

THE CHANGELOOMERS

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**The Scholar's Lens: From Curiosity to Contribution
Exploring Realities and Emerging Voices**



Department of Social Work

Don Bosco College, Itanagar,
Arunachal Pradesh, 791111





THE CHANGELOOMERS

DEPARTMENT OF SOCIAL WORK NEWSLETTER



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From the Desk of the Head of the Department, Department of Social Work

The Scholar's Lens: From Curiosity to Contribution — Exploring Realities and Emerging Voices

Welcome to the second edition of *The Changeloomers*, the annual newsletter of the Department of Social Work at Don Bosco College, Itanagar. This newsletter serves as an annual reflection of the department's vibrant academic spirit and field engagement. This year's theme, "*The Scholar's Lens: From Curiosity to Contribution — Exploring Realities and Emerging Voices*," encapsulates our students' remarkable journey from inquisitive learners to emerging researchers and community advocates.

In this edition, we present a series of research abstracts that reflect the diverse academic interests and pressing social concerns of our students. The studies cover a range of topics, from the impact of sex education in Itanagar's high schools and the role of parental involvement in student behaviour to the growing challenge of cyber bullying among youth. Other important studies on gambling addiction, domestic violence, and student political participation further explore the social dynamics that shape the lives of individuals in Arunachal Pradesh.

In addition to research, this year's edition highlights the department's practical engagement, including students' block fieldwork and a rural immersion camp, which culminated in an insightful exhibition and presentation series. These activities not only enhanced academic understanding but also reinforced students' commitment to serving and uplifting communities, contributing to the development of well-rounded social work professionals.

We are also excited to announce UTSAV 4.0, the annual academic festival organized by the Social Work Students Forum (SWSF), scheduled for 29th April 2025. UTSAV has evolved into a dynamic platform for engaging with contemporary social realities, field-based practices, and emerging paradigms within the discipline of social work, fostering the exchange of knowledge and innovative ideas. The festival highlights the interdisciplinary nature of social work by incorporating perspectives from allied fields, enhancing participants' understanding of complex social issues and intervention strategies.

We invite you to explore these pages and celebrate the emerging voices that are shaping tomorrow's social realities. We hope this edition will inspire reflection and action as we continue our collective pursuit of knowledge and positive change.

Warm regards,

Dr. Dominic Leo Thaikho
Head of the Department
Department of Social Work

A Study on Impact of Substance Abuse among Students in Itanagar, Papum Pare District, Arunachal Pradesh.

Ms. Bamang Shaiyari, 6th Semester, Bachelor of Social Work (BSW)

This study critically examines the impact of substance abuse among students, with significant implications for academic performance, mental and physical health, and long-term well-being. It investigates the prevalence, underlying causes, and consequences of drug and alcohol use among students at secondary and tertiary education levels.

Employing a quantitative research methodology, data were gathered through both primary and secondary sources. The research identifies key factors contributing to substance use, including peer pressure, academic stress, familial issues, social environment, and lack of awareness. Alcohol, tobacco, marijuana, and prescription drugs were found to be the most commonly abused substances. Consequences of substance abuse include poor academic outcomes, increased dropout rates, behavioural disorders, and long-term addiction.

The study underscores the urgent need for preventive strategies such as awareness programmes, counselling services, and the development of strong support systems within educational institutions and communities. It advocates for a holistic approach involving educators, parents, and policymakers to address the issue effectively and promote student well-being.



A Study on the Process of Waste Management in Jollang Village, Papum Pare District, Arunachal Pradesh

Ms. Bharati Koyu, 6th Semester, Bachelor of Social Work (BSW)

Jollang Village, located in Itanagar, Papum Pare district, Arunachal Pradesh, faces significant challenges in solid waste management due to rapid population growth, urbanization, and insufficient infrastructure. The lack of systematic waste segregation, collection, and disposal mechanisms has resulted in environmental pollution, health risks, and aesthetic degradation.

This study adopts a mixed-method research design, collecting both quantitative and qualitative data from 39 participants, including 30 households, 2 waste collectors, 5 shopkeepers, and 2 institutions. Quantitative data from surveys and waste audits reveal that plastic waste is the predominant waste material, followed by organic and other non-biodegradable substances. Most households rely on waste collection services provided by a community-based organization.



Qualitative data, gathered through in-depth interviews with shopkeepers, homemakers, students, and government employees, further elucidates local waste management practices.

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This research exemplifies how social work principles such as community engagement and advocacy can be effectively applied to address environmental challenges, linking theory with real-world applications.



A Study on the Impact of Divorce on Children in Papum Pare District, Arunachal Pradesh.

Ms. Byabang Odum, 6th Semester, BSW

This study explores the multifaceted impact of divorce on children, examining its emotional, psychological, academic, and social consequences. Divorce, as a significant life event, can disrupt a child's sense of stability and security, often leading to increased anxiety, depression, and behavioural challenges.

The research employs both qualitative and quantitative methods to analyze the short-term and long-term effects on children of

“Without data, you're just another person with an opinion.”

- W. Edwards Deming

divorced parents, educators, and mental health professionals. Findings suggest that while many children experience initial distress, the extent of the long-term impact is influenced by factors such as parental conflict, the quality of parental involvement post-divorce, and access to emotional support.

The study underscores the importance of early interventions, counselling, and supportive parenting to mitigate negative outcomes. It highlights the need for tailored approaches to help children build resilience and adjust to changes, promoting better mental health and well-being.

A Study on People's Perspectives toward Sexual Violence in Itanagar, Arunachal Pradesh.

Mr. Daniel Duchok, 6th Semester, BSW

Sexual violence remains a pervasive issue worldwide, affecting individual irrespective of age, gender, race, or socioeconomic status. This includes a range of abuses such as rape, sexual assault, harassment, trafficking, and exploitation, often leaving survivors with profound physical, emotional, and psychological scars. Despite increasing awareness and legal reforms, many cases remain unreported due to fear, stigma, victim-blaming, and systemic failures in the justice system.

The digital age has introduced new forms of sexual violence, such as cyber harassment and online exploitation, further complicating efforts to combat it. In conflict zones, sexual violence is often used as a weapon of war, disproportionately affecting women and children.

In Arunachal Pradesh, sexual violence is a significant concern, impacting women, children, and marginalized communities. Factors such as inadequate law enforcement, social stigma, and limited access to legal and medical support exacerbate underreporting. Strengthening legal frameworks, raising awareness, and improving support systems are essential for combating this issue and creating a safer environment for all.

A Study on the Psychological Benefits of Religion in the Itanagar Capital Region of Arunachal Pradesh.

Mr. Jikke Takar, 6th Semester, BSW

Religion has long been recognized as a significant influence on human psychology, offering individuals meaning, purpose, and coping mechanisms in times of adversity. This dissertation explores the psychological benefits of religion within the socio-cultural context of the Itanagar Capital Region in Arunachal Pradesh, focusing on how religious beliefs and practices impact individuals' emotional and mental well-being, particularly during personal or communal crises.



Using a mixed-methods research design, data were collected through surveys and semi-structured interviews with 46 participants. Quantitative data were analysed statistically

to identify trends, while qualitative responses provided contextual insights into personal experiences with religion.

The findings revealed that nearly 60% of participants felt that their religious beliefs offered comfort, moral guidance, and hope during difficult times, contributing to reduced stress, increased emotional resilience, and improved mental health. However, a minority reported minimal psychological benefits from religion, indicating that individual and contextual factors—such as cultural identity and community engagement—play a crucial role in shaping religious experiences.

This study underscores the importance of incorporating spiritually sensitive approaches in social work, therapy, and community welfare programs in culturally diverse regions like Arunachal Pradesh.

A Study on Stress and Depression among Youth in Itanagar, Arunachal Pradesh.

Ms. Khyoda Mepung, 6th Semester, BSW

This study examines the growing concern of stress and depression among youth in Itanagar, Arunachal Pradesh, with a focus on understanding their causes, consequences, coping strategies, and impact on academic performance. As mental health issues increasingly affect young individuals, this research aims to provide insights into the psychological challenges faced by youth in this specific socio-cultural context.

Using a quantitative approach, data were collected through questionnaires and surveys from students and young adults



across educational institutions in Itanagar. The study identifies key stressors, including academic pressure, family expectations, social isolation, career uncertainty, and financial instability. It also investigates how these factors contribute to depressive symptoms and affect academic outcomes, motivation, and concentration.

Furthermore, the study evaluates coping mechanisms, noting both healthy strategies (e.g., meditation, exercise, journaling) and negative responses (e.g., substance use, self-harm, and withdrawal). Findings highlight the importance of mental health awareness, early intervention, and institutional support in alleviating stress and depression among youth.

This research offers practical recommendations for educators, parents, and policymakers to foster a supportive and responsive educational environment, emphasizing accessible mental health services.

“Research means that you don’t know, but are willing to find out.”

– Charles F. Kettering

A Study on the Significant Challenges Faced by Visual and Hearing Impaired Students of Donyi Polo Mission School, Papum Pare, A.P.

Ms. Liagi Sally, 6th Semester, BSW

This study examines the significant challenges faced by individuals with visual and hearing impairments across social, economic, physical, and psychological dimensions. It focuses on identifying systemic barriers to education, employment, healthcare, and community participation.

The research analyses the impact of societal attitudes, inadequate policy implementation, and environmental inaccessibility on their quality of life. Visual and hearing impairments hinder communication, learning, employment opportunities, and navigation of public spaces, leading to social exclusion and reduced quality of life. Despite the existence of policies supporting people with disabilities, implementation gaps persist.

The study suggests that targeted interventions, such as improved access to assistive technologies, inclusive education, and skill development programs, are essential for fostering greater inclusion.

Adopting a mixed-methods approach, the research combines quantitative data and qualitative insights into lived experiences. The findings aim to inform strategies for creating an inclusive society where individuals with disabilities can fully participate and thrive.





A Study on the Effect of Tobacco Use among Youths in Papum Pare District, Arunachal Pradesh.

Ms. Mumne Tali, 6th Semester, BSW

Tobacco use among youths remains a significant public health challenge in many regions of India, including Arunachal Pradesh. This study investigates the prevalence, patterns, and effects of tobacco consumption among youths in Papum Pare district, focusing on urban centres such as Itanagar and Naharlagun.

A stratified random sampling method, including surveys and interviews, was employed to gather data from 30 participants aged 18–29 years. The findings revealed a high prevalence of both smoking and smokeless tobacco use. Key factors contributing to tobacco use include peer pressure, easy availability, cultural acceptance, and lack of awareness regarding health risks. Additionally, the study identifies several adverse health effects, including respiratory issues, dental problems, and reduced academic performance. Based on these findings, the study recommends strengthening tobacco control policies, implementing youth-targeted awareness programs, and enhancing community-based interventions to reduce tobacco consumption among youths in the district.

A Study on Perception of People towards LGBTQI Community in Papum Pare District.

Ms. Ngurang Sai, 6th Semester, BSW

This study examines the diverse perceptions and attitudes towards the LGBTQI (Lesbian, Gay, Bisexual, Transgender, Queer, and Intersex) community in Papum Pare district.

Utilizing both qualitative and quantitative data, it explores the influence of cultural, religious, social, and educational factors in shaping public opinion. While increased visibility and legal recognition have fostered more positive perceptions in many societies, deep-rooted stigma, discrimination, and a lack of awareness remain significant barriers.

The study highlights generational and geographical differences, with urban, younger, and more educated populations generally exhibiting greater acceptance. These findings underscore the need for inclusive policies, awareness campaigns, and educational interventions to promote understanding and equality for LGBTQI individuals in the region.



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A Study on People's Perception of the Importance of Sex Education in High Schools of Itanagar.

Mr. Takam Joram, 6th Semester, BSW

This study explores the importance of sex education in Itanagar's high schools, focusing on the perceptions of students, teachers, and parents. Given the culturally sensitive nature of sex education in India, the study emphasizes the need for culturally appropriate and contextually relevant programs, alongside teacher training and curriculum development to address both educational gaps and cultural concerns.

A quantitative research approach was employed, using structured questionnaires distributed to 30 participants—10 students, 10 teachers, and 10 parents—from various high schools in Itanagar.

The results revealed that 80% of students acknowledged the importance of sex education for making informed decisions about sexual health, although 40% felt uncomfortable discussing such topics in class. Among teachers, 70% supported its inclusion, but 55% reported inadequate training. Parents had mixed responses, with 60% in favour, though 40% expressed concerns about content and cultural appropriateness.

The study highlights significant differences based on gender and parental education background, with female students and highly educated parents showing stronger support.



A Study on Gambling Addiction Among Youths in Itanagar, Arunachal Pradesh.

Mr. Tamot Gongo, 6th Semester, BSW

Gambling addiction among youth has emerged as a significant concern in Arunachal Pradesh, presenting notable social, psychological, and economic challenges. This study aims to examine the prevalence, causes, and impacts of gambling addiction on young individuals in the region.

Utilizing a mixed-methods approach, the research involved detailed questionnaires and interviews to gather comprehensive data on behaviours, motivations, and consequences associated with gambling. The findings indicate that factors such as the accessibility of online gambling platforms, socio-economic conditions, and peer pressure significantly contribute to the addiction. Furthermore, the study reveals the negative effects of gambling, including financial instability, strained relationships, and deteriorating mental health.

Based on these findings, the study recommends targeted interventions, such as community-based programs, awareness campaigns, and policy actions, specifically tailored to the socio-cultural context of Arunachal Pradesh. The research highlights the urgent need for addressing gambling addiction as a key issue in youth welfare and social development.



A Study on Parental Involvement and Students' Behaviour in Itanagar.

Mr. Tatum Bui, 6th Semester, BSW

This study investigates the impact of parental involvement on student behaviour within primary and secondary school settings in Itanagar. Recognizing the intrinsic link between academic performance and behavioural development, the research examines how different forms of parental engagement—academic support, emotional involvement, and regular communication with school personnel—shape key behavioural outcomes. These outcomes include attentiveness, adherence to school rules, emotional regulation, and social competence, all critical to academic success and social integration.

Employing a mixed-methods research design, data were collected from 30 participants, including 15 students, 15 parents, and 15 teachers from diverse socio-economic backgrounds. Quantitative data



were gathered through structured surveys evaluating the frequency and quality of parental involvement, while teachers completed standardized behavioural assessment forms. Qualitative insights were obtained through in-depth interviews, exploring the contextual dimensions of parental influence.

The findings contribute to social work and education by emphasizing the need for family-centred interventions, school-community partnerships, and policies promoting holistic child development.

A Study on Student Political Participation and Its Impact on Academic Performance among College-Going Students in Itanagar, Arunachal Pradesh.

Ms. Yajo Mugli, 6th Semester, BSW

This study explores the impact of student political participation on the academic performance of college-going students in Itanagar, Arunachal Pradesh. Political participation refers to the various formal and informal activities through which individuals influence political decision-making processes. Today's youth are increasingly engaged in political activities, sometimes to the detriment of their academic pursuits.

Employing a mixed-methods approach, the study collected data from both primary and secondary sources. Findings reveal that individuals aged 18–25 comprise the majority of politically active respondents, indicating strong youth engagement. Most respondents agreed that student politics

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fosters social responsibility and personal growth, outweighing family or individual motivations.

However, only a few reported improvements in critical thinking, highlighting a potential gap in academic benefits. Nevertheless, political involvement was associated with enhanced skills valuable for academic success, such as leadership and public speaking.

The study recommends regulating political activities during academic hours and promoting student representation through independent academic and welfare councils.



A Study on the Impact of Cyberbullying Among Youth in Itanagar.

Ms. Yura Remin, 6th Semester, BSW

Cyber bullying has emerged as a significant concern in India, driven by the rapid expansion of Information and Communication Technology (ICT) and increased digital penetration. Despite having over 900 million internet users, empirical research on cyber bullying, particularly among youth, remains limited. This study examines the typologies of cyber bullying, emphasizing the dual roles individuals assume as both perpetrators and victims, and the societal factors influencing such behaviours.



A notable finding is the strong correlation between cyber bullying, self-esteem issues, and body shaming, particularly among young women. Cultural beauty norms exacerbate online harassment, while digital anonymity reduces accountability. Although the Information Technology Act and Indian Penal Code address cyber bullying, enforcement remains inconsistent.

Employing a mixed-methods approach, structured surveys and interviews were conducted with 30 youths aged 16–24 years in Itanagar. Results indicate that 68% have either experienced or witnessed cyber bullying, primarily on social media. The study advocates for multi-stakeholder interventions involving policymakers, educators, and mental health professionals to foster safer digital environments.



“Good research is a careful, critical, and systematic inquiry.”

– John W. Creswel

A Study on Domestic Violence Faced by Women in Itanagar, Arunachal Pradesh.

Mr. Leebe Koje, 6th Semester, BSW

This study examines the impact of domestic violence on women in the Itanagar–Papum Pare district. Domestic violence remains a pervasive and deeply rooted societal issue affecting millions globally, cutting across age, race, socioeconomic, and cultural boundaries.

In Itanagar, the capital of Arunachal Pradesh, domestic violence against women reflects a complex interplay of cultural, social, and economic factors. Despite the region's rich cultural diversity and the presence of matrilineal traditions among certain indigenous communities, many women continue to experience physical, emotional, and psychological abuse within domestic settings.



Contributing factors include entrenched patriarchal norms, limited awareness of women's rights, restricted access to legal remedies, and inadequate support services. Geographical isolation and infrastructural challenges further exacerbate survivors' vulnerability. Addressing domestic violence in Itanagar requires a multifaceted approach:


strengthening the legal framework, enhancing community awareness, and developing accessible support systems tailored to the region's socio-cultural context. Empowering women through education, economic opportunities, and community engagement is essential to ensuring their safety and well-being.



"The word itself, 'research,' is probably one of the dirtiest words in the indigenous world's vocabulary."

- Linda Tuhiwai Smith

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DON BOSCO College Itanagar's Post



DON BOSCO College Itanagar

March 29 · 

EXCELLENCE IN FIELDWORK ON DISPLAY!

The Social Work Department of Don Bosco College, Itanagar, organized a successful Fieldwork Exhibition, showcasing the outstanding work of our students!

Our VI semester students, who were placed at Snehalaya (Guwahati), Shishu Sarothi (Guwahati) and DBYC (Itanagar), exhibited their experiences, learnings and growth from the fields.

Additionally, our students who immersed on a Rural Immersion immersion Camp at Amji Village, shared their transformative journey and the valuable lessons they learned from the community!

We are proud of our students' dedication, passion and commitment to Social Work!

Kudos to the Social Work Department for organizing this Fieldwork Exhibitions!

Here's a link to the Rural Camp video 🙌 <https://youtu.be/Jk0vrEOS7Xs?si=plqwHoctfzE6UvF->

[#FieldworkExhibition](#) [#SocialWork](#) [#DonBoscoCollegeltanagar](#) [#ExcellenceOnDisplay](#)

