

# Psychological Abstracts

2003-2009



**Department of Applied Psychology**  
University of the Punjab, Lahore-Pakistan.

## **Editorial**

The Department of Applied Psychology is publishing the third issue of Psychological Abstracts. Two issues of abstracts have already been published in area of specialization. Effort is made to compile empirical research work undertaken by the M.Sc. and M.Phil students and faculty members of the department. It involved practical efforts of a team to compile, organize, rewriting in some cases, scanning in most of the cases, and final formatting of the material. The abstracts have been organized according to different areas of specialization.

The team comprised of the Editor, Ms. Afifa Gull (Research Officer) and Mr. Syed Muhammad Awais Nawaz (Network Assistant). No doubt it was a challenging task to compile abstracts of research work carried out over six years and give them the final shape. The credit goes to the team and researchers (students and teachers) whose work is being published. We are thankful to our faculty members for facilitating provision of missing abstracts of their students' theses.

The aim of publishing psychological abstracts is to update students of Applied Psychology and researchers with indigenous research conducted in the department. We aspire that in future publishing psychological abstracts becomes a regular feature.

**Editor**  
**Prof. Dr. Rukhsana Kausar**

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**ABSTRACT OF FACULTY  
MEMBER'S Ph.D. RESEARCH  
THESIS**

## **Role of Moral Beliefs in Aggression- An Investigation across Two Cultures**

Dr. Naumana Amjad (2006)  
Supervisor: Martin Skinner  
(University of Warwick)

The overarching aim of this thesis was to contribute to the understanding of specific moral-cognitive processes and mechanisms and their association with aggressive behaviour across age groups and across two cultures.

A review of the literature identified the key questions for present research. There is extensive evidence that the normative acceptability of aggression is associated with aggressive behaviour. However the acceptability for retaliation in specific situations and discernment between justified and unjustified retaliation has not been thoroughly researched. Secondly the role of self-censure and self-reflection in the regulation of aggressive behaviour needs to be examined further. Finally hostility between groups and its association with beliefs has not been investigated in Muslim samples. Eight empirical studies addressed these specific questions.

Study one investigated the component structure of Normative Beliefs about aggression Scale using samples from Pakistan and the UK. Beliefs about equal retaliation, excessive retaliation and beliefs about general aggression were found to be distinct components, were endorsed differentially and had different level of association with aggressive behaviour across both countries. Study two established the discriminant validity of this distinction by comparing a group of violent adolescents with a matched group of non-violent adolescents on acceptability of these types of retaliation.

Study 3 examined the association of self-censure with aggressive behaviour and normative beliefs about aggression and retaliation. Self-censure was negatively associated with aggressive behaviour as well as with beliefs indicating that higher the endorsement of aggression, lower would be the expected self-censure as a result of aggression.

Study four using retrospective accounts of real aggressive episodes found that private self-consciousness predicted self-censure as well as thinking about one's own aggressive actions. Both thinking and self-censure were negatively associated with frequency of aggressive acts. The beliefs about direct and indirect aggression among Pakistani adolescents were

tested in Study five and a reliable measure was developed and found to have convergent validity. Study six examined moral reasoning among children and explored at a preliminary level a possible intervention for changing beliefs about victimization in school. Study seven and eight extended investigation of beliefs to intergroup context (anti-Semitic beliefs) and found that extreme beliefs were related to hostile intentions. An educational intervention was carried out which showed that beliefs could be influenced through creating empathy and stressing intergroup similarity.

Findings of each study are discussed in relation to empirical and theoretical literature, as well as proposed assumptions. The implications of this research are thrashed out at the end in a general discussion, re-visiting theoretical and conceptual basis underpinning the overall research.

**STUDENTS' RESEARCH  
THESES  
(M.Sc 2003-2009)  
ABNORMAL AND CLINICAL  
PSYCHOLOGY**

## **Comparison of Dreams of Adults with Congenital and Acquired Blindness**

Ayesha Rasheed Bhatti (2006-2008)

Supervisor: Prof. Dr. Najma Najam

The purpose of the present study was to compare the dream content of individuals with congenital and acquired blindness. Correlation research design was used for this research. The sample of this study was taken from Pakistan foundation fighting blindness, Islamabad, Government Qandeel Secondary School, Rawalpindi and Government Special School for Blind Girls, Rawalpindi (N=28; 14 congenital blinds, 14 acquired blinds) by using purposive sampling strategy. For the content analysis of dreams between congenital and acquire blinds Demographic sheet. Dream Content Recall Sheet and Dream Narrative sheet were used. Independent sample *t*-test was used to analyze the data. The research indicated that there is no significant difference between the dream content and visual imagery of congenitally blind individuals and acquired blind individuals.

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## **Personality and Emotionality of the Pathological Internet Users**

Fatima Malik (2006-2008)

Supervisor: Prof. Dr. Najma Najam

The present study explored the personality and emotionality of the pathological internet users. The sample for the study was obtained from different collages of Lahore (N=240) by using purposive sampling strategy. Internet addiction criteria, 16 PF and Emotional Assessment scale were used after obtaining formal permissions. The results showed that emotional stability, warmth, reasoning, rule consciousness, social boldness and self reliance are the personality factors on which pathological internet users scored high. The results also showed that pathological internet users scored high on three emotions which are anxiety, guilt and sadness.

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## **Relationship between Depression and Attachment in Children and Adolescents**

Rabia Majeed (2006-2008)  
Supervisor: Prof. Dr. Najma Najam

The present research was designed to investigate the relationship between depression and attachment in children and adolescents. It was hypothesized that there is a relationship between depression and attachment in children and adolescents. The total sample consisted of 60 participants (male=30, female=30), age range of 12-19 years. Prerequisite condition was that they were reported by their teachers to be depressed and lived with both parents. Children Depression Inventory (1992), Urdu translation of Parental acceptance rejection questionnaire (1981) mother and father form; short version was used. Correlation and independent sample t-test was carried out to analyze the data. Findings revealed that there is a significant relationship between depression and attachment in children and adolescents.

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## **Gender Differences in Vulnerability to Emotional Stress**

Arjumand Ayub (2006-2008)  
Supervisor: Prof. Dr. Najma Najam

The present study aimed to investigate the effects of attributional style for causing depression in married Vs single females. The sample (N= 92; married = 47, unmarried = 45) age range 20-35 recruited from different parts of Lahore city on the basis of convenience. Dysfunctional Attitude Scale and Beck Depression Inventory (BDI-II) were used to measure the attributional style and levels of depression in females. Statistical analysis was done by applying Independent sample t-test. The results suggested a highly significant difference between the attributional style and depression levels of married and single females. Married females reported more Dysfunctional attributional style and depression as compared to single females.

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## **Role of Mothers Emotional Intelligence and Bonding in Emotional Intelligence of Daughters**

Saira Akram Rana (2006-2008)  
Supervisor: Dr. Naumana Amjad

The present study examined relationship between emotional intelligence of daughters and their mothers. It also explored relationship between daughter's emotional intelligence and their maternal bonding. A total of 200 participants (100 female students and their mothers) from Punjab University were selected for this research. The Schutte Self-Report Emotional Intelligence Test by Schutte, Marlowe, Hall, Golden and Donheim (1998) was used to measure the emotional intelligence. Parental Bonding Instrument by Parker, Tupling and Brown (1979) was used to measure maternal care and maternal protection. The relationship between emotional intelligence of daughters and their mothers was assessed through Pearson Product Moment correlation. The results showed that emotional intelligence of daughters was significantly and positively correlated with mother's emotional intelligence and maternal bonding. Further a regression analysis was applied and results showed that mother's emotional intelligence and maternal care were significant predictors of daughters' emotional intelligence. Implications of this study are discussed along with limitations and suggestions.

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## **Stress and Anger among Smokers and Non-Smokers**

Faiza Nazar (2006-2008)  
Supervisor: Ms. Rafia Rafique

The present research was carried out to investigate the difference in the level of stress and anger among smokers and nonsmokers. Cross sectional research design was used for this study. Multistage sampling was used for data collection. Departments were randomly drawn from list of all departments in Punjab University. Later students were included in the study through purposive sampling. The data was collected through two self-constructed, indigenous questionnaires. The sample consisted of 80 male students (40 smokers & 40 non smokers). The Chronbach alpha reliability of the stress scale is  $r=.86$ . The Chronbach alpha reliability of the anger scale is  $r=.79$ . The results indicated that smokers have

comparatively more anger than nonsmokers but there is no significant difference in smokers and nonsmokers' level of stress.

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### **Effects of Attributional Style for Causing Depression in Married Vs Single Females**

Amna Liaqat (2006-2008)

Supervisor: Ms. Fatima Kamran, Ms. Saima Ghazal

The present study aimed to investigate the effects of attributional style for causing depression in married Vs single females. The sample (N= 92; married = 47, unmarried = 45) age range 20-35 was recruited from different towns of Lahore city on the basis of convenience. Dysfunctional Attitude Scale and BDI (II) were used to measure the attributional style and levels of depression in females. Statistical analysis was done by applying Independent sample t-test. The results suggested a highly significant difference between the attributional style and depression levels of married and single females. Married females reported more Dysfunctional attitude style and depression as compared to single females.

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### **Parental Acceptance, Rejection in Relation to Behavioral Problems in Children**

Sehrish Anjum (2007-2009)

Supervisor: Prof. Dr. Rukhsana Kausar

The present research investigated the relationship between Parental Acceptance-Rejection and Behavioral Problems in children. A Correlation Research Design was used. It was hypothesized that there is a relationship between parental acceptance rejection and Behavioral Problems in children. Sample consisted of 50 special need children and was drawn from Shadab Centre, Multiple disability centers, The Pakistan Society for Rehabilitation of the Disabled (PSRD), Autism Institute of Pakistan of Lahore within age range of 4 to 12 years. Each child was administered Urdu Versions of Parental Acceptance-Rejection Questionnaire (PARQ) Shortened Version (Rohner, 1997) and their teachers completed the Behavioral Problem Inventory (BPI) Urdu Version (Jessor, 2001). Results

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indicated that there is no significant relationship between parental acceptance, rejection and behavioral problems in children. Findings revealed that there are no gender difference in mother and father warmth/affection, indifference/ neglect and undifferentiated rejection and behavioral problems. Results indicated that there are gender differences in mother hostility towards their children and mothers were more hostile towards their sons than daughters.

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### **Gender Differences in Perceived Quality of Life of Patients Suffering From Obsessive Compulsive Disorders**

Faiza Rasul (2007-2009)  
Supervisor: Prof. Dr. Yasmin N. Farooqi

The present study investigated the gender differences in perceived quality of life of patients suffering from Obsessive-Compulsive Disorders. Survey research design was used. It was evaluated that whether there are gender differences in quality of life among patients suffering from Obsessive-Compulsive Disorders. By using non-probability purposive sampling technique the sample of 60 diagnosed patients suffering from Obsessive-Compulsive Disorders 30 male and 30 female patients was drawn from psychiatry departments of different hospitals (Mayo Hospital, Fountain House, Sir Ganga Ram Hospital and Jinnah Hospital) of Lahore city. Each subject was administered Urdu Versions of WHO Quality of Life Scale by WHO group (1996). Data was analyzed using Independent sample t-test, correlation and MANOVA analyses. Analyses revealed significant gender differences in quality of life of patients suffering from Obsessive-Compulsive Disorders. Findings also suggest that patients suffering from Obsessive-Compulsive Disorders differently perceive all domains (physical, psychological, social and environmental) of quality of life. Findings have important implications for provision of psychological counseling for the patients suffering from Obsessive-Compulsive Disorders.

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## **Relationship between PTSD and Television Viewers of Suicide Bombing Episodes**

Maryam Iftikhar (2007-2009)  
Supervisor: Prof. Dr. Yasmin N. Farooqi

The current research investigates relationship between post-traumatic stress disorders (PTSD) in television viewers of suicide bombing episodes. Sample consisted of 200 television viewers (100 male and 100 female). Purposive sampling technique was used. The data was collected from the different areas of Lahore city. An indigenous questionnaire was constructed under the supervision of Professor Dr. Prof. Dr. Yasmin N. Farooqi using the rationale and diagnostic criteria for PTSD described in DSM-IV-TR (2000). Findings suggested that there is significant gender difference in manifestation of PTSD among the male and female television viewers of suicide bombing. Moreover, significant relationship was found between PTSD and episodes of suicide bombing. The findings of this research has implications for promoting understanding about gender related issues as a result of exposure to the television viewing of traumatic events like suicide bomb blast. Furthermore, the findings of this research have implications for understanding relationship between PTSD and television viewing of suicide bombing episodes.

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## **Role of Self Motivation in Recovering from Addiction**

Amna Afzal (2007-2009)  
Supervisor: Dr. Naumana Amjad

The present research investigated the role of self motivation Participating and Support group in Recovering from Addiction. A Survey Research Design was used. The research question was that whether support group plays a role in recovering from addiction. And the second research question was whether self motivation plays a role in recovering from addiction. The sample of recovering addicts was drawn from Narcotics Anonymous Organization, consisted of 50 recovering addicts. Two self constructed questionnaires were administered on each subject and one questionnaire on Self motivation for addiction cessation by Joseph, Grimshaw, Amjad and Stanton (2005) was used to assess the factors which help in their recovery. Results indicated that there is a significant

positive relationship among self motivation, self evaluation and NA. The present research can help people to know that if the drug addicts increase their self motivation they will be able to recover more speedily.

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### **Anxiety, Anger and Shyness in Children with Orthopedic Impairment**

Summera Hussain (2007-2009)

Supervisor: Ms. Rafia Rafique

The present study was designed to investigate Anxiety, Anger and Shyness in children with orthopedic impairment. It was hypothesized that anxiety, anger and shyness is more in children with orthopedic impairment as compared to their healthy matched siblings. The sample (N=40) of the study consisted of 20 orthopedic impaired children and 20 matched siblings. Data was collected from two schools; Pakistan Society for Rehabilitation of Disabled and Special Education School of Lahore. Spielberger State Trait Anxiety Inventory (1983), Spielberger State Trait Anger Expression Inventory II (1988) and Cheek and Melichor Shyness Scale (1985) were used to measure study variables. Independent sample *t*-test and Pearson Product Moment Correlation were used for the purpose of analyzing data. The findings suggested that there are significant differences in anxiety and anger in children with orthopedic impairment as compared to their healthy matched siblings, while no significant difference in shyness in children with orthopedic impairment as compared to their healthy matched siblings was found. The findings further suggest that there is positive correlation between anxiety, anger and shyness. Implications for the implementation of psychological interventions along with limitations and suggestions are discussed.

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### **Relationship between Personality Traits and Eating patterns of Overweight Adolescents**

Romana Akram (2007-2009)

Supervisor: Ms. Afsheen Masood

The present research was conducted to explore the relationship between personality traits and eating patterns of overweight adolescences. It was hypothesized that there is a positive relationship between personality traits

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and eating patterns of overweight adolescences. The sample consisted of 50 adolescences. In order to collect data non-probability purposive sampling technique and Correlation research design were used. Eysenck Personality Questionnaire (EPQ, 1975) by Eysenck and Sybil was used to capture the three dimensions of personality (neuroticism, psychotic and extrovert). Eating Attitudes Test (EAT-26) by Garner, Olmsted, Bohr, and Garfinkel (1982) was used to assess dysfunctional eating attitudes and behaviors. Correlation and independent sample t-test were used for inferential analysis while descriptive analysis was used for analyzing the demographic data. The result indicated significant relationship between personality traits and eating patterns of overweight adolescences.

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### **Psychological Distress in Mothers of Speech Impaired Children (A Comparative Study)**

Shahneela Anwar Taj (2007-2009)  
Supervisor: Ms. Afsheen Masood

The present research is conducted to investigate the depression and anxiety in mothers of speech impaired children with reference to gender of the child. The research would be laid out through Ex Post Facto (causal comparative). It was hypothesized that depression and anxiety of female children would be higher than that of male speech impaired children (N=50) i.e. mothers of female speech impaired children (n=25) and mothers of male speech impaired children (n=25). The sample was taken from the Hamza Foundation (the institute of deaf and dumb school) Lahore. Those speech impaired children who have co morbid disability will be excluded from the sample. The urdu version of General Health Questionnaire (GHQ-28) was used to estimate the level of depression and anxiety with the permission of author. The Likert Scoring system was applied. Independent sample t test was used to find the difference between the males and females' mothers' psychological distress i.e. anxiety and depression. The findings showed that mothers of female speech impaired children are more prone to anxiety and depression than male speech impaired children.

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# **DEVELOPMENTAL PSYCHOLOGY**

## **Relationship between Reported Parental Punishment and the Conduct Disorder in School Children**

Faiza Yousaf (2006-2008)  
Supervisor: Ms. Afsheen Masood

This research aims to investigate the relationship between reported parental punishment and the conduct problems in the school children. The sample was taken from various public and private schools of Lahore. The sample consisted of 150 school children of ages 10-16 years. Purposive sampling technique was used for this purpose. A self constructed Questionnaire, comprised of 51 items, based on the guidelines from Eyeberg Behavior Problem Inventory (Eyeberg, & Pincus, 1999) was used to check the conduct problem in school children. A self constructed scale based on Parental Punitiveness Scale (PPS by Ralph Epstein & Komorita, 1965) was used to check the relationship between reported parental punishment and the conduct problem in school children. Pearson product moment correlation, independent sample t-test and ANOVA were used for inferential analysis while descriptive statistics was used for analyzing the demographic data. The results generated indicated significant positive correlation between reported parental punishment and conduct disorder in school children.

## **Relationship between Parental Attachment and Subjective Well Being in Adult Life**

Rida Ashraf (2006-2008)  
Supervisor: Ms. Afsheen Masood

The present research was conducted to investigate the relationship between parental attachment and subjective well being in adult life. It was hypothesized that the higher the quality of current parental attachment, the higher would be the subjective well being. Correlation research design was used to conduct the present study. In order to collect the data, purposive sampling technique was used to collect the data from different faculties of the University of Punjab. The sample for the current research consisted of 240 adults (120 male & 120 female between age ranges of 18 to 30 years). The data was collected through standardized questionnaires along with demographic performa. The Inventory of Peer and Parent Attachment (IPPA) by Armsden and Greenberg (1987) was

used to assess parental attachment, Satisfaction With Life Scale (SWLS) by Diener, Emmons, Larsen, and Griffin (1985) was used to measure life satisfaction and Positive Affect Negative Affect Scales (PANAS) by Watson, Clark and Tellegen, (1988) was used to measure emotional affect, with due permission of the respective authors. Person product moment correlation, independent sample t-test and ANOVA were used for inferential analysis. The results generated indicated the strong significant positive correlation between parental attachment and subjective well being in adult life.

### **Depression, Anxiety and Stress among the Caregivers of Special Children**

Farkhanda Naseem (2006-2008)  
Supervisor: Ms. Shahnaila Tariq

The present study was conducted to investigate the depression, anxiety and stress among the caregivers of special children. The sample consisted of 50 caregivers from Amin Maktab School for special children, Lahore and Fazle-e-Umar Hospital Rabwah. Non-probability sampling was used to collect the data. Depression, Anxiety and Stress scale (DASS) by Peter Lovibond (1995), was used to collect the data after taking formal permission from the author. Independent sample t-test and factor analysis was applied for the comparison of the results, which showed the significant difference in the manifestation of depression, anxiety and stress among the caregivers of special children. Results also showed that care giving mothers are significantly more depressive, anxious and stressed than care giving fathers of the special children.

### **Relationship between Emotional Intelligence and Academic Achievement of Adolescents (13-16 years)**

Humaira Yasmin (2007-2009)  
Supervisor: Prof. Dr. Najma Najam

The research was conducted to examine the relationship of emotional intelligence and academic achievement in adolescents (13-16 years). Cross sectional design was used. By using non-probability quota sampling a sample of 120 students was drawn from English medium school. 20 high achievers

and 20 low achievers were taken from each class (8<sup>th</sup>-10<sup>th</sup>) on the basis of their last year results. Schutte Self-Report Emotional Intelligence Test (1998) was administered to measure emotional intelligence. Afterwards their grades were compared with EI level of each student. Pearson product Moment Correlation was used to evaluate the relationship between emotional intelligence and academic achievement. The findings of research indicated that there is significant relationship between emotional intelligence and academic achievement, t-test indicate significant gender differences and difference between the level of emotional intelligence of high achievers and low achievers.

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### **A Comparative Study on the Relationship between Incomplete Hemispheric Dominance and Learning Difficulties (Dyslexia) among Children**

Sehrish Aftab (2007-2009)  
Supervisor: Prof. Dr. Najma Najam

The current investigation was conducted to explore the relationship between incomplete hemispheric dominance (lateralization) and learning difficulties (dyslexia) among children. Quasi experimental research design was used. A sample of 50 children was drawn by using non-probability purposive sampling technique, in which 25 children with learning difficulties (dyslexics) and 25 control children were taken. Bangor dyslexia test was administered in order to identify the children with learning difficulties and Harris Test of lateral dominance was administered to assess the hemispheric dominance of children. Pearson Product Moment correlation was used to evaluate the relationship. The findings indicate that there appears a significant relationship between incomplete hemispheric dominance and learning difficulties (dyslexia).

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## **Difference in Self-Esteem of Orphan Children and Children living with their Parents**

Marina Intezar (2007-2009)  
Supervisor: Prof. Dr. Yasmin N. Farooqi

The current research investigated differences in self-esteem between orphan children and children living with their parents. The sample was composed of 150 children. Non-probability purposive sampling was used. Children living with both parents were drawn from different schools of Lahore that were Aizhar school system, The Lahore lyceum school, and The Educators. Jonathan Berent's Self-esteem Scale (1988) was individually administered to all the research participants. Orphan children reported have less self-esteem than children living with their parents. The result showed that there is a significant difference in self-esteem between orphan child's and children living with their parents. The findings of this research promoting understanding about the personality in children as a result of self-esteem.

## **Relationship between Attachment to Parents and Level of Anxiety among Teenagers**

Fouzia Razi (2007-2009)  
Supervisor: Prof. Dr. Yasmin N. Farooqi

The present study investigated the Relationship between the Attachment to Parents and the Level of Anxiety among Teenagers. The sample was consisted of 200 students (100 boys & 100 girls) from different schools. Parental Attachment Questionnaire (PAQ; Kenny, 1987) was used to measure the attachment of teenagers with their parents, and Spence Children's Anxiety Scale (SCAS; Spence, 1994) was used to measure their anxiety. Permission had already been granted by the authors for the data collection for the current research under the supervision of Prof. Dr. Yasmin N. Farooqi. Non-probability Purposive sampling technique was used. The inclusion criteria were that the sample age was 13 to 19; they must be the students and willing to participate. Survey research design was used. The findings indicated that there is significantly negative correlation between attachment to parents and level of anxiety among teenagers.

## **The Effect of Parental Divorce on Children's Adjustment**

Zeenat Bibi (2007-2009)  
Supervisor: Ms. Shahnaila Tariq

This research investigated the effect of parental divorce on children's adjustment. It was hypothesized that there is a difference in children's adjustment before and after the parental divorce. Ex-post facto research design was used. List consisting of addresses divorced at least one year ago was taken from the Session Court, Lahore to collect data which consisted of 30 parents (mother/ father). The Child Adjustment Scale (CAS) (parent report) by Santrock and Warshak (1979) was used to collect the data. Paired sample t-test was used to analyze children's adjustment before and after the parental divorce. Results demonstrated a significant difference in children adjustment before and after the parental divorce. Findings revealed that children have adjustment problems. The findings of this research will help resolve children adjustment problems by taking preventive measures and intervention techniques. These findings are compared with the western findings and the thesis ends up with the theoretical and practical implications.

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# **EDUCATIONAL PSYCHOLOGY**

## **A Comparative Study of Stress Experienced due to Mobile Phone Use among Male and Female Students**

Ammarah Mubarak (2003-2005)  
Supervisor: Prof. Dr. Rukhsana Kausar

The present study was designed to study various kinds of stresses encountered by male and female mobile phone users. It was hypothesized that females experience greater stress due to mobile phone use than males. It was further hypothesized that there exists a correlation between stresses experienced due to mobile phone use and time elapsed. The sample consisted of 53 female and 47 male students of Punjab University. The tool employed in the study was constructed after a pilot study providing indicators as to how is mobile phone use stressful for the users. In order to analyze the data Independent Sample t-test, Paired Sample t-test and Pearson Product Moment Correlation were employed. The findings revealed that females experienced significantly greater personal stress, social stress, financial stress and technical stress due to mobile phone use. The results also showed a significant correlation between personal and technical stresses and during mobile phone use. These findings shed valuable light on the impact mobile phones have on the lives of users and call for further probe into this matter.

## **Gender Differences in Test Anxiety and Level of Examination Stress among Masters' Students**

Saima Eman (2003-2005)  
Supervisor: Prof. Dr. Yasmin N. Farooqi

This research investigates gender differences in test-anxiety and level of examination stress among Masters' students using a comparative group design. Purposive sampling was used. The sample consisted of Semester I/III students (N=100) aged 20-28, 50 males and 50 females. The number of students taken from Department of Sociology was 65 whereas 35 students were taken from the Institute of Business Administration. Test Anxiety inventory by Charles D. Spielberger and the Stress Inventory adapted from examination department, institute of cost and management accountants of Pakistan were administered to Masters' students 3-7 days before the final exams to each participant individually. Multivariate test and t test showed

that female Masters' students experience significantly higher level of test anxiety, worry, emotionality and examination stress than male Masters' students. Factor analysis showed three factors in Test Anxiety Inventory: Panic, tension, pessimistic thoughts and four factors in Stress Inventory: stress associated performance, personal support, state of stagnation or fatigue, physiological disturbance.

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### **Parental Involvement and School Performance of High School Students**

Rubina Alam (2005-2007)

Supervisor: Dr. Naumana Amjad

It was investigated whether parental involvement affects students' school performance by using self constructed five point scale, based on the theory of achievement motivation (McClelland, 1961). Boys and girls (N = 208) studying in public and private schools, participated in this research. The school performance of students was measured by computing aggregate percentage of their obtained marks in annual exams of 9th, 8th, and 7th grades respectively. Small but significant correlation was found between parental involvement and school performance of students. Further correlation was also found out between the four indicators of parental involvement as parental encouragement, parental reward, parental attention and parental monitoring. Parental attention had the highest significant positive correlation whereas parental monitoring did not have significant relation. Moreover parental attention appeared to be the strongest and more significant predictor of better school performance than other indicators. Analysis revealed that girls show better performance than boys and also receive more parental involvement. A significant difference in parental involvement was also found between high and low performing students. No significant difference was found between the school performance of public and private school students. This study emphasized that for better academic results parents' involvement is essential.

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## **The Use of Swearing Languages among College and University Student - Age and Gender Comparison**

Rahat Maqsood (2005-2007)  
Supervisor: Dr. Naumana Amjad

The present research is a study of gender and age differences in the use of swearing language among college and university students. In addition, it also focused on the situational differences in swearing. The research differentiates between two types of situations, namely positive situations in which swearing is used for expression of positive mood or emotions and negative situations in which swearing is used as expression of negative mood. A research instrument, the Abusive Language Use Scale (ALUS) was developed and administered. The psychometric property of the scale was established with the help of reliability analysis. In order to find out if positive situations and negative situations represent two different constructs, factor analysis (principal components) was carried out. The results confirmed the assumption. The study also investigated if swearing was more endorsed in negative mood than positive mood. The results showed that use and endorsement of swearing in positive situations (e.g. Joking with friends) was lower than swearing in negative situations (e.g. in anger). This indicated that students use swear words more often in negative situations than in positive situations. A comparison of college and university students in swearing was also carried out by using Independent sample T-test. The results revealed that there was not a significant age difference in the use of swearing language. A comparison of boys and girls in overall swearing also carried out by using Independent sample T- test. The result revealed that males swear more than females. Another comparison of girls and boys in two types of situations was also carried out by using Independent sample T- test. The results revealed that there was not a significant gender difference in use of swearing language in negative situations; boys reported more swearing in positive as well as they also use swear words in negative situations.

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## **Procrastination and Self-esteem in University Students**

Marium Saleem (2006-2008)

Supervisor: Ms. Rafia Rafiq

The primary objective of the study was to investigate relationship between procrastination and self-esteem in university students. It was hypothesized that there will be a relationship between procrastination and self-esteem. Correlation research design was used to investigate relationship between procrastination and self-esteem. Purposive sampling was used to collect data. Besides gathering demographic information through a self constructed questionnaire, Lay procrastination scale and Rosenberg self esteem questionnaires were used. Cronbach's alpha revealed reliability for the Lay procrastination scale and Rosenberg self esteem questionnaire was .85 and .80 respectively. Results indicated that a significant negative correlation exists between procrastination and self-esteem in University students.

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## **Relationship between Optimism and Quality of Life among Punjab University Students**

Kashmala Saher (2006-2008)

Supervisor: Ms. Afsheen Masood

The present research was conducted to explore the relationship between optimism and quality of life among Punjab University students. A sample of 240 students (120 males and 120 females) was drawn from various departments of University of the Punjab; Lahore by using non probability purposive sampling technique. Correlation research design was used. A self constructed, indigenous scale of optimism was designed, based on the guidelines of optimism test by Seligman (2002) and WHOQOL-BREF (1996) a scale on quality of life, the permission to use this scale was granted by the respective researchers. A pilot study was done to investigate the psychometric properties of the scales. Descriptive and inferential statistics was used to analyze the results. Pearson product moment correlation was applied to analyze the data. Optimism was significantly and positively correlated to quality of life.

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## **Relationship between Emotional Intelligence and Self Efficacy among Government and Private College Teachers**

Sehrish Fayyaz (2006-2008)

Supervisor: Ms. Afifa Anjum

The present research was conducted to investigate the relationship between emotional intelligence and self efficacy among government and private college teachers. It was hypothesized that there exists a relationship between emotional intelligence and self efficacy. Correlation research design was used. Emotional Intelligence Scale by Schutte et al. (1998) and Teacher's Self-efficacy Scale by Schwarzer and Jerusalem (1981) were used to measure the variables. The non probability purposive sampling technique was used on the basis of availability of the teachers. Sample consisted of 80 male and female teachers, 40 from government colleges and 40 from private colleges of Lahore. Correlation analysis showed that there is significant positive correlation between emotional intelligence and self efficacy. Implications of the study are discussed along with limitations and suggestions for future researches.

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## **Academic Procrastination and Anxiety among Young Adults in Relation to Academic Performance**

Ahmed Bilal (2007-2009)

Supervisor: Prof. Dr. Rukhsana Kausar

The current study investigates the relationship among academic performance, academic procrastination and anxiety. Purposive Sampling was used and a sample of 100 male students from science faculty at the University of the Punjab was selected. Survey method was used to collect responses on demographic and academic performance questionnaire, procrastination assessment scale-student (PASS), state-trait anxiety inventory (STAI). It was hypothesized that there is a relationship between academic performance, academic procrastination and anxiety. Pearson Correlation was used and results indicated that there a significant positive relationship between academic procrastination and anxiety while no relationship exists between academic performance and academic procrastination.

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## **Effects of Parental Acceptance-Rejection on Self Image, Self Esteem and Academic Performance of Children**

Madiha Saleem (2007-2009)  
Supervisor: Prof. Dr. Rukhsana Kausar

This research was conducted to investigate the Effects of Parental Acceptance-Rejection on Self Image, Self Esteem and Academic Performance of Children. It was hypothesized that parental rejection negatively affects the self image, self esteem and academic performance of the children. The sample consisted of school going children (N=100), 61 male students and 39 female students. Self Image profile for children (2001) by Butler was used to measure self image and self esteem, Parental Acceptance-Rejection Questionnaire (1980) by Rohner was used to examine perceived parental acceptance and rejection. Correlation analysis was run to assess the relationship between the variables. The findings suggested that there is no relationship between parental warmth (acceptance) and child's self esteem, self Image and academic performance, where as there was a significant relationship between mother's aggression and self esteem of children.

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## **State-Trait Anxiety and Perceived Stress in Relation to Academic Workload in University Students**

Sidrah Kanwal (2007-2009)  
Supervisor: Prof. Dr. Rukhsana Kausar

The present research was conducted to investigate relationship between State-Trait anxiety and Perceived Stress in relation to Academic Workload in University Students. It was hypothesized that there is relationship between state-trait anxiety and perceived stress in relation to academic workload. For this purpose a sample of 100 University students from the two faculties i.e. Faculty of Life Sciences and Faculty of Science of University of the Punjab were taken. State-Trait Anxiety Inventory, Perceived Stress scale and Academic Workload scale were used as tools for the individual assessment of the student's anxiety, stress and academic workload. Formal permission was sought from every department authority and then individual assessment was done by the researcher in the premises

of the departments. Data was analyzed using Pearson Product Moment Correlation and independent sample t-test. Findings of the research have important implications as this research can help in understanding student's level of anxiety and stress in relation to workload excessive stress and anxiety can sometimes lead to health problems.

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### **The Effect of Computer Use on Social Interaction and Academic Performance of Adolescents**

Fariha Saleem (2007-2009)

Supervisor: Prof. Dr. Rukhsana Kausar

The present study was conducted to investigate the effect of computer use on social interaction and academic performance of adolescents. It was hypothesized that there is relationship between computer use and social interaction. It was also hypothesized that there is relationship between computer use and academic performance. A sample of 200 school students was selected from the private sector schools in Lahore. A demographic questionnaire, Questionnaire of social interaction and technology use were used for assessment. Data was analyzed using descriptive statistic correlation and t-test. The results indicated that there is significant relationship between computer use and social interaction whereas there is no relationship between computer use and academic performance.

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### **Gender Differences in Aggression and Violence against Others among College Going Teenagers**

Samina Ilyas (2007-2009)

Supervisor: Prof. Dr. Yasmin N. Farooqi

This research investigates gender differences in aggression and violence against others among college going teenagers. Sample consisted of 75 male and 75 female students within the age range of 17-19 years. The data was collected from Punjab College of Commerce. Purposive sampling technique was used. An indigenous questionnaire (Farooqi, 2009) was constructed based on the rationale given by Forsyth (1987) Brewer (1994) Bailey (1977) Geen (2001) Meadows (1998). It was individually administered to the

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participants. Findings of this research suggested that the level of aggression against others is higher among male college going teenagers than female college going teenagers. The results also revealed that the level of violence against others is higher among male college going teenagers than female college going teenagers. Moreover, significant positive relationship was found between aggression and violence against others among college going teenagers. The findings of this research have implications for understanding and promoting knowledge about gender differences in aggression and violence against others among college going teenagers and for proposing gender-sensitive preventive measures.

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### **Gender Differences in Test Anxiety Level and Academic Performance of Medical Students**

Rabia Ghani (2007-2009)

Supervisor: Prof. Dr. Yasmin N. Farooqi

The current research investigates gender differences in test anxiety level and academic performance of medical students. A sample of 150 medicals students (75 males and 75 females) was drawn from the Services Institute of Medical Sciences (SIMS) within the age range of 17-24 years. Test Anxiety Inventory (TAI) by Professor Emeritus Dr. Charles D. Spielberger (1980) was individually administered to the participants. Written permission was granted by the author for use of TAI in this research. The research findings suggested that the female medical students reported significantly higher test anxiety level as compared to the male medical students. However, the results suggested that the male medical students have significantly higher GPA as compared to the female medical students. Moreover, significant negative relationship was found between test anxiety and academic performance of medical students. The findings of this research have implications for understanding gender differences in test anxiety and academic performance of medical students.

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## **Relationship between Internet Use and Interpersonal Relations among University Students**

Tehmina Malik (2007-2009)  
Supervisor: Ms. Shazia Khalid

The present research aimed to investigate the relationship between internet use and interpersonal relations among university students. It was hypothesized that there exist a relation between internet use and interpersonal relations of university students. Survey research design was used. Sample consisting of 150 students from different faculties of University Of The Punjab was selected. Scales used for the research were Chen internet addiction scale (CIAS 2005) and UCLA loneliness scale (revised version 3 1996). Scales were administered on the sample after seeking due permission from Miss Sue-Huei Chen and Daniel Russell. Data was analyzed using t-test and Pearson Product-Moment Correlation. Results reveal that there is a significant positive correlation between internet use and interpersonal relations of university students.

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## **Relationship between Motivation, Parental Influence, Student Characteristics and Academic Achievement**

Huma Tahir (2007-2009)  
Supervisor: Ms. Afifa Anjum

The current research investigates the relationship between motivation, parental influence, student characteristics, and academic achievement. It was hypothesized that there is a relationship between motivation, parental influence, student characteristics and academic achievement. The total sample consisted of 60 participants (male=30, female=30) age range of 12-15 years. The sample was taken from private secondary schools of Lahore. The data was collected from students entering 9<sup>th</sup> class using convenient sampling technique. Survey research design was used in this research. Three scales were administered to measure the variables of this study. The first scale, which consists of 10 items, was used to measure students' level of motivation (Broussard, 2002). The second scale, which has 10 items, was used to measure parental influences (Wang, Wildman & Calhoun, 1996). The third scale, which has 10 items, was used to determine students' characteristics (Cathryn & Linda, 2004). Academic

achievement was measured using student's marks in final result of class 8<sup>th</sup>. Correlation and t-test were carried out to analyze the data. Findings revealed that there is a significant positive correlation between the motivation, parental influence, student characteristics and academic achievement. Significant gender differences were found in scores of motivation, student characteristics and academic achievement with males scoring significantly higher than females.

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### **Moral Disengagement and Bullying Behavior among School Children**

Aneela Shoukat (2007-2009)  
Supervisor: Ms. Shahnila Tariq

The present study was conducted to explore the moral disengagement and bullying behavior among school children. It was hypothesized that there are gender difference in moral disengagement, victimization and bullying toward others. The sample consisted of 100 students, from different schools. Systematic random sampling technique was used to collect data. Moral Disengagement Scale of Caprara, Bandura, Barbaranelli, and Vicino (1996) was used to measure moral disengagement and Bullying Questionnaire of Gillard (1996, 2004 and 2007) was used to measure bullying in children. Data was analyzed using independent sample t-test and ANOVA. The findings supported the hypothesis. The findings of this research will help to resolve the problems of bullies and victims by taking preventive measures and intervention techniques.

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### **Relationship between Academic Performance and Social Support among University Students with Special Needs**

Amna Raza (2007-2009)  
Supervisor: Ms. Shanila Tariq

The present research investigated the "Relationship between Social Support and Academic Performance among University Students with Special Needs". Co relational research design was used for this study to collect the data. The sample was obtained from different departments of University of the Punjab. Sample size was of N = 80 by using random sampling strategy. The social support scale Zimet, Dahlem, Zimet and Farley, (1988) was

administered after official permission. Correlation was used to analyze the social support and academic performance. Results indicated that there was a significant relationship between social support and academic performance. The findings show that more the social support higher will be the academic performance. These findings are compared with the western findings and thesis ends up with theoretical and practical implications.

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# **PSYCHOLOGY OF GENDER**

## **Trust in Male and Female Friendship**

Ayesha Waris (2006-2008)  
Supervisor: Ms. Rafia Rafique

The present study aimed to investigate trust in male and female same sex friendships. It was hypothesized that trust will be higher in female same sex friendships than in male same sex friendships. Cross sectional research design was used to conduct the present study. In order to collect data, purposive sampling technique was used. The data were collected through Rempel and Holmes Trust scale (1985). Cronbach's alpha revealed reliability for the sample to be .77. To analyze the data, t-test and Pearson product moment correlation were used. Result revealed that female same sex friends have more trust among them, than male same sex friends.

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## **Gender Differences in Depression among Teenagers with Single Parents (By Death and Divorce)**

Rabia Amin(2007-2009)  
Supervisor: Prof. Dr. Yasmin N. Farooqi

The purpose of this research was to check the Gender differences in depression among teenagers with single parent (by death and divorce). The research was conducted under the supervision of Prof. Dr. Prof. Dr. Yasmin N. Farooqi, Department of Psychology & Applied Psychology, University of the Punjab, Lahore. The sample size was 100 consisted of 50 teenager males and 50 teenager females, which was collected from the different private schools of Lahore. Non-probability, purposive sampling was used. Measuring tool was an endogenous Questionnaire based on symptoms of depression according to DSM-IV-TR. The results showed that there is significant difference in depression among teenager male and female of single parent, and there is high level of depression among the teenagers of single parent due to death of one of their parents.

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## **Gender Differences in Conflicts Management among Friends**

Haleema Sadia (2007-2009)  
Supervisor: Ms. Shazia Khalid

The current study investigates the gender differences in conflict management among friends. It was hypothesized that there is a significant difference between male and female in conflict style. Survey research design was used in this research. The data was collected from Masters and undergraduate students from both male and female. The sample was taken from the University of the Punjab Lahore. Non-probability purposive sampling technique was used. T-test was used to analyze gender differences in conflicts management. Frequencies were used for the analysis of demographic information. Thomas Kilman instrument (TKI) for conflict resolution was used to find accurate results. Findings of the results showed that there is a significant difference between conflicts style in males and females among friends.

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## **Gender Differences in Empathy among Medical Professionals**

Saliha Abid (2007-2009)  
Supervisor: Ms. Shahnaila Tariq

The present study was conducted to investigate the gender differences in empathy among medical professionals. It was hypothesized that there are gender differences in empathy among medical professionals. The sample of (N= 100) medical professionals for this study was obtained from Mayo hospital, Sheikh Zayed hospital and Services hospital Lahore, by using the random sampling strategy. Empathy quotient scale by Cohen (1998) was used for the assessment of the participants after obtaining the due permission from the author. Independent sample t-test was used to analyze the data. Results proved that there are significant differences in empathy among medical professionals on the basis of gender, age, marital status and specialization. The results were compared with the western researches and its findings can be implemented in the Pakistani society.

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**HEALTH  
PSYCHOLOGY**

## **Social Support and Coping Strategies in Acute MI Patients**

Sara Saif (2006-2008)

Supervisor: Prof. Dr. Najma Najam

The present study examined relationship between social support and coping strategies in acute myocardial infarction patients. Correlation research design was used for this study. The sample for the study was obtained from Sir Ganga Ram Hospital Lahore (N=36; 18 males and 18 females) by using purposive sampling strategy. The Social Support Scale (2001) and Cope Scale (1989) were administered after official permission. Pearson Moment Correlation and Independent sample t-test were used to analyze the data. The results indicated that there was a positive relationship between social support and coping strategies in acute myocardial infarction patients. There were no gender differences found in social support except Social Support (Perceived) and coping strategies except for religious coping and acceptance coping.

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## **Gender Differences in Physical Fitness, Body Shape Satisfaction and Body Figure Preferences**

Hanzla Ashfaq (2006-2008)

Supervisor: Prof. Dr. Najma Najam

The present study was carried out to investigate the relationship between physical fitness and body shape satisfaction and also gender differences in physical fitness, body shape satisfaction and body figure preferences. It was hypothesized that females are more conscious of physical fitness and body shape and they exhibit greater difference in current and ideal body shape as compared to males. It was further hypothesized that younger adults are more conscious of physical fitness and body shape as compared to older. The sample consisted of 80 subjects (N=80) of age range 14-62 years, including 40 males and 40 females from different slimming centers, from different departments of Punjab University and from different areas of Lahore. In order to collect the data, purposive sampling technique was used. The data was collected through a booklet of questionnaires including Eating Attitude Test (EAT), Body Shape Questionnaire (BSQ) and Body Figure Preferences Test. Pearson product moment correlation, Independent sample t-test, Wilcoxon signed ranks test and Cross tabulation were used for analysis. The findings revealed significant relationship between physical fitness and body

shape concern and no significant gender differences were found in physical fitness and body shape satisfaction. The results also showed that females as compared to males exhibit significant difference between their current and ideal body shape. Moreover, younger adults are more conscious of physical fitness and body shape as compared to older.

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### **Effects of Infertility on Marital Adjustment**

Hina Waqar (2006-2008)  
Supervisor: Prof. Dr. Najma Najam

The present research was designed to investigate the effect of infertility on marital adjustment. It was hypothesized that there is an effect of infertility on marital adjustment. The total sample consist of 30 diagnosed infertile participants that is 15 are male and 15 are females, age ranged from 25-40 years. Prerequisite condition was that they had minimum duration of marriage of two years without children and were under treatment at that time. In the study 28 items of Dyadic Adjustment Scale (1976) are used to assess marital adjustment of infertile participants. Correlation and Independent sample t-test was used to analyze the data. Findings revealed that there is an effect of infertility on the marital adjustment.

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### **Gender Differences in Self Determination and Quality of Life of Physically Disabled Individuals**

Sadia Shami (2006-2008)  
Supervisor: Prof. Dr. Rukhsana Kausar

The present study was conducted to examine gender differences in self determination and quality of life of physically disabled young individuals. It was hypothesized that there are gender differences in self determination and quality of life of physically disabled individuals and there is a relationship between self determination and quality of life. A sample of 60 physically disabled young individuals was recruited from the institute of Bahalia-e- Mazooran. Self determination Scale and WHO quality of Life Scale were used for assessment. Individual assessment was carried out by the researcher at the premises of institute after seeking formal permission from authorities. Data was analyzed using t-test, correlation, ANOVA and

MANOVA analyses. Analyses revealed that physically disabled young individuals' quality of life and self determination level is very low. There were no gender differences in domains of quality of life and self determination and there was no correlation between self determination and quality of life of physically disabled individuals.

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### **Post Traumatic Growth and Tendency towards Religion after Onset of Cancer**

Faiza Rasool (2006-2008)

Supervisor: Prof. Dr. Rukhsana Kausar

The present study was conducted to examine posttraumatic growth and tendency towards religion after onset of cancer among patients. A sample of 40 patients was recruited from Institute of Nuclear and Medicine Oncology Lahore (INMOL), Lahore. Posttraumatic Growth inventory and a self prepared scale for measuring Tendency towards Religion was used for assessment and individual assessment was carried out by the researcher after seeking formal permission from hospital authorities. Data were analyzed using Multivariate analysis of variance, paired sample t-test and correlation analysis. Analysis revealed that majority of the cancer patients showed increased tendency toward religion after onset of cancer and they showed more religiosity related to people. There was posttraumatic growth in patients after diagnosis of cancer. Majority of the patients had more positive changes relating to others, about spiritual change and about appreciation of life than others. There was positive correlation among the most of subscales of Posttraumatic Growth Inventory and subscales of tendency towards religion.

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### **Relationship between Sleep and Happiness among Punjab University Students**

Uzma Ijaz (2006-2008)

Supervisor: Dr. Naumana Amjad

The purpose of the present study is to find out the relationship between quality of sleep and happiness among the Punjab University students. A sample of 100 students (50 females, 50 males) from different departments of University of the Punjab, Lahore, was taken for the research purpose

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through non probability convenient sampling technique. Data were obtained from the students through Oxford Happiness Questionnaire by Hills and Argyle (2001) and Pittsburg Sleep Quality Index by Buysse, Reynolds, Monk, Berman and Kupfer (1989). The relationship between quality of sleep and happiness was examined through Pearson product moment correlation. The result showed significant positive relationship between quality of sleep and happiness. The relationship between quality and quantity of sleep was also examined and no significant relationship was found between them. The relationship of income and quantity of sleep with happiness was also examined and no significant relationship was found. It was concluded from the research findings that good quality of sleep increases the level of happiness whereas happiness does not depend on duration (quantity) of sleep. Independent sample t-test showed that there is no statistically significant difference in males and females in term of their level of happiness.

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### **Life Satisfaction and Quality of Life in Breast Cancer Patients**

Faiqa Javed (2006-2008)  
Supervisor: Ms. Afsheen Masood

The present research was conducted to explore relationship between Quality Of Life and Life Satisfaction in Breast Cancer Patients. The sample was taken from institute of Nuclear Medicine and Oncology Lahore INMOL hospitals of Lahore through purposive sampling technique. The sample included 60 female patients across INMOL hospital setting. The assessment scales included Functional Assessment of Cancer Therapy-Breast Cancer FACT-B (Version 4) and European Organization for Research and Treatment of Cancer Quality of Life Questionnaire EORTC QLQ-C30 (Version 3). The descriptive and inferential statistics was used to analyze the results. Pearson product moment correlation was applied to analyze the data. The results showed that there was a significant positive correlation between quality of life and life satisfaction.

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## **Anger Depression and Anxiety as Predictor of Acute Myocardial Infarction (MI) and their Matched Controls**

Tayyba Safdar (2006-2008)

Supervisor: Ms. Rafia Rafiq

The present research was carried out to investigate the difference in the level of anger, depression and anxiety in acute myocardial infarction (MI) patients and their matched controls. Cross sectional research design was used to conduct the present study. In order to collect the data, purposive sampling technique was used. The sample consisted of 72 individuals (36 MI patients and 36 controls). The controls were matched on age and gender to that of Acute MI patients. Data was collected through a self constructed indigenous tool ( $\alpha = 0.86$ ) to measure anger. HADS (hospital anxiety and depression scale ( $\alpha = 0.6$ )) were used for anxiety and depression measurement. Independent sample t-test was used to analyze the data. The results indicated that anger and anxiety is more in MI patients than in controls but there is no difference in the level of depression between the two groups.

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## **The Effects of Optimism on Coping Strategies of Diabetic Patients**

Nadia Gulraiz (2006-2008)

Supervisor: Ms. Fatima Kamran

This research investigates the effect of optimism on coping strategies of diabetic patients. Purposive sampling was used. The sample consisted of diabetic patients ( $N = 50$ ; aged 45-60, 22 males and 28 females). The Life Orientation Test -Revised (optimism), Gratitude Questionnaire - 6 (GQ-6), Adult Hope Scale (AHS), Satisfaction with Life Scale, Subjective Happiness Scale (SHS), Santa Clara Strength of Religious Faith Questionnaire (SCSRF) and The Coping Strategies Questionnaire (CSQ) were used to assess effect of optimism on coping strategies. It was assumed that optimism has an effect on coping strategies of diabetic patients. Regression analysis, independent sample t-test and descriptive statistics were used to analyze data. Analysis revealed that satisfaction with life effects coping strategies of diabetic patients. There were no significant gender differences in coping strategies of diabetic patients. Religious coping strategy was mostly used by females than male diabetic patients. Active practical coping strategy was most commonly used

strategy by diabetic patients. The implications of the findings are to teach diabetics more effective coping strategies and to produce optimistic approach towards life in patients.

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### **Gender Differences in Quality of Life, Satisfaction with Life and Depression in Hospitalized Cardiac Patients**

Sana Ejaz (2006-2008)  
Supervisor: Ms. Fatima Kamran

The present study was conducted to examine gender differences in quality of life, satisfaction with life and depression in hospitalized cardiac patients. It was hypothesized that there are gender differences in quality of life, depression and satisfaction with life of hospitalized cardiac patients and there is a relationship between satisfaction with life, depression and quality of life. A sample of 80 hospitalized cardiac patients was recruited from the Punjab Institute of Cardiology and Jinnah Hospital Lahore. WHO quality of Life Scale, Beck Depression Inventory-11 and Satisfaction with life scale were used for assessment. Individual assessment was carried out by the researcher at the premises of hospitals after seeking formal permission from authorities. Data was analyzed using t-test and correlation analysis. Analysis revealed that hospitalized cardiac patient's quality of life and satisfaction with life is very low and indicated higher level of depression. There were no gender differences in domains of quality of life and there was significant correlation between quality of life, satisfaction with life and level of depression of hospitalized cardiac patients. Findings have very important implications for provision of psychological counseling for the hospitalized cardiac patients.

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### **Relationship between Fear of Death and Stress among Renal Failure Patients on Haemodialysis Process**

Mahwish Zia (2006-2008)  
Supervisor: Ms. Shahnila Tariq

The present research was carried out to investigate relationship between fear of death and stress among renal failure patients on haemodialysis process from the different hospitals of the Lahore. In order to collect the

data, convenient sampling technique was used. The sample consisted of 52 individuals (32 Males, 20 Females; age between 20-60 years). Data was collected through Collett–Lester Fear of Death Scale (CL-FODS) by Lester and Abdel-Khalek (2003) and Stress Appraisal Measurement (SAM) by Peacock and Wong (1990) to measure stress and fear of death. Bivariate correlation was used to analyze the data. The results indicated that there is a positive but weak correlation between fear of death and stress among renal failure patients on haemodialysis process. It can be concluded that stress is a common psychosocial problem among the renal failure population. The coexistence of psychiatric illness in-patients with renal failure that requires specialized medical regimens represents a challenge to nephrologists in diagnosis and treatment. Disparities between levels of stress among renal failure patients compared with other chronically ill populations warrant further research.

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### **Gender Differences and Level of Stress among Caregiver Spouses of Hepatitis C Patients**

Hina Mehmood Cheema (2006-2008)

Supervisor: Ms. Shahnila Tariq

The present study was conducted to assess the gender differences and the level of stress among caregiver spouses of Hepatitis C patients. Sample consisted of 80 spouse caregivers (40 male and 40 female). The level of stress was measured by using Caregivers Stress Test by Dale Lund, (1996). Independent sample t-test was used for analyses. The results showed that there is a significant difference in the perceived level of stress between male and female care giving spouse. Pearson correlation was used to check the correlation of age, education, occupation and monthly income with stress which was also found significant. Results were also compared with the previous researches.

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## **Coping Strategies in Types of Disabilities with Special Reference to Gender, Age and Education**

Muhammad Ausama Saleem (2007-2009)

Supervisor: Prof. Dr. Najma Najam

Coping strategies in types of diabetes were investigated with special reference to gender, age and education. A survey research design was used. A non probability purposive sampling strategy was used. Sample consists of 100 diabetics. There were 50 males and 50 females. The data was collected from different hospitals of Lahore. A brief COPE questionnaire in Urdu was used to assess the coping strategies of diabetics. The results showed that there was a significant gender difference in the coping strategies of diabetics. The problem focused coping strategies were more used by male diabetics than females. The emotion focused coping strategies were more used by females than males. There was no relationship of age and education with coping strategies in diabetics. There was also no relationship between the education and coping strategies.

## **Gender Differences in Perceived Stress among the Parents Suffering from Hepatitis "C"**

Kishwar Aslam (2007-2009)

Supervisor: Prof. Dr. Najma Najam

The present study examined the gender differences in perceived stress among the patients suffering from hepatitis "C". 14-item scale of perceived stress constructed by Shelder Cohen was used .The sample for the study was obtained from Services Hospital Lahore and from Tehsil. Headquarter Lahore of size N=60 (30 males and 30 females) by using purposive sampling strategy .14-item scale was administered to check gender difference in perceived stress among the patients suffering from hepatitis "C". Pearson moment correlation and independent sample t-test was used to analyze the data. The results indicated that there are significant differences between perception of stress and gender, family system (joint and individual), presence of any other earning source or absence of any other earning source and marital status among the patients suffering from hepatitis" patients. Demographic variables such as age, duration of disease, duration of treatment, and intensity of disease have significant correlation with perceived

stress. On the other hand education, profession, numbers of children and total monthly incomes have negative significant correlation with perceived stress.

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### **A comparative Study of Psychological Profiles of Dieters and Controls**

Saira Iftikhar (2007-2009)  
Supervisor: Prof. Dr. Najma Najam

The present study investigates a comparison of psychological profiles of dieters and controls. It was hypothesized that there is a difference in psychological profiles of dieters and controls. It was also hypothesized that there is a relationship between eating attitude and body shape dissatisfaction. The sample for the study was 80 (40 dieters and 40 controls) with age ranging from 16-30. It was collected from different academic institutes and gyms (both male and female). Non-probability purposive sampling technique was used. Three questionnaires; Eating Attitude Test (EAT), Body Shape Questionnaire (BSQ), and 16 Personality Factors (16PF) were selected to conduct the study. Cross tabulation, correlation and independent sample t-test were conducted in analysis. It was found that the psychological profiles of dieters and controls are not different.

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### **Relationship between Resilience and Mood Post Cancer Onset**

Sadia Jabeen (2007-2009)  
Supervisor: Prof. Dr. Rukhsana Kausar

The present study was carried out to investigate the relationship between mood and resilience after onset of cancer. It was hypothesized that there is a relationship between positive mood and high resilience. Sample was consisted of 50 patients recruited from Institute of Nuclear Medicine & Oncology, Lahore (INMOL). State-Trait Resilience Scale and Positive Affect Negative Affect Scale were used for the assessment. Data was analyzed by using correlation and t-test. Findings supported the hypothesis and have important implications in the area of positive psychology and in the improvement of physical and psychological wellbeing of humans.

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## **Anxiety and Coping Strategies in Relation to Daily Hassles among University Students**

Kiran Zaman (2007-2009)  
Supervisor: Prof. Dr. Rukhsana Kausar

The present research was conducted to investigate anxiety and coping strategies in relation to daily hassles among University students. Sample comprised of (N = 50 for each) and it was taken from different departments of University of the Punjab. State Trait Anxiety Inventory (STAI) was used to assess anxiety and Coping Strategies Questionnaire (CSQ) was used to assess coping and strategies. Daily hassles list was used to see that how much daily hassles students faced during the past few two weeks. It was hypothesized that more an individual faces daily hassles, more avoidance coping will be used. The results showed that there was a significant relationship between these two variables. Students scored highest on avoidance coping. Results also suggested that daily hassles and anxiety have a positive relationship and no significant gender differences were found in anxiety.

## **Anxiety and Coping Strategies among University Students**

Sehrish Zaman (2007-2009)  
Supervisor: Prof. Dr. Rukhsana Kausar

The present study was carried out to examine general anxiety which students experience in their normal life and coping strategies used by them. It was hypothesized that more an individual uses active practical coping strategies lesser anxiety he or she will experience. A sample of 100 students (50 males, 50 females; age range between 19-27 years) was selected from the departments of “Faculty of Social Sciences” University of the Punjab. A demographic questionnaire, State Trait Anxiety Inventory STAI (Spielberger, 1980), and a Coping Strategies Questionnaire CSQ (Kausar, 2001) were used for assessment. Data was analyzed using correlation analysis and independent sample t test. The results indicated that there was a positive relationship between anxiety and coping strategies. Students used more avoidance focused coping strategies. Results show no gender differences in anxiety.

## **Relationship between Life Satisfaction and Faith in Allah among Cardiac Patients**

Zunera Tariq (2007-2009)  
Supervisor: Prof. Dr. Yasmin N. Farooqi

The present research was conducted to assess the relationship between Life Satisfaction and Faith in Allah. The data was collected using Survey research Design and Purposive Sampling technique was used. The sample composed of 100 cardiac patients within the age range of 40 to 70 years, and those who were admitted in the public and private hospitals for 1 to 8 weeks. An indigenous tool consisting of two parts, Part A to evaluate the Life Satisfaction of the participant and Part B to evaluate the Faith in Allah of the participant was constructed under the supervision of Prof. Dr. Prof. Dr. Yasmin N. Farooqi. Data was analyzed using correlation and t-test. The analysis revealed that a strong positive relationship exists between life satisfaction and faith in Allah of the cardiac patients, while gender differences do not exist in life satisfaction and faith in Allah. According to results, age is the strongest predictor of both life satisfaction and faith in Allah.

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## **Gender Difference in Perceived Stress among Myocardial Infarction Patients**

Kanwal Saleem (2007-2009)  
Supervisor: Prof. Dr. Yasmin N. Farooqi

The present study was conducted to assess the gender difference in perceived stress among myocardial infarction patients. The research also explores which type of stressor causing more myocardial infarction. The sample was consisted of 100 myocardial infarction patients (50 males and 50 females). Non probability purposive sampling technique was used. The sample was selected from private and government hospitals of Lahore. Life Stress Automatic Scoring (1984) by Dr. Tim Lowenstien was used to measure the stress level. Independent sample t-test was used for analysis. The result showed that there is no significant difference in perceived stress among male and female myocardial infarction patients. Change in finance is the major stressors for myocardial infarction patients in Lahore. The findings of this research have implications for promoting understandings

about major life events which can cause severe chronic illnesses as myocardial infarction.

### **Gender Difference in Anxiety among Cardiac Patients Undergoing Surgery**

Aamina Ashraf (2007-2009)  
Supervisor: Prof. Dr. Yasmin N. Farooqi

The present study examined the gender differences in anxiety among cardiac patients undergoing surgery. The sample was composed of 100 patients (male patients=50 female patients=50) within the age range of 19-78 years in Punjab institute of cardiology Lahore city. An indigenous questionnaire was constructed based upon the anxiety symptoms reported in DSM-IV TR (2000). The non probability purposive sampling strategy was used. Independent sample t-test was applied for statistical analysis. The findings indicated that there is a gender difference in anxiety among cardiac patients undergoing surgery.

### **A Study of Optimism Hope and Coping Strategies in Chronic Obstructive Pulmonary Disease patients**

Madeeha Riaz (2007-2009)  
Supervisor: Ms. Rafia Rafique

The present study explored the relationship between Optimism, Hope and use of Coping Strategies in male and female Chronic Obstructive Pulmonary Disease (COPD) patients. It was hypothesized that there is a relationship between optimism, hope and use of coping strategies in male and female COPD patients. The sample of the study consisted of 25 male and 25 female patients of COPD. Data was collected from Jinnah hospital, Services hospital and Combined Military Hospital (CMH) of Lahore by using purposive sampling technique. Life Orientation Test (Scheier & Carver, 1985), Herth Hope Index (Herth, 1992) and Cope Inventory (Carver, Scheier & Weintraub, 1989), were used to measure the study variables. Pearson Product Moment Correlation was applied to analyze the

data. The findings suggest that there is a significant and positive relationship in Optimism, Hope and Coping Strategies in COPD patients.

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**Psychological well being, Quality of life and Coping strategies used by Patients with Cardiac diseases**

Aimee Kathleen (2007-2009)  
Supervisor: Ms. Rafia Rafique

The present study examined Psychological well being, Quality of life and Coping strategies used by the patients with cardiac diseases. It was hypothesized that there is a relationship between Psychological well being, Quality of life and Coping strategies used by patients with cardiac diseases. It was also hypothesized that Psychological well being, Quality of life and Coping strategies would be different for male and female patients. Three measures, consisting of General Health Questionnaire 12 (Goldberg, 1970), Mac New Health Related Quality of Life Questionnaire (Oldridge, 2004); and a self constructed questionnaire for measuring Coping Strategies, by taking guidelines from Greenglass's theoretical perspective (1999) were used to assess the patients. With the help of non-probability purposive sampling technique, a sample of cardiac patients (N=50; 25 males and 25 females) from cardiac wards of various hospitals of Lahore was taken. Age range of the patients ranged from 50-70 years. Pearson Product Moment and Independent sample *t*- test was used for the purpose of analyzing data. The results suggested that there is a relationship between Psychological well being, Quality of life and Coping strategies. Gender difference in Psychological well being, Quality of life and Coping strategies between male and female cardiac patients was found. Significant difference on the subscales of coping strategies was also found for male and female cardiac patients. Implications for the implementation of psychological interventions were discussed.

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## **Relationship between Depression, Social Support and Quality of Life in Patients with Chronic Renal Failure**

Irza Ali (2007- 2009)  
Supervisor: Ms. Rafia Rafique

The present study was designed to investigate the relationship between Depression, Social Support and Quality of life in patients with Chronic Renal Failure. It was hypothesized that there is significant relationship between depression, social support and quality of life in patients diagnosed with chronic renal failure. It was also hypothesized that there is a difference in depression, social support and quality of life between male and female patients. Beck Depression Inventory II (Beck, 1996), Berlin Social Support Scale by Schwarzer and Schulz (2000) and Flanagan's quality of life scale (Burckhardt, 1998) were used for measuring the study variables. The sample consisted of 20 male and 20 female patients of chronic renal failure. Data was collected from Nephrology department of Sheikh Zayad hospital, Doctors hospital and Hijaz hospital, Lahore. Pearson Product Moment correlation and Independent sample *t*- test was used for the purpose of analyzing data. The findings suggest that there is a negative relationship between depression and social support as well as depression and quality of life.

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## **Burnout and Anger in Women with Acute Myocardial Infarction and their Matched Controls**

Sadia Rasheed (2007-2009)  
Supervisor: Ms. Rafia Rafique

The present investigation studied the differences between burnout and anger in women with Acute Myocardial Infarction (AMI) and their matched controls. It was hypothesized that there will be difference between burnout and anger in women with Acute Myocardial Infarction and their matched controls. It was also hypothesized that there will be a relationship between burnout and anger. Case control research design was used for conducting the present research. Maslach burnout inventory (Maslach & Jackson, 1986) and State-Trait Anger Expression Inventory (Spielberger, 1985) were used to measure the study variables. Purposive sampling technique was used to collect data. Sample consisted of 50

women (25 patients and 25 matched controls) aged 45-65 years. Sample was recruited from three different hospitals of Lahore city. Independent sample *t*-test and Pearson Product Moment correlation were used to analyze data. The findings suggest that there is a significant difference between burnout and anger in women with Acute Myocardial Infarction and their matched controls. Results also revealed a significant positive relationship between burnout and anger. Implications for interventions of the study along with limitations and suggestions of the study are being discussed.

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### **Stressful Life Events, Perceived Social Support and Coping Strategies among Female Patients with Acute Myocardial Infarction and their Matched Controls**

Saba Khan (2007-2009)  
Supervisor: Ms. Rafia Rafique

The present research investigated differences in stressful life events, perceived social support and coping strategies among female patients with acute myocardial infarction (AMI) and their matched controls. It was hypothesized that there are significant differences in stressful life events, perceived social support and coping strategies among female patients with acute myocardial infarction (AMI) and their matched controls. A self constructed stressful life events questionnaire, Berlin Perceived Social Support Scale (Schwarzer & Schulz, 2000), and a self constructed questionnaire measuring coping strategies based on the indicators drawn from Proactive Coping Scale (Greenglass, 1999) were used for measuring study variables. The sample of the present research consisted of 50 females (25 with AMI and 25 matched controls) recruited from three major hospitals of Lahore. Their age ranged from 45-65 years. Independent sample *t*- test and Pearson Product Moment Correlation was used for the purpose of analyzing data. The findings suggested that there is significant difference in stressful life events, perceived social support and coping strategies among female patients with AMI and their matched controls. A positive correlation was found between stressful life events and coping strategies. Similarly a positive correlation existed between social support and coping strategies employed. Implications of the study along with limitations and suggestions are discussed for future researches.

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## **Gender Differences in Coping Strategies Used by Blood Cancer Patients**

Sidra Chaudhry (2007-2009)  
Supervisor: Ms. Afsheen Masood

The present research was conducted to explore the gender differences in coping strategies used by blood cancer patients. By using non-probability purposive sampling technique, a sample of 60 blood cancer patients was collected from different hospitals of Lahore (Mayo Hospital, and Inmol Hospital). In order to collect the data, Cope Inventory by Carver (1989) consisting of 60 items were used. This was used to investigate the gender differences in coping strategies of blood cancer patients. The results were drawn by conducting both descriptive and inferential analysis. It was concluded that female blood cancer patients use more total coping strategies than male blood cancer patients. It is also concluded that male blood cancer patients tend to prone to use problem-focused coping strategies than the female blood cancer patients and female blood cancer patients tend to prone to use emotional-focused coping strategies than the male blood cancer patients. The result of broad range of cope factor used by blood cancer patients showed that female used more positive reinterpretation growth; total mental disengagement; total focus on venting of emotions; total denial; total religious coping; total emotional social support and total acceptance where as male blood cancer patients used more active coping and suppression of competing activities. These results also proved by theoretical evidence that female perceive more stress than male and it is also suggested that people with low level of stress may use coping strategies different from the people with high level of stress.

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## **Thalassemia and Quality of Life**

Saba Shabbir (2007-2009)  
Supervisor: Ms. Afsheen Masood

The present study investigated the impact of thalassemia on quality of life of adolescents as reported by mothers of children with thalassemia. It was hypothesized that there is a significant impact of thalassemia on quality of life of patients with thalassemia. Ex-post Facto research design was used to conduct the present study. In order to collect the data, non-probability

purposive sampling strategy was used. The data was collected through Quality of life Questionnaire (EORTC *QLQ*) O30 (Aaronson et al, 1993). A demographic questionnaire was also used T-test, ANOVA, Pearson product movement correlation were used for inferential analysis while descriptive statistics was also used for graphical representation. The results indicated that impact of thalassemia is grater on female patients, for those with rural background and in nuclear family system than those for the male patients, with urban background and with joint family system patients.

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### **Relationship between Self Esteem and Behavioural Dysfunction among Hepatitis 'C' Patients**

Faiza Zaib (2007-2009)  
Supervsior: Ms. Afifa Anjum

The present research was conducted to investigate the relationship between self esteem and behavioral dysfunction among Hepatitis C patients. It was hypothesized that there is a negative relationship between self esteem and behavioral dysfunction. The total sample consisted of 70 patients (male n= 35, female n=35), age ranged from 25 to 50 years. Hepatitis C patients diagnosed with the illness at least 6 months ago were selected. In the study Urdu translation of Rosenberg Self Esteem Scale (1965) and self constructed Behavioral Dysfunction Scale were administered after seeking official permission from the hospital authorities and taking consent from the patients. Correlation and t- test were carried out to analyze the data. Findings revealed that there is a significant negative relationship between self esteem and behavioral dysfunction in hepatitis C patients. Non significant gender differences in self esteem and behavioral dysfunction among hepatitis C patients were also found.

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**MARITAL AND  
FAMILY STUDIES**

## **Difference of Anxiety Level among Pregnant at 1<sup>st</sup> Month and 9<sup>th</sup> Month**

Rahat Yasmeeen (2007-2009)

Supervisor: Prof. Dr. Yasmin N. Farooqi

The present study examined the difference of anxiety level among pregnant women at 1<sup>st</sup> month and 9<sup>th</sup> month. The sample was composed of 100 women (50 one month pregnant women and 50 nine month pregnant women). The data was taken from Ganga Ram hospital, Services hospital, CMH Lahore Cantt. An indigenous questionnaire was constructed based upon the anxiety symptoms reported in DSM IV TR (2000). The purposive sampling strategy was used. The independent sample t-test was applied for statistical analysis. The findings indicate that there is significant difference in anxiety level between 1<sup>st</sup> month and 9<sup>th</sup> month pregnant women. The findings of this research provide an insight to the family about the psychology of women and anxiety experienced due to the pregnancy, preventive measure and anxiety management strategies can be introduced in Pakistan to reduce their devastating psychological and psycho physiological effects on health.

## **Delivery Anxiety among First time and Second Time Pregnant Women**

Zainab Akram Khan (2007-2009)

Supervisor: Prof. Dr. Yasmin N. Farooqi

This research investigates anxiety level between the first-time and second-time pregnant women. The sample was composed of 120 women (60 first-time pregnant women and 60 second-time pregnant women without any prior history of miscarriage or abortion, divorce or separation and remarriage within the age range of 19-35 years. The data was drawn from different public and private hospitals: Sheikh Zayed hospital, Fatima Memorial hospital and Sughra hospital of Lahore city. An indigenous questionnaire was constructed based upon the anxiety symptoms reported in DSM IV TR (2000) and derived from the interview of the first-time and second-time pregnant women. The Independent sample t-test was applied for statistical analysis. The findings indicated no significant difference in physiological symptoms of first-time and second-time pregnant women. However, significant difference in delivery anxiety was found between the

first-time and second-time pregnant women. The findings of this research have implications for the helping professionals in understanding the anxiety of pregnant women of Pakistan.

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### **Domestic Violence Reported by Married Women from Darul Aman Lahore**

Madiha Naz (2007-2009)

Supervisor: Prof. Dr. Yasmin N. Farooqi

This research investigates domestic violence reported by the married women from Darul Aman. The sample was composed of women (N=100; 50 rural and 50 urban women) within the age range of 19-53 years. The participants were selected from Darul Aman, Darul Shafkat and Dastak of Lahore City. An indigenous questionnaire was constructed based upon the ^Domestic Violence Scale (Farooqi, 2001). The independent sample t-test was applied for statistical analysis. The findings indicated that there is significant difference between verbal and physical violence reported by the rural and urban women. All the women reported more episodes of burning and hurting children by their husbands. The urban women reported more physical violence (harming children and burning) than the rural women. The urban women also reported more verbal violence (threats of throwing acid, threats to kill with knife and issues on having children) than the rural women.

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**PERSONALITY  
PSYCHOLOGY**

## **The Relationship between Big Five Personality Domains and Psychological Well Being among Punjab University Students**

Saba Yousuf (2005-2007)

Supervisor: Dr. Naumana Amjad

This research study examined the relationship between personality domains and psychological well-being. A total of 200 Punjab University students completed the NEO Five Factor Inventory (NEO-FFI), Psychological Well-Being scale and demographic information form. The relationship between the two target variables (Big Five Personality domains and Psychological Well-Being) and demographic variables were assessed through Pearson product moment correlation coefficient and regression analysis. The results revealed that all five personality domains were significantly correlated with psychological well-being (PWB). Personality trait of Neuroticism was negatively associated with all six dimensions of PWB (autonomy, environmental mastery, personal growth, positive relations with others, purpose in life and self acceptance) and Extraversion, Openness to experience, Agreeableness and Conscientiousness were positively associated with PWB. Extraversion and Conscientiousness both are positively significantly correlated with all six dimensions of PWB. Agreeableness was positively and significantly correlated with five dimensions of PWB except Autonomy. Openness to Experience was positively and significantly correlated with Autonomy and Personal Growth. The best predictor of psychological well-being was Conscientiousness. Demographic variables (gender, age, education, monthly income, number of siblings, family setup (joint or nuclear), residence (owner or tenant), rural or urban area, parent being alive and disability did not predict psychological well-being. The findings suggested that personality domains are predictors of psychological well-being. Specifically being more conscientious and agreeable, being more open to experience and being extrovert can increase psychological well-being among individuals and neurotic traits can decrease psychological well-being.

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## **Personality Traits as a Risk Factor of Smoking**

Sumariya Malik (2007-2009)

Supervisor: Dr. Uzma Zaidi

The purpose of this research was to investigate the role of personality traits as risk factor in smoking among male adults. It was hypothesized that the people who smoke are more aggressive as compared to non smokers. Further it was hypothesized that the people who smoke are more impulsive as compared to non smokers. The sample consisted of 100 male subjects (n=50 smokers, n=50 non smokers). The sample was taken from various departments of University of the Punjab, Lahore. Their age ranged from 19 to 30 years. Purposive sampling technique was used. Two subscales of Impulsiveness and Aggression by Eysenck and Wilson 1975 were administered to assess the personality traits of aggression and impulsivity. To determine the significance of difference between personality traits in smokers and non smokers t-test was applied. Present research found significant difference of aggression as a risk factor in smoking.

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# **ORGANIZATIONAL PSYCHOLOGY**

## **A Comparison of Job Facet Satisfaction among the Employees of Pakistani Government and Privatized Banks**

Tahira Mubashar (2003-2005)  
Supervisor: Prof. Dr. Rukhsana Kausar

The research was conducted to investigate the level of job satisfaction and its underlying facets among the employees of Government and Privatized banks. The sample (N= 50) consisting of 25 employees of Government banks (National Bank of Pakistan) was compared with 25 employees of Privatized banks (Muslim Commercial bank). The participants were matched on age range (20-45 years); level of education and occupation level (designation). Job satisfaction survey scale of 9 sub facets i.e. pay, promotion chances, supervision, fringe benefits, contingent rewards, operating procedures, co-workers, nature of work and communication was used to collect data. The questionnaire was administered to the participants individually to measure the extent to which they were satisfied with their jobs. t-test was applied to examine the significant difference in the level of job satisfaction in both types of banks. The overall results show no significant differences in level of satisfaction on any facet of job satisfaction except on nature of work assigned. The Government bank employees showed more satisfaction on nature of work assigned than Privatized bank employees. Correlation analysis was carried out to find relationship among different facets of job satisfaction. The results indicated strong positive correlation among facets of job satisfaction. One-way analysis of variance (ANOVA) was carried out to assess job satisfaction in different designation hierarchies of the bank officers. The designation categories were managers, officer grade I (OG I) officers grade II (OG II) officer grade III (OG III). The results indicated no significant differences in the level of job satisfaction among the bank officers across different designations.

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## **Development of Police Problems Checklist**

Ramzan Ahmad (2003-2005)  
Supervisor: Dr. Naumana Amjad

The study aimed at developing a problem checklist to assess the problems of the police force. Police problem checklist was developed in four stages.

Sample included both male and female police personnel; ranked from constable to superintendent of police (SP). At first, interviews and an open-ended questionnaire were used to elicit problems faced by police force and a list of problems were prepared; based on police responses. The prepared list was given to the three psychologists for checking its contents validity. A retained list of items was administered on twenty (20) subjects to examine its reliability and relevance to the police force. As a last step the list was given to hundred (100) male and female personnel of the police force. The psychometric properties of PPCL were analyzed. The reliability (alpha value) was .98 which shown that scale has high internal consistency. Factor analysis revealed six (6) factors like, "Financial and domestic problems", "moral and religious problems", "Job facilitation and senior related problems", "Problems related to legal and police system", "Problems related to Politician and public attitude", "Psychological and Physical Health related problems", which relate to six aspects or areas of problems reported by the police force.

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### **Effect of Television Advertisement on Consumer Behavior in Brand Selection**

Mustaasan Naeem (2005-2007)  
Supervisor: Prof. Dr. Najma Najam

The current research was conducted to investigate the effect of television advertisements on consumer behavior of young (in twenty) adults in brand selection in Pakistan. It was hypothesized that television advertisements would affect consumer behavior in brand selection. Qualitative research methodology was utilized to gather data. Focus group was conducted to explore the effect of advertisement. The participants were students (N=16, 8 males, 8 females) studying for master's degree at University of the Punjab Lahore, selected through convenience sampling. A self made short questionnaire was given to the participants to obtain responses of participants after viewing advertisements. Chi-square was calculated to analyze data. Chi-square showed that there is a significant effect of advertisement on consumer behavior in brand selection. Further, significant difference was seen in Gender, socioeconomic status and participants from different Departments.

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## **Influence of Gender and Occupational Level on Occupational Stress and Job Satisfaction**

Umm-e-Habiba (2006-2008)  
Supervisor: Prof. Dr. Najma Najam

The present research was conducted to investigate the influence of gender and occupational level on occupational stress and job satisfaction in telecommunication companies. Correlation research design was used to conduct the present study. For data collection, purposive sampling technique was used. The sample consisted of 60 telecommunication employees (30 males; 10 from top management, 10 from middle management, 10 from lower management and 30 females; 10 from top management, 10 from middle management, 10 from lower management). Data was collected through Job Satisfaction Survey (JSS) and a self administered Occupational Stress Questionnaire. For inferential analysis, t-test and correlation were used. Results revealed that there is no difference in the level of occupational stress and job satisfaction of male and female employees and that middle management have more job stress as compared to top management. It is also found that occupational stress and job satisfaction are significantly negatively correlated with each other.

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## **Relationship between Proactive Coping Skills, Job satisfaction and Absenteeism**

Hina Manzoor (2006-2008)  
Supervisor: Prof. Dr. Najma Najam

The present study examined the relationship between proactive coping skills, job satisfaction and absenteeism in the employees of public and private hospitals. The sample for the study was public and private hospitals nurses of Lahore, (N=50). The Job Satisfaction Survey (JSS), Proactive Coping Inventory (PCI) and a self-constructed questionnaire of absenteeism were administered. Independent sample t-test and Pearson product moment correlation were used for inferential analyses. The results show that public hospital nurses use more proactive coping skills than the private hospital nurses. However, there is no significant difference in the level of job satisfaction and absenteeism among the public and private sector. A significant positive correlation is found between proactive coping and job

satisfaction and no significant correlation is found between proactive coping skills and job satisfaction.

### **Stress Appraisal and Psychological Well-being of Medical Professionals Working in Emergency Units**

Qurat-ul-Ain Khan (2006-2008)

Supervisor: Prof. Dr. Rukhsana Kausar

The present study was conducted to investigate stress appraisal and psychological well-being of Medical Professionals working in Emergency Units, in Pakistan. It was hypothesized that there is a relationship between stress appraisal and mental health of medical professionals dealing with emergency casualties. A sample of 51 medical professionals (doctor and nurses), working in emergency units, were selected from Ganga Ram Hospital Lahore, Jinnah Hospital Lahore, and Services Hospital Lahore. A questionnaire consisting of General Health Questionnaire (GHQ-28), Stress Appraisal Measure (SAM) and demographical questions was used for assessment and individual assessment was carried out by the researcher at the premises of hospitals after seeking formal permission from hospitals authorities. Data was analyzed using MAOVA, t-test and correlation analysis. Analysis revealed that a substantial number of medical professionals showed negative stress appraisal and symptoms above the cut off score on four subscales of General Health Questionnaire. Male doctors reported significantly more anxiety as compared to nurses. Findings have very important implications for provision of psychological interventions for the hospital staff who deals with severe emergency casualties.

### **Relationship between Attachment Styles and Marital Satisfaction among Private School Female Teachers**

Samia Ikhlas (2006-2008)

Supervisor: Prof. Dr. Yasmin N. Farooqi

The present study examined relationship between attachment styles and marital satisfaction among female teachers. The sample for the study was obtained from four private schools of Lahore that is from LACAS, Becons field School System, Little Harvard School, and Heritage Islamic School

System. The sample consisted of 80 teachers. The purposive sampling strategy was used because the subjects were selected on the basis of certain characteristics, for example, age, educational level, duration of marriage, and at least one child. The Marital Satisfaction Scale by Houdeshell (2006) was administered after written consent from the author. The Experience in Close Relationship Questionnaire by Brennan, Clark, and Shaver (1998) was administered and the authors of this questionnaire granted permission for its use for in researches. The Pearson Moment Correlation was performed to find out the relationship. The findings indicated that there is a negative correlation between insecure attachment and high marital satisfaction among female teachers. The findings of this research can be used for marital counseling and couple therapy.

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### **Relationship between Irrational Beliefs and Marital Satisfaction between Male and Female Doctors**

Zahra Anwar Khawaja (2006-2008)  
Supervisor: Prof. Dr. Yasmin N. Farooqi

The present study examined the relationship between irrational beliefs and marital satisfaction in male and female doctors. A Sample of 60 doctors (30 males and 30 females), who were married for at least for a year, had at least one child, with age range 25 years to 55 years and having a minimum qualification of MBBS; was drawn from Sheikh Zaid Hospital, Jinnah Hospital, Sir Ganga Ram hospital and clinics of private practitioners. Non probability purposive sampling strategy was used. The Marital Satisfaction Scale by Houdeshell (2006) and Irrational Belief Test (Davis, Eshelman, & McKay, 1980) was administered after seeking official permission from the authors. The results indicated that there is no significant relationship between marital satisfaction and irrational beliefs in male and female doctors.

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## **Relationship between Emotional Intelligence and Effective Leadership**

Neelofer Rizvi (2006-2008)  
Supervisor: Dr. Naumana Amjad

The purpose of the present study was to find out the relationship between Emotional Intelligence and Effective Leadership. The study further aimed to examine the difference between two professional groups and between men and women in terms of their emotional intelligence and leadership style. A total of 80 leaders, 33 heads of the departments from different academic institutes of Lahore and 47 managers from different national and multinational banks of Lahore participated in this research. Emotional Intelligence Scale by Singh (2003) and transformational leadership scale (self constructed, coefficient alpha .89) based on theory of transformational leadership by Bass (1985) was used to assess effective leadership style. The relationship between Emotional intelligence and effective leadership was examined through Pearson product moment correlation. There was significant positive correlation between emotional intelligence and effective leadership. Further t-test analysis was used to compare the leadership effectiveness and emotional intelligence in males and females and in bankers and teachers. Analyses indicated that there is no statistically significant difference between males and females and between teachers and bankers in terms of their emotional intelligence level and leadership style. Linear regression analysis was carried out to examine how well emotional intelligence predicts effective leadership. The beta coefficient of emotional intelligence showed that emotional intelligence is the significant indicator of effective leadership style than other predictors, gender and occupation.

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## **A Comparative Study of Genders and Institutes Victimization at Work Place**

Sumaria Shahzad (2006-2008)  
Supervisor: Dr. Naumana Amjad

The present study examines the subtypes of the aggression experienced or witnessed by the adults at their workplaces. It also looks for evidence supporting the hypothesis that there are gender differences in type of aggression at workplaces. A scale was constructed measuring aggression and its types (direct and indirect aggression). It was administered on a

sample of 80 teachers (35 males and 45 females) taken from different universities of Lahore using the Non-probability convenient technique. Results revealed high frequency of aggression in University of Punjab as compared to other universities of Lahore however it did not show any significant gender differences in experiencing or witnessing aggressive behavior at workplace. While implicating these result which indicate that there is both types of victimization, direct and indirect, although the sample was taken from the institutions of higher education and both the victims and aggressors were educated Muslims. The current research has measured this negative behavior at workplace and in future studies it could be investigate how victimization can be reduced. One possibility is educating people or creating awareness about Islamic moral guidelines regarding interpersonal behavior.

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### **Stress and Marital Satisfaction among Working and Non Working Married Women**

Mubeen Matloob (2006-2008)  
Supervisor: Ms Rafia Rafiq

The present study aimed to explore difference in working and nonworking women in marital satisfaction and stress. It was hypothesized that marital satisfaction is higher in non working women as compared to working women and stress is higher in working women as compared to non-working counterparts. Sample of the study consisted of 70 working and non-working married women (working married women N = 35, non-working married women N = 35). Purposive sampling strategy was used for collecting the data. Urdu Translation of Blum and Mehrabian scale (1999) was used to measure marital satisfaction, it revealed reliability  $\alpha=.68$ . A self constructed Stress Scale was used to measure stress its reliability was found to be  $\alpha=.65$ . There was significant negative relationship between marital satisfaction and stress. Marital satisfaction was found to be higher in non-working women. Stress was found to be more in working married women.

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## **Impact of Education on Marital Adjustment of Working and Non-Working Women**

Hina Irshad (2006-2008)  
Supervisor: Ms. Afsheen Masood

The current research was conducted to explore the impact of education on marital adjustment of working and non working married women. A sample of 150 (75 working and 75 non working married women) was selected from different household and workplace setups including hospitals, banks and schools of Lahore city using non probability purposive sampling. Ex-post facto research design was used. A self constructed, indigenous scale was developed for collecting data. It has been developed on the guidelines of Dyadic adjustment scale (Spanier, 1979) and Locke Wallace marital adjustment test (Locke Wallace, last modification 2005) and on the theory of Burgess & Cottrell. Descriptive and inferential statistics was used to analyze the results. The result indicated that educated non working women are better adjusted in their married life than educated working women.

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## **Employee Satisfaction with Reference to Gender of the Boss**

Mahvish Latif (2006-2008)  
Supervisor: Ms. Shazia Khalid

The current study was conducted to explore employee satisfaction with reference to Gender of the Boss. It was hypothesized that employees are more satisfied with the male bosses as compared to the female bosses. Cross sectional research design was used to conduct the present study. In order to collect the data purposive sampling technique was used. The data was collected through a self constructed, indigenous questionnaire based on the Two Factor theory of employee satisfaction. The sample of the current study was collected specifically from the city of Lahore. All the indicators of employee s' satisfaction were drawn from there along with demographic questionnaire. t-test, ANOVA, Pearson product moment correlation were used for inferential analysis while descriptive statistics was also used for analysis of demographical information. The results indicated that employees are highly satisfied with the male bosses as compared to the female bosses.

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## **Relationship between Work Motivation and Job Satisfaction among Employees of Government and Private Organizations**

Shazia Ashraf (2006-2008)  
Supervisor: Ms. Shazia Khalid

The present research was conducted to investigate the relationship between work motivation and job satisfaction. It was hypothesized that there is positive relationship between work motivation and job satisfaction. Correlation research design was used to conduct the present study. The sample for this research consisted of 120 employees and it was selected from different organizations of the city Lahore. Two questionnaires were used to collect the data, one was self constructed and the second was standardized questionnaire. Self constructed questionnaire was used to measure work motivation and Job Satisfaction Survey (JSS) was used to measure job satisfaction among employees. Pearson product moment correlation and t-test were used for inferential analysis while descriptive analysis was also used for demographical data. The findings of this research supported that there is positive significant relationship between work motivation and job satisfaction.

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## **Job Satisfaction among Teachers**

Humaira Liaqat (2006-2008)  
Supervisor: Ms. Shazia Khalid

The present research was conducted to investigate the relationship of job satisfaction among teachers working in government and private sectors. It was hypothesized that government sector teachers are more satisfied with their jobs than private sector teacher. The sample for this research was consisted of 100 teachers (50 government teachers and 50 private teachers). The sample was taken from different schools of the city Lahore. In order to collect data, purposive sampling strategy was used. Job Satisfaction Survey (JSS) by Paul E. Spector was used for assessment. To conduct analysis, independent sample t-test and Pearson product moment correlation were used for inferential analysis while descriptive analysis was also used for demographic data. The findings of this research

indicated that there is no significant difference in job satisfaction between government sector teachers and private sector teachers.

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### **Self Efficacy and Job Satisfaction among Bank Officers**

Maryam Gulzar (2006-2008)  
Supervisor: Ms Afifa Anjum

The present study was conducted to investigate the relationship between self efficacy and job satisfaction. It was hypothesized that a relationship exists between self efficacy and job satisfaction. Correlation research design was used. General self efficacy scale by Schwarzer (1981) and Job satisfaction survey by Spector (1994) were used to measure variables. The non probability purposive sampling technique was used. Sample consisted of 100 bank officers from different banks of Lahore. Correlation analysis showed that there is a significant positive correlation between self efficacy and job satisfaction.

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### **Relationship between Self Efficacy and Work Motivation of Public Sector Teachers**

Rabia Ismail (2006-2008)  
Supervisor: Ms. Afifa Anjum

The present study was conducted to investigate the relationship between self efficacy and work motivation of public sector teachers. It was hypothesized that there is a relationship between self efficacy and work motivation of public sector teachers. A sample of 80 teachers was selected from two universities and few government colleges. Teacher's Self-Efficacy scale by Ralf Schwarzer and Matthias Jerusalem 1981, Work Motivation scale (self constructed) and demographical questions were used for assessment. Pearson's product moment correlation was applied to assess the extent of relationship between self-efficacy and work motivation. Analysis revealed that there is a significant positive relationship between self-efficacy and work motivation of public sector teachers.

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### **Relationship between Self Esteem and Job Satisfaction among Male and Female Bank Officers**

Sira Mushtaq (2006-2008)  
Supervisor: Ms. Afifa Anjum

The present research was conducted to investigate the relationship between self esteem and job satisfaction among male and female bank offices. It was hypothesized that there exists a relationship between self esteem and job satisfaction. Correlation research design was used. Rosenberg Self Esteem Scale by Rosenberg (1965) and Job Satisfaction Survey by Spector (1994) were used to measure the variables. In order to collect the data, purposive sampling technique was used. Sample for this study consisted of 110 bankers (60 males and 50 females) from eleven banks of Lahore. Pearson's correlation was applied to assess the extent the relationship between self esteem and job satisfaction. Results showed that there is a significant correlation between self esteem and job satisfaction.

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### **Relationship between Emotional Intelligence and Self Efficacy among Government and Private College Teachers**

Sehrish Fayyaz (2006-2008)  
Supervisor: Ms. Afifa Anjum

The present research was conducted to investigate the relationship between emotional intelligence and self efficacy among government and private college teachers. It was hypothesized that there exists a relationship between emotional intelligence and self efficacy. Correlation research design was used. Emotional Intelligence Scale by Schutte et al. (1998) and Teacher's Self-efficacy Scale by Schwarzer and Jerusalem (1981) were used to assessment. The non probability purposive sampling technique was used on the basis of availability of the teachers. Sample consisted of 80 male and female teachers, 40 from government colleges and 40 from private colleges of Lahore. Correlation analysis showed that there is significant positive relationship between emotional intelligence and self efficacy.

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## **Ingroup-Outgroup Dynamics among Students of Punjab University**

Saira Ashraf Kanjoo (2007-2009)  
Supervisor: Prof. Dr. Najma Najam

This research was conducted to explore the dynamics of ingroup outgroup affiliations among student of Punjab University. The researcher used Survey research design. By using non-probability purposive sampling technique, a sample of 100 currently enrolled students of Punjab University was drawn. Sample consisted of neutral students (N=50) and members of student organizations (N=50). Self constructed check lists and Adjective checklist were administrated on students to measure inter-group conflict, out-group contrast and in-group identification. Independent sample t-test and Pearson product correlation were used for inferential analysis. Results showed that there appears significant difference in perception of inter-group conflict between neutral students and members of student organizations. The findings also suggest that there is significant difference in perception of outgroup contrast between neutral students and members of student organizations. Gender differences in perception of inter-group conflict between males and female students are also significant. The results show that there are significant gender differences in perception of in-group identification between male students and female students. Highly positive correlation between in-group identification and outgroup contrast among students is also evident.

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## **Relationship between Stress and Time Management among Bank Employees**

Maryam Tariq (2007-2009)  
Supervisor: Dr. Uzma Zaidi

The purpose of this research was to investigate relationship between stress and time management among employees. It was hypothesized that there is a relationship between stress and time management. Further it was hypothesized that there are gender differences in male and female bank employees in stress and time management. The sample was taken from Government sector bank branches using purposive sampling technique. The sample consisted of 100 subjects. The Professional Life Stress Scale

by David Fontana (1989) was used to measure stress and to check time management a scale by Walt Schafer (1987) was used. To check the correlation of time management and stress among bank employees Pearson Coefficient correlation was calculated. To determine the significance of difference in time management and stress among male and female bank employees t-test were calculated. The findings of the research suggest that there is a significant negative correlation between stress and time management. Whereas, no significant differences between male and female bank employees on the variable of time management and stress were found.

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### **Relationship between Self Esteem of Workers and Perceived Attitude towards their Managers**

Tahira Khurshid (2007-2009)  
Supervisor: Ms. Shazia Khalid

The present research was conducted to explore the Relationship between Self Esteem of Workers and Perceived Attitude towards their Managers. It was hypothesized that self esteem of the workers has relationship with their perceived attitude towards their managers. The sample consisted of 100 workers that were taken from different restaurants. Survey research design was used. Non probability purposive sampling technique was used for sample selection. Tool that was used to estimate the Self esteem of workers was Self Esteem Scale of Rosenberg (1965) that is translated into Urdu language with the due permission of author. Tool that was used to assess the perceived attitude of managers was Least Preferred Co-worker scale by Fred E. Fiedler (1978) that is translated into Urdu language with the due permission of author. Pearson Product Moment Correlation, Independent sample t-test and ANOVA were used for inferential analysis while descriptive analysis was used for analyzing the demographic data. The results indicated significant positive relationship between the self esteem of the Workers and perceived attitude towards their managers.

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## **Gender difference in Marital Satisfaction in Relation to Work Stress**

Noureen Rehman (2007-2009)  
Supervisor: Ms. Shazia Khalid

The present study examined gender differences in marital satisfaction in relation to work stress. It was hypothesized that males having work stress are more satisfied with their marital relationship than females. Survey Research Design was used to conduct the present study. In order to collect data Non Probability Purposive Sampling Strategy was used. The sample of present research consisted of 100 participants (50=males, 50=females) drawn from various banking sectors of Lahore. Two scales Comprehensive Marital Satisfaction Scale (CMSS) of Mehrabian and Blum (1999) were used to measure marital satisfaction. Professional Life Stress Scale (PSS) by David Fontana (1989) was used to measure work stress. Pearson Product Moment Correlation, Independent sample t-test and ANOVA were used for inferential analysis while descriptive analysis was used for analyzing the demographic data. The results indicated that there is a significant difference in marital satisfaction of males and females in relation of work stress. Marital satisfaction was found to be higher in male employees and work stress was found to be more in female employees.

## **Relationship between Personality Traits and Life Satisfaction among Doctors**

Neelam Shahzadi (2007-2009)  
Supervisor: Ms. Afsheen Masood

This present research aims to investigate the relationship between Personality Traits and Life satisfaction among Doctors. It was hypothesized that there is a relationship between Personality traits and life satisfaction among doctors. Cross sectional research design was used. Satisfaction with Life Scale (SWLS) (1993) scale for life satisfaction by Dr. Diener and EPQ (1975) scale for Personality traits was used. Non probability purposive sampling strategy was used. The sample consisted of (N=60) 28 male and 32 female doctors were taken from the private and government hospitals of Lahore. Person product moment correlation, independent sample t-test and ANOVA were used for inferential analysis

while descriptive statistics was used for analyzing the demographic data. The results indicated the strong significant negative correlation between personality traits and life satisfaction in doctors.

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### **Gender Difference in Psychosocial Problems of City Traffic Police**

Rabia Bhatti (2007-2009)  
Supervisor: Ms. Afsheen Masood

The present research was conducted to investigate the gender differences in psychosocial problems of city traffic police. It was hypothesized that female traffic police officers experience more psychosocial problems as compared to male officers. Survey research design was used to conduct the present study. In order to collect data a sample of 60 traffic police officers (M=30, F=30) was selected from Lahore by using purposive sampling technique. The data was collected through a self-constructed questionnaire based on the indicators drawn from the pilot study. Independent-sample t-test, ANOVA, Pearson product moment correlation was used for inferential analyses. The results revealed that comparatively female traffic police officers experience more psychosocial problems than male traffic police officers.

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### **Relationship between Emotional Intelligence, Perceived Work Environment and Performance Appraisal**

Huma ali (2007-2009)  
Supervisor: Ms. Afifa Anjum

The present research was conducted to investigate the relationship between emotional Intelligence, perceived work environment and performance appraisal. It was hypothesized that there exists a relationship between emotional intelligence, and perceived work environment are positively related with performance appraisal. Correlation research design was used. Emotional Intelligence scale by Schutte et al. (1996), Self constructed scale of Perceived Work Environment (PWE) and Performance Appraisal Scale which was constructed by taking guide lines from the Performance Appraisal Report, Lakehead University (1996) was used to measure the variables. Reliability of the scales was determined.

Sample consisted of 60 bank employees from the different banks of Lahore. Correlation analysis showed that there is significant positive correlation between emotional intelligence and performance appraisal perceived work environment and performance appraisal and emotional intelligence and perceived work environment researches.

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## **Relationship between Happiness and Self Esteem among School Teachers**

Iqra Naz (2007-2009)  
Supervisor: Mr. Kashif Fida

The purpose of the present study is to investigate the relationship between happiness and self esteem among the school teachers. It was hypothesized that there is a relationship between happiness and self esteem. Future it was hypothesized that there is a relationship between happiness and self esteem between female school teachers. The sample consisted on 60 teachers from different school of Lahore. Data was obtained from the teachers through Oxford Happiness Questionnaire by Hills and Argyle (2001) and Self Esteem questionnaire (Rosenbreg, 1965) demographic information was also taken from the sample. The relationship between happiness and self esteem was examined through Pearson Product Moment Correlation. The finding of research suggested that there is no significant relationship between happiness and self esteem. The result suggested acceptance of null hypothesis. Further findings shows that there is significant difference present between happiness and self-esteem.

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**FORENSIC  
PSYCHOLOGY**

## **Relationship between Attitude towards Crime and Socioeconomic Status**

Huma Umbreen (2006-2008)  
Supervisor: Dr. Naumana Amjad

The present study was conducted to examine the relationship between attitude towards crime and socioeconomic status. It was hypothesized that greater proportion of criminals belong to lower class as compared to higher class and attitude towards crime is more prominent in people belonging to lower class as compared to higher class. For first hypothesis archival data was used. A sample of 89 criminals was obtained from the Central Jail, Lahore. On a sample of 101 people, a self devised questionnaire was also used for comparison of attitude towards crime. Archival data were analyzed using descriptive statistics and/or attitude hypothesis t-test, correlation and ANOVA were used. Archival Analysis revealed that in crime records available in central jail, larger proportion of convicted persons belonged to lower income group. The findings also showed that high income group do not show positive attitude towards crime. Implications of the study are discussed along with limitations and suggestions for future researches.

## **A Comparative Study of Parenting Stress and Hopelessness among Mothers in Prison**

Sara Nawaz Bajwa (2006-2008)  
Supervisor: Ms. Afsheen Masood

This research aimed to investigate the parenting stress and hopelessness among mothers in prison. It was hypothesized that there was a positive relationship between parenting stress and hopelessness among mothers in prison. Ex-post facto research design was used to conduct the present study. In order to collect the data, purposive sampling technique was used. The sample for the current study was taken from the central jail, Kot Lakhpat, Lahore, Pakistan. The sample size consisted of 50 mothers in prison. The data was collected with due permission from Inspector General of prisoners from the central jail, Kot Lakhpat, Lahore, Pakistan. Tool that was used for this current research was Parenting Stress Scale of Judy Berry (1995) that is translated into Urdu language with the due permission of Judy Berry.

Another self-constructed tool was used for research purpose that was the scale of hopelessness for mothers in prison. Pearson Product Moment Correlation and ANOVA analyses were applied to analyze the data. The results indicated that parenting stress increased with the increase of hopelessness among mothers in prison.

### **Remembered Relationship with Parents, Aggression and Self Esteem of Juvenile Prisoners**

Humera Abdul Sattar (2007- 2009)  
Supervisor: Ms. Rafia Rafique

The present study investigated differences in relationship with parents, aggression and self-esteem of juvenile prisoners and their matched controls. It was hypothesized that there exists significant difference between remembered relationship with parents, aggression and self-esteem of juvenile prisoners and their matched controls. Non probability purposive sampling was employed to collect the data from the sample of 25 male juvenile prisoners of District Jail Lahore and 25 matched controls. Matched controls (matched on age and gender) were taken from the general population of Lahore city. Urdu translation of Rosenberg Self-Esteem Scale (Rosenberg, 1965), 10-item Remembered Relationship with Parents Scale by Denollet, Smolderen, Broek and Pedersen (2006) and a self constructed Aggression Questionnaire based on Aggression Scale by Buss and Perry (1992) was used for measuring study variables. The findings suggested that there exists significant difference in self esteem of juvenile prisoners and their matched controls; no significant difference was found for aggression and remembered relationship with parents between juvenile prisoners and their matched controls.

### **Perception of Guilt in Female Prisoners with Violent and Mild Crimes**

Aisha Ambrin (2007-2009)  
Supervisor: Ms. Afsheen Masood

This research investigated the perception of guilt among female prisoners with reference to violent and mild crimes. It was hypothesized that there is a relationship between the perceived guilt feelings and crimes. Ex-post

facto research design was used. Purposive sampling technique was used to collect the data and was taken from the different jails of Punjab (Central Jail Lahore, District Jail Vehari and Women Jail Multan). The sample consisted of 60 female prisoners. The data was collected with the permission of Inspector General Jails of Punjab. Urdu version of Defense style Questionnaire (1984) was used with due permission of Michale Bond and Steven Wesley. Independent sample t-test and ANOVA analysis were applied for analysis. Results indicated that guilt feelings are more in female prisoners with violent crimes as compare to the prisoners with mild crimes.

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**SOCIAL  
PSYCHOLOGY**

## **Relationship between Shyness and Social Interaction among Teenagers**

Azra Perveen (2007-2009)

Supervisor: Prof. Dr. Yasmin N. Farooqi

This research investigated the relationship between shyness and social interaction among teenagers. Non-probability, purposive sampling was used as a sampling technique. The sample consisted on school students (N=200), aged 13-16, 100 teenagers girls and 100 teenagers boys, which was collected from different private schools from Lahore. Shy Questionnaire by Henderson (2008) was use to measure the shyness in boys and girls. Social interaction and technology used scale by Henderson (2008) was used to measure social interaction in boys and girls. The result showed that there is significant negative relationship between shyness and social interaction. The result showed that there are significant differences in shyness among boys and girls. The result showed that there are no significant differences in social interaction among boys and girls.

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# **POSITIVE PSYCHOLOGY**

## **Role of Gratitude in Well being**

Saiba Ahmad (2005-2007)  
Supervisor: Dr. Numana Amjad

The present study argued that well being correlates with gratitude, also it facilitates the positive feeling of gratitude. Well being as operationalized by happiness, satisfaction with life and positive relationships, enhances one's quality of life and is believed to bring about positive emotions, where gratitude is largely celebrated as a positive emotion, disposition and also a virtue. Although it has been demonstrated that gratitude itself enhances well-being, the aim of the present study was to examine how much role well-being plays in predicting gratitude. In addition, the unique element of religious gratitude has made the study distinctive of previous work on gratitude and well being. For this purpose the religious gratitude scale was developed (coefficient alpha .73). In the study 120 participants (58 male, 62 female) completed a set of 5 measures each, including 3 measures of well-being (happiness 8-items, SWL 5-items, and positive relationships 14-items) and 2 measures of gratitude (gratitude 6-items, and religious gratitude 7-items). According to Pearson correlation analysis, well-being significantly correlated with both measures of gratitude (range,  $r$  .46 to .32). Further a stepwise series of regression analysis showed that life satisfaction and positive relationships both predict gratitude. Happiness and life satisfaction both predicted religious gratitude. Further Life satisfaction and positive relationships both predicted happiness as well. Moreover interestingly, gratitude strongly predicted religious gratitude, indicating that people who are grateful towards other people are also grateful towards God. The findings could be applied in clinical settings and workplace.

## **Relationship between Self Esteem, Faith, Income and Happiness**

Ishba Gohar (2006-2008)  
Supervisor: Dr. Naumana Amjad

The present study examined the relationship between self esteem, faith, income and happiness. A total of 100 participants (50 students and 50 parents, either mother or father) from different departments of Punjab University were taken for this research. Oxford Happiness Questionnaire

by Hills and Argyle (2001) was used to measure the level of happiness. Rosenberg's Self Esteem Scale (1965) was used to measure the level of self esteem and Santa Clara Strength of Religious Faith Questionnaire by Plante and Boccaccini (1997) was used to measure faith. The relationship between self esteem, faith, income and happiness, were assessed through correlation .The results showed that self esteem and faith were significantly and positively correlated with happiness. However income was not significantly correlated with happiness. Further a regression analysis showed that self esteem was a strong predictor of happiness. Independent sample t-test showed that there was no statistically significant difference in parents and their children in terms of level of happiness.

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### **Relationship between Parental Attachment and Subjective Well-Being**

Rida Asharaf (2006-2008)

Supervisor: Ms. Afsheen Masood

The present research was conducted to investigate the relationship between parental attachment and subjective well being in adult life. It was hypothesized that the higher the quality of current parental attachment, the higher would be the subjective well being. Correlation research design was used to conduct the present study. In order to collect the data, purposive sampling technique was used to collect the data from different faculties of the University of Punjab. The sample for the current research consisted of 240 adults (120 male & 120 female between age ranges of 18 to 30). The data was collected through standardized questionnaires along with demographic performa. The Inventory Of Peer And Parent Attachment (IPPA) by (Armsden & Greenberg, 1987) was used to measure parental attachment, Satisfaction With Life Scale (SWLS) by Diener, Emmons, Larsen, and Griffin (1985) was used to measure life satisfaction and Positive Affect Negative Affect Scales (PANAS) by (Watson, Clark & Tellegen, 1988) was used to measure emotional affect, with due permission of the respective authors. Person product moment correlation, independent sample t-test and ANOVA were used for inferential analysis while descriptive statistic was used for analyzing the demographic data. The results indicated the strong significant positive correlation between parental attachment and subjective well being in adult life.

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## **Resilience Relationship: Personality and Family Profiles with Special Reference to Age and Gender**

Anjum Perveen (2007-2009)  
Supervisor: Prof. Dr. Najma Najam

The present study was carried out to investigate the relationship of resilience with personality and familial profiles with special reference to age and gender. It was hypothesized that there is a relationship between resilience and personality and familial profiles. It was further hypothesized that there is gender and age difference in resilience. The sample was consisted of 80 subjects (N=80) of age range 20-40 years, including 40 males and 40 females from different departments of Punjab University. In order to collect the data, convenient sampling technique was used. The data was collected by using Resilience state-trait scale, 16PF (form c), and family support scale. Independent sample t-test, Pearson product moment correlation and cross tabulation used for analysis. The findings revealed that there is no significant relationship between resilience and personality and familial profiles. The results also showed that there is no gender and age difference in resilience. So the results did not support the hypothesis.

## **Relationship between Parental Acceptance-Rejection and Self-efficacy in Adolescents**

Syeda Rida Kazmi (2007-2009)  
Supervisor: Prof. Dr. Rukhsana Kausar

The present research investigated the relationship between Parental Acceptance-Rejection and Self-efficacy in adolescents. A Correlation Research Design was used. It was hypothesized that there is a positive relationship between parental acceptance and self-efficacy in adolescents and that there is a negative relation between parental rejection and self-efficacy in adolescents. The sample of adolescents was drawn from different Government schools of Lahore, consisted of 82 male and 80 female students of 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup> grade. Each participant was administered Urdu Versions of Parental Acceptance-Rejection Questionnaire (PARQ) Shortened Version (Rohner, 1997) and General Self-efficacy Scale (GSE) Urdu Version (Jerusalem & Schwarzer, 1993).

The respondents generally regarded their parents as warm and loving and low on hostility, aggression and indifference. Relationship between parental acceptance and rejection and self-efficacy was examined using bivariate correlation. Results indicated that there is a significant positive relationship between mother and fathers' warmth and general self-efficacy of adolescents. There was a strong negative relationship between mother and father's hostility, neglect and undifferentiated rejection with self-efficacy of adolescents. In other words, the more accepting the participants perceived their mothers and fathers to be, the more likely the students were to develop high self-efficacy. Findings also revealed no gender differences in Mother's warmth, hostility, indifference and undifferentiated rejection. But Fathers were significantly more rejecting toward their sons than daughters. It was also found that there were no gender differences in self-efficacy level.

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### **Relationship between Religiosity and Altruistic Behaviour**

Fariha Zahid (2007-2009)

Supervisor: Dr. Dr. Naumana Amjad

This research explored the relationship between religiosity and altruistic behavior among students. The sample consisted of 100 male and 100 female students within the age range of 19-26 years. The data was collected from various departments of Punjab University. Three scales were used to measure Altruism and religiosity. Two standardized scales were used to measure religiosity. One was used to measure religious beliefs and practices and the other focused on the role of Introjected and Identified Regulation on religiosity. An indigenous scale was used to measure Altruistic behavior. It was based on different altruistic acts that are the part of our society. A measure of actual altruistic behavior was also taken, for this purpose the participants were asked to donate blood. Pearson product moment Correlation analysis was carried out to find the relationship between altruism and religiosity. The results indicated that there is positive relationship between altruism and religiosity. The study also showed that those who had more introjected religious inclination showed more willingness to donate blood, where as there was no significant relationship between identified religiosity and actual help in form of blood donation. The findings are discussed in view of Islamic religiosity and altruistic behavior.

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## **Relationship between Gratitude, Happiness and Emotional Intelligence**

Ghazal Zaidi (2007-2009)

Supervisor: Dr. Naumana Amjad

The purpose of the present study is to find out the relationship between gratitude, happiness and emotional intelligence. For this purpose a sample of 100 students (50 male, 50 female) from different departments of university of the Punjab were assessed on gratitude, happiness and Emotional intelligence scale. Non-probability purposive sampling technique and Survey research design used for this research purpose. The gratitude questionnaire (GQ-6) developed by Michael E. McCullough, Robert A. Emmons, and Jo-Ann Tsang (2000) used to assess gratitude. The Oxford Happiness questionnaire by Hills & Argyle, (1998) used to measure the degree of happiness, and The Schutte Self Report Emotional Intelligence Test (SSEIT) by Schutte et al. (1998) administered to assess EQ. According to Pearson correlation analysis, there is a strong positive correlation between the two variables gratitude and happiness. It also shows that there is strong positive correlation between emotional intelligence and gratitude. Findings also show that emotional intelligence is positively related with the happiness. Moreover, Independent- sample t-test was conducted to find out the gender difference on positive traits Gratitude, happiness and emotional intelligence. The results indicate that there is no significant difference in reference of gender. Finding could be applied in clinical, work place and general settings. This study related to the everyday experiences which will help people to explore the positive aspect of personality, Make them aware of their character strengths and importance of positive emotion in their lives. It also help them to improve their positive character strengths.

## **Relationship of Gratitude with Boredom and Daily Hassles**

Maria Rashid (2007-2009)

Supervisor: Dr. Naumana Amjad

The current research investigates the relationship between gratitude, boredom and daily hassles among students. The sample consisted of 100 students (male= 44, female= 56). The data was collected from various

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departments of Punjab University New Campus Lahore. Three indigenous rating scales were used to obtain scores on gratitude, boredom and daily hassles. The final results were obtained by running Pearson product moment correlation analyses for gratitude and boredom, gratitude and daily hassles & boredom and daily hassles respectively showed that there was significant negative correlation between gratitude and boredom, where as no significant relationship was found between gratitude and boredom. However value for boredom and daily hassles showed significant positive correlation. Additional analysis of Independent sample t- test was used to investigate gender differences among the three variables. There were no significant gender differences among gratitude, boredom and daily hassles also did not reveal any significant gender differences.

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### **Relationship between Faith, Religious Practices and Life Satisfaction among Punjab University Students**

Riffat Nazir (2007-2009)

Supervisor: Prof. Dr. Yasmin N. Farooqi

The current research investigated relationship between faith, religious practices and life satisfaction among Punjab university students. The sample consisted of 200 students (100 males and 100 females of Masters and Bachelor level). Non- probability convenient sampling technique was used. Religious Activity Scale (Sitwat, 2005); Spiritual Support Scale (Sitwat, 2005) and Life Satisfaction Scale (Farooqi, 2009) were individually administered to all the research participants after obtaining written permission from the authors. The results show that there is a significant relationship between life satisfaction and religious practices as well as life satisfaction and faith. However, no significant relationship was found between faith and religious practices. Moreover, significant gender differences were found in religious practices whereas, no significant gender differences were noted in life satisfaction and faith. The findings of this research have implications for promoting understanding about relationship among life satisfaction, religious practices and faith.

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## **Relationship between Attachment, Forgiveness and Life Satisfaction among Older Adults**

Tahira Muneer (2007-2009)  
Supervisor: Ms. Afifa Anjum

The present research was to investigate the relationship between attachment, forgiveness and life satisfaction among older adults. The total sample consisted of 80 participants (male n=40 and female n=40), age range of 65 to 75 years. Prerequisite condition was that older adults must be living in joint family system with at least one married child. In the study, Adult Attachment Questionnaire (1996), Heartland Forgiveness Scale (2005) and Satisfaction with Life Scale (1985) were administered after seeking official permission from the authors. Findings revealed that there is a significant positive relationship between life satisfaction and forgiveness and a significant negative relationship between forgiveness and avoidant attachment. Significant gender differences in forgiveness and life satisfaction among older adults were also found. Forgiveness and life satisfaction was greater in females as compared to males.

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**PEACE  
PSYCHOLOGY**

## **Psychological Effects of Terrorism on Acute Stress Symptoms in Children**

Shuamaila Kanwal (2006-2008)  
Supervisor: Prof. Dr. Rukhsana Kausar

The present study was conducted to examine psychological implications of terrorism for Children. In particular post traumatic acute stress symptoms were examined following terrorist attack on the Federal Investigation Agency building in Lahore on 11<sup>th</sup> March 2008. It was hypothesized that children in the vicinity of terrorist attack would manifest Acute Stress Disorder symptoms. A sample of 50 children was recruited from the Sacred Heart School which is adjacent to the Federal Investigation Agency building and the said children were attending school at the time of attack. Acute Stress Disorder Symptoms Checklist for Kids was used for assessment and individual assessment was carried out by the researcher at the premises of school after seeking formal permission from school authorities. Data was analyzed using t-test and correlation analysis. Analysis revealed that majority of the children showed stress symptoms above the cut off score on six subscales of Acute Stress Disorder symptom Checklist. There were no gender differences in Acute Stress Disorder except for the subscale of "subjective experience of fear/helplessness/horror" and girls reported significantly more subjective experience compared to boys. Age had significant negative correlation with stress symptoms which employs that younger children experienced more acute stress symptoms compared to their older counterparts. Findings have very important implications for provision of psychological interventions for the children who are exposed to traumatic events such as terrorism.

## **Spirituality and Resilience among the Survivors of Bomb Blast**

Sidra Arif Butt (2007-2009)  
Supervisor: Prof. Dr. Najma Najam

The study was carried out to evaluate the relationship between spirituality and resilience, health status, and posttraumatic symptoms among the survivors of bomb blast victims and those who suffer from trauma by watching it through media in Lahore, Pakistan with respect to age and

gender. A sample of 100 people was taken, 50 eye witness (25 early adulthood and 25 late adulthood) suffering from trauma and 50 media victims (25 early and 25 late adulthood) who watch bomb blast activities through media. The sample was drawn by using non-probability purposive sampling technique from Lahore, Pakistan. A survey was conducted that include the measures of resilience, spirituality, and trauma. Impact of event scale, Religious Orientation Scale and State-Trait Resilience scale was administered. In victims these measure was evaluated with respect to their relationship to physical and mental health, trauma-related distress, and posttraumatic symptoms severity. Result shows significant relationship between spirituality and resilience, but no relationship was found between spirituality and trauma level. Further findings suggest significant gender and age differences among experiencing trauma and using coping strategies. Results show that female experiences more trauma than male and use more coping strategies while individuals of late adulthood scores high in both religiosity and resilience and use more coping strategies.

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### **Perceived Stress and Anxiety among Younger and Older Generation in Relation to the Media's Depiction of Terrorism**

Huma Fayyaz (2007-2009)

Supervisor: Prof. Dr. Rukhsana Kausar

The present study was carried out to examine perceived stress and anxiety among younger and older generation in relation to the media's depiction of terrorism. It was hypothesized that there is difference in perceived stress and anxiety among younger and older generation in relation to the media's depiction of terrorism. A sample of 100 individuals (50 students and their mothers) was recruited from the departments of Zoology, Physics, Chemistry, Botany, Space Science, geology and College of earth and Environmental Sciences. A demographic questionnaire, Perceived Stress Scale and State-Trait Anxiety Inventory were used for assessment. Individual assessment was carried out at the premises after seeking formal permission from the department authorities. Data was analyzed by using t-test and correlation analysis. It was found that there was no significant difference in perceived stress and anxiety among younger and older generation in relation to the media's depiction of terrorism. There was no relationship between the media's depiction of terrorism and perceived

stress and anxiety. There was significant positive relationship between state anxiety and perceived stress and trait anxiety and perceived stress.

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### **Perceived Stress, Stress Appraisal, and Coping Strategies Used in Relation to Television Exposure of Terrorism**

Tahera Anwar (2007-2009)

Supervisor: Prof. Dr. Rukhsana Kausar

The present study was conducted to investigate Perceived stress, stress appraisal, and coping strategies used in relation to television exposure to terrorism. It was hypothesized that there is positive relationship between perceived stress, stress appraisal, coping strategies and television exposure of terrorism. A sample of 98 students (50 Males, 48 Females; age between 20-25 years) was selected from the Departments of “Faculty of Life Sciences” University of the Punjab, Lahore. A demographic questionnaire, Perceived stress scale (PSS) (Cohen, 1983), Stress appraisal measure (SAM) (Peacock & Wong, 1990), and Coping strategy questionnaire (CSQ) (Kausar, 2001) were used for assessment. Data was analyzed using correlation, t-test, and regression analysis. The results indicated that there is not significant relationship between perceived stress, stress appraisal, coping strategies and television exposure of terrorism. There were significant gender differences in perceived stress, stress appraisal, and coping strategies; females perceived more stress than males, males had more exposure of terrorism through television, and males used more active practical and religious coping strategies. There was not significant relationship between television exposure of terrorism and stress because people used more problem-focused coping strategies, habituation due to excessive exposure of terrorism.

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## **Gender Differences in Stress among Survivors of Suicide Bombing in Lahore City**

Sayyada Nargis Batool (2007-2009)  
Supervisor: Prof. Dr. Yasmin N. Farooqi

This research investigates gender differences in stress among survivors of suicide bombing in Lahore city. Purposive sampling technique was used. The sample was composed of 150 survivors of Lahore Suicide Bombing (75 males and 75 females). The data was collected from Dubai Chowk, Allama Iqbal Town and Model Town, Lahore. Survey research design was used. Perceived Stress Scale by Sheldon Cohen (1994) was individually administered to participants after obtaining written permission from the author. The results showed that the female survivors reported significantly higher level of stress than their male counterparts. The findings further suggest significantly high negative relationship between stress and income of participants. The findings of this research have implications for promoting knowledge about gender differences in stress as a result of traumatic events, such as suicide bombing.

## **Feelings of Insecurity and Anxiety Reported by the Survivors of Marriott Hotel Bomb Blast in Islamabad City**

Sidra Tariq (2007-2009)  
Supervisor: Prof. Dr. Yasmin N. Farooqi

This research investigated the feelings of insecurity and anxiety reported by the survivors of Marriott hotel bomb blast in Islamabad city. The sample was composed of 150 adult residents of Islamabad. 75 participants (37 males and 38 females) directly witnessed the Marriott hotel bomb blast and 75 (38 males and 37 females) did not. The survivors who directly witnessed Marriott bomb blast were selected from Attock Oil Refinery and Agha Khan Road near the Marriott Hotel Islamabad; and those who did not witness it were drawn from Gulistan Colony (Rawalpindi) which was not affected by this bomb blast. The Burns Anxiety Inventory (BAI; Burns, 1999) and rating scale of feelings of insecurity developed with the help of Prof. Dr. Prof. Dr. Yasmin N. Farooqi was individually administered to all the research participants. Female survivors reported greater anxiety than male survivors of Marriott Hotel bomb blast. The subjects who directly

witnessed Marriott Hotel bomb blast reported greater anxiety than those who did not witness it. There is no gender difference between survivors on feelings of insecurity. The subjects who directly witnessed Marriott Hotel bomb blast reported greater feelings of insecurity than those who did not witness it. The findings of this research has implications for promoting understanding about gender related issues as a result of exposure to traumatic events like bomb blast.

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### **Gender Differences in Depression Anxiety and Stress among Survivors of Lahore Suicide Bombing**

Maria Habib (2007-2009)

Supervisor: Prof. Dr. Yasmin N. Farooqi

This research investigates gender difference in anxiety, depression and stress among survivors of Lahore suicide bombing. Sample consisted of 100 male survivors and 100 female survivors of Lahore suicide bombing. The data was collected from Federal Investigation Agency (FIA), General Post Office (GPO), Sacred Heart High School, St. Anthony High School and Lahore High Court. Purposive sampling technique was used for data collection. Depression Anxiety Stress Scale (DASS) by Lovibond and Lovibond (1995) was individually administered to the survivors of Lahore suicide bombing. Written permission was granted by the author for use of DASS in the current research. The results suggested significant gender differences in the DASS total scores of the survivors of Lahore suicide bombing. The findings further indicated that female survivors scored higher on depression, anxiety and stress than their male counterparts. Moreover, results showed a highly positive significant relationship between stress and depression, stress and anxiety and depression and anxiety. The findings of this research have implications for knowledge about gender difference in anxiety, depression and stress among survivors of traumatic events, such as Lahore suicide bombing.

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## **A Study of Relationship between Empathy and Conflict Resolution**

Muhamad Naeem (2007-2009)  
Supervisor: Dr. Naumana Amjad

The present study investigated role of empathy in resolution within the context of adolescent same-sex friendship relation. Two questions were formulated, is empathy related to various conflict resolution styles differently? And is there a gender difference in empathy and conflict resolution styles used in adolescent same-sex friendship context. By using non probability purposive sampling technique sample of 100 adolescents (50 males, 50 females) from bachelor programs of institutes (institute of Business Administration (n=25), Institute of Communication studies (n=25) and Institute of an Administrative sciences (n=25) and Department of Applied Psychology (n=25) of University of the Punjab, Lahore was drawn. Each subject was administered Thomas-Kilmann Conflict MODE Instrument (TKI) and Bryant's (1982) Index of Empathy for children and Adolescents (IECA) individually. Data was analyzed using Correlation analysis and Independent sample t-test. Analysis revealed that empathy is significantly related to compromising conflict resolution style and accommodating conflict resolution style. There was no significant difference between males and females on conflict resolution style. However, there was a significant difference in the empathy of males and females. Findings are discussed in view of previous researches and implications.

## **Relationship between Hope Happiness and Quality of Life among Older Adults**

Kiran Naz (2007-2009)  
Supervisor: Ms. Afifa Anjum

The current research investigated the relationship between hope, happiness and quality of life among older adults (WHO term, 2003). It was hypothesized that there is a relationship between hope, happiness and quality of life. The total sample consisted of 60 participants (male=30, female=30), age range of 65 years and above. The sample was taken from general population of Lahore using convenient sampling technique. Survey research design was used in this research. Three scales were used

to measure the variables of this research, in addition to demographic information. The first scale that was Herth Hope Index developed by Herth (1989) was used to measure Hope. The second scale was Oxford Happiness Inventory developed by Argyle, Martin and Crossland (1989) which was used to measure happiness. The third scale was Quality of Life Scale developed by Burckhardt (1989) which was used to measure older adult's quality of life. Correlation and t-test were earned out to analyze the data using. Findings revealed that there is a positive significant correlation between hope and quality of life happiness and quality of life and hope and happiness.

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