

## PSYCHOLOGY

### Doomscrolling Is A Unique Behaviour

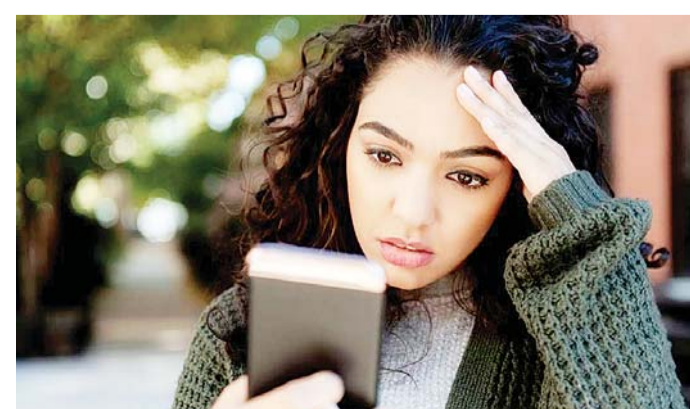


It remains unclear if doomscrolling causes anxiety or if anxiety leads to it.

Doomscrolling, a term used to describe the concept of bingeing on negative news, is a new and unique behaviour, and not just another trendy, clickbait phrase, a new study finds. The study in Technology, Mind, and Behaviour also developed a technique to measure doomscrolling, paving the way for researchers to further investigate the concept and make sense of people's obsessive focus on negative news. The researchers set out to determine if doomscrolling was just a new name for an existing issue. The term is



thought to have originated in 2018 on Twitter, gaining popularity in 2020 during the height of the COVID-19 pandemic. It starts when users of social media want to stay up-to-date with the latest news—specifically negative news. Over time, however, it turns into compulsive online scrolling for negative information, according to the study's findings. A key purpose of the research was to design and assess a survey scale that could measure doomscrolling. Results showed that the measure had good accuracy and that a doomscroller is more than just someone who is interested in remaining informed. "It's this obsession with trying to make sense of the crisis or all of our crises," says Benjamin K. Johnson of the University of Florida. "It's the combination of living through a crisis and having a smartphone with a newsfeed that never ends. It just keeps going. So, we keep scrolling." ||||



Lata was impressed by the Brit etiquettes. So came in their lap the seventh-floor apartment in a building called Lord's View, walking distance from Baker Street tube station in central London. Wonder how she tolerated in her bit tidy style of living, a man's clothing lying at sixes and sevens? The admirahs were overflowing with sarees this side and pants that side, bed was covered with woollens, scarves, neckties, and all that they put on their shoulders. The table in front of the sofa was bedecked with her photos, large and small, several in a row. A diamond ring or necklace would also find a place. He would assure to cook tea only to commit a mistake or two. She would take over with a gentle smile. The balcony opened towards the west. Across the road stood The Lord's, the oval euphemistically called Mecca of cricket in the world. Till the mid-90s they would watch cricket being played inside the stadium from this balcony. He was a life member of MCC. So would never pay entry.

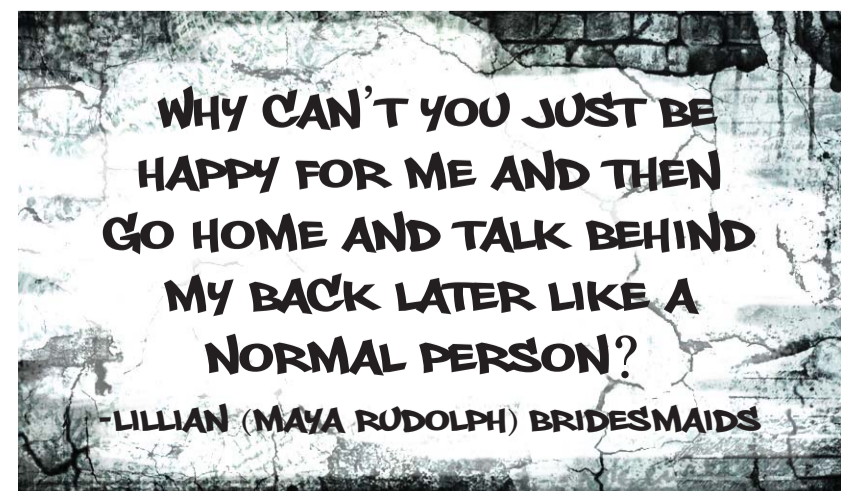


There are no ideological differences between doomscrollers; they are both left- and right-leaning. But men and young people were more likely to engage in the behaviour than women and older adults. "It was a surprising finding," says Bhakti Sharma, also of the University of Florida. "I didn't even think gender would be a factor." It's unclear what triggers the behaviour. Johnson says it's specific to the moment users are currently experiencing—between the pandemic, political issues in the world, and mass shootings, people can get sucked into seeking bad news. The study found doomscrolling can be associated with a fear of missing out and constantly being connected online through smartphones. It remains unclear if doomscrolling causes anxiety or if anxiety leads to it. Although the study's authors believe that they feed off each other, establishing the cause and effect will require further research. News organizations should take note of the behaviour of doomscrollers, Johnson says. Although doomscrolling does lead to the consumption of more news, it's a particular type of news. And once doomscrollers become aware of what they're doing, they may take proactive measures to address it, the study suggests. "People do recognize their behaviour; that maybe they are consuming too much negative news, and they put in measures to opt out of that," Johnson says. "They become self-aware that 'this is making me feel bad,' and they can work to form new media habits." That could be detrimental to news organizations, which often rely on stories shared through social media to drive traffic to their websites. Also, the study found people may become wary of social media accounts that post disproportionate amounts of negative content. Johnson suggests news organizations balance their share of bad news with positive ones on social media. And ideally, as the awareness of doomscrolling grows, social media platforms will allow users a more in-depth customization of their news feeds, he says. ||||

score of people today can be heard claiming that they were privy to the association between Raj Singh Dungarpur and Lata Mangeshkar. Both have gone upstairs. So who is here to contest one's utterances? I am inclined to say that Raj's friendship with Lata is known the best by his most intimate friends like MAK Pataudi, his cinematic wife, Sharmila Tagore, Hartley Anderson, a cricket follower living in Sydney, besides Inderjit sinhi Jadeja, an ex-Test cricketer, who was a wicketkeeper-batsman, and claimed relationship with Maharaja Ranjit Singh, the legendary Ranji, the cricketer-ruler of Jamnagar. Also, Hanuman Singh was the most affectionate colleague of Raj besides a far-off cousin.

Those were the days when all of them happened to be bachelors. MAK Pataudi, as per his habit of not spending out of his own pocket, had dug in heels at the first-floor apartment of Dungarpur prince located quite opposite today's Wankhede Stadium in Mumbai. The name of the building was Vijay Mahal. Whenever in Mumbai from Australia, Hartley would be pleased to unroll bedding over the floor. One Ashwini Chaturvedi, also a cricketer, who played for Uttar Pradesh, would not like to miss such a group and overstayed for the night. MAK was following Sharmila tooth and nail. However, she had put him on tenterhooks for his own rhyme and reason. He took advantage of the name of Lata to impress upon the cine actor. At times, a telephonic invitation was received from Lata. Almost a glutton, Raj would jump on it. MAK would insist on going along. She herself would cook "gosht-ke-pakode" (mutton chops) and serve to the hungry visitors. She happened to be a large-hearted hostess and derived immense pleasure to feed such stags.

## THE WALL



# The True Story Of Lata & Raj

## #MEMOIRS



If it happened to be a long talk over the telephone, one would invariably guess, Raj was speaking to Lata. By dint of a nondescript understanding, often hosting him in Jaipur fell on my frail shoulders. We were having tea in the afternoon in his room and he asked me to connect to her. I did it through the telephone operator. He was lost in gossipping, often bursting into loud laughter, his inimical trait. Was it about forty-five minutes long talk? The bill came along with telephone charges as additional service. Manoj, my son, asked – such a long talk to a number in Mumbai? I tried to pacify saying, keep the bill as a souvenir as it contained Lata's telephone number!

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## BABY BLUES



immensely pleased. So we relished rallies of ideas about wildlife, the central focus being Tiger and forest life. It was quality time spent over tea and snacks. She was found to be an intensely gentle listener and would abruptly say – "Mujhe jyada Nahin maloom, isliye aap hi batate jayenge..." No fourth person slipped in. So it was belly full. **Brit Etiquettes** Lata's first-ever event at Albert Hall in London, has been reminisced this week by many scribes. None tried to detail that the entire show was the brainchild of Raj. He ran errands to ensure it went clockwise. Throughout the event, Raj was observed occupying a rear seat. That was the seventies. It was time they decided to own a nest in London as die was cast for repeat visits. She was impressed by the Brit etiquettes. So came in their lap the seventh-floor apartment in a building called Lord's View, walking distance from Baker Street tube station in central London. Wonder how she tolerated in her bit tidy style of living, a man's clothing lying at sixes and sevens? The admirahs were overflowing with sarees this side and pants that side, bed was covered with woollens, scarves, neckties, and all that they put on their shoulders. The table in front of the sofa was bedecked with her photos, large and small, several in a row. A diamond ring or necklace would also find a place. He would assure to cook tea only to commit a mistake or two. She would take over with a gentle smile. The balcony opened towards the west. Across the road stood The Lord's, the oval euphemistically called Mecca of cricket in the world. Till the mid-90s they would watch cricket being played inside the stadium from this balcony. He was a life member of MCC. So would never pay entry. That day, Raj asked me to report at his apartment early to drive to Birmingham to watch the Test match. I stayed at Moor Park with Rukmani and NN Sharma. In utter haste, I missed early breakfast and took a tube to rush to the apartment. She opened the door to declare smilingly that he had already left for Birmingham, adding – nothing new for this forgetful person! Taking a taxi, they would reach Heathrow to board India bound flight only to be almost geroaed for she was soon recognized. They travelled luxury class. What premonition? On his 65th birthday, Raj set on fire almost entire purse to host a gala party at the poolside of Cricket Club of India. Likes of Farooq Engineer, Babu Nadkarni, Chandrashekhar, Hanuman Singh, and who's who of

Mumbai clicked glasses to say – long live Raj. John Wright, the first overseas coach for the India Test team, was amongst overseas guests. Raj got exhausted and called it a day past midnight. Early next morning I got a telephone call from him, he asked: Can you come soon to my apartment? On reaching I found him standing on pavement saying, let us drive to Siddhi Vinayak temple. As the car ascended a fly-over, he pointed his hand towards the right, asking me – do you know who lives there? It is Lata Ji's Prabhu Kunj, I murmured. Rest was grave silence. He had slipped into a deep personal nostalgia.

Their association was never a secret. Prakash Bhandari, a former Times of India journalist, Abdul Gani, a former sports journalist, K.M. Rungta, an ex Ranji Trophy captain for Rajasthan, can be named among those with whom Raj shared his secrets. Ashok Doshi and Devendra Sharma had plate-full experiences. At one time they served at Life Tubewells, a company Raj had set up. When a marble-granite project was to be set up in Udaipur, Raj became its Chairman and Lata as a member of its Board of Directors. Ashok was a natural choice to be its Managing Director. Devendra looks after Hotel Rajdarshan to this day. Many yield a variety of self-conceived stories about Lata to have provided medical support to Raj while he was bedridden.



Tiger Pataudi with Lata Mangeshkar, music director Madan Mohan and singer Talat Mehmod.



She was determined. She would have done it. The hospital, she had set up in Pune, was the destination. However, a close family member presented himself as the main caretaker. They said, he had eyes on Raj's land and properties in Pune and around Dungarpur? Knowing better about the family members, she would not let the London apartment go in anyone's hands. She assumed nonchalance but would keep knowing if his health would improve. I had spent some time giving him company while he stayed at Cricket Club of India. Along with Inder, alas, we had a brawl with one of his relatives. He passed away and a funeral was organized in Dungarpur. No condolence message emerged from Prabhu Kunj. Did she foresee destiny? Raj was a darling at Prabhu Kunj family. The irony was that Lata never received any iota of warm signal from his family. Raj stood like a rock for her throughout life. He had infinite regard for his father HH Maharawal Lakshman Singh of Dungarpur. So he fully realized his filial obligation to be too important in his life. Never to be united, both remained together as circumstances were curtailed by them. Cruel fate caused estrangement at twilight. They parted away. Forever, as one can say. ||||

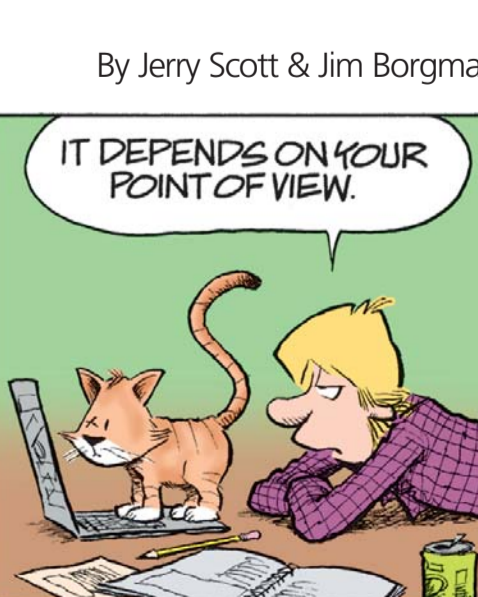
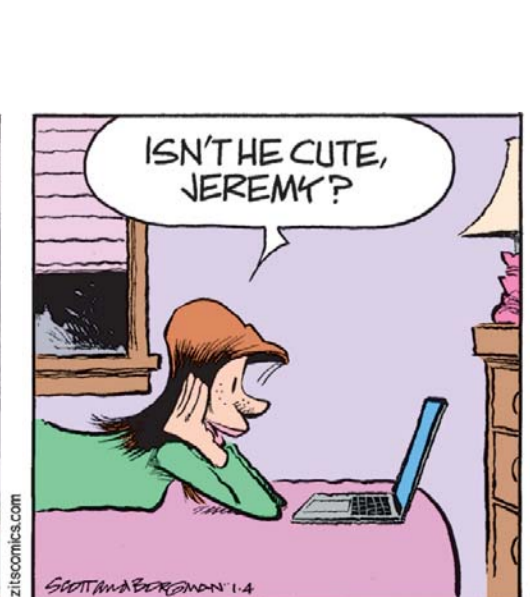
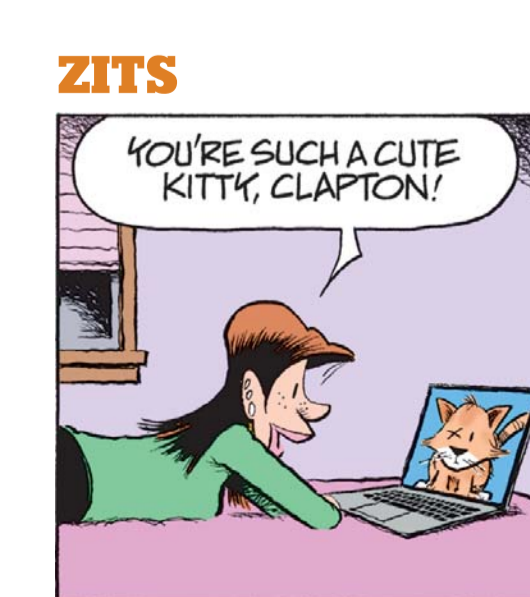
barrier for artists since they communicate with their creations." Dr. Mayaram also highlighted that ArtEco:2022 is the first event in the city post-pandemic with international participation. He hoped that more such events will continue to happen in the future. **An Inimitable Experience for Artists** The participating artists stayed in Hotel Clarks Amer for this expedition and the architecture, aesthetics and art works in the premises also fuelled their creativity. Sharing her experience, Russian artist and interior designer, Irina said that the impressive blend of European and Indian design elements at Clarks Amer inspired the artists to create art works depicting the diverse facets of the hotel as well. Another participating artist, Musa, who is an art professor at St. Petersburg University, found his muse not just in the monuments but also in the music, dance and people of the city. Similarly, Ankar Rana, an Indian artist who was a part of the expedition, shared how this coming together of artists of different nationalities for creating art brings a sense of community and belonging for the artists. **Stellar Display of Painting** Over the course of 10 days the artists created around 150 art works. The expedition concluded with a display of these paintings in the Brij Nest Lawns of Hotel Clarks Amer. The viewers of the exhibition and the artists not only relished the colourful display of art but also shook a leg to the tunes of the famed Rajasthanian musician, Nathul Solanki. The Chief Guest on the occasion was Vice Chairman, Rajasthan Economic Transformation Advisory Council, Dr. Arvind Mayaram. Expressing his views after going through the exhibition, he said: "Art transcends borders and nationalities. Language is never a

scapes. It helps in promoting an understanding of ancient Indian history and contemporary local culture. The first leg of the expedition was organized by Shransy International and Hotel Clarks Amer. **ArtEco: 2022 to go Places** Telling about the future plans, Shransy informed that post Jaipur, the ArtEco: 2022 expedition will also go to cities like Dhaka, Kathmandu, Srinagar, Kargil and Ladakh. The event is also supported by the Ministry of Culture, Tver in Russia and it will be beneficial for artists to showcase their talent and work in Russia. In all, this year there will be 84 international artists and Indian artists participating in the expedition. Apart from the pre-selected artists, there will also be local artists and students as day participants in each city. ||||

rawing the challenges of a pandemic, five passionate artists from Russia flew down to the Pink City to participate in a 10-day art expedition – 'ArtEco: 2022', held from 5 February to 14 February. In Jaipur they were joined by five Indian artists and each day they visited different monuments and open-air places of historical importance in the city such as Albert Hall, Jaigarh Fort, Sisodia Rani Ka Bagh, Nahargarh, Amber, Galta Ji, among others. Here the artists took inspiration from the myriad hues of their surroundings and created a plethora of plein air paintings depicting portraits, local landscapes, art installations, their co-artists, etc. **Promoting Heritage, Art and Culture** Talking about the objective of the art camp, the organizer Shransy Singh said that ArtEco: 2022 is a project designed to globally promote heritage, art and culture. It also aims at bringing awareness towards environmental and ecological issues through art and community participation at every level. The artists make plein air paintings, on-the-spot, of interesting locales, places of historical, architectural and cultural importance with beautiful local land-

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## ZITS



By Rick Kirkman & Jerry Scott

By Jerry Scott & Jim Borgman

## #ART EVENT

The art expedition 'ArtEco: 2022' began with a 10-day art event in Jaipur organized by Shransy International and Hotel Clarks Amer. Ten Russian and Indian artists visited various historical spots in the city and created around 150 plein air art works. The first leg of the expedition concluded with a stellar display of paintings at Hotel Clarks Amer.



## Art Inspired by Pink City



Tusharika Singh, freelance writer and city blogger.

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Dr. Arvind Mayaram and Shransy Singh going around the exhibition.