

ISSUE 1

FEBRUARY 2024

PSYCHEPEDIA

A PSYCHSOC NEWSLETTER



Psychology Society of Ashoka

PSYCHOLOGY SOCIETY
ASHOKA UNIVERSITY

WELCOME TO OUR*Monthly Newsletter***ABOUT US**

Welcome! As a part of the Psychology Society of Ashoka University, we are thrilled to bring to you our first-ever newsletter! Fueled by our passion for psychology, we aim to create a space to share knowledge and foster collaboration in our community.

As we delve into the intricacies of the human mind and behavior, we are thrilled to bring you a diverse range of insights, research findings, and practical tips that we hope will enrich your understanding of the fascinating world of psychology. Whether you are an aspiring Psychology Major or simply someone with a passion for the understanding of the human mind, this newsletter is for you!

Happy Reading!

↓ **In this newsletter you will find:**

“Meet Our Writers”, Forensic Insights, Branches of Psychology, Psychology of Love Language and Fun Corner

meet our writers

VYOMA THAKKAR



HEAD OF DEPARTMENT
UG24

ANIKA RAJVANSHI



UG2023

ANOUSHKA MALIK



UG24

MYRAH SAHNI



UG2023

ANANYA DUBEY



UG2023

HITANSHI SHAH



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GURNOOR KAUR



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MANYA MISHRA



UG25

MOHADISA RIZVI



UG2023

FORENSIC CHRONICLES

Unmasking Of The Mind Of Ted Bundy

Written: Ananya Dubey

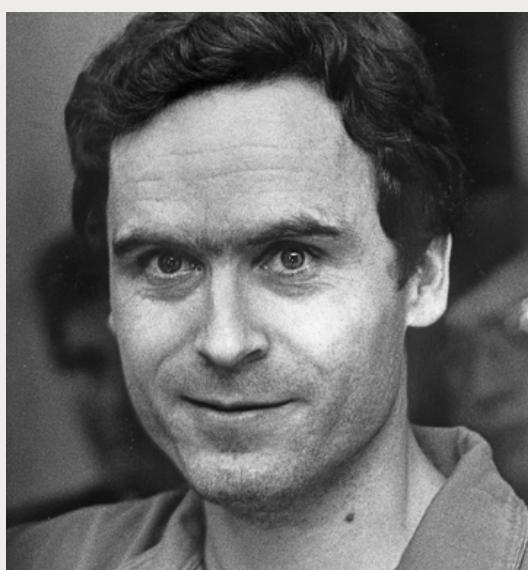
Edited by: Myrah Sahni

Criminal Psychology is one of the most interesting fields in Psychology in my opinion, and so I decided to use this newsletter to write an article on my analysis of criminals. Ted Bundy, an American serial killer, is someone whom I have analyzed so many times, and so I thought why not articulate my thoughts and type them all down for everyone to read?

Ted Bundy committed various murders in the 1970s and would rape and mutilate his victims. He was also a necrophiliac, which means that he would have sexual interactions with the corpses of his victims. I first became interested in Ted Bundy and his life when I watched a documentary on him called "Ted Bundy: Falling for a Killer" on Amazon Prime. The documentary made me question quite a few

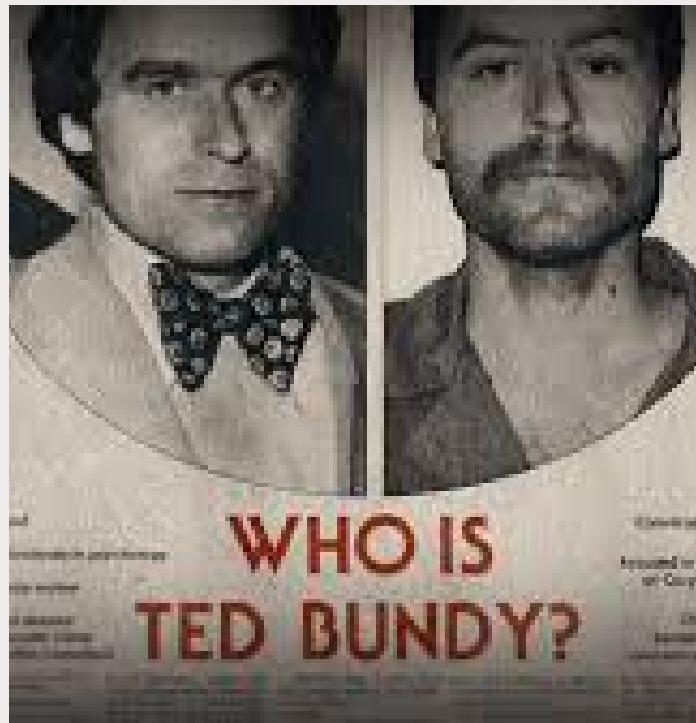
things about Ted Bundy and his murders, questions for which there have been no explanations or answers, and so I spent a lot of my time continuously trying to analyze him and his mind. In this article, I will provide my analysis and opinions of Ted Bundy and his murders based on my limited knowledge of him and his life.

To begin, Ted Bundy might have had a rough childhood because there had been rumors that he was abused as a child by his grandfather, both physically and psychologically. Oftentimes people assume that a person who has been a victim of abuse may turn out to become an abuser. However, it is important to understand that correlation is not always causation. This means that although being abused and thereby becoming someone who abuses others could be correlated, it does not necessarily mean that the former caused the latter to happen. There could be various other factors that could have led a person to become this way. In Ted Bundy's case, I thought this to be applicable because of the similarities that his victims shared. The people he had murdered were not only all women between the age of 14 - 25 but also shared similar features including brown hair. These are important details to note because they portray the possibility that there could have been other underlying triggers that made him murder specifically females with these



characteristics. If being abused during his childhood is what made Ted Bundy a murderer, then I believe that the murderous intent should have been towards most people rather than just females with brown hair. Why did he never kill blonde women? Why did he never kill men? These are questions that remain unanswered. There have however been speculations that he targeted these women who shared similar features for murder because they reminded him of his ex-girlfriend, who possessed those specific features, who had left him. This could be the trigger that I was talking about earlier which led him to commit these murders however, there is no concrete proof or evidence of this.

Ted Bundy's case does not provide many concrete and evidence-based answers to questions related to the psychology of the case and is an aspect that continues to fascinate me. To end this article, I wanted to talk about a movie that I was reminded of when I learned more about Ted Bundy and his case. The movie is called "The Call" and was released in 2013. In this movie, the antagonist is a killer who abducted girls with blonde hair. At the end of the movie, the reason behind why he abducted these girls with this specific feature is revealed and if you do not want spoilers, I suggest you do not read further. The reason was because these girls resembled his sister who had passed away due to an illness, and was someone that the antagonist had incestuous feelings for. He was distraught by her passing away and was trying to "reconstruct" her by using the blonde hair of the girls he kidnapped. Although this movie is just a work of fiction, the specificity in the choice of the victims in this movie and the psychology, triggers and reasonings behind the abductions and murders that took place in the movie can be considered to be similar to that of Ted Bundy's case. However, I suppose that we shall never know.



ABNORMAL UNVIELED

Exploring The Branches Of Psychology

Written: Gurnoor Kaur

Edited by: Anika Rajvanshi

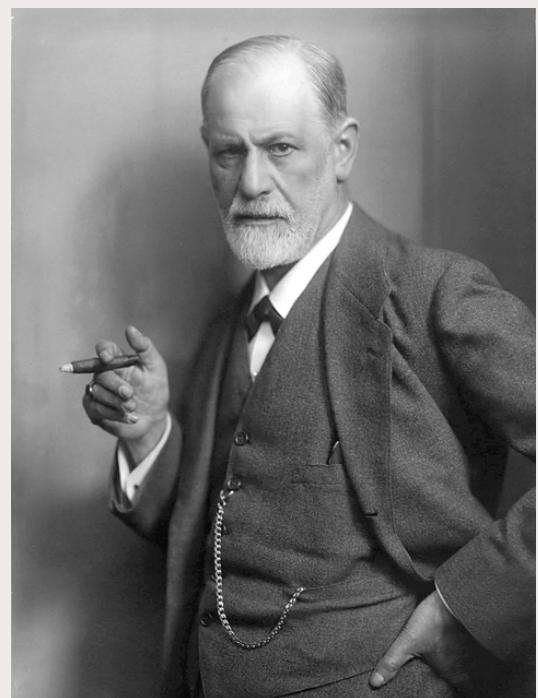
Although a vast discipline, psychology is subdivided into distinct branches that specialize in exploring a particular facet of behavior. Put simply, it is a skilled categorization of the kinds of fields that exist within the discipline of psychology.

A popular name in psychology, Sigmund Freud can be credited as the father of 'Abnormal Psychology'. Abnormal Psychology is the branch of psychology which we will discuss in this issue. Now to explain in layman's terms what abnormal psychology is, it is a branch of psychology that deals with unusual, or atypical behavior, thoughts, and emotions.

You have probably heard of the name Freud, regardless of your knowledge of psychology. Either in an academic context to psychology or, the more probable possibility if you aren't pursuing psychology, is through memes. Now, Freud undoubtedly stirred up a lot of controversy with his theories, which are often frowned upon, but it would be unfair to discredit all of his work simply because of this.

He specialized in the field of psychoanalysis and developed it with his Psychoanalytic Model of Personality. According to Freud's theory, "certain aspects of your personality are more primal and might pressure you to act upon your most basic urges. Other parts of your personality work to counteract these urges and strive to make you conform to the demands of reality" (Cherry). Freud claimed that our personality is divided into three parts - Id, Ego, and Superego.

Id functions on the pleasure principle focused on instant gratification, which can be compared to a toddler who wants an object immediately. Ego works on the reality principle, it can be compared to adulthood where you have to be rational and a little more careful with what you can ask for and get. The superego works





on the morality principle which can be compared to a wise old grandparent in the sense that it affects decision making and personality. Psychologists use this theory even in the present day, although some in the psychological community view it with a grain of salt.

What the profession of an abnormal psychologist entails is trying to gauge extensive knowledge about psychological disorders and psychopathology. Psychopathology refers to the study of mental disorders – their causes, development, course, classification, and treatment. Many factors should be considered when exploring the cause of mental distress in an individual, including their family, sex, gender, society, economic background, race, caste, etc. Although the word seems daunting, most of us have exhibited “abnormal behavior” by the standards of the word’s psychological explanation at some point in our lives.

The Diagnostic and Statistical Manual of Mental Disorders (DSM) is an important aspect of studying disorders in this field. The DSM, to put it simply, is a handbook or guide for the study and classifications of disorders. The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision (DSM-5-TR) was published in 2022.

It is important to note that the distinction between “normal” and “abnormal” in the field of abnormal psychology is not, by any means, synonymous with “right” and “wrong”. Instead, the difference in behavior varies from individual to individual. The very meaning of the word ‘abnormal’ has changed in the last century, and will continue to develop in the face of discoveries.

LOVE LANGUAGES

Unraveling The Psychology Of Love Languages

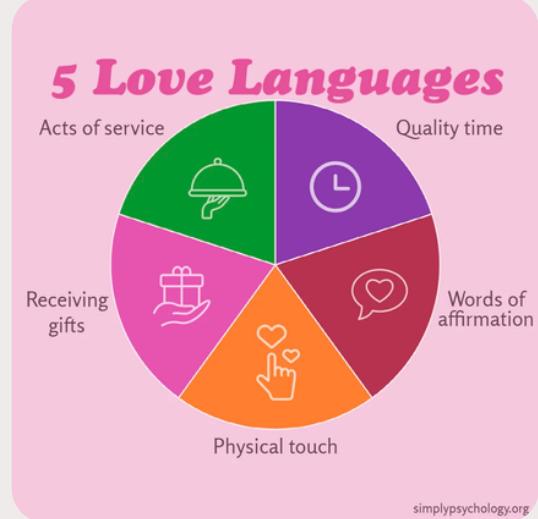
Written: Anoushka Malik

Edited by: Manya Mishra

Nearly 30 years ago, Dr. Gary Chapman proposed the idea of there being distinctive ways in which people express their love. Calling it the "Five Love Languages", he listed five unique languages people use to communicate their love to others.

This idea has gained significant attention in popular psychology and relationship counseling. While it may not have the same level of scientific rigor as some of the other psychological theories, there is empirical evidence to support the idea that people have different ways of expressing and receiving love. Research in Psychology has shown that individuals may have different preferences and tendencies in expressing affection and feeling loved.

Research on Attachment Theory (Beckes & Simpson, 2023), Communication Styles (Palmer, 2023), and Relationship Satisfaction support the idea that understanding and meeting your partner's emotional needs can enhance relationship satisfaction and overall well-being. Dr Chapman's framework suggests five primary love languages: Words of Affirmation, Acts of Service, Receiving Gifts, Quality Time, and Physical Touch. Let's take a detailed look into understanding each of these distinct love languages.



The first one is the **Words of Affirmation**. The idea is to express affection through spoken words, praise, and appreciation. When this is somebody's primary love language, they enjoy kind words, uplifting messages, and encouraging conversations.

Quality time is another way of expressing one's affection. It is all about spending time together and giving your undivided attention to your partner. Dr Chapman explains, "Quality time is giving someone your undivided attention. I don't mean sitting on the couch watching television. I mean sitting on the couch with the TV off, looking at each other and talking."

The next one is **physical touch**. Though it seems like the kind that would make it to the list, the psychology behind this form of communication goes deeper than you might think. Touch is the first form of language that we learn to communicate as infants. It plays an integral role in our social and behavioral development. According to Katherine Harmon of Scientific American (2010), "Many children who have not had ample physical and emotional attention are at a higher risk for behavioral, emotional, and social problems as they grow up."

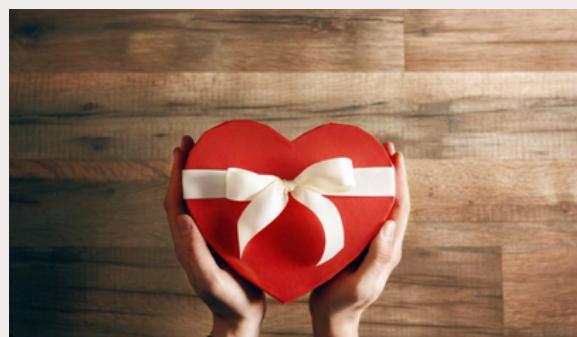


It gets simpler to recognize the potent impacts of touch when one watches how strangers interact with each other. Researchers Gallace and Spence (2010) found several notable outcomes from their studies that have shown that people are significantly more likely to return a dime left in a phone booth if the preceding telephone caller touched them. People are more likely to give someone a free cigarette if the request comes from someone who touched them simultaneously. Individuals who have been touched are more likely to agree to participate in mall interviews.

As we delve further into established relationships, the significance of touch becomes even more evident. Gullidge, Gullidge, and Shahmann (2003) propose, "Touch is crucial in creating and strengthening romantic relationships. Tactile physical affection is highly correlated with overall relationship and partner satisfaction. Moreover, conflict resolution is easier with more physical affection including hugging, cuddling/ holding, and kissing on the lips."

Gift-giving is yet another love language. Giving gifts is a common way for those who relate to this communication style to express and feel affection. According to the experts, the act of giving gifts evokes feelings of love for the recipient, as does the idea behind the thoughtful selection of a tangible item to symbolize the relationship.

Dr. Jeral Kirwan, former Program Chair of the Master of Arts in Psychology in the College of Health, Human Services, and Science at the University of Arizona, offers insight with regard to **gift-giving**.



"There are psychological advantages to both giving and receiving. Giving a gift increases feelings of satisfaction and helps to reinforce relationships by positively acknowledging each other," explains Dr. Kirwan.

The last one is the **Acts of Service**. Doing helpful, thoughtful deeds, is another way we experience love. Dr. Chapman describes acts of service (2009) as, "doing something for your spouse that you know they would like for you to do." The psychology behind it is probably something we can all identify with, the pleasant feeling that results from doing something selfless. To elaborate, Dr. Rosser-Majors points out that helping others is an essential component of relational leadership. She says, "True leaders serve others before serving themselves. This level of unselfish service inspires people, as well as the communities and families they impact, to be greater, to go beyond, to aspire."

Chapman, through his attempt, highlights the existence of individual differences when expressing affection and encourages people to understand their partner's love language which will help increase intimacy in their relationships. Love languages help to create empathy, maintain intimacy, aid personal growth, and help one share love in meaningful ways. Matching your partner's love language can reduce distress and promote overall well-being.

But to again emphasize, there is only a handful of research that has been carried out to test the authenticity of long languages. The majority of the research is largely inconsistent, with more of it refuting rather than supporting the idea of love languages. The Love Language Quiz is an online questionnaire that people can complete to find out about their love languages. Despite thousands of people taking the test, no research has been able to test its validity and reliability. Although researchers created their own version of the love languages survey, the results did not reach statistical significance levels that adequately captured the existence of there being five love languages.

Fun corner!

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FORENSIC	LOVE	SUPERECHO
CRIMINAL	ATTACHMENT	FREUD
SIGMUND	PSYCHOANALYSIS	AFFIRMATION
PSYCHOLOGY	PERSONALITY	ABNORMAL
TED BUNDY	EGO	PSYCHEPEDIA



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UPCOMING EVENTS

ASHOKA SCIENCE RESEARCH FESTIVAL

1ST MARCH, 2024 (FRIDAY)

11:30 AM TO 1:30 PM

GROUND FLOOR, AC 04

SEE YOU THERE!