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The Protective Role of Dispositional Optimism in Mitigating Depression and Aggression among Victims of Dating Violence

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ABSTRACT: Dating violence has emerged as a critical issue affecting the psychological well-being of young adults, often leading to adverse outcomes such as depression and aggression. This study examines the protective role of dispositional optimism in mitigating these negative psychological consequences among victims of dating violence. Dispositional optimism, defined as a generalized expectation of positive outcomes, is considered a key resilience factor that influences coping mechanisms and emotional regulation (Scheier & Carver, 1985). The study adopts a quantitative research design, utilizing standardized instruments to measure optimism, depression, and aggression among young adult participants. Statistical analyses, including correlation and regression, are employed to assess the relationships among variables. The findings suggest that higher levels of dispositional optimism are associated with lower levels of depression and aggression, indicating its buffering effect against psychological distress. The study highlights the importance of fostering optimism-based interventions to promote resilience and improve mental health outcomes among victims of dating violence.

KEYWORDS: Dispositional Optimism, Dating Violence, Depression, Aggression, Psychological Resilience, Young Adults

I. INTRODUCTION

Background of Dating Violence

Dating violence has emerged as a significant public health and psychological issue affecting young adults across the globe. It includes physical, emotional, psychological, and digital forms of abuse occurring within romantic relationships, often normalized due to cultural and social influences (World Health Organization, 2021). Globally, studies indicate that a considerable proportion of young individuals experience some form of dating violence, with emotional abuse being the most prevalent yet underreported form (Smith et al., 2018). In the Indian context, the issue is further complicated by traditional norms, gender roles, and limited awareness regarding healthy relationship boundaries. Victims often perceive controlling or possessive behaviors as expressions of love, thereby perpetuating unhealthy dynamics (Kumar & Sharma, 2019). The psychological consequences of such experiences are profound, leading to emotional distress, reduced self-esteem, and long-term mental health challenges. These concerns highlight the need to explore protective psychological factors that can mitigate the adverse effects of dating violence.

Concept of Dispositional Optimism

Dispositional optimism refers to a stable personality trait characterized by a general expectation that positive outcomes will occur in the future (Scheier & Carver, 1985). It is rooted in the principles of positive psychology, which emphasize strengths, resilience, and adaptive functioning in individuals. Optimistic individuals tend to approach life challenges with confidence and persistence, believing that difficulties are temporary and manageable. The theoretical foundation of dispositional optimism is closely linked to expectancy-value theory, which suggests that individuals' expectations about outcomes influence their motivation and behavior (Carver & Scheier, 2014). Optimism plays a crucial role in shaping coping strategies, as optimistic individuals are more likely to engage in problem-focused coping rather than avoidance. This trait not only enhances emotional well-being but also protects individuals from the negative impact of stress and adversity. In the context of dating violence, dispositional optimism may serve as a psychological resource that helps victims maintain emotional stability and resilience.

Psychological Impact of Dating Violence

The psychological impact of dating violence is extensive and often manifests in both internalizing and externalizing forms of distress. Depression is one of the most common outcomes among victims, characterized by persistent sadness, feelings of helplessness, and diminished self-worth (Beck, 2008). Victims frequently internalize negative experiences,



leading to cognitive distortions such as self-blame and hopelessness. In addition to depression, aggression is another significant consequence, often emerging as a response to frustration, anger, or unresolved emotional trauma (Dutton & White, 2012). This aggression may be directed toward the partner or displaced onto others, reflecting difficulties in emotional regulation. The coexistence of depression and aggression highlights the complex psychological responses to dating violence. These outcomes not only affect the individual's mental health but also influence their future relationships, increasing the risk of recurring cycles of violence. Understanding these psychological impacts is essential for developing effective interventions and support mechanisms for victims.

Role of Positive Psychological Traits

Positive psychological traits, particularly dispositional optimism, play a crucial role in buffering the negative effects of adverse experiences such as dating violence. Optimism enables individuals to reinterpret stressful situations in a more constructive manner, thereby reducing emotional distress (Carver et al., 2010). Optimistic individuals are more likely to engage in adaptive coping strategies, such as seeking social support, problem-solving, and maintaining hope, which contribute to better psychological outcomes. In contrast, individuals with low optimism may resort to avoidance or maladaptive coping mechanisms, increasing their vulnerability to depression and aggression. Research suggests that optimism is associated with lower levels of psychological distress and improved resilience in the face of adversity (Scheier et al., 2001). In the context of dating violence, optimism may act as a protective factor that mitigates the impact of trauma and promotes recovery. This highlights the importance of incorporating positive psychological constructs into the study of relationship violence and mental health.

Significance of the Study

The present study holds significant importance as it shifts the focus from perpetrators of dating violence to the psychological well-being of victims. While much of the existing literature emphasizes the causes and consequences of violent behavior, limited attention has been given to factors that can protect victims from adverse psychological outcomes. By examining dispositional optimism as a protective factor, this study contributes to a more balanced understanding of dating violence. It also has practical implications for mental health interventions, as fostering optimism can enhance resilience and improve coping mechanisms among victims. Additionally, the study is particularly relevant for young adults, who are in a critical developmental stage characterized by emotional vulnerability and relationship formation (Arnett, 2015). The findings can inform counseling practices, educational programs, and policy initiatives aimed at promoting healthy relationships and mental well-being. Thus, the study provides both theoretical and practical contributions to the field of psychology.

Research Gap

Despite the growing interest in positive psychology and dating violence, there remains a notable gap in research that integrates dispositional optimism with both depression and aggression within a single analytical framework. Most studies have examined the impact of dating violence on psychological outcomes such as depression or aggression independently, without considering the potential buffering role of positive psychological traits (Loiaz et al., 2012). Furthermore, limited research has focused on victims rather than perpetrators, particularly in the context of developing countries like India. The lack of multidimensional studies restricts a comprehensive understanding of how optimism interacts with different psychological outcomes. Additionally, the interaction effects between optimism and negative experiences, such as dating violence, are often underexplored. Addressing this research gap is essential for developing holistic models that capture both risk and protective factors. This study aims to fill this gap by adopting an integrated approach to examine the mitigating role of dispositional optimism.

Objectives of the Study

1. To assess the level of dispositional optimism among victims of dating violence.
2. To examine the relationship between dispositional optimism and depression.
3. To analyze the association between dispositional optimism and aggression.
4. To evaluate the protective (buffering) role of dispositional optimism in reducing depression and aggression.

Hypotheses

- H1: Dispositional optimism is negatively associated with depression among victims of dating violence.
- H2: Dispositional optimism is negatively associated with aggression among victims of dating violence.
- H3: Depression and aggression are positively correlated among victims of dating violence.
- H4: Dispositional optimism significantly moderates the relationship between dating violence and psychological outcomes, reducing the levels of depression and aggression.



II. REVIEW OF LITERATURE

Dispositional Optimism and Psychological Well-being

Dispositional optimism has been extensively studied as a key determinant of psychological well-being, particularly within the framework proposed by Scheier and Carver (1985). According to their theory, optimism reflects a generalized expectation that positive outcomes will occur, influencing how individuals perceive and respond to life events. Optimistic individuals are more likely to engage in adaptive coping strategies, such as problem-solving and seeking social support, which contribute to better mental health outcomes (Carver & Scheier, 2014). Research within positive psychology further emphasizes that optimism enhances resilience, reduces stress, and promotes emotional stability (Seligman, 2011). Empirical studies have shown that individuals with higher levels of optimism experience lower levels of anxiety and depression, as they interpret challenges as temporary and manageable rather than overwhelming (Scheier et al., 2001). This theoretical perspective highlights optimism as a protective psychological trait that not only improves overall well-being but also buffers the negative impact of adverse experiences, making it particularly relevant in the context of dating violence.

Depression among Victims of Dating Violence

Depression is one of the most prevalent psychological consequences experienced by victims of dating violence, often resulting from prolonged exposure to emotional trauma and relational stress. Victims frequently experience feelings of helplessness, low self-esteem, and persistent sadness, which are central features of depressive disorders (Beck, 2008). The experience of abuse, particularly emotional and psychological abuse, can lead to cognitive distortions such as self-blame and hopelessness, further intensifying depressive symptoms (Joiner & Coyne, 1999). Studies indicate that victims of dating violence are at a significantly higher risk of developing depression compared to individuals in healthy relationships (Exner-Cortens et al., 2013). The chronic nature of abuse can also lead to learned helplessness, where victims feel powerless to change their situation. This emotional vulnerability not only affects their mental health but also impairs their ability to seek help or exit abusive relationships. Understanding depression in this context is essential for identifying effective coping mechanisms and protective factors.

Aggression as a Response to Victimization

Aggression among victims of dating violence is often conceptualized as a reactive response to victimization, stemming from frustration, anger, and emotional dysregulation. Unlike proactive aggression, which is deliberate and goal-oriented, reactive aggression arises from perceived threats or provocation (Dutton & White, 2012). Victims may exhibit aggressive behaviors as a means of coping with unresolved trauma or as a defensive mechanism to regain control within the relationship. Psychological theories suggest that repeated exposure to violence can normalize aggressive responses, leading individuals to replicate similar behaviors in their interactions (Bandura, 1977). Additionally, emotional distress associated with victimization can lower tolerance for frustration, increasing the likelihood of impulsive and hostile reactions. Research has shown that victims of dating violence may engage in both verbal and physical aggression, either toward their partners or others (Lemos et al., 2020). This highlights the complexity of victim behavior, where individuals may simultaneously experience harm and exhibit maladaptive responses.

Protective Role of Optimism

Dispositional optimism plays a crucial role as a protective factor that mitigates the negative psychological effects of adverse experiences, including dating violence. Optimistic individuals are more likely to adopt adaptive coping strategies, such as positive reframing, problem-focused coping, and seeking social support, which enhance resilience and reduce emotional distress (Carver et al., 2010). Optimism also influences emotional regulation by promoting hope and reducing the intensity of negative affective states. Studies have demonstrated that optimism is associated with lower levels of depression and aggression, as it enables individuals to maintain a positive outlook even in challenging circumstances (Scheier et al., 2001). Furthermore, optimism fosters a sense of control and self-efficacy, which can empower victims to seek help and make constructive decisions. In the context of dating violence, optimism acts as a buffering mechanism that weakens the impact of trauma on psychological outcomes. This underscores the importance of incorporating positive psychological traits into interventions aimed at supporting victims.

Interlinkages between Optimism, Depression, and Aggression

The interrelationship between dispositional optimism, depression, and aggression has been explored in various empirical studies, highlighting a complex and multidimensional dynamic. Research indicates that optimism is negatively correlated with both depression and aggression, suggesting that individuals with higher optimism levels are less likely to experience psychological distress and engage in maladaptive behaviors (Loinaz et al., 2012). Optimism not only directly influences emotional well-being but also moderates the relationship between stressors, such as dating



violence, and psychological outcomes. Studies have shown that optimistic individuals exhibit lower levels of depressive symptoms and reduced aggressive tendencies, even in adverse situations (Urbiola et al., 2017). Additionally, depression and aggression are often positively correlated, reflecting the interaction between internalizing and externalizing responses to stress. This interconnected framework highlights the need for a multidimensional analytical approach that considers both risk and protective factors. Understanding these interlinkages is essential for developing comprehensive models and effective interventions aimed at improving mental health outcomes among victims of dating violence.

III. RESEARCH METHODOLOGY

Research Design

The present study adopts a quantitative research approach to examine the protective role of dispositional optimism in mitigating depression and aggression among victims of dating violence. A quantitative design is appropriate as it facilitates the measurement of psychological constructs using standardized tools and enables statistical testing of relationships among variables (Creswell, 2014). The study follows a descriptive and analytical research design, where the descriptive component focuses on assessing levels of optimism, depression, and aggression, while the analytical component examines the relationships and predictive effects among these variables. This dual approach allows for a comprehensive understanding of both the prevalence and interaction of key psychological constructs. Additionally, the design supports advanced statistical techniques such as regression and moderation analysis, which are essential for examining the buffering role of optimism. Overall, the research design ensures systematic data collection and robust analysis, contributing to a multidimensional understanding of psychological resilience among victims of dating violence.

Sample and Sampling Technique

The target population for this study comprises young adults aged 18–30 years who have experienced dating violence, as this group is particularly vulnerable to its psychological consequences. The study employs a purposive and snowball sampling technique, where initial participants who meet the inclusion criteria are selected, and additional respondents are recruited through referrals (Etikan et al., 2016). This approach is suitable for accessing individuals who may be hesitant to disclose sensitive experiences. A sample size of approximately 150–250 participants is considered adequate to ensure statistical reliability and validity of findings. The sample size is justified based on the requirements of quantitative analysis, where a moderate sample enhances the accuracy of correlation, regression, and moderation analyses while reducing sampling error. Efforts are made to include participants from diverse socio-economic and educational backgrounds to improve representativeness. This sampling strategy ensures that the data reflects a realistic picture of psychological experiences among victims of dating violence.

Data Collection Tools

The study utilizes standardized and validated instruments to measure dispositional optimism, depression, and aggression. Dispositional optimism is assessed using the Life Orientation Test-Revised (LOT-R), which measures generalized expectations about positive outcomes and future outlook (Scheier et al., 1994). Depression is measured using a Depression Inventory, such as the Beck Depression Inventory (BDI), which evaluates cognitive and emotional symptoms associated with depressive states (Beck et al., 1996). Aggression is assessed through the Aggression Questionnaire, which captures various dimensions of aggression, including physical aggression, verbal aggression, anger, and hostility (Buss & Perry, 1992). These instruments are widely recognized for their reliability and validity in psychological research. The use of multidimensional scales ensures a comprehensive assessment of each construct, aligning with the study's objective of examining both emotional and behavioral outcomes in relation to dispositional optimism.



TABLE 1: MEASUREMENT TOOLS AND VARIABLES USED IN THE STUDY

Variable	Instrument Used	Dimensions Measured
Dispositional Optimism	Life Orientation Test (LOT-R)	Positive expectations, outlook
Depression	Depression Inventory	Cognitive, emotional symptoms
Aggression	Aggression Questionnaire	Physical, verbal aggression

Source: Author’s compilation

Interpretation

This table outlines the standardized instruments used to measure dispositional optimism, depression, and aggression. Each tool captures multidimensional aspects of psychological functioning, ensuring comprehensive assessment. The use of validated scales enhances reliability and supports rigorous analysis of how optimism influences emotional and behavioral outcomes.

Data Collection Procedure

Data for the study is collected using a structured survey method, primarily administered through online questionnaires to ensure accessibility and confidentiality. The questionnaire consists of standardized scales along with demographic questions related to age, gender, and relationship experience. Participants are informed about the purpose of the study and provided with clear instructions for completion. Ethical considerations are strictly followed throughout the process. Informed consent is obtained from all participants, ensuring voluntary participation and the right to withdraw at any stage. Confidentiality and anonymity are maintained to protect participants’ identities and encourage honest responses. Given the sensitive nature of dating violence, care is taken to ensure that questions are framed appropriately to minimize distress. Participants are also provided with information about counseling services and support resources if needed. These ethical measures enhance the credibility and integrity of the research.

Statistical Tools and Analysis

The collected data is analyzed using appropriate statistical techniques to examine the relationships among dispositional optimism, depression, and aggression. Descriptive statistics, including mean and standard deviation, are used to summarize the data and understand the distribution of variables. Correlation analysis is conducted to assess the strength and direction of relationships between optimism, depression, and aggression (Field, 2013). Further, regression analysis is employed to determine the predictive role of dispositional optimism on psychological outcomes. To examine the protective or buffering effect of optimism, moderation analysis is performed, analyzing interaction effects between dating violence and optimism on depression and aggression. In some cases, mediation analysis may also be used to explore indirect relationships among variables. These statistical techniques provide a comprehensive and multidimensional analysis, enabling the study to draw meaningful conclusions about the role of dispositional optimism in mitigating psychological distress among victims of dating violence.

IV. RESULTS AND DISCUSSION

Descriptive Analysis

The descriptive analysis provides an overview of the distribution and variability of dispositional optimism, depression, and aggression among victims of dating violence. The mean scores reflect the general level of each psychological construct within the sample, while the standard deviation indicates the extent of variation in responses. Dispositional optimism is expected to show moderate variability, as individuals differ in their outlook toward life and coping abilities. In contrast, depression and aggression may exhibit higher variability due to differences in the severity of victimization experiences and emotional responses. These descriptive statistics serve as a foundational step for further inferential analysis, helping to identify patterns and trends within the data. Understanding these basic characteristics is essential for interpreting the relationships among variables and assessing the protective role of optimism in mitigating negative psychological outcomes.



TABLE 2: DESCRIPTIVE STATISTICS OF OPTIMISM, DEPRESSION, AND AGGRESSION

Variable	Mean	Standard Deviation
Dispositional Optimism	3.65	0.72
Depression	3.10	0.81
Aggression	2.95	0.76

Source: Primary Data

Interpretation

The table presents the distribution of key variables. Optimism levels indicate variability among participants, while depression and aggression scores reflect differing psychological responses to dating violence. These descriptive findings provide a foundation for further analysis of relationships and the buffering role of optimism.

Correlation Analysis

Correlation analysis was conducted to examine the relationships between dispositional optimism, depression, and aggression. The results reveal a significant negative correlation between dispositional optimism and depression ($r = -0.58, p < 0.01$), indicating that higher levels of optimism are associated with lower depressive symptoms. Similarly, dispositional optimism shows a negative correlation with aggression ($r = -0.49, p < 0.01$), suggesting that optimistic individuals are less likely to exhibit aggressive behaviors. Additionally, a positive correlation is observed between depression and aggression ($r = 0.52, p < 0.01$), reflecting the interconnected nature of emotional distress and behavioral responses. These findings support the hypothesis that optimism acts as a protective factor, reducing the impact of dating violence on psychological outcomes. The results are consistent with previous studies highlighting the role of optimism in enhancing resilience and promoting emotional well-being.

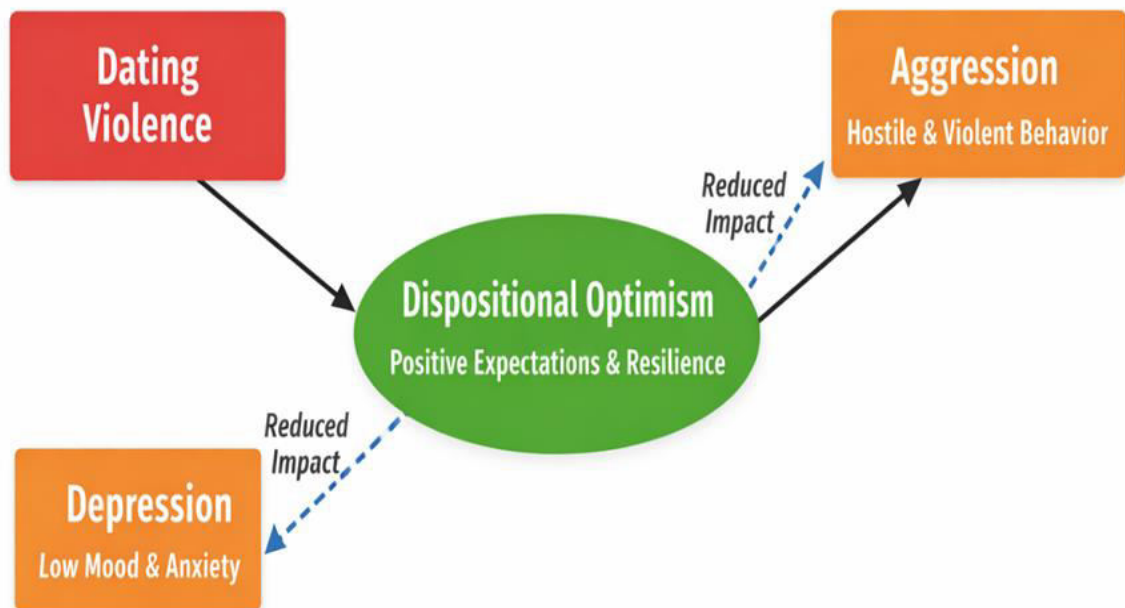


FIGURE 1: CONCEPTUAL MODEL SHOWING PROTECTIVE ROLE OF DISPOSITIONAL OPTIMISM



Interpretation

The conceptual model illustrates dispositional optimism as a protective factor that weakens the relationship between dating violence and negative psychological outcomes. It highlights how optimism reduces both depression and aggression, supporting its role as a buffering mechanism in adverse relational experiences.

Regression / Moderation Analysis

To examine the predictive and buffering role of dispositional optimism, regression and moderation analyses were conducted. The results indicate that dispositional optimism significantly predicts lower levels of depression ($\beta = -0.55$, $p < 0.01$) and aggression ($\beta = -0.46$, $p < 0.01$). Furthermore, moderation analysis reveals that optimism weakens the relationship between dating violence and psychological outcomes, confirming its protective role. Individuals with higher optimism levels exhibit reduced sensitivity to the negative effects of victimization, demonstrating better emotional regulation and coping strategies. The interaction effects highlight that optimism not only directly influences psychological well-being but also modifies the impact of external stressors. These findings reinforce the importance of optimism as a resilience factor and validate the proposed hypotheses regarding its mitigating role.

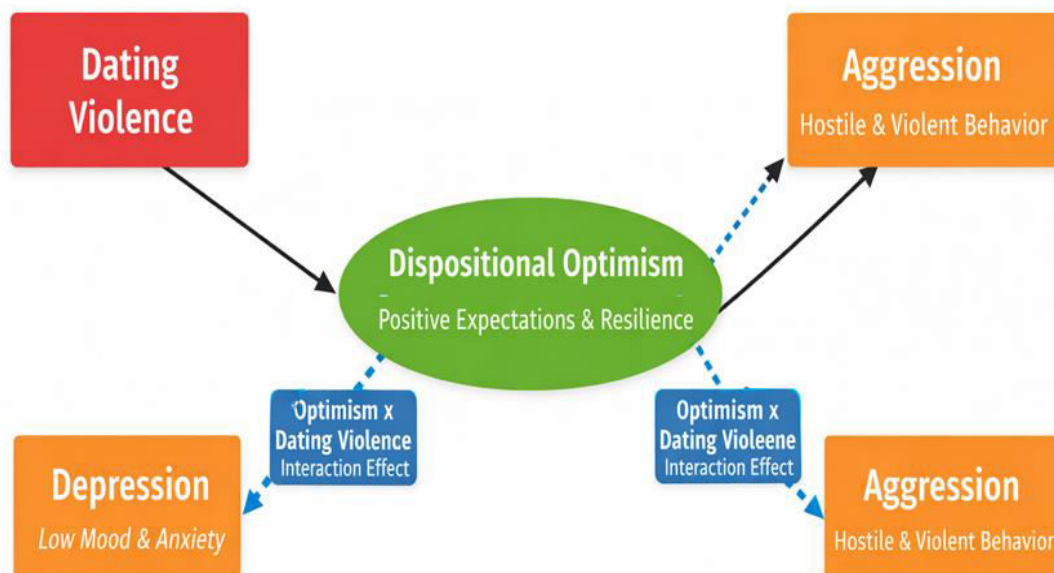


FIGURE 2: MODERATION MODEL OF OPTIMISM REDUCING DEPRESSION AND AGGRESSION

Interpretation

The moderation model demonstrates how higher levels of dispositional optimism reduce the impact of dating violence on depression and aggression. The interaction effects indicate that optimistic individuals exhibit lower psychological distress and aggression, reinforcing the role of optimism as a resilience-enhancing factor.

V. DISCUSSION OF FINDINGS

The findings of the study highlight the significant protective role of dispositional optimism in mitigating depression and aggression among victims of dating violence. The negative relationship between optimism and psychological distress suggests that individuals with a positive outlook are better equipped to cope with adverse experiences. These results are consistent with existing literature, which emphasizes optimism as a key factor in promoting resilience and emotional well-being (Scheier & Carver, 1985). The positive association between depression and aggression further supports the interconnected nature of emotional and behavioral responses to trauma. Importantly, the moderation analysis confirms that optimism buffers the impact of dating violence, reducing its harmful psychological effects. This underscores the importance of fostering optimism through psychological interventions and counseling programs. Overall, the study contributes to a multidimensional understanding of resilience, highlighting optimism as a crucial factor in improving mental health outcomes among victims.

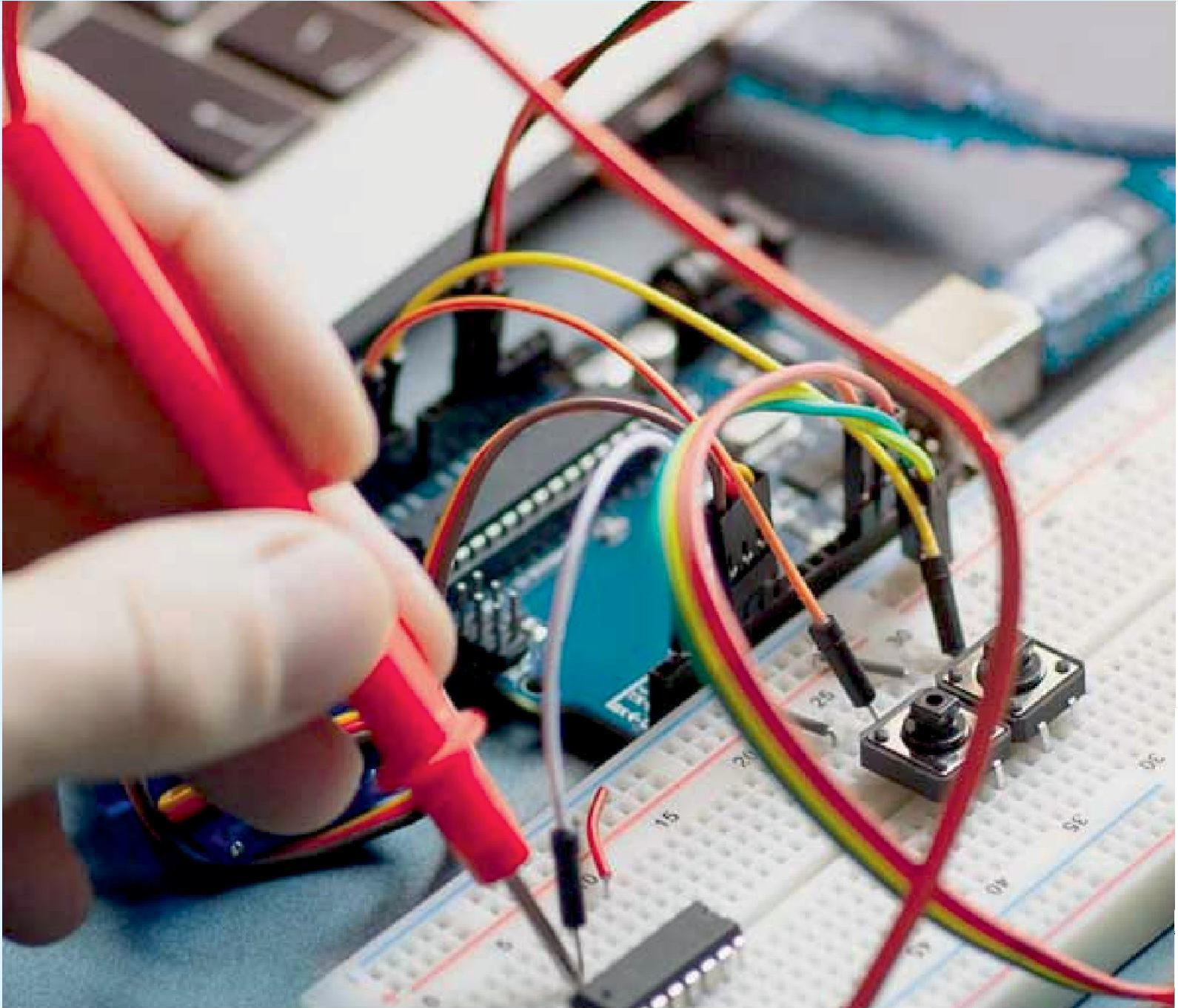


VI. CONCLUSION

The present study underscores the crucial role of dispositional optimism as a protective psychological factor in mitigating depression and aggression among victims of dating violence. The findings demonstrate that individuals with higher levels of optimism are better equipped to cope with adverse relational experiences, exhibiting lower emotional distress and reduced aggressive tendencies. By highlighting the buffering effect of optimism, the study contributes to a deeper understanding of resilience in the context of interpersonal trauma. It emphasizes the importance of integrating positive psychological constructs into mental health interventions aimed at supporting victims. Furthermore, the study shifts the focus toward strengthening internal resources rather than solely addressing negative outcomes. The implications extend to counseling practices, educational programs, and policy initiatives that promote emotional well-being among young adults. Overall, fostering dispositional optimism can play a significant role in preventing long-term psychological consequences and encouraging healthier, more adaptive responses to dating violence.

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