**Research Centre for Gerontology**



**Dr. Suphala S Kotian**

**Purpose of ARC:** Gerontology is an area which focuses on the various aspects of aging. It is a multidisciplinary area which facilitates the practice of skills in improving the overall health of the elders. Gerontology focuses not only on the physical aspects of aging, it also highlights the importance of mental, social and societal implications of aging. The research centre for Gerontology is a platform to create opportunities to research which intends to improve the multifaceted process of aging. The US census reports the older population is projected increase to 89 million by 2050, which imposes the demand for professionals in health care, planning and public policy, adaptation in living styles, information. WHO interprets that by 2030, 1 in 6 people in the world will be aged 60 years or over. Hence there is a great need to understand the challenges elders are facing and to increase their ability to cope up with the diverse environment due to globalisation, technological development, changing norms of the society. Therefore, the main aim of this research centre is to understand the psycho social challenges faced by the elders in the society, and to help them lead a productive and quality life.

**Objectives of ARC**

1. To Understand the physical, psycho social and economic challenges faced by the elders
2. To promote skills to cope with the challenges elders are facing.
3. To promote participatory management of local resources.
4. To collaborate interdisciplinary experts to provide skill management to the elders
5. To publish data, present scientific papers in conferences safeguarding the confidentiality of the respondents.

**Description on proposed research (research methodology and design)**

Psycho social challenges faced by the elders could be explored by the survey method. Information could be gathered from the community, Institutions and health care centres. The scope of the research includes the family of the elders also.

**Expected outcome**

The research centre for Gerontology will provide scientific data which promotes quality life to the elders.

**List of team members**

* **Dr. P S Aithal**
* **Prof. M Shashidhar Kotian**
* **Dr. Laveena D Mello**
* **Dr. Vidya N**

**Working papers**

1. Ethical approval- need for research
2. Dementia and itsmanagement

**Published papers**

1. **Abdul Hameed, P. V. & Kotian, Suphala** (2022). A Systematic Review and Research Agenda on Mental Wellbeing of the Caregivers of Intellectually Disabled Children. International Journal of Management, Technology, and Social Sciences (IJMTS), 7(1), 335-353. DOI: <https://doi.org/10.5281/zenodo.6501978>
2. **Mambra, Abdul Jaleel Kuzhiyengal, & Kotian, Suphala** (2022). A Systematic Review on Adolescents’ Emotional Intelligence and Aggressive Behaviour. International Journal of Management, Technology, and Social Sciences (IJMTS), 7(1), 484-503. DOI: <https://doi.org/10.5281/zenodo.6775490>
3. **Abdul Hameed P.V, & SuphalaKotian (2022**). A Study on Psychological Well Being among the Parents of Children with Intellectual Disabilities. The Proceedings Book of One Day Conference. Institute of Social Sciences and Humanities City Campus, Pandeshwar, Mangalore 14
4. **B. Preethi Meena , Suphala & Adele Santamaria (2022).** The association between gender and mental health among working professionals in non-governmental organisations, Bangalore. The Proceedings Book of One Day Conference. Institute of Social Sciences and Humanities City Campus,Pandeshwar,Mangalore 37- 42
5. **Smita B Thomas & Suphala Kotian (2022).** A Systematic Review Of Research On The Influence Of The Media On Body Image. The Proceedings Book of One Day Conference. Institute of Social Sciences and Humanities City Campus,Pandeshwar,Mangalore 43-57
6. **Abdul Jaleel Kuzhiyengal Mambra, Suphala Kotian (2022).** Role of Social-Emotional Learning on Emotional Intelligence among Adolescent. The Proceedings Book of One Day Conference. Institute of Social Sciences and Humanities City Campus,Pandeshwar,Mangalore. 72-77.
7. Indu Nair V&Dr. Suphala Kotian (2021).Impact of Anorexia nervosa- A social work Perspective in Indian context. Kalyan Bharati, Journal on Indian history and culture, UGC care journal, Vol 36 No (V), ISSN 0976-0822.
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12. Smita Biju Thomas, Dr. Suphala Kotian (2021), Educational assistance: - a right of the people with special needs a case study of ira gurukul educational trust. JETIR August 2021, Volume 8, Issue 8 www.jetir.org (ISSN-2349-5162),a 588-40
13. Thomas, Smitha B., & Suphala Kotian, (2021). Are You Happy with The Way Your Body Looks in Midlife?. International Journal of Management, Technology, and Social Sciences (IJMTS), 6(2), 64-74. DOI: https://doi.org/10.5281/zenodo.5234600
14. Vincy Joseph, **Dr.Suphala Kotian(**2021) A systematic review on the role of family size and sibling relationship in adolescence, International Research Journal of Modernization in Engineering Technology and Science
15. **Vincy Joseph, Dr. Suphala Kotian,(2021). Psychological Impact of Covid-19; a study among Undergraduates in Malapuram district, journal of Research in Humanities and social science, vol-9, Issue 7, pp7-12. ISSN 2321-9467,** [**www.qquesttjournal.org**](http://www.qquesttjournal.org)
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17. **Suphala Kotian,** Vijaya Parameshwari, Rashmi M (2021). Challenges and solution in health care services based on patient satisfaction- review on literature and its applications Journal of the Academy of Hospital Administration, vol.32, No.2 , july-December, 2021,30-35.
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