

ISSN 0974-8717
A Refereed Biannual Journal

JOURNAL

Volume 16 / Number 1 / January 2022

OF WELL BEING

Cross & Crown Publications
Published bi-annually in association with Academy of Well Being Society,
Udaipur, Rajasthan - INDIA

JOURNAL OF WELL BEING

Chief Editor

Professor Vijayalaxmi Chouhan

Editor

Dr. Paul T. Mathews

Journal Secretary

Dr. Varsha Sharma

INTERNATIONAL ADVISORS

Prof. Glen T. Martin, USA
Prof. Lars Eric Unestahl, Sweden
Prof. Alex P. Linley, U.K.
Prof. S. R. Khan, Malaysia

EDITORIAL ADVISORS

Prof. Arti Baxi, Jammu
Dr. Poonam Dhaka, Namibia.
Prof. Uday Jain, Bhopal
Prof. Jitendra Mohan, Chandigarh
Prof. S. C. Kanawala, Ahmedabad
Prof. Aruna Broota, Delhi
Prof. Seema Malik, Udaipur
Prof. Meena Sehgal, Chandigarh
Prof. Vijaylakshmi Aminabhavi, Karnataka
Prof. Alwar Raman, Chennai
Prof. R. A. Singh, Benaras

Prof. Rajbeer Singh, Rohtak
Prof. P. K. Gupta, Indore
Prof. Umed Singh, Kurukshetra
Prof. C. P. Khokar, Haridwar
Dr. Mahendra Sharma, Bangalore
Prof. Anup Sud, Shimla
Prof. Navdeep Singh Tung, Amritsar
Prof. Meena Gaur, Udaipur
Prof. Nafisa Hatimi, Udaipur
Prof. Uma Joshi, Jaipur
Prof. Shashi Jain, Udaipur

EDITORIAL CONSULTANTS

Prof. Ansum Gupta, New Delhi	Prof. Laxmi Thakur, Ajmer	Prof. A.V.S. Madnawat, Jaipur
Prof. Manika Mohan, Jaipur	Prof. Suninder Tung, Amritsar	Dr. C. P. Singh Bhati, Uttarakhand
Prof. Asha Hingar, Jaipur	Prof. L.N. Bunkar, Jodhpur	Dr. Sarita Mathur, Udaipur
Prof. Karunesh Saxena, Udaipur	Dr. Meenakshi Jain, Udaipur	Dr. Rupali Sharma, Noida
Prof. Radhey Shyam, Rohtak	Dr. Garima Chaturvedi, Udaipur	Dr. Sujata Chauhan Bharatpur
Prof. Prerna Puri, Jaipur		

EDITORIAL BOARD

Dr. A.R. Lohia	Dr. Gayatri Tiwari	Dr. Dolly Gandhi
Dr. D.S. Sisodia	Dr. Tarun Sharma	Dr. Keerti Parma
Dr. Ajay Kumar Chaudhary	Dr. Sangeeta Mathur	Dr. Ravneet Handa
Dr. Rekha Paliwal	Dr. Shipra Lavania	Dr. Shailender Singh
Dr. Lokeshwari Rathore	Dr. Ravi Sharma	Dr. Vinita Sharma

CONTENTS

1. Role of Illness Cognition in Coping With Ill Health 5
Rashmi Chowdhry, Avantika Bhargava
2. Pandemic Driven Post-Traumatic Growth: A Few Case Studies 9
Payal Kanwar Chandel, DivyaVashistha
3. Influence of Lifestyle Factors on Treatment Adherence 15
Rashmi Chowdhry, Avantika Bhargava
4. Transcendental Meditation and Mental Health 24
Cheena Puri
5. Study of Attitude towards Homosexuality in Relation to Religiosity among the Youth of Rajasthan 31
Ruchi Joshi, Vinayak Tiwari, Ayushi Karna
6. Vaccine Hesitancy : Psychological Perspective of Covid 19 39
Varsha Sharma
7. Impact of Covid-19 Pandemic on the Mental Health..... 42
Mandvi Ranawat
8. Effect of Childhood Trauma on Self-Esteem and Aggression among College Students..... 48
Ruchi Joshi, Ayushi Karna
9. संगीत शिक्षा और मानसिक स्वास्थ्य: किशोरावस्था के संदर्भ में..... 58
सीमा राठौड़
10. जनजातीय छात्राएं: जनसंचार के साधनों द्वारा सशक्तिकरण..... 61
सपना मावतवाल
11. साहित्य-शिक्षण का उद्देश्य: एक नया संदर्भ..... 67
तमन्ना सोनी
12. जनजातीय एवं गैर-जनजातीय किशोर-किशोरियों में आधुनिकता स्तर का तुलनात्मक अध्ययन..... 71
आरसी प्रसाद झा
13. From the Secretary's Desk..... 76

VACCINE HESITANCY : PSYCHOLOGICAL PERSPECTIVE OF COVID 19

*Varsha Sharma**

ABSTRACT

Vaccine hesitancy is the tendency of the individuals to refuse the vaccine which is in high demand or required highly for the sake of health. The vaccine hesitancy is the major mental hurdle which is a barrier in achieving the goal of 100% vaccination. The present paper is a review based analysis of different psychological factors which energies the tendency of vaccine hesitancy among masses. Though the covid vaccine is being formulated urgently but it achieved all the standard of the efficacy for the precautions from the covid.

KEYWORDS: VACCINE HESITANCY, COVID, PSYCHOLOGICAL PERSPECTIVE

INTRODUCTION

The 'curse of covid' was very bitter. It is still continued at some places round the globe. The fear and anxiety of upcoming waves are very stress provoking. India was one of the world's worst-affected countries due to the COVID-19 pandemic. Cases of Covid started with few numbers and gradually converted into many more. The situations are very crucial round the globe. All of us know that the only way to save our life is to follow covid appropriate behavior. By August 2021, more than 30 million Indians were infected and almost half a million died of COVID-19 infections (Thiagarajan, 2021; World Health Organization, 2021). Similar to many other countries, COVID-19 vaccines were granted emergency use authorization in India in early 2021. However, vaccine rollout in India faced a complicated path with political polarization, vaccine shortage, misinformation and rumors, challenges with registration and appointments, just to name a few (Thiagarajan, 2021; Chakraborty et al., 2021). By July 2021, nearly 75 million individuals were fully vaccinated translating to only 5% of the Indian population being vaccinated (OurWorldinData, 2021). Many of us get vaccinated but not all!! Either vaccine is not available or we are not willing to accept the vaccine. Due to some prevalent rumors connected to covid vaccine, vaccine hesitancy is seen in many places of the country.

A significant proportion of the Indian population is rural, without formal education, and affected by a greater digital divide (Thiagarajan, 2021; Chakraborty et al., 2021; Shah, 2021). This would mean that the actual rate of vaccine hesitancy could be much higher. A recent multisource report estimated that almost a third (29%–39%) of Indians were vaccine hesitant in early 2021 (Chowdhury et al., 2021). Another longitudinal study from January to June 2021 found that 12.7% of adult

*Assistant Professor, Department of Psychology, Mohanlal Sukhadia University, Udaipur, Rajasthan.

Indians would not obtain the COVID-19 vaccines (compared to the rate of 10% found in our study) (Umakanthan et al., 2021). Other reports have found that the major reasons for vaccine hesitancy and refusal in India are concerns about side effects and safety of the available vaccines (Chowdhury et al., 2021; Umakanthan et al., 2021; Danabal et al., 2021).

Objective

Critically evaluate the causes and issues related to vaccine hesitancy.

Causes and issues related to vaccine hesitancy

Vaccine hesitancy is one of the major challenges today. It is difficult to convince the totally disagreeing individuals. There are a number of psychosocial factors associated with the vaccine hesitancy. Major factors can be conceptually outlined as follows-

VACCINE HESITANCY

V- VAGUE EXCUSE GIVING TENDENCY

A- ANXIETY CONNECTED WITH THE ASSOCIATED SYMPTOMS AFTER ACCINATION

C- CARELESS ATTITUDE TOWARDS SELF

C- CARELESS ATTITUDE TOWARDS OTHERS

I- INFODEMIC VICTIM

N- NO TRUST ON VACCINE

E- EXPECTING SIDE EFFECTS

H- HAVING NEGATIVE ATTITUDE FOR VACCINE

E- EXCESSIVE ATTITUDE FOR NATURAL IMMUNITY

S- STICKING TO RUMORS

I- IMPROPER KNOWLEDGE ABOUT VACCINE

T- TENDENCY TO CRITICIZE

A- ADVERSE EFFECTS OF VACCINE

N-NO TRUST ON HEALTH ADVISORY

C- CATALYST OF RUMORS

Y- YATCH AMIDST QUIRKY MENTAL THUNDER

Psychosocial perspective

The new variant of CORONA virus is stepping in different parts of the world. In India also cases of Omicron are increasing gradually, in such adverse situations it is very crucial stage where 47 Crore people of India still didn't get vaccinated with even a single dose (source-dainik bhaskar.com). Our hon'ble prime minister Modi has also requested several times to follow the covid guidelines and to get vaccinated. The problem of vaccine hesitancy can only be overcome by psychological counseling which will serve as the basis for attitude change among the masses.

Conclusion

Vaccine hesitancy is the major issue connected with the COVID 19. It is required to understand the notion that the psychological counseling can be of great help in overcoming the issue.

REFERENCES

- Thiagarajan, K. (2021). Why is India having a covid-19 surge?.
- WHO. (2020). WHO COVID 19 dashboard.
- Chakraborty, C., Sharma, A. R., Bhattacharya, M., Agoramoorthy, G., & Lee, S. S. (2021). The current second wave and COVID-19 vaccination status in India. *Brain, behavior, and immunity*, 96, 1-4.
- Chandani, S., Jani, D., Sahu, P. K., Kataria, U., Suryawanshi, S., Khubchandani, J., ... & Sharma, D. (2021). COVID-19 vaccination hesitancy in India: State of the nation and priorities for research. *Brain, Behavior, & Immunity-Health*, 18, 100375.
- Chowdhury, S. R., Motheram, A., & Pramanik, S. (2021). Covid-19 vaccine hesitancy: trends across states, over time. *Ideas For India*, 14.
- Umakanthan, S., Patil, S., Subramaniam, N., & Sharma, R. (2021). COVID-19 vaccine hesitancy and resistance in India explored through a population-based longitudinal survey. *Vaccines*, 9(10), 1064.
- Danabal, K. G. M., Magesh, S. S., Saravanan, S., & Gopichandran, V. (2021). Attitude towards COVID 19 vaccines and vaccine hesitancy in urban and rural communities in Tamil Nadu, India—a community based survey. *BMC Health Services Research*, 21(1), 1-10.