



Notice for the PhD Viva Voce Examination

Ms Nayana Mariya Kuriyan (Reg. No. 1630092), PhD scholar at CHRIST (Deemed to be University), will defend her PhD thesis at the public viva voce examination on Wednesday, 12 August 2020 at 2.30 pm on the Webex Meeting platform.

- Title of the Thesis** : **Development and Efficacy of Creativity Enhancement Programme for Adolescents with Specific Learning Disability**
- Discipline** : **Psychology**
- External Examiner (Outside Karnataka)** : **Dr Surendra Kumar Sia**
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- External Examiner (Within Karnataka)** : **Dr Romate John**
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Since it is an open viva, faculty members and research scholars of all branches of research are cordially invited to attend.

Place: Bengaluru
Date: 10August 2020

Registrar

Registrar
CHRIST (Deemed to be University)
Bengaluru - 560 029

ABSTRACT

Adolescents with Specific Learning Disability (SLD) face academic and emotional challenges in their school life. Creativity is a skill which helps adolescents to approach problems of daily life differently. That would help them to explore and nurture their self-esteem. Though there is a debate on whether creativity is innate or learned, activities are still required for children to recognize and nurture the creative skills in children. Studies show that creative tasks develop self-esteem in children and also decrease depression in children with SLD. Creativity Enhancement Programme (CrEP) is developed as part of the study in consultation with experts in the field based on Torrance's Theory of Creativity. The Programme tested the efficacy in improving the creativity and the self-esteem as well as reducing anxiety and depression of 100 adolescents with SLD. The adolescents with SLD, studying in class sixth to ninth in five schools that follow the state syllabus and English medium of instruction, which are situated in South Bengaluru were selected.

Initial screening consisted of an assessment of SLD and intelligence to select participants. Out of 100 students with SLD, 50 students each were randomly allocated to experimental and control groups. The intervention programme consisted of creativity enhancement activities such as drawing, bridge construction, sand art, best out of waste, and find a friend. Baqer Mehdi Test of Creative Thinking and Depression Anxiety Stress Scale at were used as assessment tools and measured the study variable before, after and three months after the intervention. Results showed CrEP could improve non-verbal creativity: Elaboration and Self-esteem. Similarly, this intervention could reduce depression. CrEP is useful in helping adolescents with SLD to explore and nurture their creativity, which would help them build their self-esteem and reduce the risk of mental health problems. Tasks to stimulate creativity can also reduce the pressure associated with the learning disability in a more nurturing environment.

Keywords: specific learning disability, creativity, self-esteem, anxiety, depression