

Management of Emotions to Cope with depressive state among youth in Balochistan.

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Abstract

Psychological studies are based on scientific study of behavior and mental process while human psychological discomforts are known as the mental health problem, which exist in every age, culture and society. Emotional response patterns consist of behaviors that deal with particular situations and physiological responses (both autonomic and hormonal) that support the behaviors (Neil & Buskist: 1997). This study on adolescent's emotional distress and psychological discomforts in Balochistan is carried out with the objective to set guidance for management of emotional distress condition and to determine the depressive symptoms among youth in Balochistan. Data for the study was collected from 60 adolescent of Balochistan through selective sampling techniques while Abraham Hick's emotional guidance scale with 22 items and a self-designed questionnaire with 22 similar statements were applied. The study was conducted in two phases described as A and B. Phase-A was without guidance scale while Phase-B was conducted with emotional guidance scale.

Results of the study suggest that effect of guidance transform the emotions to management side, which is appropriate for preventing and coping depressive state and other mental and behavioral distress.

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