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Editorial

The institute of Applied Psychology is publishing the 9th volume of Psychological Abstracts. Effort is made to compile an empirical research work undertaken by the BS, MSc, MPhil, and PhD faculty of the institute. It involved Practical efforts of a team which was involved in compilation, organization, rewriting in some cases and final formatting of the material. The abstract have been organized according to different areas of specialization.

The team comprised of, the Editor and Ms. Maryam Tariq. The credit goes to the team and researchers (students and supervisors) whose work is being published. We are thankful to our faculty members for timely provision of abstract of their students' theses. I would like to acknowledge Dr. Mujeeba Ashraf (Assistant Professor), Ms. Afifa Anjum (Lecturer), Mr. Faiz Younas (Lecturer) for final proof reading. We aspire that publishing psychological abstract remains a regular feature of Institute of Applied Psychology.

The aim of publishing psychological abstracts is to update students and researches in the discipline of psychology with indigenous researches conducted in the Institute of Applied Psychology. Electronic soft copy of the psychological abstract is also available on the website of the University of the Punjab-Lahore, <http://pu.edu.pk/home/department/39/Institute-of-Applied-Psychology#>.

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Editor
Prof. Dr. Farah Malik

Table of Contents

Title	Page No
Title Page	i
Editorial	ii
Table of Contents	iii-xvi
Abstracts	1-114
Author Index	115

PhD Faculty These

Psychological Correlates of Distress, Self-Care and Quality of Life in Type I and Type II Diabetes	
Mahnaz Yousaf (PhD 2017); Supervisor: Rukhsana Kausar, PhD	1

MPhil These

Perceived Stress, Coping Strategies, Life Satisfaction and Well-being of Unemployed Young Adults	
Zainub Ansari (MPhil 2015-2017); Supervisor: Rukhsana Kausar, PhD	3

Parenting Styles, Callous Unemotional Traits, Emotional Regulation and Aggression in Juvenile Delinquents	
Fatima Safdar (MPhil 2015-2017); Supervisor: Rukhsana Kausar, PhD	4

Self-Control, Social Networking Sites Usage and Social Isolation in University Students: A Cross-Cultural Comparison	
Jaleesha Abdul Hafeez Butt (MPhil 2015-2017); Supervisor: Rukhsana Kausar, PhD	5

Physical- Psychological Punishment, Emotional Regulation and Academic Self-Efficacy in High School Students	
Muhammad Safi Aslam (MPhil 2015-2017); Supervisor: Farah Malik, PhD	6

Jealousy, Marital Satisfaction and Mental Health of Women in Polygamous Marriages	
Sabila Naseer (MPhil 2015-2017); Supervisor: Farah Malik, PhD	7

College Persistence, Academic Self-efficacy, Achievement and Dropout Intentions of College Students	
Almas Irfan (MPhil 2015-2017); Supervisor: Naumana Amjad, PhD	8

Character Strengths, Religiosity and Subjective Well-being among Pakistani Expatriates Sidra Javed (MPhil 2015-2017); Supervisor: Naumana Amjad, PhD	10
Fear of Negative Evaluation, Appearance Distress and Social Functioning among Patients with Acne Vulgaris Hira Shafique (MS Health Psychology 2015-2017); Supervisor: Rafia Rafiq, PhD	11
Perceived Barriers, Guilt, Intentions and Leisure Time Physical Activity: An Extension of Theory of Planned Behavior Ghulam Ishaq (MS Health Psychology 2015-2017); Supervisor: Rafia Rafiq, PhD	12
Doctor Patient Relationship, Illness Perceptions & Medication Adherence in Individuals with Chronic Condition Sitara Kanwal (MS Health Psychology 2015-2017); Supervisor: Rafia Rafiq, PhD	13
Role Centrality, Strength of Domain, Supportive Communication and Work-Family Balance in Female University Teachers Jawaria Fatima Naqvi (MPhil 2015-2017); Supervisor: Iram Fatima, PhD	14
Parenting Styles, Moral Sensitivity, Perfectionism, Judgment and Virtues in Young Adults Ayesha Farooq (MPhil 2015-2017); Supervisor: Iram Fatima, PhD	15
Moral Disengagement, Psychological Contract, Organizational Citizenship and Counter Productive Work Behaviors in Public and Private Sector Nadia Ijaz (MPhil 2015-2017); Supervisor: Afsheen Masood, PhD	16
Numeracy as a Predictor of Risk Assessment for Terrorism Arsla Nasir (MPhil 2015-2017); Supervisor: Saima Ghazal, PhD	17
Organizational Silence, Justice Perception, Organizational Citizenship Behavior and Commitment in Private Service Sector Employees Arifa Siddiqui (MPhil 2015-2017); Supervisor: Mujeeba Ashraf, PhD	18

Personal and Group Discrimination, Ethnic Identification and Self-Esteem of Ethnic Minority Students

Nazia Abdul Ghaffar (MPhil 2015-2017); Supervisor: Mujeeba Ashraf, PhD 19

BS (2013-2017) & MSc (2015-2017)

Abnormal & Clinical Psychology

Anxiety Depression and Stress in Smokers and Non Smokers

Amna Maqsood (BS 2013-2017); Supervisors: Iram Fatima, PhD 21

A Comparison of Cyber Bullies and Cyber Victims on Depression and Suicidal Ideations among Young Adults

Raheela Bakht (MSc 2015-2017); Supervisor: Mujeeba Ashraf, PhD 21

Developmental Psychology

Psychopathic Traits, Materialism and Brand Consciousness in Adolescents

Nida Sadiq (BS 2013-2017); Supervisor: Rukhsana Kausar, PhD 23

Cartoon Addiction and Executive Functioning in School Going Children

Maryam Arshad (MSc 2015-2017); Supervisors: Nida Zafar & Rukhsana Kausar, PhD 24

Emotional Intelligence, Frustration Tolerance and Anger in Early Adulthood

Iqra Sulyman (MSc 2015-2017); Supervisor: Siama Majeed & Farah Malik, PhD 24

Emotional Autonomy, Self – Criticism and Psychological Wellbeing in Adolescents.

Misbah Tariq (MSc 2015-2017); Supervisor: Siama Majeed & Farah Malik, PhD 25

Differentiation of Self, Emotion Regulation and Social Anxiety among Adolescents

Rabia Riaz (MSc 2015-2017); Supervisor: Sidra Javed & Naumana Amjad, PhD 26

Self-objectification, Perfectionism and Eating Behaviours in Adolescents

Warda Gull (MSc 2015-2017); Supervisor: Rafia Rafique, PhD 27

Jealousy, Gossip and Relational Aggression in Adolescents Sania Razaq (MSc 2015-2017); Supervisors: Ayesha Farooq & Iram Fatima, PhD	28
Peer Normative Beliefs and Food Preferences of Adolescents Khadeeja Javed (MSc 2015-2017); Supervisor: Fatima Kamran, PhD	28
Self-Perception, Social Connectedness and Consideration of Future Consequences in adolescents with hearing impairment. Hira Ahmad (MSc 2015-2017); Supervisor: Shahnaila Tariq	29
Relationship Quality, Secrecy and Subjective Wellbeing in Adolescence Muzammil Tahir (BS 2013-2017); Supervisor: Afifa Anjum	30
Personal Growth Initiative, Identity Formation and Psychological Wellbeing in Adolescents Aliya Wajid (BS 2013-2017); Supervisor: Zaeema Farooq	31
Rumination, Catharsis and Life Satisfaction in Adolescents Ayesha Lodhi (MSc 2015-2017); Supervisor: Faiza Rasool	32
Communication Competence, Shyness and Friendship Quality in Adolescence Uzma Hameed (MSc 2015-2017); Supervisor: Nousheen Ramzan	32
Educational Psychology	
Counterfactual Thinking, Distress Tolerance and Resilience in University Students Maria Saleem (BS 2013-2017); Supervisors: Saadia Dildar & Rukhsana Kausar, PhD	34
Psychosocial Predictors of Academic Dishonesty in University Students Tahmina Riaz (MSc 2015-2017); Supervisors: Nida Zafar & Rukhsana Kausar, PhD	35
Internet Usage, Level of Frustration Intolerance and Academic Achievement in University Students Sara Amin Kahloon (MSc 2015-2017); Supervisors: Sumaira Ayub & Farah Malik, PhD	36

Emotional Intelligence and Academic Stress in College Students Saman Imtiaz (BS 2013-2017); Supervisor: Rafia Rafique, PhD	37
Sociotropy-Autonomy and Psychological Distress among Students Living in Hostels Tehreem Javed (BS 2015-2017); Supervisor: Afsheen Masood, PhD	37
Self-Construal and Communication Predisposition in Undergraduate Students Anum Amin (MSc 2016-2017); Supervisors: Iram Fatima, PhD	38
Empathy and Quality of Friendship in University Students Laila Ashraf (MSc. 2015-2017); Supervisors: Ms. Gul-E- Sehar & Iram Fatima, PhD	39
Self-Forgiveness, Regulation and Academic Procrastination in University Students Maria Ashfaq (MSc 2015-2017); Supervisors: Ms. Gul-E- Sehar & Iram Fatima, PhD	40
Rumination, Sleep Disturbance and Psychological Distress in Hostelite Students Hadiqa Irfan (MSc 2015-2017); Supervisor: Shazia Khalid, PhD	40
Predictors of School Leaving Intentions Arooba Nasar (BS 2013-2017); Supervisor: Saima Ghazal, PhD	41
Satisfaction with the Substitute Choices for Pre Medical Students Ayesha Haya (MSc 2015-2017); Supervisors: Saima Ghazal, PhD	42
Emotional Intelligence and Anger Management Styles among Government School Teachers Ayesha Khalid (MSc 2015-2017); Supervisor: Arooj Arshad & Saima Ghazal, PhD	43
Optimism Level about Future Market Jobs; Role of Self-Esteem, Personality and Achievement in Engineering Students Shanza Khan (MSc 2015-2017); Supervisors: Arsla Nasir & Saima Ghazal, PhD	43

Gender Difference in Motivation, Frequency and Content of SMS Messages Send By University Students.

Sanila Majeed (MSc 2015-2017); Supervisor: Mujeeba Ashraf, PhD 44

Gender Difference in Persistent Academic Possible Selves and Self-Esteem in University Student.

Fizzah Batool (MSc 2015-2017); Supervisor: Mujeeba Ashraf, PhD 45

Humor Styles and Social Self-Efficacy among College Students

Mamoon Afzal (BS 2013-2017); Supervisor: Faiz Younas 46

Environmental Psychology

Resilience and Psychological Distress in the Residents of Polluted Areas of Lahore

Irum Sultan (MSc 2015-2017); Supervisor: Shahnaila Tariq 47

Family Relationships

Parental Acceptance–Rejection, Attachment Styles and Life Orientation in Youth

Iqra Jabeen (MSc 2015-2017); Supervisors: Farah Malik, PhD 48

Rejection Sensitivity, Self-Esteem, and Social Adjustment in Mothers Having Only Daughters.

Tehreem Iftikhar (MSc 2015-2017); Supervisor: Shamim Rafique & Farah Malik, PhD 49

Family Cohesion, Sibling Relationship, and Psychological Well-Being in Adolescents

Iqra Shafqat (BS 2013-2017); Supervisors: Iram Fatima, PhD 50

Family Support, Locus of Control and Psychological Distress in Fresh Graduate Job Seekers

Saima Azam (MSc 2015-2017); Supervisor: Shazia Khalid, PhD 50

Educating Mothers on Child Abuse

Rida Ahmad (BS 2013-2017); Supervisors: Saima Ghazal, PhD 51

Forensic Psychology

- Gender Differences in Experiencing and Witnessing of Stalking among University students
Zarina Riaz (MSc 2015-2017); Supervisor: Naumana Amjad, PhD 53
- De-individuation, Locus of Control and Attitudes towards Crime in University Students
Zakia Mumtaz (MSc 2015-2017); Supervisor: Faiz Younas 54
- Psychopathy, Impulsivity and Criminal Thinking in young offenders
Asad Mehmood (BS 2013-2017); Supervisor: Zaeema Farooq 55

Health Psychology

- Breakfast Habits, Alertness and Mood in Undergraduate University Students.
Noor Fatima (BS 2013-2017); Supervisors: Farah Malik, PhD 56
- Body Image, Social Support and Psychosocial Adjustment to Prosthesis Use among Unilateral Lower Limb Amputees
Amna Khadam (BS 213-2017); Supervisor: Rafia Rafique, PhD 56
- Body Image, Emotional Regulation and Social Interaction Anxiety in Patients with Thalassemia
Taqdees Fatima (BS 213-2017); Supervisor: Rafia Rafique, PhD 57
- Childcare Stress, Stressful Life Events and Attribution Styles in Women with Postpartum Depression
Huma Altaf (MSc 2015-2017); Supervisor: Rafia Rafique, PhD 58
- Body Image Concerns and Self-Esteem as Predictors of Psychological Wellbeing in Obese Women
Amna Arshad (BS 2013-2017); Supervisor: Fatima Kamran, PhD 59
- Illness Perceptions and Sense of Coherence as Predictors of Health Promoting Behaviors in Patients with Chronic Condition
Fazeen Fatima (MSc 2015-2017); Supervisors: Fatima Kamran, PhD 60
- Parental Stress, Resilience and Psychological Well-Being among Parents of Children with Cerebral Palsy
Uswa Mehmood (MSc 2015-2017); Supervisor: Afsheen Masood, 61

PhD

Food Addiction Eating Motivation Dietary Knowledge and Eating Patterns in Young Adults

Palvisha Iqbal (BS 2013-2017); Supervisor: Afifa Anjum 62

Fertility Related Concerns and Marital Adjustment in Women with reproductive health problems

Rida Malik (BS 2013-2017); Supervisor: Faiz Younas 63

Perception of Teasing Behavior, Confidence and Mental Health in Obese Woman

Maryam Afzaal (MSc 2015-2017); Supervisor: Faiza Rasool 64

Sense of Coherence Knowledge about Diabetes and Diabetes Management in type II Diabetic Patients.

Iqra Nazar (MSc Replica 2015-2017); Supervisor: Ms. Wuzna Haroon 65

Illness Perception and Quality of Life among Hemodialysis Patients

Rubab Neelam Khan (MSc 2015-2017); Supervisor: Afreen Komal 66

Marital and Family Relationships

Psychological Distress and Marital Satisfaction among Wives whose Husbands Live Abroad

Iram Shafiq Butt (MSc 2014-2016); Supervisors: Saira Batool & Rukhsana Kausar, PhD 67

Personality, Empathy and Marital Conflicts in Married Individuals.

Amara Ilias (MSc 2015-2017); Supervisors: Waqas Hassan & Farah Malik, PhD 67

Self-Efficacy, Relationship Satisfaction and Commitment Level in Married Couples

Shazia Parveen (MSc 2015-2017); Supervisor: Safi Aslam & Farah Malik, PhD 68

Interpersonal Issues and Marital Satisfaction in Exchange and Non Exchange Married Women

Amna Shafique (BS 2015-2017); Supervisor: Naumana Amjad, PhD 69

Intimacy, Personal Independence & Emotional Well-Being of Wives,
Whose Husband is Working Abroad
Iqra Ali (MSc 2015-2017); Supervisor: Naumana Amjad, PhD 70

Self-Esteem, Assertiveness and Life Satisfaction in Single Divorced
Mothers
Rukhsana Kousar (BS 2013-2017); Supervisor: Shazia Khalid, PhD 71

Marital Expectation and Relationship Satisfaction among Married Men
and Women
Anam Imdad (MSc 2014-2016); Supervisor: Saima Ghazal 72

Emotion Regulation and Self-Disclosure in Married Individuals
Roman Hanif (MSc 2015-2017); Supervisor: Faiz Younas 72

Emotional Self-Disclosure, Self-Efficacy and Long-term relationships in
Married Men and Women
Syeda Azba Batool (MSc 2015-17); Supervisor: Shahnaila Tariq 74

Organizational Psychology

Work Overload, Job Control and Burnout in Different Journalistic Roles
Zakariya Hashmi (BS 2013-2017); Supervisors: Rukhsana Kausar, PhD 75

Emotional Labor, Job Satisfaction and Organizational Commitment
among Professionals
Iqra Fatima (MSc 2015-2017); Supervisors: Saadia Dildar & Rukhsana
Kausar, PhD 76

Personality Traits and Management Ability in Administrative Staff of
University of the Punjab
Fizza Riasaf (BS 2013-2017); Supervisor: Naumana Amjad, PhD 76

Perceived Issues, National Affiliation and Support for Militant Groups in
Baloch Students
Naz Bibi Miskan (MSc 2015-2017); Supervisor: Naumana Amjad, PhD 77

Workplace Emotional Climate, Self-Compassion and Motivation (Extrinsic or Intrinsic) of Doctors Aasifa Zahid (MSc 2015-2017); Supervisor: Shazia Khalid, PhD	78
Social, Identity Factor, Job Stress and Job Stress and Job Satisfaction in Chefs Hafiza Farah Asad (2015-2017); Supervisor: Afsheen Masood, PhD	79
Emotional Intelligence, Intelligence, and Numeracy as Predictors of Decision Making among Managers Sidra Shabbir (MSc 2015-2017); Supervisors: Saima Ghazal, PhD	80
Leadership Characteristics of School Headmasters and School Performance Maqbool Sial (MSc 2015-2017); Supervisors: Saima Ghazal, PhD	81
Psychological Climate, Work Place Harassment and Health Outcomes in Female Sales Persons. Maira Waheed (BS 2013-2017); Supervisor: Afifa Anjum	82
Workplace Happiness and Employees Task Performance in Public and Private Banks Syeda Hijab Zahra (MSc 2015-2017); Supervisor: Afifa Anjum	83
Personality Traits, Perceived Glass Ceiling and Subjective Career Success among Women Working in Business Organizations Farwa Khan (BS 2013-2017); Supervisor: Faiz Younas	83
Effective Advertisement and Consumer Purchase Intentions in Adults Asna Khalid, BS (2013-2017); Supervisor: Faiz Younas	84
Nomophobia and Executive Functioning of University Students. Qudsia Ahsan (MSc 2015-2017); Supervisor: Faiz Younas	85
Emotional Intelligence and Conflict Management in Doctors Aqsa Saeed (MSc 2015-2017); Supervisor: Zaeema Farooq	86
Leadership Skills, Self-Efficacy and Assertiveness in College Teachers. Nosheen Sadiq (MSc 2015-2017); Supervisor: Zaeema Farooq	87

Patriotism, Motivation towards Volunteerism and Volunteer Satisfaction in University Students

Rabia Naseer (MSc 2015-2017); Supervisor: Zaeema Farooq 87

Hardworking, Coping and Workplace Stress among Organizational Employees

Amna Murtaza (MSc 2015-2017); Supervisor: Beenish Mobeen 88

Personality Psychology

Personality Traits with Brand Love and Impulsive Buying in Young Adults

Fatima Rehman (BS 2013-2017); Supervisors: Farah Malik, PhD 90

Personality Traits, Quality of Friendship and Social Adjustment in Undergraduate University Students.

Aleena Irshad (MSc 2015-2017); Supervisor: Sabila Naseer & Farah Malik, PhD 91

Personality Traits, Anxiety and Academic Performance of Cyber Bullying Experiences in Youth

Ayesha Rustam (MSc 2015-2017); Supervisor: Sehrish Farooq & Farah Malik, PhD 92

Development and Validation of Teasing Scales

Saliha Sana Qazi (MSc 2015-2017); Supervisor: Naumana Amjad, PhD 93

Self-Criticism, Emotion Regulation and Self Harm in Young Adults

Samra Gul (MSc 2015-2017); Supervisor: Zaeema Farooq 94

Positive Psychology

Styles of Humor, Conflict Management Styles and Workplace Wellbeing in School Teachers

Zukhruf Afzaal (MSc 2015-2017); Supervisors: Saira Batool & Rukhsana Kausar, PhD 95

Psychological Flexibility, Self-Compassion and Psychological well-Being of University Students

Hafiza Safia Riaz (MSc 2015-2017); Supervisors: Zanub Ansari & Rukhsana Kausar, PhD 96

Resilience, Self-compassion, Mindfulness and Emotional Well-being of Doctor

Faiqa Sabir (MSc 2015-2017); Supervisors: Nousheen Ramzan & Farah Malik, PhD 96

Character Strengths and Workplace Happiness in University Teachers

Mehak Ramzan (BS 2013-2017); Supervisor: Naumana Amjad, PhD 97

Love of Life, Self Determination, Leisure Activity and Psychological Well-Being among University Students

Tayyaba Sarwar (MSC 2015-2017); Supervisor: Almas Irfan & Naumana Amjad, PhD 98

Psychological Flexibility, Workplace Happiness and Job Loyalty in School Teachers

Bilal Sarfraz (MSc 2015-2017); Supervisors: Raja Farukh & Naumana Amjad, PhD 99

Mindset, Resilience and Rejection Sensitivity in Individuals with Physical Disabilities

Seemal Amin (Msc 2015-2017); Supervisors: Iram Fatima, PhD 100

Psychological Predictors of Wellbeing in Widows

Fiza Noureen (MSc 2015-2017); Supervisor: Arifa Siddiqui & Mujeeba Ashraf, PhD 101

Interpersonal Needs, Perceived social Support and Self Harm in Transgenders

Ayesha Yousaf (BS 2013-2017); Supervisor: Afifa Anjum 101

Gratitude, Forgiveness, Social Support and Psychological Well Being in Older Married Women

Sumaira Hussain (MSc 2015-2017); Supervisor: Zaeema Farooq 102

Narcissism, Self-Esteem and Aggression in Teenage Girls

Maliha Mushtaq (BS 2013-2017); Supervisor: Zaeema Farooq 103

Social Psychology

Smartphone Addiction, Self-esteem and Interpersonal Communication in University Students

Tayyaba Arif (MSc 2015-2017); Supervisors: Fatima Safdar & Rukhsana Kausar, PhD 104

Stigma of Mental Illness, Burnout and Attitude towards Seeking Professional Psychological Help

Fatima Nadeem (MSc 2015-2017); Supervisors: Iram Fatima, PhD 104

Objectified Body Consciousness, Social Appearance Anxiety and Self-Concept among Married and Unmarried Women

Unaiza (BS 2013-2017); Supervisor: Shazia Khalid, PhD 105

Socialization Agents and Body Image Concerns among Young Adults

Saba Siddique (MSc 2015-2017); Supervisor: Arooj Arshad & Saima Ghazal, PhD 106

Perceived Discrimination, Religious Group Identification and Personal Self-Esteem among Religious Minority Groups in Lahore

Qiraat Rasheed (MSc 2015-2017); Supervisor: Mujeeba Ashraf, PhD 107

Mind Wandering and Procrastination in Structured and Unstructured Tasks

Arooba Tahir (MSc 2015-2017); Supervisor: Afifa Anjum 108

Parental Expectations, Gender Role Conflict and Career Decision in University Students

Maira Amin Kahloon (BS 2013-2017); Supervisor: Shahnaila Tariq 109

Boredom, Tolerance and Social Connectedness in Hostel Students

Zunaira Ashiq (MSc 2015-2017); Supervisor: Shahnaila Tariq 110

Moral Disengagement, Prosocial Personality and Socially Desirable Behavior in Police Officer

Efra Saddique (MSc 2015-2017); Supervisor: Shahnaila Tariq 110

Self-Efficacy Problem Solving and Career Decision Making in Students

Syeda Sadia Islam (MSc 2015-2017); Supervisor: Ramiza Rasheed 111

Sports Psychology

Motivation, Emotional Regulation, Perceived Social Support and Burnout
in Women Athletes

Rimsha Aiman (BS 2013-2017); Supervisor: Afsheen Masood, PhD 113

Sports Fan Motivation, Sports Fandom and Sports Participation among
Sports Fans

Ahmed Altaf (MSc 2015-2017); Supervisor: Vicar Solomon 114

PhD Faculty Theses

Psychological Correlates of Distress, Self-Care and Quality of Life in Type I and Type II Diabetes

Mahnaz Yousaf (PhD 2017)

Supervisor: Rukhsana Kausar, PhD

Diabetes has been considered as one of the most challenging and burdensome disease of 21st century and is posing a serious threat to the world's public health and economy. The present study was conducted to explore psychological correlates of diabetes distress, self-care and quality of life in individuals with type I and type II diabetes. This study aimed to: examine whether individuals with type I and type II diabetes differ in stress, personality dispositions, coping strategies, readiness to change, glycemic level, distress, self-care and quality of life; to examine predictive relationship between predictors (stressors and personality) and outcome variables (diabetes distress, self-care, and quality of life); to examine mediating role of coping, readiness to change and glycemic level in the relationship between predictors and outcome variables. Sample comprised of 250 individuals with diabetes with equal number of diabetes type I and type II and they were recruited from diabetes clinics. Readiness to change questionnaire was developed for the present study and brief version of coping strategies questionnaire was prepared from indigenously developed Coping Strategies Questionnaire (Kausar, 1997), Holmes and Rahe Stress Inventory (Holmes & Rahe, 1967), Urdu translated versions of Big Five Personality Inventory (Rammstedt & John, 2007), The Diabetes Distress Scale (Polonsky et al., 2005), A Summary of Diabetes Self Care Activities Scale (Toobert, et al., 1985) and Quality of Life Scale (Burckhardt, Woods, Schultz, & Ziebarth, 1989) were used for assessment.

Factor analysis, Pearson correlation analysis, SEM, Hierarchical regression analysis and independent sample t-test were used to analyze the data. No significant differences were found in individuals with type I and type II diabetes, on distress, self-care and quality of life. For type I diabetes, personality trait neuroticism had positive relationship ($r = .17$) while extraversion ($r = .19$), and conscientiousness ($r = .20$) and negative relationship with diabetes distress. Coping strategies had significant positive relationship ($r = .20$) while readiness to change action had

significant negative relationship with distress ($r = .18$). For type II diabetes, personality trait extraversion had significant positive relationship with self-care activity diet ($r = .18$). Coping strategies have positive relationship with self-care ($r = .28$, $r = .18$). Readiness to change has significant positive relationship with self-care activity diet ($r = .21$), while stress had positive relationship with self-care activity foot care ($r = .21$). Active practical coping and religious focused coping had significant positive relationship ($r = .24$), while avoidance focused coping had significant negative relationship with quality of life ($r = -.25$). Moreover, all types of distress have negative relationship with quality of life ($r = -.25$, $r = -.26$). Mediations analysis showed that active practical coping mediated the relationship between conscientiousness and diabetes distress. Action and maintenance stages of readiness to change, glycemic level, all types of distress, and self-care activities of diet and foot care mediated the relationship between neuroticism and quality of life. Conscientiousness, active practical coping and readiness to change maintenance ($\beta = .16^*$, $\beta = .20^{**}$) are negative whereas neuroticism, and religious focused coping are positive ($\beta = .17^*$, $\beta = .16^*$) predictors of diabetes distress. Extraversion and readiness to change action and maintenance are positive predictors ($\beta = .18^*$, $\beta = .18^{**}$) and neuroticism ($\beta = .19^{**}$) and glycemic level (HbA1c) are negative predictors of self-care diet ($\beta = .14^{**}$). Religious focused coping and glucemic level (HbA1c) are predictors of foot care ($\beta = .19^*$, $\beta = -.16^{**}$) and medication ($\beta = .16^*$, $\beta = -.14^*$). Stressors ($\Delta R^2 = .14^{**}$), agreeableness, ($\beta = -.18^{**}$) and active distractive coping negatively predict ($\beta = -.16^*$) quality of life while extraversion ($\beta = .16^*$), active practical coping ($\beta = .15^*$), religious focused coping ($\beta = .18^*$), maintenance ($\beta = .18^*$), and glycemic level ($\beta = .15^*$) positively predict quality of life. All types of distress negatively predicted QoL ($\beta = -.17^*$) whereas all self-care activities positively predicted QoL ($\beta = .27^{**}$).

The findings are discussed in the light of earlier research and in culture context of Pakistan. The findings have important implications for individuals with diabetes, their families, medical and mental health professionals and researchers.

Keywords: Diabetes, distress, self-care, quality of life.

M.Phil Theses

Perceived Stress, Coping Strategies, Life Satisfaction and Well-being of Unemployed Young Adults

Zainub Ansari (MPhil, 2015-2017)

Supervisor: Rukhsana Kausar, PhD

This study was carried out to examine the relationship between perceived stress, coping, strategies, life satisfaction and well-being of unemployed young adults. It was hypothesized that; (a) there is likely to be a negative relationship between perceived stress, life satisfaction and well-being of un-employed young adults; (b) there is likely to be a positive relationship between problem-focused coping (active-practical coping and religious-focused coping), life satisfaction and well-being of unemployed young adults; (c) there is likely to be a negative relationship between emotion-focused coping (active-distractive coping and avoidance-focused coping), life satisfaction and well-being of unemployed young adults; (d) perceived stress and coping strategies are likely to predict the life satisfaction of unemployed young adults; (e) perceived stress and coping strategies are likely to predict the well-being of un-employed young adults. By using snowball sampling technique data was collected from 180 unemployed young adults (men = 141, women = 39) with the age range of 20-40 years ($M = 29.58$, $SD = 6.17$ and $M = 26.71$, $SD = 3.44$ for the men and women respectively). Perceived Stress Scale (Cohen et al., 1983). Coping Strategies Questionnaire (Kausar, 2001), Mental Health Continuum Short Form (Keyes et al., 2009) and Satisfaction with Life Scale (Diener et al., 1985) were used for assessment. Data were analyzed using Descriptive statistics, Pearson Product Moment Correlation and Multiple Hierarchical Regression. Findings indicated that perceived stress is significantly negatively correlated with life satisfaction and well-being while coping strategies are significantly positive correlated with life satisfaction and well-being. Perceived stress significantly negatively whereas coping strategies i.e. active-practical coping significantly positively predicts the life satisfaction and well-being while avoidance-focused coping significantly negatively predicts the emotional well-being. Implications of the findings for counselor/ psychologist, social workers and policy makers are discussed in the context of Pakistani culture.

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Institute of Applied Psychology,
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Keywords: Perceived Stress, coping strategies, life satisfaction, well-being, unemployed young adults.

Parenting Styles, Callous Unemotional Traits, Emotional Regulation and Aggression in Juvenile Delinquents

Fatima Safdar (MPhil, 2015-2017)

Supervisor: Rukhsana Kausar, PhD

The purpose of the present study was to investigate the relationship among parenting styles (authoritative, authoritarian, permissive and uninvolved), callous unemotional traits, emotional regulation (cognitive reappraisal and emotional suppressiveness) and aggression in juvenile delinquents. It was hypothesized that there is likely to be a relationship among parenting styles (authoritative, authoritarian, permissive and uninvolved), callous unemotional traits, emotional regulation (cognitive reappraisal and emotional suppressiveness) and aggression; emotional regulation is likely to moderate the relationship between parenting styles, callous unemotional traits and aggression in juvenile delinquents. The sample of juvenile delinquents ($N = 103$) was taken through purposive sampling technique from District Jail Lahore and Child Welfare Protection Bureau Lahore. Demographic Sheet, Parental Perception Questionnaire (Pasquali et al., 2012), The Inventory of Callous-Unemotional Traits (ICU – Frick, 2003), Emotion Regulation Questionnaire for Children and Adolescents (MacDermott, Gullone, Allen, King, & Tonge, 2010) and Aggression Scale (Buss & Perry, 1992) were used for assessment. Pearson Product Moment Analysis and Process (extension in SPSS Version 20.0) model III were run to generate results. Results indicated that there is significant positive correlation among callous unemotional traits, verbal aggression, anger and hostility. Emotional regulation (cognitive reappraisal and emotional suppressiveness) has significant positive correlation with physical aggression. Permissive parenting style, callous unemotional traits, cognitive reappraisal has significant predictors of aggression. Furthermore, relationship between authoritative parenting style and verbal aggression was significantly moderated by the cognitive reappraisal and emotional suppressiveness (emotional regulation). While, relationship between uninvolved parenting style, physical aggression and

verbal aggression was moderated by emotional suppressiveness (emotional regulation) in juvenile delinquents. Further, the relationship of callous unemotional traits with physical aggression, verbal aggression and hostility was moderated by cognitive reappraisal and emotional suppressiveness (emotional regulation) in juvenile delinquents. The findings have implications for refining and targeting the training of a rehabilitation program aimed at reducing aggressive behavior and adolescent programs aimed at increasing/ decreasing effective emotional regulation skills.

Keywords: Parenting Styles, callous unemotional traits, emotional regulation, aggression, juvenile delinquents.

Self-Control, Social Networking Sites Usage and Social Isolation in University Students: A Cross-Cultural Comparison

Jaleesha Abdul Hafeez Butt (MPhil, 2015-2017)

Supervisor: Rukhsana Kausar, PhD

The present study was conducted to compare university students studying in Pakistan and UK on self-control, social networking sites usage and social isolation. It was hypothesized that there are likely to be differences in and relationship between self-control, social networking sites usage and social isolation between the two groups. It was also hypothesized that self-control and social networking sites usage are likely to predict social isolation and that place of stay is likely to moderate the relationship. Sample comprised of 189 (97 Pakistan & 92 UK) University students with age range of 18-28 years. Mean age of men was 22.99 years ($SD = 2.41$) whereas for women it was 21.99 years ($SD = 2.19$). Sample was taken from public universities of Pakistan and UK. Brief Self-Control Scale (BSCS; Tangney, Baumeister, & Boone, 2004), Social Networking Time Use Scale (SONTUS; Olufaldi, 2016) and revised UCLA Loneliness Scale (Russell, Peplau & Cutrona, 1980) were used to assess self-control, social networking sites time usage and social isolation respectively. Results revealed significant differences between the two groups on social networking sites time usage and social isolation. Pakistani students were found to be higher in their use of social networking sites and were more isolated as compared to students in the

UK. Negative relationship between self-control and factors of social networking sites usage was found in both groups of Pakistan and UK students. Negative relationship between self-control and social isolation was found in students in UK. Place of stay, self-control, internet usage in relaxation and free period and internet usage in public places were found to be predictors of social isolation. This study enhances the understanding of phenomena of self-control, social networking sites usage and social isolation in youth of Pakistan and UK and helps provide an insight to the cultural context.

Keywords: Self-control, social networking sites time usage, social isolation, university students.

Physical- Psychological Punishment, Emotional Regulation and Academic Self-Efficacy in High School Students

Muhammad Safi Aslam (MPhil, 2015-2017)

Supervisor: Farah Malik, PhD

The research investigated the role of punishment by teachers in relationship to cognitive emotional regulation and academic self-efficacy in high school male students. It was hypothesized that there would be negative association between punishment and academic self-efficacy and positive relationship with test anxiety. The mediating role of cognitive emotion regulation between physical and psychological punishment and academic self-efficacy was also assessed. The current research consisted of 3 studies. In study 1, an indigenous tool was developed and validated based on corporal punishment scale (Malik 2015). Study 2 was carried out with a sample of 444 students of 9th and 10th grades with mean age of 14.82(1.27) drawn from 2 cities of Punjab; Rajanpur and Chunian. The measures included Punishment by Teachers Scale, Cognitive Emotion Regulation Questionnaire (Granefski, Kraaij & Spinhoven, 2001), Motivated Strategies for Learning Questionnaire (Pintrich & DeGroot, 1990) and School Bonding (Henry et al., 2009). Pearson product correlation showed a significant negative correlation between punishment by teachers, academic self-efficacy (intrinsic value, cognitive strategy

use, self-regulation), and school bonding. SEM was carried out through AMOS that depicted that cognitive emotional regulation was a significant mediator between physical, psychological punishment, and academic self-efficacy. t-test showed differences in punishment in terms of grades/class of students. In Study 3, in-depth interviews with 8 participants (2 teachers, 2 parents, 2 education administrators and 2 students). Interpretative Phenomenological Analysis depicted 3 superordinate categories namely causes, myths each and traditional beliefs behind physical punishment by teachers. Teacher related major causes included lack of understanding of individual differences, pressure to produce good results, lack of training, low self-worth, and large number of students in class. Family related causes were parental illiteracy, neglect and violence. Social causes included justification through religion, rural culture and ineffective system of education. Myths identified were related to acceptance of using stick by teachers, to child training, and myths about teachers. The research contributed through an indigenous scale which could be utilized in educational and clinical settings. The results were discussed in the specific sociocultural context of Pakistan. Findings might be useful in understanding the dynamics of punishment in schools.

Keywords: Physical punishment, psychological punishment, academic self-efficacy, myths

Jealousy, Marital Satisfaction and Mental Health of Women in Polygamous Marriages

Sabila Naseer (MPhil, 2015-2017)

Supervisor: Farah Malik, PhD

The present study examined the relationship between jealousy, marital satisfaction and mental health of women in polygamous marriages. It was hypothesized that there would exist a negative relationship between jealousy and mental health, a positive relationship between marital

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

satisfaction and mental health of women in polygamous marriages. It was also assumed that marital satisfaction would mediate between jealousy and mental health of women. In study I, an indigenous measure named as Jealousy Scale for Wives (JSW) was developed comprising of 54 items in 5 subscales. Study II was a correlational research with cross-sectional design. A purposive sample of 192 women in polygamous marriages (First wives = 102, and Second wives = 90) with an age range of first wives 25-60 ($M = 40.30$, $SD = 7.86$) and second wives 18-40 ($M = 26.60$, $SD = 7.41$) was drawn from 4 cities in Punjab. Revised Dyadic Adjustment Scale (RDAS: Busby, et al., 1995) and Mental Health Inventory (MHI: Veit & Ware, 1983) along with indigenous JSW were used to measure the study variables. Pearson correlation revealed a negative relationship between Jealousy (emotional, insecure, behavioral and possessive) psychological well-being while positive relationship with psychological-distress including anxious jealousy. Marital satisfaction (consensus and satisfaction in relationship) depicted a positive relationship with psychological well-being while negative relationship with psychological-distress both in first and second wives. SEM was carried out with AMOS that depicted marital satisfaction (Consensus, satisfaction in relationship and cohesion) as significant mediator between jealousy (emotional, insecure, possessive) and mental health (Psychological well-being and psychological-distress). First wives expressed higher jealousy and psychological distress and lower consensus, satisfaction in relationship and psychological well-being than the second wives. The Implications of the findings were discussed for family settings, family therapists and law advisors in the Pakistani socio-cultural context.

Keywords: Jealousy, marital satisfaction, mental health, polygamous marriages.

College Persistence, Academic Self-efficacy, Achievement and Dropout Intentions of College Students

Almas Irfan (MPhil, 2015-2017)
Supervisor: Naumana Amjad, PhD

Present study aimed to investigate why a large number of students from public sectors colleges dropout every year. It was hypothesized that

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

college persistence, academic self-efficacy and academic achievement is negatively related to college dropout intentions. It was also hypothesized that academic self-efficacy and academic achievement are positively related to college persistence. Furthermore, it was hypothesized that academic self-efficacy and academic achievement are positively related to college persistence. Furthermore, it was hypothesized that academic self-efficacy and achievement would mediate the relationship between college persistence and dropout intentions. Correlational (cross sectional) research design was used. Sample consisted of 180 first year male college students and their age range was 16 to 20 years ($M = 17.39$, $SD = .98$). Participants were recruited from different colleges of Lahore, Rawalpindi and Jehlum and non-probability convenient sampling technique was employed. College Persistence Questionnaire (Davidson et al, 2009), Dropout Intension Scale (Cammann, Fichman, Jenkins, & Klesh, 1979), Academic Self Efficacy Scale (Chemers, Hu, & Garcia, 2001) were used to collect data. Academic achievement was assessed by obtaining percentage of marks in matric annual examination. Results revealed that college persistence is positively related to academic self-efficacy and achievement. College persistence, academic self-efficacy and achievement are negatively related to dropout intentions. Academic self-efficacy and achievement also mediated relationship of college persistence and dropout intentions. Result from independent sample *t*-test revealed that humanities students had significant lower academic self-efficacy, lower achievement and higher dropout intentions. Moreover, students living in hostels were higher on persistence and low on dropout intentions. Results also revealed that financial strains negatively related to college persistence and positively related to dropout intentions. Present study can contribute to understanding of why a large amount the students leave an institute without obtaining formal degree. It can help educational institutions and college counselor to strengthen factors that prevent dropout from secondary education. Study can also help policymaker to reshape their strategies to promote secondary education in Pakistan.

Keywords: College persistence, dropout intentions, academic self-efficacy, academic achievement.

Character Strengths, Religiosity and Subjective Well-being among Pakistani Expatriates

Sidra Javed (MPhil, 2015-2017)
Supervisor: Naumana Amjad, PhD

The purpose of the present study was to examine the role of character strengths and virtues in subjective well-being in a Muslim sample. This investigation also aimed to identify contribution of religiosity and country of residence in the already established connection between virtues and wellbeing. Therefore, a sample comprising of Pakistani living in Pakistan and Pakistani expatriates in Saudi Arabia was used. It was hypothesized that; (a) there is a positive relationship between character strengths and subjective wellbeing; (b) religiosity and country of residence is likely to moderate the relationship between virtues of character strengths and subjective wellbeing (c) character strengths predict subjective wellbeing. Cross sectional (mixed method between and within group) design was used. The sample consisted of 100 Pakistani locals and 100 Pakistani expatriates in Saudi Arabia. VIA-120 Inventory of Character Strengths (Peterson & Seligman, 2004), Short Muslim Practice and Belief Scale (AlMarri, Oei, & Al-Adawi, 2009), Satisfaction with life Scale (Diener, Emmons, Larsen & Griffin, 1985) and Positive and Negative Affect Scale (Watson, Clark, & Tellegan, 1988) was used to collect the data. Pearson Product Moment Correlation analysis revealed that there was a significant positive correlation between 24 character strengths and measures of subjective well-being. Moderation analysis revealed that religiosity was a significant moderator between the association of virtues of character strengths and subjective well-being meaning that participants with higher religiosity have a stronger association between virtues and subjective wellbeing. Interaction of country of residence and virtues revealed that people living in their home country Pakistan had higher association between character strengths and subjective wellbeing. Regression analyses confirmed that subjective well-being was predicted by character strengths. Independent sample *t*-test results revealed that there was a difference (Appreciation of Beauty, Bravery, Teamwork, Curiosity, Perseverance and love of learning) between local Pakistani and expatriate Pakistanis. This study has contributed to the existing knowledge based on character strengths and

well-being in Muslim sample, contributed to research on well-being of expatriates and diaspora, and adds a dimension of religiosity in connection between virtues and well-being. Since virtues are value in action, these findings can have implication of increasing use of strengths among people making transition to a new a culture. The study is a pioneer attempt to apply this model in adults of varying ages across two cultures.

Keywords: Virtues, character strengths, well-being, Muslims, Pakistan, Saudi Arabia.

Fear of Negative Evaluation, Appearance Distress and Social Functioning among Patients with Acne Vulgaris

Hira Shafique (MS Health Psychology, 2015-2017)

Supervisor: Rafia Rafiq, PhD

The present study was aimed to examine the relationship between fear of negative valuation, appearance distress and social functioning among patients with Acne Vulgaris. The main hypothesis was appearance distress is likely to be mediate between fear of negative evaluation and social functioning among patients with Acne Vulgaris. Correlational research design was used. Purposive sampling strategy was used for recruitment of sample. The sample consisted of 90 (71 females and 19 males) patients with acne vulgaris calculated with G-Power, recruited from different hospitals of Lahore. The age range of the participants was 14 to 35 years. Assessment measures included Urdu versions of Brief Fear of Negative Evaluation Scale (Leary, 1983), Derriford Appearance Scale Short Form (Carr, Moss & Harris, 2005) and Face-Q Social Functioning Scale (Klassen, Cano, Schwitzer, Scott & Pusic, 2015). The results revealed that patients who evaluate situation more negatively leads toward poor social functioning. The patients who get more distress regarding their appearance tend to have poor social functioning. Hierarchical regression analysis revealed that appearance distress act as a mediator in the relationship between fear of negative evaluation and social functioning. Independence sample *t*-test revealed that female participants have a higher fear of negative evaluation and appearance distress than male. Male participants have higher social functioning than

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

female. One- way ANOVA results revealed that the patients who had acne on chest area experience more appearance distress and evaluating the situations more negatively.

Keywords: Fear, negative evaluation, appearance distress, social functioning, acne vulgaris.

Perceived Barriers, Guilt, Intentions and Leisure Time Physical Activity: An Extension of Theory of Planned Behavior

Ghulam Ishaq (MS Health Psychology, 2015-2017)

Supervisor: Rafia Rafiq, PhD

Emotion and barriers are not incorporated in the theory of planned behavior (TPB) in the past (Conner, 2014). The current study was designed to address the sufficiency of this theory by analyzing the effect of guilt (anticipated and past guilt) and perceived barriers (lack of time, willpower, energy, resources and skills) on individual's intentions to perform leisure time physical activity. It was hypothesized that there is likely to be a negative relationship of perceived barriers (lack of time, energy, willpower, skills and resources) and past guilt with leisure time physical activity: attitude, subjective norms, perceived behavioral control and anticipated guilt is likely to have a positive relationship with leisure time physical activity. It was also hypothesized that there is likely to be an indirect effect of perceived barriers (lack of time, willpower, energy, resources and skills), attitude, perceived behavior control, subjective norms and guilt (anticipated guilt and past guilt) on leisure time physical activity through intention. Furthermore, it was hypothesized that there is likely to be an indirect effect of guilt (past guilt and anticipated guilt), subjective norms and perceived behavioral control on leisure time physical activity through intentions, moderated by gender. Co-relational research design was used to examine the proposed hypotheses. The sample of this study was drawn conveniently and comprised of 158 male students and 142 female students with age range of 18-30 years ($M = 24.13$, $SD = 2.21$). Theory of Planned Behavior Questionnaire in Physical Activity (Gonzalez, Lopez, Macros & Rodriguez-Marin, 2012), The Barriers to being Physically Active Quiz (CDC, 1999), Godin Leisure Time Exercise Questionnaire (Godin, 1985) and Guilt Scale, (Wang, 2006) were used to assess the theory of planned behavior,

perceived barriers of physical activity, leisure time physical activity, anticipated and past guilt respectively. The result showed that lack of time, energy, will power, skills and past guilt is negatively co-related with leisure time physical activity. Attitude, subjective norms, perceived behavior control, and anticipated guilt are positively co-related with leisure time physical activity. The mediation analysis revealed that intentions mediated between perceived barriers (lack of time and skills), attitude, subjective norms, perceived behavioral control, guilt (past guilt and anticipated guilt) and leisure time physical activity. The moderated mediation analysis showed the indirect effect of guilt (past guilt and anticipated guilt), subjective norms and perceived behavioral control on leisure time physical activity through intention and was moderated by gender. The study confirmed that the inclusion of guilt and perceived barriers further augmented the sufficiency of the TBP. The study has identified why in spite of intentions people don't indulge in leisure time physical activity. This extended theory explains 57% variance in leisure time physical activity being attributed to perceived barriers, attitude, subjective norms, perceived behavioral control and guilt. The result identified can help in construction of a questionnaire to verify the role of guilt and barriers in seeking leisure time physical activity. Furthermore, results of our study will help and guide health psychologist in helping people overcome barriers the face in seeking leisure time physical activity.

Keywords: Perceived barriers, guilt, intentions, leisure time physical activity, theory of planned behavior.

Doctor Patient Relationship, Illness Perceptions & Medication Adherence in Individuals with Chronic Condition

Sitara Kanwal (MS Health Psychology, 2015-2017)

Supervisor: Rafia Rafiq, PhD

A cross sectional study investigated the relationship of doctor patient relationship and clinical predictors (duration of the illness, severity of the illness, and comorbidities) on medication adherence in individuals living chronic conditions. It was hypothesized that doctor patient relationship and clinical factors leads illness perceptions and as a consequence of

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

illness perceptions how medication adherence will be affected. The sample was consisted of 144 individuals living with chronic conditions. Personality was assessed as covariate. Big Five Inventory BFI-10 (Rammstedt & John, 2007) was used to assess personality. While for the assessment of illness perceptions and doctor patient relationship, Brief Illness Perception Questionnaire (Broadbent, 2006). And Patient Doctor Depth of Relationship Scale (Ridd, Lewis, Peter & Salisbury, 2011) were used respectively. Morisky Medication Adherence Rating Scale (MMRS) (Morisky, 2008) was used to measure medication adherence of the individuals living with chronic conditions. Descriptive analysis was calculated. Correlational and multiple hierarchal regression analysis were used for further investigation. It was found that there is no significant correlation exists between doctor patient relationship, illness perceptions and medication adherence. It was concluded that socio-demographic and clinical factors had no significant relationship with medication adherence, but had relationship with illness perceptions.

Keywords: Doctor patient relationship, illness perceptions, medication adherence, chronic condition.

Role Centrality, Strength of Domain, Supportive Communication and Work-Family Balance in Female University Teachers

Jawaria Fatima Naqvi (MPhil, 2015-2017)

Supervisor: Iram Fatima, PhD

Correlational study investigated the relation of role centrality (work and family centrality), strength of domain (permeability and flexibility of work and family domain), and supportive communication with work-family balance in female university teachers ($N = 104$). Based on border theory (Clark, 2000) of work-family balance, first it was hypothesized that women who identify with strongly bordered domain (low permeability and flexibility) will have high work-family balance. Second, those women who have high level of centrality in both domains (work and family) will have high work-family balance. Third, work and family centrality is likely to moderate with supportive communication (with work related people) to predict work-family balance. Fourth, work and family centrality is likely to moderate with supportive communication (with family) to predict work-family balance. Work centrality scale

(Paullay, Alliger & Romero 1994), Home Centrality Scale (Linington, 2008), Family and Work flexibility Ability Scale, Family and Work flexibility Willingness Scale (Matthews & Barnes-Farrell, 2010), Permeability of Work and Family Scale (Clark, 2002), Supportive Communication Scale (Clark, 2002) and Work-family Balance Scale (Hill, Hawkins, Ferris and Weitzman, 2001) were used for assessment while Pearson Product Moment Correlation, Hierarchal Regression were applied to generate results. The results indicated that nature of spouse job status and family flexibility ability positively and significantly predicted work-family balance while permeability of family, work flexibility willingness negatively and significantly predicted work-family balance. Overall the hypotheses based on border theory were not supported. Need to understand work-family balance in cultural context is highlighted.

Keywords: Role centrality, strength of domain, supportive communication, works family balance, female university teachers.

Parenting Styles, Moral Sensitivity, Perfectionism, Judgment and Virtues in Young Adults

Ayesha Farooq (MPhil, 2015-2017)

Supervisor: Iram Fatima, PhD

The present research aimed to examine parenting styles (indifferences, abuse and over-control), moral sensitivity, perfectionism, judgment and virtues (altruism, forgiveness) in young adults. It was hypothesized that parenting styles will predict moral sensitivity, self-oriented and socially prescribed moral perfectionism, judgment and virtues. Furthermore, self-oriented moral perfectionism (SOMP) and socially- prescribed moral perfectionism (SPMP) will positively predict moral judgment and virtues. It was also hypothesized that moral perfectionism mediate between parenting styles, moral sensitivity, judgment and virtues. The design of the study was correlational. Convenient sampling was used to recruit a sample of 200 young adults (Men = 100, Women = 100). Measure of parenting styles (Parker, et al, 1997), Ethical Sensitivity Scale (Gholami & Tirr, 2012), Adapted Moral Perfectionism Scale, Forgiveness Scale (Rye, et al. 2001), Adapted Self-report Altruism Scale (Witt & Boleman, 2009) and Moralization of Everyday Life Scale (Lovett, et. Al, 2012)

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

were used. Structural Equation Modeling revealed that mother over-control positively predicted altruism. Father indifference negatively predicted SOMP and positively predicted moral judgment. Father abuse positively predicted SOMP. Father over-control positively predicted SOMP and negatively predicted forgiveness. Moral sensitivity positively predicted altruism, SOMP and SPMP. Self-oriented moral perfectionism negatively predicted forgiveness and SPM positively predicted forgiveness. Moral perfectionism mediated between parental abuse and forgiveness; father over-control and forgiveness. The study implications are discussed with its application in social, educational, counseling and moral psychology.

Keywords: Parenting styles, moral sensitivity, perfectionism, judgment, virtue.

Moral Disengagement, Psychological Contract, Organizational Citizenship and Counter Productive Work Behaviors in Public and Private Sector

Nadia Ijaz (MPhil, 2015-2017)
Supervisor: Afsheen Masood, PhD

The current study examined the relationship between moral disengagement, psychological contract, organizational citizenship behavior and counterproductive work behavior in public and private sector. It was hypothesized that psychological contract is likely to moderate the relationship between moral disengagement, organizational citizenship behavior and counterproductive work behavior. Correlational research design along with purposive sampling strategy was used. The sample was consisted of 206 employees from middle management. Middle management is defined as the team of employees who are directly working under heads/ directors while they are the supervisors of employees from lower management. The age range of the sample was between 25-45 years from private and public sector. The measures used were Moral Disengagement Scale (Moore, Detert, Trevino, Baker & Mayer, 2012), Psychological Contract Scale (Millward and Hopkins, 1998), Organizational Citizenship Behavior Scale (Spector & Fox, 2011), Counterproductive work Behavior, (Spector, Bauer & Fox, 2010) and Ten Item Personality Inventory (Gosling, Rentfrow & Swann, 2003).

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

Series of Correlational analyses, Regression analysis, PROCESS and T-test were conducted in order to execute descriptive and inferential analyses. The result showed the relationship among moral, disengagement, psychological contract, organizational citizenship and counterproductive work behaviors. Further, agreeableness, extraversion and emotional stability had significant and positive relationship with organizational citizenship behaviors. On the other hand, transactional and relational contract were in relationship with agreeableness. Moreover, PROCESS showed psychological contract as a moderator between moral disengagement and citizenship behaviors as well as counterproductive behaviors. Additionally regression analysis showed that extraversion, transactional contract, and agreeableness were significantly predicting CWB while education predicts OCB. Additional analysis revealed gender and job sector differences among moral disengagement, psychological contract and counterproductive work behaviors. The implications of the study are discussion in the light of international as well as indigenous perspective.

Keywords: Moral disengagement, psychological contract, organizational citizenship, counterproductive work behaviors.

Numeracy as a Predictor of Risk Assessment for Terrorism

Arsila Nasir (MPhil, 2015-2017)

Supervisor: Saima Ghazal, PhD

The present study aimed to investigate the relationship between numeracy, cognitive reflection, intelligence, personality traits and terrorism risk assessment in university students. It was hypothesized that a) there is likely to be a relationship between numeracy, cognitive reflection, intelligence, personality traits and terrorism risk assessment b) numeracy, cognitive reflection, intelligence and personality traits are likely to predict terrorism risk assessment c) Numeracy is likely to predict terrorism risk assessment after controlling cognitive reflection, intelligence and personality traits d) There is likely to be gender differences in numeracy, cognitive reflection, intelligence, personality traits and terrorism risk assessment. The Correlation research design was used. The sample comprised of 200 students (Men = 100, Women = 100)

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

from university of the Punjab, Lahore by employing convenient sampling strategy. The result of Pearson Product Moment Correlation showed that numeracy has significant positive relationship with cognitive reflection, intelligence, terrorism risk assessment and one domain of personality which is intellect. Cognitive reflection has significant positive relationship with intelligence, terrorism risk assessment and one domain of personality which is intellect. Intellect, domain of personality has significant positive relationship with terrorism risk assessment. The results of Hierarchical Regression analysis showed that numeracy and intellect domain of personality predict terrorism risk assessment. This study has important implication as we can use tutorials, short courses, or college level courses to make people numerate so they will be able to make better and accurate judgment according to their environment. Limitations and suggestions are discussed.

Keywords: Numeracy, cognitive reflection, intelligence, personality traits, terrorism risk assessment

Organizational Silence, Justice Perception, Organizational Citizenship Behavior and Commitment in Private Service Sector Employees

Arifa Siddiqui (MPhil, 2015-2017)

Supervisor: Mujeeba Ashraf, PhD

The present study investigated the relationship of organizational silence, commitment (affective commitment) and organizational citizenship behavior (OCB) with the moderating role of justice perception (procedural justice and distributive justice) in private service sector employees. The main hypotheses were justice perception (procedural justice and distributive justice) are likely to moderate the relationship between organizational silence affective commitment and OCB. The sample comprised of 207 employees from private service sectors of Lahore, including banks and telecommunication offices. The questionnaires for collecting data includes Employee Silence Measure (ESM) (Brinsfield, 2009), Three Component Organizational Commitment Questionnaire (Meyer & Allen, 1997), Organizational Citizenship Behavior Checklist (OCB-C) (Spector & Fox, 2001), and Organizational Justice Perception Scale (Colquitt, 2001). Moderation

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

analysis was carried out by multiple hierarchical regressions. The result indicated that procedural justice moderated the relationship of diffident silence and affective commitment. On the other hand, distributive justice moderated the relationship of protective silence and deviant silence with organizational citizenship behavior. Results offer credible evidence that organizational silence must be overcome by offering justice through some procedures or benefits which in turn makes employees committed to their work and involve in organizational citizenship behavior.

Keywords: organizational silence, justice perception, citizenship behavior commitment, employees.

Personal and Group Discrimination, Ethnic Identification and Self-Esteem of Ethnic Minority Students

Nazia Abdul Ghaffar (MPhil, 2015-2017)

Supervisor: Mujeeba Ashraf, PhD

The present research studied the effects of perceived personal and group discrimination, ethnic identification on the self-esteem of the ethnic minority students in Lahore. The study was based upon the rejection identification model proposed by Branscombe, Schmitt and Harvey (1999). Therefore, it was hypothesized that perceived personal and group discrimination is negatively associated with self-esteem and perceived personal and group discrimination positively associated with ethnic identification. Furthermore, it was hypothesized that multiple aspect of ethnic identification (solidarity, satisfaction, centrality, self-stereotyping and in group homogeneity) mediate the relationship between perceived personal, group discrimination and self-esteem. It was also assumed that the perceived personal, group discrimination, ethnic identification and self-esteem differ among the students of different ethnic groups (i.e., Bloch, Pakhton and Sindh). The study was based upon the correlational research design. The sample was comprise of 200 ethnic minority students (Bloch = 62, Pakhton = 120 and Sindh = 18) with mean age of 21 years. Perceived Personal and Group Discrimination Scale (Bourguignon, Seron, Yzerbyt and Herman 2006), Multidimensional Measure of Group Identification (Leach et al., 2008) and Rosenberg Self-esteem Scale (Rosenberg, 1965) were used. Test of normality, Spearman

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

Brown Correlation, Multiple Hierarchical Regression for mediation analysis and one way ANOVA were used to measure the effect of perceived personal and group discrimination, ethnic identification and self-esteem among ethnic minority students. The results indicated that perceived personal discrimination and one aspect of ethnic identification (centrality) negatively predict self-esteem whereas group discrimination and ethnic identification (solidarity, satisfaction, self-stereotyping and homogeneity) positively predict self-esteem. The findings of the present study revealed that centrality mediated the relationship between personal discrimination and self-esteem while the relationship between group discrimination and self-esteem is mediated via satisfaction, centrality and homogeneity. Moreover, the results of the study specified that the students from Bloch ethnic group perceived greater personal discrimination as compare to students of other ethnic group and students belong to Pakhton group experienced higher level of perceived group discrimination, solidarity, satisfaction, stereotyping and homogeneity as compare to the other students of Bloch and Sindhi ethnic groups. The present study helps us to understand the effects of perceived personal and group discrimination, ethnic identification and self-esteem among ethnic minority students.

Keywords: Personal discrimination, group discrimination, group identification, self-esteem, ethnic minority, students.

BS (2013-2017), M.Sc (2015-2017)
Theses
Abnormal & Clinical Psychology

Anxiety, Depression and Stress in Smokers and Non Smokers

Amna Maqsood (BS, 2013-2017)

Supervisor: Iram Fatima, PhD

A correlational study was conducted to investigate the differences of anxiety, depression and psychological distress among active smokers, passive smokers, and non-smokers (M age = 20.8; SD = 1.8). It was hypothesized that psychological distress, anxiety and depression would be higher in active smokers as compared to passive smokers and non-smoker university students. Moreover, it was also hypothesized that psychological distress, anxiety and depression would be higher in passive smokers as compared to non-smoker university students. Cross sectional study was conducted. The sample consisted of students (n = 75 each group) selected from public sector universities of Lahore using non-probability purposive convenience sampling technique. Male students of BS four years program were taken as a sample. In addition to demographic information sheet, Kessler Psychological Distress Scale (Kessler, 1992) and Depression, Anxiety and Stress Scale DASS 21 (Lovibond & Lovibond, 1995) were used to assess the differences of anxiety, depression and psychological distress among active passive smokers and non-smokers. The data was analyzed using MANCOVA. All the hypotheses were supported. This study will be helpful in the field of health psychology by making people understand the hazardous effects of passive smoking by highlighting differences among psychological distress, anxiety and depression in active, passive smokers and non-smokers.

Keywords: Psychological distress, anxiety, depression, smokers.

A Comparison of Cyber Bullies and Cyber Victims on Depression and Suicidal Ideations among Young Adults

Raheela Bakht (MSc, 2015-2017)

Supervisor: Mujeeba Ashraf, PhD

The present research was conducted to compare cyber bullies and cyber victims on measures of depression and suicidal ideations. Between group

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

research design was used to compare cyber bullies and cyber victims. Purposive sampling technique was used to collect sample of $N = 200$ young adults including males and females from the University of the Punjab, Lahore. It was hypothesized that a) cyber victims were likely to score high on measure of depression than cyber bullies; b) cyber victims were likely to score high on measure of suicidal ideations than cyber bullies, and c) males were more likely to be cyber bullies while females were more likely to be cyber victims. Revised Cyber bullying Inventory (Topcu & Baker, 2010) was used to assess cyber bullies and cyber victims while Zung Self Rating Depression Scale (Zung, 1986) and Suicidal Ideation Attributes Scale (Spijker et al, 2014) was used to assess depression and suicidal ideations in the research participants. Analysis of the data involved preliminary analysis and main analysis. Preliminary analysis included test of normality, reliability analysis and spearman correlation. Mann-Whitney U was conducted as the main analysis of the study. The results of Mann Whitney U approved the hypothesis and indicated that male research participants were more likely to be cyber bullies while female research participants were more likely to be cyber victims. It was also found that cyber victims were more likely to score high on measures of depression and suicidal ideations than cyber bully research participants. This research proved to be helpful for providing awareness regarding cyber bullying and could be proved to be helpful in developing interventions for controlling cyber bullying.

Keywords: Cyber bullies, cyber victims, depression, suicidal ideations.

Developmental Psychology

Psychopathic Traits, Materialism and Brand Consciousness in Adolescents

Nida Sadiq (BS, 2013-2017)

Supervisor: Rukhsana Kausar, PhD

The main objectives of the present study were the investigation of relationship between psychopathic traits, materialism and brand consciousness in adolescents and to explore the predicting factors of brand consciousness in adolescents and to explore the predicting factors of brand consciousness in adolescents. It was hypothesized that there was likely to be a positive relationship between psychopathic traits, materialism and brand consciousness. Also, it was proposed that materialism was a mediator in the relationship between psychopathic traits' dimensions and brand consciousness. The sample comprised of 115 adolescents (boys = 52, girls = 63) with age range of 13-16 years. Assessment measures include Youth Psychopathic Traits Inventory (YPI; Andershed et al., 2002), Youth Materialism Scale (YMS; Goldberg et al, 2003) and Brand Consciousness Scale (Sproles & Kendall, 1986). Correlational and Hierarchical Regression (mediation analysis) was performed to analyses the data. Results revealed that psychopathic traits and materialism had significantly positive relationship with brand consciousness in adolescents. Finding revealed that Impulsive-irresponsible dimension proved to be a significant predictor of brand consciousness. Also, materialism was found as a significant mediator in relationship between psychopathic traits' dimension and brand consciousness. The findings are helpful for social psychologist, educationists and policy makers to identify increased trends of brand consciousness and develop an intervention plan for the changing priorities of society.

Keywords: Psychopathic traits, materialism, brand consciousness.

Cartoon Addiction and Executive Functioning in School Going Children

Maryam Arshad (MSc, 2015-2017)

Supervisors: Nida Zafar & Rukhsana Kausar, PhD

With the advancement in technology, human beings have turned images into moving objects, making an imaginary world of fantasy in the minds of children. Watching excessive cartoons has made children addicted to these animate objects, affecting their behavior both physically and psychologically and urging them to mimic such characters in their everyday life. The present research investigated the relationship between cartoon addiction and executive functioning in school going children. It was hypothesized: cartoon addiction would negatively relate to poor executive functioning in school going children; cartoon addiction is likely to predict poor executive functioning in school going children, age ranged 5 to 12 years. Correlational research design was used. The data was taken from the sample of 100 mothers through convenient sampling strategy. For assessment, Cartoon Addiction Test by Young (2009) and Parent-Teacher Executive Functioning Test by (Gerard & Griolia, 2000) were used. Pearson Product Moment Correlation and Hierarchical Regression analysis were applied for analysis. Findings showed that cartoon addiction have significant positive correlation with poor executive functioning in children. Being in nuclear family, being a second born child, gender and cartoon addiction predict poor executive functioning in school going children. This research has important implications for parents to understand the addictive behavior of their children and to take remedial measures.

Keywords: Cartoon addiction, executive functioning.

Emotional Intelligence, Frustration Tolerance and Anger in Early Adulthood

Iqra Sulyman (MSc, 2015-2017)

Supervisors: Saima Majeed & Farah Malik, PhD

The present study investigated the relationship between emotional intelligence, frustration tolerance and anger in early adulthood. It was

hypothesized that there was likely to be a significant positive relationship between emotional intelligence and frustration tolerance whereas negative relationship between emotional intelligence, frustration tolerance and anger. Another hypothesis was emotional intelligence and frustration tolerance predicted the anger. Differences regarding demographic variables were also assessed. It was correlational study followed by cross sectional research design. Sample was used collected through purposive sampling. Sample was consisted of 200 participants (100 men and 100 women with age range 19 to 25). Emotional Intelligence Scale (Schutte, Malouff & Bhullar, 1998), Frustration Tolerance Scale (Jagir, Dawood, Mansoor & Rehman, 2000), Clinical Anger Scale (Snell, 1995) and demographic information sheet was used for data collection. Pearson Product Moment Correlation was used for assessment of relationship between variables. The results showed that there was a significant positive relationship between emotional intelligence, frustration tolerance and anger. And significant negative relationship between emotional intelligence and anger. Whereas there was a significant negative relationship between frustration tolerance and anger. Result also showed that emotional intelligence predicted anger in the research participants. There was no difference in all demographic variables regarding emotional intelligence, frustration tolerance and anger in early adulthood.

Keywords: Emotional intelligence, frustration tolerance, anger.

Emotional Autonomy, Self – Criticism and Psychological Wellbeing in Adolescents.

Misbah Tariq (MSc, 2015-2017)

Supervisors: Saima Majeed & Farah Malik, PhD

The present research aimed to find out the relationship among emotional autonomy, self – criticism and psychological wellbeing in adolescents. It was hypothesized that there is likely to be a positive relationship between emotional autonomy and psychological wellbeing, there emotional autonomy predicts psychological wellbeing, and there is likely to be a gender difference in respect with self-criticism that girls are more self-critics rather than boys. Convenient sampling has been used to choose the

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Institute of Applied Psychology,
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students from public schools or colleges with age range 13 to 18 years old (Age, $M = 15.5$, $SD = .72$). Students participated in the research with their full consent. The Self-report instruments of Emotional Autonomy (EAS; Steinberg & Silverberg, 1986), Self-criticism (FSCRS; Gilbert et al., 2004) and Psychological Well-being (PWS; Ryff, 1989) were used to measure emotional autonomy, self-criticism and psychological wellbeing respectively. The results confirmed a positive relationship between emotional autonomy, self-criticism and psychological wellbeing. According to the results there is a gender difference in the emotional autonomy. Boys are more emotionally autonomous rather than girls. Findings of this study supported the hypotheses that emotional autonomy predicts the Psychological wellbeing. The findings of the present study are speculated to have sound implications in the fields of counseling settings and educational institutes for intervention planned to reduce self-criticism and as well as for the enhancement of emotional autonomy so that it leads higher psychological wellbeing in the Pakistani cultural context.

Keywords: Emotional autonomy, self-criticism, psychological wellbeing.

Differentiation of Self, Emotion Regulation and Social Anxiety among Adolescents

Rabia Riaz (MSc, 2015-2017)

Supervisors: Sidra Javed & Naumana Amjad, PhD

The present study assessed differentiation of self, emotional regulation and social anxiety in adolescents. Differentiation of Self-inventory Scale by Skowron and Schmitt (2003), Emotional Regulation Questionnaire developed by Gross and John (2003) and Social Interaction Anxiety Scale by Mattick and Clark (1990) were used to measure the variables. Convenient sampling was used for data collection. Sample consisted of 100 girls and 100 boys from different departments of the Punjab University, Lahore. Results from correlational analysis showed that differentiation of self was positively related with emotional regulation and social anxiety. Moreover, social anxiety was negatively correlated with emotional regulation. Also, hierarchical regression revealed that both independent variables, differentiation of self and emotional

regulation were predictors of social anxiety. Further, *t*-test analysis showed significant gender difference on emotional regulation, with males outperforming females with higher emotional regulation. Also, females reported more social anxiety than males. Implications of the study are discussed along with limitation and suggestion for future researches.

Keywords: Emotional regulation, social anxiety.

Self-objectification, Perfectionism and Eating Behaviors in Adolescents

Warda Gull (MSc, 2015-2017)

Supervisor: Rafia Rafique, PhD

The present research was conducted to explore the mediating role of perfectionism between self-objectification and eating behaviors. A correlational research design was used in the current study. Total 200 adolescents ($n = 100$ boys, $n = 100$ girls) were selected from different schools and colleges of Lahore with an age ranging 13-19 years ($M = 15.82$, $SD = 1.72$). Self-objectification Questionnaire (Noll & Fredrickson, 1998) was used to measure self-objectification, The Almost Perfect Scale (Revised short form) developed by Slaney, Mobley, Trippi, and Ashby (1996) was used to measure perfection and eating behaviors were assessed by The Eating Attitudes Test (EAT-26) developed by Garner, Olmstead, Bohr, and Garfinkel (1982). The data was analyzed by employing Pearson product Moment Correlation Analysis and Structural Equation Model Analysis (SEM). Results showed that higher self-objectification in adolescents were related to unhealthy eating behaviors. Further, the subscales of order and discrepancy in perfectionism mediated the relationship between self-objectification and eating behaviors; highlighting those adolescents, who viewed themselves from a third person's perspective, and behaved in orderly and organized way were dissatisfied with their performance in life and developed unhealthy eating behaviors. The study holds implications suggesting that counseling can be provided to adolescent boys and girls to avoid self-objectification and develop healthy eating behaviors that can eventually enhance their overall quality of life (QoL).

Keywords: Self-objectification, perfectionism, eating behaviors.

Psychological Abstracts (2017)
Institute of Applied Psychology,
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Jealousy, Gossip and Relational Aggression in Adolescents

Sania Razaq (MSc, 2015-2017)

Supervisors: Ayesha Farooq & Iram Fatima, PhD

The present study aimed to explore the relationship between jealousy, gossip and relational aggression in adolescents. It was hypothesized that there was likely to be a relationship among jealousy, gossip and relational aggression in adolescents. Correlational research design was used. Purposive and convenient sampling technique was used to collect data. The study comprised of sample of 200 (boys = 100, girls = 100) adolescents. Indigenous Interpersonal Jealousy Scale (Farooq & Amjad, 2012), Gossip in Organization (Witteck & Wielers, 1998) and Diverse Adolescent Relational Aggression scale (Horton, 2010) was used. Pearson Product Moment Correlation and Hierarchical Regression analyses were applied to generate results which showed that there was a significant relationship among gossip, jealousy and relational aggression in adolescents. Further, the results showed that only gossip predicted relational aggression. Independent sample *t*-test was used to find out the gender differences which showed that boys scored higher on gossip scale than girls. The findings of this study have important implications in clinical and counseling psychology, as well as in educational field for the wellbeing of adolescents.

Keywords: Jealousy, gossip, relational aggression.

Peer Normative Beliefs and Food Preferences of Adolescents

Khadeeja Javed (MSc, 2015-2017)

Supervisor: Fatima Kamran, PhD

The foods we choose to eat have a significant impact on health and wellbeing (Swinburn et al., 2011) and so it is important to understand the factors that influence food choice. So, the present correlational study was aimed to investigate the role of peer normative beliefs in food preferences of adolescents. The sample comprised of 146 academy students of Hasilpur, District Bahawalpur. Simple random sampling was employed to collect data. Peer normative beliefs and food preferences of adolescents were measured using the following scales: Normative Beliefs

Questionnaire (Mechelle Granner, 2012) and Adolescents' Food Habits Checklist (Wardle, 2002). Pearson Product Moment Correlation Analysis and Hierarchal Multiple Regression Analysis were used. Results revealed that peer normative beliefs predicted healthy food preferences of adolescents. Among the socio demographic factors, the findings of study showed that adolescents who belonged to nuclear family system and had siblings had healthy food preferences as compared to the ones being the only child and belonging to joint family system. The finding of the study raise implications in nutrition education aimed at stimulating healthy eating and to also focus on contextual factors as well, such as the peer normative beliefs.

Keywords: Peer normative beliefs, food preferences.

Self-Perception, Social Connectedness and Consideration of Future Consequences in Adolescents with Hearing Impairment

Hira Ahmad (MSc, 2015-2017)

Supervisor: Shahnaila Tariq

The present study aimed to explore the relationship of self-perception, social connectedness and consideration of future consequences in adolescents with hearing impairment. Correlational research design was used for the current study. The sample consisted of 100 adolescents with hearing impairment, 63 female and 37 male students. It was hypothesized that there is a positive relationship between self-perception and social connectedness and self-perception importance is likely to predicted future consequences in adolescents with hearing impairment. Richards PSC Scale (Richards, 1987) was used to measure self-perception while Social Connectedness Scale-Revise (Richard, 2008) and Consideration of Future Consequences scale (Strathman, Gleicher, Boninger & Edwards 1994) were used to measure social connectedness and consideration for future consequences. The result revealed that self-perception importance positively predicted future consequences and negatively predicted immediate consequences. Problems present in the parents and number of siblings were positive predictors of future consequences.

Keywords: Self-perception, social connectedness, consideration of future consequences, hearing impairment.

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

Relationship Quality, Secrecy and Subjective Wellbeing in Adolescents

Muzammil Tahir (BS, 2013-2017)

Supervisor: Afifa Anjum

The present study aimed to investigate the relationship between relationship quality and subjective well-being and possible mediation of secrecy in this relationship. It was hypothesized that relationship quality (relationship with father, mother and friends) is likely to predict subjective well-being in adolescents and secrecy is likely to mediate the relationship between relationship quality and subjective well-being. The research sample consisted of both male and female adolescents ($N = 110$), age range 13 to 19 years ($M = 16.8$, $SD = .99$), from different academic institutions of Lahore. Non-probability convenient sampling technique was used to collect the data. The assessment measures used to collect the data were Network of Relationships Behavioral Systems Version (NRI-BSV; Furman & Buhrmester, 1995), Trust in Close Relationships Scale (Rempel, Holmes, & Zanna, 1985), Self-Concealment Scale (SCS; Larson & Chastains, 1990) and Positive and Negative Affect Scale-C-P (short version; Chad Ebesutani, 1998). Data was analyzed using Pearson Product Moment Correlation and Regression Analysis. Results revealed that there was a positive relationship between relationship with mother, positive affect and relationship with friends. Relationship with mother and friends were significant predictors of positive affect. Moreover relationship with mother was predicting positive affect mediated by relationship with friends. Secrecy was not correlated with relationship quality and subjective well-being, and was not a significant predictor. This signified that relationship quality with parents specifically mothers and with friends contributes in a subjective well-being of adolescents.

Keywords: Relationship quality, secrecy, subjective well-being.

Personal Growth Initiative, Identity Formation and Psychological Wellbeing in Adolescents

Aliya Wajid (BS, 2013-2017)

Supervisor: Zaeema Farooq

The present study aimed to investigate the relationship between personal growth initiative, identity formation and psychological wellbeing in adolescents. It was hypothesized that personal growth initiative and identity formation (commitment and exploration) are likely to predict psychological wellbeing in adolescents. It was also hypothesized that identity formation (commitment and exploration) is likely to predict psychological well-being. Furthermore, identity formation (commitment and exploration) is likely to mediate the relationship between personal growth initiative and psychological wellbeing in adolescents. The sample comprised of 200 young adolescents, ($N = 200$) including 109 boys and 91 girls with age range of 16-19 years ($M = 17.49$, $SD = .74$). Personal Growth Initiative Scale (Robischek, 2012), Ego Identity Process Questionnaire (Elizabeth Balistreri, 1995) and Ryff's Scale of Psychological Well-Being (Carol Ryff, 1995) were used to assess study variables. Data was analyzed through Pearson Product Moment Correlation and Structural Equation Modeling (SEM) using AMOS. The results showed that personal growth initiative was significantly positively related to identity formation (commitment and exploration) and psychological well-being. Similarly, identity formation (commitment and exploration) was significantly positively related to psychological well-being. Moreover, personal growth initiative was positive predictor of identity formation (commitment and exploration) and psychological well-being. Similarly commitment, identity formation was a positive predictor psychological well-being while exploration, identity formation was a negative predictor of psychological well-being. Furthermore, identity formation (commitment and exploration) was a significant mediator between personal growth initiative and psychological well-being. The present study findings highlight the importance of personal growth initiative, identity formation and their influence on psychological well-being of adolescents.

Keywords: Personal growth Initiative, identity formation, psychological well-being.

Rumination, Catharsis and Life Satisfaction in Adolescents

Ayesha Lodhi (MSc, 2015-2017)

Supervisor: Faiza Rasool

The purpose of this study was to investigate the relationship of rumination, catharsis and life satisfaction in adolescents. It was hypothesized that there is likely to be a relationship between rumination, catharsis and life satisfaction in adolescents. It was also hypothesized that rumination and catharsis are likely to predict life satisfaction in adolescents. The sample comprised of 100 students, age ranged 13 –19 years both boys and girls. For assessment Catharsis Measurement Scale (Vaughn, 2015), Rumination Response Scale (Nolen-Hoeksema, 2003) and Satisfaction with Life Scale (Diener, 1993) were used. Pearson Product Moment Correlation was used to see the relationship between rumination, catharsis and life satisfaction. Result depicted that there was not a significant relationship between rumination, catharsis and life satisfaction. Regression analysis was used to see the predicting role of rumination and catharsis on life satisfaction. Result of regression analysis depicted that rumination and catharsis were not significant predictors of life satisfaction in adolescents. Findings help to widen the understanding of why catharsis is important to demolish rumination and how life can be satisfied through catharsis and rumination.

Keywords: Rumination, catharsis, life satisfaction.

Communication Competence, Shyness and Friendship Quality in Adolescence

Uzma Hameed (MSc, 2015-2017)

Supervisor: Nousheen Ramzan

The present study was conducted to describe the relationship among communication competence, shyness and friendship quality in adolescence. It was hypothesized that there is likely to be positive relationship between communication competence and friendship quality

and negative relationship between shyness and friendship quality in adolescence. Moreover, it was hypothesized that communication competence and shyness are likely to be strong predictors of friendship quality. Differences across gender were also hypothesized. Data was collated from 200 adolescence (104 boys and 96 girls) with age range of 14-18 years ($M = 15.84$, $SD = 1.29$) using convenient sampling technique. Communication Competence Scale (CCS; Wiemann, 1977), Shyness Scale (SC; McCroskey, & Richmond, 1982) and Friendship Quality Scale (FQS; Bukowski, Hoza & Boivin, 1994) were administered in Urdu. The results of Pearson Product Moment Correlation indicated that communication competence was positively related with friendship quality and shyness was negatively related with friendship quality. Multiple Hierarchical Regression analysis revealed that both communication competence and shyness were strong positive predictors of friendship quality and its sub domains (companionship, help, conflict, security and closeness). Results of t -test suggested non-significant gender differences for communication competence, shyness and friendship quality. The results were discussed in Pakistani socio-cultural context.

Keywords: Communication competence, shyness, friendship quality, adolescence.

Educational Psychology

Counterfactual Thinking, Distress Tolerance and Resilience in University Students

Maria Saleem (BS, 2013-2017)

Supervisors: Saadia Dildar & Rukhsana Kausar, PhD

The current cross sectional correlational study explored the relationship between counterfactual thinking, distress tolerance and resilience in university students. The sample of the study consisted of 200 students with 74 men and 126 women, recruited from 5 different departments of University of the Punjab, Lahore. It was hypothesized that counterfactual thinking will significantly predict distress tolerance and resilience in university students. There is likely to be positive relationship between counterfactual thinking, distress tolerance and resilience. The data were collected through different psychological instruments including Counterfactual Thinking for Negative Event Scale (Rye, Cahoon, Ali & Daftery, 2008), Distress Tolerance Scale (Simons & Gaher, 2005) and State-trait Resilience Scale (Hiew, 2007). The finding showed counterfactual thinking has non-significant negative relationship with distress tolerance and state resilience and non-significant positive relationship with trait resilience and total resilience. Distress tolerance has non-significant positive relationship with state resilience and total resilience. Distress tolerance has non-significant negative relationship with trait resilience. Furthermore, findings revealed that counterfactual thinking significantly positively predicted distress tolerance and total resilience after controlling socio-demographics i.e. family income, experience of trauma, gender and family system. The findings implicated to help individual to cope better with negative experiences and stressful life situations and enhance resilience.

Keywords: Counterfactual thinking, distress tolerance, state resilience, trait resilience.

Psychosocial Predictors of Academic Dishonesty in University Students

Tahmina Riaz (MSc, 2015-2017)

Supervisors: Nida Zafar & Rukhsana Kausar, PhD

The present study aimed to investigate psychosocial predictors of Academic dishonesty. It was hypothesized that there is likely to be a significant relationship in personality traits, procrastination, moral values and academic dishonesty. It was also hypothesized that personality traits, procrastination and moral values are likely to predict level of academic dishonesty in students. The sample comprised of 257 university students with the age rang 18 – 25 ($M = 20.92$, $SD = 1.63$). Convenient sampling strategy was used in this research. Mini International Personality Item Pool by Goldberg (1999), Procrastination Scale by Lay (1986), Ethical Goodness Scale by Narvaez, Bock, and Vaydich (2008) and Academic Dishonesty Tendency Scale by Eminoglu and Nartgun (2009) were used for assessment. Pearson Product Moment Correlation and Multiple Regression Analysis and Independent sample t -test were used to analyze data. The result indicated that there was relationship in agreeableness, conscientiousness, extraversion, neuroticism, procrastination, moral values and academic dishonesty in university students. Agreeableness, conscientiousness, extraversion, neuroticism, procrastination and moral values predict academic dishonesty in university students. Non-significant gender differences were found in agreeableness, conscientiousness, extraversion, neuroticism, procrastination, moral values and academic dishonesty in university students. The result of present study would help in understanding psychosocial predictors of academic dishonesty.

Keywords: Psychosocial predictors, academic dishonesty.

Internet Usage, Level of Frustration Intolerance and Academic Achievement in University Students

Sara Amin Kahloon (MSc, 2015-2017)

Supervisors: Sumaira Ayub & Farah Malik, PhD

The present research investigated the relationship between internet usage, level of frustration intolerance and academic achievement in university students. It was hypothesized that there would be a negative relationship between internet usage, level of frustration intolerance and academic achievement in university students. It was also hypothesized that Internet usage and level of frustration intolerance would likely to predict the academic achievement in university students. It was a correlational research design. A sample comprised of 181 university students (125 women and 56 men). The sample age range was 18- 26 years ($M = 20.64$, $SD = 1.73$). Data were collected from three public universities of Lahore including GCU, University of Education and Punjab University by employing convenient sampling technique. Urdu versions of Internet Addiction Test (Young, 2004), and Frustration Discomfort Scale (Harrington, 2005) were used. Academic achievement was measured through their percentage of marks in previous exam. The results of Pearson Product Moment Correlation showed non-significant relationship of internet usage and frustration intolerance with academic achievement. The results of Multiple Linear Regressions showed non-significant prediction of academic achievement by internet usage and frustration intolerance in university students. It was also revealed that there was positive relationship between internet usage and level of frustration intolerance. The findings of the present research are helpful for the educationists, psychologists, and teachers and parents so that they can pay attention to the frustrated students and give them awareness to control their frustration intolerance.

Keywords: Internet usage, frustration intolerance, academic achievement, university students.

Emotional Intelligence and Academic Stress in College Students

Saman Imtiaz (BS, 213-2017)
Supervisor: Rafia Rafique, PhD

Stress is a growing concern in adolescents now-a-days. The present study aimed to investigate the role of emotional intelligence in experiencing academic stress and to find out gender differences in emotional intelligence and academic stress in college students. The sample comprised of 184 students, consisting of 92 females and 92 males of age range between (17-19) years ($M = 18.1$, $SD = .72$). Participants were selected through random sampling technique from private and government colleges of Lahore. The tools used for this study included; Schutte Self-Report Emotional Intelligence Test (SSEIT) developed by Schutte et al. (1998) and Educational Stress Scale for Adolescents developed by Dune et al. (2010). Pearson Product Moment Correlation Analysis and Hierarchal Multiple Regression were used. It was found that low emotional intelligence was a predictor of academic stress and females were more emotionally intelligent as compared to the male students. Also, the male students experienced more stress compared to the female students. The implications of these findings suggest that there should be special counseling centers for students in their respective institutions to help them overcome academic stress.

Keywords: Emotional intelligence, academic stress.

Sociotropy-Autonomy and Psychological Distress among Students Living in Hostels

Tehreem Javed (BS, 2015-2017)
Supervisor: Afsheen Masood, PhD

The present research was conducted to investigate the relationship between sociotropy-autonomy and psychological distress in students living in hostels. It was hypothesized that sociotropy-autonomy was likely to have significant relationship with psychological distress. Also, it was further hypothesized that sociotropy-autonomy was likely to predict psychological distress. Cross-sectional research design was used. The

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Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

sample consisted of hostel based students ($N = 300$), selected from different universities of Lahore using non-probability purposive sampling technique. The age range of the student was 18 years to 21 years ($M = 19.80$, $SD = 1.03$). In addition to demographic information sheet, Sociotropy-Autonomy Scale SAS (Clark & Beck, 1991), Hospital Anxiety and Depression Scale (Zigmond & Snaith, 1983) and Perceived Stress Scale (Cohen, Kamarck & Mermelstein, 1983) were used for assessment. The data was analyzed using Pearson Product Moment Correlation, Multiple and Linear Regression analysis using SPSS version 20. The results showed that sociotropy emerged as significant predictor of stress, depression and anxiety while autonomy was significant predictor of depression. There were significant gender differences in reported psychological distress implying the need to have better counseling services for the hostel based students so that they can focus efficiently into their studies.

Keywords: Sociotropy-autonomy, psychological distress.

Self-Construal and Communication Predisposition in Undergraduate Students

Anum Amin (MSc, 2016-2017)

Supervisor: Iram Fatima, PhD

Correlational study was conducted to assess the relation between self-construal (Independent & Interdependent) and communication predisposition (approaching argumentativeness, avoiding argumentativeness and communication apprehension) in male ($n = 34$) and female ($n = 126$) undergraduate students with age range of (19 to 25) years ($M = 16.63$, $SD = .82$). It was hypothesized that there would be positive relationship between independent self-construal and approaching arguments while interdependent self-construal would have positive relationship with avoiding argumentativeness and communication apprehension. Singelis's Self-construal Scale (Singelis, 1994) was used to assess independent and interdependent self-construal, Infante's and Rancer's Argumentativeness Scale (Infate & Rancer, 1982) and Personal Report of Communication Apprehension PRCA-24 (McCroskey, 1982) were used to measure communication predispositions. Correlation and Hierarchical Regression Analyses were used to assess the hypotheses.

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

Results showed that both self-construals had a positive relationship with avoiding argumentativeness and approaching argumentativeness while independent self-construal positively predicted approaching argumentativeness and avoiding argumentativeness. Findings of the study throw light on cultural specific role of independent and interdependent self in communication predispositions.

Keywords: Self- construal and communication predisposition.

Empathy and Quality of Friendship in University Students

Laila Ashraf (MSc, 2015-2017)

Supervisors: Gul-E- Sehar & Iram Fatima, PhD

The present study was conducted to find out the relationship between empathy (affective and cognitive) and quality of friendship. It was hypothesized that affective and cognitive empathy would be positively related to quality of friendship. Correlation research design was used to find out relationship between Empathy (Affective and Cognitive) and Friendship quality (Safety, Closeness, Acceptance and help). Sample consisted of 200 students (male = 98; female = 102) within the age ranged of 20 to 25 years ($M = 22.05$; $SD = 1.45$) of three public sector Universities of Lahore city. Non-probability convenient sampling strategy was used to collect data. The Basic Empathy Scale (BES) by Jolliffe and Farrington (2006) and The Friendship Questionnaire by Thien, Razak and Jamil (2012) were used to collect data. The results showed that affective and cognitive empathy had significant positive correlated with the subscales of friendship quality (safety, closeness, acceptance and help). Further, the results showed that the affective empathy positively predicted subscales of friendship quality (safety, closeness, acceptance and help), but cognitive empathy only predicted helping behavior. These study findings highlight the importance to develop an intervention programs at university level to improve empathy, intimacy skills, and conflict management skills to promote positive qualities of friendship.

Keywords: Affective empathy, cognitive empathy, safety, closeness, acceptance and help.

Self-Forgiveness, Regulation and Academic Procrastination in University Students

Maria Ashfaq (MSc, 2015-2017)

Supervisors: Gul-E- Sehar & Iram Fatima, PhD

The present study was conducted to find out the relationship among self-forgiveness, regulation and academic procrastination in University students. It was hypothesized that self-regulation and self-forgiveness would be negatively related to active and passive procrastination and self-regulation and self-forgiveness would be negatively predict active and passive procrastination. Correlation research design was used to find out relationship between self-forgiveness, self-regulation and academic procrastination. The sample was collected by using non-probability convenient sampling technique and consisted of 302 public sector University students (male = 148, female = 154) with the age range of (17 to 29) years ($M = 21.86$; $SD = 2.06$). The data was collected by using Heartland Forgiveness Scale (HFS) (Thompson, 2005), Self-regulation Questionnaire (SRQ) (Brown, Miller & Lawendowski, 1999), Active Procrastination Scale (APS) (Choi & Moran's, 2009) and Passive Procrastination Scale (Chu & Choi, 2009). The results showed that active and passive procrastination was negatively related with self-regulation and self-forgiveness while self-regulation negatively predicted both active and passive procrastination. Also, self-forgiveness negatively predicted active procrastination. The present study highlights the importance of self-forgiveness and self-regulation as coping strategy to reduce the academic procrastination behavior of students.

Keywords: Self-forgiveness, self-regulation, active and passive procrastination.

Rumination, Sleep Disturbance and Psychological Distress in Hostelite Students

Hadiqa Irfan (MSc, 2015-2017)

Supervisor: Shazia Khalid, PhD

The present research was conducted to investigate the relationship among rumination, sleep disturbance and psychological distress in hostelite

students. Within group research design was used and the sample comprised of 150 hostelite students with age range of 18 to 25 years. Rumination Response Scale (Hoeksema & Morrow, 1991), Pittsburgh Sleep Quality Index (Buysse, et al., 1989) and Kessler Psychological Distress Scale (Kessler et al., 2002) were used to collect data. Correlation and regression analysis were applied. The results revealed that rumination and sleep disturbance were significantly positively correlated with psychological distress while rumination significantly predicted psychological distress in hostelite students. These findings highlight the need for early hour interventions in reducing rumination and sleep disturbance in order to prevent the growth of severe psychological illness in hostelite students and their failure in academic and occupational fields as well.

Keywords: Rumination, psychological distress, sleep disturbance.

Predictors of School Leaving Intentions

Arooba Nasar (BS, 2013-2017)

Supervisor: Saima Ghazal, PhD

A correlational study was conducted to investigate the intentions and actions leading towards school leaving among 5th, 8th and 10th grade students in government schools. By employing the Theory of Planned Behavior (TPB) from social psychology, it was hypothesized that intentions to complete the school are predicted by the attitude, subjective norm and perceived behavioral control (Davis et al., 2002). The sample consisted of students ($n = 150$) selected from four different government schools using non-probability convenient sampling technique. The age range of the student was 10 years to 16 years. Demographic information sheet consisted of various factors including age, gender, family income and parental education, family system, and academic history. TPB self-developed questionnaire was used to assess school leaving intentions. Correlational analysis revealed significant relationship between all the sub-scales of the theory of planned behavior. Regression analysis showed that behavioral outcome and control belief were found to be significant predictors of school leaving intentions. This study will help in

development of effective policies to improve school progression and reduce the numbers of children leaving the school.

Keywords: Early school-leaving, economic deprivation, theory of planned behavior, educational support.

Satisfaction with the Substitute Choices for Pre Medical Students

Ayesha Haya (MSc, 2015-2017)

Supervisor: Saima Ghazal, PhD

Every year, around 80,000 students (from all over Pakistan) appear for MCAT against 3400 medical seats in all medical colleges in Pakistan. The current study aimed at exploring how those who fail MCAT make career substitute choices. Study also aimed to find the level of satisfaction of the students with those choices that they made as substitute for medical school. Goal of the study was to explore the level of satisfaction with top substitutes, so we can guide prospective students to make better career choices. A sample of ($n = 162$) was taken from 10 selected departments of Punjab University where majority of the premedical students (after failing MCAT) ended up. Findings revealed that students, on average, made choices/decision based on availability and merit of the program. Further findings revealed that overall students were satisfied with their choices; however, their satisfaction level was low in semester one as compared to final semester. ANOVA results indicated that students' top three choices in terms of satisfaction with the program as a medical school substitute were; first, chemistry and D-Pharmacy; second, Microbiology and Molecular Genetics (MMG) and Agricultural Sciences and third was Applied Psychology. Implications of the study are useful in terms of guiding helping premedical students to make better substitute career choices/decisions.

Keywords: Career choices, substitutes for medical school, Pre-medical students.

Emotional Intelligence and Anger Management Styles in Government School Teachers

Ayesha Khalid (MSc, 2015-2017)

Supervisors: Arooj Arshad & Saima Ghazal, PhD

The current study was designed to examine the relationship of emotional intelligence with anger management styles of the government school teachers. Correlation research design was employed and sample of 200 school teachers was drawn from the government schools of Lahore by applying convenient sampling. The school teachers were from the age range of 25 to 50 years. Schutte Self-Report Emotional Intelligence Test (Schutte et al., 1998), and State Trait Anger Expression Inventory (Spielberger, 1988) was administered. Results revealed that Emotional Intelligence had significant negative correlation with anger management styles. Moreover, emotional intelligence (perception of emotion, managing emotions in the self, managing others' emotions and utilizing emotions) were positively correlated with anger control and negatively correlated with the trait anger, state anger, anger in, and anger out. Hierarchical Regression analysis demonstrated that perception of emotion was a positive predictor of anger control and anger out and utilizing emotion was significant negative predictor of anger out and anger in. Independent sample *t*-test demonstrated that there were no significant differences between both men and women on emotional intelligence and anger management styles. The findings have important implications for teachers in best emotional intelligence and best management styles of anger, so that the teaching styles can be better improved and enhanced.

Keywords: Emotional intelligence, anger management styles.

Optimism Level about Future Market Jobs; Role of Self-Esteem, Personality and Achievement in Engineering Students

Shanza Khan (MSc, 2015-2017)

Supervisors: Arsla Nasir & Saima Ghazal, PhD

The present study examined the relationship among optimism level about future market job, role of self-esteem, personality and achievement in

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

engineering students. It was hypothesized that there would likely to be a positive relationship among optimism, self-esteem, personality and achievement; semester, CGPA, self-esteem and that personality would predict the optimism. Furthermore, it was also hypothesized that there would likely to be gender differences in optimism levels and difference between the optimism level at 1st semester and last semester students. Cross-sectional research design was used. The sample comprised of 130 engineering students including 92 males and 38 females of age range 19-24 years from different departments of Engineering Universities by employing purposive sampling technique. A self-constructed demographic sheet, Rosenberg Self-Esteem Scale (Rosenberg, 1965), Employment Hope Scale (Hong, 2016) and Mini International Personality Items Pool Scale (Goldberg, 1999) were individually administered on the sample to assess the study variables. Pearson Product Moment Correlation, Hierarchical Regression and Independent sample *t*-test were applied to generate results which showed that optimism significantly correlated with self-esteem and personality (conscientiousness and extroversion) and self-esteem correlated with personality (agreeableness and neuroticism). Also, the semester predicted optimism. Moreover, there were no significant gender difference in optimism level, self-esteem and personality and there were significant differences between the optimism level and self-esteem of 1st semester students and the last semester students.

Keywords: Optimism, self-esteem, personality, achievement.

Gender Difference in Motivation, Frequency and Content of SMS Messages Send By University Students

Sanila Majeed (MSc, 2015-2017)

Supervisor: Mujeeba Ashraf, PhD

The present research aimed to found out the gender difference in motivation, frequency and content of SMS send by University students. As the study explored gender related difference so between subject design was used. Convenient sampling technique was used to collect the data. Sample of the study was young adult from 18 to 25 age range. For the collection of data TSAQ (Type of Using SMS Assessment Questionnaire) was used (Shayad, 2010). It was hypothesized that there is

likely to be a gender difference in frequencies, motivation and content of SMS send by university students. Data was analyzed by MANOVA and Chi Square analysis. The research findings revealed that there is no gender difference in motivation, frequency and content of SMS send by university students. The study also indicates that university students send more SMS to their friends than any other relation. The findings of the study can give a framework or base to develop the guidance and planners for the positive use of mobile phones. It will also play the role to fill the gaps in research field and open the gate for research especially in Pakistan.

Keywords: Gender difference, motivation, frequency and content of SMS.

Gender Difference in Persistent Academic Possible Selves and Self-Esteem in University Student.

Fizzah Batool (MSc, 2015-2017)

Supervisor: Mujeeba Ashraf, PhD

The present study aimed to investigate the gender differences in persistent academic possible selves and self-esteem in university student. Between group research design was used and a sample of 176 students was recruited from different departments of Punjab University by using convenient sampling technique. The demographic form, Rosenberg Self-esteem Scale (Rosenberg, 1965) and Persistent Academic Possible Selves Scale (Lee, 2015) was used to collect data. The Cronbach Alpha of all the scales above was estimated to check the reliability. Preliminary analysis showed that data appeared non-normative. Therefore, Mann-Whitney U test was used to assess the difference of self-esteem and persistent academic possible selves between male and female university students. The results revealed significant gender differences in persistent academic possible selves in university students. Also, females had higher persistent academic possible selves than males. Further, no significant gender differences were found on self-esteem in university students. Results were further discussed in terms of their implications and theoretical significance. This study will be helpful for university teachers and students. It will help them to understand the concept of persistent

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

academic possible selves to enhance their personal growth, socialization and academic performance.

Keywords: Gender difference, self-esteem, persistent academic possible selves.

Humor Styles and Social Self-Efficacy among College Students

Mamoona Afzal (BS, 2013-2017)

Supervisor: Faiz Younas

The present study aimed to determine the relationship between humor styles and social self-efficacy among college students. It was hypothesized that there is likely to be positive relationship between humor and social self-efficacy. It was also hypothesized that positive humor style was positively correlated with social self-efficacy and negative humor style was negatively correlated with social self-efficacy. Furthermore, there is likely to be gender difference in social self-efficacy. Correlational research design was used for present study. Total sample of 150 students ($N = 150$) including 74 males ($N = 74$) and 76 females ($N = 76$) with age range of 16-18 years ($M = 17$, $SD = .82$), were taken using convenient sampling technique. Data was collected by using Humor Style Questionnaire (Martin & Doris, 2003) and Social Self Efficacy Scale (Muris, 2001). Pearson Product Moment Correlation and Independent Sample t -test were conducted for data analysis. Results revealed that humor was positively correlated with social self-efficacy. Similarly, positive and negative humor styles were positively correlated with social self-efficacy. Furthermore, females showed more social self-efficacy as compare to males. Findings of present study can be implied in educational setting. Further limitations and suggestion are discussed.

Keywords: Humor styles, self-efficacy, social self-efficacy.

Environment Psychology

Resilience and Psychological Distress in the Residents of Polluted Areas of Lahore

Irum Sultan (MSc, 2015-2017)

Supervisor: Shahnila Tariq

The aim of the current research was to investigate the relationship between resilience and psychological distress in the residents of polluted areas of Lahore. It was hypothesized that there is likely to be a relationship between resilience and psychological distress in the residents of polluted areas of Lahore. Correlational research design and purposive sampling technique was used to collect the data from adults ($N = 200$; male = 110 and female = 90) with age range between 18 to 65 years ($M = 28.43$, $SD = 9.38$). The data was collected from different areas of Lahore where construction for development of Lahore was going on. A demographic information sheet, State- Trait Resilience Scale (STRS) (Hiew, 2000) and Psychological Distress (K10) (Kessler, 2002) were used as assessment measures. Data was analyzed by using Pearson Product Moment Correlation, Hierarchical Regression; Independent sample t -test and one way ANOVA. The results revealed that resilience and its three subscales i.e. inter-state resilience, intra-state resilience and inter-trait resilience were negatively correlated with psychological distress. Furthermore, it was found that age and status of father alive were significantly positively correlated with psychological distress but birth order and mother's occupation were negatively correlated with psychological distress. The present research raises implication for environmental psychology and social psychology and suggests an approach that aims to focus on the management to overcome polluted situation.

Keywords: Resilience, psychological distress, pollution, construction work.

Family Relationships

Parental Acceptance–Rejection, Attachment Styles and Life Orientation in Youth

Iqra Jabeen (MSc, 2015-2017)

Supervisor: Farah Malik, PhD

This research was conducted to examine the relationship between parental acceptance–rejection, attachment styles and life orientation in youth. It was hypothesized that indifference/neglect, hostility/aggression, undifferentiated rejection is likely to be positively related to pessimism. It was also hypothesized that there is likely to be a positive relationship between anxiety attachment style and pessimism. Life orientation in youth will be predicted by parental acceptance-rejection and attachment styles (close, depend and anxiety). A sample of ($N = 125$) boys and girls was taken. Long form of Adult Parental Acceptance-Rejection Questionnaire (Rohner, 2004) was used to access parental acceptance-rejection. Adult Attachment Scale (Collins, 1996) was used to access attachment styles and Life Orientation Test-Revised (LOT-R) (Scheier, Carver & Bridges, 1994) was used to access optimism and pessimism. The Cronbach alpha reliabilities were computed for parental acceptance – rejection (warmth/affection, indifference/neglect, hostility / aggression and undifferentiated rejection) for both mother and father, adult attachment scale (close, depend, anxiety) and life orientation test (optimism, pessimism). Results showed that there is positive relation between father warmth and optimism. There is a negative relationship between father’s neglect and optimism. There is a negative relationship between mother’s neglect and optimism. There is negative relation between father’s undifferentiated reject and optimism. Mother’s hostility/aggression and father’s indifference/neglect are emerged to be negative predictors of optimism.

Keywords: Attachment styles, life orientation.

Rejection Sensitivity, Self-Esteem, and Social Adjustment in Mothers Having Only Daughters.

Tehreem Iftikhar (MSc, 2015-2017)

Supervisors: Shamim Rafique & Farah Malik, PhD

The current research was designed to investigate the relationship between rejection sensitivity, self-esteem, and social adjustment in mothers having only daughters. The data was collection from ($N = 120$) mothers having only daughters. It was hypothesized that (a) there is likely to be a negative relationship between rejection sensitivity, self-esteem, and social adjustment in mothers having only daughters, (b) there is likely to be a moderating role of self-esteem between rejection sensitivity and social adjustment in mothers having only daughters. Further it was hypothesized that there is likely to be a difference in rejection sensitivity, self-esteem, and social adjustment in mothers having only daughters, living in nuclear and joint family system and between working and non-working mothers. Cross sectional correlation research design was used. Snowball sampling strategy was used to collect date from the participants. The Rejection Sensitivity Questionnaire, adult version (A-RSQ) (Downey and Feldmen, 2006), The Rifai Self-Esteem Scale (Rifai, 1999) and The Social Adjustment Scale (Bell, 1934) was used as assessment measures. Descriptive statistics, Pearson Product Moment Correlation, Independent sample t -test and Moderation through Hierarchical Regression were used to analyze the data. The results revealed that self-esteem and social adjustment are positively correlated with each other whereas rejection sensitivity did not show relationship with self-esteem and social adjustment. A significant difference of job status was found regarding self-esteem, self-acceptance, and self-competence. Moreover, the findings showed that self-esteem did not play a moderating role between rejection sensitivity and social adjustment. The findings have practical implications for the mother, marriage counselors and clinicians.

Keywords: Rejection sensitivity, self-esteem, social adjustment.

Family Cohesion, Sibling Relationship, and Psychological Well-Being in Adolescents

Iqra Shafqat (BS, 2013-2017)

Supervisor: Iram Fatima, PhD

The present study was conducted to investigate the relationship between family cohesion, sibling relationship, and psychological well-being in adolescents. It was hypothesized that there would be a positive relationship between family cohesion, sibling relationship and psychological wellbeing and that family cohesion and sibling relationship predict psychological well-being in adolescents. The sample consisted of 129 adolescents from different private colleges in Lahore using random sampling technique. The age range of the adolescents was 16-19 years ($M = 17$, $SD = .99$). Family Environment Scale (FES; Bhatia, & Chadha, 2002) was used to measure family cohesion, Adult Sibling Familial Relationship Scale (ASFRS; Matyja, 2014) was used to measure sibling relationship and Ryff's Psychological Well-being Scale (RPSWS; Ryff, 1989) was used to measure psychological well-being respectively. Pearson Product Moment Correlation and Linear Regression were used for analysis. Results revealed that there was a positive correlation between family cohesion, sibling relationship and psychological well-being. It also revealed that family cohesion was the only predictor of psychological well-being. The findings of present study highlight the importance of healthy family environment and their influence on the psychological well-being of adolescents.

Keywords: Family cohesion, sibling relationship, psychological well-being.

Family Support, Locus of Control and Psychological Distress in Fresh Graduate Job Seekers

Saima Azam (MSc, 2015-2017)

Supervisor: Shazia Khalid, PhD

The present research was accomplished to study the relationship among family support, locus of control and psychological distress in fresh graduate job seekers through correlational research design. A convenient

sample of fresh graduate job-seekers ($N = 150$) of different vocational institutes of Lahore was recruited. Family Support Scale (Dunst et al., 1997), Multidimensional Locus of Control Scale (Levenson, 2006) and Psychological Distress Scale (Kessler, 2000) were used for assessment. Correlation and Simple Linear Regression analyses were used to analyze data through SPSS-21 version. Implications of this study and suggestions for future empirical exploration of the constructs were discussed.

Keywords: Family support, locus of control, psychological distress, fresh graduate job-seekers.

Educating Mothers on Child Abuse

Rida Ahmad (BS, 2013-2017)
Supervisor: Saima Ghazal, PhD

One in every four girls and one in every seven boys in the world are sexually abused. Moreover, one in 5 women and 1 in 13 men reported having been sexually abused as a child (Stoltenborgh, Ijzendoorn, Euser & Kranenburg, 2011). This highlights the need for interventions in preventing child abuse around the globe, particularly in the underdeveloped countries. The present study aimed at two things; firstly, designing an intervention program to educate and train mothers on child abuse and the high risk factors that contribute the most towards it and secondly, to test the effectiveness of the intervention through quasi pre-post-test design. Intervention was designed by identifying high risk factors in collaboration with SAHIL, an NGO that is working toward child protection and neglect. Intervention was tested and finalized after piloting ($n = 12$). Data was collected from middle class mothers ($n = 60$). Quasi experimental research design, and two way mixed ANOVA were used for analysis. Findings indicated significant differences in mothers' knowledge and awareness to child abuse risk factors and its consequences in experimental and control groups at post testing; Mothers improved their knowledge on child abuse, its risk factors and serious consequences in experimental group than in control group. Implications are important in highlighting the importance and need for training interventions and tutorials for mothers and families in preventing child abuse.

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

Keywords: Child abuse, child sexual abuse, training intervention on child abuse.

Forensic Psychology

Gender Differences in Experiencing and Witnessing Stalking in University Students

Zarmina Riaz (MSc, 2015-2017)
Supervisor: Naumana Amjad, PhD

The purpose of this study was to investigate gender differences in experiencing and witnessing stalking in university students. Stalking is unnecessary or obsessive following by an individual or a group towards another person. Stalking behaviors are associated to harassment and intimidation and may contain following the victim in person or monitoring them (Spitzberg, 2002). Gender differences were going to be investigated here in the sense that which gender was going to experience and witness stalking more? Whether gender differences did exist or didn't? Gender refers to the roles and responsibilities of men and women that are created in our families, our societies and our cultures (March & Smyth, 1999). Past investigators suggested that socio demographic variables were responsible for violent behavior in dating relationships (Martins, Gouveia, Chaves, Lourenço, Marques & Santos, 2014). It was also suggested that the duration of the stalking was greatly associated with the stalker's gender and stalker's relationship with the victim. Half of the stalking victims reported aggressive and threatening behaviors and violent stalking methods from the ex-partners (Bjorklund, Hakkanen, Sheridan, & Roberts, 2010). It was hypothesized that girls experienced and witnessed more stalking than boys. It was also hypothesized that demographic variables such as age, gender and area of residence were likely to predict stalking's experience and witness in university students. The sample was collected through convenient sampling technique and consisted of 136 university students with the age range of 18 to 26 years. For assessment, Obsessive Relational Intrusion (ORI) Scale (Spitzberg & Cupach, 2007) was used. Descriptive statistics were applied to generate the mean and standard deviation while Independent sample *t*-test was used to find out which gender experience or witness more stalking. Moreover, Regression analysis was applied to see whether the demographic variables predict stalking experience and witness of

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

stalking or not. This research provides information to the authorities that what policies they should made for the safe surroundings for men and women.

Keywords: Stalking, experience, witness.

De-individuation, Locus of Control and Attitude towards Crime in University Students

Zakia Mumtaz (MSc, 2015-2017)

Supervisor: Faiz Younas

The present study aimed to investigate the relationship among de individuation, locus of control and attitude towards crime in university students. It was hypothesized that there would be positive relationship among the de-individuation, locus of control and attitude towards crime. It was also hypothesized that de-individuation and locus of control would likely to predict attitude towards crime. Cross- sectional co- relational research design was used and sample was collected with the help of purposive sampling (only that male students were selected for data collection who were affiliated to any student community like Jamiat, Baloch or any other). The collected sample of students mainly consisted of ($N = 100$) only male students from university of the Punjab. Self-consciousness Scale (Scheier & Carver, 2013), Levenson Multidimensional Locus of Control Scale (Levenson, 1973) and Criminal Attitude Scale (Taylor, 1968) were used to assess the study variables. Data and variables were analyzed by using SPSS version 21 to explore descriptive statistics, Pearson Product Moment Correlation and Hierarchal Regression analysis. Result showed a significant positive relationship between private self-consciousness and criminal attitude in university students. While the concept of public self- consciousness and locus of control were not proved to be significantly correlated with attitude toward crimes, therefore, the hypothesis was rejected. Results also revealed that self-consciousness and locus of control failed to predict the attitude towards crime thus the prediction hypothesis was also disapproved, but the demographic variable like marital status predicted the attitude toward crime. The present research concentrates on the criminal attitude of student's communities. This research will help for

understanding student's attitude toward crime and also concerned with other problems of students that induce criminal tendencies in them.

Keyword: Locus of control, de-individuation, attitude towards crime.

Psychopathy, Impulsivity and Criminal Thinking in Young Offenders

Asad Mehmood (BS, 2013-2017)

Supervisor: Zaeema Farooq

The present research was conducted to investigate the relationship of psychopathy, impulsivity and criminal Thinking in young offenders. It was hypothesized that psychopathy would predict criminal thinking and impulsivity. It was further hypothesized that impulsivity would predict criminal thinking and also mediate the relationship between psychopathy and impulsivity. Correlational research design was used. The sample consisted of young offenders ($N = 130$) with age range of the offenders from 18 years to 30 years ($M = 25.75$, $SD = 3.16$) selected from jails of Lahore using purposive sampling technique. In addition to demographic sheet, Hare Psychopathy Checklist Revised (Hare, 1980), Barratt Impulsiveness Scale (Barratt, 1995) and Criminal Thinking Scale (Walters, 1998) were used for assessment. The data was analyzed using Pearson product moment correlation and structural equation modeling with AMOS. The results showed that psychopathy positively predicted justification, power orientation, entitlement, criminal rationalization and personal irresponsibility. Psychopathy was a positive predictor of impulsivity. Impulsivity positively predicted criminal rationalization, cold heartedness, entitlement and power orientation. Impulsivity mediated the relationship between psychopathy and justification, power orientation, cold heartedness, criminal rationalization, entitlement and personal irresponsibility. The present study findings highlights predictors of criminal thinking in forensic populations.

Keywords: Psychopathy, impulsivity, criminal thinking.

Health Psychology

Breakfast Habits, Alertness and Mood in Undergraduate University Students.

Noor Fatima (BS, 2013-2017)

Supervisor: Farah Malik, PhD

The present study investigated the relationship between breakfast habits, alertness and mood in undergraduate university students. It was hypothesized that there would be a relationship between breakfast habits, alertness and mood, breakfast habits and alertness will predict mood (happiness, anger, fearful and sadness) and women will be more likely to exhibit poor breakfast habits as compared to men. Sample comprised of 116 university students (58 girls and 58 boys) of BS 4 years program. Data was collected from students of semester 1-8 of BS 4 years program. Urdu version of Maas Robbins Alertness Questionnaire (Robbins, 1998) and Four Mood Introspection Scale (Mayer, 1995) were used. Moreover, a questionnaire to assess breakfast habits was developed. The results of Pearson Product Moment Correlation indicated significance relationship between breakfast habits, alertness and mood. Hierarchal Regression analysis indicated that breakfast habits and alertness level predicted mood. The results of *t*-test analysis revealed that there was no difference in breakfast habits of men and women. The present study has implication of developing management plans and counseling strategies in health related field.

Keywords: Breakfast habits, alertness, mood.

Body Image, Social Support and Psychosocial Adjustment to Prosthesis Use in Unilateral Lower Limb Amputees

Amna Khadam (BS, 2013-2017)

Supervisor: Rafia Rafique, PhD

Lower limb is the most mobile part of our body and hence it is important to study how people face their limb loss and how their body image disturbs and affects their psychological and social functioning. Current study aimed to investigate the relationship among body image, social support and psychosocial adjustment to prosthesis use in unilateral lower limb amputees. Further, it was aimed to find out the moderating role of

social support between body image and psychosocial adjustment. A sample consisting of 102 lower limb amputees with prosthetic limbs was taken by using non-probability convenient sampling technique. A total of ($N = 102$) patients participated with age range (15-65) years ($M = 33.85$, $SD = 15.38$) were recruited. Data was collected using the following questionnaires: Amputee Body Image Scale (ABIS) (Gallagher 2007), Multidimensional Scale of Perceived Social Support (MSPSS) (Zimet, Dahlem & Farley, 1988) and Psychosocial subscales of Trinity Amputation and Prosthesis Experience Scales (TAPES) (Gallagher, 2010) translated into Urdu language. Pearson Product Moment Correlation and Hierarchical Multiple Regression Analysis were used. Results revealed that amputees with high body image disturbance had poorer psychosocial adjustment while those who had high level of social support had better psychosocial adjustment. Furthermore, results also revealed that social support received from friends was a moderator between body image disturbance and psychosocial adjustment (general adjustment and adjustment to limitation). Findings of present study can be implied in clinical setting to enhance the psychosocial adjustment of people with amputation by focusing on increasing positive attitudes toward their body.

Keywords: Body image, social support, psychosocial adjustment.

Body Image, Emotional Regulation and Social Interaction Anxiety in Patients with Thalassemia

Taqdees Fatima (BS, 2013-2017)

Supervisor: Rafia Rafique, PhD

The present study aimed to investigate the relationship among body image, emotional regulation and social interaction anxiety in patients with Thalassemia. A correlational research design was used for the present study. A sample of ($N = 87$) patients, including ($n = 40$) males and ($n = 47$) females with age range (14 – 40) years was recruited from different blood banks and blood transfusion centers of Lahore through purposive sampling technique. Assessment measures included Body Shape Questionnaire (BSQ; Peter et al., 1987) to assess body image, Emotion Regulation Questionnaire (ERQ; Gross & John, 2003) to assess

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

Emotional Regulation and Social Interaction Anxiety Scale (SIAS; Mattick & Clarke, 1998) to measure social interaction anxiety. Pearson Product Moment Correlation Analysis and Hierarchical Multiple Regression Analysis were employed for data analysis. Findings revealed that body image and emotional regulation were positively correlated with social interaction anxiety, while low emotional regulation was a strong predictor of social interaction anxiety. The findings of the current study has implications in the field of health psychology suggesting health psychologists to work with health care professionals in order to provide counseling to people with social anxiety, distress or uncertainty about life. Special opportunities can also be created to let them actively participate in society as a productive and respectful member, especially to inactive patients despite of being physically stigmatized.

Keywords: Body image, emotional regulation, social interaction anxiety.

Childcare Stress, Stressful Life Events and Attribution Styles in Women with Postpartum Depression

Huma Altaf (MSc, 2015-2017)

Supervisor: Rafia Rafique, PhD

The present study investigated childcare stress, stressful life events and cognitive attribution styles (locus, stability, controllability and globality) in women with postpartum depression (PPD). A correlational research design was used in the present research. Through purposive sampling technique, a sample of women ($N = 110$) screened with PPD from hospitals situated in Lahore was recruited. The Urdu versions of demographic information sheet, The Edinburgh Postnatal depression scale (EPDS) (Cox, Holden, Sagovsky, 1987), Parental Stress Scale (Berry & Jones, 1995), Impact of Event Scale (IES) (Horowitz, Wilner, & Alvarez, 1979) and Attributional Style Assessment Test (ASAT-III) (Anderson, 1999) were used to assess the study variables. Data was analyzed by employing Pearson Product Moment Correlation Analysis and Multiple Hierarchical Regression Analysis. Results of the present study suggested that childcare stress was positively related and was a significant predictor of PPD in women. Among the attribution styles, locus and controllability mediated the relationship between childcare

stress and stressful life events in women with PPD. The following research raises implication for clinical practice and suggests an approach that aims to focus on the management of PPD in women inculcating psycho-education and counseling to improve their stress coping skills.

Keywords: Childcare stress, stressful life, attribution styles, postpartum depression.

Body Image Concerns and Self-Esteem as Predictors of Psychological Wellbeing in Obese Women

Amna Arshad (BS, 2013-2017)

Supervisor: Fatima Kamran, PhD

Obesity can have detrimental psychological consequences (Friedman & Brownell, 2005). It is more likely that it forms barriers to emotion regulation that, for both biological and psychological reasons, lead to psychological distress. Therefore, the study was conducted to investigate how body image and self-esteem affect psychological well-being of women with obesity and to find out the mediating role of self-esteem between body image concerns and psychological wellbeing. It was a cross-sectional research with a sample of 102 women with a BMI ≥ 29 , recruited through convenient sampling technique from different gymnasiums in Lahore. Objectified Body Consciousness scale (Mckinley & Hyde, 1996) in Urdu version, Rosenberg Self-Esteem scale (Rosenberg, 1965) and Psychological wellbeing scale (Ryff & Keyes, 1995) in Urdu versions were used to assess body image concerns, self-esteem and psychological wellbeing. Hierarchical Regression analysis and Pearson Product Moment Correlational analysis were used. It was found out those obese women who had negative body image concerns had low self-esteem and poorer psychological wellbeing. Among the socio demographic factors, it was revealed that obese women who were older in age were found to have better psychological wellbeing than younger women. The research had concentrated the psychological consequences of obesity on women's mental health. The findings can enable the mental health professionals as well as the general public about body image concerns and psychological wellbeing of obese women.

Keywords: Body image, self-esteem, psychological wellbeing.

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

Illness Perceptions and Sense of Coherence as Predictors of Health Promoting Behaviors in Patients with Chronic Condition

Fazeen Fatima (MSc, 2015-2017)

Supervisor: Fatima Kamran, PhD

The present research aimed to investigate how the sense of coherence and illness perception affects health promoting behaviors of patients with chronic conditions. The sample consisted of ($N = 94$) patients of chronic conditions (diabetes, hypertension & arthritis) recruited from public sector hospitals of Lahore. It was hypothesized that illness perception and sense of coherence were likely to predict health promoting behaviors (stress management, interpersonal relation, physical activity, nutrition, spiritual growth, and health responsibility) in patients with chronic conditions. Urdu version of Brief Illness Perception Questionnaire (Broadbent, Petrie, Main & Weinman, 2005; Kamran & Younas, 2015) was used to measure Patient's illness perception, Urdu version of Antonovsky's sense of coherence- 13 (Antonovsky 1987; Jabeen & Khalid, 2010) was used to measure patient's sense of coherence while Health-Promoting Lifestyle Profile (Walker, Sechrist, and Pender, 2010) was used to measure health promoting behaviors. The result revealed that age was positively correlated and consistent predictors of health responsibility, physical activity, nutrition and interpersonal relations and stress management. Moreover, unemployed participants had poor sense of coherence nutrition and stress management while illness perception was negatively correlated and predicted stress management. There was no mediation effect of sense of coherence on illness perceptions and health promoting behaviors. It was also found that women showed more health responsibility, physical activity and spiritual growth.

Keywords: Illness perceptions coherence, health promoting behaviors, chronic conditions.

Parental Stress, Resilience and Psychological Well-Being among Parents of Children with Cerebral Palsy

Uswa Mehmood (MSc, 2015-2017)

Supervisor: Afsheen Masood, PhD

The present study investigated the relationship among parental stress, resilience and psychological well-being in parents of children with cerebral palsy. The hypothesis was to determine the association between parental stress, resilience and psychological well-being among parents of children with cerebral palsy. Moreover, it was hypothesized that resilience was likely to mediate the relationship between parental stress and psychological well-being. Further, it was hypothesized to explore the gender differences among parental stress, resilience and psychological well-being in mothers and fathers of children with cerebral palsy. Non-probability purposive sampling was used to collect data from Sheikh Zyeid Hospital Lahore, Mayo Hospital Lahore and Services Institute of Medical Sciences Lahore. The measures comprised of Parental Stress Scale by Berry and Jones, (1995), Psychological Well-being scale by Ryff, (1995) and Brief Resilience Scale (BRS) by Smith, (2008). The results revealed negative relationship between parental stress and psychological well-being and positive relationship between resilience and psychological well-being. The results of Structural Equation Model (SEM) through AMOS revealed parental stress significantly negatively predicted resilience and psychological well-being whereas psychological well-being was found to be a non-significant predictor of resilience. The result of Independent sample *t*-test revealed that there were significant gender differences in parental stress, resilience and psychological well-being between mothers and fathers of children with Cerebral Palsy.

Keywords: Resilience, psychological well-being, cerebral palsy.

Food Addiction, Eating Motivation, Dietary Knowledge and Eating Patterns in Young Adults

Palvisha Iqbal (BS, 2013-2017)

Supervisor: Afifa Anjum

A correlational study was conducted to investigate the relationship among eating patterns, food addiction, eating motivation and dietary knowledge in young adults (M age = 19.73; SD = 1.41). It was hypothesized that food addiction and eating motivation are likely to predict eating patterns. Furthermore, it was also hypothesized that dietary knowledge is likely to moderate the relationship among food addiction, eating motivation and eating patterns. Yale Food Addiction Scale (Gearhardt, Corbin & Brownell, 2009) was used to assess food addiction, Eating Habits Questionnaire (Barbara, 2001) was used to assess eating motivation, Food Acceptance and Action Questionnaire (Juarascio, Forman, Timko, Butryn and Goodwin, 2011) and General Nutritional Knowledge Questionnaire (Paramenter & Wardle, 1999) were used to assess dietary knowledge and Eating Pattern Questionnaire (Kushner, 2003) was used to assess healthy or unhealthy eating patterns. Pearson Product Moment Correlation analysis was run to assess the relationships among all study variables. Multiple Hierarchical Regression analysis was run to find associations among dietary knowledge, eating motivation and eating patterns. Results revealed that eating motivation is a predictor of unhealthy eating patterns and dietary knowledge moderates the relationship between eating motivation and eating patterns such that higher dietary knowledge with higher eating motivation leads to healthy eating patterns. This study will help in understanding and promotion of healthy eating patterns. It suggests provision of dietary knowledge as an intervention to improve eating patterns.

Keywords: Eating patterns, food addiction, eating motivation, dietary knowledge.

Fertility Related Concerns and Marital Adjustment in Women with Reproductive Health Problems

Rida Malik (BS, 2013-2017)

Supervisor: Faiz Younas

The present study was intended to investigate fertility related concerns and marital adjustment in women with reproductive health problems. It was hypothesized that fertility related concerns (social concern, sexual concern, relationship concern, need for parenthood, rejection of childfree lifestyle) were likely to have a significant negative relationship with marital adjustment. Furthermore, it was also hypothesized that fertility related concerns were likely to predict marital adjustment. Correlational research design was used to investigate the assumed relationships. A sample comprising of 80 women ($M = 29.4$, $SD = 3.75$) was selected through purposive sampling. Fertility Problem Inventory (FPI; Glavac, Newton, & Sherrad, 1999) and Dyadic Adjustment Scale (DAS; Spanier, 1979) were used to assess fertility related concerns and marital adjustment respectively, while Pearson Product Moment Correlation and Hierarchical Multiple Regression were used to analyze the data. Results revealed that social concern, sexual concern, relationship concern, need for parenthood, rejection of childfree lifestyle were negatively correlated with marital adjustment while social concern, relationship concern, need for parenthood and rejection of childfree lifestyle proved to be the predictors of marital adjustment. The present study has implications in family and marital therapy and will also help in providing counseling to couples facing this issue of infertility.

Keywords: Fertility, marital adjustment, reproductive health problems.

Perception of Teasing Behavior, Confidence and Mental Health in Obese Woman

Maryam Afzaal (MSc, 2015-2017)

Supervisor: Faiza Rasool

The present research was designed to investigate the relationship between teasing behavior, confidence and mental health in obese women. It was hypothesized that there is likely to be a negative relationship between teasing behavior, confidence and mental health in obese women. It was also hypothesized teasing behavior likely to affect the confidence and mental health in obese women. Correlational research design was used for present study. The sample ($N = 100$) was comprised of only obese students age ranged 20 to 30 years from different departments of a public university of Lahore. Purposive sampling technique was used. Demographic Information Sheet, Weight-Based Teasing Behavior Scale, (ME Eisenberg, 2003), Academic Self-confidence Scale (HK Jones, 2001) and Mental Health Inventory (MHI-18) (Veit & Ware, 1983) were administered for assessment. Cronbach's alpha, descriptive of study variables; Pearson product moment correlation and linear regression analysis were used to test the hypothesis. Results indicate that there was no relationship between teasing behaviors, confidence and mental health because there may be cultural and sample differences. On the other hand there was a negative relationship between confidence and mental health depression and positive relationship between confidence and mental health positive affect because of time and space. Moreover, teasing behavior and confidence were not significant predictors of mental health. Implication of the present research is that it is important to discover educational awareness that work efficiently with their confidence and mental health who teased by others.

Keywords: Teasing behavior, confidence, mental health.

Sense of Coherence Knowledge about Diabetes and Diabetes Management in type II Diabetic Patients

Iqra Nazar (MSc, 2015-2017)

Supervisor: Wuzna Haroon

The present research was designed to investigate the relationship between sense of coherence, knowledge about diabetes and diabetes management in patients with type II diabetes. It was hypothesized that there is likely to be a positive relationship between sense of coherence and knowledge about diabetes and diabetes management. It was also hypothesized that there will be a difference between middle adults and older adults in terms of sense of coherence and knowledge about diabetes and diabetes management. Further, it was hypothesized that there will be a significant difference in terms of sense of coherence, knowledge about diabetes and diabetes management in male and female diabetic patients. The cross-sectional research design was used for present study. The sample ($N = 120$) was extracted through purposive sampling techniques. The sample consisted of 60 middle adults and 60 older adults diagnosed with type II diabetes. Demographic Information Sheet, Sense of Coherence Scale (SOC) (Antonovsky, 1987), Diabetes General Knowledge (DGK) and The Summary of Diabetes Self-Care Activities (SDSCA) (Toobert, 2000) were administered. Correlation analysis, t -test and regression analysis were used to test the hypothesis. The results revealed that there was a significant difference between middle adults and older adults in terms of sense of coherence, knowledge about diabetes and diabetes management. Moreover, it was shown that there was also a significant difference between male and female diabetic patients in terms of sense of coherence, knowledge about diabetes and diabetes management. Results indicated that there was a relationship between sense of coherence with the different domains of diabetes general knowledge and diabetes management. However, sense of coherence and diabetic awareness was not a significant predictor of diabetes management.

Keywords: Sense of coherence, diabetes knowledge, diabetes management.

Illness Perception and Quality of Life among Hemodialysis Patients

Rubab Neelam Khan (MSc, 2015-2017)

Supervisor: Afreen Komal

The present research was conducted to investigate relationship between illness perception and quality of life among hemodialysis patients. Correlational research design was used to conduct the present study. Sample consisted of ($N = 150$) hemodialysis patients taken from two private hospitals and two government hospitals of Lahore. The data was collected through Urdu version of Brief Illness Perception Questionnaire (BIPQ) (Broadbent, Petrie, Main, & Weinman, 2006) and World Health Organization Quality of Life Brief (WHOQOL-BREF) Scale (WHOQOL Group, 1998). It was hypothesized that there would be a relationship between demographics, illness perception and quality of life among hemodialysis patients. Demographics and illness perceptions are likely to predict quality of life of hemodialysis patients. The findings showed that there was significant negative relationship between illness perception and quality of life among hemodialysis patients. Illness perception was significant negative predictor of quality of life and all its domains except social domain. Further, age was significant negative predictor of quality of life, physical and psychological domains. Monthly income was significant positive predictor of quality of life and it's all four domains. Treatment satisfaction was significant negative predictor of quality of life, physical, psychological domains and environmental domain. In last any disease other than kidney disease was significant positive predictor of quality of life, physical, psychological domains and environmental domain. The scale of Illness perception had .65 chronbach's alpha reliability and quality of life had .87 reliability. The results of the study can be helpful for developing the positive illness perception and improving quality of life of hemodialysis patients.

Keywords: Illness perception, quality of life, physical, psychological domains, social domain, environmental domain, hemodialysis.

Marital and Family Relationships

Psychological Distress and Marital Satisfaction among Wives whose Husbands Live Abroad

Iram Shafiq Butt (MSc, 2014-2016)

Supervisors: Saira Batool & Rukhsana Kausar, PhD

The present research was conducted to investigate the relationship between psychological distress and marital satisfaction among wives whose husbands live abroad. It was hypothesized that a) there will be negative relationship between psychological distress and marital satisfaction among wives whose husbands live abroad; b) psychological distress is likely to predict marital satisfaction among wives whose husbands live abroad. A sample of 150 married wives (whose husbands are abroad) was selected from Lahore using snow ball sampling. The age range of the sample was 25- 40 years ($M = 35.60$, $SD = 9.33$). Kessler psychological distress scale ($K-10$) by Kessler (1992) and Couples satisfaction index (CSI) by Funk and Rogge (2007) were used for data collection. Pearson Product Moment Correlation analysis, Stepwise regression analysis, Independent sample t -test and one way ANOVA were used for data analysis. The findings revealed a significant negative relationship between psychological distress and marital satisfaction among wives whose husbands live abroad. The results also indicated that psychological distress significantly negatively predicted marital satisfaction among wives whose husbands live abroad. The study findings provided knowledge about the negative consequences of those marriages in which husbands live abroad without their wives.

Keywords: Psychological distress, marital satisfaction.

Personality, Empathy and Marital Conflicts in Married Individuals

Amara Ilias (MSc, 2015-2017)

Supervisors: Waqas Hassan & Farah Malik, PhD

This study was conducted to investigate the relationship between personality, empathy and marital conflicts in married individuals. It was hypothesized that there is likely to be a positive relationship between agreeableness and openness to experience and empathy and negative

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

relationships between empathy and marital conflicts. Further it was also hypothesized that the women may more responsible for creating conflicts in marital relationship. Correlational research design and convenient sampling technique was used to collect the data from married individuals ($N = 103$; male = 60 and female = 43 with age range between 25 to 45 years. The data was collected from different households. A demographic information sheet, Big Five Inventory (BFI) (John & Srivastava, 1999), Toronto Empathy Questionnaire (TEQ) (Spreng, McKinnon, Mar & Levine, 2009) and Romantic Partner Conflict Scale (RPCS) (Zacchilli, Hndrick, & Hendrick, 2009) were used as assessment measures. Data was analyzed by using Pearson product Moment Correlation, linear regression and independent sample *t*-test. Results showed that among five personality factors the openness and agreeableness has strong negative relationship with marital conflicts and empathy has strong positive relationship with separation and submission. Linear regression showed that empathy appeared to be strongest predictor of marital conflicts among married individuals. No significant gender differences were found in marital conflicts among married individuals. This study may contribute to existing literature on marital conflicts and marital counseling in resolving the marital conflicts by identifying and reducing all those factors which cause marital conflicts among married individuals.

Keywords: Personality, empathy and marital conflicts.

Self-Efficacy, Relationship Satisfaction and Commitment Level in Married Couples

Shazia Parveen (MSc, 2015-2017)

Supervisors: Safi Aslam & Farah Malik, PhD

The present study aimed to assess the relationship among self-efficacy, relationship satisfaction and commitment level in married couples. The objectives of this study were (a) to assess the relationship between Self-efficacy and commitment level, (b) to investigate the relationship between relationship satisfaction and commitment level, (c) to assess the differences in marital satisfaction self-efficacy and commitment level in married couples. Sample consisted of 150 married couples with the age range of 25 to 40 years. Convenient sampling strategy was used to collect the data from married couples, residing in rural and urban area (Lahore

and Beherwal Kalan). Three measures were used for this study General Self-Efficacy Scale (Schwarze, Jerusalem, Weinman, & Johnston, 1995) The Experience in close Relationship Revised Questionnaire (Fraley, Waller, & Brennan, 2000) and 15 Items Commitment Measure (Rusbult, Martz & Agnew, 1998). The results of the study revealed positive relationship between self efficacy and commitment level in married couples, however no relationship was reported in relationship satisfaction and commitment level. Hierarchical regression analysis revealed that income was significant negative predictor and living background was significant positive predictor of commitment level. Self-efficacy was significant positive predictor of commitment level, However relationship satisfaction was not the predictor of commitment level. There were no gender differences in self-efficacy, relationship satisfaction and commitment level in married couples. Results were discussed in comparison to the western and indigenous researches. The findings are helpful in understanding the dynamics of commitment level in Pakistani culture.

Keywords: Self-efficacy, relationship satisfaction, commitment level.

Interpersonal Issues and Marital Satisfaction in Exchange and Non Exchange Married Women

Amna Shafique (BS, 2015-2017)
Supervisor: Naumana Amjad, PhD

Marriage is an important part of one's life as it affects social as well as emotional functioning of an individual. The present study aimed to investigate correlates and predictors of marital satisfaction in exchanged and non-exchanged married women. A sample of 100 married women (exchange married women = 50 and non-exchange married women = 50) with age range 20-45 ($M = 30.5$, $SD = 6.35$) living in different areas of Lahore, Pakistan were selected. The duration of marriage range from newly married up to 5 years. Interpersonal issues were assessed through Marital Discords Scale (Rafique & Amjad, 2014), Experiences with in-laws (Lashari, 2014) and Marital Happiness Scale (Hassan & Amjad, 2014) were used as assessment measures. Pearson Product Moment

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

Correlation and Hierarchical regression analysis were used to find descriptive statistics of scales, correlates and predictors of marital satisfaction, respectively. Finding of study revealed that married women with high marital satisfaction had lower interpersonal issues in their marriage while women who had positive experience with in laws had greater marital satisfaction. Comparison of both exchanged marriages ($M = 2.7$, $SD = .59$) and non-exchanged marriages ($M = 3.3$, $SD = 1.01$) showed differences in issues and marital satisfaction. Results also revealed that marital discord was a strong predictor of marital satisfaction but experience with in laws did not show strong prediction. The present study can be implied in providing useful guidance in marital counseling.

Keywords: Marital satisfaction, interpersonal issues, exchange and non-exchange marriages, married women.

Intimacy, Personal Independence and Emotional Well-Being of Wives, Whose Husband are Working Abroad

Iqra Ali (MSc, 2015-2017)

Supervisor: Naumana Amjad, PhD

The current study was conducted to investigate the relationship among intimacy, personal independence and emotional well-being. It was hypothesized that there is likely to be a positive relationship among intimacy, personal independence and emotional well-being. Correlational research design was used. Data was collected from wives with husband working abroad. Purposive sampling technique was applied to gather the data. The sample comprised of ($N = 85$) working and non-working women whose husband were working abroad. Personal Assessment of Intimacy Relationship Scale (Schaefer & Olson, 1981) was used to assess the intimacy while personal independence was measured by indigenous scale, Urdu Version of Short Warwick-Edinburgh Mental Well-being Scale, formulated by Tufail & Amjad (2013). Correlation analysis, Simple linear Regression, and independent sample, t -test were used to analyze the data using SPSS. Findings of the study showed that sexual intimacy had a significant positive relationship with emotional well-being whereas personal independence was significant positive predictor of emotional well-being. Results further showed that non-working women have high emotional well-being than working women. Moreover, there

was significant difference in nuclear and joint family system on emotional well-being than those who were living in joint family system. This research will help to understand the relationship between spousal intimacy, personal independence and how independently women can lead their lives and make decisions and how it will lead to emotional well-being of wives with husband working abroad. Also, this research will provide useful guideline to marital counseling.

Keywords: Intimacy, personal independence, emotional well-being.

Self-Esteem, Assertiveness and Life Satisfaction in Single Divorced Mothers

Rukhsana Kousar (BS, 2013-2017)

Supervisor: Shazia Khalid, PhD

Present research was conducted to investigate the relationship between self-esteem, assertiveness and life satisfaction in single divorced mothers by employing within group research design. The sample comprised of 100 single divorced mothers with the age range of (30 to 60) years. State Self-esteem Scale (Heatherton & Polivy, 1991), Assertiveness Inventory (Alberti & Emmons, 1995) and Satisfaction with life Scale (Diener, 1985) were used to collect data which was analyzed by employing correlation and linear regression. Results revealed a significant positive relationship between self-esteem and assertiveness but no relationship was found with life satisfaction in single divorced mothers. Present research will provide a basis for further research in future with the sample of single divorced mothers and results can be implied where the relationship of these three variables will be investigated.

Keywords: Self-esteem, assertiveness, life satisfaction.

Marital Expectation and Relationship Satisfaction among Married Men and Women

Anam Imdad (MSc, 2014-2016)

Supervisor: Saima Ghazal

The study aimed at explaining a link between marriage role expectations and relationship satisfaction in married men and women. It was hypothesized that there would be negative relationship between role expectations and relationship satisfaction. It was hypothesized that there would be gender differences in marital expectations as well as relationship satisfaction. The sample of current research comprised of ($n = 90$), 50 women and 40 men, from different married individuals, using convenient sampling technique. Marital expectations were assessed using Marital Role Expectation Inventory (MREI; Marie Dunn, 1960) and relationship satisfaction was assessed using Marriages Satisfaction Scale (MSS; Coral Gables Counseling Centre). The results of the study indicated significant negative relationship between marital expectations and relationship satisfaction, indicating that those who have high expectations had low relationship satisfaction. Results also highlighted significant gender difference in both variables, men scored high in expectations and low in satisfaction as compared to women. Overall, both men and women scored high on relationship satisfaction. Multiple linear regression analysis also indicated marital expectations as significant predictors of marital satisfaction. Religious orientation, employment status were other two significant predictors of marital satisfaction. Moreover, duration of marriage positively predicted marital expectations. Implications of the study are discussed in the light of Pakistani culture.

Keywords: Marital expectation, relationship satisfaction married men and women.

Emotion Regulation and Self-Disclosure in Married Individuals

Roman Hanif (MSc, 2015-2017)

Supervisor: Faiz Younas

The present study was aimed to investigate the relationship between emotion regulation and self-disclosure in married individuals. It was

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

hypothesis that there is likely to be a correlation between emotion regulation and self-disclosure in married individuals. It was also hypothesized that there is a gender difference in emotion regulation (cognitive reappraisal and expressive suppression) and self-disclosure in married individuals. Emotion regulation (Cognitive reappraisal) is a predictor of self-disclosure in married individuals. Cross sectional correlational research design was employed in the present research. The sample consisted of ($n = 104$) married individuals that include ($n = 52$) men and ($n = 52$) married woman within the age range of 20 to 70 years old with at least two years duration of the marriage. They were taken through convenient sampling technique. Assessment measures included demographic information questionnaire, emotion regulation questionnaire (Gross & John, 2003) and emotional self-disclosure scale (Snell, Miller, & Beck, 1988) was administered to the participants. After the completion of data collection descriptive and inferential statistics were used for data analysis. In inferential statistics, Pearson product moment correlation was used to find out the relationship between emotion regulation and self-disclosure in married individuals. Gender differences in emotion regulation and self-disclosure in a married individual were also measured with the help of independent sample *t*-test multiple hierarchical regression analysis was also conducted to find out the predictor of self-disclosure. Findings revealed that there was a significant positive relationship between emotion regulation and self-disclosure in married individuals. Gender differences were also found that woman have a higher self-disclosure than men in a married relationship. It was also found that emotion regulation (cognitive reappraisal) is a significant predictor of self-disclosure in a married relationship.

Keywords: Emotion regulation, self-disclosure.

Emotional Self-Disclosure, Self-Efficacy and Long-term Relationships in Married Men and Women

Syeda Azba Batool (MSc, 2015-2017)

Supervisor: Shahnila Tariq

The present study was conducted to find out the relationship between emotional self-disclosure, self-efficacy and long-term relationships in married men and women. It was hypothesized that there is positive relationship between emotional self-disclosure and long-term relationship in married men and women and emotional self-disclosure and self-efficacy is likely to predict long-term relationship in married men and women. Correlational research design was used for research. Sample comprised of one hundred and fifty married men and women (females = 108, males = 42). Convenient sampling technique was used to collect data. Emotional Self-disclosure Scale (Snell, Miller, & Belk, 1988), Generalized Self-Efficacy Scale (Schwarzer, & Jerusalem, 1995), Couple Satisfaction Index (Funk, & Rogge, 2007) was used for assessment Pearson Product Moment Correlation, Stepwise Regression and independent sample *t*-test was used. Findings revealed that that there was significant positive relationship between emotional self-disclosure and long-term relationship in married couple. Fear was the positive predictor of long term relationship. These findings have implications for interventions to improve relationship closeness in couples.

Keywords: Emotional self-disclosure, self-efficacy, long term relationship.

Organizational Psychology

Work Overload, Job Control and Burnout in Different Journalistic Roles

Zakariya Hashmi (BS, 2013-2017)

Supervisor: Rukhsana Kausar, PhD

The current Study aimed to examine relationship between work-overload, job control and burnout in different journalistic roles (News casters, reporters and editors). It was hypothesized that there was a relationship between work overload, job control and burnout in journalists. Moreover, work overload was positively predicted burnout in journalistic and job control was negatively predicting burnout in various journalistic roles. Furthermore, there was a difference in burnout among news casters, news reporters and news editors. Cross-sectional research design was used in the present study. The sample comprised of 102 journals ($N = 102$) including 34 news casters ($n = 34$), 34 news reporters ($n = 34$) and 34 news editors ($n = 34$). Purposive sampling technique was used to collect data from various news agencies/channels. Role Overload Scale (Thiagarajan, Chakrabarty, & Taylor, 2007), Work Control Scale (Dwyer & Ganster, 1991) and Oldenburg Burnout Inventory (Demerouti & Bakker, 2007) was used to measure work overload, job control and burnout in journalistic. It was found that work overload had a positive and job control had a negative relationship with burnout. Work overload positively predicted burnout whereas job control negatively predicted burnout. Moreover, there was a significant difference in job control and burnout among news casters, editors and reporters. Furthermore, highest burnout was experienced by news reporters. The present study findings were discussed in light of previous researches.

Keywords: Work overload, job control, burnout, journalists.

Emotional Labor, Job Satisfaction and Organizational Commitment among Professionals

Iqra Fatima (MSc, 2015-2017)

Supervisors: Saadia Dildar & Rukhsana Kausar, PhD

The present cross-sectional correlational study aimed at identifying the relationship between emotional labor, job satisfaction and organizational commitment among university teachers and bank employees. Emotional Labour and job satisfaction were explored as predictor of organizational commitment. Additionally, the differences among professionals in relation to study variables were also explored. Sample consisted of 120 university teachers and bank employees of both gender in Lahore city (male = 70, female = 50). Convenient sampling technique was used to approach the sample. Emotional Labor Scale (Borthedge, & Lee, 2003), Job Satisfaction Scale (Scott, & Peter, 1997) and Organizational Commitment Questionnaire (Mowdey Steers & Porter, 1979) were used. Findings suggested that emotional labor was negatively correlated with job satisfaction and organizational commitment. The significant differences were found in emotional labor, job satisfaction and organizational commitment between teaching and banking professions. Teaching profession shows less emotional labor and high organizational commitment as compare to banking. Emotional labor found to be non-significant negative while job satisfaction was significant positive predictor of organizational commitment both in teaching and banking profession. The finding may implicate in managing work related issues and counseling.

Keywords: Emotional labour, organizational commitment, job satisfaction, bank employees, teachers.

Personality Traits and Management Ability in Administrative Staff of University of the Punjab

Fizza Riasaf (BS, 2013-2017)

Supervisor: Naumana Amjad, PhD

The aim of the present study was to investigate the relationship between personality traits and management ability in administrative staff of

University of the Punjab. It was hypothesized that honesty, humility would likely to have positive relationship with management ability. Also, there is likely to be negative relationship between emotionality and management ability. Openness of experience, agreeableness and conscientiousness would likely to have a positive relationship with management ability. Extraversion is likely to have a positive relationship with management ability. Also Extraversion, agreeableness and conscientiousness would predict managerial ability. Correlation research design and was used to test hypothesis. The research sample consisted of 100 members of administration ($N = 100$), 87 males ($n = 87$) and 13 females ($n = 13$). Non-probability convenient sampling technique was employed to collect the data from the members of Administration of University of the Punjab, Lahore campus. To collect the data, Managerial Ability Scale (Zulfiqar & Amjad, 2015) and Hexaco Personality Inventory (Lee & Ashton, 2007) was used. The result of the present study partially supported the hypothesis and revealed that openness to experience, agreeableness, extraversion and conscientiousness had positive relationship with management ability. Emotionality and management ability are not related to each other. And also, it was found that honesty-humility is not related to management ability. Results indicate that extraversion and conscientiousness as the predictors of management ability. The result also have important implications, as they suggested the predictors of management ability, so by assessing the predictors, best suited person for managerial job can be found.

Keywords: Extraversion, openness, emotionality, conscientiousness, agreeableness, honesty-humility, management ability.

Perceived Issues, National Affiliation and Support for Militant Groups in Baloch Students

Naz Bibi Miskan (MSc, 2015-2017)

Supervisor: Naumana Amjad, PhD

A within subject design study was conducted to explore the relationship between perceived issues, national affiliation and support for militant groups in Baloch students. It was hypothesized that (i) perceived issues were positively correlated with support for militant groups, (ii) national

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

affiliation was negatively correlated with support for militant groups, and (iii) those who agreed to join militant groups had more positive perception of militant groups than those who didn't agree to join. The sample recruited ($N= 106$) Baloch students from different universities and colleges of Punjab through purposive sampling strategy. The assessment measures used were Perceived Issues checklist and support for militant groups (Miskan, 2017) and National Identity Scale (Jamal, 2001). Data was analyzed using Descriptive statistics; Pearson Product Moment Correlation, Multiple Linear Regression, One Way ANOVA and Chi-Square analysis through SPSS. The findings revealed a significant correlation between perceived issues, national affiliation and support for militant groups. Perceived issues had positive relationships with support for militant groups and national affiliation had a negative correlation with support for militant groups and people said yes more to progress group than militant groups. Also, the results showed that educated and mature people had less support for militant groups. The implications of the research are that emphasis should be paid to the education of Baluchistan, which should be promoted in every village and city so that the young generation could be kept away from anti-social behavior. Prior to this research, not much work has been done on Baloch issues; therefore, this research can be beneficial in understanding the social aspects of Baloch issues including support for militant groups.

Keywords: Perceived issues, affiliation, militant.

Workplace Emotional Climate, Self-Compassion and Motivation (Extrinsic or Intrinsic) of Doctors

Aasifa Zahid (MSc, 2015-2017)

Supervisor: Shazia Khalid, PhD

Present Study was carried out to explore relationship among workplace emotional climate, self-compassion and motivation (extrinsic or intrinsic). A convenient sample of doctors ($N = 100$) from government sector of Lahore were recruited. Correlational research design was selected to accomplish the current study. The Workplace Emotional Climate Scale (WECS) by Liu.et.al, (2014), Short Version of Self Compassion scale (SSCS) by Kerstin Neff, (2003) and Workplace Intrinsic and Extrinsic Motivation Scale (WEIMS) by Tremblay et al,

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

(2009) were used as assessment measures. Regression analysis was carried out to analyze data through SPSS 20 version. Results showed that self-compassion was a predictor of extrinsic motivation. Also, results showed that self-compassion and emotional climate at workplace were not the predictors of intrinsic motivation. Implications of this study and suggestions for future empirical exploration of the constructs are discussed.

Keywords: Workplace emotional climate, self-compassion, extrinsic, intrinsic, motivation.

Social, Identity Factor, Job Stress and Job Stress and Job Satisfaction in Chefs

Hafiza Farah Asad (MSc, 2015-2017)

Supervisor: Afsheen Masood, PhD

The objective of this research was to investigate relationship among social identity factor, job stress and job satisfaction in chefs. It was hypothesized that there was likely to be a relationship among social identity factor, job stress and job satisfaction in chefs. Further, it was hypothesized that social identity factor would be the predictor of job stress and job satisfaction in chefs. The sample comprised of 83 chefs with age range of 20-50 years ($M = 34.4$, $SD = 9.69$) including men and women both taken from different café and restaurants of Lahore. The assessment measures included demographic questionnaire, Aspects of Identity Questionnaire (AIQ-IV) (Cheek & Briggs, 2013), The Workplace Stress Scale (American Institute of Stress, 2011) and The Job Satisfaction Survey (Spector, 1997). Correlation and Simple Linear Regression were used for data analysis. The findings revealed that there was a positive relationship between social identity factors. Furthermore, job satisfaction was negatively related to job stress while social identity positively predicted job satisfaction. The chefs, who evaluated their social identity as positive, reported greater job satisfaction and lower tendency toward job stress. The findings carry significant implications for future researchers and organizational psychologist.

Keywords: Social, identity factor, job stress and job satisfaction.

Psychological Abstracts (2017)
Institute of Applied Psychology,
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Emotional Intelligence, Intelligence, and Numeracy as Predictors of Decision Making

Sidra Shabbir (MSc, 2015-2017)

Supervisor: Saima Ghazal, PhD

The present study examined the relationship between emotional intelligence, intelligence and numeracy as predictors of superior decision making in managers. It was hypothesized that (a) emotional intelligence, intelligence and numeracy would predict superior decision making. It was further hypothesized that numeracy would predict superior decision making better than intelligence and emotional intelligence. Sample of this study comprised of 100 managers taken from different organizations. Convenient sampling strategy was used to select the participants from different organizations. The Schutte Self Report Emotional Intelligence Test (SSEIT, 1998), Raven's Advance Progressive Matrices (Bors, & Stokes, 1998), The Cognitive Reflection Test (Fredrick, 2005), Berlin Numeracy Test for General population (BNT-S) (Cokely et al., 2012), Paradigmatic Risky Decision Tasks (Fredrick, 2005) and Ratio Bias Scenarios (Alonso, & Fernandez-Berrocal, 2003) were used to collect data which was analyzed by employing Correlation and Hierarchical Regression. The results indicated that intelligence, emotional intelligence and numeracy all came up as significant predictors of decision making; however, numeracy predicted decision making over and above all other predictors in the model. After controlling for intelligence and emotional intelligence, numeracy still explained the relationship. The implications of the study are important in guiding research to the development of numeracy tutorials for managers, so improving their numeracy would help improving their decision making.

Keywords: Emotional intelligence, intelligence, numeracy, decision making.

Leadership Characteristics of School Headmasters and School Performance

Maqbool Sial (MSc, 2015-2017)

Supervisor: Saima Ghazal, PhD

The research was conducted to investigate the relationship between transformational leadership characteristics in school headmasters and their school performance. One goal of the study was to find out the level of leadership and the leadership traits in current school headmasters. It was hypothesized that there would be a positive relationship between the transformational leadership style of school headmasters and their school performance. The correlational research design was used. Sample of the study consisted of ($N = 30$) school headmasters from different government schools in Lahore city. School performance was assessed using past three years matriculation results plus a behavioral rating scale. Subjective ratings for performance of schools and headmaster were also obtained from students and teachers. To measure the transformational leadership, Multifactor Leadership Questionnaire by (Restivo, 2005) was used. Pearson Product Moment Correlation and Simple Regression analysis were used to test the hypotheses. Findings of the study indicated that there was a significant positive relationship between transformational leadership style and academic performance of schools while regression analysis indicated that transformational leadership was positive and significant predictor of school performance. Implication and limitations of the study were discussed in light of educational institutions in Pakistan.

Keywords: Transformational leadership, educational leadership, school performance.

Psychological Climate, Work Place Harassment and Health Outcomes in Female Sales Persons

Maira Waheed (BS, 2013-2017)

Supervisor: Afifa Anjum

The present study aimed to investigate the relationship between psychological climate, work place harassment and health outcomes in female sales person. It was hypothesized that i) demographic variables i.e. age, marital status, education, total working experience, working experience on current job and monthly salary are likely to be associated with psychological climate and workplace harassment and ii) psychological climate is likely to predict work place harassment and physical and psychological health of female sales person. The research sample consisted of 60 females ($N = 60$), of all age groups. Non probability convenient sampling technique was employed to select the sample. Work Harassment Scale (Björkqvist et al, 1992), Psychological Climate for Sexual Assault (Estrada et al., 2011), Health Status Questionnaire (Chiropractic, 2000) and Demographic Information Sheet were used to assess study variables. Data was analyzed using Pearson Product Moment Correlation and Regression analysis. Findings revealed that age had a negative relationship with the psychological health of female sales person. Greater the age, the poor was the psychological health of the female sales persons. Furthermore, psychological climate significantly negatively predicted work place harassment. This signified that more the supportive psychological climate in reporting of the incidence of harassment and actions taken against harassment at work places, there were less likely the chances of work place harassment. This study has important implications suggesting psychological climate an important factor in reduction and control of workplace harassment.

Keywords: Psychological climate, work place harassment, physical health, psychological health.

Workplace Happiness and Employees Task Performance in Public and Private Banks

Syeda Hijab Zahra (MSc, 2015-2017)

Supervisor: Afifa Anjum

The present study aimed to investigate the role of workplace happiness in employees' task performance at public and private bank. It was hypothesized that there is a relationship between workplace happiness and task performance. It was further hypothesized that pleasant, engaged and meaningful life at workplace is likely to predict employees' task performance. Cross sectional research design was used to carry out the research. The sample comprised of 100 bank employees from public and private banks, ($N = 100$) including males and females. Workplace Happiness Scale (Saleem & Anjum 2015) and task performance scale (Williams & Anderson 1991) were used to assess the study variables. Pearson product moment correlation was used to find out the relationship among variables. The results revealed a positive relationship between workplace happiness and employees task performance. Multiple linear regression analysis showed that pleasant and meaningful work life predicted employees' task performance. It was concluded that workplace happiness results in high productivity and better task performance. The study has important implications in organizational settings.

Keywords: Workplace happiness, task performance.

Personality Traits, Perceived Glass Ceiling and Subjective Career Success among Women Working in Business Organizations

Farwa Khan (BS, 2013-2017)

Supervisor: Faiz Younas

The present study aimed to investigate the relationship among personality traits, perceived glass ceiling and subjective career success among women working in business organizations. It was hypothesized that personality traits of openness to experience, conscientiousness, extraversion and agreeableness are likely to be positively related whereas neuroticism is likely to be negatively related to subjective career success.

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

Also, it was hypothesized that perceived glass ceiling (resilience and denial) are likely to be positively related whereas acceptance and resignation are likely to be negatively related to subjective career success. Correlational research design and random sampling was used to recruit a sample of women ($N = 100$). Big Five Inventory (John et. al., 2008), Career Pathway Survey (Smith et al., 2012) and Subjective Career Success Inventory (Shockley et. al., 2016) were used to assess the study variables. Pearson Product Moment Correlation and Multiple Regression analysis were used to analyses data through SPSS. Results showed that openness to experience, conscientiousness, extroversion were significantly positively related while agreeableness and neuroticism were significantly negatively related with subjective career success. Also, results revealed that denial and resilience were significantly positively related while resignation was significantly negatively related and acceptance was non-significant with subjective career success. Further, results showed that perceived glass ceiling was significantly strong predictor of subjective career success as compared to personality traits. This study can be important for economy because by overcoming glass ceiling barrier there will be more involvement of women in managerial work which will help to increase earning as glass ceiling restrict leadership and management to only one-half of the population.

Keywords: Personality traits, perceived glass ceiling, subjective career success.

Effective Advertisement and Consumer Purchase Intentions in Adults

Asna Khalid (BS, 2013-2017)

Supervisor: Faiz Younas

The presented study was conducted to investigate the relationship of effective advertisement and consumer purchase intentions in adults. It was hypothesized that i) effective advertisement is likely to have a positive relationship with consumer purchase intentions, ii) effective advertisement is a predictor of consumer purchase intentions and iii) there is likely to be a difference in consumer purchase intentions in adults. A sample of 100 adults was drawn from the age range of 18-35 years using convenient sampling technique. Effective Advertisement

Scale (Sachdeva, 2015) and Buying Behavior Scale (Hassan, 2015) were administered on the sample. Correlational analysis revealed the results that there is a significant positive correlation of effective advertisement and consumer purchase intentions in adults. Hierarchical Multiple Regression analysis revealed that social class and effective advertisement are predictors of consumers purchase intentions and *t*-test analysis showed that there was no significant difference in males and females. It can be helpful in the field of organizational psychology, helping to understand the concern of adults for effective advertisement and consumer purchase intentions.

Keywords: Effective advertisement, consumer purchase intentions.

Nomophobia and Executive Functioning in University Students

Qudsia Ahsan (MSc, 2015-2017)

Supervisor: Faiz Younas

The present study was conducted to explore the relationship between nomophobia and executive functioning in university students. It was hypothesized that there is likely to be a significant negative relationship between nomophobia and executive functioning. Moreover It was also hypothesized that nomophobia is a predictor of executive functioning. Cross sectional correlational research design was used in the study and sample was collected by using convenient sample strategy. The sample of students comprised of ($N = 194$), $n = 198$ males and $n = 196$ females from University of the Punjab. Executive Skills Questionnaire for Adults (Dawson & Guare, 2006) and Nomophobia Questionnaire (Yildirim, 2015) were used to study the variables. Data was analyzed by using SPSS version 20 to generate descriptive statistics, Pearson Product Moment Correlation and simple linear regression. The results indicated that there was a significant positive correlation between nomophobia and executive functioning while nomophobia was a predictor of executive functioning. The present study has important implication that it will helpful in educational field as learning by mobile phone usage make students more efficient if they use mobiles in right ways. Moreover this study will

helpful for those who study in future nomophobia and privilege of mobile phone dependence among the students.

Keywords: Nomophobia, executive functioning.

Emotional Intelligence and Conflict Management in Doctors

Aqsa Saeed (MSc, 2015-2017)

Supervisor: Zaeema Farooq

The current study aimed to investigate the relationship between emotional intelligence and conflict management in doctors. It was hypothesized that there would be a positive relationship between emotional intelligence and integrating, compromising, obliging, dominating and avoiding conflict management styles in doctors. It was also hypothesized that emotional intelligence would be a predictor of integrating; compromising, obliging, dominating and avoiding conflict management styles doctors. A sample consisting of 94 doctors was taken by using Purposive sampling technique. Data was collected through questionnaires. Schutte Self Report Emotional Intelligence Scale (Schutte et al., 1998) and Organizational Conflict Management Inventory (Annis-ul-haque, 2002). Correlational research design and Hierarchical regression analysis was used in present study. Results revealed that there was a significant relationship between emotional intelligence and integrating, compromising and obliging conflict management styles in doctors. Furthermore, results revealed that emotional intelligence was positive predictor of integrating, compromising and obliging conflict management styles in doctors. Findings of present study can be applied in organizational setting. Further limitations and suggestions are discussed.

Keywords: Emotional intelligence, conflict management.

Leadership Skills, Self-Efficacy and Assertiveness in College Teachers

Nosheen Sadiq (MSc, 2015-2017)

Supervisor: Zaeema Farooq

The present research was carried out to explore the relationship between leadership skills, self-efficacy and assertiveness in college teachers. It was hypothesized that there would be a positive relationship between leadership skills, self-efficacy and assertiveness in college teachers. It was also hypothesized that leadership skills are likely to predict assertiveness and self-efficacy is likely to predict assertiveness. The sample comprised of college teachers ($N = 160$), male ($n = 106$), female ($n = 54$), with age range (25-45) years ($M = 29.93$, $SD = 5.01$), using convenient sampling technique from different colleges of Lahore. Transformational Leadership Survey (Clark, 1999), Teacher Self-Efficacy Scale (Schwarzer & Jersualem, 1981) and Rathus Assertiveness Schedule (Nevid & Rathus, 1978) were used for assessment. Pearson Product Moment Correlation and Hierarchical regression was used for analysis. The results revealed that leadership skills positively predicted assertiveness. The results have important implications in the field of education, especially for teachers.

Keywords: Leadership skills, self-efficacy, assertiveness.

Patriotism, Motivation towards Volunteerism and Volunteer Satisfaction in University Students

Rabia Naseer (MSc, 2015-2017)

Supervisor: Zaeema Farooq

The aims of the study to assess the relationship among patriotism, volunteer motivation towards volunteerism and volunteer satisfaction in university students. It was hypothesized that i) there would be a relationship among patriotism, volunteer motivation (protective factor, values factor, career factor, social factor, understanding factor, and enhancement factor) towards volunteerism and volunteer satisfaction, ii) patriotism would predict volunteer motivations, and volunteer motivation

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

would mediate the relationship between patriotism and volunteer satisfaction in university students. Sample consisted of 200 university students ($N = 200$), 46 males ($n = 46$), 153 females ($n = 153$), 153 with age range 19-24 years, ($M = 1.77$, $SD = .43$). Convenient sampling was used. Data was collected through Patriotism Scale (Schatz, Staub and Lavine, 1999), Volunteer Function Inventory Scale, (Clary et al., 2002), and Volunteer Satisfaction Index Scale (Galindo, Kuhn and Guzley, 2001) were used. It was found that there was a positive relationship among patriotism, volunteer motivation towards volunteerism and volunteer satisfaction. Moreover, patriotism positively predicted factors of motivation values, social, career, understanding, enhancement factor and volunteer satisfaction. Factors of motivation values, social, career, understanding, enhancement factor also positively predicted volunteer satisfaction. Volunteer motivation mediated the relationship between patriotism and volunteer satisfaction. The present study highlights how patriotism contributions towards indulgence in rehabilitation and social services university students.

Keywords: Patriotism, volunteer motivation, volunteer satisfaction.

Hardworking, Coping and Workplace Stress among Organizational Employees

Amna Murtaza (MSc, 2015-2017)

Supervisor: Beenish Mobeen

The current research was conducted to investigate relationship between hardiness, coping and workplace stress among organizational employees. It was hypothesized that there would likely be positive relationship between hardiness and coping strategies among organizational employees, there would likely be negative relationship between hardiness and workplace stress and there would be negative relationship coping and workplace stress among organizational employees. Correlational research design was used. The sample comprised of 100 employees with age range 23 to 50 years ($M = 32.94$, $SD = 7.42$) selected by using purposive sampling technique. The sample was drawn from different organizations of the Lahore. Hardiness was assessed by using Dispositional Resilience Scale DRS-15v-3 (Bartone, 1989), Brief COPE (Carver, et al., 1997) was

used to assess the coping strategies and The workplace Stress Scale (American Institute of Stress, 1999) was used to assess stress at workplace. The results of Pearson Product Moment Correlation showed that hardiness had negative relationship with workplace stress and positive relationship with coping strategies in organizational employees. The results also showed negative relationship of hardiness with workplace stress among organizational employees. Moreover, subscales of brief cope humor and acceptance showed negative relationship with workplace stress. Findings also showed no gender differences among employees in terms of study variables. These findings can be used to guide preventive measures to diminish occupational stress among organizational employees.

Keywords: Hardiness, coping, workplace stress.

Personality Psychology

Personality Traits with Brand Love and Impulsive Buying in Young Adults

Fatima Rehman (BS, 2013-2017)

Supervisor: Farah Malik, PhD

A Correlational study was conducted to investigate the relationship of big five personality traits with brand love and impulsive buying in young adults. It was hypothesized that there would be a relationship between personality traits agreeableness, extraversion, and conscientiousness, openness to experience, neuroticism, brand love and impulsive buying. Moreover, it was also hypothesized that personality would predict brand love and impulsive buying in young adults. Lastly it was hypothesized that men would be more impulsive buyers than women. Sample comprised of young adults (70 young men and 70 young women) with an age range of 19-25 ($M = 22.1$, $SD = 1.59$). The sample was drawn from departments of University of the Punjab and Government College University. Urdu version of Big Five Inventory (BFI; John, Donahue & Kentle, 1991), Brand Love Scale (Batra, Ahuvia & Bagozzi 2016) and Buying Impulsiveness Scale (Rook & Fisher, 1995) were used to assess the relationship between personality traits (agreeableness, extraversion, conscientiousness, openness to experience and neuroticism), brand love and impulsive buying in young adults. Results revealed that extraversion, agreeableness conscientiousness and neuroticism were positively and openness was negatively related to brand love. Moreover, the results revealed that conscientiousness and neuroticism were negatively and openness was positively related to impulsive buying. Lastly, the results showed a negative and significant relationship between impulsive buying and brand love. Extraversion, agreeableness, conscientiousness and neuroticism were found to be positive predictors of brand love. However, conscientiousness and brand love were revealed as negative predictors of impulsive buying whereas openness and neuroticism were found to be positive predictors of impulsive buying. Lastly, the results showed significant differences between men and women in impulsive buying behavior. This study will help in predicting which traits of personality are the root-cause of brand love and impulsive buying in smartphone users and will eventually facilitate in the area of consumer psychology.

Keywords: Brand love, personality, big five, buying impulsiveness.

**Personality Traits, Quality of Friendship and Social Adjustment
among Undergraduate University Students.**

Aleena Irshad (MSc, 2015-2017)

Supervisors: Sabila Naseer & Farah Malik, PhD

The present study examined the relationship between personality traits, quality of friendship and social adjustment in undergraduate university students. It was hypothesized that (a) there is likely to be positive relationship between personality traits, quality of friendship and social adjustment in undergraduate university students (b) personality traits and quality of friendship are likely to predict social adjustment of the undergraduate university students and (c) there are likely to be differences in personality traits, quality of friendship and social adjustment of 1st and 8th semester undergraduate university students (d) women undergraduate students are likely to have better quality of friendship and social adjustment than the men undergraduate students. Sample of this study was comprised of 177 students with 18 to 22 age range from 1st semester and final semester of under graduate students. Convenient sampling strategy was used to select the participants from different universities of Lahore. Urdu versions of Adjustment to College Scale (Al-Khatib, Awamleh, & Samawi, 2012), Big Five Inventory-44 (Rammstedt & John, 2007) and Friendship Quality Scale (Thein, Razak & Jamil, 2012) were used for assessment. The findings of Pearson Product Moment Correlation revealed that personality traits as openness to experience is positively correlated with social adjustment and commitment to achieve goals. Neuroticism is negatively correlated with social, emotional adjustment and commitment to achieve goals. Safety, closeness, acceptance and help are positively correlated with academic adjustment. The findings of Multiple Hierarchical regression analysis showed that openness, conscientiousness, safety, closeness and acceptance are significant predictors of social adjustment. The outcomes of independent *t*-test indicated that there is no significant gender differences as well as in first and last semester undergraduate university

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

students regarding personality traits, quality of friendship and social adjustment. The implications of the study highlight the importance of healthy and grooming personality traits and quality of friendship in the adjustment of students in their social environment in the context of Pakistani culture.

Keywords: Personality, quality of friendship, social adjustment.

Personality Traits, Anxiety, Academic Performance of Cyber Bullying Experiences in Youth

Ayesha Rustam (MSc, 2015-2017)

Supervisors: Sehrish Farooq & Farah Malik, PhD

The present research aimed to investigate the relationship among Personality Traits, Anxiety and academic performance of cyber bullying experiences in youth. It was hypothesized that there is likely to be a relationship between personality traits, anxiety and academic performance in youth who experienced cyber bullying. It was also hypothesized that cyber bullying predicts lower academic performance and anxiety in youth who experienced from cyber bullying. Further it was also hypothesized that young boys are more likely to be involved in cyber bullying as compared to girls. The sample of this study comprised of ($N = 122$) 65 girls and 57 boys with the age ranges of 19 to 24 years and approached through snow ball sampling technique. The measure of this study included demographic information questionnaire, Big Five Personality Inventory (John & Srivastava, 1999). State Trait Anxiety Inventory STAI (Spielberg, 1980) and Cyber Bullying and Victim Scale (Cetin, Yaman & Peker 2011) and academic performance was assessed by GPA. The analysis revealed agreeableness has negative relationship with state anxiety and verbal bullying; conscientiousness has negative relationship with trait anxiety, neuroticism positively correlated with state and trait anxiety. Academic performance has negative relationship with cyber forgery and cyber bullying. Verbal bullying, hiding identity and cyber forgery has positive relationship with cyber bullying. Age has positive relationship with hiding identity and family system has negative relationship with agreeableness. State anxiety has positive relationship with verbal bullying and cyber victims. Checking for prediction it was found that academic performance negatively predicted cyber forgery of

cyber victims and cyber-bullying. Moreover, there was a significant gender difference was seen in men and women between cyber forgery.

Keywords: Personality traits, anxiety, academic performance, cyber bullying.

Development and Validation of Teasing Scales

Saliha Sana Qazi (MSc, 2015-2017)

Supervisor: Naumana Amjad, PhD

The aim of the current research was the development and validation of an indigenous teasing scale as an assessment tool of teasing behavior in our culture. The scale was hypothesized on two models; factors of teasing (McChrae, 1988; Storch & Strawser, 2004; Thompson, 1995) and Nature of Teasing (Barr & Kayser, 2002; Drew, 1987; Farooq & Amjad 2010; Behrman et al., 1982) through previous literature. Survey design and convenient sampling technique was used for collecting the data into two series of personal interviews with ($N = 30$) and a survey through questionnaires ($N = 100$; 50 males, 50 females) with the age range of 18-40 years ($M = 28.48$, $SD = 1.68$). The data was collected from students, mothers, army officers, merchants and professors. The data of interviews was analyzed by simple descriptive analysis. The analysis revealed that people use two main types of teasing; Friendly and Hurtful. Friendly teasing consists of Form of Humor and Form of Love teasing while the hurtful teasing consists of Emotional pain, Psychological Pain, Form of Revenge, Form of Anger, and Form of Irritating/ Intruding. The results of the analysis also revealed that eight factors/ themes of teasing are as follows: Gender Related, Physical Appearance related, Random Needs Related, Social background Economic Background, Traits/ Performance/Mistakes/ Nature/ Related, Past History related and Love/ Concern related. From this information three primary scales of Beliefs about Teasing, Teasing Questionnaire and Urdu Version of teasing scale were developed and validated through reliability analysis had done. These scales can be used in clinics, schools, colleges and other institutions for the assessment of teasing behaviors, its functions and pathologies arising through teasing.

Keywords: Development and validation, indigenous teasing scale.

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

Self-Criticism, Emotion Regulation and Self Harm in Young Adults

Samra Gul (MSc, 2015-2017)

Supervisor: Zaeema Farooq

The present research aimed to investigate the self-criticism, emotion regulation and self-harm in young adults. It was hypothesized that self-criticism is likely to predict self-harm in young adults; moreover, self-criticism is likely to predict cognitive reappraisal and expressive suppression in young adults. Emotion regulation (cognitive reappraisal and expressive suppression) is likely to predict self-harm in young adults. Also emotion regulation (cognitive reappraisal and expressive suppression) is likely to mediate the relationship between self-criticism and self-harm in young adults. Sample comprised of 150 young adults ($N = 150$), male ($n = 85$), female ($n = 65$) with age range 18-29 years ($M = 21.9$, $SD = 2.1$). The Functions of Self Criticizing /Attacking Scale (Gilbert, Clarke, Hempel, Miles & Irons, 2004), Emotion Regulation Scale (Gross & John, 2003) and Deliberate Self-Harm Inventory (Gratz, 2001) were used to assess the self-criticism emotion regulation and NSSI related information. Results revealed that self-criticism (self-correction and self-persecution) was positive predictor of self-harm. Furthermore, self-persecution was negative predictor of cognitive reappraisal and self-correction was positive predictor of expressive suppression. Finally, emotion regulation (cognitive reappraisal) emerged as mediator between self-criticism (self-persecution) and self-harm but on the other hand emotion regulation (expressive suppression) emerged as mediator between self-criticism (self-correction) and self-harm. This study highlights the psychological and social risk factors of self-harm and improves our understanding about the mechanism involved in self-harm. The findings of the study may enhance our conceptualization and treatments of self-harm for young adults.

Key words: Self harm, self-criticism, emotional regulation.

Positive Psychology

Styles of Humor, Conflict Management Styles and Workplace Wellbeing in School Teachers

Zukhruf Afzaal (MSc, 2015-2017)

Supervisors: Saira Batool & Rukhsana Kausar, PhD

The present study examined the relationship among styles of humor, conflict management styles and workplace wellbeing in school teachers. It was hypothesized that a) there is likely to be relationship between styles of humor, conflict management styles and workplace wellbeing in school teachers b) styles of humor, conflict management styles are likely to predict work place wellbeing in school teachers. Correlational research design was used in this study. Sample comprised of one hundred and fifty school teachers (male = 75, female = 75). They were selected from government schools of Lahore. Purposive sampling strategy was used. Age range of the participants was 25-50 years ($M = 36.43$, $SD = 6.38$). Humor styles questionnaire (Rod & Martin, 2005), Conflict Management Styles (Jhonson, 1995) and Workplace Wellbeing Scale (Methew & Hyett, 2014) were used. Pearson Product Moment Correlation analysis, Stepwise regression analysis, Independent Sample t -test were used for analysis. Findings revealed that there is Relationship between styles of humor, conflict management styles and workplace wellbeing in school teachers. Findings also revealed that there is significant relationship between conflict management styles and workplace wellbeing. Competing and avoiding conflict management styles were significantly negatively predicts the workplace wellbeing. The results of the present study are speculated to have sound implications in the field of organizations and teaching field and by adapting the strategy of avoiding and competing conflict management style workers get more satisfaction at their workplace.

Keywords: Styles of humor, conflict management styles.

Psychological Flexibility, Self-Compassion and Psychological well-Being of University Students

Hafiza Safia Riaz (MSc, 2015-2017)

Supervisors: Zanub Ansari & Rukhsana Kausar, PhD

This study examined the relationship between psychological flexibility, self-compassion and psychological well-being of university student. It was hypothesized that (a) there is likely to be a positive relationship between psychological flexibility, self-compassion and psychological well-being of university students (b) Psychological flexibility and Self compassion are likely to predict psychological well-being of students. Correlational research design was used in this study. The sample comprised of 200 university students (men = 45, women = 155) who were selected from different departments of University of the Punjab, Lahore by using convenient sampling strategy. The age range of the students was 19 to 25 years ($M = 21.01$, $SD = 1.71$). Acceptance Action Questionnaire¹¹ (Bond, 2011), Self -Compassion Scale (Neff, 2003) and Warwick Edinburgh Mental Well-being Scale (Tennant et al., 2007) were used for assessment. Pearson Product Moment Correlation and Multiple linear regression were applied to generate the results. Findings revealed that self-compassion and its three domains i.e. self-kindness, common humanity and mindfulness are significantly correlated with psychological well-being. Psychological flexibility negatively whereas common humanity and mindfulness positively predicts psychological well-being. Implications of the findings for educational settings were discussed in the context of Pakistan culture.

Keywords: Psychological flexibility, self-compassion, psychological well-being.

Resilience, Self-compassion, Mindfulness and Emotional Well-being of Doctor

Faiqa Sabir (MSc, 2015-2017)

Supervisors: Nousheen Ramzan & Farah Malik, PhD

This study was conducted to find relationship between resilience self-compassion, mindfulness and emotional well-being of doctors working in

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

critical and non-critical care units of patients. It was hypothesized that there is a positive relationship between resilience, self-compassion, mindfulness and emotional well-being of doctors and resilience, self-compassion and mindfulness are likely to be positive predictors of emotional well-being of doctors working in critical care and non-critical care units of patients. Further it was also hypothesized that doctors who are working in critical care units of patients are likely to be more resilience, self-compassionate, and mindful as compared to those who are working in non-critical units of patients. Data was collected from doctors ($N = 100$) with age range of 24 to 55 ($M = 28.27$, $SD = 5.88$) using convenient sampling technique. The Brief Resilience Scale (Smith et al., 2008), Self-Compassion Scale (Neff, 2003), Mindfulness Attention Awareness Scale (Brown & Ryan, 2003) and Scale of Positive and Negative Experiences (SPANE, Diener, 2009) were used to collect data. The results of correlation analysis suggested that there was positive and significant correlation between resilience, self-compassion, mindfulness and emotional well-being of both groups of doctors. Regression analysis revealed that self-compassion was only significant predictor of emotional well-being. Moreover, no significant mean differences were discovered between groups of doctors working in critical and non-critical care units of patients. Implications of the study have been discussed.

Keywords: Resilience, self-compassion, mindfulness, emotional well-being, critical care units.

Character Strengths and Workplace Happiness in University Teachers

Mehak Ramzan (BS, 2013-2017)
Supervisor: Naumana Amjad, PhD

Character strengths are positive traits that are considered important for number of desirable outcomes in an individual's personal, professional and social life. The present study investigated correlates and predictors of workplace happiness in university teachers. Sample consisted of 102 university teachers (male = 66, female = 36) selected from different renowned universities in Lahore, Pakistan. Workplace Happiness Questionnaire (WPQ), Workplace Environment Questionnaire and VIA-

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

120 translated in Urdu were used as assessment measures. Preliminary analysis, Pearson Product Moment Correlation and linear regression analysis were used to find descriptive statistics of scales, correlates and predictors of workplace happiness, respectively. Findings of study revealed that gratitude, honesty, spirituality, hope and kindness were top ranked strengths while love of learning, perspective, self-regulation, prudence and appreciation of beauty and excellence were lowest in the present Pakistani sample of university teachers. Pearson Product Moment Correlation analysis showed workplace environment was strongly associated with workplace happiness. Among strengths, appreciation of beauty and excellence, bravery, creativity, judgment, perspective and prudence had strong positive relationship with workplace happiness. Regression analysis revealed workplace environment as strong predictor and among character strengths, bravery as moderate while prudence as weak predictor of workplace happiness in university teachers. Study discussed directions for future studies and implications of findings on educational as well as workplace setting.

Keywords: Character strengths, workplace happiness, workplace environment, university teachers.

Love of Life, Self Determination, Leisure Activity and Psychological Well-Being in Students

Tayyaba Sarwar (MSc, 2015-2017)

Supervisors: Almas Irfan & Naumana Amjad, PhD

The present research aimed to investigate the relationship among love of life, self-determination, leisure activity and psychological well-being in university students. It was hypothesized that there is likely to be a relationship among love of life, self-determination, leisure activity and psychological wellbeing. Moreover, it was hypothesized that love of life, self-determination, leisure activity are the predictors of psychological well-being. The data was collected by employing convenient sampling technique from different departments of Punjab University and comprised of $N = 125$ (male = 74, female = 76) university students. Self-Determination Scale (Deci & Ryan, 2000), Love of Life Scale (Abdel-Khalek, 2007) Goldin Leisure-Time Exercise Scale (Godin, 1997) and Psychological Well-Being Scale (Ryff, 1989) were used to collect data.

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

Pearson Product Moment Correlation revealed that there was significant positive relationship between love of life and psychological well-being while Regression analysis found that love of life was a significant predictor of psychological well-being. Further, Independent sample *t*-test showed that there were gender differences in terms of love of life, self-determination, leisure activity and psychological well-being. The findings of the research can be helpful to conduct different sessions, seminars and awareness campaigns for the importance of love of life and its significance for psychological well-being.

Keywords: Love, self-determination, leisure activity, psychological well-being.

Psychological Flexibility, Workplace Happiness and Job Loyalty in School Teachers

Bilal Sarfraz (MSc, 2015-2017)

Supervisors: Raja Farukh & Naumana Amjad, PhD

Present study was aimed to find out the relationship among psychological flexibility, job loyalty and workplace happiness in school teachers. It was hypothesized that there would be significant positive relationship among psychological flexibility, job loyalty and workplace happiness. Furthermore, it was hypothesized that psychological flexibility and job loyalty were significant predictors of workplace happiness. Correlational research design was used and sample of ($n = 50$) male and female school teachers each was recruited from Faisalabad and Lahore. Psychological Flexibility Questionnaire by Maya Moar et al. (2014), Employee Loyalty Questionnaire by Anam et al. (2015), and Workplace Happiness Scale by Ben-itzak et al. (2015) were used as assessment measures to study variables. Data was analyzed through SPSS version 20. Results revealed that job loyalty, psychological flexibility and workplace happiness were positively correlated with each other. However, demographic variables had not been correlated with each other. Job loyalty and psychological flexibility were found to be a positive predictor of workplace happiness. Results of Independent Sample *t*-test showed no gender differences on job loyalty, psychological flexibility and workplace happiness. Present

study has some important implication in organizational setting. Moreover, limitations and suggestion of the present study were discussed.

Keywords: Psychological flexibility, job loyalty, workplace happiness.

Mindset, Resilience and Rejection Sensitivity in Individuals with Physical Disabilities

Seemal Amin (MSc, 2016-2017)

Supervisor: Iram Fatima, PhD

The present aimed to investigate the relationship of rejection sensitivity with mindset and resilience in individuals with physical disabilities. Correlation research design was used. It was hypothesized that growth mindset and resilience were negatively related and negative predictor of rejection sensitivity in individuals with physical disabilities. Further, it was also hypothesized that there would be a positive relationship between fixed mindset and rejection sensitivity in individuals with physical disabilities. The sample of 70 individuals with physical disabilities were assessed from government sector colleges and universities of Lahore and consisted of 41 boys and 29 girls. The Mindset Inventory/ Implicit Theories of Intelligence Scale (Dweck, 1999), The State Trait Resilience Scale (Hiew, 1999) and Rejection Sensitivity Questionnaire (RSQ; Downey & Feldman, 1996) were used to assess mindset, resilience and rejection sensitivity, respectively. Results revealed that there was a significant positive correlation between fixed mindset and rejection sensitivity. Further, the results revealed that growth and fixed mindset and resilience did not predict rejection sensitivity in individuals with physical disabilities. The findings of this study can help to improve and change the currently used service models of psychological interventions designed to facilitate individuals with physical disabilities.

Keywords: Mindset, resilience and rejection sensitivity, physical disabilities.

Psychological Predictors of Wellbeing in Widows

Fiza Noureen (MSc, 2015-2017)

Supervisors: Arifa Siddiqui & Mujeeba Ashraf, PhD

The present research aimed to find out the predictors of psychological wellbeing in widows. Correlational research design was used for this research. Non-probability, snowball sampling has been used to collect the data of 100 widows. It was hypothesized that optimism and cognitive emotion regulation strategies predict the psychological wellbeing among widows. The scales used in this research were Ryff's Scale of Psychological Wellbeing (Ryff, 1989), Life Orientation Test (Scheier & Carver, 1992) and Cognitive Emotion Regulation Questionnaire (CERQ) (Garnefski & Kraaij, 2006). The Urdu translation of these scales was used to facilitate the research participants. The research findings revealed that optimism is a strong positive predictor of wellbeing as well as positive refocusing showed positive prediction of psychological wellbeing while self-blame strategy showed negative prediction of psychological wellbeing in research participants. The findings of the result of present study can be considered to have sound implications to improve the psychological wellbeing of widows.

Keywords: Psychological predictors, wellbeing.

Interpersonal Needs, Perceived social Support and Self Harm in Transgenders

Ayesha Yousaf (BS, 2013-2017)

Supervisor: Afifa Anjum

The present study examined the relationship between interpersonal needs, perceived social support and self-harm in transgenders. It was hypothesized that i) interpersonal needs i.e. thwarted belongingness and perceived burdensomeness and ii) lack of social support are likely to predicts self-harm in transgenders. The sample comprised of 55 transgenders taken from different areas of Lahore by using snow ball sampling strategy. Interpersonal Needs Questionnaire (Orden, Witte & Gorden 2008), Multidimensional Perceived Social Support Scale (Zimet,

Psychological Abstracts (2017)
Institute of Applied Psychology,
University of the Punjab, Lahore-Pakistan.

Dahlem, & Farley 1988) and Inventory of Statement About Self Injury (Klonsky & Glenn 2009) were used for assessment of study variables. Data were analyzed using descriptive statistics; Pearson Product Moment Correlation and Multiple Linear Regression analysis. Findings indicated that thwarted belongingness and perceived burdensomeness are not the predictors of self-harm. Perceived social support was the significant predictor of self-harm. Greater perceived social support was significantly associated with less reported self-harm. Implication of the research include that social support networks for transgenders that can lead to lesser incidence of self-harm in future and it can be extended to other less privileged groups as well. This research can be beneficial in understanding the social aspects of the lives of transgenders and the inclination of self-harm in them.

Keywords: Interpersonal needs, support, self-harm transgenders.

Gratitude, Forgiveness, Social Support and Psychological Well Being in Older Married Women

Sumaira Hussain (MSc, 2015-2017)

Supervisor: Zaeema Farooq

Current study aims to investigate the relationship between gratitude, forgiveness, social support and psychological well-being in older married women. It was hypothesized that there would be a positive relationship among gratitude, forgiveness, social support and psychological well-being in older married women. Furthermore, it was hypothesized that gratitude, forgiveness and social support would be predictors of psychological well-being in older married women. Correlational research design was used in present study. A sample consisting of ($N = 200$) older married women of age 45-60 was taken by convenient sampling technique. Data was collected through Gratitude Questionnaire -Six Item Form (Aslam & Kausar, 2010; McCullough, Emmons, & Tsang, 2002), Heartland Forgiveness Scale (Zubair & Kausar, 2011; Thompson et al., 2005), Multidimensional Scale of Perceived Social Support (Zafar & Kausar, 2011; Zimet et al., 1988) and Ryff Psychological Well Being Scale (Aslam & Kausar, 2010; Ryff, 1989) to measure gratitude, forgiveness, social support and psychological well-being respectively. Results of the present study revealed a significant positive relationship

between gratitude, forgiveness, social support and psychological well-being. Also, results revealed that only gratitude and social support were positive predictors of psychological well-being in older married women. Findings of present study can be implied in domestic level. Further limitations and suggestions are discussed.

Keywords: Gratitude, Forgiveness, Social Support, Psychological Well-being.

Narcissism, Self-Esteem and Aggression in Teenage Girls

Maliha Mushtaq (BS, 2013-2017)

Supervisor: Zaeema Farooq

The current study aimed to investigate the relationship between narcissism, self-esteem and aggression in teenage girls. It was hypothesized that there is likely to be a positive relationship among narcissism, self-esteem and aggression in teenage girls. Furthermore, it was hypothesized that narcissism and self-esteem would be a predictor of aggression in teenage girls. Correlational research design was used in present study. A sample consisting of 200 ($N = 200$) teenage girls were taken by convenient sampling technique. Data was collected through Narcissistic Personality Inventory-16 (NPI-16), Rosenberg Self-Esteem Scale (Rosenberg, 1965) and Buss-Perry Aggression Questionnaire (AGO) (Buss, & Perry, 1992) to measure narcissism, self-esteem and aggression respectively. Results of the present study revealed a significant positive relationship between narcissism and aggression but no relationship was found between self-esteem and aggression. Similarly, results revealed no relationship between narcissism and self-esteem in teenage girls. Also, results revealed that only narcissism was a positive predictor of aggression in teenage girls and self-esteem was not found to be the predictor of aggression in teenage girls.

Keywords: Narcissism, self-esteem, aggression.

Social Psychology

Smartphone Addiction, Self-esteem and Interpersonal Communication in University Students

Tayyaba Arif (MSc, 2015-2017)

Supervisors: Fatima Safdar & Rukhsana Kausar, PhD

The present research investigated the relationship between smartphone addiction, self-esteem and interpersonal communication in university students. It was hypothesized that; there is likely to be a relationship between smart phone addiction, self-esteem and interpersonal communication in university students; smartphone addiction and self-esteem are likely to be predictors of interpersonal communication in university students. Correlational research design was used with a sample of 184 students recruited from different universities through convenient sampling technique. Smartphone addiction Scale (Kwon & Kim, 2013), Rosenberg Self-Esteem Scale (Rosenberg, 1965) and Interpersonal communication inventory (Millard J. Bienvenu, 1969) were used for assessment. Independent sample *t*-test, Pearson Product Moment Correlation, and regression analysis were applied to generate the results. Significant but negative correlation between smartphone addiction and interpersonal communication of students was found. Smartphone addiction was found as significant predictors of interpersonal communication in university students. Findings will help to understand how excessive smartphone usage and our level of self-esteem effects in our interpersonal communication and also interpersonal relationships with family, friends, teachers and other social relations.

Keywords: Smartphone addiction, self-esteem, interpersonal communication.

Stigma of Mental Illness, Burnout and Attitudes toward Seeking Professional Psychological Help

Fatima Nadeem (MSc, 2015-2017)

Supervisor: Iram Fatima, PhD

The present study aimed to explore the role of two types of stigma namely perceived public stigma and self-stigma of mental illness; and burnout in predicting attitudes towards seeking professional

psychological help among mental health professionals. It was hypothesized that self-stigma and burnout would negatively predict attitudes towards seeking professional psychological help. Correlational research design was used and the sample consisted of mental health professionals including nurses, psychologists, psychiatrists and doctors ($N = 80$). Attitudes toward Seeking Professional Psychological Help Scale (ATSPPH-S) (Fischer & Farina, 1995), Self-Stigma of Seeking Help Scale (SSOSH) (Vogel et al., 2006), Perceived Devaluation–Discrimination Scale (Link et al., 1987), Copenhagen Burnout Inventory (CBI) (Kristensen et al., 2005) were used to assess the study variables. The results revealed that only self-stigma negatively predicted attitude towards seeking professional psychological help. Perceived public stigma and burnout did not predict attitude toward seeking professional psychological help. The findings suggest that stigma reduction efforts are more likely to increase help-seeking behavior among mental health professionals, if they reduce personally held stigmatizing attitudes as opposed to perceptions of what others believe.

Keywords: Public stigma, self-stigma, burnout, help seeking attitudes.

Objectified Body Consciousness, Social Appearance Anxiety and Self-Concept between Married and Unmarried Women

Unaiza (BS, 2013-2017)

Supervisor: Shazia Khalid, PhD

The present study aimed to investigate the relationship among objectified body consciousness, social appearance anxiety and self-concept between married and unmarried women. The sample consisted of women ($N = 150$) including both married women ($n = 75$) and unmarried women ($n = 75$) with the age range of (30 to 40) years ($M = 34.6$ & $SD = 3.01$). Between group research design was used. Objectified Body Consciousness Scale (Greenleaf, 2006), Social Appearance Anxiety Scale (Hart et al., 2008) and Robson Self Concept Questionnaire (Romans, 1996) were used to collect data which was analyzed through Correlation, Independent sample t -test and Hierarchal Multiple Regression analysis. Results revealed a significant negative relationship

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between body surveillance and self-concept and a significant negative relationship between social appearance anxiety and self-concept. Also, results also showed no significant difference in the self-concept between married and unmarried women. Moreover, results revealed that body surveillance, social appearance anxiety and education level were negative predictors of self-concept while body shame was a positive predictor of self-concept between married and unmarried women. This study can be helpful for psychologists in constructing such awareness programs to change the general population's viewpoint over body objectification. In the light of above results, psychologists may develop such therapies which can reduce the objectified body consciousness and social appearance anxiety among women and also enhance their self-concept to lead a better life. This study also reveals that there is a dire need of counseling sessions for those who have inferior self-concept due to their body image.

Keywords: Objectified body consciousness, social appearance anxiety, self-concept.

Socialization Agents and Body Image Concerns in Young Adults

Saba Siddique (MSc, 2015-2017)

Supervisors: Arooj Arshad & Saima Ghazal, PhD

The present study was conducted to find out the relationship between socialization agents (family, peers and mass media) and body image concerns in young adults. It was hypothesized that; 1) there would likely to be a positive relationship between socialization agents (family, peers and mass media) and body image concerns, 2) body image concerns were likely to be predicted by socialization agents controlling for the effects of demographics (age, gender, BMI), and 3) there were gender differences; females would be more likely to be influenced by socialization agents (family, peers and mass media). 200 masters and bachelor students with an age range of 18-22 years ($M = 20.73$, $SD = 1.86$) were taken from different universities of Lahore. Body image, family influence, peer pressure and media influence were assessed by Body Image Concern Inventory (Littleton, Axsom & Pury, 2005), Multidimensional Peer Victimization Scale (Mynard & Joseph, 2000), Sociocultural Attitude Towards Appearance Scale (SATAQ_3) (Thompson, Van, Rochrig,

Guarda & Heinberg, 2004), Perception of Teasing Scale (Thompson, Cattarin, Fowler & Fisher, 1995) and demographic information sheet. Results revealed a significant positive relationship between socialization agents (family, peers and mass media) and body image concerns. Results of Linear regression showed socialization agents as predictors of body image concerns, family and mass media were stronger predictors as compare to peer pressure. Present study can be helpful in bringing awareness among young adults who excessively concern about their body image which may lead to body dissatisfaction.

Keywords: Body image concerns, family peers, mass media, young adults.

Perceived Discrimination, Religious Group Identification and Personal Self-Esteem among Religious Minority Groups in Lahore

Qiraat Rasheed (MSc, 2015-2017)

Supervisor: Mujeeba Ashraf, PhD

The present research studied the effect of perceived discrimination on religious group identification and personal self-esteem among religious minority group in Lahore. The study was based upon rejection identification model given by Branscombe, Schmitt, & Harvey, (1999). Therefore, it was assumed that that perceived discrimination was negatively associated with low personal self-esteem and perceived discrimination was positively associated with high religious group identification. Furthermore, it was hypothesized that group identification mediates the relationship between perceived discrimination and personal self-esteem. The study was based upon correlational research design. The sample was comprised of 100 Christians and 100 Sikh with mean age of 31 years for both genders. Rosenberg Self-esteem Scale (R-SES) by Rosenberg (1965), Multidimensional Scale of Perceived Discrimination (MSPD) by Molero, Recio, Ael, Fuster and Sanjuan (2012), and Group Identification Scale developed by Leach et al., (2008) was used. Test of normality, spearman brown correlation and simple liner regression was used to measure the effect of perceived discrimination on religious group identification and personal self-esteem among religious minority group in Lahore. The

results indicated that overall perceived discrimination is negatively associated with low personal self-esteem, perceived discrimination is significantly positively associated with high religious group identification, and high religious group identification is negatively associated with high personal self-esteem, and only perceived discrimination is significantly predicting group identification. The present study helps to understand the effect of perceived discrimination on group identification and personal self-esteem among religious minority group.

Keywords: Perceived discrimination, religious group identification, personal self-esteem.

Mind Wandering and Procrastination in Structured and Unstructured Tasks

Arooba Tahir (MSc, 2015-2017)

Supervisor: Afifa Anjum

The current study examined the differences in mind wandering and procrastination between structured and unstructured tasks of the students. It was hypothesized that (a) there is likely to be a difference in mind wandering and procrastination between structured and unstructured tasks (b) there is likely to be a relationship between mind wandering and procrastination in structured and unstructured tasks and (c) mind wandering is likely to predict procrastination in the students. Cross-sectional research design was used. Convenient sampling strategy was used for data collection and a sample of 71 university students from both government and private universities was selected. Student Mind Wandering Questionnaire (Shahid & Anjum, 2016) and Tuckman Procrastination Scale (Tuckman, 1991) were used for measuring the study variables. Cronbach alpha reliabilities were computed for both scales. The data was analyzed using descriptive statistics, independent sample *t*-test, Pearson Product Moment Correlation and Hierarchical regression. Findings of the study showed that no difference was found in mind wandering and procrastination between structured and unstructured tasks while significant positive relationship was present between mind wandering and procrastination. Results also showed that mind wandering positively predicted procrastination in the students. This study has its

implications for further researchers to explore those variables which cause students to have off-task thoughts irrespective of the task design.

Keywords: Mind wandering, procrastination, structured and unstructured tasks.

Parental Expectations, Gender Role Conflict and Career Decision in University Students

Maira Amin Kahloon (BS, 2013-2017)

Supervisor: Shahnila Tariq

The present research investigated the relationship between parental expectations, gender role conflict and career decision in university students. It was hypothesized that there would be a negative relationship between gender role conflict and career decision and that there would be a positive relationship between parental expectations and career decision. The sample comprised of 180 university students (109 female and 71 male). The sample age range was 18-35 years ($M = 21.7$, $SD=1.79$). Data were collected from one public university (University of the Punjab) and one private university (University of Management and Technology) of Lahore by using convenient sampling technique. Perceived Parental Expectations Scale (Sasikala & Karunanidhi, 2011), Gender Role Conflict Scale (O'Neil, 2008) and Career Decision Making Profile (Gati, 2010) were used as assessment measures. The results revealed that parental expectations have a significant negative relationship with gender role conflict and all the subscales of career decision. It was also revealed that there was significant negative relationship between gender role conflict and career decision making of the students. The findings of the present research will be helpful for the educationists, psychologists, teachers and parents in order to resolve difficulties of career decision making in university students.

Keywords. Parental expectations, gender role conflict, career decision making.

Boredom, Tolerance and Social Connectedness in Hostel Students

Zunaira Ashiq (MSc, 2015-2017)

Supervisor: Shahnila Tariq

The present study was conducted to investigate the relationship between boredom, tolerance and social connectedness in hostel students. It was hypothesized that there is likely to be a negative relationship between boredom and social connectedness and tolerance is likely to be positively related to social connectedness in hostel students. Correlational research design and convenient sampling technique was used to collect the data from hostel students ($N = 200$; male = 100 and female = 100) with age range between 18 to 25 years ($M = 20.76$, $SD = 1.27$). The data was collected from different hostels of Punjab University Lahore. A demographic information sheet, Leisure Boredom Scale (Iso-Ahola & Weissinger, 1990), The Interpersonal Tolerance Scale (Thomae, Birtel, & Wittemann, 2016) and The Social Connectedness Scale (Lee, & Robbins, 1995) were used as assessment measures. Data was analyzed by using Pearson Product Moment Correlation, hierarchal regression and independent sample t -test. Results revealed that boredom and tolerance positively related to social connectedness. The present research would be helpful for the students who have to stay in hostels for their study.

Keywords: Boredom, tolerance, social connectedness.

Moral Disengagement, Prosocial Personality and Socially Desirable Behavior in Police Officer

Efra Saddique (MSc, 2015-2017)

Supervisor: Shahnila Tariq

The aim of the current research was to investigate the relationship between moral disengagement, prosocial personality and socially desirable behavior in police officers. It was hypothesized that there is likely to be a relationship between moral disengagement, prosocial personality and socially desirable behavior in police officers. Correlational research design and convenient sampling technique was used to collect the data from police officers ($N = 150$) with age range between 25 to 55 years. The data was collected from different police

stations of Lahore. A demographic information sheet, Moral Disengagement Scale (Moore et al., 2012), Prosocial Personality Battery (PPB) (Penner et al., 1995) and Social Desirability Scale (SDS-17) (Stober, 2001) were used as assessment measures. Data was analyzed by using Pearson product moment correlation, hierarchical regression and independent sample *t*-test. The results revealed that the prosocial personality and its three subscales i.e. mutual concerns, perspective taking and personal distress were positively correlated with socially desirable behavior. Moral disengagement was not correlated with socially desirable behavior. Furthermore, it was found that profession of spouse was positively correlated with socially desirable behavior. The present research raises implication for the training of police force.

Keywords: Moral disengagement, prosocial personality, socially desirable behavior.

Self-Efficacy Problem Solving and Career Decision Making in Students

Syeda Sadia Islam (MSc, 2015-2017)

Supervisor: Ramiza Rasheed

The present study aimed to investigate the relationship between self-efficacy, problem solving and career decision making. It was hypothesized that there is likely to be a positive relationship between self-efficacy, problem solving and career decision making. It was also hypothesized that there is likely to be no gender differences in self-efficacy problem solving and career decision making. The sample was 200 students of high school. To assess the relationship between self-efficacy, problem solving and career decision making General Self-Efficacy Scale by Schwarzer (1995), Independent-Independent Problem-Solving Scale (Rubin, 2013) and career Decision-Making Profile (CDMP) questionnaires (Gati, 2011) were used. Pearson Product Moment Correlation and independent sample *t*-test were used for analysis. Cronbach Alpha reliability was used to assess the reliability of scales. The findings of the research showed significant negative relationship between self-efficacy and desire to please others, effort invested in the process, consultation with others and aspiration for an

ideal occupation. There were no significant relationship between problem solving and career decision making. There was no gender differences found in independent sample *t*-test.

Keywords: Self-efficacy, problem solving career decision making.

Sports Psychology

Motivation, Emotional Regulation, Perceived Social Support and Burnout in Women Athletes

Rimsha Aiman (BS, 2013-2017)
Supervisor: Afsheen Masood, PhD

This research aimed to investigate relationship among motivation, emotional regulation and perceived social support with burnout in women athletes. A cross sectional research design was used to execute the quantitative study on motivation, emotional regulation and perceived social support with burnout in women athletes. It was hypothesized that negative association would exist between motivation, emotional regulation, perceived social support and burnout. The sample consisted of students- athletes ($n = 150$), recruited from different universities of Lahore using non-probability purposive sampling technique. The age range of the students-athletes was 18 years to 25 years. In addition to demographic information sheet, Sports Motivation Scale (Pelletier, Rocchi & Vallerand et al., 2013), Emotional Regulation Questionnaire (Gross & John, 2003), Multidimensional Scale of Perceived Social Support (Zimet, Dahelm, Zimet & Farley, 1998), and Athlete Burnout Questionnaire (Raedeke & Smith, 2009) were used to assess the study variables. The data was analyzed by employing Pearson Product Moment Correlation and Linear Regression analysis using SPSS version 20. Results indicated that motivation, perceived social support and reappraisal had a negative correlation with burnout while suppression had a positive correlation with burnout. Perceived social support and reappraisal were significant predictors of burnout. This study sheds lights on the fields of sports psychology and guides the sports psychologist in understanding the concerns of athletes and how motivation, emotional regulation and perceived social support and burnout can be explained in sports men lives.

Keywords: Motivation, emotional regulation, perceived social support, burnout, women athletes.

Sports Fan Motivation, Sports Fandom and Sports Participation among Sports Fans

Ahmad Altaf (MSc, 2015-2017)

Supervisor: Vicar Solomon

The present research aimed to investigate the differences between sports fan motivation, sports fandom and sports participation among sports fans. It was hypothesized that there is likely to be relationship between sports fan motivation, sports fandom and sports participation among sports fans. It was also hypothesized that there are likely to be differences in favorite sports (cricket, football and badminton) on sports fan motivation, sports fandom and sports participation among sports fans. Further, it was hypothesized that the demographic variables, sports fan motivation and sports fandom are likely predict to sports participation. It was a between group research design which measured the levels of sports participation of sports fans. The sample collected from purposive sampling technique ($N = 97$) of sports fans of three different Sports (cricket = 50, football = 21, badminton = 26). The Sports Fan Motivation Scale (Wann, 1995), Sports Fandom Questionnaire (Wann, 2002) and Physical Activity and Leisure Motivation Scale (Keyvan & Selina, 2014) were used to investigate the hypotheses. One-way ANOVA showed that there are differences among favorite sports (cricket, football and badminton) on sports fans motivation, sports fandom and sports participation among sports fans. Correlation analysis revealed that there was significantly positive relationship between sports fan motivation, sports fandom and sports participation among sports fans. Regression analysis found that sports fan motivation and sports fandom were not significant predictor of sports participation and *t*-test analysis showed that there was mean difference between male and female sports fans. The findings of the research emphasize to conduct different sessions, seminars and awareness campaigns for the importance of sports participation and physical activities. It can be helpful in adding many sports related educational courses for students to promote physical activities and sports participation among students.

Keywords: Sports fan motivation, sports fandom, sports participation.

Author Index

A

Abdul Ghaffar, Nazia 19

Afzaal, Maryam 64

Afzaal, Zukhruf 95

Afzal, Mamoonah 46

Ahmad, Hira 29

Ahmad, Rida 51

Ahsan, Qudsia 85

Aiman, Rimsha 113

Ali, Iqra 70

Altaf, Ahmad 114

Altaf, Huma 58

Amin, Anum 38

Amin, Seemal 100

Amjad, Naumana 8, 10, 26, 53,
69, 70 76, 77, 93, 97, 98, 99

Anjum, Afifa 30, 62, 82, 83,
101, 108

Ansari, Zainub 3

Ansari, Zanub 96

Arshad, Arooj 43, 106

Arshad, Amna 59

Arshad, Maryam 24

Arif, Tayyaba 104

Asad, Hafiza Farah 79

Ashraf, Laila 39

Ashraf, Mujeeba 18, 19, 21, 44,
45, 101, 107

Ashfaq, Maria 40

Ashiq, Zunaira 110

Aslam, Safi 6, 68

Ayub, Sumaira 36

Azam, Saima 50

B

Bakht, Raheela 21

Batool, Fizzah 45

Batool, Saira 67, 95

Batool, Syeda Azba 74

Butt, Iram Shafiq 67

Butt, Jaleesha Abdul Hafeez 5

D

Dildar, Saadia 34, 76

F

Farooq, Ayesha 15, 28

Farooq, Sehrish 92

Farooq, Zaeema 31, 55, 86, 87,
94, 102, 103

Farukh, Raja 99

Fatima, Fazeen 60

Fatima, Noor 56

Fatima, Iqra 76

Fatima, Iram 14, 15, 21, 28, 38,
39, 40, 50, 100, 104

Fatima, Taqdees 57

G

Ghazal, Saima 17, 41, 42, 43,
51, 72, 80, 81, 106

Gul, Samra 94

Gull, Warda 27

H

Hameed, Uzma 32

Hanif, Roman 72

Haroon, Wuzna 65

Hashmi, Zakariya 75

Hassan, Waqas 67

Haya, Ayesha 42

Hussain, Sumaira 102

I

Iftikhar, Tehreem 49

Ijaz, Nadia 16

Ilias, Amara 67

Imdad, Anam 72

Imtiaz, Saman 37

Iqbal, Palvisha 62

Irfan, Almas 8, 98

Irfan, Hadiqa 40

Irshad, Aleena 91

Ishaq, Ghulam 11

Islam, Syeda Sadia 111

J

Jabeen, Iqra 48

Javed, Khadeeja 28

Javed, Sidra 10, 26

Javed, Tehreem 37

K

Kamran, Fatima 28, 59, 60

Kanwal, Sitara 13

Kausar, Rukhsana 1, 3, 4, 5, 23,
24, 34, 35, 67, 75, 76, 95, 96,
104

Kahloon, Sara Amin 36

Kahloon, Maira Amin 109

Khadam, Amna 56

Khalid, Ayesha 43

Khalid, Asna 84

Khalid, Shazia 40, 50, 71, 78,
105

Khan, Farwa 83

Khan, Shanza 43

Khan, Rubab Neelam 66

Komal, Afreen 66

L

Lodhi, Ayesha 32

M

Majeed, Saima 24, 25

Majeed, Sanila 44

Malik, Farah 6, 7, 24, 25, 36, 48,
49, 56, 67, 68, 90, 91, 92, 96

Malik, Rida 63

Maqsood, Afsheen 16, 37, 61,
79, 113

Maqsood, Amna 21

Mehmood, Asad 55

Mehmood, Uswa 61

Miskan, Naz Bibi 77

Mobeen, Beenish 88

Mumtaz, Zakia 54

Murtaza, Amna 88

Mushtaq, Maliha 103

N

Nadeem, Fatima 104

Naqvi, Jawaria Fatima 14

Nasar, Arooba 41

Naseer, Rabia 87

Naseer, Sabila 7, 91

Nasir, Arsla 17, 43

Nazar, Iqra 65

Noureen, Fiza 101

P

Perveen, Shazia 68

Q

Qazi, Saliha Sana 93

R

Rafia, Rafiq 11, 12, 13, 27, 37, 56, 57, 58

Rafique, Shamim 49

Ramzan, Mehak 97

Ramzan, Nousheen 32, 96

Rasheed, Qiraat 107

Rasheed, Ramiza 111

Rasool, Faiza 32, 64

Razaq, Sania 28

Rehman, Fatima 90

Riasaf, Fizza 76

Riaz, Hafiza Safia 96

Riaz, Rabia 26

Riaz, Tahmina 35

Riaz, Zarmina 53

Rustam, Ayesha 92

S

Sabir, Faiqa 96

Saddique, Efra 110

Sadiq, Nida 23

Sadiq, Nosheen 87

Saeed, Aqsa 86

Safdar, Fatima 4, 104

Saleem, Maria 34

Sarwar, Tayyaba 98

Sarfraz, Bilal 99

Sehr-e-Gul 39, 40

Shabbir, Sidra 80

Shafqat, Iqra 50

Shafique, Amna 69

Shafique, Hira 11

Sial, Maqbool 81

Siddiqui, Arifa, 18, 101

Siddique, Saba 106

Sultan, Irum 47

Sulyman, Iqra 24

Soloman, Vicar 114

T

Tahir, Arooba 108

Tahir, Muzammil 30

Tariq, Misbah 25

Tariq, Shahnila 29, 47, 74, 109, 110

U

Unaiza 105

W

Waheed, Maira 82

Wajid, Aliya 31

Y

Yousaf, Ayesha 101

Yousaf, Mahnaz 1

Younas, Faiz 46, 54, 63, 72, 83,
84, 85

Z

Zafar, Nida 24, 35

Zahid, Aasifa 78

Zahra, Syeda Hijab 83