

Manipal Academy of Higher Education

Impressions@MAHE

Manipal College of Health Professions, Manipal
Theses and Dissertations

MAHE Student Work

Spring 6-21-2022

**PERCEIVED PSYCHO SOCIAL GAINS AND LOSSES OF VIRTUAL
RELATEDNESS THROUGH REMOTE LEARNING AMONG YOUNG
ADULT TRANSITIONNING FROM UNDER GRADUATION TO POST
GRADUATION**

Kammajosyula Nivedita

Follow this and additional works at: <https://impressions.manipal.edu/mcph>



Part of the [Medicine and Health Sciences Commons](#)

**PERCEIVED PSYCHO-SOCIAL GAINS AND LOSSES
OF VIRTUAL RELATEDNESS THROUGH REMOTE
LEARNING AMONG YOUNG ADULTS
TRANSITIONING FROM UNDER-GRADUATION TO
POST-GRADUATION.**



MANIPAL
ACADEMY *of* HIGHER EDUCATION

(Deemed to be University under Section 3 of the UGC Act, 1956)

APRIL 2022

KOMMAJOSYULA NIVEDITA

**PERCEIVED PSYCHO-SOCIAL GAINS AND LOSSES
OF VIRTUAL RELATEDNESS THROUGH REMOTE
LEARNING AMONG YOUNG ADULTS
TRANSITIONING FROM UNDER-GRADUATION TO
POST-GRADUATION.**



MANIPAL
ACADEMY *of* HIGHER EDUCATION

(Deemed to be University under Section 3 of the UGC Act, 1956)

K. Nivedita

APRIL 2022

KOMMAJOSYULA NIVEDITA



MANIPAL

ACADEMY of HIGHER EDUCATION

(Deemed to be University under Section 3 of the UGC Act, 1956)

MANIPAL COLLEGE OF HEALTH PROFESSIONS MAHE, MANIPAL

CERTIFICATE

This certificate certifies that the dissertation on "**Perceived Psycho-Social Gains and Losses of Virtual Relatedness through Remote Learning among Young Adults Transitioning from under-graduation to post-graduation.**" has been completed by **Kommajosyula Nivedita (201199008)** under my supervision. I am satisfied with the work presented by the candidate towards the partial fulfilment of a Master of Science in Clinical Psychology.

Dr. Kavyashree K B, Assistant Professor
Department of Clinical psychology, MCHP
MAHE

Date: 30th April 2022



MANIPAL

ACADEMY of HIGHER EDUCATION

(Deemed to be University under Section 3 of the UGC Act, 1956)

MANIPAL COLLEGE OF HEALTH PROFESSIONS MAHE, MANIPAL

CERTIFICATE

This certificate certifies that the dissertation on "**Perceived Psycho-Social Gains and Losses of Virtual Relatedness through Remote Learning among Young Adults Transitioning from under-graduation to post-graduation**" has been completed by **Kommajosyula Nivedita (201199008)** under the supervision of **Dr Kavyashree K B**. We are satisfied with the work presented by the candidate towards the partial fulfilment of a Master of Science in Clinical Psychology.

Dr Sebastian Padickaparambil,
Associate Professor and Head
Department of Clinical Psychology
MCHP, MAHE, Manipal

Head
Dept. of Clinical Psychology
Manipal College of Health Professions
MAHE, Manipal - 576104

Dr G Arun Maiya
Dean and Professor
MCHP,
MAHE, Manipal

Dean
Manipal College of Health Professions
MAHE Manipal - 576104

Date: 30th April 2022

ACKNOWLEDGEMENTS

The journey of completing my thesis has been one with many insights and challenges, but most importantly, it has been an incredible learning experience. Without any prior background with research, I can now confidently say that I have learned quite a lot through this. I would like to express my sincere gratitude to everybody who was a part of this journey along with me.

First and foremost, I would like to thank my guide **Dr Kavya Shree K B** for supporting and encouraging me through the whole process. I am grateful for her support and her persistent effort to ensure I was on track and doing my best.

I would like to thank **Dr Sebastian Padickaparambil**, Head of the Department, Department of Clinical Psychology, MCHP, MAHE and all the faculties of the Department of Clinical Psychology for providing me with an opportunity to conduct this research.

I would like to also extend my gratitude to my note-takers of the study Ms Archana Arun Pai and Ms Utkrishti Katheriya without whom the process of data collection would not have been possible.

I express my deepest gratitude to all my participants for taking out time from their schedules to be a part of the study. I thank my friends for helping and supporting me through this process. Last but not the least, I would like to thank my mother and sister for being my pillar of support throughout my journey; for always motivating me, uplifting my spirits, and guiding me to do my very best.

Date: 30th April' 2022

CONTENTS

Chapter No.	Index	Page no.
	<i>List of Tables</i>	i
	<i>List of Figures</i>	ii
	<i>List of Abbreviations</i>	iii
	<i>List of Appendices</i>	iv
	<i>Abstract</i>	v
I	Introduction	1-4
II	Review of Literature	5-9
	2.2 Research Gap	8
	2.3 Need for Study	9
	Aim and Objective	10
	2.4 Aim	10
	2.5 Objective	10
III	Methodology	11-16
	3.1 Research Methodology & Design	11
	3.2 Study Setting	11
	3.3 Inclusion Criteria	11
	3.4 Exclusion Criteria	11
	3.5 Sampling size & Participant Profile	12
	3.6 Sampling Method	12
	3.7 Instruments & Agents	12
	3.8 Procedure	13
	3.9 Data Analysis	15
IV	Results	17-33
V	Discussion	34-44
VI	Summary and Conclusion	45-46
	<i>References</i>	47-53
	<i>Appendices</i>	54-67

LIST OF TABLES

Table No.	Description	Page no.
4.1	Categories, Initial Codes and Excerpts from the Data Collected	17
4.2	Subthemes and Global Themes Derived from the Categories	29

LIST OF FIGURES

Figure No.	Description	Page no.
4.1	Thematic map of Global Theme- Paradox	30
4.2	Thematic map of Global Theme- Adapting	31
4.3	Thematic map of Global Themes	33

LIST OF ABBRIVIATIONS

ABBREVIATION	DEFINITION
FOMO	Fear of Missing Out

LIST OF APPENDICES

Appendix No.	Appendix Title
A	Institutional Research Committee Approval
B	Institutional Ethics Committee Approval
C	Participant Information Sheet
D	Informed Consent
E	Informed Consent for Audio recording and Transcription
F	Socio-Demographic Form
G	Interview Guide
H	Google Form- Informed Consent
I	Google Form- Informed Consent for Audio Recording and Transcription
J	Google Form- Socio-demographic details
K	Plagiarism Report