



COMPENDIUM OF ABSTRACTS

DE NOVO 25

INTERNATIONAL SOCIAL WORK CONFERENCE & STUDENTS' MEET

REIMAGINING FAMILIES: SHIFTING PARADIGMS IN SOCIAL WORK PRACTICE

4 DECEMBER 2025



De Paul Institute of Science & Technology in collaboration with James Cook University, Australia
and in academic partnership with University of Notre Dame Australia

SCHOOL OF SOCIAL WORK

De Paul Institute of Science & Technology (DiST), Kerala, India

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Compendium of Abstracts

De Novo 25



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Published by:



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FOREWORD

It is with great pleasure and intellectual anticipation that we present the **Compendium of Abstracts** for *De Novo'25: International Social Work Conference and Students' Meet*, hosted by the De Paul Institute of Science & Technology, Angamaly, in collaboration with James Cook University, Australia, and the University of Notre Dame Australia. This compilation brings together a distinguished assemblage of research contributions that collectively advance contemporary discourse on the conference theme, *Reimagining Families: Shifting Paradigms in Social Work Practice*.

The family, long regarded as a central social institution, is undergoing profound transformation across diverse cultural and socio-economic landscapes. Globalisation, demographic shifts, technological mediation, migration, and expanding expressions of identity have altered the contours of intimate life and reshaped the responsibilities and vulnerabilities embedded within family systems. These shifts demand renewed scholarly attention and context-sensitive professional responses. Social work, with its foundational commitments to human dignity, equity, and social justice, occupies a critical position in understanding these changing dynamics and in developing innovative approaches to strengthen the well-being of individuals, families, and communities.

This compilation reflects the multiplicity of issues confronting families today and the evolving theoretical and methodological frameworks through which scholars and practitioners seek to interpret them. Organised thematically to mirror the core strands of the conference—changing family structures and parenting challenges, crisis and resilience, gender and sexuality, mental health and disability, and emerging intervention models—the compendium highlights an impressive range of empirical inquiries, analytical reflections, and practice-oriented contributions. Taken together, these works illuminate the complexities of contemporary family life while offering grounded insights for advancing socially responsive and ethically anchored practice.

In curating this compendium, the editorial team has emphasised academic clarity, coherence, and rigour. The diversity represented here spanning early-career researchers, seasoned academics, and practitioners enriches the collective conversation and underlines the interdisciplinary foundations of social work scholarship. We extend our sincere appreciation to the authors for their thoughtful contributions, to the reviewers for their meticulous evaluations, and to the organising committee and institutional partners for their unwavering support. Their combined efforts have made this compendium a substantive and meaningful scholarly resource.

It is our hope that this compendium will provoke critical dialogue, inspire new directions for research, and foster sustained collaboration among scholars, practitioners, and students. As families worldwide continue to encounter shifting realities, the scholarship presented in this volume reaffirms the vital role of social work in shaping inclusive, resilient, and future-oriented responses. May this compendium serve not only as a record of academic engagement but also as a catalyst for continued knowledge-building and transformative practice.

Dr Mini K.P.

MESSAGE



Dr Hyacinth Udah

James Cook University, Australia

Congratulations on the launch of the Book of Abstracts for De Novo 25. It is a testament to the commitment and courage of scholars and practitioners who are shaping the future of social work. Around the world, families are transforming, and this moment calls us to reimagine families and redesign the systems that touch their lives. To all contributors, presenters, reviewers, and organisers, congratulations. Your insights and scholarship are helping redefine what family means in the 21st century and how social work can support families not merely to survive, but to flourish. May this conference inspire new collaborations, new ways of thinking, and renewed commitments to building a more just and compassionate world.

MESSAGE



Dr Abraham Francis

Professor and Discipline Lead, Social Work

University of Notre Dame Australia

It is a privilege to contribute to De Novo 2025, a space where ideas ignite and futures are shaped, by highlighting the enduring importance of family, connectedness, and the indispensable role of social workers in responding to the challenges shaping our communities.

Family is more than a social unit—it is the foundation of identity, belonging, and emotional well-being. When families thrive, communities flourish. Yet, we live in a time where these bonds are under strain. Social isolation, economic pressures, mental health challenges, cultural displacement, and violence are realities that many face daily.

As social workers, we stand at the intersection of hope and action, driven by a clear mission. We strengthen family systems through counselling, mediation, and parenting support, while promoting connectedness by creating inclusive spaces and fostering community engagement. We work to address structural barriers by advocating for policies that reduce poverty and inequality, support mental health through trauma-informed care and early interventions, and empower families through education, helping them build resilience and navigate change. This is not just professional work; it is a calling to restore dignity, nurture relationships, and build bridges where walls exist.

As we move forward, let us remember that every effort to strengthen families and communities is an investment in a better future. Together, we can transform challenges into opportunities and isolation into connection.

MESSAGE



Rev Dr (Fr) Johny Chacko Mangalath V.C.

Principal, DiST

It gives me great satisfaction to present the Book of Abstracts for De Novo 25; our international social work conference and students' meet. Over the years, De Novo has matured into a meaningful space for thoughtful dialogue, critical reflection and constructive collaboration. The participation of James Cook University, Australia and the University of Notre Dame Australia strengthen this vision and reflects our shared belief in education as a bridge that connects communities and expands horizons.

The theme for this year, Reimagining Families, Shifting Paradigms in Social Work Practice, speaks directly to challenges that shape contemporary society. Families today are negotiating rapid social change, shifting cultural expectations and growing vulnerabilities. Social work practice must respond with imagination, empathy and a willingness to re-examine traditional approaches. The discussions that emerge from this conference can contribute to that rethinking and help frame practice that is responsive to emerging realities.

I trust that the insights shared in these pages will stimulate critical enquiry, promote ethical engagement and foster an enduring sense of responsibility towards those whose lives are shaped by our professional actions. May this gathering renew our commitment to building a world that values dignity, inclusion and compassion.

I extend my warm appreciation to all contributors, organisers and participants. Your work reflects the spirit of De Novo, and the promise of a future shaped by thoughtful scholarship and humane practice.

MESSAGE



Rev Fr Joseph Thadathil VC

Vice Principal, DiST

It is great joy to see and present the book of abstracts for De Novo 25, on the occasion of our international Social Work Conference.

The theme of this conference is very relevant and that is “Reimagining Families: Shifting Paradigms in Social Work.” Reimagining families requires to move beyond the outdated nuclear family ideal. Contemporary practice recognizes that families are fluid, diverse, and often defined more by chosen relationships and community ties than by blood or legal bonds.

In social work practice, reimagining families entails changing paradigms to recognize a variety of family structures outside of the conventional nuclear model, highlighting a strengths-based approach that emphasizes a family's resilience and capabilities, and addressing systemic injustices that affect families, especially those living in poverty. This entails updating social work education to better educate practitioners for these shifting realities, integrating new technologies, and shifting away from deficit-focused models to emphasize empowerment and community resources.

MESSAGE



Rev Fr Mathew Malieckal VC

Vice Principal, DiST

I am very happy to learn the department of social work at DiST is venturing and hosting the international intellectual conference "DENOVO 2025" with the theme of "REIMAGING FAMILIES: SHIFTING PARADIGMS IN SOCIAL WORK PRACTICE." This is a very dynamic theme in the modern A.I era where families are disfigured and distorted and await a reimagining. And all the transformations sprout from discussions and transactions of ideas. The proper channelizing of ideas of this intellectual conclave would create dynamics of insightful synthesis in social service which I dream to stem from the Gandhian perspective of "Ahimsa" and "Satyagraha." Wish you all the very best.

MESSAGE



Dr Aneesh M.S

HoD, School of Social Work, DiST

The concept of family is completely changing, and the traditional understanding of family has been reframed, especially in the Indian context. The changing concept has helped different people live in their own way and according to their own interests. The multidimensional views have helped to identify the different changing patterns in family systems. The future perspectives and suggestions can help to understand the upcoming changes. The social systems are changing, and people are becoming change-makers.

This abstract book clearly demonstrates the views of researchers, academicians, and practitioners in the field of family and family systems. The authors from different disciplines have contributed their views and the changing concepts. It will allow researchers and academicians to share their findings, theories, and ideas with peers and the broader community.

Wishes for your future endeavours.

MESSAGE



Joshin Samuel

Convenor, De Novo 25

It is my pleasure to welcome you to the International Social Work Conference & Students' Meet – De Novo '25, themed “Reimagining Families: Shifting Paradigms in Social Work Practice.” This abstract book brings together insightful contributions from scholars, practitioners, and students who have engaged deeply with issues of family well-being, empowerment, and contemporary social work practice. The abstracts featured here reflect the diversity, innovation, and academic strength of the submissions received. They represent meaningful research and practice-based perspectives that will enrich the deliberations of this year's conference.

This publication is the outcome of the committed efforts of our scientific committee comprising dedicated faculty members and students at the School of Social Work, DiST. I express my sincere appreciation for their hard work in reviewing and compiling these abstracts with care and academic rigour.

As organisers-De Paul School of Social Work, DiST, Angamaly; James Cook University (JCU), Australia; and the University of Notre Dame Australia (UNDA)-we are honoured to facilitate this platform for global knowledge exchange and collaboration.

My heartfelt congratulations to all selected authors. I encourage participants to engage actively with these abstracts and contribute to the meaningful discussions that De Novo '25 aims to foster.

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International Social Work Conference & Students' Meet

DE NOVO 2025

REIMAGINING FAMILIES: SHIFTING PARADIGMS IN SOCIAL WORK PRACTICE

SUB-THEMES

- Changing Family Structures and Parenting Challenges
- Families in Crisis: Violence, Child Protection, and Resilience
- Gender and Sexuality in Family System
- Mental Health, Disability, and Special Needs: Implications for Family Well-Being
- Innovative Approaches in Family Interventions.

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ABSTRACTS: RESOURCE PERSONS

Family, Connectedness, and the Role Of Social Work In Building Resilient Communities

Dr. Abraham Francis¹

This conceptual paper examines the interrelated dimensions of family, social connectedness, and the evolving role of social work in strengthening community resilience. Family is positioned not merely as a basic social unit but as a primary site of identity formation, belonging, and emotional stability. Contemporary social challenges-including social isolation, economic precarity, mental health burdens, cultural displacement, and interpersonal violence-are identified as critical stressors that compromise family systems and community cohesion. Within this context, the profession of social work emerges as a pivotal agent in mitigating these challenges and fostering environments where individuals and families can thrive.

The paper articulates key domains of social work practice that contribute to resilient communities: (1) reinforcing family functioning through counseling, mediation, and parenting interventions, (2) cultivating social connectedness by promoting inclusive community spaces and engagement; (3) addressing structural inequities through policy advocacy aimed at reducing poverty and inequality; (4) advancing mental health and well-being through trauma-informed and preventive approaches; and (5) empowering individuals and families through education that enhances adaptive capacities. These interconnected strategies underscore social work's broader mandate to restore dignity, strengthen relational bonds, and bridge divides within diverse community contexts. By highlighting the transformative potential of social work in responding to complex social realities, this paper asserts that strengthening families and fostering connectedness are foundational investments in sustainable and resilient futures.

Keywords: Family system, Social connectedness, Community resilience, Social work practice

¹ *Professor and Discipline Lead, Social Work University of Notre Dame Australia*

Abstract ID - D25/02

Reimagining Families: International Perspectives for Social Work Practice

Dr. Hyacinth Udah¹

Family life around the world is undergoing profound transformation. Transnational migration, digital connectivity, economic hardship, shifting gender norms, and the legacies of colonialism are reshaping relationships and disrupting traditional, Western-centric and religious assumptions of the nuclear family. These global dynamics call for more expansive, culturally grounded understandings of what family is, does, and needs.

Drawing on insights from Australia's multicultural context and Nigeria's rich kinship traditions, this presentation advances a capabilities-oriented and decolonial approach to social work practice. Such an approach recognises diverse family arrangements, affirms family agency, and attends to complex transnational ties, diaspora experiences, and culturally specific pathways to wellbeing. It highlights also how social workers can move beyond static notions of family and support families not only to adapt to change but to flourish within it through relational, inclusive, and globally attuned practice.

¹ Senior Lecturer, James Cook University, Australia

Abstract ID - D25/03**Individuals In Fractured Families: An Integrated Social Work Practice Models of Resilience and Empowerment in India**

Dr Rajeev SP¹

This paper explores the significant challenges that families with professional support need experience and analyses how integrated models of practice can strengthen culturally attuned interventions. Drawing on contemporary understandings of family resilience—as the shared capacity of families to regain equilibrium during adversity through informed decision-making, effective resource use and sustained fulfilment of family needs—the paper explores practice models that address family dynamics, identify critical snag points, utilize teachable moments, and amplify existing strengths. Synthesizing philosophical perspectives with evidence generated through recent research studies, the paper proposes an integrated framework that aligns theoretical coherence with practical applicability. The findings highlight the need for context-specific intervention pathways, greater emphasis on culturally sensitive engagement, and the refinement of models that resonate with family patterns and lived realities, offering clear directions for future family social work practice.

Keywords: Family Resilience, Fractured Families, Integrated Social Work Practice, Empowerment, Culturally Sensitive Interventions

¹ Assistant Professor, Department of Social Work, Rajagiri College of Social Sciences (Autonomous), Kochi

Troubled History of Family Interventions and Social Work

Dr. Reshma Bharadwaj¹

Social Work has historically had a problematic relationship with family-intervention programmes, beginning as early as the Elizabethan Poor Laws. The discipline's long evolution of discourses about "problematic households" and appropriate forms of intervention and supervision continues to shape contemporary Social Work frameworks (Ball & et al 2016). These frameworks often position the family as the primary site of social problems while downplaying wider structural factors. This tendency has intensified in Western Europe with programmes such as the Troubled Families Programme in England, targeted family-service interventions in France, and the physical segregation and intensive surveillance of "problem families" in the Netherlands. In such approaches, structural determinants are explicitly dismissed (Williams, 2012). The discourse frequently reframes complexity, vulnerability, and disadvantage into narratives of dysfunction, irresponsibility, or anti-social behaviour, rather than recognising families as disadvantaged, excluded, or vulnerable. The rhetorical construction of "troubled families" must therefore be understood within a longer historical pattern of such representations. Since the 1940s, concerns about malingering, household squalor, inadequate parenting, poor financial management, and failure to engage "appropriately" with welfare services have significantly influenced the approaches of medical professionals, social workers, and voluntary organisations (Welshman, 2012). In India, issues such as poverty, reproductive health, and child care have served as key rationales for state intervention in family life through programmes such as Kudumbashree and ICDS. Unlike many Western contexts, interventions in India have often focused on early and generalised support rather than categorising families as "functional" or "dysfunctional." However, elements of the dysfunctional-family framework continue to surface, particularly in programmes targeting tribal education, children in conflict with the law, and other marginalised groups. Social Work practice also remains anchored in the model of the heterosexual, monogamous family—a framework that has long been critiqued. It often fails to fully engage with feminist analyses of the patriarchal family, or with how caste, class, gender, and sexuality shape diverse and emerging family forms, each with distinct possibilities and challenges.

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ABSTRACTS: PAPER PRESENTATIONS

Theme 1: Changing Family Structures and Parenting Challenges

Abstract ID - D25/05

Co-Parenting After Divorce: Navigating Parenting Challenges in Changing Indian Family Structures

Sivi Varghese Edakkalathur¹, Dr. Suni Rose IP², Dr. Reeja PS³,

Dr. Neethu Varghese⁴ and Dr. Unnikrishnan TS⁵

India is witnessing significant socio-demographic shifts, including evolving family structures and changing attitudes towards marriage and divorce, completely a different space compared to Western societies. Last decade saw marginal increase in divorce rates in India, their gradual increase necessitates greater attention to post-divorce family dynamics, particularly coparenting. This paper examines the complexities of coparenting after divorce in the Indian context, focusing on the challenges parents face as they navigate residual conflict, traditional gender roles, joint family influences, legal system intricacies, and social stigma, all while striving to support their children's well-being. Drawing upon established theories of child adjustment post-divorce, models of coparenting, and the concept of interparental conflict (IPC), this article synthesizes global research findings with available India-specific literature and socio-legal analysis. It highlights unique challenges prevalent in India, such as the pervasive influence of extended families, deeply entrenched gender norms impacting parental roles and expectations, and limitations within the legal framework governing custody and access. The paper argues that effective coparenting, crucial for positive child outcomes, is often hindered by these contextual factors. It discusses the potential of interventions like mediation, therapy, and coparenting education, while acknowledging the need for culturally sensitive approaches and systemic reforms. Understanding these challenges is critical for developing supportive policies and practices that promote child-centric, functional coparenting relationships within the diverse fabric of contemporary Indian society.

Keywords: Coparenting, Divorce, Interparental Conflict, Child Adjustment, Family Structures, Gender Roles.

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The Impact of Changing Family Patterns on Parenting Approaches And Child Well-Being

Ms. Jency Cheriyan¹

Recent changes in social norms, cultural expectations, and everyday lifestyles have significantly altered the way families function. These shifts have created new demands on parents, which in turn influence children's growth and behaviour. This study investigates how these changing family patterns shape parenting approaches and child wellbeing. It also examines key issues such as challenges in managing work and home responsibilities, increased exposure to digital media, conflicts within families, and evolving academic expectations. The analysis pays particular attention to Kerala, where the expansion of nuclear households, work-related migration, and rising marital tension have gradually eroded traditional support systems. A mixed-methods strategy was used for the study, combining survey responses from 250 parents with in-depth interviews involving 15 parents, teachers, and counsellors. The quantitative data highlighted major stress factors, including parental discord, limited parent-child engagement, and academic pressure. Qualitative narratives pointed to concerns about heavy digital and social media use, emotional distance among family members, and the strain created by current educational demands. Overall, the results suggest that children living in families marked by instability or conflict are more likely to face behavioural and learning challenges. In Kerala, despite high literacy rates and strong value placed on education, shifting family structures and reduced support from older generations have intensified the pressures experienced by parents. From these findings, the study recommends encouraging better communication within families, improving digital awareness, setting more balanced expectations for children's academic performance, and expanding access to community counselling services. The research emphasises the importance of support networks that adjust to changing family arrangements while prioritising emotional wellbeing. Ultimately, it offers insights into how ongoing social transitions are reshaping parenting practices in Kerala and beyond, and outlines ways to build stronger and more resilient families in a rapidly changing world.

Keywords: family patterns, child well – being, social norms, cultural expectations,

¹ Assistant Professor, St Alberts College, Ernakulam

The Influence of Technology on Parent–Child Relationships

Ancy Joy¹ and Ananya Vinod M. K²

The growing presence of digital technologies in everyday life has significantly reshaped parenting practices and altered the quality of parent–child interactions. As children increasingly rely on smartphones, social media platforms, and online learning tools, parents are compelled to develop new strategies to guide, support, and supervise digital engagement within the home. This qualitative study explores how technology influences family relationships, with a particular focus on the experiences of Indian parents navigating the digital lives of their children. The research examines three central areas: the ways digital tools influence parenting responsibilities, the impact of continuous online engagement on emotional and behavioural dynamics within the family, and the methods parents use to promote safe and balanced digital practices. Semi-structured interviews with twelve parents of children aged 10–17, supplemented by a review of international and Indian literature, inform the findings. The study reveals that digital media contributes positively to academic support, real-time communication, and access to information, allowing parents to remain involved in their children’s daily activities even when physically absent. However, parents also reported significant challenges, including excessive screen time, difficulties enforcing rules, exposure to inappropriate online content, and declining face-to-face interaction. Many parents expressed concerns about their limited digital skills compared to their children, creating uncertainty in addressing online risks effectively. The study concludes that digital parenting requires a balance of guidance, open communication, and awareness of digital risks. Strengthening parents’ digital literacy and offering community-based support systems can help families build healthier digital environments. These findings hold relevance for social workers, educators, counsellors, and policymakers committed to enhancing family well-being in an increasingly digital world.

Keywords: digital parenting, online safety, parent–child relationship, screen-time regulation, digital literacy, family dynamics

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Changing Family Structures and Digital Parenting: Behavioural Challenges Arising from Screen Time and Social Media

RoseMary C. B¹ and Merin²

This study explores how changing family structures shape digital parenting practices and contribute to behavioural challenges arising from screen time and social media among children, directly aligning with the conference theme “Changing Family Structures and Parenting Challenges.” In a rapidly digitalising society, families—especially nuclear, single-parent, and dual-working households—are experiencing shifts in relational patterns, supervision styles, and parenting responsibilities. The research question investigates how modern family arrangements influence digital supervision and how screen exposure affects children’s behavioural and emotional wellbeing. The objectives are to examine the influence of changing family structures on digital parenting, analyse the behavioural effects of screen time and social media on children and adolescents, and identify strategies that strengthen healthy digital habits within families. The methodology uses a qualitative, descriptive, and analytical approach based entirely on secondary data, including peer-reviewed research, WHO/UNICEF guidelines, government reports, and child development literature, with thematic analysis employed to identify behavioural patterns and parenting challenges. The findings reveal that reduced parental availability, increased work pressures, and fragmented routines in modern families contribute to unregulated screen use, resulting in irritability, reduced concentration, emotional sensitivity, sleep disturbances, social withdrawal, and increased dependence on digital devices. Social media further influences adolescents’ self-esteem, peer comparison, risk-taking behaviour, and vulnerability to cyberbullying. Parents frequently struggle with digital literacy, boundary-setting, and monitoring, leading to weakened communication and inconsistent parenting responses. The implications underscore the need for digital parenting literacy, structured family routines, and stronger collaborations between parents, schools, social workers, and policymakers to promote safe digital environments and improve child wellbeing. What is new in this paper is its integrated focus on how digital behavioural challenges are not isolated issues but are deeply intertwined with structural shifts in family systems, thereby offering a more holistic understanding of digital-age parenting.

Keywords: Digital parenting, changing family structures, screen time, child behaviour, social media, family wellbeing, resilience.

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Parenting in Digital Households: Parental Perception and Experience of Social Media's Impact on Family Bonds

Albin George¹, John Dominic² and Mini K.P.³

How does social media impact family structure and bonds? This research aims to understand, through a qualitative research approach, parents' experiences and perception on their children's social media use and its impacts on family bonds. The phenomenological design was applied to explore the real-life experiences of parents within their digital households. The data were generated from 5 households of Ernakulam district, through a semi-structured interview method by using an interview guide to maintain flexibility as well as focusing on key variables of the study. Through thematic analysis the transcripts were analysed and the major themes derived are navigating the balance between child autonomy and parental oversight, social media as a catalyst for family communication and privacy management, transforming parenting practices in the digital era, risks and rewards of children's online expression, strategies for monitoring social media engagement and addressing child reactions and building foundations for a healthy and harmonious digital household. The study supports the United Nations Sustainable Development Goals, i.e., SDG 3: Good health and well-being; SDG 16: Peace, Justice and Strong Institutions, by emphasising the need for mental health well-being for a healthy parenting practice in addition to strengthening of family bonds as a foundation of social institutions in this era.

Keywords: Parenting, digital household, social media, family bonds

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A Study on the Emotional and Physical Burden Faced by Working Mothers in Managing Professional and Family Responsibilities

Sivi Varghese Edakkalathur¹ and Hanna Mariyam Abraham²

In contemporary society, many women navigate the dual responsibilities of motherhood and professional life. Balancing these roles often leads to mental strain, including stress, anxiety, and emotional exhaustion. Despite the prevalence of these challenges, the psychological struggles of working mothers remain underrecognized within families and communities. This study aims to explore the mental health issues and family well-being of working mothers managing both professional and domestic responsibilities. A qualitative descriptive research design was adopted, and in-depth interviews were conducted with ten working mothers aged above 25 years who handle both work and household duties. Participants were selected using purposive sampling. The findings reveal that constant pressure from overlapping roles affects mothers' emotional stability and mental health, often influencing the overall harmony within families. Supportive family relationships and understanding from spouses and children were found to play a crucial role in promoting better mental health and family well-being. This study supports the United Nations Sustainable Development Goals (SDG 3: Good Health and Well-being; SDG 5: Gender Equality) by highlighting the need for mental health awareness, gender-sensitive work environments, and strong family support systems that enhance the well-being of working mothers.

Keywords: working mothers, work life balance, mental health, family well-being, gender equality, Good Health and Well-being, support systems

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Theme 2: Families in Crisis: Violence, Child Protection, and Resilience

Abstract ID - D25/11

Psychosocial Interventions for Children Affected by Parental Substance Use Issues: A Narrative Review

Rabiya K S¹

Children of parents with substance use issues face more complex challenges. These challenges often include emotional, behavioural and social due to the poor family environment marked by stress, relationship problems, financial difficulties and the poor functioning of home and daily life as well. In sometimes, they may also experience neglect or even domestic violence. All these affect their mental health, coping skills, personality development as well as their overall well-being. There are interventional programmes designed for individuals with substance use disorder, but there is only limited evidence available on interventional programmes specifically designed for children affected by parental substance use issues. This narrative review aims to explore the existing literature on psychosocial interventions that improve well-being among children affected by parental substance use issues. A relevant literature review was conducted across various databases such as Scopus, PubMed, and Google Scholar. Rather than applying strict inclusion or exclusion criteria, sources were chosen based on their focus on child-focused and community or school-based interventions for children with parental substance use issues. The literature was then analysed to identify different types of interventions, its outcomes and the existing research gaps. The review shows that interventions can effectively improve children's coping abilities, communication skills, positive effects on mental health, and resilience. Community-based interventions reduce the feelings of loneliness and isolation while improving the social support. Most of the interventions has been originated in western countries. There is only a limited number of studies in India particularly in Kerala. Psychosocial interventions play an important role in enhancing the well-being of children with parental substance use issues, highlighting the need for more contextual relevant programmes.

Keywords: Children, Psychosocial intervention, Substance abuse, Parent, Mental health

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Childhood Parental Death As A Family Crisis: A Qualitative Study of Young Adults in South India

Aswathy Sebastian¹ and Dr.K. Sathyamurthi²

The death of a parent during childhood constitutes a profound family crisis, reshaping roles, relationships, and emotional trajectories across the lifespan. This qualitative study examines how young adults make meaning of early parental loss and how their families reorganised in the aftermath of bereavement. Using a phenomenological design, in-depth interviews were conducted with ten young adults aged 20 –28 who experienced the death of a parent between ages 7 and 18. Thematic analysis reveals three interconnected processes: (1) disruptions in family functioning and caregiving roles, including increased responsibilities and emotional silences; (2) the long-term imprint of grief on attachment, identity, and interpersonal relationships; and (3) pathways of resilience shaped by extended family, peer networks, and cultural practices. Although informal support systems played a vital role, participants reported minimal access to structured bereavement services, highlighting persistent gaps in family-centered social work interventions. This study foregrounds childhood parental death as a critical point of family vulnerability and calls for strengthened, culturally responsive social work practices that support grieving families in crisis and promote long-term well-being.

Keywords: family crisis, parental death, resilience, bereavement, young adults, qualitative study

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Abstract ID - D25/13

**Resettlement, Changing Family Structures, and Child Vulnerability:
Examining Intersectional Challenges in Urban Slum Communities of
Chennai, Tamil Nadu**Sunitha Vattamukalel George¹, Dr. Chitra Karunakaran Prasanna²

This paper examines how resettlement-induced intersectional challenges and risks of impoverishment exacerbate child vulnerability in urban slum resettlements. Family and community structures form the foundational informal base of child protection systems, enabling children's holistic development and preventing, responding to, and supporting recovery from vulnerabilities. Therefore, the economic stability, emotional well-being, and social integration of families within safe community environments are essential for ensuring accessible, viable, and responsive child protection systems. Drawing on a mixed-methods study conducted in Ezhil Nagar, Chennai, Tamil Nadu, India—including a household survey of 362 households selected through systematic random sampling, focus group discussions with children and parents, in-depth interviews with youth, and key informant interviews with government and non-government development actors—the paper highlights critical child protection gaps emerging from the resettlement context. Slum resettlements often displace urban poor households to peripheral locations, resulting in livelihood deprivations, income loss, transportation challenges, and the scattering of long-standing community ties. The study finds that livelihood insecurities and weakened economic resilience—combined with rising crime, alcoholism, and substance abuse—intensify safety vulnerabilities. Families struggle to build trust in the newly formed, heterogeneous neighborhoods, especially within vertical housing blocks that present additional safety risks due to design flaws. Reduced quality family interactions due to increased mobility and fragmented informal power structures weakened traditional community-based safety mechanisms. The negative coping strategies—such as parental school escorting, restricted mobility for women and children, and keeping children indoors—significantly limited children's education, protection, and participation rights. These constraints heightened the vulnerability through manifestations of school dropout, deviant behavior, early marriage, early parenthood, substance abuse, and reinforced gendered restrictions on livelihood participation and education. The study recommends revising resettlement policies by adopting post-resettlement development facilitation models that enhance family integration and promote positive parenting as a core approach to urban community development.

Keywords: Urban slum resettlement, child protection, family vulnerability, negative coping, gendered challenges, Chennai

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Abstract ID - D25/14**Understanding Intergenerational Parenting Conflict: A Quantitative Study of Young Parents in Kannur District**

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Intergenerational variations in parenting practices have become increasingly evident in Kerala, where rapid socio-cultural changes influence family dynamics and decision-making processes. This study examines the nature, areas, and intensity of parenting related conflicts between young parents and grandparents in Kannur district. The research seeks to understand how traditional expectations held by older generations intersect with modern, evidence-based approaches adopted by young parents, leading to disagreements in aspects such as discipline, diet, media exposure, and gender expectations for children. The central research question focuses on identifying the extent of intergenerational parenting conflict and determining how socio-demographic factors influence these disagreements. The objectives of the study include exploring major areas of conflict, analysing the influence of variables such as education, family structure, and socio-economic background, and understanding the coping mechanisms employed by young parents. A quantitative research design was used, and data were collected from 40 young parents aged 20-35 years in Kannur district through purposive sampling. A structured questionnaire captured information on parenting disagreements and family characteristics, and the data were analysed using descriptive statistics and correlation tests. Findings indicate that conflict is most prevalent in discipline practices, dietary choices, children's screen time, and gender related expectations. Young parents in nuclear families and those with higher education reported greater autonomy but also more frequent disagreements. The study highlights the need for communication based family interventions and awareness programmes to promote mutual understanding and support healthier parenting environments.

Keywords: Intergenerational conflict; Parenting practices; Young parents; Kannur district; Family dynamics.

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Abstract ID - D25/15

The Role Of NGOs in Ensuring Child Welfare and Protection Through Shelter and Education: A Qualitative Study

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Children are among the most vulnerable groups in society, often facing challenges such as neglect, abuse, exploitation, and lack of access to basic needs like shelter and education. Non-Governmental Organisations (NGOs) play a crucial role in bridging this gap by providing safe spaces, education, and emotional support to children in need. This qualitative study explores the role of NGOs in ensuring child welfare and protection through shelter and education in Kerala. Guided by phenomenological design, the research focuses on the lived experiences of 12 children (6 males and 6 females) aged 6–18 years, who have been under NGO care for at least six months. Data was collected through semi-structured, child-friendly interviews involving storytelling, drawings, and guided conversations. Thematic analysis was used to interpret the findings, supported by theories such as Maslow’s hierarchy of needs, Attachment Theory, Systems Theory, and Erikson’s psychosocial development model. The study highlights the challenges children face prior to entering NGO care, the supportive role of shelter and education in rebuilding their lives, and the transformative impact of safe, nurturing environments. Findings suggest that while NGOs significantly contribute to children’s safety, education, and emotional well-being, resource limitations and systemic barriers remain. The study concludes that strengthening NGO capacities, fostering collaboration with government agencies, and enhancing child-centred policies are essential to ensure sustainable welfare and protection for vulnerable children.

Keywords: Child Protection, Non-Governmental Organisations (NGOs), Shelter and Education, Vulnerable Children, Service Delivery Effectiveness.

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Abstract ID -D25/16**Families In Crisis: Violence, Child Protection and Resilience**Ann Mary¹

This study explores the central research question: How do family violence, child protection responses, and resilience processes collectively influence the well-being of children and caregivers during crisis situations? The research aims to examine the forms and consequences of violence within families, evaluate the effectiveness of formal and informal child protection mechanisms, and identify the resilience factors that enable families to recover and adapt. A mixed-methods design was adopted, combining qualitative interviews with affected parents, children, and social-work professionals, along with quantitative analysis of documented case files from child welfare agencies. The findings indicate that exposure to physical, emotional, and intimate partner violence significantly disrupts children's emotional security, academic engagement, and long-term psychosocial development. The study also reveals that child protection systems are most effective when they provide early intervention, inter-agency coordination, and trauma-informed approaches, although challenges such as limited resources, inconsistent follow-up, and inadequate community awareness persist. Additionally, the research identifies core resilience-building elements, including supportive caregiver relationships, access to counselling services, stable schooling environments, and strong community networks, all of which contribute to restoring safety and enhancing coping capacities. The implications stress the importance of strengthening preventive strategies, expanding professional training, and developing integrated policies that address both immediate risks and long-term recovery needs. Overall, the study contributes valuable insights for practitioners, policymakers, and researchers seeking to improve protection frameworks and promote resilience among families experiencing crisis.

Keywords: Family violence, Child protection, Resilience, Social welfare, Crisis intervention, Vulnerable families.

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Theme 3: Gender and Sexuality in Family System

Abstract ID -D25/17

Understanding Sexual Health Knowledge Among Youth: The Influence of Family Dynamics and Gender in Ernakulam District

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This study reveals the level of knowledge about sexual health among college students and examines the family communication dynamics along with the gender aspects shape their understanding of human sexuality. Although in the academic and policy domains, youth sexual health is widely discussed and only limited research has conducted about the influence of family dynamics on young people's sexual health knowledge. This study contributes insights by linking sexual health knowledge with the communication patterns of the family, openness, value system among family members and also highlighting gender – based differences in these communication styles. Using a descriptive survey design, data were collected from 60 undergraduate students. A distinct trend was observed in which family communication characterized by restrictions, silence, or an emphasis on values correlated with decreased accurate knowledge and increased discomfort in discussing sexuality. Students from open, supportive family environments exhibited higher knowledge scores, emotional preparedness, and more responsible decision-making. Notably, gender differences were observed: female respondents reported slightly higher exposure to open communication, whereas male respondents more often experienced selective or restrictive communication, reflecting culturally rooted norms that shape how families address sexuality with sons and daughters. Findings indicate that while respondents demonstrated adequate awareness related to consent, safe sexual practices, and respectful relational behaviours, considerable misconceptions persist regarding masturbation, puberty-related changes, and the legal aspects of sexual behaviour. Notably, gender differences were observed: female respondents reported slightly higher exposure to open communication, whereas male respondents more often experienced selective or restrictive communication, reflecting culturally rooted norms that shape how families address sexuality with sons and daughters.

Keywords: Sexual health, family communication, youth knowledge, sexuality education, consent, Kerala.

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Abstract ID -D25/18

Parental Attitudes Toward Children's Gender Identity and Expression: A Qualitative StudyAnu Biju¹

This qualitative study explores how parents perceive and respond to their children's gender identity and gender expression, and how these attitudes influence children's emotional and social experiences. The study involved 10 parents of children aged 6–12 years, selected through purposive sampling. Data were collected using semi-structured, in-depth interviews, allowing participants to share their personal experiences, cultural influences, and emotional responses in their own words. All interviews were transcribed and analysed using thematic analysis. The findings reveal that supportive parental attitudes—characterized by acceptance, open communication, and respect for children's choices—create emotionally safe environments where children feel confident, valued, and free to express their identities. Parents with supportive views often described improved bonding, healthier self-esteem in their children, and reduced emotional distress. Neutral or uncertain attitudes emerged among parents who were still learning about gender diversity or influenced by social norms. These parents expressed confusion but also a willingness to understand their children better. Restrictive attitudes were largely shaped by traditional beliefs, fear of societal judgment, or limited awareness. These parents reported emotional strain, discomfort, and difficulty accepting expressions that differed from gender norms, often resulting in conflict or reduced emotional openness between parent and child. The study highlights the significant need for awareness programs, family counselling, and supportive interventions to help parents cultivate inclusive and compassionate attitudes. It emphasizes the role of social workers in guiding families toward understanding gender diversity.

Keywords: Gender Expression, Parental Attitudes, Child Experience, Qualitative Study, Thematic Analysis.

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Gender Roles and Their Influence on Family Dynamics in Indian Households: An Empirical Study

Christy Antony¹

This study examines how gender roles influence family dynamics in Indian households through an empirical, mixed-methods approach. The objectives were to explore how traditional and emerging gender norms shape decision-making, division of labour, emotional relationships, and participation in household responsibilities. The study sought to answer: How do gender roles affect power distribution within families? and What changes are occurring due to modernization and education? A sample of 120 households from urban and semi-urban communities was selected using purposive sampling. Data were collected through semi-structured interviews, a Gender Role Attitude Scale, and an Observation Checklist. Quantitative data were analysed using descriptive statistics, and thematic analysis was applied to qualitative responses. Findings show that 68% of households still follow male-dominated decision-making structures, especially in financial matters, while women continue to carry a disproportionate share of domestic and caregiving responsibilities. However, 40% of younger couples reported shared involvement in childcare and housework, indicating gradual shifts toward egalitarian practices. Women's employment and higher education were found to significantly correlate with increased autonomy and shared decision-making. Qualitative insights revealed that while sons are encouraged to pursue careers, daughters are still expected to prioritize household responsibilities. The study concludes that although modern influences such as urbanization and education are fostering more balanced family roles, traditional patriarchal patterns remain deeply embedded. These findings highlight the need for gender-sensitive family policies and awareness initiatives to promote equitable household practices.

Keywords: Gender roles; Family dynamics; Division of labour; Decision-making; Indian households; Patriarchy

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Theme 4: Mental Health, Disability, and Special Needs: Implications for Family Well-Being

Abstract ID - D25/20

Impact of Postpartum Depression on Family Functioning among Adult Women in Kerala

Mohammed Elthaf K C¹ and Fathima Najiya K.P²

Motherhood is often seen as a joyful and fulfilling experience, but for many women, it also brings unexpected emotional challenges. Postpartum depression (PPD) is one such condition that quietly affects numerous mothers after childbirth, influencing not only their mental well-being but also the health and harmony of their families. In Kerala, where family ties are deeply valued, the struggles of women facing PPD can have far-reaching effects on everyday family life. This study explores how postpartum depression impacts family functioning among adult women in Kerala. It seeks to understand the real-life experiences of mothers who face emotional difficulties after delivery and how these struggles shape their relationships with spouses, children, and other family members. Using a qualitative approach, the study draws insights from in-depth interviews and case studies of women living with PPD, along with perspectives from their family members.

The findings reveal that postpartum depression often leads to emotional distance, communication breakdown, and increased stress within families. Many mothers reported feelings of guilt, helplessness, and disconnection, which affected their ability to bond with their newborns and maintain healthy family interactions. Families also shared that the lack of awareness and stigma surrounding maternal mental health made it harder to seek timely help. The study emphasizes the importance of early detection, family support, and mental health education for new mothers. By encouraging open conversations and involving families in the healing process, communities can help mothers recover faster and nurture stronger, more supportive family relationships.

Keywords: Postpartum Depression, Family Functioning, Maternal Mental Health, Women's Well-being, Family Support

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Abstract ID -D25/21

Exploring The Role of Social Support System in Postpartum Mental HealthAkhil J Jacob¹, Fathima Farha², and Genna Gigi³

Postpartum is a vital period of a woman's life with emotional, psychological, and physical changes. This postpartum period is considered a happy and blissful time for mothers. Still, they are facing many mental health issues, such as depression, anxiety, and stress, with reasons such as hormonal changes, fatigue, and social isolation. The present study focuses on the impact of the social support system on mothers' mental health and emotional well-being during postpartum in vellangallur panchayat. The objectives were to know the psychological problems of mothers after childbirth and to know the impact of family, husband/spousal, and community support on the psychological aspect of positive health. Quantitative and descriptive research design was followed to collect data from 60 postpartum mothers who were living in Vellangallur Panchayat in Kerala through a structured questionnaire and the Depression, Anxiety, and Stress Scale-21 (DASS-21).

The results showed that 85% of mothers have normal anxiety and 75% of mothers have normal stress levels, and 15–20% of mothers have mild to moderate depression. There is a significant positive correlation between the social support system and mental health ($\chi^2 = 6.63$, $p = 0.010$). Mothers who have a good social support system reported normal psychological outcomes. Education ($p = 0.067$) and living status ($p = 0.021$) showed a significant association with maternal mental health. Social support plays an important role as a protective factor during the postpartum period, which helps to build resilience and decrease emotional distress during this period. Maternal mental health screening and counselling, along with family involvement, could be made a part of routine healthcare. A family and community-based support system will bring about maternal well-being, harmonious family life, and community health.

Keywords: Postpartum Mental Health, Social Support System, Maternal Well-being, Family Support, Community Health

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Family Well-being and Social Support Among Menopausal Women in Thrissur District, Kerala

Christeena Leslie¹

Menopause is a major biopsychosocial transition that affects women's physical, emotional, and social well-being. In Thrissur district, characterised by diverse family structures, high migration rates, and strong community networks, the support available to menopausal women varies significantly. This study explores how family well-being and perceived social support influence the menopausal experience, specifically within the Thrissur context. A cross-sectional study was conducted among menopausal women from different panchayats and urban wards of Thrissur. Standardised tools were used to assess menopausal symptoms, family well-being, and levels of social support. Quantitative analysis examined the relationship between family environment, emotional support, and women's physical and psychological health outcomes. The findings show that women who received consistent emotional and practical support from spouses, children, and extended family reported better mental health, smoother adjustment, and higher overall well-being. Conversely, women from migrant households, strained family environments, or with limited social interaction experienced increased stress and reduced quality of life.

The study concludes that family well-being and social support are key determinants of menopausal women's health in Thrissur. Strengthening family awareness, improving communication, and incorporating family-based interventions through community and social work programmes can significantly enhance midlife well-being.

Keywords: Menopause, Family Well-Being, Thrissur, Social Support, Women's Health

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Abstract ID - D25/23

Lived Experiences Of Mothers Of Autistic Children: Challenges, Supports, And Family WellbeingZiyana Febin T P¹, Naja Thasneem P²

Families raising children with autism often face overlapping challenges in their daily functioning, with mothers commonly taking the role of primary caregivers. This study examines the lived experiences of mothers of autistic children, and how they influence overall family wellbeing. It explores how mothers of autistic children experience and negotiate social, emotional, and familial challenges, and what role support systems play in enhancing their families' wellbeing. The study pursued two objectives: to analyse the challenges faced by mothers in their caregiving and social environments, and to explore how formal and informal support systems contribute to strengthening maternal resilience and family functioning. A qualitative case study design was employed, drawing on primary data collected from seven mothers of autistic children selected through purposive sampling. Semi-structured interviews were used to enable participants to describe their experiences in depth. The findings reveal that mothers carry the primary responsibility of managing the child's behavioural, developmental, and social needs, which often lead to emotional strain, reduced social participation, and feelings of isolation. Limited awareness about autism, delayed diagnosis, stigma, and lack of early guidance further intensify stress within families. Many mothers described experiencing limited spousal support, poor marital communication, and challenges in meeting the needs of siblings, leading to disruptions in family relationships and overall dynamics. However, access to extended family support, parent networks, therapeutic services, and empathetic professionals improved their coping capacity and strengthened family relationships. The study highlights importance of family-centred interventions in social work implications, including the need for, casework-based parental counselling, and structured support groups to reduce caregiver burden and promote holistic family wellbeing.

Keywords: Autism, Caregiver, Support systems, Case Study

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Abstract ID - D25/24

Exploring Social Cognitive Competencies Among Disability Field Workers in a Community-Based Inclusive Development (CBID) ProgrammeJisha Jamal¹

The United Nations Convention on the Rights of Persons with Disabilities (UNCRPD) promotes a rights-based, person-centred approach to disability, encouraging nations to move away from charity or welfare-oriented practices toward inclusive frameworks. India aligned with these principles through several legislations like Rights of Persons with Disabilities Act, 2016. Yet persons with disabilities (PwDs) and their families struggle to identify and articulate their needs, to understand available entitlements and to effectively access support systems. The gap thus lays by unfelt needs place significant responsibility on Community-Based Inclusive Development (CBID) workers, who serve as a crucial link between families, service providers and community resources. To fulfil this role meaningfully, CBID workers require strong social cognition - the capacity to perceive, interpret and respond sensitively to social and emotional signals expressed by PwDs and their caregivers. This qualitative study explores the social cognitive competencies of 20 CBID field workers in the Participatory rural appraisal programme conducted in Annamanada Panchayath, Thrissur, Kerala. The study incorporates elements of participatory research, as the researcher was an active member of the CBID team and engaged directly with the community during programme implementation. Semi-structured interviews were conducted to investigate how workers understand emotions, interpret non-verbal indicators, make decisions, communicate during field visits and reflect on their experiences. Thematic analysis revealed that workers commonly employ empathy, perspective-taking and observational learning to build trust and engage with complex household contexts. However, they also face considerable challenges, including communication barriers, differing expectations among family members, emotional strain and situations requiring delicate negotiation. The findings indicate that enhanced social cognitive abilities significantly improve the effectiveness of CBID workers and contribute to better family well-being. Integrating structured training in social cognition within CBID programmes can enhance worker competence, promote more responsive disability services and strengthen community-level support systems aligned with UNCRPD principles.

Keywords: Social Cognition, Disability Inclusion, Rights-Based Approach, Family-Centred Approach, Community-Based Inclusive Development (CBID), Caregiving Practices

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Abstract ID - D25/25

Risk, Resilience, and Recovery: A Study on Adolescent Mental Health Amid Parental Substance Use DisorderResmi Ramachandran¹, and Sunitha K V²

Parental Substance Use Disorder (SUD) is a critical factor contributing to adverse adolescent mental health outcomes and increased placement of young people into out-of-home care. Exposure to parental addiction, instability, and neglect places adolescents at elevated risk for a range of emotional and behavioural difficulties. This study investigated the impact of parental SUD on adolescent mental health outcomes, with a particular focus on patterns of internalizing problems, such as depression and anxiety, and externalizing problems, including aggression and conduct-related difficulties.

The objectives of the study were to compare the mental health outcomes of adolescents with parental SUD backgrounds to those without such histories, to identify the severity and types of internalizing and externalizing symptoms observed in both groups, and to analyse the influence of confounding factors such as prior maltreatment and time spent in care on these outcomes. The research further examined whether adolescents with a documented parental SUD history demonstrated higher levels of mental health problems and explored the specific vulnerabilities associated with parental SUD exposure among adolescents in care.

A mixed-methods research design was adopted, combining quantitative assessment with qualitative insights to develop a comprehensive understanding of the experiences and challenges faced by this population. A structured survey was administered to a purposive sample of 30 adolescents aged 8–18 using standardized instruments including the Strengths and Difficulties Questionnaire (SDQ) and the Revised Child Anxiety and Depression Scale (RCADS). Additionally, data were extracted from case records to identify adolescents with parental SUD histories. Semi-structured interviews were conducted with a smaller subset of adolescents and caseworkers to explore personal experiences, perceived impacts, coping mechanisms, and the role of the care environment.

Findings indicated that adolescents from families with a history of parental SUD exhibited significantly higher levels of both internalizing and externalizing symptoms. These young individuals frequently experienced emotional distress, challenges in behavioural regulation, and heightened vulnerability to long-term mental health complications

Keywords: Parental Substance Use Disorder, Adolescents, Mental Health

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Perceived Family Support and Mental Well-Being Among Adolescents: A Cross-Sectional Study

Nikhil Antony¹, Amani K A², and Aswin M P³

Family plays a major role in shaping the mental well-being in the adolescence. It is the stage where young people experience emotional, social, and psychological changes. In the present society, the family systems are undergoing many shifts due to reduced interactions within the family, changing lifestyles, and work patterns, which influence how adolescents experience support and care at home. The relation of perceived family support to the mental well-being of adolescents within the changing family environment is explored in this study. The study uses quantitative cross-sectional design, and data were collected from 48 adolescents through standardized tools. Multidimensional Scale of Perceived Social Support (MSPSS) family subscale was used to measure perceived family support and the Multidimensional Scale of Perceived Social Support (WEMWBS) was used to assess mental well-being of adolescents. Findings show that the level of family support and mental well-being among the participants are moderate. A positive relationship was found between the two variables. Thus, indicating that adolescents who feel supported by their families tend to report better mental health and emotional resilience. The importance of strengthening supportive family relationships, especially at a time when family structures and parent-child interactions are evolving are highlighted in the study. The limitations of the study are that the study is done within the small sample size and it is cross-sectional in nature. This emphasizes the need for family-focused approaches in social work practice to improve adolescent well-being and promote healthier developmental outcomes.

Keywords: Family Support, Mental Well-Being, Adolescents, Family Relationships, Social Work Practice

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Mental Health, Disability, and Family Wellbeing: A Review of Challenges and Evidence – Based Support Interventions

Philip P A¹, Alana Anna Baby²

Families of the children with disabilities, developmental delays, or special needs experience complex and interconnected challenges that significantly influence their overall well-being. This review seeks to investigate the mental-health challenges associated with childhood disability that impacts family wellbeing, and the evidence-based interventions that can strengthen family resilience. The objectives of the review are (1) to analyze global evidence on caregiver mental health, sibling adjustment, and family functioning in disability contexts; and (2) to evaluate the effectiveness of family-centered and skills-based interventions in promoting positive outcomes. The narrative review brings together Studies consistently highlight high levels of psychosocial distress, physical burden, social isolation, and financial strain among parents- particularly mothers-caring for children with disabilities. Sibling wellbeing is similarly impacted, with elevated emotional stress linked with disability. The review highlights the critical need for comprehensive, and family-cantered systems of care that integrate developmental services with mental-health support for caregivers and siblings. Strengthening community networks, increasing accessibility of evidence-based caregiver training, and implementing policies prioritize inclusive disability care are essential for improving long term family wellbeing. The implications of the review underline the need for integrated, culturally adaptable, and family-centered care frameworks that address both developmental needs and caregiver mental health. Strengthening community networks are essential step toward improving family wellbeing and advancing disability-inclusive social support and health systems.

Keywords: Disability, Mental Health, Family Wellbeing, Evidence based interventions

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Parenting Style and Emotional Intelligence as Determinants of Psychological Well-being among Adolescents

Sheeba Joseph¹ and Tanuja Khan²

Adolescence is a transitional stage marked by emotional fluctuations and identity exploration, where both parenting style and emotional intelligence play a critical role in shaping psychological wellbeing. Supportive and balanced parenting promotes emotional growth, while emotional intelligence enhances coping and resilience. However, the combined influence of these two factors on adolescent wellbeing remains underexplored, particularly in the Indian cultural context. The study adopted a descriptive correlational design with a sample of 100 adolescents aged 13–18 years, selected through purposive sampling from local schools. Standardized tools were used: the Parental Authority Questionnaire (Buri, 1991), Schutte Emotional Intelligence Scale (Schutte et al., 1998), and Ryff's Psychological Wellbeing Scale (1989). Data were analyzed using Pearson's correlation and multiple regression techniques. Results indicated that authoritative parenting style and emotional intelligence were significantly and positively correlated with adolescents' psychological wellbeing, while authoritarian and permissive parenting styles showed negative correlations. Regression analysis revealed that parenting style and emotional intelligence together explained 47% of the variance in psychological wellbeing, with emotional intelligence emerging as the strongest predictor. The findings underscore that both parenting style and emotional intelligence are vital determinants of adolescent psychological wellbeing. Supportive parenting enhances emotional learning and self-regulation, while higher emotional intelligence contributes to resilience and life satisfaction. Interventions that promote emotionally intelligent parenting and emotional skill development in adolescents can foster better mental health and family wellbeing.

Keywords: Parenting style, Emotional intelligence, Psychological wellbeing, Adolescents, Family environment

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Understanding the Impact of Mental Health, Disability, and Special Needs on Families

Tijo John¹ and Jijo S Ummen²

This study systematically examines the impact of mental health conditions, disabilities, and special needs on overall family well-being. The inquiry relies primarily on a secondary data synthesis methodology. The research addresses three core questions: What is the influence of mental health and disability-related challenges on family functioning and caregiver burden? How do socio-economic and cultural factors shape the experiences of families supporting individuals with special needs? What effective strategies for enhancing family resilience are highlighted in existing literature? The objectives and methodologies used are the primary objectives were to synthesise available evidence from prior research, identify recurring patterns of stress and coping among affected families, and highlight critical policy and service gaps. The methodology employed an exclusive systematic review of secondary data sources, including peer-reviewed journal articles, government and institutional reports, national surveys, policy documents, World Health Organization (WHO) guidelines, and international disability and mental health frameworks. These sources were cross-contextually reviewed to establish comprehensive findings. Key findings indicate that families frequently encounter emotional strain, financial difficulties, social isolation, and stigma while caring for members with mental health conditions or disabilities. Conversely, the literature consistently demonstrates that robust community support, inclusive education, specialized disability services, social protection schemes, and accessible mental health care are critical factors that significantly enhance family resilience. Furthermore, socio-economic status and cultural norms were found to profoundly influence both coping mechanisms and help-seeking behaviours. The implications of this review underscore the necessity for comprehensive, family-centred policies, improved inter-sectoral service coordination, expanded caregiver support systems, and proactive public awareness campaigns to mitigate stigma. Strengthening these foundational areas is essential for promoting the long-term well-being of both families and individuals with special needs.

Keywords: Mental Health, Disability, Special Needs, Family Well-being, Secondary Data Analysis, Caregiver Burden

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Theme 5: Innovative Approaches in Family Interventions

Abstract ID - D25/30

Adolescent Peer Influence—Orientation Instinct Model

Dr Jeny Rapheal¹

The paper introduces a new conceptual frame for analysing and comprehending adolescent peer influence. It draws on the concept of the “orientation instinct”, which determines the cause and course of adolescents' social life choices. The study consolidated 32 research papers, including five meta-analyses and 12 empirical works on adolescent peer influence. Narratives of peer influence in terms of the orientation instinct in growing children were lacking in these studies. Databases Google, PubMed, Scopus, Web of Science, Google Scholar, and PsycINFO were used to download studies. The Orientation Instinct Model primarily hinges on antecedents of peer influence, helping parents, researchers, and other caretakers of adolescents gain clarity about the trajectory of peer influence. It explains well why peer influence or peer pressure has become pathological in the contemporary world, given the drastic socio-cultural changes human society is undergoing worldwide. Though the model lacks empirical support, it generates novel hypotheses and research pathways that future researchers in this area can adopt. While discussing about why peer influence often turns pathological, one can not help but mull over the ever-increasing disorientation children experience in families. The model calls for a serious review of the academic investigations into adolescent social life to date.

Keywords: adolescence, peer influence, orientation instinct, peer pressure

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APPENDIXES

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APPENDIX 2: ORGANIZING COMMITTEE DETAILS

CONFERENCE PATRONS

Rev. Dr John Mangalath VC, Principal
Rev. Fr. Joseph Thadathil VC, Vice Principal
Rev. Fr. Mathew Maliyeckal VC, Vice Principal
Rev. Fr. Lindo Puthuparambil VC, Director, Finance

PLANNING COMMITTEE

Dr. Aneesh M.S (Head, School of Social Work, DiST)
Mr. Joshin Samuel (Faculty, DiST)
Fr. John Kollakottil VC (Faculty, DiST)
Dr. Naviya Antony K (Faculty DiST)
Dr. Mini K.P (Faculty DiST)
Dr. Ashwin Mathew (Faculty DiST)
Ms. Sherin Paul (Faculty DiST)
Ms Sethu Lakshmi C V (Faculty DiST)
Dr. Jestin T Varghese (Faculty DiST)
Ms. Mary Rysal (Faculty DiST)
Mr Shajan Devassy (MSW Student, DiST)
Ms Anila Biju (MSW Student, DiST)

SCIENTIFIC COMMITTEE

Dr Mini K.P.
Dr Naviya Antony K.
Dr Aneesh M.S
Dr Jestin T. Varghese

PUBLICATION COMMITTEE

Dr Mini K.P.
Fr. John Kollakottil V.C.
Dr Naviya Antony K.
Dr Aneesh M.S
Dr Jestin T. Varghese

ORGANIZING COMMITTEES

Programme

Fr. John Kollakottil VC (Faculty)
Mr. Joshin Samuel (Faculty)
Anjaly Pradeep
Athulya P
Aksa Anna Sam
Arathi K N
Abhirami A

Technical and Publicity & Food

Dr. Ashwin Mathew (Faculty)
Akash Wilson
Naif Noushad
Alfiya Mahinkutty
Anna Joy
Varsha. S

Invitation, Registration & Communication

Ms. Sherin Paul (Faculty)
Ms Sethu Lakshmi C V (Faculty)
A S Hridya
Jemin Jose
Angel Naijo
Stephy M S
Ann Mariya Babu

Stage, Venues Management and Decoration

Ms. Mary Rysal (Faculty)
Anusree K
Fathimath Suhaira P P
Aparna Sanoj
Theresa K J
Nivya Xavier

Guest Management, Hospitality, Crisis Management & Discipline

Dr Jestin Varghese (Faculty)
Ameena Ashraf
Ann Agnes Albi
Jesvin Joseph
Diya T.S
Shiny. K. P
Anna Jeshma Joy

Abstracts, Paper Presentations & Documentation

Dr Mini K.P. (Faculty)
Dr Naviya Antony K. (Faculty)
Arya Saju
Jomon Saji
Vismaya Muraleedharan
Gincy M K
AnnMary T Jeby

Finance Coordination

Dr. Aneesh M. S (Faculty)
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Reshma Sali
Rosemary P W
Negha Tresa Mathew
Swathi Sudharman

Cultural And Competition

Ms. Sethu Lakshmi C V (Faculty)
Aswiny V R
Niranjana Das P K
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Nazareen K.A
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Gopika Shaiju



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