



Centre for Research & Development

Research Supervisor (Guide) Profiles

Discipline of Supervision: **Psychology**



Dr. Arjun Shekar P M

Assistant Professor
Department of Psychology
School of Humanities & Social Sciences

Areas of Specialisation:

Social Psychology, Psychological Test Development,
Mental Health, Counselling Psychology

Dr. Arjun Sekhar PM is an Assistant Professor specializing in psychological test construction, social psychology, and counselling. With strong expertise in quantitative research methods, he is dedicated to enhancing methodological rigour in psychological research and academic training. His research interests encompass psychological scale development, gender psychology, stereotypes, prejudice and discrimination, mental health, and social influence. His work primarily focuses on developing culturally relevant psychological measures and examining social attitudes within the Indian context. As a resource person, He has contributed to several research methodology workshops, particularly in the areas of scale construction and qualitative research methods. Through these initiatives, he has supported students and scholars in developing reliable research tools and conducting systematic, evidence-based studies. As a research guide, He is committed to mentoring scholars to produce meaningful, ethically sound, and methodologically robust research.

Selected Publications:

1. Reji, A., Haokip, L. K., Attrish, R., Saji, S., & **Arjun Sekhar, P. M.** (2026). Abuse in Relationship Among Men-A Qualitative Study. In *Studies in Systems, Decision and Control* (pp. 735–743). Springer Nature Switzerland. https://doi.org/10.1007/978-3-032-02056-7_60
2. Kaur, N., & **PM, A. S.** (2023). Religiosity, Life satisfaction and Self-Esteem among Young Adults. *International Journal of Indian Psychology*, 11(2). <https://ijip.in/wp-content/uploads/2023/05/18.01.152.20231102.pdf>
3. Gupta, P., & **PM, A. S.** (2024). Fear of Missing Out, Social Media Addiction and Phubbing Behavior among Young Adults. *Inspa Journal Of Applied And School Psychology*, Special Issue, 114-119. <https://ijasp.in/2024/06/01/the-relationship-between-emotional-intelligence-smartphone-addiction-and-fear-of-missing-out-among-students-copy/>