a low averaged GPA after parents' divorce, which was observed in adolescents specifically with educated mothers. (PLOS,2020). Another research review has shown that though there were no connections between academic outcomes and family structure, children from single parent family suffer from poverty, health issues, and other things. Thus, the Government has to create more policies to ensure children's safety from the single parent family. Researchers have to identify new research ideas to know more about family structure and child well-being (Brown, 2010). Some incidents in Iowa state where the adolescents from Single parent family did not have the chance to complete their college degrees in undergraduate and sometimes postgraduate levels (Toppo,2018). Though the parents might get separated, if they can provide adequate care to their children, that relationship strength serves as a protective factor and nullify the effects of divorce, leading to better academic results and quality of life (Grubb and Long 2014).

Improving the functions of single parent family

Single parent family faces a lot of adversities than dual families. Single parents might find it hard to balance the financial, emotional needs of the family. By learning specific skills, all single parent families can not only thrive but attain their family goals. The first step to bring order and balance to the single parent family is to prioritize the need for the self and family. To do this, prioritization, understanding what life calls for is essential. Individuals vary in their living conditions like – money, people, power, values, and much more. So understanding the direction of a life plan is an essential step in handling Single parent family issues. For example, if a single mother is posed with a problem, she had an important board meeting, and the adolescent son is calling him to take an off to attend his birthday party. Single parents without goals will face problems to make up a decision, and adolescents might also feel hurt in the process. But the single parent whose priority to make the family healthy might choose only board meetings (because money and position are essential) or party (because the son's wish and relationship is essential). Or it's only one lifetime, everything is necessary, so planning a birthday party in the evening after working hours and calling friends and family to arrange for other things. So, the key in the victorious single parent family is giving priority and being flexible, and using up all the resources available (Leman, 2006).

Utilizing Resources

Educational Institutions

School management can create a network of support systems for needy children from the single parent family. Through people workers like teaching staff, school counsellors, social workers, and others, the school can connect with both the parents. Their goal can be what is best for the child. If the child is not having a balanced involvement in studies, play, social life, and other developmental activities, it can be identified through gentle observation. Then involving professionals or parents can be decided based on the need. Then, helping them create their vocational plans and assisting in scholarships and admission to the college could be of excellent service (Great Schools,2009).

Teachers

Educational institutions play a significant role in engaging and shaping adolescents. Teachers are like second parents, and they hold the moral responsibility to create healthy citizens out of the younger generation. Teachers first needed to know whether the student is from the single parent family or not. Since the issues are more private, many families wanted to keep it personal. Because of this secrecy, a teacher might not be able to intervene in time. It is also the teacher's responsibility to notice things like problematic behaviours, continuous absenteeism, and isolation in students and dig into the cause (Usakli, 2018).

Teachers can be a sound support system and act as a mentor for adolescents from single parent family. They can help the students by allowing them to talk about their concerns freely. A trusting environment can be created by listening to their questions about the parent's separation, divorce, or death. If required, the teacher can inform about the mentoring process to the parents available. Making the youngsters focus on positive emotions, thinking, and assisting in framing their life goals would be of more outstanding help (Dillon,2018).

Government and Private Scholarships

Governments of all countries worldwide do have special schemes and scholarships for the welfare of children and adolescents who lost one parent or separated or divorced parents. There were many scholarships available for needy students in India, and single parent family students were given special consideration for all of these scholarships. Under the Tamilnadu

Agricultural Laborers Agriculturalists Social Security and Welfare Scheme 2006, schoolchildren who lost one parent who is the breadwinner of the family, or one parent is severely incapacitated can avail of a scholarship of Rs.50,000(Government of Tamilnadu,2020). Snehpoorvam Scholarship 2018 aimed to help children who lost one parent or both parents and experience difficulties in gaining adequate nutrition, education, and care. Department of Social Justice initiated this scholarship, Government of Kerala, under the Kerala Social Security Mission (Mittal,2018).

There are private scholarships and financial aids also available in India to support the hazards of single parent family. One among those is the Rajiv Gandhi Foundation from New Delhi, which helps children from single parent family, specifically those who lost their parents to violence under the INTERACT program scheme. It is covered for all states in India and two union territories (Rajiv Gandhi Foundation,2017).

Psychological Well-being

Well-being is an umbrella term, and Positive Psychology researchers use this term based on the constructs they support. In general, well-being is differentiated into two types: Subjective Well-being and Psychological Well-being. Subjective well-being focuses on hedonistic purposes that are experiencing life satisfaction and happiness. If an individual increases his subjective well-being, he will tend to involve in a more materialistic orientation to improve the quality of life. Subjective well-Being understands well-being through negative and positive affect (Anand, 2016).

Eudaimonism word was derived from the Greek language meaning Eu –well-being or Good and Daimonia, meaning demon or spirit. Aristotle first used the word Eudaimonia and Mills, and others followed it later. It is structuring life in a specific direction to experience life experiences' totality in an organized manner. This structuring will happen based on the individual's preference and potential. Psychological well-being is about creating eudaimonia experiences like meaning making and attaining the full potential of human life. It is the realization of life as a space to make meaning of life processes and achieve an individual's full potential (Samman, 2007).

Psychological well-being is not about being free of mental conditions of disorders ranging from stress to schizophrenia. It is all about embracing life with positive qualities like self-acceptance, having positive relationships with others, mastering self and environment, autonomy, having purpose and meaning in life, and maintaining personal growth. It is not a scientifically made construct or fantasy. It is the missing piece in human life. It is the brighter side of human beings' minds. In another sense, every individual naturally and genetically possesses it, and it was repressed or submerged deep inside the mind by self, others, and the environment. Realizing and striving towards psychological well-being constructs can be seen more in the mid-age group and started to decline in old age. Self-acceptance character is seen in all age groups. Compared with men, women possess more positive relations with others, and there were no significant differences between men and women. People who regard eastern culture have more meaning and purpose in life; autonomy and western culture-oriented individuals show more personal growth, environmental mastery. It was also found that an individual's life experiences and how they make meaning out of those experiences vary from person to person. That variation also determines the psychological well-being level. Life experiences may be fighting some chronic illness or losing loved ones or separation from marriage or physical or psychological abuse, or events that hold immense positive or negative value to the individual (Ryff,1995).

Characteristics of Individuals with Psychological Well-being

Ryff (1995) devoted twenty years of her life to study and create a systematic and dynamic model of Psychological Well-being. Ryff used Allport's concept of maturity, Neugarten's idea of executive processes of personality; Buhler's basic life tendencies; Erikson's life development; Burren's aging, mental health; Jahoda's mental health; Jung's individuation; Maslow's self-actualization and Roger's fully functioning person as the foundations of her model of psychological well-being. She also developed tools to measure psychological well-being and explained the following characteristics as essential for psychological well-being.

Self-acceptance: It is the awareness of one self's strengths and weaknesses and realistically accepting the self. It is all about maintaining self-acceptance regardless of all time zones – past, present, and future, good, or bad character and situations. It is more like making peace with self.

Positive relations with others: It is about feeling connected with people, experience, and reciprocates security and trust with others. They are comfortable in opening up and treat others with respect.

Environmental mastery: It is the degree to which one feels confident about handling tough lifetimes. An individual's evaluation of the resource materials, coping mechanisms, adjustment, and adaptation towards the problem will determine this character's degree.

Autonomy: It is the independence level of an individual to lead his or her life without external sources' pressure. This character is marked by qualities like self-reliance, independence, self-decision-making skills.

Purpose in life: It is the fundamental curiosity of human beings to understand and make meaning of the internal and external world. Some people will actively create meaning for existence; associate with ideas or social movements larger than themselves and create a sense of purpose in life and satisfactory positive emotions.

Personal growth: This character is all about the movement of an individual towards the preferred future. Their maturity level, emotions, self-knowledge, and learning new skills will all be determined with the help of proper analysis (Vazquez, Hervaz, Rahona, and Gomez, 2009).

IMPLEMENTING PSYCHOLOGICAL WELL-BEING

The standard government policies on the welfare of the people focus on the nation's economic, materialistic aspects rather than mental health. Public health is the only sector of Government that helps to reach out with the programs of psychological well-being to the ordinary person. Even then, the focus of the public health sector is on handling mental disorders. The real focus has to be on preventing mental health issues by promoting positive psychological functioning, and the major thrust has to be on psychological well-being. Economic growth is not the only factor that determines the psychological well-being of an individual. So, educating psychological well-being in schools and universities and private offices, prison, hospitals will help improve the individual's quality of life and protect their mental health.

The education of psychological well-being will indirectly help the Government deal effectively with some challenging issues of society.

Social Capital and Trust

Trust is relying on others to accomplish some desirable objective. It plays a significant role in improving the economic and social capital within and outside the country. Based on trust, only new ventures in life; investment in the business; relationships; collaborations with foreign countries. In 2020, demoralizing activities, the encroachment of faith became a common scenario. People workers can change these situations with the help of promoting psychological well-being in individuals.

The Dangers of Materialism

An increase in mental disorders shows a lowered rate of life satisfaction, vitality, and positive emotions. Materialism is one of the factors of the rise in mental disorders. Materialism believes that individuals can increase their quality of life only by acquiring more objects and money. If an individual believes in materialism, he/she will invest their time and energy more in worldly things. Some may even go greedier and involve antisocial activities leading to problems for self, others, and the environment. Many individuals might be with social norms and may ignore time for themselves and their family. It also will create problems for the mind leading to physical health. By successfully acquiring psychological well-being, an individual and even society can have a different way of living.

Externalities

Understanding the problems of people from Psychological Well-being orientation will help to solve even infrastructural implementation. Van Praag and Baarsma (2004) have conducted a study on different residents near noisy airports. They calculated these residents' life satisfaction levels compared with the noise level, the land's value, and the residual cost component. Based on the results, they recommended the monetary benefits that must be allocated to these residents, and that solved the issue. Policymakers can use this type of novel psychological well-being thinking before implementing government decisions.

Unemployment

Employment provides structure in time, actions, and energy. It is associated with identity, social status, role in the family and community, self-esteem, confidence, quality of life. It also provides money that is essential for satisfying basic needs. Unemployment will force the individual to come out of the usual routine and space. Other employees who witness unemployment effects will lose peace of mind, and their constant anxiety and worry will reduce the quality and productivity and affect the employer. If the unemployment problem is understood from the well-being perspective, creating alternatives will be possible.

Tax Structures

Tax is the primary source of income for government operation. The Government provides all essential facilities by utilizing the money of the taxpayers. An amicable relationship between Government and people is essential for the welfare of a country. There was enough evidence in the history of how heavy taxation affected people's well-being and led to revolts. Before announcing the taxes, the Government must assess the actual need, situation and consider the people's psychological well-being.

Autonomy and Basic Need Satisfaction

Self-determination theory explains that the satisfaction of basic psychological needs like autonomy, competence, and relatedness leads to intrinsic motivation. Autonomy is the freedom of an individual to make their own choices; Competence is the skill required to accomplish desired and required tasks; Relatedness is connecting and maintaining relationships with other people. Intrinsic motivation is essential for the development of the individual, which will help develop national welfare. Thus, teaching these psychological well-being aspects will help the functioning of the Government.

Content of Goals and Happiness

Most of the crimes in society are due to the wrong understanding of happiness in life. People decide happiness based on the goals they fix in their life. This fixation chooses their entire life paths and events. The individual might understand the positive side of life functioning in the very early years of experience automatically, and in that case, goals and happiness will be on the brighter side of life, leading to self and other countries' development.

In many cases, because of the absence of proper influence, individuals tend to be involved in shameful activities, create unnecessary issues for themselves, and be involved in antisocial activities. Individuals can quickly stop health-harming behaviors by creating psychological well-being concepts, and the Government can relieve itself from the headache of maintaining the country's law and order (Adler, Unanue, Osin, Ricard, Alkire, and Seligman, 2010).

Grit

Grit is the passion and perseverance towards long-term goals. It was discovered and developed by Duckworth(2007). Grit questions the assumption behind the statement –Talent, Prodigy, Genius are the only promising traits for being successful in life. Duckworth analyzed 273 final contestants of Spelling Bee within the age range of seven to fifteen. On average, these spellers practiced an hour a day on weekdays and more than two hours a day on weekends. Some contestants were not studying much at weekends, and some devoted nine hours a day on a given Saturday. The results showed that Grit predicted how would be the performance of the spellers in the competition. Verbal intelligence also predicted the final list, and there was no relationship between Verbal IQ and Grit. Duckworth conducted another study on IVY league undergraduates and found that their SAT score and Grit were inversely correlated. Students in the IVY who scored high were less Gritty when compared with their peers. These different results show that talent is one thing and what an individual does with that might be another.

In 1869, Galton published his first scientific study on the origins of high achievement and had concluded that achievers possess unusual abilities in combination with exceptional zeal and the capacity for hard labor. After reading this paper, Darwin has mentioned in a letter to his cousin Galton, “For I have always mentioned that, excepting fools, men did not differ much in intellect, only in zeal and hard work; and I still think this is an eminently important difference”.

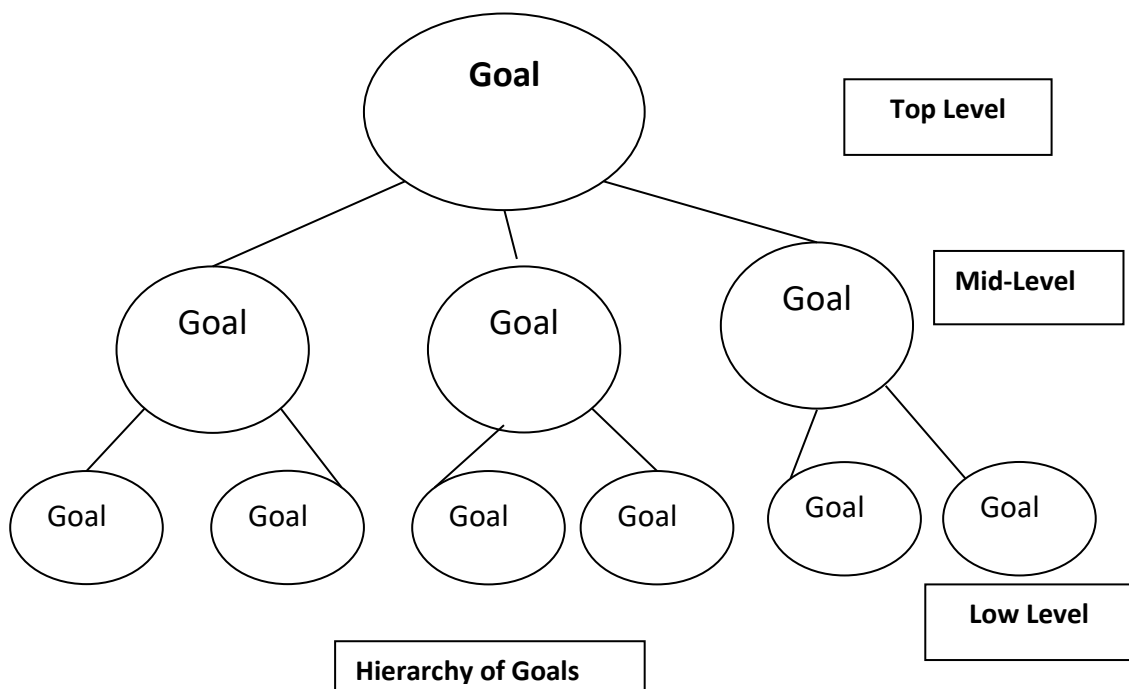
According to Duckworth, high zeal and hard labor are more important than talent or ability. She advocated gritty people can achieve goals not only because of innate natural talents but also by persistently hard work. Naturals without hard work might not achieve what they are capable of achieving. So, to reach from talent to achievement, the following has to be done:

$$\text{Talent} \times \text{Effort} = \text{Skill}$$

$$\text{Skill} \times \text{Effort} = \text{Achievement}$$

Goal

Goals can be referred to as an individual philosophical framework of life, leading to well-defined boundaries and regulation of actions to bring out a desirable and measurable outcome. Hierarchy of goals brings a systematic approach to space and organizes enormous tasks that demand time and energy. This method helps space the goals into a three-tier system – low-level goals, mid-level goals, and top-level goals.



Low-level goals comprise small routine tasks and short-term to-do lists, and it is essential to meet the means to ends. These goals are done to achieve other levels of hierarchy. For example, moving from home to office at 7.30 am, reading daily, creating half an hour free time etc. Mid-level goals lead an individual closer to the top-level goals. For example, reaching the office on time, getting good marks in exams, exercising daily, etc. Top-level goals are the ultimate concerns, long-term plans of essential things associated with the individual's life framework. These goals answer questions like why an individual is involved

in that goal and creates mid-level goals accordingly. In turn, mid-level plans form low-level goals, and that becomes the routine of an individual. For example, achieving the full potential of self is an excellent example of a top-level goal.

If the individual has a top goal and is not sure of the mid-plan plans, his success rate would be zero. It is essential to break the top-level goals into workable mid and low-level goals and execute them persistently. In some cases, individuals are aware of the importance of low-level goals, and doing it on a daily schedule might be a problem. Ambitious individuals might have multiple mid-level plans leading to more than one hierarchy.

Four Pillars of Grit

Interest

Individuals will feel satisfied when they are in genuine interest in what they are doing. They will perform better at work when what they do creates interest in them. Some individuals are successful without doing what they want to do. Some who follow orders and let go of their passion could accept the newly imposed thing as their life and continue to live by giving their complete. Many could not take it and directly or indirectly mess up their lives because of losing their interest. Grit is all about the orientation towards the positive functioning of life. For example, Amazon founder Jeff Bezos left his well-paid Manhattan job to enter into an uncertain insecure venture of starting a virtual bookstore. He has stated that you will not stick with it if you do not have interest in what you do. It is not an easy task to identify what interests a person.

Nature of Interest

Interest can be hindered by placing unrealistic expectations on self and getting into negative feelings because of failing and not accomplishing it. Identifying part is not everything, and it is only the beginning of everything. It is more of gravitating towards one thing and spending all energy and time towards it and moving away from the others. It is also not triggered by introspection. Interactions with the outside world trigger it. The whole process of identifying interest might be messy, inefficient. If a person tries to avoid this chaotic process by forcing a pseudo thing, it will only lead to failure.

Initially, identifying the interest will take a lengthier amount of time. The succession of interest stimulating experiences, again and again, is necessary to create parts. Interest is essential for the individual to play with it. Allowing the person to take their exciting thing to experiment in a peaceful and relaxed manner is needed. Since they have not created the hierarchy of goals, they will not be seriously based on their interests.

Goal setting will be different for beginners and experts. Beginners' newly identified interests will survive by positive feedbacks, encouragement, and support from people around the individual. This support is necessary to gain more energy; get information; learn skills and execute it later. For example, Jeff Bezos's interests were nurtured by his mother, Jackie. When Bezos was three years old, he repeatedly asked his mother that he wanted to sleep in a big bed, and his mother consoled him that Bezos will get it when he becomes a big one. But the next day, she found out he was trying to disassemble the crib with a screwdriver. As a mother, she didn't scold him but sat next to him and started to help him.

Interest is of lasting in nature. It is usual for an individual to feel bored by doing the same things again and again. People with interests can create meaning and feel energized by what they are doing. According to Psychologist Paul Silvia, Interest is a drive that desires to learn, explore the world, seek new experiences, and do new things with change and variety.

Developing Interests

To develop interests, an individual can go through the following steps:

Discovery: Interests can be of many and identifying the direction to move on has to be done. It is essential to determine what one likes and dislikes. It is the first and primary step, and Learners can answer the following questions:

- What do I like to think about?
- Where does my mind wander?
- What do I care about?
- What matters most to me?
- How do I enjoy spending my time?
- And in contrast, what I found unbearable?

Experiment: After finding answers to the above questions, it is good to start doing. This doing will help to stimulate interest. Interest has to be done again and again. It is essential to make mistakes and try to identify the best fit.

Accept: Some individuals might fail in the experimenting process, and they may stop trying themselves. Accepting failure and starting over from the very start is essential. If the individual was able to succeed in the experiment, they could proceed further in the path of development.

Practice

Grittier individuals spend more time on their interests. It is more of experimentation. It is slowly pushing one's limit to the most. Practice will happen because of the firm belief about the reward. Reward here is the desired outcome.

According to Cognitive Psychologist, Anders Ericsson internationally accredited skilled performers in various fields acquire their skills slowly with their continuous practice. After they become mature in their craft, they will reach a plateau stage. After that, they will not find any space for further improvement. He introduced a technique called "Ten thousand hour" or "Ten-year rule" to become a master in any skill. Deliberate practice is not fun, and it is a carefully sorted plan. It is exhausting and even frustrating. Even the world-class skilled performers can only do one hour of deliberate practice and two to three hours in a day with spaced intervals.

But Mikhail Csikszentmihalyi holds a different opinion about practice. Through his years of hard work and research, he has discovered a concept called flow. Flow is joyful, energy-giving, complete concentration, and a balanced, effortless state. An individual will feel flow by continuously working on a desirable thing. This state will lead to a feeling of spontaneity, and the individual will not sense how many hours have passed. It is closely associated with positive emotions, and research has proved that it has enhanced the individual's health benefits.

Through her research, Angela Duckworth found that Gritty individuals experience more flow. According to her, Ericsson ten years rule is about how experts to deliberate practice and Csikszentmihalyi's flow is about how experts feel during deliberate practice.

Deliberately practicing Gritty individuals will work for ten thousand hours with a flow state of mind. Gritty individuals need deliberate practice for preparation and flow for performance.

Steps to develop Deliberate Practice.

Science of Practice

Goal: Identifying a plan is the first step. Then the plan must be stretched and made into workable units. One unit must be taken, and all the efforts have to be zeroed down on it.

Concentration and action: The individual will take a lot of alone time on the stretch goal and practice it. During this time, individuals will withdraw the focus from other things.

Feedback: After spending enough time and energy, individuals will look for more feedback. They will thrive on negative feedback because it gives them more space for growth and learning opportunities. Then they will cautiously reflect on the feedback and make their meaning out of it.

Repetition: Based on their reflection process, they will either devise a new plan or continue with the same practice. Learners will keep on practicing until the unconscious competence become conscious competence. Unconscious competence is a skill possessed by an individual, and he cannot use it voluntarily but wait for it to space. By practicing, one can bring this unconscious competence to the surface; learn the nuances associated with it and make it a conscious competence. Conscious competence is the freedom to use the skill freely and voluntarily.

Habit

Creating a routine to do deliberate practice is an effective way to acquire the desired skill. This routine has to include the exact date, time, and space and is called daily rituals. If one keeps practicing routinely, the arduous task of practice becomes automatic. Accumulation of these daily routines will create a neural network in the brain. It will increase the firing speed of neurons, which is the biological mechanism behind the habit. So, making deliberate practice a routine is essential.

Attitudinal Change

Many individuals drop themselves from training because they feel exhausted and tired out of the whole experience. Deliberate practice is all about living the present moment without being judgmental about it. It is all about letting go of the judgment to enjoy the challenge unhindered. It is about creating a structure in mind where there will be no space for negative emotions in mind like shame, fear, guilt, inferiority, embarrassment. To make deliberate practice, one must positively change the way they think and feel about the procedure.

Purpose

The purpose is the intention to contribute to the well-being of others. Gritty people's goals are different and unique. This nature of the goals may be specific, like family, friends, clients, or abstract like arts, sports, country, and world. Their ten thousand hours of struggle is worthy because the benefit will reach others. According to Aristotle, there are two ways of pursuing happiness – eudaimonia and hedonic. Eudaimonia is in harmony with oneself by reaching out to others, and hedonic focuses on positive momentary pleasures and being self-centric. Gritty people also enjoy the fun, but their orientation towards happiness is Eudaimonia in nature. Researchers found that the score on purpose is directly correlated with the score on Grit. Gritty people are not only with good intentions and purpose. People like Adolf Hitler, Serial killers, Mafias, Drug dealers, and more antisocial elements might be Grittier than normal individuals. Though there was no research on these notorious populations, we cannot overlook Grit's existence in their characters.

Research has found that individuals make meaning of their work in any one among the following: job, career, and calling. The job means a requirement to fulfil the basic needs; career is a tool to develop self, like promotion or chance for a more luxurious life; calling sees the work as essential in life. It was found that people found their vocation as a job, career, or calling are equal in proportions in almost all works. Some people might start a job position and can evolve gradually to calling in the same result. In the hierarchy of goals, the top-level goals are more selfish than selfless and Gritty people have connected prosocial behaviors. Developmental psychologists David Yeager and Matt Bundrick has found that adolescents who framed goals with self-interests and prosocial behaviour scored high grades and achievements than adolescents who chose either self-interest or prosocial behaviour.

Fostering Purpose

Crafting the Spark

Individuals might enter into work with or without interest. After some time, they might have lost the spark they started. Creating a spark, reflecting on how the work is already doing, will help the other individuals develop, which will be helpful. It is more of thinking about how to change the work we already engaged in to be meaningful. Learners can do it by connecting it with one's core values. It can also be referred to as job crafting. One can make a personalized map of what activities would make their job meaningful and enjoyable. Researchers found that executing this map-making activity improved their productivity and happiness.

Role model

After crafting the spark, it would be more helpful to find inspiration in a purposeful role model. Role models are the people who show the positive emotions and hurdles associated and the ways to handle them. In another sense, they will offer a promising way of living. It is like gaining a guideline of living prosperously for an entire lifetime.

Revelation

Connecting the job crafting and the role model as one and spending more time on it will automatically lead to revelation or insight. This step is not a carefully planned or meticulously framed one. It is happening. At first, the individual will suddenly experience an acknowledgement and feel hopeful and serenity, and then, they will automatically start doing things relevant to their goals.

Hope

Japanese saying: Fall seven, rise eight suits, Gritty people, better. It is because hope to Gritty people is not luck but getting up again no matter what. The struggles to face the adversities are meticulous and intricate, and it might even lead to hopelessness unless the individual does not control the situation. Hope or despair is the result of what the individual perceives about the entire scenario.

Seligman and Maier (1989) conducted an experiment using dogs. A dog will receive an electric shock in a cage if it does nothing, but if it pushes up its nose against the panel in front of the cell, the shock ends early. The same shock procedure is repeated in another cage, with no panel in front, which means this dog will not have any control over the shock. Researchers experimented with the same dogs by placing them in a different cage called a shuttle box. There was a barrier in the middle of the pack, which the dog can cross if it leaps. Before each shock, the researcher played a loud sound. The dogs who had control to push their nose outwards escaped the scare after getting surprises twice or thrice. But the dogs that didn't have any control over the shocks earlier waited for the wonders to get over with whimpering and howling. This experiment showed that hopelessness does not stem from adversity but no control over the adverse situation.

These resilient dogs that leapt the barrier made Seligman (1989) come up with Learned Optimism. Like pessimists, optimist also endures terrible situations, but they don't see these situations as permanent and look for alternatives and specific causes for their suffering. The pessimist believes the problems are endless, blame others for a reason, and ignore the actual cause. Pessimists experience depression and anxiety more than optimists. Optimists live successfully with good health, grades, job, marriage life, and much more.

The two sure ways to differentiate optimism from pessimism are the following:

Temporary Vs. Permanent: This step is about how the individual perceives the time duration of the problem. Pessimists view the issues as unsolvable ones. For example, I am a failure. Optimists decide the situation as a temporary and solvable one like, I missed this exam, and I can write it in next term.

Specific Vs. Pervasive: This step is all about how the individual assigns reason to the problem. A pessimist might blame others, like – it is all because of my mother. For example, an optimist will go for specific reasons, as I lost it because of my distractions.

Psychiatrist Beck (1997) disagreed with the notion of Sigmund Freud that all mental illness reason lays in childhood unresolved conflicts. He believed in talking to the patient and finding out how they perceive the problem and their self-talk related to it. He found that an objective event will have different subjective experiences in people, like losing a job. So the key from Beck's finding is, if the self-talk is changed into positive, the person will become more optimistic and happy.

The connection between Optimism, Grit, and Happiness was again strengthened by the study done on four hundred TFA teachers by Kopp, Seligman, and Duckworth (2016). They measured Optimism, Grit, and Happiness level before these teachers started teaching the school kids. After a year, the students' scores and grades got compared with the scores obtained before. The analysis showed that Grittier teachers were more optimistic and happier, and their student's scores were high than non-Grittier teachers.

Dweck (2006), the psychologist, believed in Seligman's findings of the connection between hopelessness and lack of perceived control, and she wanted to fill in the missing pieces. So, she started an experiment by dividing children into two groups: Success only program and the attribution retraining program. In the success, only program children were given math problems, and at the end of each session, researchers praised them irrespective of their results. In the Attribution retraining program, researchers told the children that they have to solve more problems and try harder. Then both the group of children was tested with a combination of easy and complex math problems. The results found that the children from success only program- stopped trying once they encountered a difficult situation. In the attribution retraining program, children tried hard after experiencing complex problems. It was as if they had interpreted failure as a cue to try harder.

Dweck (2006) probed further and found out about mindset. Mindset is of two types- fixed mindset and growth mindset. A fixed mindset interprets failures and difficult situations as permanent and believes that they are complete failure. A growth mindset is viewing the problem as temporary and considering that they can better themselves out of it. A growth mindset is the surest way to develop hope and become Gritty.

According to Steve Mainer, the neurobiology behind hope is a complex one. In the human brain, amygdala and limbic areas respond to stress. These areas are regulated by higher brain structures like the prefrontal cortex. When an individual is subjected to an adverse life situation, the individual will feel some control if the prefrontal cortex is activated correctly. To activate these complex brain structures, the individual should have severe adverse conditions during their younger age. These individuals should have mastered those adversities will develop brain wiring that will result in hope. Those who adverse experience at their young age and not developed needed control over it will negatively affect their lives.

Enhancing Hope

Practitioners can teach the following methods to enhance hope. Before entering into each step, if the learner self reflects on finding the answer for the next question – "What can I do to boost this step" It would deepen the process.

Growth mindset: It is developing flexible and positive attitudes about handling adverse situations. For example, a Gritty individual with a growth mindset will think like, "This is hard. But I will not feel bad, if I can't do it yet". Dweck (2006) explains the brain structures are flexible and adaptive. While struggling to master an adverse situation, the brain also develops as muscles develop during running. Myelin sheaths that protect the neurons and help signal transmission of nerves are secreted throughout our lifetime. The brain is ready to develop neuron connections with one another and strengthen neural networking. Thus, creating a growth mindset will make the individual more hopeful and grittier.

Optimistic Self-Talk: Optimistic self-talk is more about seeing the problem as temporary, identifying the specific cause of the problem, and motivating oneself to overcome it. Intrinsic motivation favours this method. During some severe issues, intrinsic motivation might fail, and slowly the person might drift towards pessimism. During those negative times, gaining help from others to improve goal-oriented behaviours is essential. If the individual is not supported by such trustworthy relationships or what service received was not sufficient, the individual can gain professional support. To master optimistic self-talk, resilience training and cognitive behavioural therapy is highly recommendable (Duckworth, 2016).

Resilience

Resilience can be referred to as the thwarting capacity of an individual to bounce back from adverse life situations. It is a coping mechanism and an essential life skill. All people can learn it. It helps handle ordinary daily issues to major issues like divorce, death, bankruptcy, and much more. Learning Resilience will create new values and goals, make one person move beyond the comfort zone and face the challenges, opportunities boldly. Resilient people also show negative emotions during stressful situations, but they regain balance. For example, a loved one's death will make anyone grieve, and a resilient person will go through the grief cycle. Then, they will accept and steer their mind towards the personal goals and values they have crafted.

Resilience training programs help the individual to handle future adverse conditions of life in a healthy manner. Resilience encompasses ways of thinking and acting to handle adverse situations and cope and regain balance with minimal suffering. By reducing the impact of stressful life events, automatically enhances well-being and quality of life. The word 'Resilience is derived from Latin, meaning to spring forward or to leap back into position. Some researchers view resilient individuals as the possessor of survival mentality and non-resilient individuals as possessing victim mentality. Resilience is a coping mechanism that makes an individual stick with their core values and philosophy of their own life. For example, if resilient individual's core value is honesty, they will not go for antisocial activities, even during bankruptcy. Resilient people do not possess any superpowers, but they handle life challenges with confidence, problem-solving, positive relations, positive emotions, and more.

Key Factors in Resilience

Risk Factors

Risk factors are difficult life situations; if not handled properly, they might lead to physical health problems, mental health issues, or reducing the quality of life or even lead the individual to become antisocial. The following are the major setbacks that require skills of resilience to deal with:

Childhood issues: In some individuals' lives, childhood involves many crises like the death of loved ones, chronic illness, abuse, and much more. Since they have faced such traumatic events in the earlier stages of life, learning resilience will create a promising future.

Daily issues: Resilience is a coping skill that will help handle and sustain pickering and demanding relationships, work overload, and fluctuating emotions. If the individual is not appropriately equipped, they will face severe losses.

Adverse life situations: Life events like loss of loved ones, financial breakdown, bereavement, serious illness, a victim of abuse, or caught in extreme disasters like natural calamities, war, terrorism, pandemic diseases require resilience to regain the lost balance.

Meaning and purpose in life: When an individual is bombarded with stressful situations, not only the external quality of life but the internal quality of conscience is also being tested. To bring peace, the individual has to abandon the comfort zones and lead to exposure and create greater meaning and purpose in life. To develop a new philosophy of life, resilience is an effective tool.

Protective Factors

Protective factors reduce the risk of long-term consequences because of life-threatening situations and help the individual regain control over life. Resource utilization is required to gain back control over life. The resource may be internal or external.

Social support: The individuals can gain moral support and encouragement from family, friends, neighbours, colleagues, friends from the workplace, religious community, and more. Some individuals might experience abuse in the family, but they will handle the situation effectively if they gain warmth and support from friends. These individuals show resilience brightly.

Resilient people possess good social skills to gain support, and they also know whom to confide with and not. They actively seek help from others during adverse life situations, and they maintain trustworthy relationships throughout their lifetime. Others who have experienced the communication skills and altruism of resilient individuals will value their relationships greatly. Thus, social skills correlate more with resilience. These social skills are assertiveness, good communication style, generosity, and more. Creating social circles, making community participation, and improving assertiveness and communication are essential resilience building skills.

The following are the benefits of having healthy relationships in life:

- They will gain positive role models to look upon and follow in life.
- They will experience warmth, care, and support, leading to trust in relationships.
- They will feel free and confidential to disclose their problems and gain guidance to move with
- They will enjoy motivation and reassurance from these healthy relationships.

Individual characteristics: Numerous personal features require to harbour and maintain resilience in individuals. Some of them are as follows:

Self-esteem or self-worth is the way one regard and aware of one's own personal strength and weakness. It is more protective and creates space for the individual to hold on during stress.

Self-confidence is the belief in self to handle adverse life situation. It is the willingness to accept hard feelings like anxiety, stress to protect personal values. Problem-solving ability is the ability to make decisions and bringing out those plans into action. This ability helps the individual to protect themselves, others, and the environment. Social skills like assertiveness, empathy, and communication skills to create and maintain new relationships. It is the more wanted to skill in resilience building. Emotional self-regulation is the ability to maintain thoughts, feelings, and actions appropriately in social situations. This coping strategy protects the individual from harm and improves life quality (Reivich and Shatte, 2002).

Experiential Avoidance

Stressful events bring suffering and unpleasant feelings to an individual. In reality, individuals cannot avoid these sufferings. Some individuals might try to avoid external situations that foster these sufferings. They can mute external conditions and postpone facing reality. It is experiential avoidance. But the accumulation of suppressed feelings internally will lead to an emotional breakdown. The severity of adverse situations and duration of suppression may even result in long term health issues.

It is an ironic process because it fuels the unpleasant feelings to be avoided but increases the urge to avoid them, resulting in a vicious cycle. Without concentrating on a stressful situation, one cannot prevent it. So, they keep on remembering the case on and off, leading to low frustration tolerance. Low frustration tolerance is the "I cannot stand it" attitude. This attitude itself is a big problem and might cost the loss of some healthy relationships or benefits. Some individuals might develop defence mechanisms like denial, identification, displacement, and much more. Post-traumatic disorder is the product of experiential avoidance. In extreme cases, individuals might develop a significant mental illness like schizophrenia or serial killing, etc. In some instances, psychosomatic disorders from hair fall, peptic ulcers to breathing issues and cancer can be noted.

Experiential avoidance tends to disrupt the core values of the individual and brings down the quality of life. If the intensity of feelings and stressful events are not too intense and short-term in nature, experiential avoidance is sometimes helpful. For example, the fight between friends might disturb the regular activities and avoiding the friend for some weeks, so that the anger might cool off could be an effective strategy. It is essential to analyze the long-term consequences of experiential avoidance in terms of values, goals, and quality of life of the individual.

Resilience Building Approaches

Cognitive Behavioural Therapy

Cognitive behavioural therapy and its precursor rational emotive behavioural therapy handles human beings' problems by changing their thoughts, feelings, and actions based on their specific scenario. This approach helps to build resilience, and it serves as a base for other methods. It uses evidence-based techniques to handle anxiety and depression and adapt them to improve challenging issues.

Problem Solving Training

Problem solving training is a simple tool gained from cognitive behavioural therapy in the 1970s. It has statistically proven methods to handle adverse life situations, specifically clinical depression. Using this technique with self-acceptance is essential to avoid creating problems by relying entirely on this technique.

Progressive and Applied Relaxation

Progressive muscular relaxation is an effective old technique used to relax an individual by gradually appearing pressure and releasing muscle throughout the body, combining diaphragmatic breathing. PMR is widely used in all psychology therapies, and now newly applied relaxation techniques are also in application. Relaxation is an effective method to improve Resilience.

Social Skills Training and Assertiveness

Social skills training involves the improvement of communication, interpersonal relationships, and assertiveness. Assertiveness training is specific training to identify,

understand, and apply the knowledge of their communication style to better their quality of life. Both these training will increase the resilience level of the individual.

The Penn Resiliency Programme

Seligman's theory on 'learned helplessness's the basis of this famous resilience training program. It also encompasses cognitive behavioural therapy techniques to create prevention rather than remedial intervention. The seven critical skills taught in the program are mentioned below:

Monitoring thoughts: It will help to point out unwanted thoughts, understand them, and handle them to prevent new problems and reduce old issues.

Identifying thinking errors: There are different types of thinking errors, namely, jumping into conclusions, tunnel vision; magnifying and minimizing; personalizing; externalizing; over generalizing, mind reading, and emotional reasoning. These errors will automatically make the individual get into more troubles.

Spotting icebergs: The significant problems of individuals stem from their belief system. Identifying the belief system is spotting an iceberg. This iceberg is the reason for a series of thinking, feeling, and actions. So, resolving the iceberg means fixing the problem itself.

Challenging catastrophic worries: Most of the individual's lifetime is spent with the question 'what if.' Their continuous fear about the future and imagining each action's consequences and creating multiple layers of these consequences will result in a catastrophe. So decatastrophizing or putting things into perspective are used in this program.

Relaxation: Relaxation techniques and calming down techniques are taught to improve coping skills. These practical techniques help to maintain balance and manage rumination, worry, and negative emotions.

Real-time Resilience: This technique helps to bring resilience quickly in a short period by crafting intrusive thoughts into a resilient one. It focuses more on self-statements. Positive psychology concepts like gratitude, character strengths, and positive relations are also used to bring in necessary changes.

Mindfulness

Buddhism gave mindfulness to the world as a way of living. According to monks, Mindfulness is a discipline that has to be followed to experience an abundant living in the present moment. Their life itself is the meditation practice, and every moment becomes a learning experience. Davidson, a neuroscientist, researched a French Buddhist monk – Matthieu Ricard, by connecting the monk's skull with 256 sensors. He found that during Meditation, Ricard's brain alone produces gamma waves. The scan reports also showed more activity in the brain's left prefrontal cortex than on the right side. So, the scientists concluded that Ricard's meditation practice has made him gain more happiness and reduce harmful intake. Thus, he is termed as the World's Happiest Person (France-Presse, 2012).

Scientists wanted to understand mindfulness and started to conduct experiments on it. Many studies were showing how attention skills can be improved using mindfulness. They have also proved the sustainability and habituation of improved attention at least for five years. Research evidence showed that mindfulness training improves Resilience, and because of enhanced Resilience, the impact of stress on the body and mind got reduced. Studies conducted on Loving Kindness Meditation proved its efficacy in improving compassion. Meta-analysis and systematic reviews on mindfulness research conclude that there was less possibility of improving mental health, and mindfulness has equal benefits of exercising, dieting, and other healthy habits. Mindfulness parenting programs and couple programs have created healthy relationships among people, and researchers have statistically proved their efficiency. As per research evidence, the reduction of bias and prejudices are also marked benefits of mindfulness. Habituating meditation and incorporating it into lifestyle leads to health benefits. Long-term meditation results in healthy immunity, improvisation of metabolism, and positive hormone secretions leading to longevity (Smith, Suttie, Jazaieri and Newman, 2017). Based on those experiment results, researchers found that the mindfulness training programs, meditation classes, and courses in different disciplines and settings like Psychology, Management, Corporate offices, Industries, Hospitals, etc. are beneficial to the development of an individual.

Mindfulness can be referred to as the awareness cultivated by paying attention in a sustained and particular way. Mindfulness needed to be practiced with a non-judgmental attitude and purpose. It is also a commitment undertaken by one's responsibility. Mindfulness cannot learn it with a die-hard attitude. The key elements of mindfulness practice are

lightness of being and playfulness. Generally, human beings live their lives in doing mode rather than being. Doing mode is absorbed in doing things, juggling, or multitasking with activities. Mindfulness is being with experience and living abundantly in any given present moment.

Foundations of Mindfulness

Sensations

Sensory organs

A newborn baby's mind is called *tabla rasa* – the clean slate, and it possesses only the information related to basic instincts like eating, excreting. On the contrary, the external world is full of information. Without that information, a human being cannot exist on the earth. Sensory organs take up the job of connecting the external world with the internal world. This connection ensures the survival of the individual and also the formation of the mind. Eyes, nose, ear, mouth, and skin can be termed as primary sensory organs. Any information from the external world can enter into the mind only through the passage of sensory organs. For example, the colour of the fan will be first seen by the eyes. The fan's image will be processed by the mechanism of vision and will be transformed into an electrical impulse. A neuron will receive this electrical impulse. Neurons receive power from the secretions of biochemicals and aid in the transportation of this nerve impulse to reach the brain. This particular image will match the cerebral cortex region of the brain. Once the nerve impulse comes from the mind, the individual will know the information, called sensation.

The sensation is sensing the external world's information through the combined action of sensory organs, neurons, biochemicals, and the brain. Sensory organs are not capable of filtering the enormous mass of data available in the external world. There is a limitation to information that a human body can handle. The brain will attend only to needed information and reject unnecessary data from the external world. The process of selection and letting in of the news from the outer world is called attention. Mindfulness can enhance attention into a way of living by adding up another skill called awareness. Sensation and cognition are entirely different concepts. Understanding is living in the present moment without giving in or stopping it and staying as a superficial observer. Attention and awareness are the two trainable skills essential for building Mindfulness. When sensation, awareness, and attention combine, a human being can attain clear seeing, explicit touching, clear knowing, clear

tasting, and also understanding that self understands. Thus, all these days to day activities become a teacher and create mindfulness as the way of living.

Awareness

The newborn child will focus on every stimulus available in the environment. It will live entirely in the present moment. It will experience every second of living. As the memory grows, the mind develops, and the self gets strengthened. With the newly formed self, human beings actively include their lives with society. This society expects and pressurizes an individual to fulfil a list of tasks. These tasks will slowly take away the experiencing of the present moment. On any given day, a human being can function without consciousness, and that is called the doing mode of the mind. Without bothering about the present moment, an individual can ruminate memories and do the current life activities in automatic mode. Same way, an individual can get preoccupied with the worries and fears of future life. When the individual's mind is locked in the past or future, living at the present moment is lost. Doing mode is fulfilling the checklist created by self and others. This doing mode of living will get the individual to follow the routine and feel rusted. So, to gain free access to the abundant experience of living, awareness is essential.

Awareness can be referred to as the complete presence of one individual's consciousness to internal and external surroundings. It can also be called the being mode of mind. It is the unused existing potential of human beings. Awareness is a practical way of living by systematically freeing oneself from the clutches of suffering and embracing the present reality.

Mindfulness will help the individual to shift from doing mode to being a mode of mind. Mindfulness is living at the moment. Habituating awareness is an essential practice of Mindfulness. The experience of mindfulness is to be present in that moment than jumping in to change or stop it. The primary hindrance of awareness is the habitual pattern of thinking. When individuals get identified with the review, separating thoughts from themselves is not a possible task. Self evolves in the present moment, but ideas pull the self either to the past or future. Human beings genetically possess the capacity to be aware and attend to the present moment. But it was underdeveloped.

Attention

Through sensation, information enters the brain. The brain will process the data to decide - whether to attend it or not. This processing will happen based on what has already been taught to the mind. Simultaneously, the assessment of the current situation will also occur. Learners may relate the information to what the person is currently doing or a person's physical or psychological, or social safety or connection with the likes and dislike means; they will process the information immediately. Selection and focusing on one stimulus from an enormous amount of stimulus available in the environment are called attention.

An individual who is trained in attention is capable of attaining mindfulness. Creating awareness requires a disciplined way of living. Since the external world is full of information, getting carried away will quickly happen. The willingness and openness to bring the self back to the present moment instead of pulling other information is the critical skill. Attention is not only about the objects or knowledge of the environment. The process of engagement that an individual is attending itself is enough to create awareness. Attention is not the object, but the individual is aware that they are listening, and that meta-cognition is the mindfulness requirement. For example, focusing on the flower's smell is attention; I smell the flower's scent is meta-cognition; understanding and experiencing the life energy of flower and self as one is mindfulness. Attention can be trained not only by preventing the distraction but also by changing the thinking pattern. Learners can turn attention into mindfulness by balancing the flow of thoughts and bringing a broader perspective. By changing the view, an individual can become aware of the present moment and achieve mindfulness also.

Emotions

The mind can throw different thoughts at random and identify with a particular stream of ideas as self. Once the identification of self happens, emotions will evolve. Emotions are the physical reactions for the thought process associated with a single or group of the stimulus. Emotions possess both positive and negative elements in it. Primary emotions are anger, fear, happiness, sadness, disgust, and surprise. Favourable feelings bring a healthy immune system, enhancement of psychological well-being, and strong social connections. Prolonged negative emotions pave the way for psychosomatic disorders like ulcer, skin issues, breathing-related diseases, digestion problems, and in extreme cases, cancer. Practicing mindfulness will create positive emotions and pave the way for healthy

living. A human being is capable of achieving joy and blissful experience in the present moment. It was not surprising to witness a child's happiness over small things. Adults lost the joy of life in the growing process.

Attachment with the external environment turns into personal pronouns like I, me, and mine. The habit of self-identification is called selfing, the way of prioritizing self as the centre in the world. Buddha says, "Nothing is to be clung as I, me and mine." When selfing happens, the individual goes to automatic mode and drowns in the doing mode of life. Selfing is a choice. When personal pronouns are linked with past life evidence like "I am not good, because I did this and that."

Affectionate attention is the openness to attend to the present moment without being judgmental and willing to enrich the self and others with kindness and compassion. Loving attention has to be practised to avoid selfing. The fragments of selfing and turmoil may lead to self-reflection and curiosity and create a longing for integration and whole life. Ironically, life without selfing, fragmentation exists within every human being, and understanding consciousness is termed as awareness. This awareness and affectionate attention will lead to mindfulness.

Attitudes

Non-Judging

Automatic thoughts germinate from the individual's judgment about self, others, and the environment. By judging, the flexibility and openness of the mind are lost. The judgment makes the reason to get locked in the past and create constant worries about the future. Non judging attitude leads to present and an essential requirement for mindfulness.

Patience

Human beings possess a strong urge to get the best out of every living moment. It is common to see individuals hurry up for goals, desires and many more things. After attaining what they want, the rejoiced feelings and happiness also get lost in their rush to reach the next. This rush and hurry lead them to chase time and lose their living. Patience is the much-needed virtue to practice mindfulness. Impatience leads to physical problems like ulcers, cardiac disorders, low immunity, and much more.

Beginner's mind

Mindfulness is the vast ocean, and Buddhist Lama quote their knowledge about mindfulness as, "Selling water near the river". This statement denotes not the humbleness but the openness towards the learning experience. Beginners' mind is the attitude fundamental for mindfulness. This attitude means the learning space a person has to explore despite what they have already learned and the openness to embrace the unknown. An individual might feel bored during mindfulness practice like listening to music, breathing, or bodily movements. If an individual can see past the boredom, they will be able to experience another mindset. This mindset is not affected by daily routine works or chronic physical illness, or significant mental disorders like schizophrenia. This new mindset is the actual awareness of self, and learners can achieve that through mindfulness.

Trust

Psychologists were researching the concept of trust for decades. Too many individual's problems - trusting self and relationships are easy solutions. These usual meaning of faith is not helpful to mindfulness. To develop mindfulness, trust towards the unknown and uncertainty is essential. Human beings are unaware of what is happening internally, i.e., physiologically- what is the health status now or what will become the future? What thoughts, feelings, and actions define the individual self and holds on dearly- are they true? Same way, how the people and situations in the external environment are now and will it change in the future. These are all unanswerable questions. Thus, trust is an essential attitude to experience Mindfulness.

Non-striving

In this fast-pacing world, doing mode is the mantra for success. Individuals set up goals, develop skills, practice hard-earned skills in real situations, strive hard, and attain their targets. Striving is appreciated as the most wanted trait. In mindfulness, non-striving nature is the basic foundation. Mindfulness operates under the philosophy that what is needed for life is already inside the self, and the requirement is the awareness to be open and awake. Non-striving can be also put like 'Being in the Now'. The purpose of living is not anticipating some imaginary goal in the future or locked in the past's remnants. The meaning of life and mindfulness is embracing the present with a non-striving attitude.

Acceptance

Acceptance is not letting oneself, others, and the environment sabotage oneself and create traumatic experiences to health. It is common to think that sacrificing and accepting pain is okay for the sake of higher good. In reality, acceptance is a self-preservation technique. Acceptance is facing the core of traumatic emotions, thinking, and potentially hazardous actions. It is resolving the negativity by being an observer and spectator and taking life experiences from it.

For example, individuals may have thought like, "If I get this only, my life will be happy." This thinking will lead to clinging to people, things, and even concepts. But acceptance is not about sticking; in a higher sense, it will free the person from the clutches of negativity and attain living wisdom. Acceptance creates space to experience whatever unfolds in the present, like pleasant, unpleasant, or neutral. This space makes the individual experience the present moment fully and feels freedom. After attaining this freedom, individuals will act if the present calls for action. These actions are the markers of mindfulness and thoughtfulness, not emotional hijacking. Thus, acceptance is an essential quality of mindfulness.

Letting Go

Letting go is 'letting be'. It is not like withdrawal from self or others or dissociative disorders or not entering into any form of health-compromising behaviours. It is precisely the opposite, non-attachment to the outcome of what we are doing and have to have. This process is the remedy for non – accepting universal statements like "This cannot be happening to me". Selfing is identifying the self with people, emotions, thinking, actions, and much more. This identification may lead to unattainable desires, fears, cravings etc. By letting go, an individual can form a change in their perspective and broaden their clinging self to a being of awareness. By attaining this attitude, individuals can free themselves from selfing. Letting go is embracing the present in a whole new and healthy way (Kabatt-Zinn, 2016).

Uses of Mindfulness

1. Mindfulness systematically regulates our attention and energy
2. It influences and transforms the quality of the experience

3. It aids in realizing the full power of humanity
4. It improves the relationship between self, others, and the environment
5. It reduces stress-related problems like anxiety, panic attacks, and depression
6. It increases the quality of life of chronic illness patients, for example – pain management in cancer patients; relaxation for cardio patients, etc
7. By regular practice, mindfulness strengthens the immune system and general health of the practitioner
8. It also improves emotional balance, attention, thinking, problem-solving

Need for the Study

Family is the basic unit of society. A newborn is in a tabula rasa (clean slate) state of mind. The family feeds all information and assist in growing not only the body but mind also. These family feeds are collected from the culture, a component of society. Each family has its dynamics in feeding information to the new minds, and in most cases, it was not done systematically. If a regular family itself is not doing the information feeding, nurturing, and systematically maintaining the young minds, the state of single parent family is still questionable. There are many successful and resourceful citizens from single parent family is seen in society. However, the challenges faced by both the single parent and the children are unique, not negligible, and the situation calls for assistance. Though relatives, neighbours and friends assist in the everyday hassles of the running of the single parent family, systematic psychological assistance would help them experience tremendous relief. Psychological well-being is feeling good about oneself and functioning efficiently. These two can happen if the individual starts striving to attain meaning and purpose in life. The search for meaning and purpose makes an individual move forward and construct a space for the self. The space for self is not a materialistic need. In a higher sense, the space for self is the spiritual need of a human being. In the case of some college students from single parent family may not be able to gain the feeling of at home due to the absence of a parent. Exposing college students from single parent family to the concept of psychological well-being would make them understand that they can flow with life regardless of the parent's absence. They may feel at home by their

sense of meaning and purpose and derive happiness from it. This understanding would help them to choose healthy choices and avoid health-harming behaviours.

Grit is the passion and perseverance towards long-term goals. The concept of grit aids an individual to understand the nature and functioning of goals and explains the ways to persevere in the path of goals and protect the self once it is attained. The college students from single parent family are the young minds striving to create their role and identity in society. The knowledge of creating and sustaining goals will aid in attaining psychological well-being in the young minds of college students of single parent family. Resilience is the bouncing back capacity of an individual despite the adversities faced in life. College Students from the Single parent family are required to face the loss of a parent and adjust and understand the hardships of life at a very young age. Some of them might be resilient even before they know the concept. Nevertheless, resilience's conscious knowledge and functioning would serve as a preventive and protective mechanism against hardships. Moreover, resilience aids in improving psychological well-being also.

Mindfulness is being aware of the present moment. Mindfulness is the attention to the task at hand and not bothering about past or future. College students from single parent family had a troublesome past, and the worry/anxiety of their future might be there. Thus, training them in mindfulness would strengthen them in the present and aids them to create a stable ground for their life. Mindfulness serves as essential support in enhancing psychological well-being. The whole idea behind the research is to make the college students from single parent family learn how to develop psychological well-being. This learning could serve as a protective mechanism and aids in these young minds' growth process and prevents them from being a vulnerable group in society.