

## 1. Faculty Profile

1. Name: Parameswari J
2. Designation: Assistant Professor
3. Contact Address:

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Educational Background: B.A. Psychology Degree from P.S.G. College of Arts and Science, Coimbatore during 1995-98, and a Masters in Applied Psychology from P.S.G. College of Arts and Science, Coimbatore during 1998-2000. Has completed a Post Graduate Diploma in Counselling and Guidance during the year 1999 from Annamalai University distance mode. Has completed Post Graduate Diploma in Personnel Management, Industrial Relations and Labour Welfare during the year 2005 from Coimbatore Productivity Council. Has cleared SLET and in Psychology during the year 2000. Later completed M.Phil in Psychology from PSG College of Arts and Science in 2005.

4. Experiences: Teaching: 08  
Research: 01
5. Research Interests: Organizational Psychology.

### 6. Research Publications:

**J. Parameswari** & M. Elango. Relationship of Self-esteem to Quality of life in the Context of Demographic variables in Institutionalized Elderly. Journal of Psychological Researches- An International Journal, Vol47, No.2. August 2003.

**J. Parameswari.** Psychological Tests for Better Hires. MBA Review. The ICFAI University Press.

**J. Parameswari.** Internet addiction- Types, Symptoms and Treatment. International Journal of Management Prudence. Vol.1. No.1, March 2010.

**J. Parameswari** and Dr. M. Elango. Death anxiety among Institutionalized and Non-institutionalized elderly. Paper accepted and in press for publication in September 2010 by Journal of Indian Health Psychology.

**J. Parameswari.**

Influence of Technology on Perceived Stress and Positive Mental Health. In press, Psychological Researches.

8. Professional Activities: -Nil-

9. Conferences Organized: -Nil-

10. Research Collaborations: -Nil-

11. Research Lab Facilities: -Nil-

12. Research Project: 1. Mental Health of Child Labourers- Funded by Malcolm Adhisheshiah Trust, Chennai

**LIST OF PUBLICATIONS IN NATIONAL AND INTERNATIONAL PEER-REVIEWED JOURNALS**

1. **Parameswari, J.** (2010). "Influence of Technology on Perceived Stress and Positive Mental Health." *Journal of Psychological Researches*, 54(1), 101-105.
2. **Parameswari J and Elango M.** (2010) Death anxiety among Institutionalized and Non- institutionalized elderly. *Journal of Indian Health Psychology*, 5(1), 67-74.
3. **Parameswari J.** (2010)Internet addiction- Types, Symptoms and Treatment. *International Journal of Management Prudence*. Vol.1. No.1, March.
4. **Parameswari, J.** and Kadhiravan, S. (2011). "Quality of Work Life and Self-Regulated Behaviour among Government and Private School Teachers". *International Journal of Management Prudence*, 3(1), 46-51.
5. **Parameswari, J** and Sajitha, U. (2011). Quality of working life among private and government teachers. *A Research Book on Global Business Environment and its impact on Management Education*. Himalaya Publishing House, Mumbai.
6. **Parameswari, J.** (2011). "Self esteem and stress coping among adolescents". *Journal of Psychosocial Research*, 6 (2).

7. **Parameswari, J.** (2012). "Influence of Personality on Quality of Worklife of Teachers". *International Journal of Reasearch in Commerce , IT & Management*, 2(5).

#### **PAPERS PRESENTED IN NATIONAL AND INTERNATIONAL CONFERENCES**

1. "Rights of Employees" has been presented in the National Seminar on New Human Rights- Dimensions, Obstacles and Challenges organized by Dept of Sociology and JMC, Periyar University during 22,23 October 2009.
2. "Self-esteem and Stress Coping among adolescents" has been presented in the 6<sup>th</sup> National Conference of Academy of Psychologists organized by Department of Psychology, Sri Venkateswara University during 13<sup>th</sup> and 14<sup>th</sup> September 2010
3. "Academic motivation of adolescents in the context of gender, parental education and place of living" has been presented in National Seminar on Current trends and Challenges in Applied Psychology organized by Department of Psychology Calicut University during 14<sup>th</sup> and 15<sup>th</sup> Oct 2010
4. "Quality of working life among private and government teachers" has been presented in the International conference on Globalization and its impact on Management Education on 10<sup>th</sup> and 11<sup>th</sup> February,2011 at PRIMS, Periyar University, Salem
5. "Emotional intelligence and Self efficacy of school teachers" has been presented in the National Seminar on Applications of Cognitive Neuroscience across Disciplines on 16<sup>th</sup> and 17<sup>th</sup> September 2011 at Sri Sarada College of Education, Salem.
6. "Quality of work life and assertiveness of school teachers" in National Conference on Counselling and Mental Health on 9<sup>th</sup> and 10<sup>th</sup> February 2012 at Periyar University.
7. "Women and Stress" in 12<sup>th</sup> Tamil Science Congress organized by Periyar University during 23<sup>rd</sup> to 25<sup>th</sup> August 2012.

### Workshops Organised

1. UGC Sponsored UGC Sponsored National Workshop on "Transactional Analysis & Neuro-linguistic programming" held during 12-13, December 2011.
2. Workshop on "Study Skills" held during 11-12 January 2012.
3. UGC Sponsored National Workshop on "Psychodiagnostics" held during 18 - 19, October 2012.
4. UGC- National Workshop on Recent Advancements in Application of Behaviour Technology - 7<sup>th</sup> & 8<sup>th</sup> March 2013

### Workshops attended

1. Participated in the Faculty Development Programme at Sona School of Management on 24<sup>th</sup> Sept 2010
2. Participated in the UGC sponsored National Workshop on "Applications of Projective Assessment" held during 13<sup>th</sup> and 14<sup>th</sup> October 2011 at Periyar University, Salem.
3. Participated in the UGC sponsored National Workshop on "Competency Mapping" held during 26<sup>th</sup> and 27<sup>th</sup> March 2012 at Periyar University, Salem.
4. Participated in the UGC sponsored National Workshop on "Hypnotherapy" held during 2<sup>nd</sup> to 4<sup>th</sup> November 2012 at Periyar University, Salem.

### RESEARCH GUIDANCE - M.Phil.

S.No	Name and Title	Awarded
1	<b>K. Shamala</b> : Academic Motivation, Locus of Control and Self-Esteem among Engineering Students.	2010
2	<b>Sajitha U</b> : Quality of Work -Life of School Teachers	2011
3	<b>S. Vanathi</b> : Influence of Parenting Style on Stress Coping and Anxiety among Adolescents	2012