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Concepts of Indigenous Psychology: A special reference to the quality of life for tribal communities living in Western Ghats

Abstract:

Indigenous psychology is the scientific study of native human behaviour, or the mind, that is tailored for a certain location and its people. Indigenous psychology questions the universality of existing psychological theories and attempts to discover psychological universals in social, cultural, and ecological contexts. The Western Ghats (WG), also known as Sahyadri, are a mountain range that stretches parallel to the western coast of the Indian Peninsula, encompassing 140,000 square kilometres. The WG has housed more than fifty different tribes. The well-being of an individual's life is referred to as quality of life (QOL). The purpose of this study was to look at the QOL of the indigenous communities residing in WG. The tribal settlements in the Ranni, Konni, and Attapday forest divisions provided the data. Purposive sampling and an exploratory research design were used in this qualitative study. The single focus group discussions were how the study's data was gathered. There were fifteen discussions in a single focus group. Twelve people made up each focus group, six of whom were female and six of whom were male. Thematic content analysis was used to analyse the data. Eight aspects, including social relationships, health, work, financial and material well-being, belonging, personal safety, quality of environment, and emotional well-being, are included in the quality-of-life model suggested in this study. This study provides insight into how the indigenous psychological approach assists researchers in examining various concepts in various cultural contexts.

Biography

Sannet Thomas is a doctoral research scholar at VBS Purvanchal University, Jaunpur, Uttar Pradesh, India. He earned a M.Phil. in counseling from the University of Madras, an M.Sc. in psychology from Mangalore University, a B.Sc. in psychology, and a diploma in counseling from the University of Calicut. He has published 60+ research papers in Scopus, Web of Science, UGC Care Listed, and peer-reviewed journals; delivered 20+ invited talks on psychology-related subjects and research methodology; presented 25+ papers at international and national conferences; and published 5 books and 5 book chapters. He serves as an editorial board member and reviewer for a variety of Scopus-indexed, high-impact journals. He is also working as an international affiliate, fellow, or associate member of various national and international professional bodies of psychology. He received psychiatric research training from the University of Pittsburgh and the ICMR. He received many awards from various organizations