Annual Research Congress
(PGIHS RC 2023)

PROCEEDINGS

Postgraduate Institute of Humanities and Social Sciences
University of Peradeniya

Postgraduate Institute of Humanities and Social Sciences

**Proceedings of the PGIHS Research Congress
PGIHS-RC 2023**

ABSTRACTS

15th December 2023

**Postgraduate Institute of Humanities and Social Sciences (PGIHS)
University of Peradeniya, Peradeniya, Sri Lanka**

PREAMBLE

The 2023 Research Congress (RC) at the Postgraduate Institute of Humanities and Social Sciences (PGIHS) opens a wide space for postgraduate students to share their research experiences.

Following its vision, the PGIHS, affiliated with the University of Peradeniya, offers postgraduate degree/diploma programmes and short courses in 22 different disciplines under five Boards of Study. Further, its interdisciplinary/professional programmes provide additional opportunities to postgraduate students. The programmes and course syllabi are updated regularly through curriculum revisions by restructuring teaching methods and practices, the content of courses, and modes of evaluation to accommodate the student's needs, interests, and abilities.

The primary medium of instruction at the PGIHS is English, yet many students are interested in following degree programmes in either Sinhala or Tamil. Furthermore, a large number of PGIHS students have pursued their undergraduate programmes in Sinhala or Tamil. Therefore, for many students, the annual research congress becomes the first-ever experience to present their research work in English within a formal academic setting. Thus, the Research Congress is a platform that encourages postgraduate students to continue their studies and share their research findings with greater confidence in the universal de facto language of science, English.

The PGIHS-RC 2023 provides a forum to present postgraduate students' research in a wide range of disciplines within the Humanities and Social Sciences, where they can interact and establish research networks and collaborations with academics of different disciplinary backgrounds and both local and international researchers.

A total of 113 abstract submissions were received for the PGIHS-RC 2023. All submissions were subjected to a double-blind peer review process. Reviewers were experts in the academic fields relating to the congress themes. Out of 113 above, 72 abstracts were selected for oral presentations at the congress and published in the Congress Proceedings. This year, thirteen technical sessions under nine themes allowed authors to share their newest research results and findings in the respective related fields. Seven technical sessions in the morning and six technical sessions in the afternoon are organised under the themes of i) Demography, Economics, and Management, ii) Aesthetics, Culture, and Heritage, iii) Politics, Law, Governance, and Administration, iv) Society, Environment, and Spatial Development, v) Philosophy and Psychology, iv) Education, vii) Religious Studies, viii) Language and Literature Studies, and ix) Human Rights and Multiculturalism. Each session has a Chairperson and a Discussant who will serve as evaluators of the oral presentations. A plenary session at the end of each session opens the forum for the audience of peers and senior academics to ask questions, make comments and thus provide constructive feedback on their

research. The best presentation in each session will be awarded a certificate at the closing ceremony of the congress.

The Inaugural Session of the Research Congress will be held at the PGIHS with the participation of the Chief Guest, Mr. Mohammad bin Tuming, Counsellor, representing H.E. Badli Hisham Adam, High Commissioner, Malaysian High Commission in Sri Lanka. The other distinguished invitees are the Vice Chancellor of the University of Peradeniya, Professor M.D. Lamawansa, Deputy Vice Chancellor, Directors of Postgraduate Institutes, Deans of Faculties, Members of the Board of Management, and the Boards of Studies of the PGIHS. The Keynote Address of the Congress will be delivered by Professor Chin-Huat Wong from the UN Sustainable Development Solutions Network (SDSN), Sunway University, Malaysia.

We sincerely believe that the PGIHS-RC 2023 will provide an academically enriching and pleasurable experience for every author, presenter, and participant. We hope the critical discussions at the technical sessions will promote new ideas and avenues for collaborative research in the Humanities and Social Sciences.

Editor-in-Chief
PGIHS-RC-2023

15th December 2023

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11.00 a.m. – 1.00 p.m.	Technical Sessions
1.00 p.m. – 2.00 p.m.	Lunch
2.00 p.m. – 4.00 p.m.	Technical Sessions
4.00 p.m. – 4.15 p.m.	Tea
4.15 p.m. – 5.00 p.m.	Closing Ceremony

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CONGRESS THEMES
(TECHNICAL SESSIONS)

I. **Demography, Economics, and Management**

II. **Aesthetics, Culture, and Heritage**

III. **Politics, Law, Governance, and Administration**

IV. **Society, Environment, and Spatial Development**

V. **Philosophy and Psychology**

VI. **Education**

VII. **Religious Studies**

VIII. **Language and Literature Studies**

IX. **Human Rights and Multiculturalism**

PGIHS Research Congress – 2023
15th December 2023

PROGRAMME
Inaugural Session

Time: 09.00 – 10.30
Conference Hall of the PGIHS

08.55 a.m.   Arrival of Guests

09.00 a.m.   Lighting of the Oil Lamp

09.10 a.m.   Welcome Address by the Director/PGIHS
Professor Suresh J.S. de Mel

09.15 a.m.   Address by the Dean/Faculty of Arts
Dr. E.M.P.C.S. Ekanayake

09.20 a.m.   Address by the Vice Chancellor/University of Peradeniya
Professor M.D. Lamawansa

09.30 a.m.   Address by the Chief Guest
Mr. Mohammad bin Tuming,
Counsellor, Malaysian High Commission
Representing H.E. Badli Hisham Adam, High Commissioner, Malaysian High Commission in Sri Lanka

09.45 a.m.   Keynote Address
"Democratisation, Identity Politics and Majoritarianism in Malaysia"
Professor Chin-Huat Wong
UN Sustainable Development Solutions Network (SDSN) Asia Headquarters, Sunway University, Malaysia.

10.15 a.m.   Vote of Thanks by the Chairperson / PGIHS-RC 2023
Professor Athambawa Sarjoon

10.25 a.m.   National Anthem

10.30 a.m.   End of Inaugural Session

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Technical Session I

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Chairperson: *Prof. O.G. Dayaratna-Banda*
Discussant: *Dr. S.S.K.B.M Dorabawila*
Coordinator: *Dr. S. Maheswaran*

Theme II: Aesthetics, Culture, and Heritage

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Coordinator: *Dr. Sudesh Mantillake*

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93	Effect of Social Transformation and Impact of Electronic Media on Sri Lankan *Pirith Sajjhāyanā* *R.M.J.D.K. Rathnayake, M. Alawathukotuwa, and J. Wijayakulasooriya*
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Coordinator: *Dr. S. Baskaran*

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Coordinator: *Dr. H.D.P. Premarathne*

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37   The Increasing Impact of Small-Scale Entrepreneurs on Tourism
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43   Water Politics Discourse: A Case Study Based on the Kandalama
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ABSTRACTS

THE IMPACT OF POPULATION-RELATED FACTORS ON CARBON EMISSION IN SRI LANKA

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The global increase in carbon emissions is a pressing environmental concern, as it plays a significant role in climate change and affects ecosystems and human health. Population-related variables are significant drivers that have a crucial influence on carbon emissions. As a developing country, Sri Lanka's CO_2 emission increases annually. According to the World Bank data, Per-capita CO_2 emission in 1990 was 0.22 (metric tons), and in 2021, it became 1.13 (metric tons). This increase was recorded within 21 years. Therefore, this study aims to investigate the causal relationship via which population-related factors influence carbon emissions in Sri Lanka (1990-2021). The ADF unit root test confirmed that mixed-order integration of variables and hence the Auto Regressive Distributed Lag (ARDL) model combined with the STIRPAT model determined the relationship among variables in the model. The ARDL (1, 2, 0, 2, 0, 0) model is selected based on AIC, and the results confirmed the long-run and short-run relationships among variables. The population size (midyear population) did not significantly impact CO_2 emissions in the study period in Sri Lanka. The insignificant midyear population in the model implies that the country's total midyear population is not the prominent demographic factor for CO_2 emission in Sri Lanka. According to the study findings, the working-age population and per capita energy consumption positively and significantly impacted CO_2 emissions in the short and long run. These positive impacts confirmed that the working-age population is one of the prominent variables for CO_2 emission. In contrast, per capita GDP and energy intensity had a negative effect. Therefore, according to these findings, Sri Lankan economic structural changes, such as the service sector becoming a prominent sector and the industrial and agricultural sectors becoming 2nd and 3rd, have significantly influenced the CO_2 emissions in the country. Thus, this study's findings suggest that the Sri Lankan government should focus more on renewable energy sources while promoting and continuing the industrial sector's growth by adopting sustainable and eco-friendly policies. Furthermore, the working-age population should be responsible for minimising and reducing energy consumption while working to help achieve sustainable development and reduce the CO_2 emission that impacts world climate change.

Keywords*:* CO_2 emissions, STRIPAT model, Population-related factors, Sri Lanka

TRANSFORMATIVE PARADIGM RESEARCH AGENDA: A REVIEW OF SELLING APPROACHES IN A HIGH-INVOLVEMENT PURCHASE SITUATION

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Transformative research contributes to solving societal problems and is characterised by an explicit aspiration to get involved. In 2007, Mertens suggested that the transformative paradigm encapsulates the positions of researchers who question constructivist-oriented approaches. The aim is to catalyse change processes and involve social actors in the research process actively. This way, transformative research generates 'socially robust' knowledge needed for sustainability transitions. Thus, the study follows a transdisciplinary concept of knowledge. It serves to generate systems knowledge and integrates people in generating target knowledge transformation in concrete settings of societal norms transitions to sustainability. A review of extant literature has been carried out in selling approaches in high-involvement purchase situations. The purpose of this study is to contend that when it comes to social issues, the researcher intends to understand, interpret and make sense of the people who are involved and have an equal participatory pedestal to contribute to the research's planning, process and output. High involvement happens when a person anticipates the purchase, having personal relations to it with an increased risk. Thus, economic or social risk may overcome the purchase decision, indicating high involvement, where the consumer spends much time searching for buying. The reason for this is to increase risk and collect information about it. Such highly involved products are associated with emotional appeal, functional evidence and retailing service landscapes. Therefore, in such decision-making, people are provoked at a high level to search for information actively and process it. Nonetheless, consumers' informed-ness may not accurately represent true knowledge but rather what they believe they know. Personal selling is an instrument of promotion based on interpersonal two-way communication between the seller and buyer to make a sale. Personal selling approaches could be product or customer-centric. The product-centric approach is the traditional communication of transactional selling with emotional, discount, or price-cutting selling practices focused on unilateral revenue generation. The customer-centric professional selling consists of sales processes emphasising solutions and increasing customer-centric sales approaches. The focus is on satisfying the customer's needs by identifying the relevant points. Professional selling has developed in many aspects, such as consultative, solution, adaptive, and relationship selling, by considering customer centricity as the cornerstone. A transformative research paradigm would be constructive to revamp the stance of selling in high-involvement purchase situations.

Keywords: High-involvement purchase, Personal selling, Professional selling, Traditional selling, Transformative paradigm

IMPACT OF SOCIAL MEDIA ADVERTISING ON CONSUMER BUYING BEHAVIOUR IN SRI LANKA WITH SPECIAL REFERENCE TO ELECTRONIC GOODS

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Social media advertising has become essential to the electronic goods industry's most successful marketing strategy in recent years. In the context of the growth of social media, a considerable number of electronic goods retailers are beginning to acknowledge the advantages of utilising social media platforms to establish brand value. This study examined the influence of social media advertising on consumer purchasing behaviour concerning electronic goods. This study aimed to fill the existing research gap in the impact of social media advertising on consumer behaviour. This study adopts a descriptive quantitative research design, and data was collected through a self-administered questionnaire, including socio-demographic information, social media advertising engagement, content, frequency of exposure, and platform popularity. The target population of this study is active social media users in Sri Lanka from different provinces, and a sample of 300 consumers was selected using the convenience sampling method. The hypotheses were tested using Correlation and Regression analysis using SPSS software since the study aims to measure the impact of the independent variable on the chosen dependent variable. According to the demographic and economic descriptive statistics, the majority of the respondents' age group is between 26-35 (66%), implying that most of the young adult generation uses social media platforms. The R-square value in this study reordered the 0.546 value, suggesting that the independent variable explained 54.6% of the dependent variable. According to the linear regression model, Social Media Advertising engagement, content, frequency of exposure, and platform popularity positively and significantly impact Consumer buying behaviour. Therefore, the regression coefficient results imply that if the other things remain constant, a 1% change in social media interaction on social media platforms impacted increased consumer buying behaviour by 44.3%. Furthermore, this study found that the most suitable advertising types for changing consumer buying behaviour are WhatsApp, Facebook, and YouTube because consumers are more engaged with these social media platforms, and other social media advertising platforms have a lower impact on changing consumer behaviour. Therefore, marketers can follow up on these research findings to make more influential advertisement campaigns through the above social media platforms. Therefore, organisations must concentrate on producing excellent content, such as videos, pictures, and interactive posts that successfully highlight the features and advantages of electronic products. Including evidence may attract Sri Lankan customers' attention, stimulate their curiosity, and eventually impact their purchasing behaviour.

Keywords: Advertising, Consumer buying behaviour, Electronic goods, Social media

THE IMPACT OF SELECTED SOCIO-ECONOMIC FACTORS ON PER CAPITA ELECTRICITY CONSUMPTION IN SRI LANKA (1977-2021)

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Electricity consumption measurement is an essential indicator for assessing a country's energy usage, including its economic advancement and the way of life adopted by its population. In achieving sustainable economic development and mitigating energy security and environmental issues, it is vital to recognise the complex interdependencies among economic, demographic, and energy-related factors. This study investigates the specific correlation among the Consumer Price Index, working-age population, economic growth, and per capita electricity power consumption in Sri Lanka from 1977 to 2021. Therefore, after identifying the mixed integrated stationarity of selected variables, the Auto Regressive Distributed Lag (ARDL) model was employed to determine the long-run and short-run relationship. The diagnostic tests confirmed that the estimated parameters and model (1,1,0,1) are stable in the long run. This study used the natural logarithm of Per capita electricity power consumption (Kwh) (PCEC) as the dependent variable and Consumer Price index (CPI) annual percentage, working age population (15-65 age workforce- POP), and Gross domestic production (GDP) in current prices as main independent variables. The ARDL bound test confirmed that there were long-run relationships among variables. According to the ARDL, short-run and long-run results show that POP and GDP positively and significantly impacted PCEC, while CPI negatively and significantly impacted PCEC in Sri Lanka. The ARDL Error Correction model error term shows a negative and highly significant value of -0.2159, suggesting that D(LNGDP)) and D(LNCPI)), deviate from their long-term equilibrium; about 21.59% of this deviation is corrected in the short-term. According to these results, when CPI increases, it will reduce the country's per capita electricity power consumption and lower the country's production level. Therefore, the government should focus on maintaining a lower inflation level within the economy and improving and innovating new electricity generation projects such as wind farms and solar power to gain and enhance economic growth with active labour force participation. Additionally, the findings demonstrate the capacity to forecast per capita electricity consumption by considering the working-age population's size in an economy. This information is valuable for policy formulation regarding electricity consumption.

Keywords: ARDL model, Economic growth, Electricity consumption, Inflation, Labour force

EMPIRICAL ASSESSMENT ON HOUSEHOLD ELECTRICITY EXPENDITURE AS A PROXY FOR POVERTY MEASUREMENT IN SRI LANKA

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Sri Lanka's social safety-net mechanism changed due to the economic crisis that struck in 2022. The change shifted poverty measurement to identify poor households (HH) from a monetary measure to a measure based on multiple dimensions, including health, education, and living standards. The multi-dimension poverty measure led to misidentification of the poor and social upheaval. This study explores HH electricity consumption as an alternative poverty assessment measure that is easy, cheap, verifiable, and objective. Using data from the 2019 HH Income and Expenditure Survey (HIES) in the Kilinochchi district (N =379), a scatter plot analysis was initially employed to visualise the association between HH consumption expenditure (Rs/M/HH) and HH electricity expenditure (Rs/M/HH) and found a positive trend relationship. Pearson's correlation test indicated a 0.34 correlation between the above variables. A regression model was formulated, using stepwise and weighted least squares OLS analysis, to predict HH monthly electricity consumption from HH consumption expenditure. This model was used to estimate the HH Monetary Poverty Equivalent (monetary poverty line of 23481 Rs/M/HH in 2019) and electricity consumption (MPEE = 580 Rs/M/HH = 62 kWh/M/HH). Using the MPEE as the poverty threshold, poor HH were identified as 59% of the sample as compared to 28% of the sample being poor as identified using the monetary poverty line. The inclusion and exclusion errors using MPEE *vis-a-vis* consumption expenditure poverty line was estimated at 36% and 5% of the population, respectively. The exclusion error of identifying the monetarily rich as poor would lead to an inefficient allocation of resources to a social safety-net program. A Welch t-test carried out to check whether there is a difference in means between the HH consumption expenditure of those identified as poor using the monetary indicator and the electricity consumption indicator was found to have a significant difference in means. This indicated that the selection of poor by the two indicators was different. The results revealed a reasonable positive relationship between the above variables, implying that electricity consumption may be a good proxy measure of poverty. However, the substantial inclusion error and the result of the Welch t-test do not allow us to confidently conclude that HH electricity consumption is a satisfactory proxy measure of poverty. Given its exploratory nature, more comprehensive investigations are required to establish a conclusive and robust relationship between household consumption expenditure and poverty.

Keywords: Electricity cost, Measurement, Poverty, Proxy, Safety-nets

THE ROLE OF STRATEGIC LEADERSHIP IN START-UP ORGANISATIONS

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Effective leadership is required for an organisation to sustain its operations in the face of problems caused by the chaos, downturn and crisis in the environment. However, when the leaders are not prepared to manage such unpredictable situations, it will negatively impact the organisation's performance. The world is in a massive transition, affecting every market and business organisation. The widely accepted view in the 21st century is that innovation and entrepreneurship are the main forces behind economic development and social transformation. More importantly, start-ups are newly formed and fast-growing entrepreneurship that aim to fill the marketplace gap. Thus, the study seeks to demonstrate the strategic leadership of a start-up business in a crisis, specifically in Sri Lanka. The modern business environment is featured with volatility, uncertainty, complexity and ambiguity (VUCA), which requires transformations for the business organisations. Strategic leadership is concerned about the capabilities of top executives in a business organisation to create a sense of direction in pursuit of high performance. Hence, strategic leaders should appropriately possess adaptive capacity to respond to the dynamics and complexities in the external environment. Therefore, this paper discusses systematic literature review as a methodology for conducting research and offers an overview of different types of reviews. A systematic literature review methodology was employed to clarify the concepts of strategic leadership and crisis to provide an overview of the existing theory. Moreover, this study examines the different perspectives on strategic leadership and how it affects the start-up during a crisis. It thoroughly examined the concept of strategic leadership. The prominence of research is assessed by studying the year of publication, journal of publication, country of study, citation analysis and content analysis of the literature gathered from Google Scholar database of peer-reviewed literature, scientific journals, books and conference proceedings. The result was that leadership with a strategic mindset tried to prompt, facilitate, and accelerate the progress towards sustainability**.**

Keywords: Crisis, Start-up organisation, Strategic leadership

IMPACT OF PUBLIC DEBT ON ECONOMIC GROWTH IN SRI LANKA

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Economic growth is one of the major goals of every economy. Governments are borrowing money from both domestic and foreign sources to finance fiscal policy, ensure socio-economic stability and increase investment in human and physical capital. Keynesians believed that public debt had a favourable impact on economic growth, whereas monetarist economists argued that it had a negative effect, and Ricardian's theory confirmed that it had a neutral impact. Sri Lanka's public debt to GDP ratio has increased from 68.6% in 1977 to 113.8% in 2022. Hence, this study is focused on investigating whether Sri Lanka's public debt has affected the country's economic growth. This study has utilised the annual data collection by the World Bank and Central Bank from 1990 to 2019. Annual growth rate of gross domestic production (GDP), domestic debt (DDT), external debt (EXTD) and education expenditure (EDU) as a percentage of GDP were used as variables. EDU has been used as a proxy variable for human capital investment. An autoregressive distributed lag (ARDL) technique measures the co-integration relationship between variables. EDU is stationary at level, GDP, DDT, and EXTD are stationary at the first difference, corresponding to the Phillips Parron tests. The AIC suggests adopting the ARDL (1,1,0,0) model. The chosen model indicates that the selected model and estimated parameters are stable over the long term by passing all diagnostic tests. The bound test confirmed that the co-integration link between the variables should have a long-run correlation among the variables. The findings imply that the long-term and short-term effects of Sri Lanka's domestic debt are adverse and significant for economic growth. External debt has a substantial negative impact on GDP in the long run. Educational expenditure affects economic growth positively in the long run. Since the ECT (-1) coefficient is significantly negative. According to the analysis, policymakers must discourage themselves from depending on debt to finance fiscal deficits and need to improve human capital in a very effective way to generate revenue. The country needs to improve the quality and skill of its human capital to adapt appropriately to the global labour market's direction.

Keywords: ARDL model, Domestic debt, Economic growth, External debt

A STUDY OF COSTUMES AND THE USE OF MOTIFS IN THE TEMPLE MURALS OF THE KANDYAN TRADITION: A STUDY BASED ON SELECTED TEMPLE MURALS OF LOW COUNTRY

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Ancient visual art can be described as an archaeological tool that brings objective and absolute knowledge from past human culture to the present. It reveals a wide variety of information about humans from those days. The primary research area of this study focuses on the usage of costumes and their motifs in the temple murals of Kandyan tradition, specifically within two selected temples in the southern province, namely *Kathaluwa Purwaramaya* and *Thotagamuwa Thelwaththa Viharaya*. Although there have been a number of studies related to the nature of clothing and its use in the visual arts found in the Kandyan tradition, such research has focused on the surface nature of clothing, design patterns and the individual roles it portrays. However, a gap exists in scholarly inquiry into the underlying significance of clothing concerning styles, individual and social spaces, social status, ranks, power dynamics, respect, class, caste, regional identity, and other cultural influences. Therefore, since art is a social activity and a unique human activity, a close reading of the old visual arts can reveal much information about social culture, space, and individual ideology of that time. The costumes and their designs have the potential to function as a distinctive archaeological visual source, aiding in uncovering the authentic identity of the information disclosed by these sources. This holds true for the specified period, whether written sources are present or absent, contributing to the understanding of social character during the formation of the history of ancient visual arts. Therefore, this study aims to explore and analyse how the clothing and designs featured in Kandyan paintings can represent society during that period, investigating their potential as archaeological visual sources in historical reconstruction. The examination revealed that artists deliberately utilised designs, colours, and various costume types to visually express the social hierarchy and centralisation of power in that period. While this academic study primarily uses qualitative research methodology, a rational analysis is also expected to be carried out. The data collection procedure mainly focuses on primary sources and studies conducted on selected temple paintings, museum observations and interviews conducted with art historians and artists who belong to transitive traditions. Furthermore, as secondary sources, information is primarily expected to be collected from books, magazines, and articles.

Keywords: Archaeological visual sources, Ethical activities, Social institutions, Tradition

THE PLACE OF SOUTH INDIAN MUSIC IN THE SRI LANKAN MUSIC EDUCATION

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This study investigates preferences regarding South Indian music, which explores the political and aesthetic reasons for the minus popularity of Carnatic music in Sri Lankan music education, seemingly historically, politically, and geographically considered much closer to the Sinhalese population. In Sri Lanka, from the period of Kotte (1412- 1597 AD), the South Indian influences on Sri Lankan music began to increase due to many reasons, such as the worship and rituals of the Hindu temples, the marriages that happened between the Sinhalese kings and south Indian princesses as well as court procedures. Accordingly, the history of Sri Lankan theatrical and musical forms such as *Vannam, Kirtanam, Prashasthi, Kolam, Sokari,* and *Nadagam* are enriched with South Indian musical influences. However, in the late 19th and early 20th century, South Indian music began to retreat considerably in the country for various reasons. The objective of the study is to analyse various opinions and statements applying a critical, genealogical understanding of the theory of 'Nationalism,' exploring how it has been expressed in the past as an inter-elite connection between Sinhala and Indian (North and South) people under the focus on Indian music. In this paper, we argue how the social, cultural, and historical contexts of musical practice may lead to developing some insights by analysing various opinions and statements about the significance of musical behaviour. This study would contribute to a more detailed picture of cultural relationships nurtured and practised until current times. This is a new research study analysing the country's long-term situation of music education. Qualitative musical analysis has been used as the main approach in this study. Data was collected from academic, grey literature, open-ended interviews, participant observations, and auto-ethnography.

Keywords*: Carnatic music, Music education, Nationalism, Popularity, Sinhalese, Sri Lanka, Tamil

AN EXPLORATORY STUDY ON *NANUMURA MANGALYA* IN *DALADA MALIGAWA, JAYA SRI MAHA BODHIYA* AND *KATHARAGAMA DEVALAYA*

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Nanumura Mangalya is a custom which explains the relationship between Sri Lankan culture and religion. It involves bathing a statue or other sacred object with water or other medical or aromatic liquid. This custom mainly occurs in connection with temples and religious places like the Temple of the Tooth Relic, *Jaya Sri Maha Bodhiya,* and *Katharagama Devalaya*. According to customs of *Mahanuwara Dalada Maligawa,* it is an offering held for *Dalada Wahanse* every Wednesday. There, they made something like a liquid which we called "Nanu" by using medical ingredients such as saffron, *Rathhadun (Pterocarpus santalinus Linn)*, *Suduhadun (Santalum album)*, *Gorochana (Extractum fellis bovini)*, *Amukaha (Curcuma longa)*, ginger, etc. there is a tradition to collect them in a small pot and take them to the *Sathara Maha Devala* and other *Devalas* which are mentioned in the recipe. The *Nanumura* festival of *Jaya Sri Maha Bhodhiya,* Anuradhapura, is similar to the *Nanumura* festival of *Maligawa.* Still, there are some differences in the dates when it is held or the duration and rituals they offer. Because of the inspiration from Hinduism, *Katharagama Devalaya* celebrates this differently than the two previously mentioned. According to Buddhism, it represents how the venerable Ananda bathed Lord Buddha. There are common features in the N*anumura Mangalya* in these places. Therefore, this study aims to find out the rituals, their uses and identity features in *Nanumula Mangalya*. This critical research used *Mahavamsaya, Thupavamsaya* and *Dalada Sirita*. Thus, Sri Lankan culture has many different and unique cultural elements that have been united by being nourished under a religious face and guided by some discipline. Therefore, the study revealed that the *Nanumura* festival is important as a cultural element that has evolved with unique cultural characteristics even though it is performed in different religious institutions.

Keywords: Culture, Devalaya, Jaya Sri Maha Bodhiya, Katharagama, Nanumura Mangalya

EFFECT OF SOCIAL TRANSFORMATION AND IMPACT OF ELECTRONIC MEDIA ON SRI LANKAN *PIRITH SAJJHĀYANĀ*

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Recently, the world has experienced significant social transformation, leading to changes in attitudes, beliefs, and practices. This transformation has profoundly affected religious chanting, including *Pirith Sajjhāyana.* "*Pirith*" in Sinhala, "*Paritta*" in Pali and "*Parithrana*" in Sanskrit refers to the chanting (*Sajjhāyanā*) of Buddhist scriptures known as "Sutra" which is a tradition mainly in Sri Lanka and Southeast Asia. It is a known fact that traditionally, in *Pirith Sajjhāyanā*, the variation of pitch is kept at a minimum due to fundamental concepts in Buddhism. But along with cultural diffusions with time, technological advancement, and increasing complexity of the needs of the society, traditional *Pirith Sajjhāyanā* has been subjected to change from its primary roots. This research examines the causes that lead to changes in the production and perception of the *Pirith Sajjhāyanā*, social transformation, and the impact of electronic media. Audio samples from 40 *Pirith Sajjhāyanā's* have been used as primary sources. Then, the prescribed sound samples were analysed using a computer program and plotted onto a feature space. Further, using the results obtained through the computer programme has been considered to do acoustic analysis and to analyse selected *Pirith Sajjhāyanā* from a Socio-Psychological point of view. The acoustic analysis results indicated that different genres of *Pirith Sajjhāyanā* are mapped to different regions in the feature space. In contrast, the socio-psychological approach suggests that social transformation, along with historical development by contact with social, political, and economic circumstances, paved the way for the origin of commercialised *Pirith Sajjhāyanā*. Overall, it can be examined that the results of social transformation and advancement of technological methodologies on Electronic Media depict a massive contribution to popularising and uplifting commercialised *Pirith Sajjhāyanā*. However, it relinquishes the exuberance embedded in Traditional *Pirith Sajjhāyanā.* Finally, the research concludes that social transformation and electronic Media have had a significant impact on *Pirith Sajjhāyanā*, drastically changing the production and perception of the chanting.

Keywords: Commercialised, Electronic media, *Pirith Sajjhāyanā,* Traditional, Transformation

ADOPTING A THEATRE PRODUCTION INTO A FILMED-DRAMA FOR AN INTERVENTION ON ALCOHOL-RELATED HEALTH AND SOCIAL MESSAGES (ARHSM) IN SRI LANKA

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Research highlights the prevalence of high alcohol consumption rates, particularly among young males aged 25-39, in both urban and rural Sri Lanka. To address this issue from 2018 to 2023, the South Asian Clinical Toxicology Research Collaboration (SACTRC) organised a theatre-based community intervention aiming to raise awareness of alcohol-related health and social problems in the Anuradhapura district. A live theatre production (TP) was developed to deliver alcohol-related health and social messages (ARHSM), focusing on the life journey of a young driver who struggles with alcohol addiction and eventually recovers. Although this was initially planned as a live performance, the project adapted to the COVID-19 pandemic by creating a filmed drama based on the live theatre production. As a practice-led study, this paper examines the process of adopting live theatre production into a filmed-drama for ARHSM. The primary objective of this study was to identify the most effective visual recording approach to adapt TP to the film medium while keeping the quality of a live TP. We had to choose between two methods, namely, the single-camera method (SCM) and the multicamera method (MCM). Given the nature of this practice-led study, a qualitative research design was adopted, utilising various methods in two distinct phases. 1. Blocking Phase: The eight scenes of the TP were re-constructed into individual shots, and a storyboard was drafted to outline the sequence. 2. Presenting Phase: The storyboard was analysed using the form of the film, including narrative, direction, cinematography, mise-en-scène, and editing. Film theories of formalism, realism, and approaches such as Eisenstein and Jean-Luc Godard were used in the creative process. This was vital in the filmed-drama since the TP's narrative follows a linear path, and the human characters' acting is naturalist, while the mise-en-scène and the acting style of the non-human character (demon) adopts a more stylised approach. Analysing the shot list breakdown underscores the importance of effectively employing various shots to convey the ARHSM. Additionally, continuity editing plays a crucial role in maintaining a linear narrative and continuous flow. Furthermore, recording an entire scene in one go ensures the natural flow of actors' performances and contributes to efficient time and budget management. Considering all these factors, when theatre productions are adapted to the film medium with an emphasis on ARHSM, the MCM emerges as the most productive approach for a filmed-drama intervention.

Keywords: ARHSM, Filmed-drama, Multicamera, Single-camera, Theatre intervention

THE TRAGEDY BEHIND 'SHE IS MY WIFE': THE NEED TO REFORM THE LAW OF MARITAL RAPE IN SRI LANKA

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The most straightforward question in determining the commission of rape is whether the victim has been given free and voluntary consent to the act of sexual penetration by the defendant. Being married to the defendant is no exception to constitute rape. According to different studies, despite criminalisation or not, marital rape is a global tragedy, and it has been identified as more prevalent than rape committed outside the purview of marriage by strangers or ex-partners and has equivalent catastrophic effects on the victims. Even though the Sri Lankan government has attempted to take steps to protect women against rape within the purview of marriage, it was never a success due to different cultural considerations. Except for the slightest protection provided under the Domestic Violence Act no 34 of 2005, the Sri Lankan law provides no legal framework for marital rape unless the parties are judicially separated under section 363(e) of the penal code. The objective of this study is to discover how Sri Lankan law can afford legal protection to victims of marital rape and the necessity of reforming the law of rape in Sri Lanka to include marital rape without limiting it to a judicial separation mechanism. The doctrinal research methodology was adopted to analyse how the existing legal system can be reformed to criminalise marital rape. This study was limited to comparatively analysing the legal and human rights frameworks on marital rape on selected jurisprudence, including the International Women's Rights framework in the United Kingdom, South Africa, and Sri Lanka. This research argues that the State's failure to criminalise marital rape is a violation of the international state obligation toward the elimination of all kinds of discrimination against women. The paper concludes that, while respecting the sanctity of marriage, legislative reforms should be brought with the amendment to the defence of 'she is my wife' under the Penal Code of Sri Lanka by criminalising marital rape.

Keywords: Cultural sanctity, Domestic violence, Equality, Marital rape, Women's rights

A POLITICAL ANALYSIS ON POWER IN THE VIEW OF MACHIAVELLI

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Machiavelli's political thought, which identifies human virtues as anti-social and dishonest, is considered the highest creation. Can human personality be defined by power alone? There are pitfalls. Therefore, this study analyses the concept of power and its relevance in the thought of Machiavelli, the father of modern politics, from a political point of view. However, it cannot be denied that his ideas continue to influence the modern political world today. When looking at the ideas of his book "Prince", it can be observed that he is also subject to the influence of the situation like other political thinkers because the government is the focal point of his ideas. He did not give importance to morality, religion, and culture. He asserts that government can be organised through power. Therefore, even though he used some Greco-Roman period sources in his studies, he rejected medieval ideas. Although he did not respect the people of France, he liked its administration. He preferred Germany due to its united nature. They argue that Machiavelli's ideas are inhumane because he was psychologically affected and did not care about the goals. Machiavelli's "The Prince" and books and articles on political science and political philosophy were sources for this study. In terms of research methodology, the critical evaluation method of philosophical belief, the clarification method of concepts, the analytical method, the synthesis method, and the critical method have been used in this study. According to Machiavelli, it has been decided that a country can only thrive if a king has complete sovereignty, but its appropriateness in modern times is questionable. When a government travels through democracy, there should be an environment where all the people living in that government can fully enjoy rights, equality, and freedom. However, Machiavelli's views on power are seen as knocking it down or blocking it. Therefore, applying Machiavelli's theory of power to the full extent in modern times has practical problems.

Keywords: Government, Kingdom, Power, Sovereignty, The Prince

A LEGAL ANALYSIS OF THE EXPLOITATIONS AND RIGHT VIOLATIONS FACED BY MUSIC COMPOSERS IN SRI LANKA

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This research paper focuses on the exploitations and rights violations faced by music composers (those who compose music to songs) a widely exploited and neglected faction of professionals - through a legal point of view and proposes solutions to remedy such situations. Though the Intellectual Property Act No. 36 of 2003 validates songwriters as legitimate copyright holders, they are deprived of the economic and moral rights they are entitled to and from such legal ownership. Due to studies on issues faced by music composers being non-existent in Sri Lanka, the current research mainly discovers its findings through data acquired from interviews done among stakeholders in the industry. Thereby, 17 personnel were interviewed, including six songwriters, the Director General and Copyright officer from the National Intellectual Property Office, two attorneys-at-law, representatives from Collective Management Organisations, Broadcasting Organisations, Music Publishing Companies, and the Inland Revenue Department. It was evident that such exploitations happen mainly by Broadcasting Organisations, vocalists, and Recording Companies, who profit from songs but fail to pay royalties. Moreover, TV stations, radio stations and singers who broadcast or perform these songs also fail to credit composers despite it being their moral right. Recording companies, too, exploit songwriters through their contracts, which transfer full ownership, i.e., copyrights of composers' songs to these companies, also making them entitled to more significant percentages of royalties. All such exploitations and blatant rights violations faced by composers are mainly due to the lack of implementation of the law and the lack of legal awareness of Intellectual Property in Sri Lanka. Another main contributory factor to this issue is the lack of a properly functioning Collective Management Organisation, coupled with other weaknesses in the Copyright regime, such as the inefficiencies of the National Intellectual Property Office, etc. Thus, to rectify this predicament, Copyright law must be expanded and implemented effectively. More essentially, a music licensing scheme must be adopted and put into effect through a properly functioning Collective Management Organisation, which must be established imminently. The existing legislation surrounding Copyrights, too, must be supplemented with new clauses to safeguard composers. Measures must also be taken to spread awareness of Copyrights in Sri Lanka. Incidentally, this study also dwells into the copyright regimes of other jurisdictions, such as the USA and India and the mechanisms adopted by them to safeguard composers, with the expectation of proposing similar remedies to improve the Copyright regime surrounding composers in Sri Lanka.

Keywords: Collective Management organisations, Copyrights, Intellectual Property Rights, Music composers, Royalties

ENHANCING CHILD-CENTRIC JUSTICE SYSTEM:
CHALLENGES, STRATEGIES, AND LESSONS FOR SRI LANKA

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Sri Lanka has set out to create a legal framework that prioritises children's rights and welfare within the judicial system, in line with the global movement towards child-friendly justice systems. The legal framework in Sri Lanka encompasses several statutes addressing matters within the realm of juvenile justice, child victims, and children who conflict with the law, such as the Children and Young Persons Ordinance 1939, Assistance to and Protection of Victims of Crime and Witnesses Act, No. 10 of 2023, and the Youthful Offenders (Training Schools) Ordinance. Furthermore, Sri Lanka became a signatory to the Convention on the Rights of the Child in 1991, affirming its commitment to upholding children's rights. The objectives of this research are to comprehensively analyse the legal framework of Sri Lanka and the multifaceted legal and practical challenges impeding the realisation of this crucial goal and to propose strategies to overcome these challenges and enhance the justice system's child-centric nature. Utilising a qualitative research approach, this research collected secondary data from diverse outlets, encompassing legislative documents, scholarly articles, legal precedents, and in-depth expert interviews. The study's key findings indicate that although Sri Lanka's legal framework incorporates provisions to establish a justice system favourable to children, there is a need to revise outdated laws and conquer practical challenges to secure the full spectrum of children's rights within the justice system. The study reveals that in addition to antiquated laws, numerous practical challenges impede the establishing of a child-friendly justice system in Sri Lanka. These challenges include delays in court procedures, inadequate training for officials handling cases involving children, unethical media practices, the ineffective functioning of the juvenile court system, and the absence of comprehensive data on juvenile offenders and child victims. The study puts forth several strategies to address these challenges, including the introduction of a structured counselling system, the implementation of measures to alleviate case delays, providing a comfortable environment for child testimony in court, and the initiation of an awareness program designed to promote understanding and awareness of juvenile delinquency.

Keywords: Child, Justice system, Obstacles, Rights, Strategies

SRI LANKA'S GEO-STRATEGIC SIGNIFICANCE IN THE EMERGENCE OF MULTIPOLAR GEOPOLITICS IN THE INDIAN OCEAN

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Sri Lanka's strategic location in the middle of major sea lanes connecting the global east to the west has allowed it to hold a unique position in modern geopolitics. The country laid the foundation for contemporary maritime cooperation and achieved geoeconomic significance by facilitating trade between major powers since colonial times. In the post-colonial era, Sri Lanka assumed a multifaceted role through economic partnerships, diplomacy, active regional participation, and strengthening regional relationships. The Indian Ocean exhibits a multipolar nature, characterised by the presence of multiple major powers like India, China, and the United States. This requires Sri Lanka to navigate the complexities of international politics and maintain cooperation in the Indian Ocean region through diplomacy and negotiation. This study seeks to identify the impact of multipolar geopolitics on Sri Lanka and how the country navigates the intricate geopolitical manoeuvres that characterise the Indian Ocean's geopolitical landscape. The data for the present study was collected using secondary sources. The study utilises a multidisciplinary approach by combining historical analysis, policy evaluation, and geopolitical assessment to determine how Sri Lanka is affected by the emerging multipolarity in the Indian Ocean. It identified that Sri Lanka holds a unique position in the region's geopolitical dynamics owing to its strategic location, historical ties, and diplomatic manoeuvres. The study highlights the country's participation in regional security initiatives, such as the Indian Ocean Naval Symposium, and its non-aligned foreign policy to reaffirm its commitment to maintaining stability in the region. However, the study finds that Sri Lanka's challenge lies in managing its diverse geopolitical engagements with various state and non-state actors without compromising its national interests, especially because Sri Lanka's role in the Indian Ocean has regional security and stability implications. As the region attracts increasing attention from major powers, Sri Lanka could be heavily impacted by the security dynamics in the region. The findings indicate that Sri Lanka's contribution to the emergence of multipolar geopolitics in the Indian Ocean involves fostering regional cooperation, participating in regional forums, and promoting equitable engagement with various partners to address common challenges and navigate the intricate geopolitical landscape. The research suggests that further collaborations among regional associations and organisations will contribute to the maintenance of sovereignty and the territorial integrity of the region from external influences.

Keywords: Geopolitics, Indian Ocean, Multipolarity, Power, Sri Lanka

THE POLITICAL ROLE OF PLANTATION TRADE UNIONS: EVOLUTION OF LABOUR MOVEMENT IN SRI LANKA

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In the wake of the Industrial Revolution, trade unions emerged as crucial entities dedicated to addressing the daily challenges of workers, safeguarding their welfare, and upholding their rights. In Sri Lanka, the trade unions representing the plantation community have served as prominent political and social agents for the past eight decades. However, this study highlights that these trade unions, while advocating for the interests of the populace, have also engendered conflicting opinions among the people. This research aims to discern the contemporary function of plantation trade unions in light of this issue. The study analyses six independent variables, namely trade union structure, rights and awareness, ideology, demands and results, development projects, and participation in national politics which have been used to examine the dependent variable: the role of trade unions in the political socialisation process. The study employs the theoretical framework of Arthur Ross' (1948) institutional and political approach. Five major unions representing workers in estates managed by regional plantation companies, the State Corporations, and tea smallholders in the Nuwara Eliya District were chosen as the sample for this study. Primary data was gathered through direct observation, semi-structured interviews, and focus group interviews and was complemented by secondary data from statistics and research papers. A triangulation method incorporating field observation, documentation analysis, and expert review validation of the data for content analysis was conducted. While predominantly qualitative methods were employed for data analysis, quantitative techniques were also utilised to ensure data accuracy. The study reveals that plantation trade unions exploit caste distinctions among the populace to consolidate their authority. Moreover, women are strategically hindered from participating in political and trade union activities through the perpetuation of patriarchal norms. The unions also capitalise on the sentiment of Indians prevalent among the Tamil population in plantations, contributing to a distinct political culture that lacks principled political behaviour. Furthermore, the research findings indicate that the Plantation collective agreement-related trade union and these unions do polities under the trade union process. The essential needs of the people are often manipulated for electoral gains. To rectify these issues, it is imperative to restructure plantation trade unions into entities that foster democratic ideologies within the unique trade union-centric sub-political culture of the plantation population. This entails unifying individuals of all Indian origins into the broader national political arena.

Keywords: Bargaining power, Collective agreements, Political participation, Trade union

POST-MARITAL RESIDENCY TYPES IN JAFFNA DISTRICT

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This study examines the post-marital residency rule, which defines where a person resides after marriage in the context of the Jaffna District, aiming to challenge prevailing misconceptions. Post-marital residency significantly influences lineage flows, property inheritance, gender preferences, domestic labour division, and power relations. While existing literature mainly depicts Jaffna as patrilocal, where women move to their husbands' residences after marriage, this research takes an exploratory approach to uncover spatial variations and dispel inaccuracies. Based on an ethnographic and spatial analysis of data collected from diverse research tools involving semi-structured questionnaire surveys (103), focused group interviews (06), key informant interviews (81), and informal discussions, the study reveals that the prevailing pattern in Jaffna is primarily matrilocal, with men relocating to their wives' residences after marriage. The matrilocal residency exists in the major geographical zones of the Jaffna peninsula as follows: in Thenmaradchy, in Vadamaradchy (except agamic castes that wear holy ropes and specific fishing communities with ties to the Coromandel Coast), in the islands (excluding Karainagar), and in Valikamam (except agamic castes in the north, the Muslim community, and Valikamam West Divisional Secretariat areas). Notably, Valikamam West has an ambilocal system, allowing couples to choose between relocating to either partner's family vicinity. All the other above-mentioned exceptions adhere to patrilocal practices. Apart from these customary practices in post-marital residency arrangements, neo-locality, in which married couples reside in a new place that is independent of both of their families, is observed in places that receive housing schemes and in other places due to social transformations driven by urbanisation, employment opportunities, and individual choices. In many instances, the immovable dowry assets remain safeguarded by the life interests of the woman's parents and the marital ties she establishes. This study, while substantially revising the conventional assumptions regarding post-marital residency arrangements in Jaffna and establishing the prevalence of matrilocality in the district, also paves the way for a revaluation of associated gender-based power dynamics and challenges through the examination of the dowry system within the matrilocal context. The findings deconstruct the criticisms of the customary dowry system and emphasise the endurance of matrilineal dowry rights within matrilocal societies. Ultimately, this study significantly contributes to a more accurate comprehension of the family system among the native Tamils of Jaffna.

Keywords: Dowry, Family, Matrilocal, Post-marital residency

THE INCREASING IMPACT OF SMALL-SCALE ENTREPRENEURS ON TOURISM DEVELOPMENT IN ELLA

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Ella, a sleepy mountain hill town in Badulla, became a top tourist destination after 2010 as a base for eco-tourism with its breathtaking nature and lush forestations. This study examines the impact of small-scale entrepreneurs on tourism in Ella, focusing on the period from 2010 to 2020. This analysis reveals the contributions of these entrepreneurs in driving tourism development, fostering local economic growth, enhancing community well-being, and identifying the importance of small-scale entrepreneurs for tourism growth in Ella. Primary data was gathered through 20 purposely selected respondents and analysed thematically. Statistical data from the Divisional Secretariat Division in Ella and scholarly articles as secondary data were reviewed to evaluate the significance of small-scale entrepreneurs in Ella's tourism industry from 2010 to 2020. The findings indicate that small-scale entrepreneurs play a vital role in catalysing tourism growth in Ella. These entrepreneurs have diversified tourism offerings by establishing homestays, guesthouses, restaurants, cafes, and souvenir shops, bolstering Ella's appeal as a destination. Statistically, the number of registered small-scale tourist enterprises at the Divisional Secretariat Division in Ella has witnessed a steady upward trend, recording an average annual growth rate of 8.5% over the past decade. Economically, the impact of small-scale entrepreneurs on Ella's tourism sector has been substantial. Revenue generated from tourism-related businesses surged by 63% from 2010 to 2020, fuelled mainly by innovative and personalised offerings by these entrepreneurs. Local employment opportunities have also witnessed a commendable rise, with an annual average increase of 4.2% in tourism-related employment. Moreover, small-scale entrepreneurs have empowered the local community by engaging in sustainable practices, supporting cultural conservation, and fostering socio-economic development. Small-scale entrepreneurs often face limited access to funding, lack of marketing expertise, and inadequate infrastructure, hindering their full potential. Addressing these issues is crucial to sustain and further enhance the positive impact of small-scale entrepreneurs on Ella's tourism sector.

Keywords: Economic growth, Ella, Impacts, Small scale entrepreneurs, Tourism

WATER POLITICS DISCOURSE:
A CASE STUDY BASED ON THE KANDALAMA HOTEL PROJECT

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This study explores Water Politics discourse in Sri Lanka. The research aims to investigate the relations between citizens and the government through the lens of water politics. To examine this relationship, the researcher delved into the discourse surrounding development projects. The main objectives of this research were to identify water politics, to study the relationship between government and citizens in the context of water, and to explore water related issues in the development project. The Kandalama hotel project which was selected for research, is a 55-acre project located close to the Kandalam Lake near Dambulla town in the Matale district. During its implementation, the project garnered significant attention at both national and international levels within the political discourse. This research was carried out with a semi-structured questionnaire with 60 sample respondents who were the residents in the area where the project was carried out and the officials involved in the project. Fieldwork was conducted from July to August 2018, and data was updated from March to May 2023. Thematic analysis was applied to the dataset. The findings of the research revealed that citizens' water rights were undermined both pre and post-project. The project was implemented based on political power without considering citizens' objections, and the public sector did not pay attention to the socio-economic and political problems that arose in the pre-project phase. These problems were only addressed in the private sector during the post-project phase. Furthermore, decision-makers, driven by political agendas, pushed forward with the project despite widespread protests from the local population. In this research, political power has been misused to silence those who oppose the project; that can be further explained as how power has been used in the projects to suppress the rights of the people. This research concludes that the socio-economic as well as political rights of citizens are undermined based on the political power dynamics inherent in the Kandalama Hotel project. In such cases, political representatives address these issues as a strategy to gain and maintain power. This research also identified how power politics undermines the rights of citizens.

Keywords: Citizen, Development projects, Government, Politics of Water, Water politics, Water rights

SOCIAL INFRASTRUCTURE FOR WHOM?
RESIDENTS' VIEW ON SOCIAL INFRASTRUCTURE
DEVELOPMENT OF THE GALLE FORT HERITAGE SITE

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Over the past few decades, there have been considerable efforts to conserve the Galle Fort, an important world heritage site in Sri Lanka. Among the various initiatives taken, enhancing the social infrastructure is important. The "National Physical Planning Policy and The Plan-2017-2050" (NPPPP-2017-205) of Sri Lanka highlights the need to enhance social infrastructure to make cities attractive by improving the existing social infrastructure. Influenced by the plan described above, two days of intensive fieldwork in the Galle Fort were carried out in February 2023. The objective of this paper was to explore the residents' views on the existing social infrastructure and its improvement. The research focused on education, health, social, religious and community wellbeing facilities. The variables were selected based on the (NPPPP-2017-205) and people's priorities. Transect walks, observations, key informant interviews and focus group discussions were used as research methods. The research found that most residents are unsatisfied with the existing social infrastructure as outsiders, especially the tourism sector, are taking over such facilities. Further, they mentioned that they were the primary stakeholders but were not appropriately consulted in the planning processes. Some of the respondents are not happy about the decision by the institutions to move schools and a few government offices outside. They felt that they were lost and marginalised in their city. Another group of residents felt happy about the socio-cultural enrichment events taking place, as such events strengthen the Galle Fort's global identity, which they are part of. Moreover, they were happy about the economic benefits of existing social and infrastructure improvement activities. The study further found that the attention paid by different institutions to enhance the social infrastructure has benefitted a few residents while it has not benefited many. We recommend that inclusive and comprehensive participatory planning is essential to improve the social infrastructure of the Galle Fort, as it has already become a site of contest and competition.

Keywords: Galle Fort, Social infrastructure, World heritage

GREEN BUILT ENVIRONMENT AS A STRATEGY FOR SAFEGUARDING HERITAGE AND SUSTAINABILITY IN GALLE FORT, SRI LANKA

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In recent years, Galle Fort, a distinguished UNESCO World Heritage Site in Sri Lanka, has been the focus of a comprehensive preservation effort supported by governmental and non-governmental entities. Most of these preservation initiatives align with Sri Lanka's 'National Physical Planning Policy and The Plan-2017-2050' and emphasise nurturing the green built environment as a pivotal component of urban development. This planning initiative aims to enhance the environmental attributes of cities to make them more appealing and sustainable. In February 2023, a two-day field excursion was conducted within the heritage city of Galle Fort as part of the Postgraduate course on Urban development and planning. The objectives of this field excursion were to assess the status of the green-built environment as a developmental aspect and to identify the challenges to implementing a green-built environment in Galle Fort. To achieve the objectives, data and information were gathered through remote sensing, transect walks, observations, key informant interviews, and focus group discussions. The investigation delved into various aspects of the green built environment, including rainwater harvesting, solar energy utilisation, community-driven waste management initiatives, allocation of unbuilt open spaces, green building certification processes, urban tree cover featuring endemic species, and implementing green procurement guidelines. The study revealed several key findings, including the negligence of ancient rainwater harvesting practices, restrictions on solar energy installation due to heritage preservation concerns, disparities in waste management between private and public spaces, and challenges related to unbuilt open spaces and green building certification. Additionally, the study highlighted the limited tree coverage within the fort area, with most trees being endemic species, and identified both eco-friendly purchasing practices and persistent plastic waste disposal issues. The research recommends adopting an inclusive and participatory planning process to enhance the green built environment in Galle Fort. In addition, given the Galle Fort's global heritage status, its preservation and sustainable development require a holistic approach that addresses competition and contestation among different stakeholders. This research underscores the importance of harmonising heritage preservation with sustainability goals and seeking a tandem between preservation and sustainability imperatives.

Keywords: Galle Fort, Green Built Environment, Sustainability, UNESCO Heritage

A GEOSPATIAL MODEL TO ASSESS URBAN FLASH FLOOD VULNERABILITY IN RATNAPURA DISTRICT, SRI LANKA

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Urban floods are devastating and have significant socioeconomic repercussions in locations where flooding is common. The amplification of extreme climatic events considerably impacts flash floods, and interactions with exposed and fragile socioeconomic systems degrade regional development efforts. The purpose of this study is to produce a set of guidelines for the complete evaluation of urban flood risk and derive a map that prioritises flood mitigation activities. The study contained eight important factors for the vulnerability classification under three sub-criteria: physical, socioeconomic, and hydrological. To generate a composite flash flood hazard index (FFHI), an Analytical Hierarchical Process (AHP) is applied to examine the relative effect weight of flood-causing factors. AHP is a known strategy for tackling difficult decisions and addressing difficulties. A Pairwise Comparison Decision Matrix (PCM) is utilised to calculate the weights of each criterion. After spatial modelling, data on multiple parameters is superimposed depending on their weights to generate a final weighted overlay analysis. Eight experts from government institutes, universities, and the corporate sector were handed a questionnaire. The AHP model's 8x8 decision matrix generates weights for the flood-inducing variables, ranging in importance from extremely high to low. The results of the study reveal that decision-makers may be connected to the flooding-influencing elements utilising the hybrid technique that incorporates GIS-based AHP. Four classes of flash flood susceptibility were constructed from the resulting vulnerability maps: less, moderate, high, and very high. The study showed that 36.1% and 9.2% of the study area are at high risk and very high risk for flash flooding, respectively. The highly-vulnerable urban areas were predominantly centred in the northwest and northeast parts of the research area. Rainfall (0.3678) and land use (0.0205) were the highest and least major causes that induced floods, respectively. The local community was canvassed for observations and conversations to validate the risk maps, which were generated using a qualitative technique. Locations with high population density include *Dewalaya Gawa* and *Ratnapura Town*, which have an exceedingly high risk of flooding. Finally, combining geospatial methodologies and AHP based on field observations and climate analysis in flood hazard assessment can be deemed an efficient and economical methodology that can be used for multiple Geo-hazard assessments connected to the same structure.

Keywords: Analytical Hierarchical Process, Flash flood, Geospatial modelling, Ratnapura, Urban areas

FLOOD RISK ASSESSMENT IN KALUTARA DISTRICT

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Floods are a disaster that occur frequently and can cause severe damage worldwide, disrupting human lives. However, the damage caused by floods can be minimised using various techniques for flood risk management. Well-executed flood hazard and risk assessments can offer significant assistance for various decisions, including master planning for land use, designing infrastructure, and preparing for emergencies. Floods are recurring natural disasters that pose significant threats to communities, economies, and ecosystems, especially in low-lying regions such as the Kalutara District in Sri Lanka. The research aims to assess and map the spatial distribution of flood hazards in the Kalutara District and understand the factors contributing to flood events. The Kalutara District is one of the most susceptible areas to flooding. Due to its low-lying topography, proximity to major rivers, and changing climatic patterns, the district faces the constant threat of flooding. The study was conducted using GIS and remote sensing technology to determine the geographic distribution of flood risk in the Kalutara district. To provide ratings based on their impact on floods, six hydro-geomorphological characteristics parameters such as rainfall, DEM data, land use, drainage density, slope, and road density with 20%,20%,15%,15%,20%, and 10% weights were used in GIS. It clustered into five groups: very low, low, moderate, high, and very high. As primary data, observations were used to determine the flood causative factors in the study area. Monthly WorldClim precipitation data for 1970-2000, DEM data from the SRTM30 data set, supervised classification of Landsat 8 data for land use, slope, OSM data of drainage density, and road density of Kalutara were used as secondary data. GIS-based multi-criteria analysis and a weighted overlay were used for the study. Accordingly, the study mainly revealed that the drainage density of the study area is the main contributing factor to flood hazards among the factors considered. The final hazard map was created by linearly combining the criteria and their weights. The analysis also revealed that around 40% of the study area lies in a high and very-high hazard zone, where areas with high drainage density are most vulnerable to floods. The flood hazard assessment map shows that the highest proportion of the study area lies in the moderate hazard zone. Areas of very high flood hazard are concentrated in the Madurawala and Millaniya DS divisions because of high drainage density. Flood risk studies in Kalutara district are useful tools for risk management and decision-making.

Keywords: Floods, Multi-criteria analysis, Risk management, Weighted overlay

FOREST DYNAMICS OF RATHTHANAGOLLA FOREST, SAMANALAWEWA CATCHMENT: A REMOTE SENSING ANALYSIS

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At the forefront of environmental concern lies the critical importance of upper catchment forests as guardians of the essential water supply that sustains downstream catchments. Similarly, the Raththanagolla upper catchment forest located between Kiriketi Oya and Belihul Oya contributes to the survival and sustainability of the Samanalawewa catchment. This pivotal role confronts the enduring threat of deforestation and endangers essential ecological resources within the forest. Despite persistent conservation endeavours, the Raththanagolla forest spanning 659.96 hectares in the Imbulpe Divisional Secretariat, Rathnapura District of Sri Lanka, witnessed temporal forest dynamics. Therefore, this study employed an integrated approach, combining Remote Sensing (RS), Geographic Information System (GIS), and field research to examine the forest dynamics and drivers within the Raththanagolla forest from 2013 to 2023. Twenty C2L2 Landsat 8 satellite images, one each from January and August, were obtained annually from the USGS Earth Explorer to produce annual Normalized Difference Vegetation Index (NDVI) maps. Further Interactive Supervised Classification was employed to generate forest cover maps for each year, and 50 training samples from the Google Earth historical imageries were used to validate each map to gain accuracy. In parallel, the qualitative domain delves into the human dimension through field observations, interviews, and structured questionnaires. 06 interviews were conducted with officials, including Forest Range Officers and *Grama Niladari,* while collecting questionnaire data from 25 villagers living near the forest since 2013. Research findings showed that the grassland areas in the northern and eastern parts of the forest experienced frequent forest fires during dry seasons. The long-term spatial analysis identified reforestation hotspots adjacent to the south-eastern forest boundary; about 17 hectares of existing forest area was cleared at the beginning of 2016 and encroached up to 41 hectares in 2017 for replanting native plant species. The area is recovering at present. Furthermore, the field research discovered the presence of unauthorised plantations at the forest boundaries, primarily the minor export crops, usurping natural ecosystems for cultivated crops. Illicit access and human-caused fires further accentuate deforestation, intensified by socioeconomic complexities, blurred forest boundaries, and recreational activities. The collaborative management strategies involving forest officers, local communities, non-governmental organisations, and governmental bodies attempted to curtail deforestation in the area. However, indispensable contributions to informed, collaborative conservation strategies are needed for the long-term sustainability of the Raththanagolla forest.

Keywords: Forest dynamics, Geographic Information Systems (GIS), Raththanagolla forest, Remote Sensing (RS)

INVESTIGATING THE IMPACT OF CHANGES IN WETLANDS' LAND SURFACE TEMPERATURE: COLOMBO METROPOLITAN REGION (CMR), SRI LANKA

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Wetlands are essential for maintaining climate stability as they control local and transboundary warming. Historical data obtained through GIS and RS technology can be used to study the impacts of development on the environment. However, there is a lack of research on the role of wetlands in mitigating the effects of climate change. The objective of this study is to examine how modifications to wetlands have affected land surface temperature between 1992 and 2021. To accomplish this, the LST dataset was obtained, and land cover was identified using thermal bands from Landsat 5 and 8. Prior to analysis, pre-processing was conducted using ERDAS IMAGINE 2015. Land cover maps for 1992 and 2021 were created using supervised classification and a maximum likelihood algorithm. GIS and MS Excel were used to evaluate land cover and LST changes, and relationships between LST means and wetlands were examined. The study found that in 1992, there were 104,035 km^2 wetlands with an average surface temperature of 20.95°C and 79.50 km^2 of urban land with an average surface temperature of 22.51°C. By 2021, the wetlands area shrank to 60.832 km^2 while the urban area expanded to 150.92 km^2. The mean surface temperature increased to 29.57 °C for wetlands and 30.36°C for urban areas. In 1992, the mean surface temperature for 78.93 km^2 of cultivated land was 20.36°C. For 38.44 km^2 of vegetation land, it was 20.57°C, and for 12.53 km^2 of waterbody, it was 21.43 °C. However, in 2021, the area of cultivated land decreased to 61.18 km^2, vegetation land decreased to 29.59 km^2, and the waterbody decreased to 10.82 km^2. These changes significantly increased the mean surface temperature for cultivated land to 28.45°C, vegetation land to 29.1°C, and water bodies to 29.12 °C. The study revealed a positive correlation ($R^2 = 0.7508$) between changing land cover and higher land surface temperatures. The wetland area was found to have a strong negative correlation ($R^2 = -0.825$) with the mean LST, indicating that more wetlands lead to lower temperatures. Based on the findings, an average LST increase of 0.3°C was estimated for every 1.5 km^2 of wetland lost. So, urban planners should collaborate with other organizations and use modern technology to monitor protected wetlands every four months to prevent fragmentation in areas such as Thalangama's paddy fields, Kesbewa, Koswathe, and the Kotte-Bethagana-Kolannawa-valley park complex and ensure sustainable development.

Keywords: Geographic Information System (GIS), Land Use/Land Cover (LULC), Land Surface Temperature (LST), Remote Sensing (RS), Urban expansion, Wetland changes

THE ASSOCIATION BETWEEN THE OPENNESS PERSONALITY TRAIT AND SUBSTANCE USE AMONG ADVANCED LEVEL STUDENTS IN THE WESTERN PROVINCE, SRI LANKA: A CROSS-SECTIONAL STUDY

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Personality can be considered a determining factor in an individual's behaviour, emotions, and cognition. According to individual characteristics and genetic predispositions, people exhibit certain prominent personality traits that can be involved in negative behaviours such as substance use. The United Nations Office on Drugs and Crime emphasised that early and late adolescence are the most vulnerable periods for substance use. This study aimed to investigate the relationship between the openness personality trait and substance use among Advanced Level students in the Western Province. The research employed a descriptive cross-sectional design and utilised convenience sampling to obtain a sample size of 441 participants for this study. Ethical approval was given by the Ethical Review Committee at KIU. The 72-item self-administered questionnaire was used to assess the variables of the study that have been validated by an expert committee in this field. Personality traits were assessed by using a brief version of the Big Five inventory and substance use was assessed by using the World Health Organisation-published Alcohol, Smoking, and Substance Involvement Questionnaire. Face validity was assured by giving the questionnaire to an expert panel before the data collection process. Advanced Level students who were above 18 years old were only enrolled in the study. The questionnaires were accurately completed by 422 Advanced Level Students in the Western Province. Out of them, 53.3% were male and 46.7% were female. According to the responses, 36.5% of substance-using students were reported from the Western Province. Microsoft Excel 2019 and SPSS (version 27) tools were used to analyse the data. Among the students who had used substances, the majority of the students had used alcohol (n=115, 27.3%) and tobacco products (n=89, 21.1%). Results revealed that there was a significant association between the openness theory and substance use among Advanced Level students in the Western Province (X^2=21.698, df = 8, P = 0.006) (P<0.05). Curiosity and embracing new experiences are the main characteristics of the openness personality trait that have been reported as significant influencing factors of substance use among these students. Hence, the findings conclude that there is a substantial possibility of the openness personality trait influencing substance use.

Keywords: Advanced Level students, Openness personality, Substance use

INVESTIGATING THE APPLICATION OF COUNSELLING THEORETICAL MODELS FOR COUNSELLING INTERVENTIONS TO IMPROVE THE MENTAL WELL-BEING OF CLIENTS: A COUNSELLOR'S PERSPECTIVE

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Highly dynamic social affairs with rising complexities in modern-day existence, counselling has become a widely used service in maintaining the mental health of people in general. The two main components involved in counselling are understanding what counselling is about and how to use counselling skills and processes. Macleod states that this understanding provides the theoretical framework from which a counsellor can operate, and counsellors need to be equipped with a theoretical perspective to understand their work with clients. Therefore, counselling has not been recognized as a profession with its own identity in terms of the law of Sri Lanka. However, with no statutory or regulatory body reviewing counsellors' knowledge, attitude toward using counselling theories for the correct intervention to empower the client is extremely important. This study aims to investigate the counsellors' perspective on the application of counselling theoretical models in counselling interventions in the context of their professional practice, to determine the dominant theoretical orientation applied in intervention, identify the barriers, challenges and enabling factors faced by the counsellors in the application of theoretical models and use the outcome to enhance counselling professional practice in Sri Lanka. The research was conducted using a Mixed Method-Explanatory Sequential Design. The quantitative data collection and analysis is followed by the qualitative data collection that will substantiate the initial quantitative data. The population of interest is 209 counselling officers attached to the secretariat offices under the State Ministry of Women, Child Affairs and Social Empowerment. The purposive sampling technique was used to select the sample for the quantitative data collection. Preliminary data collection was done by an online survey questionnaire from the sample. The qualitative study with semi-structured interviews was conducted with counsellors selected using Inclusion and Exclusion criteria as a follow-up to the results obtained from the questionnaire. The findings of quantitative data analysis show that 100% of participants believe in applying counselling theories for interventions, whereas qualitative data analysis is needed to substantiate the results. The dominant theoretical orientation is the Cognitive Behavioural Model. While 40% use CBT, 10% use behavioural, 5% use humanistic, another 5% use psychoanalysis, 10% use systemic, and 30% use more than one theory at a time. After completing the analysis of qualitative data, it is expected that the objectives of the study will be achieved.

Keywords: Counselling Intervention, Counselling Models, Counsellor, Mental Health, Well-being

AN ANALYTICAL STUDY ON COUNSELLING NEEDS FOR ADOLESCENT STUDENTS IN TWO SELECTED SCHOOLS IN THE NUWARA ELIYA DISTRICT

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The study's main objectives were to understand the needs of school-aged adolescents, how counsellors try to identify them, how to find out whether there is someone in the school to express personal problems and to examine what steps should be taken to identify those counselling needs. The present research was conducted based on the above objectives. This research was conducted among 100 school-aged children from two selected central colleges in the Nuwara Eliya district. For these, 50 girls and 50 boys from grades 10, 11, 12, and 13 were selected as samples. Children were randomly selected from these grades, and children with special needs were also selected as per the guidance of teachers. This study was carried out based on a mixed research methodology. Interviews, questionnaires, observations, written reports and instruments were used as data collection tools. Quantitative and qualitative methods were used for data analysis. This study was based on the Hierarchy of Needs by Abraham Maslow and the Person-Centred Counselling Theory of Carl Rogers. The qualitative data were analysed using thematic analysis. A number of significant findings were revealed in this study. There are many problems that students need to talk about but have no one to talk to. Especially problems at home, physical problems and mental problems were common among them. In general, they had many issues, and there was no one to whom they could tell and seek guidance. Some of the problems the students face in their day-to-day lives include forgetting lessons, lack of understanding of subjects, teachers not attending classes properly, weight gain, obesity, thinness, ugliness, inadequate and fullness of body organs, anger, divorce of parents, separation of parents, domestic violence, being too tall, thin body, drug problems and sexual problems. Apart from these, there were problems related to punishment, co-curricular activities, and personal issues. The findings of the research, as well as suggestions have been presented. Improving both family counselling and school counselling, appointing both male and female counsellors in a school, building interpersonal relationships with students, and gaining trust are very important. Moreover, it is important to train the counsellors well. It is also important to make all teachers in schools aware of counselling. Furthermore, this study found that girls and boys have similar and unique counselling needs.

Keywords: Adolescents, Counselling, Guidance, Therapy

THE PREVALENCE AND SOCIO-DEMOGRAPHIC CORRELATIONS OF DEPRESSION, ANXIETY AND STRESS IN UNDERGRADUATES OF THE UNIVERSITY OF PERADENIYA

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The mental health of tertiary education students is an area of increasing attention worldwide. Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Anxiety is commonly seen as an excessive or aroused state characterised by feelings of apprehension, uncertainty, and fear. This study examined the prevalence and socio-demographic correlations of depression, anxiety, and stress among undergraduates at the University of Peradeniya. It utilised a convenient sampling technique and drew a sample of 320 undergraduates in all four years of the University of Peradeniya representing seven faculties and one department, namely Arts, Medicine, Science, Engineering, Management, Agriculture and Dental and the Department of Law. The research was conducted through the quantitative approach and utilised a questionnaire linked to a Google form, and SPSS was used to analyse data. The socio-demographic questionnaire and depression, anxiety and stress scale (DASS-21) were used to assess demographic information and psychological well-being by identifying high levels of depression, anxiety, and stress. Depression, anxiety, and stress levels of severity were found in 24.7%, 20.3%and 24.7% of respondents, respectively. A large proportion of students reported suffering from depression in their senior year, severe anxiety in their third year and final year and stress in all four years of their studies. Moderately depressed students represented more than 20% of the total number of participants from the medical faculty. Students with moderate levels of anxiety represented more than 20% of the total in the faculty of Engineering, Dental, and the Department of Law. There is a high prevalence of depression, anxiety, and stress symptoms among undergraduates. This research assumes the following possible causes for the prevalence of depression, anxiety, and stress: neglectful families with poor financial problems, stressful events, tougher syllabus, challenging work assignments, projects and challenges while residing in hostels. This indicates requirements in basic needs and secondary prevention measures, developing adequate and appropriate support services for this group to overcome these problems.

Keywords: Anxiety, Depression, Psychological well-being, Stress, Undergraduates

PREDICTABILITY OF PERSONALITY TRAITS ON COPING MECHANISMS AMONG CANCER PATIENTS

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Cancer has become a common, non-communicable disease, and some patients handle it well, and some do not. Cancer has become the second most common cause of hospital mortality in Sri Lanka (Jayarajah & Abeygunasekera,2021). One hundred fifty male and female cancer patients registered at *Apeksha* Hospital, Maharagama, were included in the study. This study consists of five objectives: to determine the common types of coping strategies, to identify which personality traits are more prone to cancer, to study the impact of personality traits on coping strategies, the effect of age, and the effect of gender. The four hypotheses include: there is an impact of personality traits on the coping mechanisms among cancer patients, lower neuroticism and higher extraversion, openness, agreeableness, and conscientiousness are significantly correlated with problem-focused coping, there is a significant correlation between avoidance coping with higher neuroticism and lower extraversion, openness, agreeableness, conscientiousness, higher neuroticism and lower extraversion, openness, agreeableness, conscientiousness are significantly correlated with emotionally focused coping. The independent variable is personality traits, measured by NEO-FFI (Costa & McCrae, 1992) and coping mechanism is the dependent variable, measured by Brief COPE (Carver, 1997). A semi-structured interview was conducted among fifteen participants to gather descriptive data. The quantitative results indicate that agreement and openness significantly impact problem-focused coping. Extraversion, conscientiousness, and neuroticism don't have significant impacts on problem-focused coping. Extraversion and conscientiousness significantly impact emotional-focused coping and agreeable openness, while neuroticism doesn't significantly impact emotional-focused coping. Openness, Extraversion and Conscientiousness significantly and positively impact Avoidance Coping and Extraversion. Agreeableness and neuroticism don't have significant impacts on avoidance coping. Neuroticism is the common personality trait (M=5.47), and avoidant coping (M=5.36) is their common coping mechanism. All five personality traits explain the R^2=34%of the proportion of the variance in the Problem Focusses Coping, R^2=52.8% of the proportion of the variance in Emotional Focused Coping and R^2=33% of the proportion of the variance in the Avoidant Coping. The statistical data also support qualitative data; patients with problem-focused mechanisms have higher openness and agreeableness, and emotionally focused and avoidant coping have lower neuroticism and higher extraversion.

Keywords: Cancer, Coping mechanism, Personality traits

THE ETERNAL CYCLE OF TRANSMIGRATION OF A LIVING ORGANISM IN COMPARISON WITH THE PERPETUAL JOURNEY OF A WATER DROP

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Reincarnation is a well-known fact reverentially accepted as an authentic conviction in Buddhism. Predominantly, all faiths believe that there will be at least one form of existence after death: paradise or perdition. This metempsychosis leads devotees to perform religious duties, anticipating ecstasy after death. Buddha's discourse confers *Sansara Chakra*, the uncertain and unending cycle of birth, death, and rebirth. Most Buddhist sutras offer evidence of *Kamma* (the cause and effect) in rebirth in diverse forms. Only those who vehemently refuse the possibility of such truth will execute personal and social indiscipline, ignoring the consequences. Through investigation of some children who relate their previous life, the idea of reincarnation can be considered accurate. The obvious transformation of the life cycle on every single matter (*sanskara*) in the universe is conventional. Consequently, *Sanskara* undergoes pre-arranged, predicted changes and often returns to the original form. Water is a substance that easily perceives its changes ensuing at diverse temperatures. When increased, it becomes gaseous, returns to liquid at agreeable temperatures, and solidifies below zero centigrade. This phenomenon of continuously changing its form is universally observable in every single matter. The same is true with the *Sansara chakra*, the sequential progression of all living creatures. The Buddha preached the distinctiveness of *Kamma* profoundly. Accordingly, no one knows what is waiting for tomorrow and the next birth. He who apprehends Buddha's affirmation of C*haturarya Sathya* (fourfold truth): D*ukkha*, S*amudaya*, N*irodha,* and *Marga*, shall strive to conclude the long journey of grief-stricken *sansara* causing birth, existence, illness, ageing, death, and rebirth. The only way to discontinue this anguished cycle is to attain *Nibbana*. This paper aims to analyse the invariably and unceasingly altering lifecycle of human/animal *Bhawa* (state of existence), depending on *Kamma*, compared with the unexpected, disoriented, and destined transmigration of a 'drop of water.' The journey of a water drop, falling from sky to earth, drifting along diverse watercourses until returning to the sky, and passing through blissful places as well as filthy closets explain the unexpected and uncertain fate awaiting any person. The only way to avoid adversity is to comprehend the Buddha's advice and follow the disciplined religious path. This research was based on phenomenological studies along with library research. In conclusion, unless one follows the Buddha's path, anything could happen to anyone, signifying one's auspicious or depraved forms of rebirth as consequences of *Kamma*.

Keywords: Avarice, *Bhawa*, *Kamma,* Rebirth, Water drop

PSYCHOTHERAPEUTIC SIGNIFICANCE OF THE CONTEMPLATION OF IMPERMANENCE (A*NICCĀNUPASSANĀ*)

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Aniccānupassanā (contemplation of impermanence) refers to the close observation of the nature of impermanence, transience, origination and dissolution, wasting away, disintegration, transformation, etc. Arising is the beginning of impermanence, and decay (*Jarā*) marks the midpoint. Dissolution is its end. All things that are conditioned (compounded) are transient. The practitioner of meditation (*yogāvacara*), in the practice of *Aniccānupassanā* (contemplation of impermanence), pays attention to his own experience about the senses and respective objects. This practice's foremost attention is to discard the perception of permanence (*Niccasaññā*). Even though the practice of contemplation of impermanence (*Aniccānupassanā*) is directly related to Buddhist meditation as it appeared in early Buddhist discourses, it encourages individuals to reflect on the transient and ever-changing nature of all phenomena, including body, thoughts, feelings, and sensations. It plays a crucial role in promoting mental well-being and personal growth in different ways. Significantly, the reduction of anxiety and fear, detachment from negative emotions, emotional regulation, stress reduction, coping with loss and grief, enhanced self-awareness, transcending attachment and craving, development of wisdom, improved relationships, etc. Further, the instances in which *Aniccānupassanā* was utilised as a therapy are found in Buddhist literature (in the narratives of *Kisāgotami, Cullapanthaka, Paṭācārā*, etc.). In the practice of *Aniccānupassanā* as a therapy, the awareness of the individual's body, feelings, thoughts, etc., has to be developed. Their ability to realise the impermanence of all phenomena should also be developed through reflection on the nature of all phenomena. The Prime objective of this research is to understand the therapeutic significance of *Aniccānupassanā* and scrutinise its utility for psychological well-being. The relevant sources of literature, such as *Satipaṭṭhānasutta* of (DN), *Aniccānupassanāsutta* (AN), *Visuddhimagga* (the path of purification), etc., are presented, and the research is primarily based on a critical analysis of these sources. Further, the applicability of *Aniccānupassanā* as a meditative practice to realise the true nature of the world and its utility for mental well-being is also discussed in this research paper.

Keywords: *Aniccānupassanā*, Meditative practice, Psychological well-being, Psychotherapy

ANGER AND ANGER MANAGEMENT:
A COMPARATIVE STUDY OF ACHILLES' *MENIS/CHOLOS* IN HOMER'S *ILIAD* AND *KODHA* IN THERAVADA BUDDHIST SCRIPTURES

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The destructive nature of anger has been known to the ancients and modern alike. Even though anger has been a subject of discussion and study throughout the history of Eastern and Western human civilizations, the management of anger continues to challenge the outraged and anger management specialists alike. In this context, a revisit of ancient literature will yield time-tested practical wisdom on the topic that will be useful in current manifestations of the phenomenon. In Homer's epic *Iliad* (9th-8th Century BCE), the *Menis/Cholos* of Achilles is explored at different stages - onset, progression, full-blown development, and resolution. Achilles' wrath (*Menis*) – for which he and his fellow Greeks pay dearly - is unheroic and inhuman (*Cholos*) and results from perceived personal injury at the hands of his superior Agamemnon. Achilles' wrath is tested against King Priam's generosity towards him - the man who killed his heroic son and denied a funeral – leading to the turning point in Achilles' life in coming to terms with life's realities and leading to the acceptance of good and bad with equanimity. From a didactic perspective, references to anger (K*odha*) in Theravada Buddhist scripture inevitably focus on the self-destructive nature of anger and the need to avoid both anger and pride to eliminate suffering. It is indeed pride and resultant anger that drive Achilles to insanity. The Theravada scriptures focus on overcoming anger by non-anger and the importance of loving-kindness in soothing it, as is exemplified by King Priam in the Homeric poem. The objective of this study is to highlight the similarity between *Menis/Cholos* and *Kodha*. It adopts as its methodology a comparison of Achilles' wrath and references to anger in Theravada Buddhist Scripture. The study reveals that the anger of Achilles in the Homeric poem resembles the references to the causes and the nature of anger and the loving-kindness path to its resolution in Theravada Buddhist scripture. The study recommends using the story of Achilles' wrath to illustrate the Theravada Buddhist concept of anger to non-Buddist audiences.

Keywords: Anger management, *Cholos*, *Kodha*, *Menis*

VALIDATION OF THE TRAIT EMOTIONAL INTELLIGENCE QUESTIONNAIRE-CHILD FORM (TEIQ- CF) AMONG MIDDLE AND LATE CHILDHOOD STUDENTS IN SRI LANKA

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The current study aims to adapt and validate the Trait Emotional Intelligence Questionnaire – Child Form (TEIQ-CF) in Sri Lankan contexts. TEIQ-CF is the standardised measurement to measure the emotional intelligence level of children in middle and late childhood. The study was conducted in two phases. Phase I is the translation of the original scale and development of the Delphi panel regarding the adaptation process. Phase II consisted of the validation process of the Sinhala version of the TEIQ-CF. The translated TEIQ-CF was reviewed by a Delphi panel of experts in Sri Lanka for the relevant subject stream. After the translation and adaptation procedure, the second phase of the validation procedure was the psychometric testing of the new Sinhala version. The validation study sample included 1173 Sinhala-speaking school-going middle and late childhood children. The psychometric properties were analysed by exploring its internal consistency, factor structure and construct validity. Exploratory Factor Analysis (EFA) and a further Confirmatory Factor Analysis (CFA) confirmed a two-factor structure ($\chi 2/df$ = 3.291, CFI =*0.856*, TLI =.799, RMSEA =.040, SRMR =*0.0620*), where the resulting factors were identified as Socio-emotionality and Emotion control. The internal consistency of the scale was assessed by Cronbach's Alpha (0.75). A further cross-sectional analysis revealed a significant difference between the mean scores of males and females. Therefore, the mean score of the females is significantly higher than that of the males. Also, the mean score of the grade five students is considerably higher than the mean scores of grades six and seven. Participants' age and gender with socio-emotionality (Factor 1) showed statistically significant differences between group means as determined by one-way analysis of variance (ANOVA) test. There was no significant difference between birth order, family income and parental education with socio-emotionality. Furthermore, the association of grade, gender, birth order, family income and parental education with emotion control was also found to be non-significant, as reported by another subsequent one-way ANOVA test. Overall findings reveal that the validated TEIQ-CF Sinhala version is a valid and reliable instrument for measuring emotional intelligence among middle and late-childhood children in Sri Lanka.

Keywords: Emotional intelligence, Middle and late childhood students, Scale validation

EXPLORING THE PRAGMATIC ASPECTS OF NIETZSCHE'S PHILOSOPHY THROUGH THE LENS OF CHARLES SANDERS PEIRCE: EFFECTS, INTERPRETATIONS, BELIEFS, AND COMMUNITY

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Friedrich Nietzsche's philosophy, characterized by its provocative ideas on individualism, the will to power, and the critique of morality, has significantly impacted Western thought. This research investigates the pragmatic dimensions of Nietzsche's philosophy by analyzing its effects on individuals and communities, examining various interpretations, understanding belief formation, and assessing its practical implications. This research asks the question of how Charles Sanders Peirce's pragmatic philosophy can shed light on the effects, interpretations, beliefs, and community implications of Nietzsche's philosophy, particularly in terms of their practical applications and consequences. Drawing insights from Charles Peirce's pragmatic philosophy, this study sheds light on how Nietzsche's thought intersects with the pragmatic framework and its influence on the formation of beliefs and communal dynamics. By applying Peircean pragmatism to Nietzsche's philosophy, this study offers a novel perspective on the practical implications of Nietzsche's ideas. Understanding how Nietzsche's thought resonates with or diverges from pragmatic principles provides insights into belief formation, the dynamics of interpretive communities, and the practical effects of his philosophy in real-world contexts. This study employs a qualitative approach to explore the pragmatic aspects of Nietzsche's philosophy through the lens of Peirce's pragmatism. The methodology is structured around comparative analysis and textual interpretation. The study begins with an extensive review of the primary works of both Nietzsche and Peirce, *On the Genealogy of Morality* and *The Will to Power*, as well as Peirce's writings, including his pragmatic essays and semiotic theories. The study examines how different interpretive communities have understood and applied Nietzschean ideas, considering their alignment with Peircean concepts of meaning and belief. This study discusses the ethical implications of Nietzsche's philosophy within the pragmatic framework, addressing issues of moral relativism, responsibility, and societal values. Furthermore, it attempts to explore the ways in which Nietzsche's philosophy shapes communal beliefs and investigate the potential for Peircean principles to guide more productive interpretive communities. By examining its effects, interpretations, beliefs, and community dynamics, this study seeks to offer new insights into the practical implications of Nietzsche's ideas and contribute to the ongoing philosophical discourse on the intersections between pragmatism and Nietzschean thought.

Keywords: Beliefs, Community, Nietzsche, Pierce, Pragmatism

INVESTIGATING THE NATURE OF GENERAL PEDAGOGICAL KNOWLEDGE RELATED TO THE TEACHING QUALITY OF TEACHERS WITH A NATIONAL DIPLOMA IN TEACHING

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The research aims to identify the weaknesses in the classroom learning and teaching process of junior secondary teachers in Sri Lanka, largely based on subject-related knowledge and teacher quality. The present study examines how teachers create a classroom-quality learning environment using general pedagogical knowledge in the teaching-learning process of junior secondary school. The general pedagogical knowledge (GPK) model was built by Shulman (1987) and improved by Konig et al. (2014). This was used as the theoretical basis of this current study. This study was conducted with five objectives: the contribution to the quality of teaching GPK Model contained in professional subjects of the NCOE, teachers' understanding of GPK Model, how the GPK Model is used in the classroom learning and teaching process, and identifying differences according to background factors, and teachers' teaching methodology to make suggestions for the development of GPK Model related to quality. The research design is an Explanatory Sequential Mixed Method. As a first step, the GPK Model contained in the vocational curriculum of the NCOE was examined under the content analysis methodology which contributes to creating a quality learning environment in the classroom. The second step was the Survey method. The stratified random sample of 272 teachers from Wattegama, Kandy and Gampola Educational Zones was examined using a questionnaire on awareness of the GPK Model and the effect of background factors. A Multiple Case Study was conducted with 16 teachers from 4 schools to investigate the use of the GPK Model in the classroom learning and teaching process in a qualitative approach. Data was collected from structured classroom observations and semi-structured interviews. Data analysis was performed using descriptive and thematic analysis methods. The study findings, content related to lesson planning, classroom management, learning process, assessment process, and motivation process, which was considered as the GPK Model of the NCOE professional curriculum, was at a general level, and research literacy was at a minimum level. It was concluded that the teachers' understanding of the GPK Model was at an optimum level. However, its use in classroom observation was at a minimum level of 18%. The hypothetical test revealed that the age of the teachers and the subject being taught influenced the change in the GPK Model. It was found that GP knowledge did not vary according to grade, similar to the findings of Atjonen et al. (2011). It is suggested that the teaching quality of teachers can be further enhanced through the inclusion of the GPK Model in the pre-service teacher education curriculum along with practical activities in a classroom-quality learning environment.

***Keywords*:** General Pedagogical Knowledge, Quality teaching, National College of Education

INFLUENCE OF PARENTAL ALCOHOLISM ON ACADEMIC PERFORMANCE AMONG SECONDARY SCHOOL STUDENTS IN SRI LANKA

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The destiny of a nation relies on its youth. Globally, alcoholism has been associated with poor academic performance in children (WHO, 2018). The rising prevalence of parental alcoholism endangers their children's educational success. A study on alcohol abuse and practices undertaken in Kenya by Masaba (2017) found that 80% of the respondents had a family history of alcoholism and that parental influence accounted for a significant share of this statistic. The current study aimed to assess how parental alcoholism impacts the academic performance of secondary school students in Sri Lanka. Employing a cross-sectional survey approach guided by Social Learning Theory, the research delved into the complex dynamics in such households. The study focused on students in mixed secondary schools within the Badulla District's Welimada Educational Zone. The sample encompassed 50 boys and 50 girls from two schools. Additionally, the study involved 20 teachers to gain their insights. Data collection for this research involved structured questionnaires and in-depth interviews. Quantitative data was analysed using SPSS. Qualitative data were subjected to thematic analysis, revealing rich insights into the students' and teachers' experiences and perceptions. The findings of this study show that students who achieved lower marks in their final exams often attributed their performance to the presence of parental alcoholism in their lives. The factors contributing to alcoholism are multifaceted, encompassing economic, psychological, and sociocultural dimensions. The study's primary conclusion underscores the significant role of parental alcoholism in hindering students' academic success. Consequently, it suggests revaluating existing interventions, advocating for a comprehensive, multifaceted model of psychosocial support over a one-dimensional school-based approach. They should be of concern not only to educators but also to school administrators, government agencies, and mental health care providers. The findings address the issue of parental alcoholism and its impact on the educational prospects of the younger generation, ensuring that this pervasive issue stifles a child's potential.

Keywords: Academic performance, Parental alcoholism, Secondary school students

CREATING METACOGNITIVE AWARENESS AND STRATEGIC READING COMPETENCE AMONG ENGLISH AS A SECOND LANGUAGE LEARNERS AT THE UNIVERSITY

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Although extensive reading is crucial for successful academic performance at the university, many learners are reluctant to peruse complex academic texts. While limited background knowledge and linguistic skills are accountable for the situation, poor metacognitive skills or a lack of strategies may aggravate the issue. The main objective of this research was to identify the existing strategic reading competency of undergraduates of the Wayamba University of Sri Lanka. A survey was conducted among a stratified sample of 300 first-year undergraduates representing six different faculties and three proficiency levels by using a modified version of the Survey of Reading Strategies Questionnaire (SORS) by Mokhtari and Shoeroy (2002), which included 30 statements with a Likert 5-point scale on reading strategies: 13 global, eight problem-solving, and nine questions on support reading strategies. It was further modified by adding one statement as to what level their strategic reading competence grew by responding to the questionnaire as per their perception and two open-ended questions which explore the extent to which they benefited through it. Statements 1-30 were analysed statistically using the rubric designed for the MARS Inventory. It revealed that the general strategic reading proficiency of 57% of the population at Wayamba University of Sri Lanka is at a 'High' level, 42% at a 'Medium' level, and only 0.66% at a 'Low' level. Moreover, the undergraduates used global reading strategies more frequently than the support reading and problem-solving strategies. The majority in both homogeneous high and medium proficiency groups belonged to the high level of strategic reading competency with a certain intuitive awareness of interpreting meaning. In contrast, those of the homogeneous low proficiency group belonged to the medium level, evidently because these skills are not explicitly taught to them during traditional reading sessions. The feedback from one open-ended question on the individual general strategic competence of the learners prior to the questionnaire was categorised into five codes: not satisfied, somewhat satisfied, satisfied, strategic in certain ways, and noted the gaps, and revealed that many participants regarded their strategies to be inadequate. Further, the majority remained neutral to the statement that they became adequately aware of the strategies by responding to the questionnaire. As the findings show, the mere administering of the questionnaire is insufficient to raise the learners' strategic reading competence. Planned instruction that provides sufficient exposure to strategies and exercises to practise and apply those skills are recommended to uplift the academic reading skills of the undergraduates.

Keywords: Global reading skills, Metacognitive awareness, Problem-solving skills, Strategic reading competence, Support reading skills

ATTITUDE TOWARDS USING OPEN BOOK QUIZZES FOR LEARNING LITERATURE IN ENGLISH AS A SECOND LANGUAGE CLASSROOMS

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The paper is based on the study conducted on attitudes towards using quizzes for learning literature in English as a Second Language (ESL) classroom among 75 undergraduates studying Bachelor of Education in the English Language Teaching (B.Ed. ELT) degree program in the second year attached to the Department of Language Studies (DLS), Faculty of Education, University of Vocational Technology, the only university established for the Vocational sector in Sri Lanka. The population follows the same degree program as B1 and B2 on weekdays and weekends, respectively. Different evaluation methods have been used in literature modules conducted in different semesters, but the use of Open Book Quizzes (OBQ) are few. Various research articles have been published based on using OBQ for different disciplines. Still, there is a significant gap between using OBQ for learning or teaching literature modules in the language classroom and other subject areas. Therefore, the study's main objective is to explore undergraduates' attitudes toward using OBQ as a tool for learning literature. The survey sample was selected using the purposive sampling method as needed for conducting OBQ as a mode of formative assessments in the module fiction, and quantitative data was collected through the questionnaire via Google Forms and qualitative data through semi-structured interviews conducted by the respondents. The collected data was analysed using descriptive statistical analysis. Based on the analysed data, both B1 and B2 undergraduates had a negative attitude towards using OBQ for learning literature in the classroom, but with the experience gained after facing the first OBQ, their attitude towards using them for learning literature changed positively. The respondents have not experienced OBQ in any other semesters, and this was a novel experience for them in facing OBQ in literature modules. Misconceptions prevailed that an OBQ changed based on the experience gained from doing an OBQ. With the motivation received by the teacher and the experience gained, the learners are willing to face quizzes for other literature modules such as poetry, drama, and prose as well.

Keywords: Attitudes, ESL, Formative assessment, Literature, Quizzes

OCCUPYING THE MARGINS: A DISCURSIVE STUDY OF IDENTITY FORMATION IN SRI LANKAN PRE-SERVICE TEACHERS IN ENGLISH AT THE COLLEGE OF EDUCATION

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Teacher's self-perception of who they are, what they do and how they express their identity navigates the trajectory of numerous critical identity work related to language teacher education. While teacher identity is considered a core concept and a key analytic tool for teacher education research, much of the research on teacher identity has focused on novice and pre-service teachers since they provide a solid base for the earliest transition from being students to teachers (Balban, 2015). Despite numerous research on Language Teacher Identity (LTI) worldwide, few English as a Second Language (ESL) studies in Sri Lanka combine pre-service teachers and LTI to explore various personal and professional subjectivities of novice teachers that collide and cooperate across context and discourse communities. Therefore, this study hopes to explore the factors that contribute to or challenge the formation of LTI of pre-service teachers and the personal, professional and contextual (social, political and educational) aspects that affect their envisioned prospective English Language Teaching (ELT) careers by examining how they express their memories, experiences and tensions that occurred as they are becoming teachers through narrative inquiry. This qualitative narrative research is designed with an emic perspective within the feminist post-structuralist sphere (Barkhuizen, 2013; Benwell, 2012). The narrative data was collected through semi-structured narrative interviews. The sample consisted of six female pre-service teachers of English (PSTE) from a reputed Sri Lankan college of education. The narratives were thematically coded using Saldana's (2013) method of thematic coding. The results suggested encountering exemplary teachers in the early years of one's life, support received from discourse communities, balancing theory, practice and spontaneity, comparing one's own teacher-self with others, and the ability to enact and embody teacher-self through corporeal means, reinforced LTI while traumatic experience as trainee-teachers, lack of free will, and insincere motives behind choosing teaching career, and challenge the formation of LTI. These participants' prospective ELT careers were affected by various personal, professional and contextual aspects like their families' opinions, initial experience and memories as student-teachers, initial interactions in discourse communities, attitudes, lack of privileges offered to teachers, and economic challenges. The findings deconstruct the typical image associated with novice English teachers by elucidating on their power struggle in educational institutions and their shifting and multiple identities in diverse contexts while raising awareness of the tensions that occur during the transition from being students to teachers to provide insights into teacher training, and language education in Sri Lanka.

Keywords: Discourse, LTI, Narratives, Pre-service, Teacher-training

AN INVESTIGATION ON TRANS-LANGUAGING IN TERTIARY-LEVEL ESL CLASSROOMS

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This research is focused on trans-languaging, an emerging body of studies related to using the first language (L1) as a resource in teaching and learning a second language. The continuous debate regarding the use of L1 in ESL classrooms has drawn much attention over recent years. 'Trans-languaging,' a popular concept among linguists that adapts to the needs of diverse and interconnected communities, has offered new perspectives on looking into this matter. The present research focuses on using L1 in tertiary-level ESL classrooms to support students' language development and learning. Three first-year classrooms of three proficiency levels (Preliminary, Intermediate, Advanced) from the Faculty of Management and Finance, University of Ruhuna, were observed for two months and observations were made on the following: the purpose of using L1 in ESL classrooms and the teachers' perceptions towards using L1 to facilitate target language acquisition. Semi-structured interviews were conducted with the teachers to understand their perceptions. According to observations, the L1 was used in all three classrooms. However, the use of L1 in the preliminary class was considerably higher than in the other two classrooms. The purpose of using L1 in the three classrooms was to help students become proficient in English while providing support as needed, even though they varied in frequency. The findings of the semi-structured interviews revealed that teachers hold both positive and negative perceptions regarding the use of LI in ESL classrooms. However, it was apparent that even the teachers who dislike using L1 have agreed that using L1 is beneficial in building rapport with the students, mainly when working with students of a low proficiency level. According to the research findings, using L1 in the ESL classroom can assist learners of a lower proficiency level to understand difficult concepts and acquire the language as it lowers the affective filter. Therefore, further research can be conducted to gather more insight into using L1 to clarify complex concepts, instructions, or vocabulary when students struggle to understand English in the ESL classroom. Rather than eliminating the linguistics tools that the learners bring to the classroom as their L1, the most common trends of trans-languaging focus on utilising the repertoire of linguistic tools of L1 to assist the L2 acquisition.

Keywords: ESL classroom, First language, Perceptions, Proficiency levels, Trans-languaging

AN INVESTIGATION OF TRAINED SCHOOL TEACHERS' SELF-EFFICACY BELIEFS AND THEIR IMPACT ON THE TEACHING-LEARNING PROCESS: A FOCUS ON THE EASTERN PROVINCE

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This study delves into the self-efficacy beliefs of trained teachers in the Eastern Province of Sri Lanka. Specifically, it examines whether trained teachers retain their self-efficacy beliefs upon transitioning from National Colleges of Education (NCOE) to formal schools. The research aims to assess the self-efficacy beliefs of teachers trained in NCOEs currently serving in formal schools. The following research objectives were formulated to achieve the study's purpose: to identify the factors that influence the self-efficacy beliefs of trained teachers and to examine whether there are differences in self-efficacy beliefs among trained teachers in terms of gender. The study employs a survey research design using a quantitative approach. Utilising the stratified sampling technique, 230 trained teachers were selected from 2332 trained teachers in the Eastern Province. Researchers administered the Teacher Sense of Efficacy Scale (TSES) questionnaire that Tschannen-Moran and Woolfolk Hoy (2001) developed. The instrument was adapted and translated into Tamil, validated by expert opinion, and checked for Cronbach's alpha reliability. The Cronbach's alpha value for the translated version of the instrument exceeded 0.70 for all items. The collected data were analysed using frequencies, means, and t-tests. The study's findings indicate that the mean of student engagement is 5.62, and its standard deviation is .92. Accordingly, student engagement is characterized by self-efficacy beliefs as measured by the self-efficacy scale. Similarly, the mean of teaching techniques is 5.84, and its standard deviation is 1.04. It is more efficacious than student engagement. Similarly, the mean for classroom management is 7.21, and its standard deviation is .50. Accordingly, classroom management is highly efficacious. Student engagement was significantly correlated with classroom management self-efficacy beliefs across all three (mean 7.21, standard deviation .50); Also had low (coefficient 5.62, standard deviation .92) self-efficacy beliefs. Male teachers exhibit slightly higher self-efficacy beliefs than female teachers in engaging students in learning, utilizing instructional techniques, and managing classrooms. Additionally, the study revealed that the subject taught and the type of training institution attended influenced teacher self-efficacy beliefs, while the type of school did not. Therefore, it is recommended that teacher training programs incorporate strategies to enhance self-efficacy beliefs, particularly among female teachers. Training institutions like NCOEs focus on developing teachers' self-efficacy in teaching specific subjects, and continuous professional development initiatives are implemented to support and strengthen teachers' self-efficacy beliefs.

Keywords: Classroom management, Instructional strategies, Teacher self-efficacy beliefs, Student engagement

A STUDY ON THE USE OF CHATGPT AMONG THE STUDENTS AT THE UNIVERSITY OF SRI JAYAWARDENEPURA

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Artificial intelligence has made significant progress in recent years revolutionising various sectors. Although ChatGPT is a recent development, it has created an unprecedented transformational change in the education sector. Today, research has found that university students in various countries use ChatGPT in addition to traditional learning activities for university studies. Accordingly, the purpose of the research was to study whether there is a prevalence and trend in the use of ChatGPT among undergraduates at the University of Sri Jayawardenepura, the largest university in Sri Lanka in terms of student population. The research was conducted using a mixed methodology based on qualitative and quantitative research methods. A 10% sample (1385) was selected under the proportional resolution from 13758 students engaged in academic activities in eight faculties from the first to the fourth year of the university under the stratified sampling method. The questionnaire method was mainly used to collect data. In addition, qualitative data was collected by conducting interviews on various profiles to study the use of ChatGPT by students, and its trends. SPSS (Statistical Package for the Social Science) was used for data analysis. According to the research findings, 58% of students use ChatGPT. It was revealed that the majority of ChatGPT users are students of the Faculty of Management Studies and Commerce. Its percentage is 47.55%. According to gender, male students use ChatGPT the most. Its percentage is 56.6%. This is because boys are less interested in searching for information using different sources than girls. The interviews revealed that most male students believed that getting information using ChatGPT was easier than searching for information using various sources. A majority of 43.41% of students using ChatGPT use it to get information for university assignments and activities. Also, 37.86% of students stated that the main benefit of ChatGPT is that they can get information efficiently for their studies through this medium. Interestingly, 59.23% of students who use ChatGPT expressed that the main challenge is the inadequacy of information. The research findings confirmed that 55.19% of students who do not use ChatGPT do not use ChatGPT because it is an academic fraud. In conclusion, the research concludes that ChatGPT has gained considerable popularity among undergraduate students at the University of Sri Jayawardenepura.

Keywords: Artificial Intelligence, ChatGPT, Higher education, University of Sri Jayawardenapura

MATCHING WITH THE JOB MARKET:
ICT EDUCATION IN SRI LANKA

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The school occupies a unique place in Sri Lankan education. If the skills imparted by the school match the future job market, the benefits will be more effective. The Sri Lanka IT-BPM Industry Review 2019/20 reports that the number of jobs in the IT sector is also increasing. Examining schools' efforts to prepare ICT students for the job market raises questions about its effectiveness. It examined whether the ICT subject taught in the school is suitable for the future job market. The theoretical basis of the study was human capital theory. The research study was conducted using a sample of 300 students, 30 teachers, and 50 employers under a survey to identify A/L ICT subjects and job markets. A questionnaire was completed to collect data from the teacher-student sample, and structured interviews were conducted to collect data from the employer. Content analysis was also undertaken to identify the subject content of the ICT curriculum. Descriptive statistical methods such as five-point scale mean values, percentages and absolute values were calculated using SPSS for quantitative data analysis. According to the analysis of teacher-student sample data, the curriculum was practical and academically-oriented but not exam-oriented. Lack of IT facilities and shortage of qualified teachers also hampered practical orientation. An average of 3.27% of the sample indicated that they strongly agree that students choose ICT subjects with the hope of getting a job in the IT field. According to the content analysis of the ICT syllabus, 56.2% of the syllabus is designed to meet national objectives. However, efforts to achieve labour market-related objectives are very low (1.96%). The curriculum should be practical. For that, the learning areas of the curriculum should be measured with a practical orientation. Education is divided among national objectives at a rate of 31.8%. Employers devised ten actions that the school can take based on the data analysis. Prominent among them was the need to implement joint programs between schools and workplaces and conduct training camps. To overcome these challenges, IT job market-based training and skills can be recommended to start from school. Looking at education from an economic perspective, human capital theory should be linked with higher human resource planning for the future. Schooling should be designed to produce skills that can meet the challenges of the future job market.

Keywords: G.C.E. A/L, ICT education, Job market

EFFECTIVENESS OF INTEGRATING STEM EDUCATION INTO SCIENCE TEACHING AND LEARNING PROCESS

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The key elements of STEM education are integrating Science, Technology, Engineering, and Mathematics into the curriculum with a commitment to hands-on, collaborative learning. Improving students' knowledge, skills, and attitudes is essential to overcome existing problems in schools' science teaching and learning process. A study which conducted science national cognitive achievement tests for Grade 8 students in 2005 and 2008 achieved the lowest mean score for sub-skill synthesis. This could be due to weakness in applying concepts to real-life incidents. Therefore, high scientific literacy can be achieved through STEM education. This study aimed to investigate the effectiveness of STEM integration into the science teaching and learning process in three selected schools: A, B, and C, facing natural disasters in Wattegama Educational Zone. The Mixed method approach was used in this study. Quantitative data was collected from a pre-test and post-test, and a purposive sample of 136 Grade 8 science students was selected. Qualitative data was collected using activity sheets, teacher interviews, and observations. The quantitative data were analyzed using Statistical Package for Social Sciences, and qualitative data was analyzed thematically. It was identified that STEM-integrated teaching and learning activities enhanced student performance in School B ($p < 0.05$) and C ($p<0.05$) except A ($p>0.05$). Independent sample t-test showed that post-test marks of both groups in school B were significantly different($p<0.05$). The highest performance of students was shown in school B, and student performance was not at a significant level in schools A and C. This could be due to various reasons, such as crowded classrooms and differences in teaching qualities. Moreover, there was no considerable difference in the science performance of students who taught with STEM integration in schools A, B, and C ($p>0.05$). This could be due to similar social and cultural settings. Furthermore, it was revealed that the effect of gender is present in STEM integration, and that the highest performance was indicated by male students (School B mean = 98.77), the second highest was female students (School C mean= 97.94), and the lowest was School A (mean male =95.71 & mean female = 91.80) respectively. Less number of students and male students are the most influential factors for the highest students' performance in School B. Findings revealed important aspects of STEM integration, which are helpful for students and teachers to develop personal qualities in authentic learning for solving real-life problems and experiences in natural disasters.

Keywords*:* Authentic learning, 21st-century skills, Lifelong learning, STEM education, Wattegama Education Zone

A STUDY ON THE ABILITY OF TWO STUDENTS IN GRADE 13 TO COMPREHEND AND EXPRESS THE CONCEPTS OF POLITICAL SCIENCE

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This paper discusses action research findings conducted with two Grade 13 students offering Political Science as a subject for the G.C.E. Advanced Level under the Arts stream. It focuses on how problems with students' expressive ability due to the lack of conceptual recognition in the selected subject could be addressed. The main objective of this research is to improve students' expressive skills by helping them identify concepts related to political science. The study's specific objectives are to find out the problems and needs of the students, identify the methods to overcome those weaknesses and achieve active student participation through education integrated with globalisation and technology utilising 21st-century skills. The research process was conducted using qualitative research methodology, with action research methodology as the primary approach. To identify the problem background for operational research, the study was conducted through three main aspects: observation, interview, and the study of secondary data. The pre and post-test results of both tests were analysed and compared. This revealed a considerably larger problem: "weakness in expressive ability due to a lack of concept recognition." Thus, the data was collected throughout the interventions through observation and testing. Test data was analysed with MS Excel, and qualification data was analysed using thematic analysis. This was done through the skills of the 4Cs methodology using three key interventions. The first was a video on the topic "What is democracy?" Using second interventions, it was possible to identify the main concepts in the pre and post-tests. Criticism is often expressed towards the Sri Lankan education system, saying it is "out of touch with the world of work." At the end of the study, the researchers concluded that "the teacher can make the connection between the curriculum and the world of work." The two target students were unable to identify and articulate political science subject concepts because the concept was not related to the world of work. The study concluded that based on the skills of the 4Cs methodology, students' active participation in the lesson can be achieved by connecting with the world of work through the learning process using modern technological tools.

Keywords: 21st-century skills, Concepts, Expressive ability, 4Cs methodology, Political Science

IMPACT OF CAREER ASPIRATIONS ON ACADEMIC SUCCESS OF UNDERGRADUATES:
THE MEDIATION EFFECT OF ACADEMIC BEHAVIOUR

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Understanding the determinants of academic success is important for developing a supportive educational environment for undergraduates. However, this field of study is nascent and limited studies focus on educational disciplines such as Science, Technology, Engineering, and Mathematics (STEM). The present study aims to examine the impact of career aspirations on the academic success of undergraduates' mediation effect of academic behaviour in the field of STEM. To achieve this aim, we develop four hypotheses, which are built based on the Social Cognitive Career Development theory and prior literature. This study is built in a quantitative research approach, and data was collected from 236 undergraduates in the field of STEM. Participants' career aspirations, academic behaviour and success were assessed through a validated online questionnaire. The questionnaire consists of four parts: demographic data, career aspiration, academic behaviour, and academic success. Hypotheses were tested using regression with the support of the Hyeres Process for SPSS version 23. The results of the studies demonstrate that academic behaviour partially mediates the relationship between career aspirations and academic success, suggesting that students with ambitious career aspirations are more likely to exhibit positive academic behaviours that contribute to their academic achievements and success. The study's findings highlight the importance of fostering career exploration and goal-setting activities among STEM undergraduates to enhance their academic success. Students with clear career aspirations are highly motivated and dedicated to their academic pursuits, leading to better academic behaviours and higher academic achievements. Educational institutions can implement interventions to support students' career aspirations and promote positive academic behaviours, such as mentorship programs and career counselling services. The study emphasises the significance of aligning academic goals with career objectives. It offers insights for educators and policymakers to empower students in their pursuit of academic and career success in STEM fields. The study also provides valuable insights into the relationships between career aspirations, academic behaviour, and academic success in the undergraduate STEM field. These findings emphasise the importance of considering career aspirations in shaping students' study behaviours and academic achievements. This paper addresses the limitations of this study and further explores the dynamics of these relationships in different contexts and demographic groups.

Keywords: Academic behaviour, Academic success, Career aspirations, STEM field, Undergraduates

EFFECTIVENESS OF USING SMART BOARD
IN ENGLISH AS A SECOND LANGUAGE CLASSROOMS:
UNDERGRADUATES' PERSPECTIVES

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This study investigates undergraduates' perspectives on using smart boards in English as a Second Language Classroom. Previous research proved that the smartboard supports and enhances a wide range of ESL activities: brainstorming sessions, writing, listening, reading, grammar practice and many others. Nevertheless, it was observed that little research has been conducted to identify the effectiveness of integrating smart boards in second language acquisition of undergraduates in Sri Lanka. Thus, this study is used to investigate the effectiveness of integrating smart boards in second language acquisition through undergraduates' perspectives. The Participants of this study were 40 first-year undergraduates of the Faculty of Management & Finance, University of Ruhuna. The participants follow the Business English and English Language Intensive courses, and the smartboard has often been used during lectures. Employing a qualitative research design, data for the study were collected from a questionnaire and interviews. The questionnaire and interviews aim to determine undergraduates' attitudes toward utilising smartboards in the ESL classroom. The questionnaire, comprised of 10 questions, aimed at determining undergraduates' attitudes toward using smart boards in the ESL classroom. The students were first asked to fill in the questionnaire, and structured interviews were conducted with ten students. The data derived from the interviews were analysed using thematic analysis. The findings of the study present that most students have a positive perspective on using smart boards to learn English as they contain a variety of functions compared to other teaching methods. The results show that using the smartboard enables a variety of learning experiences that enhance students' engagement, interactivity, and motivation in language learning. The present study is limited to students' perspectives on using smart boards, and teachers' perspectives are also a critical factor that needs to be examined. This study recommends teachers provide opportunities for students to use the smartboard in-class activities.

Keywords: Effectiveness, ESL classroom, Perspectives, Smart boards, Undergraduates

THE EMERGENCE OF THE EIGHT CHINESE BUDDHIST SECTS DURING THE *SUI* AND *TANG* DYNASTIES

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This research explores the historical emergence of the Eight Chinese Buddhist Sects during the transformative period of the *Sui* and *Tang* dynasties (5th-6th centuries A.D). During this period, Buddhism thrived and flourished in China. These eight sects, including the Three Treatises Sect, Consciousness-only Sect, *Tian-tai* Sect, *Hua-yan* Sect, *Chan* Sect, Pure-land Sect, *Vinaya* Sect, and Esoteric Sect, represent a significant role of Chinese Buddhism encompassing diverse and profound teachings of *Mahāyāna* Buddhism. These sects formulated specific Buddhist concepts and scriptures, catering to the needs of the people, and developed a comprehensive understanding of Buddhism, marking a convergence of Indian Buddhist principles with Chinese tradition. One of the significant aspects of Buddhism in this period was its propagation and peak development. The research objectives of this paper are twofold: (1) identifying the key factors that led to the emergence of these eight Buddhist sects during the *Sui* and *Tang* dynasties in China, and (2) assessing their impact on Chinese Buddhism and society during that period, and how those Buddhist sects influence Chinese Buddhism and culture? Methods expected to apply to this study are based on data collection, literature sources, textual analysis, source synthesis, and historical contextualisation. Specifically, during the Sui and Tang dynasties, the rise of Buddhist sects was driven by several pivotal factors. First, translating *Mahāyāna* Buddhist scriptures into Chinese, undertaken by eminent monks, contributed to doctrinal diversity. Secondly, the founders of these sects offered distinct interpretations of Buddhist Doctrines, giving rise to unique sects with their emphases. Thirdly, the *Tang* dynasty's monastic institutions provided a framework for transmitting sect teachings bolstered by imperial support, encouraging the development of these sects. Finally, the era witnessed extensive cultural exchange and syncretism, influenced by diverse sources, including Indian and Chinese traditions. This allowed Buddhism to adapt and integrate seamlessly into Chinese society, making it appealing and enduring. Hence, by examining the doctrinal, historical, social, and cultural factors behind the emergence of the eight Chinese Buddhist sects during the Sui and Tang dynasties, this study highlights the innovative spirit of Chinese Buddhists. They adeptly melded the Indian *Mahāyāna* Buddhist tradition with Chinese native Confucian and Daoist conceptual systems through mutual interpretation, transformation, adaptation, and utilisation. In doing so, they innovated meditation practices, monastic regulations, and customs, rendering Buddhism relevant to the needs of their time. This harmonious blending of continuity and innovation within Buddhist civilisation represents a remarkable achievement in the history of Chinese Buddhism with lessons that resonate even today.

Keywords: Adaptation, Buddhist sects, Interpretation, *Mahāyāna*, Transformation

"WAS KING *MILINDA* INDO-GREEK MENANDER?": RE-EXAMINATION OF *MILINDAPAÑHA* IN THE LIGHT OF THE NUMISMATIC, EPIGRAPHIC AND ARCHAEOLOGICAL EVIDENCE

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The Buddhist literary text, the *Milindapañha*, where a philosophical discussion takes place between a *Yavana* monarch named *Milinda* and a Buddhist monk named *Nagasena,* has impelled modern scholars to raise debates about whether to identify the Indo-Greek King Menander with King *Milinda* mentioned in the text. In a whirl of controversies, the literary, numismatic, epigraphic, and archaeological evidence -the extensive successful studies on Indo-Greek coins led by Osmund Bopearachchi have contributed to a greater understanding of the existence of the Indo-Greek King Menander and how he established his reign within the middle of the second century BCE (165-130) and indicated glimpses of such a conversation. However, the same evidence leaves the matter of identifying King Menander with *Milinda* in obscurity. Textual evidence from sources such as the *Milindapañha* and *the Monk Nagasena Sutra,* which in modern scholarship are considered the most prominent Eastern literary sources to mention a Western King, remains controversial. Thus, it raises several questions regarding the King who is depicted in these literary sources. This study provides new pedagogical information to current studies to resolve the conflict that exists in previous studies regarding the *Milindapañha* and King *Milinda*-King Menander by identifying new verifiable textual evidence about King *Milinda*. Incorporating new evidence, the study argues that a considerable amount of the portrayal of King Milinda of the *Milindapañha* is compiled based on speculation and conjecture, for *Milindu Raja Katha* from the *Saddharmarathnakaraya* corresponds to the Chinese version *of the Monk Nagasena Sutra.* While answering several other questions, such as when and why the existing Pāli text extended and why the scholars have not incorporated the *Milindu Raja Katha* from the *Saddharmarathnakaraya* in their studies about King *Milinda* and dialogue between him and sage Nagasena, this study identifies King *Milinda* as King Menander but contests the arguments in modern scholarship, particularly regarding the last phase of the life of King Menander. This qualitative historical analysis is nursed by two major research methodologies: record-keeping, where existing reliable documents and similar sources of information are used as data sources and secondary research method, where data is collected in the form of notes. In the textual analysis, the similarities and differences are identified by examining the content and structure of the literary sources, following a comparative mode. This examined data is further compared and contrasted with, and parallels are drawn from, numismatic, epigraphic, and archaeological evidence.

Keywords: King Menander, King *Milinda*, *Milindapañha, Monk Nagasena Sutra, Milindu Raja Katha*

THE EVOLVING ROLE AND STATUS OF BUDDHIST NUNS IN MYANMAR: A CONTEMPORARY PERSPECTIVE

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The status of Buddhist nuns in Myanmar has long been a subject of social, cultural, and religious significance. This research presents an overview of the multifaceted landscape surrounding Buddhist nuns' position and challenges in contemporary Myanmar. Drawing on a combination of historical context and recent developments, it sheds light on the evolving role of nuns in a predominantly Theravada Buddhist society. Historically, Myanmar has a rich tradition of female monasticism dating back to ancient times. However, the lineage of fully ordained bhikkhunis disappeared from the country for many centuries, resulting in a significant gap in the recognition and status of women within the Sangha. This paper explores the historical and cultural backgrounds that contributed to this absence and how it has impacted the status of Buddhist nuns in Myanmar. In the second half of the nineteenth century, there was a resurgence of interest in reviving the bhikkhuni lineage in Myanmar, called *Thi-La-Shin* (the owner of precepts). This research outlines the efforts made by both domestic and international Buddhist communities and civil society organizations to support the re-establishment of the nun in the country. It discusses the challenges and controversies that have arisen as a result of these efforts, including opposition from some segments of the monastic establishment and questions of legitimacy. Furthermore, this research examines the legal and societal barriers that continue to affect the status of Buddhist nuns in Myanmar. It highlights issues such as unequal access to education, limited opportunities for leadership roles within the Sangha, and broader gender-based discrimination faced by the nuns. Additionally, it explores how Buddhist nuns have been active in advocating for their rights and promoting gender equality within Myanmar's religious and social contexts. This research continues with qualitative and quantitative research methods, which allow access to library-based knowledge and in-depth interviews. To conclude, the status of Buddhist nuns in Myanmar is a complex and evolving phenomenon that reflects not only the unique religious and cultural dynamics of the country but also broader questions of gender equity and human rights. This research provides a glimpse into the historical, legal, and social dimensions of this issue and underscores the ongoing efforts to empower and elevate the role of Buddhist nuns within Myanmar's religious landscape.

Keywords: Buddhist nuns, Feminism, Gender equality, Status

THE NATURE OF BURMESE SANGHA IN THE *KONBAUNG* PERIOD IN MYANMAR

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In the society of the *Burmese Saṅg*ha in the *Konbaung* period (1752-1885), varieties of new Buddhist practices were inherited from the previous periods, and new religious movements emerged in that dynasty. Therefore, the early *Konbaung* period was very much connected with the multiplicity of religious disputes in *Burmese Saṅgha* society. Whenever the kings paid more attention to enlarging their sovereignty, they could not focus on the problems of monks. However, the kings were key players in solving the religious disagreement among monks. The aim of this research is to investigate a detailed account of the origin and development of the 'robe controversy', suppressing the followers of non-*Parupanavādī*, such as *Pywe Kyaung, Varajoti* sects to promote a better understanding of the emergence of *Sabhāga* and *Visabhāga*, and to illustrate the monastic ideal of Burmese monks. The data for this project is mainly based on inscriptions, chronicles, manuscripts, books, and records written in the contemporary period and secondary literary sources. Although kings of the *Konbaung* dynasty attempted to demolish the followers of *Ekamsikavādī* and *Pywe Kyaung* sects, they continued to exist at the end of this period. The founder of *Zawti* or *Joti* was a monk named *Varajoti*, who strictly followed the *Vinaya* rules, and his followers shifted their location to remote areas because of the kings' elimination. The defeat of the *Ekamsika* sect, *Maungdaung Sayadaw*, one of the *Saṅgharājas* of that dynasty, collected data of monks not only in the capital but also in rural areas and sent the list to the king and then tried to divide Burmese *Saṅgha* into two as *Sabhāga* monks and *Visabhāga* monks. However, this hostility was confined to a short period. *Shwegyin Nikāya* was not considered a separate Buddhist sect during that period but existed during the British period. Among the Burmese Sangha, most monks who lived not only in the capital but also in remote areas led their lives following *Vinaya* rules. On the other hand, the fact that shameless monks (*Alajji*) were also living in that period was undeniable. To reach the research conclusion, Burmese monks paid more attention to the tradition of teachers (*Ācariyavāda*) than the teachings of Buddha.

Keywords: *Ācariyavāda, Burmese Saṅgha*, *Buddhist* Sect, Dispute, King, *Pārupanavāda*

EXEGETICAL STUDY ON MYTHOLOGY IN *ADI SHANKARA'S* COMMENTARIES

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Ādi Śaṃkarācārya has written extensive commentaries on major *Upanishads* that are the foundation of *Advaita* philosophy. In those commentaries, he thoroughly articulates mythological narratives incorporated in *Upanishads.* Furthermore, *Śaṃkarācārya* adopted alternative mythological narratives to demonstrate his philosophical tenets. However, these narratives are not compatible with *Śaṃkarācārya's* philosophical stance. Thus, some of those incorporated mythological narratives present a notable paradox. Furthermore, those narratives contradict the central principles of *Śaṃkarācārya's* philosophy. These inadequate phrasings have been conspicuously overlooked both by *Śaṃkarācārya* and his subsequent commentators. Besides them, modern scholars have also not paid any attention to the incorporation of mythological narratives within *Śaṃkarācārya's* commentaries. Therefore, there is no in-depth examination or observation of the paradoxical usage of mythical narratives in *Śaṃkarācārya's* works. This disjunction calls for a comprehensive exegetical study to ascertain this narrative choice's underlying purpose and significance. Therefore, the research problem arises: can the contradiction that *Śaṃkarācārya* introduces by adopting mythical narratives, which contradict the principles of his philosophy, be resolved through an exegetical study aimed at understanding the underlying purpose and significance of this narrative choice? By solving this problem, this study seeks to delineate *Śaṃkarācārya's* distinctive literary style, devise a novel exegetical approach within the *Advaita* tradition, comprehend *Shankara's* perspectives on methodological principles in philosophical discourse, and introduce a fresh methodological paradigm for resolving the contradictions mentioned above manifest within the commentaries on major *Upanishads*. These commentaries have undergone rigorous scrutiny characterized by critical analysis, culminating in exploring *Shankara's* elucidations on a specific contradiction. Subsequent evaluation of this justification aims to ascertain its congruence and acceptability. The research has yielded a justification of significant import, potentially constituting a theoretical framework or methodological approach to comprehend *Shankara's* writings. Consequently, the inquiry concludes that *Shankara* adeptly employed mythologies in a symbolic capacity to expound upon select philosophical concepts, divorcing them from their literal interpretations. This elucidation serves as a pivotal contribution to understanding the intricacies of *Shankara's* philosophical discourse. The findings thus underscore the nuanced and multifaceted nature of his expository methodology, enriching the discourse surrounding *Advaita* philosophy.

Keywords: *Advaita* philosophy, Commentaries, Exegesis, Literal method, Mythology

A STUDY OF THE CLASSIFICATION OF *DUḤKHA* OF THE *BODHISATTVABHŪMI* OF *YOGĀCĀRABHŪMI-ŚĀSTRA*

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Dukkha (Pāli; Sanskrit: *Duḥkha*) is a core term found in early Buddhist discourses and one of the most important concepts in Buddhism, usually translated as "suffering, disease, discomfort, unpleasantness, difficulty, pain or sadness." It often refers to the inherent unsatisfactoriness of life. Most Buddhist traditions focus on the importance of developing insight into the nature of *Dukkha*, the conditions that cause it, and how it can be overcome. Thus, dealing with *Dukkha* is the main axis of Buddhist theory. *Dukkha* is the first of the four Noble Truths. Actually, within Buddhist Sūtras, *Dukkha* not only has a broad meaning but also has different categories. There are many classifications of *Dukkha* in different Buddhist texts. For instance, *Dukkha* is divided into two, three, eight, ten, and eleven types. However, in the fifteenth section of *Bodhisattvabhūmi* of the *Yogācārabhūmi-Śāstra* (YBh), which is a definitive text of the Yogācāra tradition, *Dukkha* is divided into one hundred and ten types, under a division into two parts as the first group of fifty-five types and the second group of fifty-five types. Moreover, the *Bodhisattvabhūmi* has also arranged these categories of *Dukkha* in numerical order from ones to tens. This is simply a convenient manner of arrangement useful for memorization and reflection in the continuation of an oral tradition. Besides, the *Bodhisattvabhūmi* taught that the journey of a bodhisattva seeking supreme enlightenment is accomplished in the process of benefiting living beings. Understanding the classification of *Dukkha* is one of the prerequisites for a bodhisattva to attain enlightenment and act for the welfare of sentient beings. But, over the years, the classification of *Dukkha* in the *Bodhisattvabhūmi* has not received much attention. Therefore, the research makes a tentative analysis through a comparative method according to Chinese *Yogācārabhūmi-Śāstra* and the relevant literature. This study establishes that understanding the classification of *Dukkha* is of great significance for the training of the bodhisattva. Such understanding is (1) conducive to benefit for a bodhisattva when he or she mediates with compassion in relation to sentient beings using the knowledge of the forms of *Dukkha*; (2) it is conducive to an easier understanding that the establishment of categories of *Dukkha* in the *Bodhisattvabhūmi* help all sentient beings know about their defilements so that they can cut off suffering by themselves and fare along the bodhisattva path.

Keywords: Bodhisattvabhūmi, Classification, *Dukkha, Yogācārabhūmi-śāstra*

UNDERSTANDING POVERTY: A COMPARATIVE ANALYSIS OF MODERN VIEWS AND BUDDHIST PERSPECTIVES

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Poverty, a multidimensional and intricate issue, impacts individuals and communities globally. Understanding poverty as a manifestation of suffering is presented in the Buddhist texts, where Buddhist teachings point out that poverty involves miseries or ill-being, described as *Dukkha*. The research is concerned with establishing who is considered poor (*Dāḷidya*). In measuring poverty, the modern view addresses absolute poverty, relative poverty, and the poverty line. On the other hand, Buddhism identifies two types of individuals who are considered poor in various *Suttas*: a person with both material and spiritual poverty and a person with wealth but spiritual poverty. In addition, this paper investigates the potential similarities or differences between the modern view and the Buddhist perspective regarding the definition, identification, and measurement of poverty. The contemporary understanding of poverty commonly revolves around the material aspect, encompassing the absence of necessities and resources required for a satisfactory quality of life. Moreover, poverty can contain measurements beyond material deprivation, including social, emotional, and psychological well-being. Nevertheless, poverty assessment predominantly relies on quantitative indicators and individual desires, often reflecting consumerist culture's influence. On the contrary, the measurement of poverty in Buddhism is primarily rooted in the moral aspect, emphasising long-term well-being. In Buddhism, individuals aspire to improve their material conditions while also nurturing their moral well-being, striving to live a fulfilling life akin to those who possess both eyes (a person who has neither material nor spiritual poverty), ultimately attaining genuine happiness in this very life. In developing the ideological standpoint of this paper, qualitative, descriptive, and comparative methods might be used to examine, analyse, and compare the concept of poverty and its measurement and illustrate the data in the Buddhist scriptures to understand poverty. This paper aims to highlight Buddhism's emphasis on the happiness derived from eliminating both manifestations of poverty, recognising that true fulfilment is achieved through eradicating suffering in both the material and spiritual realms.

Keywords: Absolute poverty, Material and spiritual poverty, Moral well-being, Relative poverty

HYPOTHETICAL REASONS FOR
THE EMERGENCE OF *NIKĀYA* BUDDHISM

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The term *'Nikāya Buddhism'* refers to monastic Buddhism that developed after the occurrence of the initial schism leading to the emergence of the *Mahāsaṃghika* School and *Sthaviravāda* School. During the Buddha's time, even though there were some points of contention, the *Saṅgha* still maintained its unity. However, after the Buddha's *Parinibbāna,* many disagreements emerged due to controversies arising out of aspects of Vinaya or subtle issues of doctrine. Before the initial schism, the *Saṅgha* was united as a single community with perfect harmony. However, about a century after the demise of the Buddha, the great *Saṅgha* divided into two and later subdivided into 18 or 20 early Buddhist schools, giving rise to *Nikāya* Buddhism. According to the *Samayabhedoparacanacakra*, one hundred and odd years after the Buddha's *Parinibbāna*, the first schism emerged due to four groups, the *Nāga*, the *Pratyantika*, the *Bahuśrutiya*, and the *Sthavira* engaging in discussing the five points relating to the nature of the attainment of an Arahant as propounded by *Mahādeva*. This was the cause of the first split in the *Saṅgha*, which took place in Magadha during the reign of Asoka. However, the *Dīpavaṃsa* states that due to disagreements that arose in connection with the result of the Second Buddhist Council (100 years after the demise of Buddha), the *Vajjiputtaka*, with many followers, held a great assembly to alter the dhamma leading to the emergence of a schism. Subsequently, the first schism divided the great community into two main branches, the *Mahāsaṃghika* and *Sthaviravāda*. There are altogether 18 sects, including the *Sthaviravāda*, which remained non-schismatic. There are some controversial data sources for the reasons and causes of schisms. The current study utilises Buddhist literature, scholarly articles, and relevant sources to determine the authenticity and hypothetical reasons and causes of schisms. Historical and analytical methods have been used. This article aims to explore the most important internal and external reasons and causes for the development of *Nikāya* Buddhism. The results reveal eight important internal and external reasons for schism leading to the emergence of *Nikāya* Buddhism, such as controversies arising out of aspects of Vinaya, subtle issues of doctrinal disagreement, differences relating to linguistic usage, etc. Out of these causes, it can be concluded that controversial points relating to doctrine played a key role in leading to the emergence of *Nikāya* Buddhism.

Keywords: Doctrinal disagreement, Emergence, *Nikāya* Buddhism, Schism

BUDDHIST SPIRITUALITY:
FROM CONCEPTUALISATION TO MEASUREMENT

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Spirituality is a prevalent concept used in religious and secular settings by scholars and non-specialists for a long time. The literal meaning of the term 'spirituality' is derived from the Latin term 'spirit' which is the vital part of a person. However, at present, it is identified as a multidimensional psychological construct; therefore, spirituality was defined as an inner or mental development for this research. The objectives of this research were two-fold: one was to conceptualise Buddhist spirituality, and the other was to explore how it is measured. This study was done by reviewing the existing literature on the topic. Buddhism is one of the major religions of the world founded by the Lord Buddha in the 6th century B.C. The highest inner or mental development that a follower of Buddha could achieve is known as *Nibbāna*. The path to be followed to achieve *Nibbāna* is the Noble Eightfold Path. This path is divided into three components: *Sīla, Samādhi and Paññā. Mahācattārīsaka* sutta in the *Majjhimanikāya* mentions two aspects of the noble eightfold path: mundane and supermundane. Practising the mundane noble eightfold path leads to the development of a wholesome life, and practising the supermundane eightfold path leads to realising *Nibbāna*. Therefore, it can be observed that Buddhist spirituality has two aspects: developing a healthy life and achieving *Nibbāna*. Hence, in this study, Buddhist spirituality is conceptualised as developing a wholesome life by practising the mundane noble eightfold path. However, spirituality is a psychological construct that cannot be observed or measured directly. Scholars have developed a way to measure such latent variables or constructs through validating instruments known as psychological scales. This scientific process includes several stages: reviewing related literature, item construction, and establishing reliability and validity for the instrument. Such scales, which have sound reliability and validity, are used in social research. There are more than 500 million people around the world who practise Buddhism as a religion. There is a high possibility that some of them practise a mundane, noble eightfold path. On the other hand, they may have different levels of spiritual development, too. Therefore, it is useful to construct and validate a scale to measure Buddhist spirituality.

Keywords: Buddhist spirituality, Measurement, Noble eightfold path, Scales, Spirituality

RATIONALE BEHIND THE PROMULGATION OF ADDITIONAL *VINAYA* RULES FOR NUNS:
A DISCUSSION WITH REFERENCE TO *PĀRĀJIKĀ*, *SAṄGHĀDISESA* AND *ANIYATA*

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In the earliest Buddhist communities, the *Vinaya* rules and monastic practices played a crucial role in securing the monks' and nuns' well-being and spiritual development. The Theravada *Vinaya-piṭaka* of the Pali Canon lists 227 rules for monks and 311 rules for nuns. Among them, 181 rules are common to both groups; 46 are for monks, and 130 are for nuns. Thus, there are 84 additional rules for nuns. The present study, while focussing on the P*ārājikā* (defeat offences), *Saṅghādisesa* (a class of offences that can be decided only by a formal meeting of the *Saṅgha*) and *Aniyata* (undetermined offences) rules attempts to understand the rationale behind the promulgation of these additional rules for nuns. The monks must adhere to four *Pārājikā* rules, while nuns to eight. Similarly, the monks follow 13 *Saṅghādisesa* rules, but the nuns follow 17. The two *Aniyata*s, exclusively for monks, exhibit the landmark of trust in women in Buddhism. The objective of this study is to explore discrepancies, parallels and substitutions between *Pārājikā*, *Saṅghādisesa* and *Aniyata* rules for monks and those for nuns by critically assessing the relevant sections of the Theravada *Vinaya-piṭaka* supported by the traditional and modern scholarship on the subject. Some argue that the additional *Vinaya* rules for nuns in the *Vinaya* subordinate the nuns to the order of monks. Further, they say these *Vinaya* rules, particularly the eight sublime conditions, are unfairly harsher for nuns. Kate Wheeler (1993), Diana Paul (1985), Nancy Schuster Barnes (1987), and Richard Robinson (1982) argue that the monastic rules have discriminated against nuns because they are women. Rita Gross (1986) states: "*Vinaya* is placing all nuns lower in the hierarchy than any monks." However, I argue that the background stories of the rules reveal that these additional *Pārājikā* rules for nuns were intended to safeguard nuns from potential maternity. The other *Saṅghādisesa* rules for nuns provide extra protection from falling victim to the lustful desires of men. The penalties for offences against *Aniyata* were promulgated only for monks, recognizing female-male equality. Further, contemporary social, religious, and cultural impacts on women's biological and emotional makeup have influenced the promulgation of additional *Vinaya* rules for nuns.

Keywords: Bhikkhu, Bhikkhunī, Equality, Theravada Buddhism, *Vinaya* rules

CHARACTERISATION OF *BṚHASPATI* IN VEDIC LITERATURE: AN ANALYTICAL STUDY

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The character of *Bṛhaspati* is one of the most controversial representations in Vedic literature and some kinds of classical Sanskrit literature. His widespread characterization is prevalent as a materialistic, *Vedic* sage or God, Buddhist, and religious teacher. This research mainly focuses on identifying the characteristic features associated with the name *Bṛhaspati* in *Vedic* literature. To comprehend the different aspects of this character, the relevant primary and secondary sources were referred to. The hymn to *Bṛhaspati* (RV. IV.50) interprets he established his might to the part of the earth, and anyone cannot conquer him. He found his strength over the whole earth, and no one could defeat him. Here is the interpretation of the hymn to *Bṛhaspati* (RV. IV.50). Two *Vedic* hymns (RV. X.71, X.72) are ascribed to *Bṛhaspati*, naming the former as *Bṛhaspati Aṅgirasa* and the latter as *Bṛhaspati Lauky*a. He is a well-known character among *Vedic* deities, especially the God *Indra* (RV. VIII.96.15). The names in the Vedic literature, such as *Bramanaspati, Purohita*, and *Vyasa*, are also ascribed to him. It is even possible to trace Indra's alliance with *Bṛhaspati* in the period of *Ṛgveda* (RV. VIII.96.15). It is proved; moreover, in the period of *Upaniṣad*. For instance, having assumed the shape of *Śukra*, he took the necessary actions to safeguard Indra and diminish the *Asuras*. Furthermore, it is mentioned that the false instructions were given to demons for their destruction (*Maitrāyaṇīya Upaniṣad 7.9*). Before performing this type of responsibility for *Bṛhaspati,* such kind of duty was held by *Prajāpati*. However, in the period of *Upaniṣad*, it has been changed. Imparting false knowledge naturally tended to *Bārhaspatya* or a follower of *Bṛhaspati* as an infidel. Bṛhaspati is the founder of *Lokāyata* philosophy, and Bhāskarāchārya proves his authority of aphorisms in his commentary *Brahmasūtra*. Considering the *Vedic* literature, *Bṛhaspati* was regarded as a God connected to the world. Therefore, his name was well-known later, such as *Lokāyata,* the one of heterodox philosophies.

Keywords: *Bṛhaspati,* Hymn, *Lokāyata, Upaniṣad, Vedic* literature

REVOLUTIONISING COUNSELLING WITH BUDDHIST WISDOM: UNVEILING THE MINDFUL EXERCISE BASED ATTENTION ADEQUACY TECHNIQUE (MEBAAT)

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Attention Deficit Disorder (ADD) poses a formidable challenge, affecting individuals across all age groups, particularly young school children. The daily struggle to concentrate on tasks and lessons can be overwhelming. The consequences of inattention can disrupt lives and hinder children's educational progress. This research delves into an alternative approach, drawing from the profound wisdom of Buddha's teachings. Utilising a qualitative research methodology, this study meticulously explores the applicability of Buddhist principles in addressing ADD. The findings underscore mindfulness as a potent remedy for a multitude of psychological issues, many of which arise from a lack of mindfulness. These issues often manifest when unwholesome tendencies dominate the mind. In a ground breaking development, the research introduces the Mindful Exercise Based Attention Adequacy Technique (MEBAAT). MEBAAT is a novel counselling approach rooted in Buddha's teachings, aimed at assisting individuals with ADD. This technique harnesses the power of mindfulness, enhancing various aspects of life, such as improved focus and reduced stress. Cultivating mindfulness through short daily practices empowers children to build their attention spans, ultimately enriching their classroom experiences.

Keywords: Attention Deficit Disorder, Buddhist counselling, Counselling

YOUTH DEPICTED IN SINHALA POETRY FROM THE 1970S TO THE PRESENT

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This study aims to discuss the youth depicted in Sinhala poetry in relation to the hegemonic concept. Poetry is a more sensitive art medium than other literary media. This study is mainly focused on Sinhala poetry, which was published from 1970 -2020, to qualitatively analyse "the youth" social, economic, and political context related to the hegemonic point of view. 'Hegemony' introduced by Antonio Gramsci, was used as the theoretical framework to study the youth issues that appeared in poetry. Hegemony is a concept developed by Marxism, which can be explained as "ruling by will". Social, economic, and political factors have ideologically affected the youth. The poem portrays the effect of this ideological state apparatus as a release of emotional pressure or unrest in the youth, which depicts the feelings of the youth. This study identifies youth problems through hegemony and repression, cultural hegemony, counter-hegemony, and anti-hegemony. For example, if we take cultural hegemony, the family unit holds a vital place. Parakrama Kodithuwakku's work can be described as a poem about how distance from the family affects the youth.

තාත්තා හරි කියල වෙලාවකට මට හිතෙනව	Sometime, I think dad is right
මෙහෙ ඩොලර් මිසක ජීවිතයක් නැහැ	There is no life but dollars here
නීතියයි ක්‍රමයයි තමයි ජීවිතේ	Law and order is life...
අනෙක් අතට මට හිතෙනව	I think otherwise
ලංකාවට ඇවිත් මොකක් ද ජීවිතේ?	What is life after coming to Sri Lanka?
ආර්ය සිංහල හොරු රැළක් මැද	Arya Sinhalese in the middle of thieves
සිතන්ඩ බැරි මිනිසුන් මැද	Among unimaginable people
කොහොම වුණත් දූපතක	However, on an island
සරලව ගැඹුරුව ඉන්නයි මට හිත	I just want to stay deep

This explains how a young man in a foreign country has lost his happiness and peace of mind. In addition, this young man, who went abroad without economic security in his own country, is unhappy in that alien country. On the other hand, he is lost without happiness in the island mentality of his own country. This shows how much the family's ideological institution has influenced the youth's mentality. Hence, this research reveals that youth issues are more ideological than superficial. Thus, it can be concluded that the ideological state apparatus's influence has affected Sri Lanka's youth.

Keywords: Hegemony, Ideology, Poem, Problems, Youth

ZEN BUDDHIST HERMIT MONK:
RYŌKAN'S LIFE AND POETRY

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Ryōkan is a Japanese Zen Buddhist hermit- monk. He has led a simple life. Basically, his life is confined to his robe and the bowl. Moreover, he has spent his whole life playing with children. He sleeps when he wants to sleep. He creates poetry in both Japanese and Chinese languages. *Ryōkan's* poetry refers to his life as a monk and portrays how he maintains his deep connection with the natural world. He expresses his own Zen philosophy through his poetry. There is not much ornamentation in his poetry. The language is simple, but the themes of the poetry are deep. As many scholars argue, there is an intimate relationship between *Ryōkan's* writing of poetry and his daily practices of Buddhism. Further, *Ryōkan's* life and *Ryōkan's* poetry writing are mutually connected. The objective of the present study is to analyse *Ryōkan's* poetry to find out how *Ryōkan's* life as a hermit monk is depicted in his poetry. Accordingly, the following two poems are analysed: 'My Poems aren't Poems', a Chinese poem (*Kanshi*) and 'My Old Begging Bowl', a Japanese poem (*Waka*). Subsequently, the present research discusses how *Ryōkan's* poetry depicts his life as a hermit monk. Accordingly, *Ryōkan's* poetry is interconnected with two major aspects. They are *Ryōkan's* life and Buddhist practices. The methodology of the present study uses thematic analysis to analyse these two poems. Accordingly, the following specific themes are constantly depicted in his poetry: the strong bond he creates with nature, *Ryōkan* has a simple mind, his mind is trained to be alert at the moment, and he provides his people with the opportunity to collect merits. Subsequently, the present study's findings reveal that *Ryōkan* is well-immersed in nature and has a simple and well-trained mind to be alert to the moment. Specifically, he employs begging as a meritorious deed, which reveals his peaceful life as a Buddhist hermit monk. In that manner, *Ryōkan's* life and poetry are interconnected, providing his readers with a worthy message. *Ryōkan* gives such a message through the life experiences that he has received in his life. Therefore, his readers can see *Ryōkan's* life as a role model in their life.

Keywords: Hermit monk, Mind, *Ryōkan's* life, *Ryōkan's* poetry, Zen Buddhist, Zen philosophy

A STUDY ON RESTRICTED LANGUAGE RELATED TO E-MONEY WITH SPECIAL REFERENCE TO THE SINHALA LANGUAGE

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J. R. Firth defined restricted languages as limited variations of a major language. According to Halliday, registers that serve extremely restricted purposes are known as restricted languages. While more restricted registers exist, such as the language used in wartime cable messages, registers appear in various situations, including official documents, weather forecasts, and greeting cards, which are less constrained. Nonetheless, within a major language, there are written and colloquial language types that are restricted to exceptional circumstances. Previous studies on restricted language types in the Sinhala language have identified separate vocabularies related to different subject areas like Geography, Literature, and History, whereas some fields, such as Agriculture and Fishery, have specific sets of vocabulary. Furthermore, vocabulary, grammar, and syntax related to news headlines and short message services have also been considered when examining restricted language features in the Sinhala language. This study focuses on restricted language related to e-money with special reference to the Sinhala language. Given the growing interest in making money online, e-money earners require a particular language to communicate. In addition to English vocabulary, the Sinhala speech community involved in online jobs has a specific set of Sinhala terms to indicate concepts related to e-money. Therefore, attention has been paid to understanding the special features of this restricted language form and how the Sinhala speech community in the relevant field communicates. To examine the nature of the restricted language associated with e-money, data has been primarily collected from e-money communities and e-money-related online platforms, such as Telegram groups, Facebook pages, YouTube channels, and blogs. It has been observed that this language has two features: Sinhalising English words and using existing Sinhala translations with different meanings. When further analysing these two approaches, it becomes evident that auxiliary words and suffixes have been used to Sinhalise English words, while some existing Sinhala translations do not convey the real meaning in the context of online earning. Nevertheless, given the increasing popularity of earning money online, it is imperative to consider e-money-related language in future studies on restricted languages. Furthermore, focusing on current trends in the field of Sinhala language studies is of paramount importance.

Keywords: E-money, Registers, Restricted Languages, Sinhala Vocabulary, Sinhalise

THE POLITICAL DYNAMICS OF RELIGION AS DEPICTED IN THE *UNTOUCHABLE* BY MULK RAJ ANAND AND *SAMSKARA* BY ANANTHMURTHY

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The practice of religion is inherently political. In theory, religion may be about spirituality, but regardless of whether it is Christianity, Islam or Buddhism, political gains, power and material needs are invariably linked to the practice of religion. It is influenced by the ideologies and idiosyncrasies of individuals and has evolved through the ages. This study is a comparative analysis of two contrasting depictions of the practice of religion and how some characters struggle to come to terms with the hand they are dealt with while others seem exempt from these constraints. This paper draws attention to the authors of the selected texts and argues that these canonical fictions depict lower castes as so marginalised and discriminated against that they are unencumbered by rigid religious and caste complexities that devour the upper class/castes. With a special focus on characters Chandri, Bakha, and Praneshacharya, this study shows how culture and religion are undeniably linked to the extent where it is often impossible to differentiate which aspects of a particular culture are not based on religious doctrines. This study is based on the texts *Untouchable* (1935) by Mulk Raj Anand and *Samskara* (1965) by Ananthmurthy and uses *Can the Subaltern Speak* (2009) by GC Spivak and *Decoding Subaltern Politics: Ideology, Disguise and Resistance in Agrarian Politics* (2012) by James Scott as the theoretical foundation. This paper also brings into discussion literary texts and their fictional verisimilitude while also highlighting the role of the author and the caste that they belonged to and from what position they preside over the aforementioned literary texts because an author is also an individual in society in a particular time and space, who is invariably influenced by the ideas and practices of that time. In conclusion, Ananthmurthy and Mulk Raj Anand's narratives are relevant today and worthy of exploration as significant depictions of how individuals in a society are embroiled in religion, caste, class, culture and political power. Finally, prominent critical appraisals of the works of Ananthmurthy and Mulk Raj Anand are unpacked to establish how other critics have analysed the depiction of caste and religion in *Untouchable* and *Samskara*.

Keywords: Caste, Culture, Political, Religion, Subaltern

ARAVINDA IN *VIRAGAYA* (NOVEL) AND THOUGHTS OF INDIVIDUALISM:
AN ANALYSIS THROUGH EXISTENTIALIST APPROACH

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The psychological process influencing individual behaviour is driven by society and biological conditions. It is not only self-action. Structuring the dynamic human process in current society under common features of conservative societies is bad for human beings. Good or bad personalities are created not only by one's ideas but also by others. Therefore, humanistic analysis is important to interpret people. Existentialism leads to humanistic interpretation. *Viragaya* interprets a situation. Consequently, it is a turning point of a new literary genre and a new approach to describing human beings. Most of them have interpreted *Aravinda* as a man of unconventional behaviour regardless of the background factors that influenced him. That conservative view creates problematic situations in character analysis. The Problem of this study launched under this background is to study the social conditions that influenced *Aravinda*'s character. The conceptual revolution is needed in current society. The purpose of this study is to reveal how social and cultural conditions affect human thoughts and behavioural patterns. In addition, it also studies how to prevent the development of an insecure and frustrated society. The character, *Aravinda*, in Martin Wickramasinghe's *Viragaya*, is explored through psychological analysis that interprets a human's attitudes and feelings. This study used qualitative research methodology. This study revealed that *Aravinda's* character represents the importance of analysing human thoughts and behaviour by moving away from violence or narrow attitudes that motivate the individual to commit anti-social acts. This study revealed that the inner characteristics of *Aravinda*, which are highlighted by clashing the characters of *Bathi* and *Sarojini,* are not unusual activities or thoughts according to existentialism. This study enlightens the social and cultural conditions that influenced *Aravinda.* The study uncovered that the emergence and fulfilment of human needs such as sexuality, spiritual states, sociability, and love are only natural phenomena that are not suitable to be defined as unnatural by a conservative, limited perspective. In conclusion, this study revealed that it is impossible to limit thoughts or behaviours as standard and customary, and it is also difficult to exclude thoughts or behaviours as abnormal. The interpretation of individual characters should not be done according to cultural ideologies or a traditional structure because each person has a unique form that they have built by mastering the understanding of life. The character of *Aravinda* revealed that while criticising or interpreting people, the existentialist approach is important.

Keywords: Dynamic, Human being, Individual freedom, Individual thoughts

MATRIMONIAL AND INHERITANCE RIGHTS UNDER THE CUSTOMARY LAW OF THESAWALAMAI: AN INTERSECTIONAL STUDY IN JAFFNA DISTRICT

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Compilation and documentation of the customs of a land by outsiders are prone to misinformation. The customary law of Thesawalamai, governing the Tamil inhabitants of Jaffna Province, has variations in determining the flow of inheritance rights over ancestral properties across historical codifications. In addition, the prevailing customs in Jaffna District also have latitudinal and longitudinal differences in this respect. This exploratory study aimed to capture these regional variations by employing an intersectional approach incorporating geographical and social differences. Literature surveys, focused group interviews (07), key informant interviews (85), semi-structured questionnaire surveys (103), case studies (04), and informal discussions were used as tools of data collection. The data gathered were comparatively analysed to understand the existing practice of handling the properties using matrimonial and inheritance rights. Among the two main inheritable properties as *Mutucom* (ancestral property) and *Cītaṉam* (woman's property), *Cītaṉam* is widely practised in the entire Jaffna District, while *Mutucom* is a less known concept in the matrilocal societies. This observation signifies the diminishing practice of passing properties as *Mutucom*, which is traditionally inherited by the male members of a family following a patrilineal inheritance pattern. The study traces historical influences, particularly those introduced by the Portuguese, which facilitated parents' ability to allocate *Cītaṉam* to their daughters from the entirety of their property, including *Mutucom, Cītaṉam*, and *Tēṭiya-Tēṭṭam* (acquired property). This has contributed to the decline of *Mutucom* and the conversion of it to *Cītaṉam* over generations. It is also observed that, in matrilocal societies, a significant portion of a family's property is bestowed upon daughters as Cītaṉam, further diminishing the practice of *Mutucom*, while patrilocal and ambilocal societies are still aware of *Mutucom*. According to the law of the land, the *Cītaṉam* can also be given to a woman very early before marriage when marriage was not arranged; this does not generally take place in the present context, and instead of doing so, the properties are given as gifts, enabling them to claim a share of the family's remaining property. Compared to matrilocal societies, patrilocal societies are more likely to manipulate a woman's *Cītaṉam*. The *Cīviya-Urittu* (life interest) of the woman's parents typically safeguards the immovable properties linked with *Cītaṉam*. This study advocates for a reexamination of the foundational concepts of the Thesawalamai, emphasising its alterations resulting from the intersecting variables of historical, geographical, and social dimensions.

Keywords: *Cītaṉam*, Matrilocal, *, Mutucom,* Patrilocal, Thesawalamai

A SOCIOLOGICAL STUDY ON INTERPERSONAL CONFLICTS, GENDER-BASED VIOLENCE, AND DEMAND FOR LEGAL AID IN RURAL SRI LANKA

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Interpersonal conflicts and gender-based violence are widespread in Sri Lanka. The grave and brutal nature and the extent of harm and trauma caused to women by such violence in the recent past are alarming. An examination of the reported incidents reveals that interpersonal conflicts, sexual harassment, rape, cyber violence, and domestic violence are on the increase within the family unit and in the community at large. The women's well-being survey (2019) shows that 1 in 5 (20.4%) women have experienced sexual and physical violence by an intimate partner in their lifetime, and 1 in 4 women (24.9%) have experienced sexual and physical violence since the age of 15. In this circumstance, there is sociological knowledge enabling us to understand and unpuzzle the puzzling nexus situation in interpersonal conflicts, gender-based violence (GBV), and their impacts on the operation of legal aid. Hence, legal aid plays a significant role as a remedy for victims. The objective of the study is to identify the relationship between interpersonal conflicts, GBV, and demand for legal aid. In addition, it finds remedial measures by the government to mitigate GBV from the historical perspective to the present, why interpersonal conflicts lead to GBV and examines and analyses the appropriateness and suitability of the legal aid mechanisms in place to prevent interpersonal conflicts leading to GBV. The *Kananke* Police Division in Matara district was selected to study the problem using different ethnographic methods based on primary and secondary data and intended to ingest data from relevant government institutions, including the Legal Aid Commission of Sri Lanka. The relationship between interpersonal conflict and GBV is apparent. Low-income communities in rural areas have a growing trend, and other factors like poverty, less education, victimization, gender inequality, etc., are contributing factors. Therefore, this study implies the necessity of exploring the role of legal aid in reducing and mitigating social malice.

Keywords: Gender Based Violence, Interpersonal conflicts, Legal aid, Rural society

A CRITICAL EXAMINATION OF THE SRI LANKAN LEGAL RESPONSE TO DOMESTIC VIOLENCE: GAPS, CHALLENGES, AND THE PATH FORWARD

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In compliance with its international obligations under the Convention on the Elimination of All Forms of Discrimination Against Women, Sri Lanka took a significant step forward by enacting the Prevention of Domestic Violence Act No. 34 of 2005. This legislation aimed primarily at protecting vulnerable individuals from domestic violence. However, it has critical deficiencies that hinder its effectiveness. Recognizing these flaws, a committee involving stakeholders and the public proposed amendments. With Cabinet approval to draft a bill amending the current Act, a unique opportunity arises to strengthen the existing framework and formulate well-informed recommendations for a more robust system against domestic violence. This research was undertaken to achieve three primary objectives: to assess the effectiveness of the current legal framework in protecting vulnerable individuals from domestic violence, to identify and scrutinise the flaws and implementation challenges within the existing legal structure, and to conduct a comparative analysis with United States and Philippine laws to formulate a comprehensive set of recommendations and legal reforms aimed at strengthening the Sri Lankan framework and enhancing protection measures. This research employed a qualitative method, commencing with extensive literature reviews, drawing from legislation, journal articles, and case law. In addition, in-depth interviews were conducted with key stakeholders. Through this methodology, the research findings, informed by academic sources and stakeholder input, formed the basis for evidence-based recommendations to enhance the framework's effectiveness. The study unveiled critical deficiencies in Sri Lanka's domestic violence legal framework despite specific legislation. Issues like insufficient penalties, limited legal precedent, deeply ingrained cultural and social factors, and economic contributors exacerbate the problem. Comparative analysis of the United States and the Philippines exposed significant disparities in legal provisions and outcomes. Recommendations encompass establishing domestic violence as a distinct offence in the Penal Code, instituting a National Action Plan, conducting gender-targeted awareness campaigns, and introducing provisions for legal aid and victim compensation. Conforming to global best practices is imperative to reduce domestic violence and bolster protection in Sri Lanka. Therefore, this research concluded that, despite Sri Lanka's efforts, the effectiveness of legal mechanisms remains hindered by inherent deficiencies. Genuine improvement necessitates a proactive prevention approach. Without substantial amendments and dedicated research to refine the existing legal framework, domestic violence issues will persist, with laws alone unable to address the root problems. Sri Lanka's commitment to change is essential for protecting its citizens and fostering a society free from domestic violence.

Keywords: Domestic violence, Law, Prevention, Sri Lanka

AN INVESTIGATIVE STUDY OF HUMAN RIGHTS AS REVEALED BY THE *MAHAVAMSA*:
BASED ON THE FIRST AND THE SECOND PARTS OF *MAHAVAMSA*

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The concept of human rights originated in Europe's post-Second World War period and expanded worldwide. Consequently, the respect for the origin of human rights goes to Europe. In contrast, there was a practice of human rights in the Asian part of the world which can be proven through archaeological and literary sources. The objective of this was to study the practice of human rights in the ancient era in Sri Lanka, which is revealed in the first part (6th century BC- 4th century AD, written in 6th century AD) and the second part (4th-century AD-12th century AD, written in 13th Century AD) of *Mahavamsa*, the great chronicle of our country. There are three research questions: does *Mahavamsa* contain the facts about the practice of human rights in the ancient era? Which types of human rights were practised in the ancient era? And are there concepts known as human rights in *Mahavamsa*? This is qualitative research. A literary survey was primarily utilised to collect data, mainly focusing on the first and second parts of *Mahavamsa*. Simultaneously, secondary sources also were utilised. A significant amount of information on human rights was revealed from inscriptions, and a considerable amount of research was also done related to this. The *Mahavamsa* reveals that there is information that the rights recognized as human rights today existed at that time. It can be argued that rights were protected as well as violated. The protection of religious freedom, and children's and labour rights can be pointed out as instances of rights being protected. Loss of the right to free opinion, loss of fairness of law, deprivation of the right to live freely, and not having equal rights for every person are examples of rights violations revealed by *Mahavamsa*. It can be concluded that human rights are not inherited by the people under every ruler, and the rights which were practised as customs in the early period gradually became law. Moreover, *Mahavamsa* does not mention the word 'human rights', but human rights existed as customs, traditions, and kings' orders in the ancient era. Though *Mahavamsa* mentioned much information about the religion and the upper class of that society, it revealed less information about the human rights of the general masses.

Keywords: Ancient era, Customs, Human rights, Kings' orders, *Mahavamsa*

INTEGRATING HUMAN RIGHTS EDUCATION INTO THE SCHOOL CURRICULUM:
FOSTERING INCLUSIVE AND EMPOWERED COMMUNITIES

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Education is a key prelude to an empowered community. An empowered community is both a process and an outcome where capacity building, developing skills, competencies and critical awareness can lead to a society where people gain more power through collective social and political action. As part of the process, it is vital that democratic principles like the rule of law, the separation of powers, and human rights are included in primary and secondary education. Human Rights education is the advancement of human rights-related information, abilities, dispositions, and values. However, the issue arises with the concern of the ways in which it can be incorporated into the school curriculum, which is the programme of education or the intentions of education. A curriculum carries the beliefs, values, attitudes, skills, and knowledge of the education system. While it must prompt them into becoming empowered adults, this effort for social transformation must not burden the students by adding more to the already overloaded curriculum. Through qualitative research methods, first, this research establishes the importance of incorporating human rights into the school curriculum. It emphasises how human rights education fosters civic responsibility, which is where students understand the importance of taking informed, constructive decisions for the common good and active involvement in the community. Subsequently, it discusses how human rights education can be incorporated into the academic program. The necessity of establishing a whole-school strategy that includes teachers, administrators, students, and parents is emphasised as it examines several techniques, including cross-curricular integration, specialised courses, and extracurricular activities. The necessities, practicalities, and implications of implementing human rights education in the school curriculum in Sri Lanka will be critically compared with those countries that have already successfully implemented a human rights curriculum in their secondary education system. The information required for the study is collected through an extensive library search, reading and reviewing published research papers on human rights education and analysing existing newspaper articles, textbooks and academic websites. Finally, it would discuss potential challenges such as the requirement for teacher preparation, the accessibility of suitable resources, and the significance of establishing secure and inclusive learning settings. The two underpinning theoretical frameworks for the paper would be Pedagogy of the Oppressed - by Paulo Freire and Ideological State Apparatuses by Louis Althusser. The paper ultimately establishes that with human rights education in the school curriculum, schools can pave the way for an empowered community.

Keywords: Civic responsibility, Empowered community, Human Rights education, School curriculum

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