IAP Psychological Abstracts

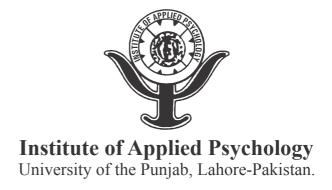# 2016-2018

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

Editorial

The Institute of Applied Psychology is publishing the 10ᵗʰ Volume of IAP Psychological Abstracts 2016-2018. This is an effort to compile the empirical research work undertaken by the BS (4 years; Morning & Replica), MSc (2 Years; Morning & Replica), MPhil, MS Health Psychology and PhD students as well as by the faculty of the institute by a team who worked for compilation, 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 (Research Assistant). I would like to acknowledge Dr. Iram Fatima (Assistant Professor), Ms. Afifa Anjum (Lecturer), Mr. Faiz Younas (Lecturer) and Dr. Shahnila Tariq (Lecturer) for final proof reading of the draft. The aim of publishing IAP Psychological Abstracts is to update students and researchers in the discipline of Psychology with indigenous researches conducted at the Institute of Applied Psychology. The credit goes to the researchers (students and supervisors) whose work is being published. I am thankful to my faculty members for timely provision of abstracts of their students' theses. I aspire that publishing psychological abstract remains a regular feature of Institute of Applied Psychology.

Electronic soft copy of the psychological abstract is also available on the website of Institute of Applied Psychology, University of the Punjab-Lahore, at http://www.pu.edu.pk/home/department/39/Institute-of-Applied-Psychology#. IAP Psychological abstracts have been assigned an ISBN (978-969-9559) by The National Library of Pakistan.

Editor
Prof. Dr. Farah Malik

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PhD Theses

Parental Perception, Child Temperament, Cognitive Appraisal and Anger Expression in Children with Emotional-Behavioural Problems

Saima Majeed, (PhD, 2018)
Supervisor: Farah Malik, PhD

The present research investigated anger expression in children with emotional behavioural problems and its relationship with parental perception, child temperament, and cognitive appraisal in Pakistani cultural context. The research was initiated with the hypotheses that authoritarian, permissive and uninvolved, parental perception would positively relate whereas authoritative parental perception would negatively relate with anger expression in children. Parental perception, child temperament and cognitive appraisal would likely to predict anger expression in children. Role of child temperament as moderator and cognitive appraisal as mediator was also studied. The present research was carried out in two studies. In study I an indigenous anger expression scale was developed, validated and standardized. Principal component analysis with varimax rotation and kaiser normalization generated four factors that were labeled as externalized anger, feeling of rejection, hostility and violence, and internalized anger. Moreover four measures including State Trait Anger Expression Inventory-2 for Children and Adolescents (Brunner & Spilberger, 2009), Parental Perception Questionnaire (Pasquali et al, 2012), School Aged Temperament Inventory (McClowry, 1995) and Child Appraisal Questionnaire (Hood, Power, & Hill, 2009) were translated into Urdu following the standardized forward-backward translation procedures. In study II, cross sectional research design was followed and a sample of 450 children including 225 children with emotional-behavioural problems and 225 emotionally healthy children were drawn from three hospitals and four schools in Lahore city. The age range of children was 9 to 13 *(M* = 11.35, *SD* = 1.36). Results indicated that authoritarian parental perception positively predicted while authoritative, permissive and uninvolved parental perception negatively predicted anger expression in children with emotional behavioural problems and emotionally healthy children. Likewise, uninvolved parental perception positively predicted internalized anger expression. Child temperament significantly moderated and cognitive appraisal (significance, predictability and self-blame) significantly mediated the relationship between parental perception and anger expression in children. Children with emotional

behavioural problems obtained higher scores on externalized anger expression and hostility and violence subscale. Gender differences were also observed but only for internalized anger expression i.e. girls obtained higher scores. The findings and their implications were discussed on the part of parents, educators, researchers and clinicians.

Keywords: Parental perception, child temperament, cognitive appraisal, anger expression, emotional-behavioural problems.

Psychosocial Correlates of Deviant Behaviour among Adolescents

Shahnila Mushtaq (PhD, 2018)
Supervisor: Rukhsana Kausar, PhD

The aim of the present research is to identify psychosocial correlates of deviant behaviour in adolescents in Pakistan. The present research used mixed method approach and comprises of three different studies, each with its separate objectives.

The first study was designed to identify psychosocial factors of deviant behaviour in adolescents. It was qualitative in nature and initial pool of items was generated through interviews and focus group discussion (FGD). Data through interviews ($n = 14$) and for FGD ($n = 9$) was generated from the individuals who directly or indirectly had observed and dealt with adolescents with deviant behaviour. This study helped identify factors and generate items for the scale of psychosocial correlates of deviant behaviour. Data revealed psychosocial correlates of deviant behaviour in adolescents, such as, personal issues, social problems, lack of parental guidance and monitoring, communication gap between parents and adolescents, negative effect of media and unsupervised use of the internet.

In second study, the aim was to: examine psychometric properties of psychosocial correlates of deviant behaviour scale; examine psychometric properties of self-constructed Deviant Behaviour Scale based on the Diagnostic and Statistical Manual for Mental Disorders (DSM-5, American Psychiatric Association, 2013) classification of behavioural problems. The sample comprised of 612 male adolescents (age range 13-19 years; $M = 16$, $SD = 1.4$) recruited from different Government schools and colleges. Data were analyzed using Exploratory Factor Analysis through Principal Component Analysis (PCA) and reliability analysis to examine the psychometric properties of both scales.

Results revealed six factors of Psychosocial Correlates of Deviant Behaviour Scale, i.e., family related; social; psychological; moral values; biological and media related. All these factors showed high reliability. For Deviant Behaviour Scale, three factors emerged i.e. conduct disorder; intermittent explosive disorder and oppositional defiant disorder and all subscales showed high reliability. Data were further analyzed using correlation and regression analyses and results revealed significant positive relationship between psychosocial factors and deviant behaviour in adolescents.

Study 3, was carried out to identify the relationship between psychosocial correlates of deviant behaviour, emotional immaturity, personality traits and deviant behaviour in adolescents. It was hypothesized that: there is likely to be relationship between psychosocial correlates of deviant behaviour, personality traits and deviant behaviour; emotional immaturity is likely to mediate the relationship between psychosocial correlates of deviant behaviour, personality traits and deviant behaviour. It was also hypothesized that psychosocial correlates of deviant behaviour, personality traits and emotional immaturity will predict deviant behaviour in adolescents. There is likely to be significant differences between adolescents showing deviant and non-deviant behaviour on psychosocial correlates of deviant behaviour, personality traits, and emotional immaturity. Between group was used to collect data by selecting adolescents through extreme case method, that is, the upper and lower quartiles of the adolescents (scoring high and low on the deviant behaviour scale) from study two sample ($n = 326$, 155 showing deviant behaviour and 171 showing non-deviant behaviour). Indigenous Psychosocial Correlates of Deviant Behaviour Scale (Mushtaq & Kausar), Deviant Behaviour Scale (Mushtaq & Kausar, 2018), Big Five Inventory (BFI-10; Rammstedt & John, 2007) and Emotional Maturity Scale (Singh & Bharagava, 1999) were used for assessment. The data were analyzed using a series of independent sample t-tests, correlation analysis, regression analyses and structural equation modeling. Emotional maturity (relapse, social conflict, instability, personal breakdown and lack of independence) was found significant mediator between personality traits (openness to experience, extraversion, agreeableness and neuroticism), psychosocial factors (parental factor, moral factor, psychological factor, social factor) and deviant behaviour. The findings of the present research is helpful in identifying adolescents at risk for developing deviant behaviour and thereby devising prevention and

intervention plans for such adolescents by controlling the factors associated with deviant behaviour.

Keywords: Psychosocial correlates, deviant behaviour, non-deviant behaviour, adolescents.

Psychosocial Correlates of Moral Judgment among Adolescents

Shazia Irfan (PhD, 2019)
Supervisor: Rukhsana Kausar, PhD

The present study aimed to examine the psychosocial correlates of moral judgement in adolescents in Pakistan. It was hypothesized that there would be a relationship between family environments, personality and emotional intelligence and family environment, personality and emotional intelligence would predict moral judgment and moral competence in adolescents. Sample comprised of 351 adolescents (n = 172 male; n = 179 female) recruited from public and private educational schools, colleges and private academies of Lahore, Pakistan. Family Environment Scale (FES; Bhatia & Chadha, 1993), BFI-10 (Rammsted & Jhon, 2007). Scale of Emotional Intelligence (SEI; Batool & Khalid, 2009), Padua Moral Judgment Scale (Comunian, 2002) and Moral Competence Test (Lind, 1978-2014) were used for assessment. Data was analyzed using descriptive and inferential statistics. Family environment and its dimension cohesion, emotional intelligence and its factors interpersonal skill, empathy and problem solving had positive relationship with moral judgment, while mother education had negative relationship with moral judgment. In case of male adolescents, family environment as well as family cohesion, active recreation, emotional intelligence and its factors interpersonal skill and empathy were found to be positively correlated with moral judgment. Personality trait, conscientiousness, had significant positive relationship with moral competence. In female adolescents, parental education and family system had negative, while emotional intelligence and factors, interpersonal skill and empathy had positive relationship with moral judgment. Personality trait, openness to experience, showed negative relationship with moral competence. Father education, cohesive family environment and empathy significantly predicted moral judgment while father education, independence in family, agreeableness and openness to experience and empathy significantly predicted stage 1 and 4 of moral judgment development. While academic class, father education number of siblings,

family cohesion, conflict, active recreation, independence, personality traits extraversion and agreeableness empathy and flexibility were significant predictors of 7 socio moral values. Father education, independence in the family and personality trait neuroticism significantly predicted moral competence, while age, academic class, mother education, independence and active recreation in family, personality traits agreeableness and neuroticism, factors of emotional intelligence flexibility and interpersonal skill significantly predicted six kohlbergian stages of moral development. Findings are important in the context of family functioning and schooling about their positive contribution for rising moral generation, as emotional intelligence and personality are developed and fostered in the framework of good parenting, family and educational environment.

Keywords: Moral Judgment, moral competence, family environment, personality, emotional intelligence.

Mphil Theses

Experiences of Cyber Harassment, Self- Efficacy and Social Adjustment in Female University Students

Sumaira Ayub (MPhil, 2015-2017)
Supervisor: Farah Malik, PhD

The present study investigated the relationship between experiences of cyber harassment, self-efficacy and social adjustment in female university students. It was hypothesized that there would be negative relationship of experiences of cyber harassment and self-efficacy with social adjustment in female university students and that self-efficacy would moderate the relationship between experiences of cyber harassment and social adjustment in female university students. The study comprised of 2 studies. In study 1 construction and validation of Cyber Harassment Experience Scale (CHES) was done along with determining its psychometric properties. Coping with Harassment Questionnaire-Modified (Fitzgerald, 2005) was also translated and adapted in study 1. Study 2 was correlation research. A purposive sample of 365 females students of universities in Lahore with age range 17-30 years (M = 20.93, SD = 2.39) was taken. Urdu versions of Generalized Self-Efficacy Scale (Schwarzer & Jerusalem, 1995), Bell's Social Adjustment Scale (Bell, 1934) and Coping with Harassment Questionnaire- Modified (Fitzgerald, 2005) and CHES were used. The results of Pearson product moment correlation showed significant negative relationship between experiences of cyber harassment and self-efficacy while significant negative relationship was found between self-efficacy and social adjustment. Moreover, unauthorized use of identity information showed negative and cyber terrorization showed positive relationship with social adjustment. The results of moderation through hierarchical regression analysis indicated non- significant interaction between self-efficacy and experiences of cyber harassment (unauthorized use of identity information, use of sexual content, cyber terrorization and intimidation). Further coping with cyber harassment positively predicted the social adjustment, while unauthorized use of identity information and self-efficacy negatively predicted it. However significant differences in job status and faculty of the students were also found. The study will contribute towards the field of criminal and forensic psychology in providing the in depth understanding of the phenomenon of cyber harassment and it may contribute in the development and evolution of the programs to alleviate harassing behaviours at cyber space.

Keywords: Experiences of cyber harassment, self-efficacy, social adjustment, female university students, unauthorized use of identity information, cyber terrorization.

Moral Disengagement, Empathic efficacy, Emotion Dysregulation and Cognitive Distortions in Prison Inmates

Fatima Siddiqui (MPhil, 2016-2018)
Supervisor: Farah Malik, PhD

The current study investigated the association between moral disengagement, empathic efficacy, emotion dysregulation and cognitive distortions in prison inmates while taking empathic efficacy as a moderator and emotion dysregulation as a mediator between IV and DV. It was hypothesized that moral disengagement would be positively related to cognitive distortions and empathic efficacy would be negatively related to cognitive distortions in prison inmates. It was hypothesized that empathic efficacy would moderate the relationship between moral disengagement and cognitive distortions in prison inmates. It was also hypothesized that emotion dysregulation would mediate the relationship between moral disengagement and cognitive distortions. A sample of 80 convicted male prisoners drawn from the Central Jail, Kotlahput, Lahore, Punjab with an age range of 21- 60 years ($M = 37.47, SD = 8.71$) using purposive sampling. Urdu version of Moral Disengagement Scale (Bandura, Barbaranelli, Caprara, & Pastorelli, 1996), Empathic Efficacy Scale (Bandura et al., 2003), Emotion Dysregulation Scale (Gratz & Roemer, 2004) and Cognitive Distortions Scale (CDS; Ishfaq & Malik, 2013) were administered. Semi-structured Interview for Adult Prisoners (Malik, Tariq, & Rana, 2018) was also administered. The result of Pearson product moment correlation showed that moral disengagement had significant positive relationship with cognitive distortions, subscales of cognitive distortions View about the world, view about future. Empathic efficacy had significant negative relationship with cognitive distortions (total), view about the world, view about future. The moderation analysis through Hierarchical regression analysis revealed that empathic efficacy did not moderate the relationship of moral disengagement and cognitive distortions. Mediation analysis through Hierarchical regression analysis revealed that emotion dysregulation mediated between moral disengagement and cognitive distortions. It was also found to mediate between euphemistic language

and cognitive distortions. The findings of the study are discussed in the light of existing literature.

Keywords: Moral disengagement, empathic efficacy, emotion dysregulation, cognitive distortions, prison inmates.

Academic Goal Orientation, Academic Coping Strategies and Goal Adjustment in Undergraduate University Students with Pre-Professional Certificates

Maryum Ijaz (MPhil, 2016-2018)
Supervisor: Farah Malik, PhD

The current study was conducted to investigate the relationship of academic goal orientation and goal adjustment in undergraduate university students with pre-professional certificate by taking academic coping strategies as mediator. It was hypothesized that there would be positive relationship between goal orientation academic coping strategies (approach and social support) and goal adjustment, avoidance coping strategy would be negatively related with goal orientation and goal adjustment and academic coping strategies would mediate the relationship between goal orientation and goal adjustment. A sample of 222 undergraduate students was drawn with an age range of 19-22 years ($M = 19.34$, $SD = 1.03$) using purposive sampling technique. Achievement Goal Questionnaire (Elliot & Murayama, 2008), Academic Coping Strategies Scale (Sullivan, 2010) and Goal Adjustment Scale (Wrosch, Scheier, Miller, Schulz & Carver, 2013) were administered in Urdu. Results of Pearson product moment correlation showed that goal orientation was significantly positively related with academic coping strategies and goal adjustment. Results also indicated negative relationship between goal orientation and avoidance and social support coping strategies. The result of mediation through Hierarchical regression indicated that academic coping strategies were significant mediators between goal orientation and goal adjustment. Demographic variables were also important predictors in the study. The results were discussed in Pakistani socio-cultural context.

Keywords: Academic goal orientation; academic coping strategies; goal adjustment; pre-professional certificate.

Traumatic Life Events, Social Support and Mental Health of Under Trial Women Prisoners

Saima Khan (MPhil, 2016-2018)
Supervisor: Farah Malik, PhD

The present study aimed to investigate the relationship between traumatic life events, social support and two aspects of mental health: Psychological well-being and distress under trial women prisoners. It was hypothesized that there would be negative relationship among in traumatic life events, social support, psychological wellbeing and mental health. And social support would be positively related to psychological wellbeing and mental health while negatively with distress. It was also hypothesized that social support would a moderator between the relationship of traumatic life events and mental health. Correlational research design was used and data were collected from Kot Lakhpat Jail Lahore through purposive sampling from 57 under trial women prisoners with age range 18-53 years ($M = 32.61$, $SD = 8.37$). Urdu Versions of Trauma History Questionnaire (THQ; Green, 1996), Multidimensional Scale of Perceived Social Support (MSPSS; Zimet, Delhem, Zimet & Farley, 1988) and Mental Health Inventory (MHI; Viet & Ware, 1983) were used for data collection. Pearson product moment correlation and moderation through hierarchical regression were used to see the relationship between traumatic life events, social support and mental health and moderation effect of social support between traumatic life events and mental health. Results revealed negative relationship between traumatic life events (physical, sexual, general disaster and crime related trauma) social support, psychological wellbeing and mental health. While positive relationship was shown between social support, psychological wellbeing and mental health. Traumatic life events have positive relation with psychological distress. Further moderation through hierarchical regression analysis revealed social support as moderator and have buffer effect between traumatic life events (physical and sexual trauma) and psychological wellbeing. Overall these study findings revealed the importance of social support's buffer effect against the stressful life events and protect prisoner's mental health from anxiety and depression (psychological distress).

Keywords: Traumatic life events, social support, mental health, prisoners.

Attachment Styles, Affect Regulation and Interpersonal Problems in Hostel Students

Maria Idrees (MPhil, 2016-2018)
Supervisor: Farah Malik, PhD

The current study investigated the association between attachment styles, affect regulation and interpersonal problems in hostel students while taking affect regulation (emotional reactivity and cut-off) as mediator between attachment styles and interpersonal problems. It was hypothesized that anxious and dependent attachment styles would be positively related to emotional reactivity, emotional cut-off and interpersonal problems in hostel students. Further, close attachment style would be negatively related to emotional reactivity, emotional cut-off and interpersonal problems in hostel students. It was also hypothesized that emotional reactivity and cut-off would mediate the relationship between attachment styles and interpersonal problems in hostel students. Differences across genders were also determined. A sample of 200 students living in hostels of two universities of Lahore i.e., University of the Punjab (n = 140) with (men = 80, women = 60) and University of Education (n = 60) with (men = 20, women = 40) were drawn with an age range of 20-25 years (M = 22.3, SD = 1.46) using convenient sampling technique. Urdu versions of Adult Attachment Scale (Collins, 1996), Differentiation of Self Inventory (Skowron & Friedlander, 1998) and Inventory of Interpersonal Problems (Barkham, Hardy, & Startup, 1996) were administered. The results of the Pearson product moment correlation showed close attachment style had significant negative relationship with emotional reactivity and cut-off and with subscales of interpersonal problems, as too much aggressive, too much caring, too much dependent, socially inhibited, hard to be involved, and hard to be supportive. Similarly, anxious and dependent attachment style showed significant positive relationship with emotional reactivity and cut-off and with subscales of interpersonal problems of hard to be sociable, hard to be assertive, hard to be supportive, hard to be involved, too aggressive, much caring, too open and too much dependent in hostel students. Further, Emotional reactivity and cut-off showed significant positive relationship with all subscales of interpersonal problems. The mediation analysis using SEM revealed that emotional reactivity and cut-off showed partially significant mediation between attachment styles and interpersonal problems. Results of independent sample t-test indicated

that women living in hostels showed more interpersonal problems as compared to men living in hostels. The findings of the study are discussed in the light of existing literature and Pakistani cultural context.

Keywords: Attachment styles, affect regulation, interpersonal problems, hostel students.

Occupational Stress, Public Service Motivation and Burnout in Police Officers

Syed Musa Kazim (MPhil, 2016-2018)
Supervisor: Rafia Rafique, PhD

The present study investigated the relationship of occupational stress, burnout and public service motivation. It was hypothesized that there would be a positive relationship between occupational stress and burnout, while there would be a negative relationship between public service motivation and occupational burnout in police officers. A correlational research design was used in the present study. A sample of 126 police officers was drawn through convenient sampling technique from Police College Sihala and different police stations of Sargodha, Lahore, Faisalabad and Sheikhupura. Organizational Police Stress Questionnaire (McGreary & Thompson, 2006), Revised Public Service Motivation Scale (Kim, 2006) and Copenhagen Burnout Inventory (Kristensen et al., 2005) were used to measure study variables. Descriptive Statistics, Pearson product moment correlation, hierarchical regression analysis and independent sample *t*-test were used for analysis. Occupational stress and burnout were positively associated while public service motivation and its sub-domains like attachment to policy making, commitment to public interest, compassion and sacrifice were negatively correlated with occupational burnout. Public service motivation, attachment to policy making, commitment to public interest, compassion and sacrifice were significant moderators between occupational stress and burnout. Additionally, it was found that single police officers were having significantly low scores on burnout as compared to married police officers, while on public service motivation single police officers had significantly high scores as compared to married police officers. Results were discussed in terms of empirical literature and theoretical significance. Counselors can help to enhance public service motivation of police officers so that they can better cope with occupational burnout.

Fear of Missing Out, Resilience and Self-image in Adults using Social Media

Nafeesa Irfani (MPhil, 2016-2018)
Supervisor: Rafia Rafique, PhD

The present study aims to investigate resilience as a moderator between fear of missing out (FOMO) and self-image. Based on self-theories of missing out and an individual's self-image, it was hypothesized that there would be a relationship between fears of missing out (FOMO), resilience and self-image (state and trait) in adults using social media. Second it was proposed that resilience (state and trait) would act as a moderator between fear of missing out (FOMO) and self-image in adults using social media. Correlational study design was employed to collect data from a sample of $N = 250$, 133 males and 117 females using social media. Fear of missing out (FOMO; Przybylski, Murayama, DeHann, & Gladwell, 2013), State and Trait Resilience Checklist (Hiew, Jaafar, & Fei, 1998) and Self-image Profile for Adults (SIP-AD; Butler & Gasson, 2004) were used for the assessment. Moderation analyses through multiple hierarchical regression revealed that state resilience, gender, years of education and fear of missing out were significant predictors of self-image. Likewise trait resilience, age and years of education also turned out to be significant predictors of self-image. Interaction terms in both the analyses were non-significant. Females showed better self-image than males. The study contributes towards enhancing the understanding of social media in shaping the self-image of individuals and paves the way for future researches on social media. This study also contributes to educate adults, youth and adolescence about the fear of missing out (FOMO) and how school, colleges and universities can help improve resilience through counseling in order to improve self-image of adults using social media.
        Keywords: Fear, missing out, resilience, self-image, social media.

Mothers' Mental Health and Early Childhood Development of their Children

Usman Zaheer (MPhil, 2016-2018)
Supervisor: Rafia Rafique, PhD

Early childhood development is linked with and inseparable from mothers' mental health. The current study was designed to investigate the relationship between mothers' mental health and early childhood development of their children. It was hypothesized that mothers' mental health would be positively related to the early childhood development. Furthermore it was hypothesized that mothers' mental health would be positively related to the mental health of their children. Correlational research design was used to examine the proposed hypotheses. The sample of this study was drawn conveniently and comprised of ($N = 105$) mothers with an age range of 19 to 40 years ($M = 27.15$ years, $SD = 4.40$) and ($N = 105$) children (male = 52, female = 53) with the age range of 5 to 36 month ($M = 13.23$, $SD = 7.53$) from different rural health centers situated in the city of Lahore. In order to measure the constructs under study, Mental Health Scale (Beusenbergand & Orley, 1994) and Caregiver Reported Early Development Index (McCoy, 2016) Scale were used. Data were analyzed through descriptive statistics, Pearson product moment correlation and hierarchical regression analyses. Results indicated that there was a significant positive relationship between mothers' mental health and early childhood development and mental health of their children. Mothers' mental health significantly predicted early childhood development and mental health of their children. This research will help in laying early foundations for both parents and children, and focus on good mental health of mothers can help improve early childhood development of their children.

Keywords: Mental health, early childhood development.

Maladaptive Perfectionism, Mindfulness and Psychological Distress in University Students

Momna Saba (MPhil, 2016-2018)
Supervisor: Iram Fatima, PhD

The present study was conducted to investigate the relationship between maladaptive perfectionism, facets of mindfulness and components of psychological distress in university students. It was hypothesized that maladaptive perfectionism would have a positive relationship with psychological distress and mindfulness would have a negative relationship with psychological distress in university students. Moreover, it was also hypothesized that facets of mindfulness would mediate the relationship between maladaptive perfectionism and components of psychological distress in university students. Sample comprised of $N = 500$ graduate and undergraduate university students ($n = 250$ men and $n = 250$ women) with age range 18-25 years ($M = 21.42$, $SD = 1.96$). Data was collected from public universities of Lahore. Almost Perfect Scale-Revised (APS-R; Slaney et al., 2001), Five Facet Mindfulness Questionnaire (FFMQ; Baer et al., 2006), Depression, Anxiety and Stress Scale (DASS; Lovibond, & Lovibond, 1995) were the measures used to collect data. Stressors were assessed as control variables with Adolescent Self-Rating Life Event Checklist (ASLEC; Blake et al., 1995) and Mental Health Screening Questionnaire (Mirza, & Kausar, 2010) were used for screening of participants with any physical and psychological disability. Findings from the Structural Equation Modeling (SEM) showed that maladaptive perfectionism positively predicted observing component of mindfulness and negatively predicted awareness and non-judging components of mindfulness. Moreover, maladaptive perfectionism positively predicted all components of psychological distress while awareness negatively predicted depression and anxiety but not stress. Non-judging negatively predicted stress but did not predict depression and anxiety. Mindfulness overall mediated between maladaptive perfectionism and psychological distress awareness was found to mediate the relationship between maladaptive perfectionism and depression and anxiety while non-judging mediated between maladaptive perfectionism and stress.

Keywords: Maladaptive perfectionism, mindfulness, psychological distress.

Self-Compassion, Experiential Avoidance, Anxiety and Academic Procrastination in Undergraduate University Students

Iqra Abdulhaq (MPhil, 2016-2018)
Supervisor: Iram Fatima, PhD

The present study was conducted to investigate the relationship of self-compassion, experiential avoidance, anxiety and academic procrastination in undergraduate university students. It was hypothesized that three positive aspects of self-compassion i.e., self-kindness, common humanity and mindfulness would have negative relationship with anxiety and academic procrastination and three negative aspects of self-compassion i.e., self-judgment, isolation and over identification would have positive relationship with anxiety and academic procrastination. Further, anxiety would mediate the relationship between aspects of self-compassion and academic procrastination. Moreover, experiential avoidance would have positive relationship with anxiety and academic procrastination and anxiety would mediate the relationship between experiential avoidance and academic procrastination in undergraduate university students. Sample comprised of $N = 320$ undergraduate university students (men = 160 and women = 160) with age range 18-25 years ($M = 20.25$, $SD = 1.61$). Data was collected from four public sector universities of Lahore. The Self-Compassion Scale (Neff, 2011), Acceptance and Action Questionnaire II (Bond et al., 2011), State-Trait Inventory of Cognitive and Somatic Symptoms (Ree et al., 2008) and Academic Procrastination Scale (Yockey, 2016) were the measures used to collect data. Academic self-efficacy was assessed as control variable with Student Self-Efficacy Scale (Rowbotham & Schmitz, 2013). Findings from the Structural Equation Modeling (SEM) showed that two aspects of self-compassion i.e., self-kindness and isolation positively predicted academic procrastination. Moreover, anxiety was found to mediate the relationship between one aspect of self-compassion i.e., over identification and academic procrastination. While, experiential avoidance positively predicted anxiety and academic procrastination. Moreover, anxiety mediated the relationship between experiential avoidance and academic procrastination.

Keywords: Self-compassion, experiential avoidance, anxiety, academic procrastination.

Psychopathic Traits, Criminogenic Thinking Styles and Criminal Social Identity in Recidivist Women Offenders

Anam Arif Butt (MPhil, 2015-2017)
Supervisor: Iram Fatima, PhD

Crime is persistently rising in our society and most of these crimes are being committed by repeat offenders – the recidivists. To explore this phenomenon, the present research investigated the role of psychopathy in relationship to criminogenic thinking styles and criminal social identity in incarcerated female recidivists. It was hypothesized that there would be a positive association between psychopathy, criminogenic thinking styles and criminal social identity. The mediating role of criminogenic thinking styles between psychopathy and criminal social identity was also hypothesized. The study was carried out with a sample of 63 incarcerated female recidivists with M age = 43.33(12.38) drawn from the district and central jails of 5 cities of Punjab; Sialkot, Gujrat, Gujranwala, Lahore and Rawalpindi. The measures included Psychopathy subscale of The Short Measure of the Dark Triad (S-D3; Jones & Paulhus, 2014), Measure of Criminogenic Thinking Styles (MOCTS; Mandracchia, 2017) and Measure of Criminal Social Identity – Revised (MCSI – R; Boduszek & Debowska, 2017). Pearson product moment correlation showed a significant positive correlation between psychopathy, criminogenic thinking styles (control, cognitive immaturity and egocentrism) and criminal social identity (cognitive centrality, in-group affect and in-group ties). Multiple hierarchical regression analysis revealed psychopathy to be significant predictor of criminogenic thinking styles and criminal social identity. However, the meditational analysis depicted that only the control subscale of criminogenic thinking styles was a significant mediator between psychopathy and in-group subscale of criminal social identity. The results were further discussed in the specific socio-cultural context of Pakistan. Findings might be useful in understanding the dynamics of recidivism in incarcerated females and assist in eradicating it from our society.

Keywords: Psychopathy, criminogenic thinking styles, criminal social identity, recidivism.

Personality Traits, Attachment Styles and Metacognition in Art Oriented and Non-Art Oriented Students

Rabia Ayaz (MPhil, 2016-2018)
Supervisor: Shazia Qayyum PhD

Present study investigated the relationship of personality traits, attachment styles and metacognition in art oriented and non-art oriented students. It was hypothesized that there would be a relationship between personality traits, attachment styles and metacognition in art oriented and non-art oriented students. Further the study explored the different attachment styles i.e. secure, avoidant and anxious would be moderate the relationship between personality traits and metacognition. The present study used between group designs. The sample of 115 art oriented students (fine arts, sculpture, calligraphy, textile designing etc.), and 120 non art oriented students (literature, business & life sciences) of age range 22-25 years were selected through non-probability purposive sampling technique. Big Five Inventory-K (BFI-K; Rammstedt & John, 2005), Adult Attachment Scale (Collins, 1996) and Metacognition Awareness Inventory (Mal; lmel, 2002) were used for the measurement of personality traits, attachment styles and metacognition respectively. Pearson product moment correlation was conducted to assess the relationship among study variables. Independents sample *t*-test was used to assess the differences among variables and hierarchical regression was used to find out the moderating role of study variables. Correlation analysis reveals the relationship between study variables with different magnitudes, whereas secure attachment style and avoidant attachment style significantly moderated the relationship between personality traits and metacognition. Anxious attachment style did not significantly moderate the relationship between personality traits and metacognition. Findings of current research have implications that have been discussed in the study.

Keywords: Personality, attachment, metacognition.

Physical Work Environment, Sick Building Syndrome and Mental Health of Factory Workers

Urooj Malik (MPhil, 2016-2018)
Supervisor: Shazia Qayyum, PhD

The current study aimed to explore the relationship between physical work environment, sick building syndrome and mental health of factory workers. It was hypothesized that there would be a relationship between physical work environment, sick building syndrome and mental health of factory workers. Physical work environment would be a predictor of mental health and sick building syndrome would be a mediator between physical work environment, and mental health of factory workers. Further the study assumed that females would be higher on physical work environment, sick building syndrome and mental health than males. Sample of the study consisted of 300 men and women factory workers (men = 150, women = 150) by using purposive sampling technique. Physical Work Environment Scale (PWES; Erikson, 1999), Sick Building Syndrome Questionnaire (SBSSQ; Israeli & Pardo, 2011), and Subjective well-being Scale (WBS; Stone & Christopher, 2013) were used for assessment. Descriptive statistics, correlational analysis, regression analysis and independent sample t- test were used to analyze data. The results revealed that physical work environment had a negative relationship with sick building syndrome and mental health of factory workers. Indoor air quality had a negative relationship with mental health and lighting, ergonomics and acoustics had a positive relationship with mental health of factory workers. Physical work environment was a positive predictor of mental health of factory workers. Sick building syndrome was a mediator between physical work environment and mental health of factory workers. Women scored more on physical work environment, sick building syndrome and mental health than men. Findings were discussed in the light of previous literature.

Keywords: Physical work environment, sick building syndrome, mental health, factory workers.

Psychological Resilience, Coping Strategies and Post-Traumatic Growth in Women with Domestic Violence

Iqra Rasool (MPhil, 2016-2018)
Supervisor: Afsheen Masood, PhD

The present study aimed to find out the relationship among resilience, coping strategies and post traumatic growth in women with domestic violence. It was hypothesized that would be significant relationship between psychological resilience and post traumatic growth while coping strategies would play mediating role in women with domestic violence. Psychological resilience would be significant predictor of post traumatic growth. The sample size was computed through G-Power factor formula and the sample size derived was of 90. Non-probability purposive sampling strategy was used to draw sample from various Lahore based foster homes of women like Dar-Ul-Amaan, Edhi homes etc. Domestic Violence Scale (Bano & Malik, 2013), Resilience Scale (Wagnild & Young, 1993), Brief COPE Inventory (Carver, 1997) and Post-traumatic Growth Inventory (PTGI; Tedeschi & Calhoun, 1996) were used in the present study. The assessments were used in the indigenous language. The findings of the Pearson product moment correlation indicate that psychological resilience was significantly and positively was associated with PTGI subscales such as new possibilities, relation to others, personal strength, and spiritual change. Active coping strategy was also found to be positively related with new possibilities, relation to others, personal strength, and spiritual change. While relation to others, personal strength, and spiritual change were negatively linked with passive coping. Structured Equation Model (SEM) was employed to examine the mediating role of coping. It was found that active coping and passive coping significantly mediated the relationship between psychological resilience and relation to others, new possibilities, personal strength, spiritual change, and appreciation in life. The findings would be helpful for the clinicians and counselors.

Keywords: Psychological resilience, coping strategies, post-traumatic growth, domestic violence.

Predictors of Career Indecision in Adolescents

Muhammad Asif (MPhil, 2016-2018)
Supervisor: Saima Ghazal, PhD

Present study aimed to investigate the relationship of personality traits, mindfulness, parental and peer support, locus of control, academic achievement, and self-esteem and career indecision in adolescents. Moreover, it aimed to find out the mediating role of self-esteem between personality traits, mindfulness, parental and peer support, locus of control, academic achievement, and career indecision in adolescents. A correlational cross-sectional study was designed to investigate the potential predictors of career indecision in adolescents. Sample was comprised of (N = 300) adolescents from public/private high schools/colleges with the age range of 12-18 years (M = 14.95, SD = 1.69), selected through non-probability convenient sampling technique. To measure the under study constructs, Career Decision Making Difficulties Questionnaire (Gati, Krausz & Osipow, 1996), Cognitive Affective Mindfulness Scale-Revised (CAMS-R; Feldman et al., 2007), Parent and Peer Support Questionnaire (Tiwari, 2011), Career Locus of Control Scale (CLOC; Millar & Shevlin, 2007), Rosenberg Self-esteem Scale (Rosenberg, 1965) were used in data collection. Data were analyzed by using descriptive statistics, Pearson product moment correlation, structural equation modeling (SEM) and independent sample t-test. Results of the study revealed that extroversion, conscientiousness, openness, mindfulness, academic achievement, parental and peer support were significant indirect predictors of career indecision through self-esteem. There were significant gender, domain, family system and residential area differences and study variables. Results were discussed in accordance with the previous empirical literature. Present study provided empirical grounds to the significance of this issue of career indecision. In this regard, government / private educational policy makers should implement certain standards to ensure that career counseling professionals in the schools are providing the necessary skills and strategies to students for implementing them in making effective career decisions. Limitations and suggestions for future studies were discussed.
Keywords: Predictors, career indecision, adolescents.

Parental Decision Making and Growing Issue of Late Marriages in Pakistan

Iqra Akram (MPhil, 2016-2018)
Supervisor: Saima Ghazal, PhD

The present study was conducted to explore the reasons of late marriages and parental decision-making towards growing issue of late marriages in Pakistan. It was comprised of two studies. In the first study, reasons for late marriages and the role of parents in decision making toward this growing issue of late marriages in Pakistan have been explored, and in second study, comparison in parental decision-making skill of those who were facing late marriage issues of their children and those who got their children married well in time (within accepted age frame) have been explored. Reasons for late marriages and parental decision-making skills were explored via interviews with the sample of ($N = 14$) participants in a qualitative research design. Data were analyzed through interpretative phenomenological analysis (IPA) by Pietkiewicz and Smith (2012). Results of the present study revealed that two superordinate (master) themes and seventeen subordinate themes were generated from the data. In the second study, the sample comprised of ($N = 60$) including ($n = 30$) parents (having minimum 28 age of daughter and 32 of son, who is still unmarried) and ($n = 30$) parents who have married their children timely. Decision Making Questionnaire (French, 1993) was used to assess the decision-making ability of the parents. Pearson product moment correlation was used to assess relationship between demographics and all the dimensions of decision-making. The results indicated that age had a negative correlation with thoroughness, control, optimizing, instinctiveness and positive correlation with principle and no correlation with social resistance. Marital timing of children was positively correlated with thoroughness, social resistance, optimizing and instinctiveness but negatively correlated with other dimensions (Control, hesitancy, and principled). Results also showed that untimely married had a negative relationship with thoroughness, control, principled but no relationship with other dimensions (hesitancy, social resistance, optimism and instinctiveness). Furthermore, regression analysis was conducted to predict the decision-making skills of parents. The results showed that marriage timing has appeared as significant positive predictor of decision making indicating that parents who married their children on time are better in decision-making skills as compared to parents with children who

were married with delayed time. Independent sample *t*-test was conducted to find out the differences in parental decision-making skill. The results revealed a significant difference between decision-making skills of parents. Parents who had good decision-making skills married their children timely as compared to those parents who had facing late marriage issue of their children. The study holds implications for further researches in Pakistan and would be helpful for people to identify root causes of delay in marriage and how to overcome this problem. It would be helpful for parents so that they can make timely decisions about their children's marriages. Moreover, the study findings would be beneficial for psychologists, counselors in a manner that they can help parents improve their decision-making skill.

Keywords: Late marriages, parental decision-making skill.

Political Self-Efficacy and Cynicism in Online Political Engagement of Young Adults: The Moderating Role of Political Identity

Mehwish Yaseen (MPhil, 2016-2018)
Supervisor: Mujeeba Ashraf, PhD

Political self-efficacy, political cynicism and political identity played an important role in online engagement of young adults. It was hypothesized that political self-efficacy, political cynicism, and political identity would be positively correlated and predicts the online political engagement in young adults. Moreover, it was hypothesized that political identity would moderate the relationship between political self-efficacy, political cynicism and online political engagement in young adults. Correlation research design was used in this study and the sample comprised of ($N = 200$) young adults both men ($n = 94$) and women ($n = 106$), with age range 18-35 years ($M = 25.59$, $SD = 3.86$). Perceived Political Self-Efficacy Scale (P-PSE; Caprara et al., 2009), Political Cynicism Scale (PCS; Adriaansen, Van Praag & De Vreese, 2010), Identification of Psychological Group Scale (IDPG; Mael & Tetrick, 1992) and Online Political Engagement Scale (OPEnS; Pontes et al., 2017) was used to assess the political self-efficacy, political cynicism, political identity and online political engagement. The result revealed that neither political self-efficacy nor political identity was correlated with online political engagement and nor have any prediction about it. However, political cynicism was positively correlated and predicts the online political engagement. Additionally, political identity did not significantly

moderate the relationship between political self-efficacy and online political engagement. However, in the context of political cynicism and online political engagement, political identity moderates the relationship among them. With the help of the outcomes of this study, it may be helpful to evaluate the political system of our country and also know the public capability about their contribution in political activities and their belief towards politicians.

Keywords: Political self-efficacy, cynicism, political engagement, young adults.

BS (2014-2018), MSc (2016-2018) Theses
Abnormal & Clinical Psychology

Psychological Distress, Affiliate Stigma and Burnout in Caregivers of Patients with Schizophrenia

Ayesha Asghar (BS, 2014-2018)
Supervisors: Saima Majeed & Farah Malik, PhD

The present study aimed to investigate the relationship between psychological distress, affiliate stigma and burnout in caregivers of patients with schizophrenia. It was hypothesized that there would be a significant positive relationship between psychological distress, affiliate stigma and burnout in caregivers of patients with schizophrenia. Moreover, it was also hypothesized that psychological distress and affiliate stigma would be predict burnout in caregivers of patients with schizophrenia. Differences for gender and caregiver's relationship were also examined for all study variables. The sample was consisted of ($N = 150$) caregivers including equal number of parents & spouse with age range 25 to 50 years old ($M = 41.28$, $SD = 7.49$). Cross-sectional correlational research design and purposive sampling technique was used to collect data from psychiatry units of four government hospitals. Measures for data collection were Kessler Psychological Distress Scale (Kessler, Andrews & Colpe, 2002), Affiliate Stigma Scale (Mak & Cheung, 2008) and Burnout Measure (Pines & Aronson, 2005). The results revealed that there was highly significant positive relationship between all the study variables. Results also indicated that psychological distress and affiliate stigma predicted burnout. According to the results no significant gender differences were found in all the study variables. Parents and spouses were found to be significantly different on affiliate stigma. The findings of the present study are speculated to have sound implications in the clinical settings for planning interventions in order to reduce psychological distress, affiliate stigma and burnout in caregivers. Pakistani culture is a collectivistic culture where all family members have strong bonding and needs social support to remain healthy so psychological well-being of caregivers is essential to enhance their quality of life.

Keywords: Psychological distress, affiliate stigma, burnout, caregivers of patients with schizophrenia.

Alexithymia, Negative thoughts and Depressive symptoms in Young Adults

Maheen Gillani (MSc, 2016-2018)
Supervisor: Zaeema Farooq

The present study was carried out to investigate the relationship between alexithymia, negative thoughts (personal maladjustment and desire for change, negative self-concepts and negative expectations, low self-esteem, and helplessness) and depressive symptoms in young adults. It was hypothesized that there would be a relationship between alexithymia, negative thoughts and depressive symptoms. Alexithymia and negative thoughts would be predict depressive symptoms among young adults. Moreover, negative thoughts would be moderate the relationship of alexithymia and depressive symptoms. Correlational research design was used in this study. The sample comprised of $N = 200$ ($n = 100$ men, $n = 100$ women) young adults with the age range of 18-35 years using convenience sampling technique. Automatic Thought Questionnaire (Hollon & Kendall, 1980), Toronto Alexithymia Scale (Taylor & Bagby, 1986) and Beck Depression Inventory (Beck, 1961) were used for data collection. Results revealed a positive correlation between alexithymia, negative thoughts (personal maladjustment and desire for change, negative self-concepts and negative expectations, low self-esteem, and helplessness) and depressive symptoms. Negative self-concept and negative expectation was a positive predictor of depressive symptoms. Moreover, low self-esteem was found to be a moderator between the relationship of alexithymia and depressive symptoms. This research will help that how alexithymia and negative thoughts leads to depressive symptoms among young adults.

Keywords: Alexithymia, negative thoughts, depressive symptoms.

Child Abuse, Domestic Violence and Mental Well-Being in Patients of Mental Health

Sunaira Sohail (MSc, 2016-2018)
Supervisor: Huma Hassan

The purpose of the present study was to examine the relationship of child abuse and domestic violence with mental well-being in patients of mental health. It was hypothesized there would be negative relationship between child abuse, domestic violence and mental well-being in patients of

mental health. It was further hypothesized that child abuse and domestic violence would be predict mental health problem in patients. Sample size was comprised of ($N = 100$) female patients from the hospitals of Lahore. Child Abuse Scale Revised (Shah, Ghaffar & Malik, 2015), Domestic Violence Scale (Bano & Malik, 2013) and Warwick-Edinburgh Mental Well-Being Scale (Stewart & Janmohamed, 2008) were used for assessment. Pearson product moment correlation was used to find out relationship between child abuse, domestic violence and mental well-being in patients of mental health. Multiple regression was also used to find out the role of child abuse and domestic violence in mental well-being in patients of mental health. The findings revealed the negative relationship of child abuse and domestic violence with mental well-being in patients of mental health. The findings will help the parents and clinicians to know about effects of child abuse and domestic violence on mental well-being.

Keywords: Child abuse, domestic violence, mental well-being, mental health.

Developmental Psychology

Personality Traits and Shyness in Natural Right Handers, Natural Left Handers and Forced Right Handers

Fareeha Inam (BS, 2014-2018)
Supervisors: Saima Majeed & Farah Malik, PhD

The present study aimed to investigate the relationship between personality traits and shyness in natural right handers (NRH), natural left handers (NLH) and forced right handers (FRH). It was hypothesized that personality traits would likely be correlated with shyness in NRH, NLH and FRH. It was further hypothesized that personality traits would predict shyness in NRH, NLH and FRH. Furthermore, it was expected that NRH, NLH and FRH would be different regarding personality traits and shyness. Cross sectional research design and both convenient and snowball sampling technique were used. Big Five Inventory (John & Srivastava, 1999) and Shyness Scale (McCroskey, 1982) were administered on a sample ($N = 150$) which was divided into three groups (NRH, NLH & FRH) with equal number of men and women in each group. The sample was recruited from five government sector universities. The age range was 18 to 25 years ($M = 21.48$, $SD = 1.99$). Pearson product moment correlation indicated that extraversion and agreeableness were negatively while neuroticism was positively related with shyness. Regression analysis revealed that extraversion negatively while conscientiousness positively predicted shyness. ANOVA showed that three groups of sample were significantly different from one another on extraversion, agreeableness, neuroticism and shyness. Post hoc analysis revealed that FRH were lowest on extraversion and agreeableness while they scored highest on neuroticism and shyness. This study has an important implication in the fact that FRH scored highest on neuroticism and shyness, so they should be given proper therapy and counseling to minimize their difficulties which correspond with their traits.

Keywords: Personality traits, shyness, natural right handers, natural left handers, forced right handers.

Mindfulness, Perceived Stress and Memory Problems in University Students

Hafiza Ambreen Qaiser (BS, 2014-2018)
Supervisor: Afifa Anjum

The present research was conducted to investigate the relationship between mindfulness, perceived stress and memory problems in university students. It was hypothesized that there would be a negative relationship between mindfulness and memory problems including subjective memory problems and working memory problems. It was also hypothesized that there would be positive relationship between perceived stress and memory problems. Moreover, it was hypothesized that mindfulness and perceived stress predict memory problems. Correlational research design was used. The sample consisted of 120 students selected from different universities of Lahore using convenient sampling technique. Mindfulness Attention Awareness Scale (MAAS; Brown, & Ryan, 2003), Perceived Stress Scale (PSS; Cohen, 1994), Everyday Memory Questionnaire Revised (EMQ-R; Royle, 2008) and Working Memory Test (Liang Ma et al., 2017) was used for assessment. The data were analyzed using correlation and linear regression analyses. The results showed that there were significant negative relationship between mindfulness and subjective memory problems and significant positive relationship between perceived stress and subjective memory problems. Mindfulness, perceived stress and subjective memory problems had no relationship with working memory test. It was also found that mindfulness negatively predicted subjective memory problems and perceived stress positively predicted subjective memory problems.

Keywords: Mindfulness, perceived stress, memory problems, university students.

Self-Consciousness and Psychological Reactance in Adolescents

Sana Khalid (BS, 2014-2018)
Supervisor: Faiz Younas

The present study investigated the relationship between self-consciousness and psychological reactance in adolescents. It was hypothesized that there would be a positive relationship between self-consciousness and psychological reactance in adolescents while self-

consciousness (private self-consciousness, public self-consciousness, social anxiety) would predict psychological reactance in adolescents. Through cross-sectional correlational research design, a sample of *(N =* 150*)* adolescents, including (*n* = 75 male and *n* = 75 female) were recruited by employing non-probability convenient sampling strategy from various academic institutions of Lahore namely Unique Group of Institutions, Iqra Science Academy, Stars Academy, Government College of Science, Lahore and Lahore College For Women University (LCWU). A self-constructed Demographics Information Sheet, Self-Consciousness Scale (Fenigstein, Scheier & Buss, 1975) and Hongs Psychological Reactance Scale (Hong, 1992) were used for assessment. Results were generated through SPSS version 16.0 by running Pearson product moment correlation and multiple regression analysis which showed that there was a significant positive relationship between self-consciousness and psychological reactance while only private self-consciousness and social anxiety were proved to be the significant predictors of psychological reactance in adolescents. This study has implications in the lives of adolescents as it focuses on those emotions, feelings and behaviors of adolescents that they experience in their daily lives.

Keywords: Self-consciousness, psychological reactance, adolescents.

Self-Doubt, Lack of Communication and Coping Styles in Adolescents

Amna Zahoor Hashmi (MSc, 2016-2018)
Supervisor: Faiz Younas

The current study aimed to explore the relationship among self-doubt, communication competence and coping styles in adolescents. It was hypothesized that there would be a significant positive relationship between self-doubt and unhealthy coping (emotion oriented coping, avoidance coping) while there would be a significant negative relationship between communication competence (strangers, acquaintances, friends) and unhealthy coping. Also, self-doubt and communication competence would positively predict unhealthy coping. Cross-sectional correlation research design and purposive sampling strategy was used to recruit sample of *(N =* 110*)* including (*n* = 55 male and *n* = 55 female) *(M = 13.90, SD =* 1.26*)* adolescents from two private schools of Lahore, namely Allied school and The Punjab school. A self-

constructed Demographics Information Sheet, The Self-Doubt Scale (Oleson et al, 2000), The Self Perceived Communication Competence Scale (McCroskey and McCroskey, 1988) and Coping Inventory for Stressful Situations (Endler and Parker, 1999) were used to assess the study variables. Results were generated by applying Pearson product moment correlation and Simple linear regression analysis through SPSS version 21.0, which showed a significant positive relationship between self-doubt, and emotion oriented coping while communication competence with strangers had a significant negative relationship between emotion oriented coping. Also, self-doubt positively predicted the emotion oriented coping while communication competence with strangers negatively predicated the emotion oriented coping. This study can be helpful in in understanding of association and prediction of study variables which can be further employed in research and counseling services.

Keywords: Self-doubt, communication competence, coping styles, adolescents.

Quality of Friendship and Depressive Symptoms in Adolescents

Iqra Qayyum (MSc, 2016-2018)
Supervisor: Faiz Younas

The present study investigated the relationship between quality of friendship and depressive symptoms in adolescents. It was hypothesized that there would be a negative relationship between quality of friendship and depressive symptoms in adolescents and there would be gender differences in the perception of quality of friendship and depressive symptoms in adolescents. Cross sectional research design and purposive sampling strategy was used to recruit sample of $N = 100$ ($n = 50$ males and $n = 50$ females) from various institutions of Lahore. The McGill Friendship Questionnaire Friendship Functioning Scale (Mendelson & Aboud, 1996) and Mood and Feeling Questionnaire (Angold & Costello, 1987) were used for assessment. Data were analyzed through using SPSS version 21.0. Pearson product moment correlation and regression were applied to generate the results which showed a negative significant relationship between quality of friendship and depressive symptoms. Hence hypothesis was accepted. Present study revealed some of the important factors which can lead to depressive symptoms in adolescents.

Keywords: Quality of friendship, depressive symptoms, adolescents.

Paternal Responsiveness, Moral Disengagement and Antisocial Behaviour in Late Childhood

Sidra Mushtaq (BS, 2014-2018)
Supervisor: Shahnila Tariq, PhD

The present study intended to find out relationship between paternal responsiveness, moral disengagement and antisocial behaviour in late childhood. It was hypothesized that there would be relationship between paternal responsiveness, moral disengagement and antisocial behavior; paternal responsiveness would predict antisocial behavior and moral disengagement would predict antisocial behaviour. Correlational research design was used and purposive sampling technique was employed to recruit the sample of $N = 200$ school children with age range 9-12 years. The research instruments included translated versions of Moral Disengagement Scale (Bandura, 1995), Paternal Responsiveness Scale (Pasquali, et al., 2011), and Anti-Social Behavior Scale (Koerhuis, 2007). Results revealed that there was a positive relationship between paternal responsiveness, moral disengagement and antisocial behaviour. Moreover, paternal responsiveness negatively while moral disengagement positively predicted antisocial behaviour. These results have implications in various research settings including increasing awareness of fathers about how much responsive they should become for the better upbringing of their child and provide better understanding about how moral disengagement can lead to antisocial behaviour.
Keywords: paternal responsiveness, moral disengagement, antisocial behavior, late childhood.

Parenting styles, Religiosity and Moral Development in Adolescents

Umama (MSc, 2016-2018)
Supervisor: Sadia khan

The present research was conducted to investigate the relationship among parenting styles, religiosity and moral development in adolescents. Correlational research design was used and the sample comprised of students $N = 200$ ($n = 100$ male, and $n = 100$ female) with age range of

14 to 16 years. The data was collected from government and private schools using non probability purposive sampling technique. Hierarchal multiple regression analysis was used to explore the prediction of parenting styles, religiosity on moral development. Authority Questionnaire (Buri, 1991), Santa Clara Strength of Religious Faith Questionnaire (Plante, & Boccaccini, 1997) and Moral Development Interview Inventory (Khanum & Iqbal, 2008) were used for data collection. The results of Pearson product moment correlation indicated that there were significant positive relationship among parenting styles, religiosity and moral development. Hierarchal regression showed that parenting styles and religiosity predicted moral development. The results of independent sample *t*-test revealed that there is a gender differences in religiosity and differences in moral development. These finding have important implications in developmental settings as well as in household settings.

Keywords: Parenting styles, religiosity, moral development, adolescents.

Educational Psychology

Teaching Style, Student Motivation and Academic Engagement in University Students

Wajeeha Bashir (MSc, 2016-2018)
Supervisors: Waqas Hassan & Farah Malik, PhD

The current study was conducted to investigate the relationship between teaching style, student motivation, and academic engagement in universities. It was hypothesized that there would be a relationship between teaching style, student motivation, and academic engagement in university students. Purposive sampling technique was used to collect data from 150 university students of MSc and BS, within the age range of 19 to 24 years ($M = 21$, $SD = 1.44$). The Questionnaire on Teachers Interaction (QTI; Wubbels & Leavy, 1993) and Engagement and Motivation Questionnaire (Pintrich & De Groot, 1990) were used. The results were analyzed using descriptive and inferential statistics. Pearson product moment correlation was conducted to assess the relationship between teaching styles, student motivation and academic engagement in universities. Multiple hierarchical regression was used for the prediction among the variables. Moreover, Independent sample t-test was conducted to evaluate the differences in teaching styles as related with student motivation and academic engagement among males and female university students. The finding of current study showed that there was positive significant relationship between teaching styles, student motivation and academic engagement in university students. The results showed that teaching style and student motivation did not predict the academic engagement in university students. The results also showed that teaching style and student motivation did not predict cognitive level and personal skill in university students. Results shows no significant gender differences in teaching styles, student motivation, academic engagement and its sub-domain.

Keywords: Teaching style, student motivation, academic engagement.

Academic Stress, Quality of Sleep and Mental Health of College Science Students

Aimen Faruki (BS, 2014-2018)
Supervisors: Ghulam Ishaq & Rafia Rafique, PhD

The present study was designed to investigate the relationship among academic stress, quality of sleep and mental health problems of college science students. It was hypothesized that academic stress would have positive relationship with poor sleep quality and mental health problems (operationalized as anxiety and depression) and a positive significant relationship of poor sleep quality with mental health problems was also hypothesized. It was also hypothesized that academic stress would have indirect effect on mental health problems through poor quality of sleep. Correlational research design was used to examine the proposed hypothesis. The sample of this study was college science students and it comprised of 72 male and 78 female students with an age range of 16 to 19 years ($M = 17.21$, $SD = 0.80$) drawn through purposive sampling strategy. Urdu translated version of Educational Stress Scale for Adolescent (Sun, Dunne, Hou, & Xu, 2011), Depression Anxiety Stress Scale-21 (Lovibond & Lovibond, 1995), and Pittsburgh Sleep Quality Index (Buysse, Reynolds, Monk, & Kupfer, 1989) were used to collect information for academic stress, mental health problems and poor sleep quality, respectively. The result indicated that academic stress had significant positive co-relation with mental health problems and poor sleep quality whereas poor sleep quality also has a positive significant relationship with mental health problems. A mediation analysis through AMOS showed that academic stress has indirect effect on mental health problems through poor quality of sleep. Academic stress and poor quality of sleep has a negative impact on mental health of students through several ways. More research should be conducted to identify factors that make student's mental health poor.

Keywords: Academic stress, quality of sleep, mental health, science students.

Perfectionism, Procrastination and Academic Performance among University Students

Samavia Malik (BS, 2014-2018)
Supervisor: Iram Fatima, PhD

The present cross-sectional study was designed to study relationship among perfectionism, procrastination and academic performance. It was hypothesized that there would be a relationship between perfectionism, procrastination and academic performance in University students. The sample consisted of university students ($N = 150$), including 122 female

and 28 male (M = 21.79, SD = .94). Frost Multidimensional Perfectionism Scale (Frost, & Marten, 1990), Academic Functional Procrastination Scale (Mehmat Kandemir, 2014), and Academic Procrastination Scale (McCloskey, 2011) were used to measure the perfectionism, Active and passive procrastination respectively. Academic performance was measured through the GPA of the students. The results of the present study uncovered that adaptive perfectionism and active procrastination did not have significant relationship with academic performance. However, personal standards which are one of the dimensions of perfectionism significantly positively predicted academic performance.

Keywords: Perfectionism, procrastination, academic performance, adaptive perfectionism, maladaptive perfectionism, active procrastination, passive procrastination.

Grit, Learning Styles and Academic Achievement Motivation in High School Students

Laiba Raza (BS, 2014-2018)
Supervisor: Afsheen Masood

This research sets out to examine the relationship between grit, learning styles and academic achievement motivation in high school students. It further explored the predictive relationship of grit with learning styles and academic achievement motivation. Correlational (cross-sectional) research design was used. The sample comprised of 100 high school students (public and private). Item Grit Scale (Duckworth & Peterson, 2007) was used to assess grit, Learning Style Questionnaire (Honey & Mumford, 2005) was used to assess learning styles, and Achievement Motivation Scale (Muthee & Thomas, 2009) was used to assess academic achievement motivation. Results of Pearson product moment correlation revealed positive relation between grit, learning styles and academic achievement motivation. Linear regression analysis revealed that grit predicted learning styles and academic achievement motivation. Gender difference was found in current research. Findings of the present study have significant implications for students, field of learning through which methodologies and material used in teaching can be adopted to integrate all personality dimension of a learner with their learning styles.

Keywords: Grit, learning styles, academic achievement, motivation.

Academic Locus of Control, Self-Compassion and Sandbagging in College Students

Saba Shahid (MSc, 2016-2018)
Supervisor: Afsheen Masood, PhD

The present study examined academic locus of control and compassion as predictors of sandbagging in college students. It was hypothesized that academic locus of control and self-compassion would predict sandbagging and self-handicapping in college students. The sample comprised of ($N = 250$) college students between the age ranges of 17-21 years taken from public and private colleges of Lahore. The measures comprised of Academic Locus of control Scale (ALOC; Trice & Curtis, 2013), Self-Compassion Scale (Neff, 2003), Self- Handicapping Scale (Rhodewalt, 1990) and Sandbagging Scale (Gibson & Sachau, 2000), Pearson product moment correlation, hierarchical regression analysis and independent sample t-test were used for inferential statistics. It was found that academic locus of control had positive relationship and self-compassion had negative relationship with self-handicapping and sandbagging in college students. External academic locus of control and self-compassion were significant predictors of sandbagging and self-handicapping while internal academic locus of control was a non-significant predictor. There were significant gender differences in sandbagging and self-handicapping with males scoring high on it as compared to females. This study has significance for educational counselors and students.

Keywords: Locus of control, self-compassion, sandbagging.

Optimism, Perceived Stress and Academic Performance of Newly Inducted Students

Noureen Naseer (MSc, 2016-2018)
Supervisor: Afsheen Masood, PhD

The present study was conducted to investigate relationship between optimism, perceived stress and academic performance of newly inducted students in MSc program. It was hypothesized that optimism and perceived stress would be associated with academic performance of newly inducted students. Cross sectional research design was employed. The sample comprised of 150 students ($n = 75$ men, $n = 75$ women) taken

from different departments of University of the Punjab, Lahore, within age ranges of 21-27 years. Life Orientation Test-Revised (Scheier & Carver, 1992), Perceived Stress Scale (Cohen, Kamarck, & Mermelstein, 1983), and Percentage of first semester marks were used to measure optimism, perceived stress and academic performance of newly inducted students. Pearson product moment correlation revealed that optimism had significant and positive relationship with academic performance, whereas perceived stress had significant and negative relationship with academic performance. Further, simple linear regression revealed that optimism significantly and positively predicted academic performance. Moreover, perceived stress also significantly predicted academic performance. The gender differences were found non-significant in this study. It is important that students should be educated to manage stress effectively otherwise it can adversely influence their academic performance.

Keywords: Optimism, perceived stress, academic performance, newly inducted students.

Students Perspective of a Good Teacher: Teacher Behaviors and Interpersonal Attraction

Sana Ashraf (MSc, 2016-2018)
Supervisor: Saima Ghazal, PhD

The present study examined the qualities of a good teacher behaviors and their relationship with interpersonal interaction. It was hypothesized that teacher behavior would have positive relationship with interpersonal attraction; teacher behaviors would positive predictor of interpersonal attraction; and there would be family background differences with interpersonal attraction of students. The sample comprised of ($N = 100$) university students between the age ranges of 18 - 25 years taken from Public University of Lahore. The measures comprised of Teacher Behaviors Inventory (Murray, 1983), and Interpersonal Attraction scale (McCroskey & McCain, 1974). The permission was taken from concerned authorities. The findings of the study showed that teacher's behavior (clarity, enthusiasm, interaction, organization, pacing, discourse and rapport) has significant positive relationship with interpersonal attraction (social attraction, physical attraction, task attraction). Correlation of demographic factors like family background has significant positive relationship with physical attraction domain of interpersonal attraction. Independent sample *t*-test was run to find out the difference of family background (rural or urban), teacher's behaviors and

interpersonal attraction of students and showed significant differences in two behaviors of teachers i.e. clarity and speech. Linear regression analysis showed that teacher behaviors (interaction, speech and rapport) predicted significantly and positively social attraction and physical attraction. In third regression, predictor variables of teacher behaviors (rapport) predicted significantly and positively task attraction. Some implications for positive learning environment are setting clear objectives and expectations, provisions, provision of timely and relevant information, effective use of questioning, provision of constructive feedback and objective-based evaluations.

Keywords: Students perspective, teacher behaviors, interpersonal attraction.

Metacognitive Awareness and Academic Achievement in University Students

Khudaija Asif (MSc, 2016-2018)
Supervisors: Arooj Arshad & Saima Ghazal, PhD

The current research was conducted to investigate the relationship between metacognitive awareness (positives and negative beliefs about worry, cognitive confidence, cognitive self-consciousness and need to control thoughts) and academic achievement among university students using purposive sampling technique. 300 students of Master's 3rd semester and BS 7th semester university students within the age range of 18 to 28 years ($M = 21.56$, $SD = 1.85$) were selected. The results were analyzed using descriptive and inferential statistics. In inferential statistics Pearson product moment correlation was conducted to access the relationship between metacognitive awareness and academic achievement in university students. Moreover, Independent sample *t*-test was conducted to evaluate the differences in metacognitive awareness as related with grades of the university students and also to compare the level of metacognitive awareness and academic achievement among men and women' university students. Results showed significant gender difference in metacognitive awareness and academic achievement. The findings of the current study also showed that there was positive significant relationship between metacognitive awareness and academic achievement in university students.

Keywords: Metacognitive awareness, academic achievement.

Parental Support, Emotional Adjustment and Academic Achievement in School Students

Nasim Imdad (MSc, 2016-2018)
Supervisors: Beenish Mubeen & Mujeeba Ashraf, PhD

The current study was performed to examine the association between parental support, emotional adjustment and academic achievement of school students. Correlational research design and non-probability purposive sampling technique were used. The sample comprised of ($N = 200$) school students of 9th and 10th grade. The students were taken from both government and private schools. Assessment measures were comprised of demographic information questionnaire, Perceived Parental Autonomy Support Scale (Mageau et al., 2015), Emotional Adjustment Bank (Aguado, Rubio, Hontangas, and Hernánde, 2005) and Academic Achievement by percentage of previous exams. Pearson product moment correlation and independent sample t-test were used to analyze the data. The results of Pearson product moment correlation revealed there was negative significant relationship between parental support and emotional adjustment. The outcome of independent sample t-test illustrated significant gender differences in parental support of girls and boys. But there were no significant gender differences in emotional adjustment and academic achievement of students.

Keywords: Parental support, emotional adjustment, academic achievement.

Cultural Intelligence, Academic Self- Efficacy, Cross Cultural Adjustment and Academic Performance of Students other than Punjab Province

Farhad Ali Raza (BS, 2014-2018)
Supervisor: Afifa Anjum

The study examined the relationship among cultural intelligence, academic self-efficacy, cross cultural adjustment and academic performance in students other than Punjab province. Cross sectional research design was used to conduct the research. Non-probability purposive sampling technique was used to recruit a sample of ($N = 171$) male students from the University of the Punjab, Lahore. A self-constructed demographic questionnaire, Cultural Intelligence Scale (CIS;

Ang et al., 2007), Academic Self-efficacy Scale (Chemers, Hu, & Garcia, 2001), Cross-Cultural Adaptation Scale (Uehara, 1988) and Grade Point Average (GPA) were used to assess demographic information, cultural intelligence, academic self-efficacy, cross-cultural adjustment and academic performance respectively. Results were generated by analyzing the data through SPSS using Pearson product moment correlation and multiple regressions. The results revealed that there was high significant relationship between academic performance, cultural intelligence and cross-cultural adjustment and academic self-efficacy showed moderate significant relationship with academic performance. Moreover, hierarchical regression analysis showed that academic self-efficacy did not predict cross cultural adjustment and academic performance but cultural intelligence predicted academic performance fully mediated by cross cultural adjustment. These results have implications in many social and educational settings. Knowledge about the cross cultural intelligence of students across cultures can be used to enhance their productivity in academic sector, for self-betterment or betterment of the society. Moreover, the abilities of the students belonging to different cultures could also be learned and then by enhancing their skills, their promotion at the national level could also be increased.

Keywords: Cultural intelligence, academic self-efficacy, cross cultural adjustment, academic performance students.

Academic Confidence and College Adjustment in Hostel Students

Tayaba Umer (MSc, 2016-2018)
Supervisor: Faiz Younas

The present study examined the relationship between academic confidence and college adjustment in hostel students. It was hypothesized that there would likely to be a positive relationship between academic confidence and college adjustment. Further, it was hypothesized that academic confidence was a predictor of college adjustment. Cross-sectional correlation research design was used and data was collected through purposive sampling technique from 1st year and 3rd year fresh college students comprising of $N = 120$ ($n = 60$ men and $n = 60$ women) taken from three colleges of Lahore. Academic Self-confidence Scale (Sander & Sanders, 2003) and College Adjustment Questionnaire (Pennebaker, 2013) were used to collect data which was analyzed by using Pearson product moment correlation and simple linear regression.

Findings suggested significant positive relationship between academic confidence and college adjustment.

Moreover, academic confidence predicted college adjustment in hostel students. This study may give insight about adjustment strategies and importance of academic confidence at school level or may help them to adjust in classroom.

Keywords: Academic confidence, college adjustment, hostel students.

Perceived School Environment, Disaffection and Refusal towards School in Late Childhood

Arwa Abrar (BS, 2014-2018)
Supervisor: Shahnila Tariq, PhD

The current study was conducted to investigate the relationship between perceived school environment, disaffection and refusal towards school in late childhood. It was hypothesized that there would be a significant relationship between perceived school environment, disaffection and refusal towards school in late childhood. It was also hypothesized that perceived school environment and disaffection were likely to predict refusal towards school. Co-relational research design was used while non-probability purposive sampling strategy was employed in order to recruit sample of school students ($N = 200$) with age range of 9 to 12 years ($M = 10.50$, $SD = 1.12$). The data was collected from four different government and private schools located in Lahore. School Perception Scale (Rubab & Tariq, 2012), Disaffection with Learning Subscale (Skinner, Kindermann & Furrer, 2008) and School Refusal Assessment Scale-Revised (Kearney & Albano, 2007) were used for assessment purposes. The data were analyzed by using Pearson product moment correlation, simple linear regression and independent sample *t*-test analysis. The findings indicated that there is a significant relationship between disaffection and refusal towards school. While disaffection predicts refusal towards school in late childhood. Results are discussed in the light of empirical evidence. The current study will be helpful in a way that it highlights different problems of students related to school and will also help to design the intervention strategies for students facing problems related to school refusal, phobias, bullying and disengagement in classroom activities.

Keywords: Perceived school environment, disaffection, refusal towards school, late childhood.

Learning Styles, Cognitive Processes and Academic Motivation in College Students

Fatima tu Zahra (MSc, 2016-2018)
Supervisor: Shahnila Tariq, PhD

The purpose of the present study was to examine the relationship between learning styles, cognitive processes and academic motivation in college students. It was hypothesized that there would be a relationship between cognitive processes, learning styles and academic motivation in college students. Between group correlational research design was used. The sample consisted of ($N = 130$) college students ($n = 65$ male; $n = 65$ female) of intermediate and bachelors with age range 15 to 25 years. The Perceptual Learning Style Preference Questionnaire (PLSPQ; Reid, 1987), Metacognitive Awareness Inventory (MAI; Schraw and Dennison, 1994), and Academic Motivation Scale College Version (AMS-C 28; Vallerand, 1993) were used to collect the data. Pearson product moment correlation analysis revealed that there was a significant positive correlation between learning styles, cognitive processes and academic motivation in college students. Simple linear regression analysis confirmed that academic motivation was predicted by learning styles and cognitive processes. Furthermore, results revealed significant gender differences in academic motivation of students. The findings were discussed in the light of the literature. The research will be beneficial in improving the motivation of the students.
Keywords: Learning styles, cognitive processes, academic motivation.

Academic Perfectionism, Academic Rumination and Academic Engagement in University Students

Sammer Tahira (BS, 2014-2018)
Supervisor: Maria Ghazal

The current study explored the relationship between academic perfectionism, academic rumination and academic engagement in university students. It was hypothesized that academic perfectionism

would have a significant positive relationship with academic rumination and significant negative relationship with academic engagement whereas; academic rumination also would have significant negative relationship with academic engagement. It was also hypothesized that academic rumination would significantly moderate the relationship between academic perfectionism and academic engagement. The sample comprised of 200 university students ($N = 200$: $n = 100$ male, $n = 100$ female) with age range 19 to 25 years. Urdu versions of Academic Perfectionism Scale (Malik & Ghayas, 2016), Multi-domain Rumination Scale (Martin, 1999) and Academic Engagement Scale (Petričević, Golub & Rovan, 2016) were employed for data collection from two universities of Lahore. The results revealed significant negative correlation between academic perfectionism and academic rumination. Whereas, significant positive relationship was found between academic perfectionism and academic rumination. Moreover, academic rumination was revealed to be a significant moderator for relationship between academic perfectionism and academic engagement. The current research might be helpful to highlight the importance of academic perfectionism, academic rumination and academic engagement in academic settings to improve policies and counselling interventions.

Keywords: Academic perfectionism, academic rumination, academic engagement.

Institutional Satisfaction, Degree Commitment and Completion Intention in First Year University Students

Azka Zahid (MSc, 2016-2018)
Supervisor: Almas Irfan

The present study conducted to investigate the relationship between institutional satisfaction, degree commitment and completion intention in first year university students. It was hypothesized that institutional satisfaction and degree commitment would have a positive relationship with completion intention in first year university students. Correlation research design was used. Convenient sampling strategy was employed to select a sample of ($N = 200$) students from different departments of private university (University of Lahore) and public university (University of the Punjab, Lahore). SUSS by Hussain and Bhamani (2012), College Persistence Questionnaire, Short Version Subscale Degree Commitment (Davidson et at., 2009), and Completion Intention

Scale (Catherine, & Fichten, et al., 2016) were used to measure first year University student's institutional satisfaction, degree commitment and completion intention. Pearson product moment correlation revealed that institutional satisfaction and degree commitment had positive relationship with completion intention in first year university students. Further, regression analysis with enter method revealed that institutional satisfaction and degree commitment were positive predictors of completion intention and degree commitment did not moderate the relationship between institutional satisfaction and degree commitment. The results also indicted that there was a non-significant gender differences in institutional satisfaction, degree commitment and completion intention in first year university students. The study has significant implication to enhance retention rate at higher educational Institutions.

Keywords: Institutional satisfaction, degree commitment, completion intention, university students.

Forensic Psychology

Criminal Thinking, Moral Disengagement and Psychological Wellbeing in Prisoners

Kumail Raza Abdi (MSc, 2016- 2018)
Supervisor: Farah Malik, PhD

The issue of crime is the major concern for the whole population and is often investigated in psychological perspective because crime is found to be associated with psychological issues (Cohen, 2008). In the current era, researchers in the field of criminology and forensic psychology are paying particular attention to the psychological wellbeing of prisoners. It is a matter of great concern to understand the criminal behaviour, one major factor in exploring criminal behaviour is determined by measuring the criminal thinking of the prisoners (Garnefski & Okma, 1996). However moral disengagement is also considered crucial factor in the description of criminal behaviour (Gini, Pozzoli, & Hymel, 2014). The present study was conducted to explore the relationship between criminal thinking, moral disengagement and psychological wellbeing in prisoners. It was hypothesized that there would be a positive relationship between criminal thinking and moral disengagement, criminal thinking and moral disengagement would have negative relationship with psychological wellbeing, and furthermore criminal thinking and moral disengagement would negatively predict the psychological wellbeing in prisoners. Correlational research design was used and the sample of adult prisoners ($N = 60$) was selected from District Jail Lahore by using purposive sampling technique. For assessment purpose demographic sheet, Criminal Thinking Scale (Knight, Garner, Simpson, Morey, & Flynn, 2006), Moral Disengagement Scale (Bandura, Barbaranelli, Caprara & Pastorelli, 1996) and Mental Health Continuum-Short Form (Lamers, Westerhof, Bohlmeijer, Klooster & Keyes, 2011) were used. The results showed significant positive relationship between criminal thinking and moral disengagement whereas, significant negative correlation was found between criminal thinking and psychological wellbeing. Similarly moral disengagement was found to be negatively correlated with psychological wellbeing in prisoners. Regression analysis revealed that criminal thinking negatively predicted the psychological wellbeing. Moreover significant group differences on psychological wellbeing were found between convicted and under trial prisoners. The research findings may be useful for forensic psychologists, jail administration and for the relevant policy makers.

Sadistic-impulsiveness and Violent Behaviour in Prisoners

Anum Shafqat (MSc, 2016-2018)
Supervisors: Saima Majeed & Farah Malik, PhD

The present study aimed to investigate the relationship between sadistic-impulsiveness and violent behaviour in prisoners. It was also intended to explore the predictive role of sadistic-impulsiveness regarding violent behaviour. Moreover, gender differences were also explored regarding sadistic-impulsiveness. The convenient sampling was used to draw a sample of prisoners ($N = 283$) including men ($n = 182$) and women ($n = 101$) prisoners either convicted or under trial. Cross sectional correlational research design was used to collect data from District Jail Lahore and Central Jail Lahore. Short Sadistic Scale (O' Meara, 2011) and Aggression Questionnaire (Buss & Warran, 2000) were used to measure sadistic-impulsiveness and violent behaviour respectively. The results revealed that there was significantly positive relation between sadistic-impulsiveness and violent behaviour. Gender differences were also found, men prisoners were found to be more aggressive whereas women prisoners were found to be more sadistic. The finding revealed that convicted men prisoners were more sadistic whereas under trial men prisoners were more aggressive while no difference was found regarding convicted and under trial women prisoners. The findings of the study may provide important insight in forensic setting for planning interventions and policy making.
Keywords: Sadistic-impulsiveness, violent behaviour, convicted, under trail, prisoners.

Irreligiosity, Narcissism and Criminal Thinking in Criminals

Izza Mahfooz (MSc, 2016-18)
Supervisor: Iram Fatima, PhD

The fascinatingly serpentine nature of the phenomenon of criminal thinking with reference to its various dimensions and its relationship with religion as well as personality exists in the world of research as a subject of intense empirical debate and testing for the past few decades. The

current study also aimed to further add to this empirical debate by highlighting the various complexities in the relationship between irreligiosity, narcissism and criminal thinking in criminals. The study investigated this relationship by proposing the hypotheses that there would be a positive relationship between irreligiosity and criminal thinking as well as narcissism and criminal thinking. The study also made an attempt to investigate the possible impact of irreligiosity and narcissism as potential predictors of criminal thinking, with reference to its six subscales of entitlement, justification, power orientation, cold heartedness, criminal rationalization and personal irresponsibility. The Nonreligious-Nonspiritual Scale, (Ryan et al., 2015), Short Dark Triad Test (Paulhus, 2014) and TCU Criminal Thinking Scales (Knight et al., 2005) were used to measure irreligiosity, narcissism and criminal thinking respectively, along with the demographic sheet. The sample for this study comprised of 60 prisoners ($N = 60$), 30 men and 30 women who were recruited from the District Jail of Faisalabad using convenience sampling strategy. The results of the current study revealed a positive correlation between narcissism and criminal thinking subscales of power orientation, criminal rationalization and personal irresponsibility whereas no significant relationship between irreligiosity and criminal thinking was empirically found. The present study had various limitations which may have somewhat contributed to a lack of empirically significant findings. However, this study has nonetheless succeeded in highlighting new dimensions of the religion-crime relationship which is in dire need of further research in Pakistani socio-cultural context for the benefit of not only the prison population but the nation at large.

Keywords: Irreligiosity, narcissism, criminal thinking, criminals.

Self Esteem, Emotional Suppression and Substance Abuse among Hostel Students

Atif Sarfraz (MSc, 2016-2018)
Supervisor: Shazia Qayyum, PhD

The current study meant to examine the relationship between self-esteem, emotional suppression and substance abuse among hostel students of Lahore. It was hypothesized that there would be a relationship between self-esteem emotional suppression and substance abuse among hostel students. Moreover, also it was hypothesized that emotional suppression would moderate the relationship between self-esteem and substance

abuse in hostel students. Correlation research design was used in this research. The sample contained of 200 male hostel students, who live in a different university hostels of Lahore. Hostel students with age range of 19 to 30 years ($M = 23.65$ & $SD = 2.459$). Purposive sampling technique was used. Rosenberg Self-esteem Questionnaire (Rosenberg, 1965) was used to measure self-esteem. Emotional Suppression Questionnaire (Ayers et al., 1998) was used to measure adverse life events. Substance Abuse Questionnaire (Skinner, 1982) was utilized to figure out drug abuse among different kind of groups like alcoholics cocaine dependents and depress personalities. Pearson product moment correlation highlighted that there was a significant relationship between self-esteem and drug abuse among hostel students. Further analysis through Macro Process revealed that there is no moderation effect of emotional suppression between self-esteem and substance abuse. The study has the important implication for those students who live in hostels and therapeutic centers like rehabilitation centers for drug abusers.

Keywords: Self-esteem, emotional suppression, substance abuse.

Risk Taking Behaviours and Decision Making in Risk Situations in Juvenile Delinquents

Saima Hanif (MSc, 2016-2018)
Supervisors: Arooj Arshad & Saima Ghazal, PhD

The objective of this study was to explore the relationship between risk taking behaviors and decision making in risk situations of juvenile delinquents and to find out whether risk taking behaviors predicted decision making in juvenile delinquents or not and how delinquents and non-delinquent individuals differ regarding risk taking behaviors and making decisions. The sample was consisted of ($N = 98$) participants that included ($n = 48$) juvenile delinquents and ($n = 50$) non- delinquent individuals with the age range of 11 to 18 years ($M = 16.14$, $SD = 1.06$). Sample was taken from the District Central Jail Lahore, academy and backward areas of Garhi Shahu Lahore. Data was collected using demographic information questionnaire, Zuckerman-Kuhlman Personality Questionnaire Cross-Cultural 50-item version (ZKPQ CC 50; Zuckerman & Kuhlman, 1993) and The Classical prisoner's dilemma (Flood & Dresher, 1950). The data was processed using the pearson product moment correlation, binary logistic regression analysis, and *t*-test and chi square test of independence. The results revealed that there was a

significant positive correlation between risk taking behavior and decision making. Risk taking behaviors such as neuroticism and impulsivity were found to be significant predictors of decision making in risk situation in juveniles. Juvenile delinquents had more risk-taking behaviors than non-delinquent individuals. There was a significant difference in decision making strategies between juvenile delinquents and non-delinquents which showed that juvenile delinquents were more likely to not to confess their crimes. The study will help juvenile delinquents to overcome those psychological factors that lead to delinquency, risk taking behaviors and poor decision making, help out to cope with social conditions that contribute to the criminal tendencies and would be helpful for making correct decisions in risky situations.

Keywords: Risk taking behaviours, decision making, juvenile delinquents.

Impulsivity and Risk Perception in Convicts

Akraam Ullah (MSc, 2016-2018)
Supervisor: Mujeeba Ashraf, PhD

The present study investigated the relationship between impulsivity and risk perception in convicts. It was hypothesized that there would be a negative correlation between impulsivity and risk perception and there would be a difference between male and female convicts on the scores of impulsivity and risk perception. Short (UPPS) Impulse Behavior Scale (Lynam, 2013) was used to measure impulsivity and Adolescent Risk Taking Questionnaire (Moore & Gullone, 1996) was a two-part questionnaire that measured risk perception and risk taking. Permission was taken from the authors of both scales for translation into Urdu. Purposive sample of 312 was collected including 214 male and 98 female convicts with age range 18-65 years from District Jail Lahore and Central Jail Kot Lakhpat. The results of Spearman Correlation showed that there is a significant negative correlation between impulsivity and risk perception. Mann Whitney U analysis showed significant difference in the risk perception and non-significant difference in impulsivity among male and female convict research participants. Female convicts had low risk perception than male convicts. In contrast to previous literature current study found that female convicts had low risk perception than male convicts. Good education, awareness about risk taking activities and

discourage young individuals to involve in risk taking activities improve risk perception.

Keywords: Impulsivity, risk perception, convicts, gender.

Morality and Perceived Applicability of Character Strengths in Adolescents Involved in Petty Crimes

Wajiha Abrar (BS, 2014-2018)
Supervisor: Afifa Anjum

The study aimed to investigate the difference of morality and strengths applicability in adolescents involved in petty crimes i.e. juvenile delinquents and adolescents of same age range in community sample. Adolescents taken from community sample were of low socio economic class as the delinquents were all of low socio economic status. It was hypothesized that there would be a difference of morality and character strengths applicability in adolescents involved in petty crimes and those from community sample. Cross-sectional research design was used to conduct this research. A sample of 125 young adults (only men) recruited through purposive sampling technique was collected. Title Moral Foundation Questionnaire (MFQ20; Graham, 2011), Applicability of Character Strengths Rating Scales (ACS-RS; Harzer & Ruch, 2013) and demographic sheet were used. The measures were individually administered to each of the participants. Results independent sample *t*-test revealed that there was a significant difference between juvenile delinquents and community adolescents in subscale of being ashamed. Both samples also differed on subscales of perceived applicability of character strengths. Findings are discussed in the light of morality and character strengths theory and implication are suggested.

Keywords: Morality, perceived applicability, adolescents, crimes.

Self-Control, Social Support and Deviant Behavior in Adolescent

Mohammad Rehmat Ullah (MSc, 2016-2018)
Supervisor: Afifa Anjum

The current research aimed to find out relationship between self-control, social support and deviant behavior among adolescents. It was hypothesized that there would be a relationship between self-control, social support and deviant behavior in adolescents. Moreover, self-

control would negatively predict deviant behavior in adolescents and social support is also would negatively predict deviant behavior in adolescents. Cross sectional correlation research design was used in current study. The sample was consisted of (N = 120) adolescents (M_{age} = 16.95, SD = 0.81). Convenient sampling method was used to collect data from different colleges of Lahore. Brief Self-control Scale (Tangney, Baumeister, & Boone, 2004), Multidimensional Perceived Social Support Scale (Zimet, Dahlem, Zimet, & Farley, 1988), and Deviant Behavior Variety Scale (Sanches et al. 2016) were used to measure self-control, social support and deviant behavior in adolescents. It was found that self-control and social support have a negative relationship with deviant behavior in adolescents. Present study findings are discussed in light of previous researches.

Keywords: Self-control, social support, deviant behavior, adolescent.

Emotional Dysregulation, Moral Character and Attitude towards Violence in Young Adults

Hibah Ahmad (BS, 2014-2018)
Supervisor: Faiz Younas

The present study investigated the relationship among emotional dysregulation, moral character and attitude towards violence in young adults. It was hypothesized that there would be i) a positive relationship between emotional dysregulation and attitude towards violence, ii) a negative relationship between moral character and attitude towards violence, while iii) the emotional dysregulation would predict attitude towards violence and iv) the moral character would predict attitude towards violence. Through a cross-sectional correlational research design, a sample of *(N* = 100*)* young adults including (*n* = 48 women and *n* = 52 men) *(M* = 21.74, *SD* = 1.40) was recruited by employing a non-probability convenient sampling strategy from GC University, Lahore. A self-constructed demographics Information Sheet, Emotional Dysregulation Scale (Powers, Stevens, Fani & Bradley, 2015), The Self-Importance of Moral Identity Scale (Aquino & Reed, 2002) and Revised Attitude towards Violence Scale (Anderson, Benjamin, Wood & Bonacci, 2006) were used to assess the study variables. Results were generated by running Pearson product moment correlation and simple linear regression analysis through SPSS

version 20.0, which showed a significant positive relationship between emotional dysregulation and attitude towards violence while a negative relationship between moral character and attitude towards violence. Further, the results also indicated that both emotional dysregulation and moral character predicted attitude towards violence in young adults. This study has implications in developing insight into the relationship among the study variables which can be further employed in research, policy making and counseling services.

Keywords: Emotional dysregulation, attitude towards violence, moral character, young adults.

Stigmatization, Apathy and Social Withdrawal in Drug Addicts

Rukhsar Sakhawat (BS, 2014-2018)
Supervisor: Shahnila Tariq, PhD

The current study aimed to investigate the relationship between stigmatization, apathy and social withdrawal in drug addicts. It was hypothesized that there would be a significant relationship between stigmatization, apathy and social withdrawal. The sample $N = 100$ comprised of men drug addicts with the age range of 20 to 30 years selected via purposive sampling technique from government hospitals and private clinics of Lahore. Data were collected through Perceived Stigma of Substance Abuse Scale (Link et al., 1997). Addicts' apathy was measured by using Apathy Evaluation Scale (Marin, 1991). UCLA Loneliness Scale (Russell et al., 1978) was used for measuring social withdrawal in drug addicts. Pearson product moment correlation showed that stigmatization, apathy has significant positive relationship with social withdrawal. Hierarchical regression indicated that stigmatization and apathy predict social withdrawal and independent sample t-test showed that there is a demographical difference in levels of education, residential, relapse and addict family member in stigmatization, apathy and social withdrawal in male drug addicts. The study laid grounds for the insight that stigmatization and apathy are the biggest obstacles to a life away from addiction and can foster social withdrawal.

Keywords: Stigmatization, apathy, social withdrawal.

Social Oppression, Depression and Criminal Thinking in Female Offenders

Mishal Shahid (BS, 2014-2018)
Supervisor: Zaeema Farooq

The present study aimed to investigate social oppression, depression and criminal thinking in female offenders. It was hypothesized that there would be relationship between social oppression, depression and criminal thinking. It was also hypothesized that social oppression (discrimination, injustice, humiliation, control, abuse) and depression would predict criminal thinking (entitlement, justification, power orientation, cold heartedness, criminal rationalization, and personal irresponsibility) in female offenders. Correlational research design was used and the sample of female offenders ($N = 100$) from Central Jail, Kot Lakhpat Lahore was selected with age ranges 18 to 65 years. Oppression Questionnaire (Victoroff, 2005), Center for Epidemiological Studies–Depression (Radloff, 1977) and Psychological Inventory of Criminal Thinking Styles Scale (Walters, 1998.) were used. Results showed that depression showed a positive relationship with justification and had a negative relationship with cold heartedness. Entitlement showed a positive relationship with justification and had a negative relationship with power orientation. Moreover, discrimination was a positive predictor of criminal rationalization. Depression was positive predictor of justification, criminal rationalization and personal irresponsibility. This study is used in clinical and forensic settings to highlight the contribution of psychopathology towards criminal acts or thoughts.
Keywords: Social oppression, depression, criminal thinking.

Personality, Emotional Instability and Criminal Thinking among Female Offenders

Amna Nazakat (MSc, 2016-2018)
Supervisor: Zaeema Farooq

The present study was carried out to find the relationship among personality, emotional instability and criminal thinking in female offenders. It was hypothesized that there would be relationship among personality, emotional instability and criminal thinking in female

offenders. It was also hypothesized that personality and emotional instability would predict criminal thinking in female offenders. The sample comprised of $N = 50$ convicted females age rang 18 to 70 years by using purposive sampling technique from Central Jail Lahore and District Jail Pakpattan. Ten Item Personality Inventory (TIPI; Gosling, Rentfrow & Swann, 2003), Positive and Negative Affect Schedule (PANAS; Watson & Clark, 1988) and Criminal Thinking Scale (Knight, Simpson & Morey, 2002) were used for data collection. The findings indicated that extroversion was positively correlated with justification, criminal orientation and personal irresponsibility, conscientiousness was positively correlated with negative affect, emotional instability was positively correlated with entitlement, positive affect was negatively correlated with cold heartedness and criminal rationalization, negative affect was positively correlated with criminal rationalization and negatively correlated with personal irresponsibility. Moreover, entitlement was positively correlated with power orientation and cold heartedness, justification was positively correlated with power oriented, criminal rationalization and personal irresponsibility. In case of prediction extraversion was a positive predictor of justification and power orientation, criminal rationalization and personal irresponsibility. Positive affect was a positive predictor of power orientation and negative predictor of cold heartedness. Also, negative affect was positive predictor of criminal rationalization and personal irresponsibility. This research holds implications in research in criminal and forensic settings.

Keywords: Personality, emotional instability, criminal thinking, female offenders.

Emotional Intelligence and Delinquent Beliefs in Adolescents

Sidra Sharif (MSc, 2016-2018)
Supervisor: Zaeema Farooq

The present research aimed to investigate the relationship between emotional intelligence and delinquent beliefs in adolescents. It was hypothesized that there is likely to be negative relationship between emotional intelligence (perception of emotions, manage own emotions, manage others emotions, utilization of emotions) and delinquent beliefs. It was also hypothesized that perception of emotions (manage own emotions, manage others emotions and utilization of emotions) would predict delinquent beliefs. Purposive sampling technique was used to

collect sample $N = 200$ ($n = 141$ female, $n = 59$ male) with age range of 13 to 20 years. Schutte Self-Report Emotional Intelligence Test (SSEIT; Schutte et al., 1998) and Delinquent Beliefs - Rochester Youth Development questionnaire (Thornberry et al., 1994) were used for data collection. Correlational analysis revealed that there was a negative relationship between emotional intelligence and delinquent beliefs in adolescents. Hierarchical regression analysis showed that manage own emotions and utilization of emotions negatively predicted delinquent beliefs. However, gender positively predicted delinquent beliefs, which means boys had more delinquent beliefs rather than girls. This study would be helpful especially in understanding emotions and enhance the abilities of emotional intelligence to reduce delinquent beliefs.

Keywords: Emotional intelligence, delinquent beliefs, adolescents.

Dark Triads of Personality, Self Esteem and Criminal Thinking among Young Adults

Nazish Shahzadi (MSc, 2016-2018)
Supervisor: Ghulam Ishaq

The present study aimed to investigate the relationship between dark triads of personality, self-esteem and criminal thinking in young adults. It was hypothesized that there would be a positive relationship between dark triads of personality and self-esteem with criminal thinking. It was also hypothesized self-esteem would moderate the relationship between dark triads of personality and criminal thinking. Short SD3 scale (Paulhus & Jhones, 2011), Rosenberg Self-Esteem Scale (Rosenberg, 1965) and TCU CTS Criminal Thinking (Kevin & knight, 2006) scale were used to measure dark triads of personality, self-esteem and criminal thinking respectively. Correlational research design was employed and convenient sample of young adults $N = 200$ ($n = 100$ men, $n = 100$ women) with the age range of 18 to 30 years from government and private universities of Lahore. Results from Pearson product moment correlation revealed that there was a significant positive relationship between dark triads of personality, self-esteem and criminal thinking. Outcomes of hierarchical regression revealed that self-esteem is likely to play a moderating role in between dark triads of personality and criminal thinking. Independent sample *t*-test showed that males were high on criminal thinking than that of females. The findings of the current study suggested that one will get better

understanding about the reasons behind crime and criminal thinking from this research. This research will also suggest a direction to clinical psychologists to think that what could be the ways to deal with individuals possessing dark triads of personality, insecure self-esteem and criminal thinking, so they can be refrain from putting step in the world of crime in future.

Keywords: Dark triads of personality, self-esteem, criminal thinking, young adults.

Compassion Fatigue, Emotional Intelligence and Burnout among Criminal Defense Lawyers

Rohma Nasir (BS, 2014-2018)
Supervisor: Raisa Zubair

This study aimed to investigate relationship between compassion fatigue, emotional intelligence and burnout in criminal defense lawyers. It was hypothesized that there would be relationship between compassion fatigue, emotional intelligence and burnout. It was also hypothesized that compassion fatigue and emotional intelligence would be predictors of burnout. Correlational research design was used and sample was recruited via purposive sampling. The study included $N = 120$ criminal defense lawyers ($n = 91$ men, $n = 29$ women). Compassion Fatigue Professional Quality of Life Scale (Stamm, 2009), Emotional Intelligence Scale (Schutte et al., 1998), and Copenhagen Burnout Inventory (Kristensen et al., 2005) were used for data collection. Correlational analysis found compassion fatigue related positively with burnout and there was significant negative correlation of emotional intelligence with burnout. Hierarchal regression revealed that secondary traumatic stress positively predicted burnout (client related burnout). However, emotional intelligence subscale (perceptions of emotion) negatively predicted client related burnout. Similarly, emotional intelligence subscale (managing own emotion) negatively predicted personal, work related burnout. These findings will help in providing awareness and guidance to criminal defense lawyers regarding importance of emotional intelligence to reduce stress, anxiety and burnout.

Keywords: Compassion fatigue, emotional intelligence, burnout.

Gender Psychology

Gender Stereotypes, Masculinities and Gender Based Violence among Pharmaceutical Sector Employees

Asma Malik (BS, 2014-2018)
Supervisors: Ghulam Ishaq & Rafia Rafique, PhD

The present study was designed to investigate the relationship between gender stereotypes, masculinities and gender- based violence in pharmaceutical sector employees. It was hypothesized that gender stereotypes would have negative relationship with gender-based violence, whereas masculinities would have positive relationship with gender-based violence. It was hypothesized that masculinities are likely to moderate the relationship between gender stereotypes and gender-based violence. Correlational research design was used to examine the proposed hypotheses. The sample of this study was pharmaceutical sector employees; drawn conveniently and comprised of 100 men and 20 women with an age range of 20 to 50 years (M = 31.53, SD = 8.67). Attitude towards Women Scale (AWS; Spence, Helmrich & Stapp, 1978), Masculine Role Inventory (Snell, 2013) and Attitudes towards Violence Scale (ATVS; Anderson, Benjamin, Wood & Bonacci, 2006) were used to measure the constructs of attitude towards women, concepts of masculinities and attitude towards violence. The results indicated that gender stereotypes did not have significant negative relationship with gender-based violence. Moreover, masculinities had significant positive relationship with gender-based violence. Findings of hierarchical regression showed that masculinities did not moderate the relationship between gender stereotypes and gender- based violence. The overall research indicated that concept of masculinities among employees is closely linked with gender-based violence. So, the present research gave an insight into masculinity concepts of employees and helps to strategize gender sensitization workshops and trainings to overcome gender-based violence. This research will open avenues for new research on the constructs of gender stereotypical attitudes, masculinity concepts and gender-based violence prevailing in the society.

  Keywords: Gender stereotypes, masculinities, violence, pharmaceutical sector, employees.

Autonomy, Gender Stereotypes and Career Decision Making Self-Efficacy among High School Girls

Hafsa Yasin (MSc, 2016-2018)
Supervisor: Mujeeba Ashraf, PhD

The current study was conducted with the aim to find out the relationship between autonomy, gender stereotypes and career efficacy among high school girls from private and public schools and colleges of Lahore. The sample was recruited by using convenient sampling. It was hypothesized that perceived autonomy and career efficacy will be positively correlated; however, gender stereotypes and career efficacy will be negatively correlated. Along with that it was also hypothesized that perceived autonomy and gender stereotypes predicted career self-efficacy. Career Decision Self-efficacy Scale (Betz, & Taylor 1983) was used for assessing the career efficacy. Modern Sexism Scale (Swim, Aikin, Hall, & Hunter, 1995) was used to measure the gender stereotypes and perceived autonomy was assessed by Career Decision Making Autonomy Scale (CDMAS; Frédéric Guay, 2005). Spearman correlation and backward regression were used to analyze the results. The results of spearman correlation explained that three facets of career autonomy i.e., intrinsic motivation, extrinsic motivation and identified regulation were positively correlated with career self-efficacy, and gender stereotypes negatively correlated with career self-efficacy. In addition the results of backward regression showed that only one facet of perceived autonomy i.e. identified regulation and gender stereotypes predicted career efficacy. This study adds in existing awareness of women's occupational development in terms of their career efficacy.

Keywords: Autonomy, gender stereotypes, career decision making, self-efficacy, high school girls.

Gender Role Beliefs, Self-Silencing and Psychological Distress in Married Women

Ghania Ahmad (BS, 2014-2018)
Supervisor: Maria Ghazal

The present study investigated the relationship among gender role beliefs, self-silencing and psychological distress in married women. It was hypothesized that there would be a significant negative relationship

between gender role beliefs and self-silencing, a significant positive relationship between self-silencing and psychological distress and a significant negative relationship between gender role beliefs and psychological distress. It was also hypothesized that gender role beliefs would predict self-silencing whereas; self-silencing would mediate the relationship between gender role beliefs and psychological distress. Non-probability convenient sampling strategy was followed to recruit sample of $N = 150$ married women between the age range of 20 to 60 years. Urdu version of Gender Role Beliefs Scale (Michael & Nancy, 2012), Silencing the Self Scale (Dana, 1991) and Psychological Distress Scale (Kessler, 2012) were used for data collection. Pearson product moment correlation, PROCESS macro and independent sample *t*-test were applied to generate results which showed a significant negative relationship between gender role beliefs and self-silencing, a significant positive relationship between self-silencing and psychological distress as well as a significant negative relationship between gender role beliefs and psychological distress. It was also found that gender role beliefs significantly predicted self-silencing and self-silencing played a significant meditational role between gender role beliefs and psychological distress. The findings of current study might be helpful for family and marital counselors to deal with the marital problems and issues of women as well as by clinical psychologists for designing group or individual clinical interventions to reduce psychological distress in married women.

Keywords: Gender role beliefs, self-silencing, psychological distress, married women.

Health Psychology

Emotional Intelligence and Marital Quality of Life in Pre and Post-Menopausal Women

Aleena Rehman (BS, 2014-2018)
Supervisor: Rafia Rafique, PhD

The present study was designed to investigate the relationship between emotional intelligence and marital quality of life in pre and post-menopausal women. It was hypothesized that emotional intelligence would have positive relationship with marital quality of life in pre and post-menopausal women. Similarly it was hypothesized that emotional intelligence would positively predict marital quality of life in pre and post-menopausal women. It was also hypothesized that pre-menopausal women have significantly high emotional intelligence and better marital quality of life than post-menopausal women. Correlational research design was used to examine the proposed hypotheses. The sample comprised of pre and post-menopausal women, ($N = 200$) with age range of 35 years and above ($M = 47.85$, $SD = 8.43$). The demographic sheet, Schutte Scale of Emotional Intelligence Test (Schutte et al., 1998) and Menopause Specific Quality of Life questionnaire (Jacqueline et al., 1996) were used to assess correlation between study variables. The results were in line with the hypotheses and indicated that emotional intelligence was positively significantly correlated with marital quality of life. Furthermore, it indicated that emotional intelligence is a positive significant predictor of marital quality of life in pre and post-menopausal women. Results also revealed that pre-menopausal women have significantly high emotional intelligence and better marital quality of life than post-menopausal women. This study will be helpful in improving marital quality of life among menopausal women by improving their emotional intelligence.

Keywords: Emotional intelligence, quality of life, pre and post-menopausal women.

Sexual Self Concept and Marital Adjustment after Hysterectomy

Aqsa Aslam (MSc, 2016-2018)
Supervisor: Rafia Rafique, PhD

The aim of the present study was to investigate sexual self-concept and marital adjustment in women who have undergone hysterectomy. The

sample consisted of (N = 125) women with the age range of 18 to 45 years (M = 39.9, SD = 4.14) recruited through convenient sampling technique. Multidimensional Sexual Self-Concept Questionnaire (Snell, 1995) and Marital Adjustment Test (Lock & Wallace, 1959) were used to assess the study variables. Sexual self-concept was positively associated with marital adjustment. Hierarchical regression analysis established that sexual self-concept predicts marital adjustment in patients who have undergone hysterectomy. Marital Counselors and psychologists can help women who have undergone hysterectomy to improve their sexual self-concept.

Keywords: Sexual self-concept, marital adjustment, hysterectomy women.

Personal Resilience and Medication Adherence in People with Hypertension

Razia Jamil (MSc, 2016-2018)
Supervisor: Shazia Qayyum, PhD

The present research investigated the relationship between personal resilience and medication adherence in people with hypertension .It was hypothesized that there would be positive correlation between personal resilience and medication adherence in people with hypertension .A correlational research design was used in this research. The Brief Resilience Scale (Smith, 2009) and MO- risky Medication Adherence Scale (Donald, 1986) were used and permission was taken from the authors of both scale. Purposive sample of (N = 200) was collected including 144 men and 56 women with age range of 18-60 years (M = 38.14, SD = 9.94) from different banks. The results of Pearson product moment correlation showed that there was significant positive correlation between personal resilience and medication adherence in people with hypertension, Pearson correlation analysis and hierarchical regression analysis were used for analysis. Results revealed that personal resilience had a significant positive correlation with medication adherence in people with hypertension. This research can developed understanding to improve the life through personal resilience and medication adherence in threatening condition such as hypertension.

Keywords: Resilience, medication adherence, bankers.

Medical Decision Making: Type of Illness, Level of Shared Decision Making (SDM) and Patients' Treatment Satisfaction

Shumaila Zeb Zafar (MSc, 2016-2018)
Supervisor: Saima Ghazal, PhD

This study was conducted to examine the relationship between type of illness, level of shared decision making (SDM) and patients' treatment satisfaction. Nonprobability sampling technique was used. Two hypotheses were made. Hypothesis 1 suggested that level of shared decision making would change with the change in the type of illness in patients. Hypothesis 2 suggested that increased level of shared decision making would increase level of treatment satisfaction in patients. A sample of 150 patients (30 from 5 different medical fields) was approached at Hameed Latif Hospital, Lahore. Two scales were used to measure the variables of this study. The 9-item Shared Decision-making Questionnaire (Kriston et al., 2010) is adopted to assess that how much the doctors had involved their patients in the decision about their treatment. Short form Patient's Satisfaction Questionnaire (Marshall & Hays, 1994) is adopted to assess that how much the patient is satisfied with their treatment. The results indicated that there was a significant positive relationship between level of shared decision-making and patients' treatment satisfaction. The type of illness also significantly affected the level of shared decision-making. Moreover, the study revealed notable information about the educational level, family involvement, socio-economic status, age, doctors' qualification doctors' foreign exposure, medication adherence and income of patients. The study can be helpful in improving well-being of patients. It provides information to the patients about their ethical rights. This can also save them from fake doctors or quacks.

Keywords: Medical decision making, illness, shared decision making (sdm), patients' treatment satisfaction.

Self-esteem and Body Image Concerns of Mothers Who Gained Weight after their First Borns

Salwa Zafar (BS, 2014-2018)
Supervisors: Arooj Arshad & Saima Ghazal, PhD

The current study was aimed at assessing the relationship between self-esteem and body image concerns in new mothers who gained weight after their first born. It was hypothesized that (1) Self-esteem would be negatively related to body image concerns (surveillance, appearance control beliefs, and body shame) in mothers who gained weight after first birth. (2) Self-esteem would predict body image concerns (surveillance, appearance control beliefs, and body shame) in mothers who gained weight after first birth. (3) Self-esteem and body image concerns (surveillance, appearance control beliefs, and body shame) would be different in mothers with reference to the gender of their new born. A sample of new mothers (N = 150) aged 20-30 years (M = 24.35, SD = 1.18), who conceived within a year of marriage, had vaginal mode of delivery, were recruited within 40 days of post-delivery of their new born from different vaccination wards of government hospital and vaccination clinics of Lahore, Pakistan, using purposive sampling. Body image concerns were measured by Objectified Body Consciousness Scale (McKinley & Hyde, 1996) and self-esteem was measured by Rosenberg Self-Esteem Scale (Rosenberg, 1965). The results were analyzed using descriptive and inferential statistics. Pearson product moment correlation, Hierarchical regression analysis and Independent sample t-test were employed to test the study hypotheses. The results showed that self-esteem and body shame, a domains of body image concerns, were significantly negatively correlated. Gender of the new born doesn't show any difference in body image concerns and self-esteem. The research findings shed light in better understanding the transition of a role as new mothers and their physical appearance in our cultural context.

Keywords: Self-esteem, Body image concerns.

Positive Body Image, Intuitive Eating and Exercise among Adolescents

Maimoona Hayat (BS, 2014-2018)
Supervisors: Tanzeela Bashir & Mujeeba Ashraf, PhD

Current study was designed to explore the relationship between intuitive eating, positive body image and exercise. It was hypothesized that intuitive eating and positive body image would have a positive relationship with exercise. It was also hypothesized that positive body image and intuitive eating would predict exercise, and there would be gender differences in positive body image, intuitive eating and exercise

among adolescents. To determine the relationship between positive body image, intuitive eating and exercise, Body Appreciation Scale (BAS-2; Tylkaa, & Wood-Barcalowb, 2015), Intuitive Eating Scale (IES -2; Tykla, 2013) and Obligatory Exercise Questionnaire (OEQ; Thompson, & Pasman, 1991) were used with the help of correlational research design on the sample of adolescents between age range of 14 and 19 years, comprising of 68 males and 82 females ($M = 9$, $SD = 1.65$). To determine the correlation between positive body image, intuitive eating and exercise, Spearman correlation was used, and regression analysis was applied to check prediction hypothesis. Mann Whitney U- test was used to assess gender differences. Results indicated that subscales of intuitive eating (eating for physical rather than emotional reasons (EPR), reliance on hunger and satiety cues (RHSC), and body-food choice congruence (B-FCC) have positive relationship with exercise. Findings also stated that intuitive eating significantly predicted exercise and subscale of intuitive eating (EPR) negatively predicted exercise. Results showed no significant relationship between positive body image and exercise and no significant difference among males and females in positive body image, intuitive eating and exercise. Implication of the findings would help in getting an insight into intuitive eating concept which can be used by health psychologists and nutritionists to develop healthy eating attitudes among adolescents.

Keywords: Positive body image, intuitive eating, exercise, adolescents.

Emotional Regulation, Coping Strategies and Social Adjustment in Acid Burn Victims

Bakhtawar Kaneez Fatima (MSc, 2016-2018)
Supervisor: Zaeema Farooq

The purpose of the current study was to investigate emotional regulation, coping strategies and social adjustment in acid burn victims. It was hypothesized that emotional regulation and coping strategies would be positively correlated with social adjustment. It was also hypothesized that emotional regulation and coping strategies would predict social adjustment in acid burn victims. Correlational research design was used with the sample consisted of acid burn victims $N = 50$ with age range 18 to 45 years. The data was taken from the burn Units of the Government hospitals using purposive sampling technique. Assessment measures

included Urdu Versoin of Emotional Regulation Questionnaire (EQR; James & Gross, 2013; Kausar & Khan, 2014), Coping Strategies Questionnaire (CSQ; Kausar, 2004) and Social Adjustment Scale (SAS; Kausar, 2014) were used to measure emotional regulation, coping strategies and social adjustment respectively. The results revealed that education and family income were positively correlated with social adjustment. Cognitive reappraisal was positively correlated with religious coping only. Furthermore, active focused coping, avoidance coping and religious coping were positively correlated with social adjustment except for active distracting coping strategy. Moreover, only religious coping predicted social adjustment in acid burn victims. This research highlights the importance of religious coping in determining social adjustment in acid burn victims.

Keywords: Emotional regulation, coping strategies, social adjustment, acid burn patients.

Perceived Stress and Quality of Life among Mothers of Children with Cancer

Saba Sattar (MSc, 2016-2018)
Supervisor: Mohsina Najeeb, PhD

The present research was conducted to find out relationship between perceived stress and quality of life with reference to the demographic variables among mothers of children with cancer. It was hypothesized that perceived stress would have negative relationship with QOL (Physical health, psychological health, social relationship and environment)**.** Perceived stress would be negative predictor of physical health, psychological health, social relationship and environment. Further, there would be relationship between demographic factors (mothers and child related demographics), perceived stress and quality of life among mothers of children with cancer. Correlational research design was used and the sample comprised of mothers of children with cancer (N = 65) with age range of 24 to 50 years. By using the purposive sampling, participants were recruited from the Oncology Ward of Children Hospital. Perceived Stress Scale (Cohen, 1988) and WHOQOL-BREF (WHOQOL-BREF Group, 1998) were used to assess the perceived stress and quality of life in mothers of children with cancer. Results showed that perceived stress and quality of life (physical health, psychological health, social relationship and environment) had significant

negative relationship that is with the increase of perceived stress, QoL of mothers of children with cancer decreases in all domains. Perceived stress was found to be a negative predictor of overall QoL. Whereas, QOL (physical health, psychological health, social relationship and environment) had significant negative relationship with mother's age. Monthly income was found to have positive relationship with overall QoL domains. No significant difference was found between child's age, child's gender, mother's education, family system and QoL domains. Among clinical factors perceived side-effects were found to have significant negative relationship with overall QoL domains. This study will give new direction to oncology counselor and health psychologist that they should not only focus on the stressors of cancer patients but they need to work also on the stressors of caregivers of cancer children to improve their quality of life. By improving stressors we can improve the QoL of mothers so that they can improve the caregiving services of their children suffering from cancer.

Keywords: Perceived stress, quality of life, cancer.

Perception of Romantic Love and Body Image in Obese Female University Students

Sadaf Mehreen (MSc, 2016-2018)
Supervisor: Kanza Faisal

The present research explored the relationship between perceptions of romantic love among obese university students. Data was collected purposively from 75 obese female university students aged 18-30 years currently enrolled in a university degree program. Data was collected from three universities of Lahore based on ease to approach: University of Management and Technology, Government College University and University of the Punjab. Body Image Scale (Moeen, Muazzam, & Zubair, 2013) and Perception of Romantic Love Scale (Anjum & Batool, 2017) were used to collect data. Pearson product moment correlation was used to assess the relationship between body image and perception of romantic love. Results revealed a non-significant correlation between body image and perception of romantic love. However, a significant positive correlation was found between body image scale and marital subscale of a perception of romantic love scale. Also, the physical subscale of body image was significantly positively correlated with general subscale and marital subscale of perception of romantic love.

There were a significant positive correlation of marital status with overall perception of romantic love scale and four subscales of perceived romantic love; with general subscale with emotional subscale with cognitive subscale and with behavioral. Implications, Limitations of the research have been discussed.

Keywords: Perception, romantic love, body image, obese, university students.

Health Related Behaviors, Social Support, and Treatment Adherence in Patients with Hypertension

Huma Zeenat (MSc, 2016-2018)
Supervisor: Afreen Komal

The present study was conducted to investigate the relationship between health related behaviors, social support and treatment adherence in patients with hypertension. The correlation research design was used and the sample comprised of patients ($N = 100$: $n = 51$ women $n = 49$ men) with age range of 30 to 60 years. The data was collected from public and private hospitals using non probability purposive sampling technique. Health Related Behavior Questionnaire (Batool, Imran, & Kausar, 2011)), Multidimensional Perceived Social Support Scale (Zimet, Dhalem, Zimet, & Farely, 1988) and Morisky Medication Adherence Scale (Saleem, Hassali, Shafie, Haq, & Morisky, 2012) were used. The results of Pearson product moment correlation indicated that there was significant positive relationship among health related behaviors, social support and treatment adherence. The results of Independent sample *t*-test revealed that there was no gender difference and no difference between public and private hospitals in health related behaviors, social support and treatment adherence. Hierarchal regression showed that health related behaviors and social support had predictive role for treatment adherence. The findings of research have important implications in health care centers and in household setting. It would suggest patients about the effectiveness of health related behaviors such as diet modification, exercise and healthy eating are important for maintaining well-being. The study will also provide a direction for future researches.

Keywords: Health related behaviors, Social support, Treatment adherence, Hypertension.

Sense of Coherence, Illness Perception and Quality of Life in Patients with Thalassemia

Ammara Iftikhar (MSc, 2016-2018)
Supervisor: Shirin Gul

The present research investigated the relationship between sense of coherence, illness perception and quality of life in patients with Thalassemia. Correlational research design was used and it was hypothesized that there would be a relationship between sense of coherence, illness perception and quality of life. Moreover, it was also hypothesized that sense of coherence and illness perception were likely to be significant predictors of quality of life in patients with Thalassemia. The sample of Thalessemic patients ($N = 92$) with age range 14-24 years and $M = 19.40$ and $SD = 2.82$ were taken from blood banks by using purposive sampling technique. The demographic information questionnaire along with clinical information sheet, and translated versions of Antonovysky's Scale of Sense of Coherence (Antonovsyky, 1987), Brief Illness Perception Questionnaire (Broadbent, 2006) and Quality of Life Scale (Falanagen, 1970) were used. Pearson product moment correlation analysis indicated a significant negative relationship between sense of coherence and illness perception as well as between sense of coherence and quality of life. However, a significant positive relationship was found between illness perception and quality of life. Hierarchical regression analysis indicated that sense of coherence was a significant negative predictor of quality of life. On the other hand, illness perception was significant positive predictors of quality of life. Findings have important implications as this study was conducted to understand the psychological aspects of quality of life in patients with thalassemia which may help to conceptualize and improve their quality of life by enhancing sense of coherence and positive Illness Perception.

Keywords: Sense of coherence, illness perception, quality of life, thalassemia.

Resilience, Perceived Social Support and Post-Traumatic Growth in Burn Victims

Anum Zahid (MSc, 2016-2018)
Supervisor: Mahwish Idrees

A correlational study conducted to investigate the relationship of resilience, perceived social support and post-traumatic growth in burn victims ($N = 100$). It was hypothesized that resilience and perceived social support from friends, family and significant others would positively correlate with post-traumatic growth in burn victims. Furthermore, it was hypothesized that perceived social support from friends, family and significant others would moderate the relationship of resilience and post-traumatic growth. Brief Resilience Scale (BRS; Smith et aI., 2008), Multidimensional Scale of Perceived Social Support (MSPSS; Zimet, Delhem, Zimet & Farley, 1988) and Post-Traumatic Growth Inventory (PTGI; Tedeschi & Calhoun, 2004) were used to assess resilience, perceived social support and post-traumatic growth respectively. Results indicated that perceived friends support positively predicted post-traumatic growth of burn victims. It was also found that perceived social support from friends moderated the relationship between resilience and post traumatic growth in burn victims. The study has important implications in identifying the factors playing role in positive growth of burn victims and aid counselors to improve PTG after trauma.

Keywords: Resilience, perceived social support, post-traumatic growth, burn victims.

Marital and Family Relationships

Parental Differential Treatment, Sibling Relationships Quality and Psychological Wellbeing of Adolescents

Anam Hina (BS, 2014-2018)
Supervisor: Farah Malik, PhD

The present study aimed to investigate the relationship between parental differential treatment (differential maternal affection, differential maternal control, differential paternal affection and differential paternal control), sibling relationships quality (affection and hostility) and psychological wellbeing of adolescents. It was hypothesized that there would be a significant relationship between parental differential treatment, sibling relationships quality and psychological wellbeing of adolescents. Moreover, it was also hypothesized that parental differential treatment and sibling relationships quality would predict wellbeing in adolescents. Differences for gender were also examined for all study variables. The sample was consisted of ($N = 200$) adolescents including male ($n = 98$) and female ($n = 102$) with age range 13-18 years ($M = 15.83$, $SD = 1.08$). Cross sectional correlational research design and purposive sampling technique were used to collect data from different academies (class 9-12) in Lahore. Measures for data collection were Sibling Inventory of Differential Experience (Daniels & Plomin, 1985), Sibling Relationship Inventory (Stocker & McHale, 1992) and Mental Health Continuum-Short Form (Keyes et al., 2008). Results revealed that there was positive correlation between parental differential affection and wellbeing and affection in sibling relationships and emotional wellbeing. Negative relationship was found between hostility in sibling relationship and wellbeing. Findings also indicated that differential maternal affection predicted wellbeing (emotional and psychological), differential paternal affection predicted emotional wellbeing. Affection in sibling relationship positively and hostility negatively predicted wellbeing (emotional, social and psychological). Significant gender differences were found in differential maternal affection, emotional wellbeing and psychological wellbeing. The present study had implications of parental differential treatment, sibling relationships and wellbeing in counseling settings.

Keywords: Parental differential treatment, sibling relationships quality, psychological wellbeing, adolescents.

Parentification, Attachment Styles and Interpersonal Competence in Adolescents

Hina Zafar (BS, 2014-2018)
Supervisors: Nosheen Rarnzan & Farah Malik, PhD

The present research was conducted to find the relationship between parentification, attachment styles and interpersonal competence in adolescents. It was hypothesized that there would be a positive relationship between parentification and attachment style, and negative relationship between parentification and interpersonal competence in adolescents. Moreover, it was hyothesized that parentification and attachment styles would be negative predictors of interpersonal competence. Gender differences in parentification, attachment styles and interpersonal competence were also expected. Data was collected from adolescence ($N = 150$) with age range of 14-18 years ($M = 16.12$, $SD = 1.50$) using convenient sampling technique. Parentification Questionnaire (Hooper, Scyatta & Wallace, 2007), Attachment Style Questionnaire (ASQ, Feeney, Noller, & Hanrahan, 1994)and Brief Form of the Interpersonal Competence Questionnaire (Coroiu, Meyer & Brahler, 2015) were administered in Urdu for data collection. The results of Pearson product moment correlation coefficient indicated that parentification was significantly and negatively related with confidence attachment style and interpersonal competence. Multiple hierarchical regression analysis revealed that confidence attachment style positively and discomfort attachment style negatively predicted interpersonal competence in adolescents. Results of t-test suggested that boys had more discomfort attachment style compared to girls. Whereas girls had preoccupation attachment style and had better interpersonal competence than boys. The findings have important implication for understanding positive and negative outcomes of parentification and attachment styles in individual's interpersonal competence.

Keywords: Parentification, attachment styles, interpersonal competence.

Social Media Usage Self-Disclosure and Relationship Quality in Married Men and Women

Atiqa Javaid (BS, 2014-2018)
Supervisors: Nosheen Ramzan & Farah Malik, PhD

The present study was conducted to investigate the relationship between social media usage, self-disclosure and relationship quality among married men and women. It was hypothesized that there would be a positive relationship between social media usage and self-disclosure and negative relationship between social media usage and relationship quality. It was also hypothesized that social media usage and self-disclosure would be positive predictors of relationship quality. Furthermore, it was hypothesized that there would be difference in married men and woman. Data were collected from married men and women ($N = 150$) with difference in gender in social media usage, self-disclosure and relationship quality in age range 25-40 ($M = 31.22$, $SD = 4.52$). Facebook Intensity Scale (Ellison, Steinfield, & Lampe 2007), Revised Self-disclosure Scale (Wheeless, Nesser, & McCroskey, 1986), and Relationship Satisfaction Scale (Hendrick, 1988) were used to collect data. The results of correlation analysis showed that there was a negative significant relationship between relationship quality and social media usage. However, social media usage and self-disclosure had very weak relationship with each other. Regression analysis revealed that social media usage was only positive significant predictor of relationship quality. Moreover no significant mean differences were found in social media usage, self-disclosure, and relationship quality across married men and women. Implications of the study have been discussed.

Keywords: Social media, relationship quality, self-disclosure.

Work-Family Conflicts, Marital Satisfaction and Psychological well-being in Pakistani Working Married Women

Asma Aurangzeb (MSc, 2016-2018)
Supervisors: Saima Majeed & Farah Malik, PhD

This study figure out the work-family conflicts, marital satisfaction and psychological well-being among working married women. The main hypotheses were, that there would be a negative relationship between work-family conflicts and psychological well-being and positive relationship between marital satisfaction and psychological well-being. Another hypothesis was work-family conflict and marital satisfaction would be the predictors of psychological well-being. Work family conflict was assessed through the Work and Family Conflict Scale (Haslam, Morwaska, & Sanders, 2012), and Psychological well-being was measured through The Warwick-Edinburgh Mental Well-being Scale

(Stewart-Brown, 2006), and marital satisfaction was assessed through ENRICH Marital Satisfaction Scale (Fowers, & Olson, 1989), and demographic information sheet. The results showed that there was significant negative relationship between work-family conflict and psychological well-being. Work-family conflict and marital satisfaction proved to be significant predictors of psychological well-being. There were non-significant differences in women teaching sectors and health sectors regarding all study variables.

Keywords: Work-family conflict, marital satisfaction, psychological well-being, married women, working women.

Perceived Parenting Styles, Family Conflict and Attitude of Unmarried Adults towards Marriage

Maryum Yousaf (MSc, 2016-2018)
Supervisor: Rafia Rafique, PhD

The research was conducted to investigate whether family conflict predicts the attitude of unmarried adults towards marriage. Another objective of the study was to find out whether perceived parenting styles mediate attitude of unmarried adults towards marriage. It was hypothesized that family conflict would be negative predictor of positive attitude towards marriage and parenting styles would mediate the relationship between family conflict and attitude of unmarried adults towards marriage. The sample was drawn through convenient sampling technique and comprised of $N = 180$ with 90 women and 90 men) with the age ranges of 18 to 30 years recruited from 3 public sector universities of Lahore. For assessment, Parental Authority Questionnaire (PAQ; Buri, 1991), the Asian and American Family Conflict Scale (Richard & Kim, 2000) and the General Attitude towards Marriage Scale (GATM; Park & Rosen, 2013) were used. Bivariate correlation analysis showed that there was a negative relationship between perceived parenting styles (mother) and attitude of unmarried adults towards marriage and there was a negative relationship between family conflict and attitude of unmarried adults towards marriage. Mediation analysis using the hierarchical multiple regression showed that mother authoritative and permissive parenting styles mediated the relationship between family conflict and attitude of unmarried adults towards marriage whereas mothers' authoritarian parenting style and father's parenting styles (permissive, authoritarian and authoritative) did not

mediate the relationship between family conflict and attitude of unmarried adults towards marriage. Family conflict negatively predicts the attitude of unmarried adults towards marriage. The findings of the study can be utilized for psycho-education of the parents.

Keywords: Perceived parenting styles, family conflict, attitude, unmarried adults.

Perceived Parental Authority, Siblings' Interpersonal Relationships and Quality of Marital Life in Women

Asia Khaliq (MSc, 2016-2018)
Supervisor: Rafia Rafique, PhD

The research was conducted to investigate whether perceived parental authority predicted quality of marital life in women. Another objective of the study was to find out whether siblings' interpersonal relationship mediated quality of marital life in women. The sample was drawn through convenient sampling technique. The sample comprised of $N = 148$ married women with age ranges of 25 to 60 years from cities of Lahore and Sheikhupura. Marital quality was assessed using the Dyadic Adjustment Scale (DAS; Spanier, 1976), Adult Sibling Familial Relationship Scale (Matyja, 2015) was used to assess the attitude of the respondent toward their siblings in the period of adulthood. Parental Authority Questionnaire (PAQ; Buri, 1991), was used in this research to assess perceived parental authority. Correlation analysis showed that there was positive relationship between fathers' parental authority, fathers' permissive parental authority, fathers' authoritative parental authority and marital quality. Moreover, the findings also showed negative correlation between siblings' interpersonal relationships and marital quality. Fathers' authoritative parental authority and siblings' interpersonal relationships were predictors of marital quality. Mediation analysis using the hierarchical multiple regression also indicated that siblings' interpersonal relationships mediated the relationship between perceived parental authority and marital quality (In case of both fathers' and mothers' parental authority). Research findings had implications that positive perceived parental authority promotes positive outcomes in between siblings' interpersonal relationships and that is likely to increase quality of marital life in women.

Keywords: Perceived parental authority, siblings' interpersonal relationships, quality of marital life.

Parental Marital Conflict and Attitude towards Marriage in Unmarried Young Adults

Bushra Mubarak (MSc, 2016-2018)
Supervisor: Iram Fatima, PhD

The present study examined the relationship of parental marital conflicts and attitude towards marriage in unmarried young adults. The study hypothesized that there would be a negative relationship between parental marital conflicts and attitude towards marriage in unmarried young adults. Convenience sampling technique was used to draw a sample. The sample comprised of 100 participants (men = 50 and women = 50). The sample was recruited from the three public sector universities of Lahore. The measures used in this study were the Marital Conflict Scale (MCS; Lopez, 1991) and Marital Attitude Scale (MAS; Braaten & Rosen, 1998). Results of study demonstrate that although parental marital conflict was negatively correlated with attitude towards marriage but it did not predict the attitude towards marriage in unmarried young adults. This study is discussed in cultural context.

Keywords: Parental marital conflict, attitude, marriage, unmarried young adults.

Family Centrality, Supportive Communication and Family Satisfaction in Female School Teachers

Sabina Shehzadi (MSc, 2016-2018)
Supervisors: Jawaria Fatima Naqvi & Iram Fatima, PhD

The present research investigated the relationship between family centrality, supportive communication and family satisfaction in female school teachers. It was hypothesized that there would be positive relationship between family centrality and family satisfaction in female school teachers, it was further hypothesized that supportive communication and family satisfaction are correlated in female school teachers. Convenient sampling was used to recruit a sample of 100 female school teachers from various public and private sector schools. Family Centrality Scale (Russell, 2013), Supportive Communication Scale (Susanne, 2015) and Family Satisfaction Scale (Olson, 1995) were used for assessment while correlation, and multiple regression were applied to generate the results. The result supported a positive

relationship between supportive communication and family satisfaction in female school teachers.

Keywords: Family centrality, supportive communication, family satisfaction.

Women Empowerment and Family Relationships among Women

Sonia Ashiq (MSc, 2016-2018)
Supervisor: Shazia Qayyum, PhD

The present research aimed to investigate relationship of women empowerment and family relationship among women. The main objective was to examine to find out the relationship between women autonomy and family relationship among married/ unmarried and professional/ non-professional educated women. It was hypothesized that women autonomy would affect the family relationship. Within group (exploratory) research design was used. The sample size was determined by G-Power calculator ($n = 200$) and participants were recruited through convenient sampling from colleges and schools, offices and door to door. The sample was consisted of ($N = 200$) educated professional/ non-professional and married/ unmarried women are taken. Scale for Women Empowerment (Schuler, SR, Hashemi, & Riley, 1997). It has 18 elements, which have 3 secondary scales. The Family Relationship Index Scale (IFR; Walter W. Hudson, 1993). These two scales were administered to each participant. Descriptive statistics, correlation, hieratical regression and independent sample *t*-test were used to data analysis. The results revealed that there was a significant and positive association between economic security and Family relationship index which means that the higher the age, the more the economic security women have and the better family relationships and also showed that highly qualified women have more economic security. In the contrast of married and unmarried women, unmarried women may have more family freedom than married and have less chances of economic security. In other hand professional/ non-professional women, non-professional women have lower levels of economic security. Result also reveals that women who are outgoing are better in family relationships than those who are not so outgoing. Homogeneity of variance was assumed which revealed that unmarried women have more family freedom than married women and married women are more economically secure than unmarried women. Result also revealed that there is a positive significant

relationship between professional/ non-professional women. Result revealed that women empowerment was significant positive predictor of family relationship.

Keywords: Women empowerment, family relationship, educated married/ unmarried women, educated professional/ non-professional women

Perceived Parenting Styles, Self Confidence and Emotional Adjustment in Adolescents of Working and Non-Working Parents

Noor e Saher (BS, 2014-2018)
Supervisor: Shazia Qayyum, PhD

The present study aimed to investigate the relationship between perceived parenting style, self-confidence and emotional adjustment among children of working and non-working parents. Correlational research design was used in the present study. It was hypothesized that there would be a relationship between perceived parenting style, self-confidence and emotional adjustment among children of working and non-working parents. Moreover, it was also hypothesized that perceived parenting style and self-confidence would be predictors of emotional adjustment in children of working and non-working parents. The sample comprised of 200 children of working and non-working parents, (N = 200) including both males and females, with age range of 12 to 19 years (M = 16.27, SD = .68). The demographic sheet, Parenting Style Inventory II (Nancy & Darling, 1994), Academic Behavioral Confidence Scale (Winnie 7 Amp; Rebecca, 2008) and Emotional Regulation Questionnaire (Gross 7 John, 2003) were used to assess the relationship between study variables. The results revealed that responsiveness, subscale of perceived parenting style had positive significant relationship with self-confidence and demandingness, subscale of perceived parenting style had negative significant relationship with self-confidence. While, there was no significant relationship found between perceived parenting style and emotional adjustment and self-confidence and emotional adjustment. There was a significant employment difference in responsiveness style of parenting and self-confidence. No of siblings was a positive predictor and family system was a negative predictor of emotional adjustment. Moreover, emotional adjustment was not predicted by perceived parenting style and self-confidence. These findings could

also be helpful for the parents to notice their parenting styles so that they could provide care to their children in a better way.

Keywords: Perceived parenting style, self-confidence, and emotional adjustment, children of working and non-working parents.

Gratitude, Self-Compassion and Life Satisfaction among Adolescents with Lone Parents versus Two Parents

Ifra Rasheed (BS, 2014-2018)
Supervisor: Afsheen Masood, PhD

The present research aimed to examine gratitude, self-compassion and life satisfaction in late adolescents with two-parents versus lone-parents. It was hypothesized that gratitude and Self compassion were likely to predict adolescents' life satisfaction with reference to available parenting (one parent vs. two parent families). Cross sectional research design was utilized. The sample involved 300 participants ($N = 300$), 150 boys and 150 girls. Information was gathered from participants, selected through non-probability purposive sampling strategy. The measure comprised of Gratitude Questionnaire (GQ-6; Emmons, 2000), Self-Compassion Scale (SCS; Neff, 2003) and Satisfaction with Life Scale (SWLS; Diener, 1993) in addition to indigenous demographic questionnaire. Questionnaires individually administered to each of the participants. Using SPSS version 23, correlation and multiple regression analyses were applied. Results showed that gratitude was significantly related with subscales of seIf-compassion (self-kindness and common humanity) and life satisfaction. The sub scale of self-compassion, over identification was closely related to life satisfaction. So, it is concluded that all these three variables are closely related with each other. Gratitude predicts life satisfaction. There is a significant difference in gratitude in men and women. There are significant gender differences in all sub scales of self-compassion as well as in life satisfaction. This research holds still holds considerable importance because can be used as a basis for future research and educate adolescents about the nature and importance of gratitude, self-compassion and life satisfaction.

Keywords: Gratitude, self-compassion, Life satisfaction, Adolescents.

Mothers' Emotional Expressiveness and Children's Psychosocial Adjustment

Mahrukh Iftikhar (MSc, 2016-2018)
Supervisor: Saima Ghazal, PhD

The present study was conducted to explore the relationship between other's emotional expressiveness and children's psychosocial adjustment. It was hypothesized that there would be a relationship between mother's emotional expressiveness and children's psychosocial adjustment. It was also hypothesized that mother's negative emotional expressiveness would predict children's better psychosocial adjustment. Correlational research design was used in this study. A sample of ($N = 115$) mothers were recruited through private schools (Tabish Grammar School, English Grammar School, Furqan Grammar School), using purposive sampling technique. The Modified Version of Self-Expressiveness within Family Context (Mizokawa, 2013) was used to assess mothers' emotional expressivity and the Strengths and Difficulties Questionnaire (SDQ; Robert Goodman, 1997) was used to assess children's psychosocial adjustment. The results showed that there was significant negative relationship between mother's negative emotional expressiveness and children's better psychosocial adjustment. The findings of the study are useful; indicating that mother's expression of positive emotions is helpful and desired for child's better and improved psychosocial adjustment.

Keywords: Mothers' emotional expressiveness, children's psychosocial adjustment.

Family Environment, Quality of Sleep and Mental Health in Older Adults

Maham Wasem (MSc, 2016-2018)
Supervisors: Ramiza Rasheed & Mujeeba Ashraf, PhD

The present study investigated the relationship between family environment, quality of sleep and mental health in older adults. Correlational research design was used. It was hypothesized that there would be positive relationship between family environment, quality of sleep and mental health and it was also hypothesized that mental health would be predicted by family environment and quality of sleep. Correlation and regression analysis was used for conducting the research.

The sample size consisted of 50 older adults with the age ranged from 60 to 80 years. Family Environment Scale (Chadha & Bhatia, 1993), Mental Health Inventory (Viet & Ware, 1983) and Pittsburg Sleep Quality Index (Buysse, et al., 1989) were used to assess family environment, mental health and quality of sleep of participants. The result of Pearson product moment correlation indicated that there is positive relationship between family environment, quality of sleep and mental health. The result of regression analysis indicated that family environment and quality of sleep were predicting mental health. Findings in the light of previous studies were explained in discussion. The result provided several insights and significant association between family environment, sleep quality and mental health.

Keywords: Family environment, quality of sleep, mental health, older adults.

Personality, Family Environment and Quality of Marital Relationship in Married Woman

Anam Fatima (MSc, 2016-2018)
Supervisor: Afifa Anjum

The present research was conducted to investigate personality, family environment and quality of marital relationship among married women. Non probability convenient sampling technique was used to collect the data ($N = 110$) of married women in the age range of 18-35 years. It was hypothesized that there would be a relationship between personality, parental family environment, in-law's family environment and quality of marital relationship among married women. A self- constructed demographic questionnaire, Ten Item Personality Inventory (TIPI; Gosling, Rentfrow, & Swann, 2003), Brief Family Relationship Scale (BFRS; Allen, & Fork, 2011), and Dyadic Adjustment Scale (DAS; Spanier, 1976) were used in this research. Results were generated by analyzing the data through Pearson product moment correlation and multiple linear regression. Results indicated that emotional stability positively correlated with marital cohesion and parental and in-law's expressiveness in family environment positively correlated with marital affection expressions. Moreover, multiple linear regression revealed that emotional stability predicts marital cohesion and expressiveness in

parental and in-law's family environment predicts marital affection expressions. The limitations, suggestions and implications are discussed.

Keywords. Personality, family environment (parental & in laws) quality of marital relationship.

Dysfunctional Parenting Styles, Emotional Regulation and Marital Distress in Married Men

Sidra Rani (MSc, 2016-2018)
Supervisor: Shahnila Tariq, PhD

The purpose of the present study was to examine the relationship between dysfunctional parenting styles, emotional regulation and marital distress in married men. It was hypothesized that there would be a relationship between dysfunctional parenting styles, emotional regulation and marital distress in married men. Correlation research design was used. The sample consisted of 110 married men with at least 12 years of education, no age ranges specify. Measure of Parental Style (MOPS; Parker, et, al., 1997), Emotional Regulation Questionnaire (ERQ; Gross & John, 2003) and Marital Discord Scale (Snyder, Whisman & Beach, 1997) were used for data collection. Pearson product moment correlation analysis revealed that dysfunctional parenting styles i.e. indifference, abusive and over control of both parents correlate positively with emotional suppression and marital distress. Emotion regulation i.e. cognitive reappraisal negatively correlates with marital discord. Hierarchal regression analysis confirmed that emotional suppression emerge as positive predictors whereas cognitive reappraisal emerges as negative predictor of marital distress. The findings were discussed in the light of the literature. This research will be beneficial in improving the emotion regulation and parenting styles of the married men.

Keywords: Dysfunctional parenting styles, emotional regulation, marital distress, married men.

Marital Relationship, Quality of life and psychological well-being of Women with Infertility

Saba Elahi (MSc, 2016- 2018)
Supervisor: Mohsina Najeeb, PhD

The purpose of the current study was to investigate the relationship of infertility of women with their marital relationship, quality of life and psychological well-being. It was hypothesized that Infertility would be negatively associated with marital relationship, quality of life and psychological well-being. Correlational research design was used and the sample consisted of ($N = 52$) women with infertility with the age range of 27-50 recruited via convenient sampling technique. Assessment measures included demographic information questionnaire, Dyadic Adjustment Scale (Graham Spanier, 1976), WHOQOL-BREF Scale (Feder K, 2015) and Psychological Well-being Scale (Ryff & Singer, 1998) was administrated to the participants. Results showed positive relationship among marital relationship, quality of life and psychological well-being. There were no significant occupational differences on marital relationship and psychological well-being between occupation and family system. The results of One Way ANOYA showed significant differences on psychological well-being i.e. autonomy between education and marriage duration. This study has implication in counseling psychology. By using the results of this research counseling programs can be done to address the ways to solve the marital relationship problems, quality of life and frustration psychological well-being.

Keywords: Marital Relationship, Quality of life, psychological well-being, infertility, women.

Emotional Regulation, Trust and Quality of Relationship in Married Women

Saima Afzal (MSc, 2016-2018)
Supervisor: Beenish Najam

A correlational study was conducted to investigate the relationship of emotion regulation, trust and quality of relationship among married women. It was hypothesized that emotional regulation and trust would be positively correlated to quality of life. It was also hypothesized that trust would moderate the relationship between emotional regulation and quality of relationship. The sample comprised of 60 women with the age range 25 to 30 years selected through convenient sampling. Emotional Regulation Scale (Gross & John, 2003), Relationship Assessment Scale (Hendrick, 1988) and Trust in Close Relationship Scale (Rempel & Zanna, 1985) were used. Findings of the study indicated that there was a significant positive relationship between emotional regulation, trust and

quality of relationship. Trust and emotion regulation significantly predicted quality of relationship. The findings of this research will help to provide information to educators, counselors and therapist who work with couples who are striving to attain more fulfilling and satisfying relationship specifically in poor quality of relationship.

Keywords: Emotional regulation, trust and quality, relationship, married women.

Perceived Parental Bonding, Adult Attachment and Quality of Interpersonal Relationships among Married Individuals

Aqsa Aslam (MSc, 2016-2018)
Supervisor: Amna Rafique

The present study was conducted to investigate the relationship between perceived parental bonding, adult attachment and quality of interpersonal relationship among married individuals. It was hypothesized that there would be a relationship between perceived parental bonding, adult attachment and quality of interpersonal relationship. Moreover, it was hypothesized that perceived parental bonding and adult attachment would predict quality of interpersonal relationships among married individuals. Correlational research design and convenient sampling was use to collect the data. The sample comprised of (N = 115) married individuals. Age range of sample was 20 to 35 years (M = 30.87, SD = 2.968). Parental Bonding Instrument (Parker, Brown, 1979), Revised Adult Attachment Scale (Collins, 1996) and Relationship Assessment Scale (Hendrick, 1988) were used to collect the data. The result of the present research revealed that there is significant positive relationship between parental bonding and quality of interpersonal relationship. There is significant negative relationship between quality of interpersonal relationship and father overprotection. Care mother, overprotection mother and father were found significant predictors of interpersonal relationships. The result revealed that women experiences more mother overprotection than men but men experience more father overprotection. This research can help to make better interpersonal relationships of married individuals through improved parental bonding and adult attachment.

Keyword: perceived parental bonding, adult attachment, quality of interpersonal relationship.

Family Functioning, Attitude towards Self and Frustration Tolerance among Adolescents

Huma Arshad (MSc, 2016-2018)
Supervisor: Syeda Shama Mazahir

This study aimed to investigate the relationship between family functioning, attitude towards self and frustration tolerance among adolescents. It was hypothesized that there would be negative relationship among family functioning, attitude towards self and frustration tolerance in adolescents. Family functioning and attitude towards self would predict frustration tolerance in adolescents. A sample of $N = 206$ adolescents of age range 10-19 was recruited from private schools and colleges as well as government schools and colleges. Faces IV Family Functioning Scale (Olson, Gorall & amp; Tiesel, 2006) was used to measure family functioning. Attitude towards Self Scale (Carver, 1988) was used to measure adolescents' attitude towards self and Frustration Discomfort Scale (Harrington, 2005) was used to measure frustration tolerance. Results of Pearson product moment correlation analysis showed that balanced family functioning was found to be negatively associated with attitude towards self and frustration tolerance. Findings of hierarchical regression showed that disengaged and chaotic family relationship is significant predictor of frustration tolerance. This study has implication in counseling psychology.

Keywords: Family functioning, attitude, frustration, tolerance, adolescents.

Organizational Psychology

Autotelic Personality, Work Engagement and Work Performance in Bankers

Farwa Sajjad (BS, 2014-2018)
Supervisor: Rafia Rafique, PhD

The present study was conducted to investigate autotelic personality, work engagement and work performance in bankers. It was hypothesized that there would be relationship between autotelic personality, work engagement and work performance. It was also hypothesized that autotelic personality, and work engagement would predict work performance. Correlational research design was used. Purposive sampling technique was used to gather data from a sample of 130 (men = 93, women = 37) bankers. Big Five Inventory (Rammstedt & John, 2005), Utrecht Work Engagement Scale (UWES; Schaufeli & Bakker, 2004) and Individual Work Performance Questionnaire (IWPQ; Koopman et al, 2013) were used to assess study variables. Autotelic traits (agreeableness, conscientiousness and openness) are significantly positively associated with work performance. Autotelic personality and work engagement came out to be significant predictors of work performance. Agreeableness trait of autotelic personality emerged as positive predictors of work performance, contextual performance and negative predictor of counterwork productive behaviour. Autotelic trait consciousness negatively predicted counterwork productive behaviour .Openness trait was found to be a positive predictor of contextual work performance and negative predictor of counterwork productive behaviour and neuroticism positively predict counterwork productive behaviour. Work engagement mediated the relationship between autotelic personality and work performance. Research findings suggest ways to improve employers work performance by increasing employer's engagement in work by enhancing their autotelic personality, acceptance of their role and recognition.

Keywords: Autotelic personality, work engagement, work performance, bankers.

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Workplace Bullying and Burnout in Working Women

Farah Khalil (BS, 2014-2018)
Supervisors: Zainab Javed & Rafia Rafique, PhD

The present research was aimed to investigate the relationship between workplace bullying and burnout in working women. It was hypothesized that there would be relationship in workplace bullying and burnout in working women. Correlational research design was used. Purposive sampling technique was used for the selection of sample. A sample comprised of 80 women (university teachers). Negative Act Questionnaire Revised (NAQ-R; Einarsen, Stale, & Hoel, Helge, 2001), and Oldenburg Burnout Inventory (OLBT; Demerouti & Bakker, 2007) were used to measure the relationship of workplace bullying and burnout. Pearson product moment correlation analysis, linear regression and *t*-test were applied. Results showed that there was significant relationship between workplace bullying and burnout. Demographics i.e. Job status, administration duty and family system were not found as main predictors of burnout. Demographics had not significant relationship with burnout and workplace bullying significantly predicted the burnout exhaustion and disengagement. This research could be used in educational sector, hospital or caretaker centers or any other organization. It will also helpful to understand the cultural perspectives of burnout in women.

Keywords: Workplace bullying, burnout, exhaustion, disengagement, organizational sector.

Organizational Politics, Workplace Bullying and Job Performance among Reporters

Zainab Bibi, (BS, 2014-2018)
Supervisors: Ghulam Ishaq & Rafia Rafique PhD

This study aimed to investigate the relationship of organizational politics and workplace bullying with job performance among reporters. It was hypothesized that organizational politics and workplace bullying would to influence the job performance of reporters. The sample of this study was drawn conveniently and comprised of 70 men reporters and 70 woman reporters with the age range of between 21 and 33 years (M = 27.4, SD = 6.1). Correlational research design was used to examine the proposed hypotheses. Perceived Organizational Political Scale (POPS;

Kacmar & Ferris, 1994), Negative Act Questionnaire Rating Scale (NAQ-R; Einarsen, 2001), Job Performance Scale (Goodman & Svyantek, 1999) were used to collect information. Correlation between the variables revealed that job performance was being negatively related with organizational politics and workplace bullying. Hierarchical regression results also revealed that organizational politics and workplace bullying predicted the job performance. Independent sample *t*-test findings also revealed that there was gender difference between organizational politics and workplace bullying. The results of our study will help the different organizations that how job performances of the employees are being affected due to organizational politics and workplace bullying. The research will further guide about the gender wise comparisons among employees. The current study recommended that others factors should be study which are affecting the job performance of employees.

Keywords: Organizational politics, workplace bullying, job performance, reporters.

Job Demands, Job Control and Burnout among Punjab Police Constables

Akhtar Ali (MSc, 2016-2018)
Supervisor: Iram Fatima, PhD

The current study aimed to examine relationship between job demands, job control and burnout with Cross sectional design in Punjab police constables. It was hypothesized that there would be a positive relationship between job demand and burnout and negative relationship between job control and burnout in police constables. Moreover, job demand would positively predict burnout and job control would negatively predict burnout in police constables. Purposive sampling technique was used to collect data from different police stations of Lahore. The sample comprised of 100 police constable of Lahore (*M*age = 26.57, *SD* = 3.08). Job Demands Scale (Jackson & Rothmann, 2005), Work (job) Control Scale (Dwyer & Ganster, 1991) and Oldenburg Burnout Inventory (Demerouti & Bakker, 2007) were used to measure job demand, job control and burnout respectively in Punjab police constables. It was found that job demand had a positive and job control had a negative relationship with burnout as expected. Further Job demand positively predicted burnout whereas job control negatively predicted

burnout. Present study findings have been discussed in light of previous researches.

Keywords: Job demands, job control, burnout, police constables.

Psychological Empowerment and Job Stress in Engineers

Shahrukh Saleem (MSc, 2016-2018)
Supervisor: Iram Fatima, PhD

A cross sectional study aimed to investigate the relationship between psychological empowerment and job stress in electrical and mechanical engineers of private sector. It was hypothesized that there would be a relationship between psychological empowerment and job stress in engineers. It was also hypothesized that psychological empowerment would predict the work related stress in engineers. Non probability purposive sampling strategy was used. Data was collected from male engineers ($N = 100$) with at least one year experience. Psychological Empowerment Scale (Spretizer, 1995) and Job Stress Scale (Parker & Decotiis, 1983) were used. Pearson product moment correlation and hierarchical regression were used to explore the relation. Correlation analysis revealed that only impact, a dimension of psychological empowerment positively correlated with both dimensions of job stress (i.e. time stress and job anxiety). Regression analysis revealed that after controlling for the effect of demographics, only impact (psychological empowerment) predicted job stress.

*Keyword*s: Psychological empowerment, job stress.

Attachment Styles and Self-Determination in Adolescents Reared in Army Families

Sara Sheraz (BS, 2014-2018)
Supervisor: Shazia Qayyum, PhD

The study explored the relationship between attachment styles and self-determination in adolescents reared in army families. Cross sectional research design and non-probability sampling technique were used to recruit a sample of $N = 200$ boys and girls students from school and colleges. A self-constructed demographic questionnaire, Revised Adult Attachment Scale (Collins, 1996) - Close Relationships Version) and Self-Determination Scale (Deci & amp; Rayan, 1996) were used. Results

were generated by analysing the data through Pearson product moment correlation which revealed that an anxious attachment style had significant negative correlation with close and dependent attachment style and self-determination. Also, dependent attachment style had significant positive link with close attachment style. Age and education had significant positive correlation with self-determination and dependent attachment style. Multiple regression analysis was also conducted to examine the predictors of self-determination and it revealed that anxious attachment was negative predictor of self-determination. Independent sample *t*-test showed that gender differences in attachment style with girls having dependent attachment style were more determined than boys with dependent attachment. There were no differences in self-determination and attachment styles with respect to father's job. These results have implications in many family and educational settings. So in order to grow self-determination skill in adolescents, one has to focus on their rearing patterns and parental support.

Keywords: Attachment styles, self-determination, adolescents.

Religious Beliefs, Altruism and Quality of Work Life among Public and Private Sector Employees

Saima Kiran (BS, 2014-2018)
Supervisor: Shazia Qayyum, PhD

The present study designed to investigate the relationship between religious beliefs, altruism and quality of work life in public and private sector employees. In this study correlational research design was used. It was hypothesized that there would be a relationship between religious beliefs altruism and quality of work life in public and private sector employees. Moreover, it was also hypothesized that religious beliefs and altruism would be predictors of quality of work life in public and private sector employees. The sample comprised of 200 public and private sector employees, ($N = 200$) including both males and females, with age range of 20 to 60 years ($M = 30.9$, $SD = 8.18$). The demographic sheet, Islamic Beliefs Questionnaire (Ashraf & Amjad, 2016), The Generative Altruism Scale (Bussing, 1981) and Work Related Quality of Work Life (Easton & Laar, 2007) were used to assess the correlation between study variables. The results revealed that there was significant difference in quality of work life of public and private sector employees. It was also found that there was no significant difference in religious beliefs and altruism. The

results that religious beliefs were not correlated with altruism and quality of work life. Altruism was positively correlated with quality of work life. Furthermore, age, employment sector and altruism were significant predictors of quality of work life. The study has important implications in the organizational psychology and can be used to improve the quality of work life among in public and private sector employees.

Keywords: Religious beliefs, altruism, quality of work life, public and private sector employees.

Perceived Organizational Support, Coworker Social Support and Workplace Aggression among Pharmaceutical Sales Executives

Minahil khan (MSc, 2016-2018)
Supervisor: Shazia Qayyum, PhD

Among pharmaceutical sales executives, the study investigated the association between perceived organizational support, coworker social support and workplace aggression. Sample size consisted of 200 male pharmaceutical sales executives, ($N = 200$) with mean age ($M = 28.6$, $SD = 5.9$) It was hypothesized that perceived organizational support, coworker social support would predict workplace aggression in pharmaceutical sales executives. To measure the perceived organizational support Survey of Perceived Organizational Support (Eisenberger, Huntington, Hutchison, & Sowa, 1986) was used. To check the level of support among coworkers, Social Support from Family and Work Colleagues (Allen, et al., 2000) was used and to measure aggressive behaviors at workplace, Workplace Behavior Inventory (Bryson, et al., 2004) was used that assessed the prevalence of aggressive behaviors in employees. Using Pearson product moment correlation analysis, the results concluded that there was a positive relationship between perceived organizational support and coworker social support, and a negative association was seen between perceived organizational support, coworker social support and workplace aggression. Using hierarchical regression, it was found that perceived organizational support was non-significant predictor. The results showed that monthly family income and marital status as significant predictor of workplace aggression.

Keywords: Perceived organizational support, coworker, social support, workplace aggression, pharmaceutical sales executives.

Self-Efficacy, Need for Achievement and Machiavellianism in Public Sector Employees

Maria Zaman (MSc, 2016-2018)
Supervisor: Shazia Qayyum, PhD

The present study was conducted to examine the relationship between self-efficacy, need for achievement and machiavellianism in public sector employees. It was hypothesized that there would be a relationships between self-efficacy, need for achievement and Machiavellianism in public sector employees. It was hypothesized that self-efficacy and need for achievement would predict the machiavellianism. The sample size of $N = 200$ men were selected from different public sector departments of Lahore using the purposive sampling. The data were collected using New Generalized Self-efficacy Scale (Gully & Chen, 2001), Need for Achievement Scale (Jackson, 1974) and Mach IV scale (Christie, & Geis, 1970). Results revealed that the significant positive relationship between self-efficacy, need for achievement and machiavellianism. And self-efficacy was the positive significant predictor of the machiavellianism and need for achievement was the negative predictor of machiavellianism. The present study helps to understand the predictors of machiavellianism and that could help to eradicate this manipulation and deceptive behavior and could be used for improve interventions.

Keywords: self-efficacy, need for achievement, machiavellianism, public sector employees.

Self-Esteem, Goal Orientation and Narcissism in Employees

Maria Sulaman (MSc, 2016-2018)
Supervisor: Shazia Qayyum, PhD

The present study aimed to investigate the relationship of self-esteem and goal orientation with narcissism in government employees. It was hypothesized that there would be a relationship between self-esteem, goal orientation and narcissism in government employees. It was also hypothesized that Goal orientation and self-esteem would predict narcissism in govt. employees. By employing purposive sampling technique, a sample of ($N = 200$) of government employees were recruited from few public departments of Lahore (WAPDA, WASA, Sui Gas and LDA). Rosenberg Self-esteem Scale (Rosenberg, 1965), Goal

Orientation Scale (Vande Walle, 1997) and Narcissistic Personality Inventory (NPI-16; Daniel, Ames, Paul Rose, Camerson, Anderson, 2006) were used to assess the research variable self-esteem, goal orientation and narcissism in government employees. The results revealed that there was significant positive relationship between self-esteem, goal orientation and narcissism in government employees. The results also revealed that goal orientation and self-esteem was significant positive predictor of narcissism in government employees. The findings implied important role in improving the narcissist tendencies in government employees and work for their better attitude.

Keyword: Self-esteem, goal orientation, narcissism, government employees.

Impulsivity, Delinquent Behaviour and Emotional Dysregulation among Trainee Police Officers

Sehar Iqbal (MSc, 2016-2018)
Supervisor: Afsheen Masood, PhD

This research aimed to examine impulsivity, delinquent behaviors and emotional dysregulation in trainee police officers. This was hypothesized that impulsivity, delinquent behaviors and emotional dysregulation would be significantly associated. The sample comprised of 250 trainee police officers (both men = 100; women = 50) with age range of 20-35 years, taken from police training schools of the Lahore. It was hypothesized that impulsivity and emotional dysregulation would predict delinquent behavior among trainee police officers. Cross sectional research design was utilized. Information was gathered from participants, selected through non-probability purposive sampling strategy. The measures comprised of Barratt Impulsiveness Scale (BIS-ll; Patton, 1995), Delinquent Behavior Scale for Adults (Forth, & Kosson, 2008) and Difficulty in Emotional Regulation Scale (DERS; Kim L. Gratz, Lizabeth Roemer, 2004); Anna Weinberg, Klonsky (2009)) in addition to demographic questionnaire. Questionnaires individually administered to each of the participants. Using SPSS version 23, correlation and multiple regression analyses were used. Results showed a significant positive relationship impulsivity, delinquent behaviors and emotional dysregulation in trainee police officers. The present study helps the people to become aware of the importance of impulsivity, delinquent behaviors and emotional dysregulation among trainee police officers.

Keywords: Impulsivity, delinquent behavior, emotional dysregulation, trainee police officers.

Emotional intelligence, Occupational Stress and Work-Family Conflict among Female Lawyers

Tayyaba Sabir (MSc, 2016-2018)
Supervisor: Afsheen Masood, PhD

This study aimed to investigate the relationship between emotional intelligence, occupational stress and work-family conflict among female lawyers. It was hypothesized that there would be significant relationship between emotional intelligence, occupational stress and work-family conflict in female lawyers. It was further hypothesized that emotional intelligence and occupational stress would predict work-family conflict. A sample of $N = 120$ women lawyers of age range 25-50 years was recruited from civil and high courts of Lahore, Pakistan. Self-reporting scales such as Emotional Intelligence Scale (SSEIT; Schutte, 1998), The Work-Family Conflict Scale (WAFCS; Haslam, 2014), The Workplace Stress Scale (WSS; Harris, 2011) were used to measure occupational stress. Results of Pearson product moment correlation showed that emotional intelligence was negatively associated with work-family conflict and occupational stress was positively significant related to work-family conflict. Findings of linear regression analysis showed that emotional intelligence and occupational stress were significant predictors of work-family conflict. The result of present study would help in understanding how emotional intelligence is important for occupational stress and work-family conflict in female lawyers.
Keywords: Emotional intelligence, occupational stress, work-family conflict, lawyers.

Physical Attractiveness, Marital Satisfaction and Happiness in Working and Nonworking Women

Amina Said Hussain (MSc, 2016-2018)
Supervisor: Afsheen Masood, PhD

The aim of the present study was to explore the relationship among physical attractiveness, marital satisfaction and happiness in working and nonworking married women. It was hypothesized that a) there would be a

positive relationship between physical attractiveness, marital satisfaction and happiness in working and non-working women b) Physical attractiveness and marital satisfaction would predict happiness in working and non-working women and c) There would be a difference between working and nonworking women on happiness, marital satisfaction and happiness. Correlational research design and purposive sampling strategy was used to recruit a sample of $N = 100$ including ($n = 50$) non-working women and ($n = 50$) working women. Attractiveness Scale (Masood, 2016), Kansas Marital Satisfaction Scale (Schumm, Scanlon, Crow, Green, & Buckler, 1983) and The Oxford Happiness Scale (Hills & Arygle, 2002) were used for the purpose of assessment. Data were analyzed through SPSS version 21 by applying Pearson product moment correlation analysis and hierarchical regression analysis and independent sample t-test. The results showed a significant positive relationship between physical attractiveness, marital satisfaction and happiness. Results further revealed that marital satisfaction and physical attractiveness was a significant positive predictor of happiness. It was also found that there was a significant difference between working and non-working women on marital satisfaction, physical attractiveness and happiness. The present study will hopefully be helpful in broadening the psychological implications on this topic. It may be helpful for psychologists and researchers in taking the measures required for betterment in the light of this research.

Keywords: Physical attractiveness, marital satisfaction, happiness.

Generational Differences in the Sources of Motivation at Work Place

Zunaira Talat (BS, 2014-2018)
Supervisor: Saima Ghazal, PhD

The present study was conducted to investigate the difference between motivational sources among three generations. It was hypothesized that there would be a significant difference between sources of motivation among three generations. Data was collected from public companies ($N = 120$) with age range 20-60. Motivational Source Inventory (Barbuto & Scholl, 1998) was used to collect data. The results of main analysis showed that there was a significant difference between current three generations. Implications of the study have been discussed.

Keywords: Generational differences, motivational sources.

Job Stress, Social Support and Job Performance among Police Officers

Laiba Banno (BS, 2014-2018)
Supervisors: Beenish Mubeen & Mujeeba Ashraf, PhD

The present research was conducted to explore the relationship job stress and social support with job performance in police officers. Correlational research design was used to explore the relation between job stress, social support and job performance among police officers. To collect the data purposive sampling strategy was used. A sample of $N = 100$ men and women police officers was selected from different police stations of Lahore. It was hypothesized that there would be positive relationship between social support and job performance and there would be negative relationship between job stress and job performance and Job stress and social support would predict job performance among police officers. The Workplace Stress Scale (Marlin Company, 2008) was used to explore and describe job stress. Multidimensional Scale of Perceived Social Support (Zimet, Dahlem, Zimet, & Farley, 1988) was used to assess social support among police. The Personal Performance Appraisal (Schraeder, Becton & Portis, 2007) was used to assess job performance of police. Pearson product moment correlation, hierarchal regression and independent sample t-test were carried out to test the hypotheses. It was observed that job stress, social support and job performance were related. Hierarchal regression analysis showed that social support and job stress were significant predictors of job performance. The independent sample t-test did not support the hypothesis that males and females have significant gender differences. This research can be beneficial to give awareness about the job stress, social support and job performance.

Keywords: Job stress, social support, job performance, police officers.

Style of Humor, Work Place Attitude and Well Being among Medical Officers

ZiII-e-Huma (BS, 2014-2018)
Supervisors: Beenish Mubeen & Mujeeba Ashraf, PhD

The present study examined the relationship among styles of humor, workplace attitudes and psychosocial wellbeing in medical officers. It

was hypothesized that a) There would be relationship between styles of humor, workplace attitudes and wellbeing in medical officers and b) Styles of humor and workplace attitudes would to predict wellbeing in medical officers. Correlational research design was used in this study. Sample comprised of one hundred and thirty medical officers (men = 65, women = 65). They were selected from hospitals of Lahore Sheikhupura and Nankana. Purposive sampling strategy was used. Age range of the participants was 24-50 years (M = 46.21, SD = 2.98). Humor Styles Questionnaire (Rod & Martin, 2005), The Utrecht Work Engagement Scale (Schaufeli et al., 2002) and Mental Health Continuum Short Form (MHC-SF; Keyes, 2005), were used. Pearson product moment correlation analysis, stepwise regression analysis and independent samples t-test were used for analysis. Findings revealed that there is relationship between styles of humor, workplace attitudes and psychosocial wellbeing in medical officers. Findings also revealed that styles of humor (affiliative humor) significantly positively predicted psychosocial wellbeing and workplace attitude (vigor and absorption) negatively predicted psychosocial wellbeing. The results of the present study are speculated to have sound implications in the field of organizations and medical field and by adapting the strategy of humor they can enhance their psychosocial wellbeing to get more satisfaction at their workplace.

Keywords: Style of humor, work place, attitude, wellbeing, medical officers.

Organizational Communication Structure, Dual commitment and Organizational Citizenship Behavior in Employees of Private Software Companies

Sayyeda Ume Rubab (BS, 2014-2018)
Supervisor: Afifa Anjum

The present research was conducted to investigate the relationship of organizational communication structure, dual commitment with organizational citizenship behavior in the employees of private software companies. It was hypothesized that there would be a relationship of organizational communization structure, dual commitment with organizational citizenship behaviors of employees of private software companies. It was also hypothesized that dual commitment would have moderating role in the relationship between organizational communication structure and organizational citizenship behavior. Cross-

sectional-Correlational research design was used. The sample consisted of 120 employees selected from different private software organizations of Lahore using purposive sampling technique. International Association of Business Communicators Questionnaire (IABC; Gruing, et al., 2002), Organizational Commitment Questionnaire (OCQ; Felfe, & Frank, 2012) and Organizational Citizenship Behavior Checklist (Paul, 2010) were used for assessment. The data were analyzed using Pearson product moment correlation and multiple regressions. The results indicated that asymmetrical communication has negative correlation with organizational citizenship behavior while symmetrical communication had significant positive relationship with organization citizenship behavior. Furthermore, organizational commitment had significant relationship with organization directed citizenship behavior while team commitment showed relationship with both organizational as well as team directed behavior. Regression analysis showed that organization commitment was predicting organization directed citizenship behavior and team commitment was predicting team directed citizenship behavior. The comparison of different groups of dual commitment showed that organizational citizenship behavior were higher in employees with high dual commitment and unilateral organizational commitment and team directed citizenship behavior were higher in employees with unilateral team commitment and high dual commitment.

Keywords: Organizational communication structure, dual commitment, organizational citizenship behavior, employees, private software companies.

Ostracism, Self-Construal and Workplace Happiness in Employees of Private Organizations

Sehar Zulfiqar (BS, 2014-2018)
Supervisor: Afifa Anjum

The current study explored the relationship of ostracism, self-construal with workplace happiness in employees of private organizations. It was hypothesized that there would be a significant relationship between ostracism and workplace happiness. It was also hypothesized that types of self-construal would moderate relationship between ostracism and workplace happiness. Cross-sectional-Correlational research design was used. The sample consisted of 120 employees selected from different private organizations of Lahore and Sheikhupura using purposive

sampling technique. Workplace Ostracism Scale (WOS; Ferris et al., 2008), Self-construal Scale (SCS; Singelis, 1994) and Workplace Happiness Scale (Saleem & Anjum, 2015) were used for assessment. The data was analyzed using Pearson product moment correlation and multiple regressions. The results indicated that independent self-construal had negative relationship with ostracism and interdependent self-construal had positive relationship with ostracism. Moderating role of the self-construal was analyzed using hierarchical regression, for which items of ostracism and self-construal were centered. Independent self-construal moderated the relationship of ostracism and workplace happiness. It was also revealed that workplace happiness of people possessing independent self-construal was less affected by ostracism than people possessing interdependent self-construal.

Keywords: Ostracism, self-construal, workplace happiness, employees of private organizations.

Job Boredom, Percieved Justice and Cyberloafing in Software Companies Employees

Maryam Abbas (BS, 2014-2018)
Supervisor: Faiz Younas

The present study investigated the relationship among job boredom, perceived justice and cyber-loafing in the employees of software companies. It was hypothesized that there would be a positive relationship between job boredom and cyber-loafing while a negative relationship between perceived justice and cyber-loafing. Further, it was hypothesized that job boredom and perceived justice would predict cyber-loafing while the perceived justice would likely to mediate the relationship between job boredom and cyber-loafing. Through a cross-sectional correlational research design, a sample of $N = 100$ employees including 61 men and 39 women *(M = 29.65, SD= 3.92)* were recruited by employing non-probability convenient sampling strategy from various software companies. A self-constructed Demographics Information Sheet, Dutch Boredom Scale (Reijseger et al., 2012), Organizational Justice Scale (Niehoff & Moorman, 1993) and Cyber-loafing Scale (Blau et al., 2006) were used to assess the study variables. Results were generated by running Pearson product moment correlation, multiple hierarchal regression and mediation analysis through SPSS version 20.0, which showed that job boredom had a significant positive while

perceived justice had a significant negative relationship with cyber-loafing. Further, both job boredom and perceived justice were proved to be significant predictors of cyber-loafing. Lastly, a partial mediation between job boredom and cyberloafing was found. Hence, all the hypotheses were accepted. This study has important implications in developing insight into the study variables which can further facilitate the research process, policy making as well as counseling services for the employees, especially in the context of organizational psychology.

Keywords: Cyber-loafing, job boredom, perceived justice, employees.

Organizational Cynicism, Job Commitment and Turnover Intentions in Employees

Aqsa Riaz (BS, 2014-2018)
Supervisor: Faiz Younas

The present study investigated the relationship among organizational cynicism, job commitment and turnover intentions in employees. It was hypothesized that there would be a positive relationship between organizational cynicism and turnover intentions, while organizational cynicism would predict turnover intention in employees. Cross sectional correlational research design and non-probability purposive sampling strategy was used to recruit a sample of $N = 120$ including 60 men and 60 women employees from two pharmaceutical industries of Lahore namely Agies pharma and Remington pharmaceutical industry. A self-constructed Demographics Information Sheet, Organizational Cynicism Scale (Brandes, Dhartwadkar & Dean, 1999), Organizational Commitment Scale (Meyer, Allen & Smith, 1993) and Turnover Intention Scale (Camman, Fichman, Jenkins & Klesh, 1982) were used to assess the study variables. Results were generated by running Pearson product moment correlation and simple linear regression analysis through SPSS version 21.0, which showed a significant positive relationship between organizational cynicism and turnover intentions while organizational cynicism significantly predicted turnover intentions. This study has implications in organizational settings which will facilitate to lessen the negative attitudes in employees so that they can work more effectively hence boosting up their productivity in their respective companies.

Keywords: Organizational cynicism, job commitment, turnover intentions, pharmaceutical employees.

Workplace Incivility, Organizational Constraints and Turnover Intentions in College Teachers

Areeba Ashfaq (BS, 2014-2018)
Supervisor: Faiz Younas

The present study was conducted to investigate the relationship between workplace incivility, organizational constraints and turnover intentions in college teachers. It was hypothesized that there would be a significant positive relationship among workplace incivility, organizational constraints and turnover intentions in college teachers. Secondly, workplace incivility would predict turnover intentions. Through cross sectional correlational research design, a sample of ($N = 72$) college teacher, including ($n = 55$ men and $n = 27$ women) from different private colleges was recruited by employing non-probability convenient sampling strategy. A self-constructed Demographics Information Sheet, Workplace Incivility Scale (Cortina, Williams & Mgley, 2003), Organizational Constraints Scale (Spector, 1997) and Turnover Intention Scale (Fichman, 1999) were used as assessment tools for the study. Data were analyzed through SPSS 20, by applying Pearson product moment correlation and linear regression and results showed positive relationship between workplace incivility and turnover intentions. Further, the workplace incivility positively predicted turnover intentions in teachers. The results of the present study provides a better understanding of the workplace environment for teachers for further research and potential policy making.
Keywords: Workplace incivility, organizational constraints, turnover intentions, college teachers.

Organizational Discrimination, Politics and Citizenship Behaviour in University Non-Teaching Staff

Saba Amjad (BS, 2014-2018)
Supervisor: Shahnila Tariq, PhD

The present study intended to find out the relationship between organizational discrimination, politics and citizenship behaviour in

university non-teaching staff. It was hypothesized that there would be a relationship between organizational discrimination, politics and citizenship behaviour. It was hypothesized that organizational discrimination and politics would predict citizenship behaviour. Correlational research design and non-probability sampling strategy was used to recruit the sample of $N = 150$ university non-teaching staff with age range 25-40 years. The Organizational Discrimination Scale (James, 1994), Organizational Political Scale (Kacmer & Ferris, 1991) and Organizational Citizenship Behavior (Spector, 2012) were used for data collection. Results revealed that there was a negative relationship between organizational discrimination and citizenship behaviour. Moreover, organizational discrimination was negatively predicted citizenship behaviour. These results have implications in various research settings, can increase or decrease the organizational efficiency or productivity depending on the structure or policies.

Keywords: Organizational discrimination, politics, citizenship behaviour, non-teaching staff**.**

Driving Styles, Sensitivity to Punishment and Perceived Control in Young New Car Drivers

Iqra Khawar (BS, 2014-2018)
Supervisor: Shahnila Tariq, PhD

The present research aimed to find out relationship between driving styles, sensitivity to punishment and perceived control in young new car drivers. It was hypothesized that there was a significant relationship between driving styles, sensitivity to punishment and perceived control in young new car drivers. It was also hypothesized that driving styles and sensitivity to punishment predict perceived control. Demographics were likely to predict perceived control. Cross sectional research design was used. The sample was consisted of $N = 150$ men and women car drivers selected via using purposive sampling strategy. The assessment measures comprised of Multidimensional Driving Style Inventory (MDSI; Hanneke Hooft van Huysduynen.et.al, 2015), Sensitivity to Punishment and Sensitivity to Reward Questionnaire revised and clarified (SPSRQ-RC; Conner, Rahm-Knigge and Jenkins, 2018), Brief Self-Control Scale (BSCS; Tangney et al., 2004) in addition to indigenous demographic questionnaire. Using SPSS version 22 correlation, multiple regression were employed. The results indicated that driving area, at which age you

got license, risky driving style and dissociative driving style correlate with perceived control. Also in general driving area, at which age you got license, risky driving style and dissociative driving style negatively predict the perceived control. Findings of this study would be helpful to educate drivers to control their driving styles to avoid any type of hazardous consequences.

Keywords. Driving styles, sensitivity to punishment, perceived control.

Cognitive Style, Emotional Regulation and Achievement Motivation in Lawyers

Bilal Ahmad (MSc, 2016-2018)
Supervisor: Shahnila Tariq, PhD

The aim of the current research was to investigate the relationship between cognitive style, emotional regulation and achievement motivation in lawyers. It was hypothesized that there would be a positive relationship between cognitive style, emotional regulation and achievement motivation. Correlation research design and convenient sampling technique was used to collect data from male lawyers ($N = 100$). The data was collected from different courts of Lahore. A demographic information sheet, Alert Cognitive Style Scale (Crane, 1989), Emotional Regulation scale (Gross, 2003) and Achievement Motivation Inventory (Muthee, 2009) were used for data collection. Data was analyzed by using Pearson product moment correlation, hierarchal regression and One-way ANOVA. The results revealed that cognitive style, emotional regulation (cognitive reappraisal and expressive suppression) were significant with achievement motivation. Furthermore, it was found that number of family members was negatively correlated with achievement motivation and type of cases with deal was found positively correlated with achievement motivation. The findings were discussed in the light of the literature. This research will be beneficial in improving the achievement motivation in lawyers.

Keywords: Cognitive style, emotional regulation, achievement motivation, lawyers.

Workplace Ostracism, Psychological Flexibility and Counterproductive Work Behavior in Bank Employees

Faiza Latif (BS, 2014-2018)
Supervisor: Zaeema Farooq

Workplace ostracism is very powerful and ubiquitous phenomena which has negative impacts on organizational performance as well as on individual performance. Purpose of this study was to determine the relationship between workplace ostracism, psychological flexibility and counterproductive work behavior in bank employees. It was hypothesized that there would be relationship between workplace ostracism, psychological flexibility and counterproductive work behavior in employees of banking sector. Workplace ostracism and psychological flexibility would predict counterproductive work behavior. Moreover, psychological flexibility is likely to moderate the relationship between workplace ostracism and counterproductive work behavior. Correlational research design and purposive sampling strategy were used to recruit sample of bank employees ($N = 125$; 81 men, 44 women) with age range 25 to 40 years collected from private banks of Lahore. Workplace Ostracism Scale (Ferris et al., 2008), Acceptance and Action Questionnaire-II (Bond et al., 2011) and Counterproductive Work Behavior Scale (Yang and Diefendorff, 2009) were used for data collection. Correlational analysis revealed that there was a positive relationship between workplace ostracism, psychological flexibility and counterproductive work behavior. Workplace ostracism and psychological flexibility positively predicted counterproductive work behavior. Psychological flexibility moderated the relationship between workplace ostracism and counterproductive work behavior. Present study will be helpful for organizations and managers to carefully examine and handle the situation when employees report that they are ostracized. They can easily identify the actual cause of ostracism at workplace and prevent employees to engage in counterproductive work behavior through their assistance.

Keywords: Workplace ostracism, psychological flexibility, counterproductive work behavior.

Workplace Harassment, Work overload and Psychological distress in Female Police Officers

Shiza Shahid (BS, 2014-2018)
Supervisor: Zaeema Farooq

The present study was carried out to study the relationship among workplace harassment, work overload and psychological distress in female police officers. It was hypothesized that there would be a positive relationship between workplace harassment, work overload and psychological distress. Moreover, it was also hypothesized that workplace harassment and work overload would predict psychological distress in female police officers. The sample comprised of $N = 100$ female police officers with age range 21-40 years collected using purposive sampling technique from different police stations and police training centers of Lahore. Negative Acts Questionnaire (Einarsen & Hoel, 2001), Reilly's Role Overload Scale (Reilly, 1982) and Kessler Psychological Distress Scale (Kessler, 2002) were used for data collection. Correlation analysis revealed that workplace harassment was positively correlated with work overload and psychological distress. Moreover, hierarchical regression analysis revealed that workplace harassment was a positive predictor of psychological distress. The present research will help to the police force to give appropriate work environment for female workers and make strategies to prevent workplace harassment and work overload.

Keywords: Workplace harassment, work overload, psychological distress.

Anger and Job Stress in Traffic Wardens

Aimen Fatima Jamil (MSc, 2016-2018)
Supervisor: Sadia Shahzeb

The present research aimed to investigate the difference of anger and job stress in junior and senior traffic wardens in different sectors of Lahore. It was hypothesized that there would be significant difference in anger and job stress experienced by junior and senior traffic wardens. Survey research design was used and sample was collected via purposive sampling technique comprising of $N = 140$ Traffic Wardens ($n = 70$ juniors, $n = 70$ seniors) age ranging from 25 to 45 years. Descriptive

statistics was used for analyzing demographic data and Independent sample *t*-test was used to find out the comparison of anger and job stress in traffic wardens. The results indicated that there were significant differences in anger as senior traffic wardens showed high anger as compared to the junior traffic wardens. However, non- significant differences were found in job stress.

Keywords: Anger, job stress, traffic wardens.

Sexual Harassment, Emotion Regulation and Psychosocial Well-being in Women Working in Customer Services

Tooba Fayyaz (BS, 2014-2018)
Supervisor: Muhammad Faran

The present study was conducted to investigate the relationship between sexual harassment, emotion regulation and psychosocial well-being in women working in customer services. It was hypothesized that there would be a relationship between sexual harassment (risk and seriousness), emotion regulation (cognitive reappraisal and expressive suppression) and psychosocial wellbeing (psychological, emotional and social wellbeing). It was also hypothesized that sexual harassment and emotion regulation are likely to predict psychosocial wellbeing (emotional, social and psychological wellbeing). Furthermore, it was hypothesized emotion regulation would moderating the relationship between sexual harassment and psychosocial wellbeing. Data were collected from bus hostess and sales girls ($N = 120$) with age range 18 to 25 years. Urdu version of the Psychological Climate for Sexual Harassment (Estrada, Olson, Harbke, & Berggren, 2011), Emotion Regulation Questionnaire (Gross and Jhon, 2003), and Mental Health Continuum Short Form (MHC-SF; Keyes, 2005) were used to collect data. The results of correlation analysis showed that there was no significant relationship between sexual harassment and emotion regulation. However, there is a positive relationship between sexual harassment and psychosocial well-being. Emotion regulation appeared to be a significant moderator of relationship between sexual harassment and psychosocial well-being. Findings of the study may be helpful for women to work in customer services with adaptive regulating strategies.

Keywords: Sexual harassment, emotion regulation, psychosocial well-being, working women.

Organizational Justice, Organizational Culture and Organizational Commitment among Employees

Haleema Iqbal (BS, 2014-2018)
Supervisor: Beenish Najam

A correlational study was conducted to investigate the relationship between organizational justice, organizational culture and organizational commitment in employees. It was hypothesized that there would be positive relationship between organizational justice, organizational culture and organizational commitment. It was also hypothesized that organizational justice and organizational culture would positively predict organizational commitment. The sample comprised of 100 employees with age range 25 to 45. Organizational Justice Scale (Niehoof and Moorman, 1993), Organizational Culture Survey (Alvi, Hanif, Adil, Ahmed, and Vveinhardt, 2014) and TCM Employee Commitment Survey (Mayer, Allen, and Smith, 1993) were used. Findings of the study indicated that there was a positive relationship between organizational justice and organizational commitment in employees and there was a positive relationship between organizational culture and organizational commitment in employees. Organizational justice positively predicted organizational commitment and organizational culture also positively predicted organizational commitment. These findings can be helpful for the managers to consider the strategies to eradicate the effect of injustice and decreased commitment level on organizational outcomes and by offering justice through some procedures or benefits and providing comfort environment and preferred culture for increased commitment and more productivity.

Keywords: organizational justice, organizational culture, organizational commitment, employees.

Job Characteristics and Organizational Citizenship Behavior in School Teachers

Ayesha Majeed (BS, 2014-2018)
Supervisor: Shiba Saeed

This research examined the relationship between job characteristics and organizational citizenship behavior (OCB) in school teachers. It further explored the predictive relation of job characteristics (task variety, task

significance, task identity, autonomy and feedback from the job) for OCB. Correlational (cross-sectional) research design was used. The sample comprised of $N = 120$ school teachers (public: $n = 60$ and private: $n = 60$). Task Characteristics (subscale of The Work Design Questionnaire) by Morgeson, and Humphrey, (2006) was used to assess job characteristics. Organizational Citizenship Behavior Scale for Schools (OCB; DiPaola. & Moran, 2001) was used to assess organizational citizenship behavior. Results of Pearson product moment correlation revealed positive relation between job characteristics (task variety, task significance, autonomy, task identity and feedback from job) and organizational citizenship behavior. Multiple Linear Regression analysis revealed that job characteristics (task variety, task significance, task identity and feedback from job) predicted organizational citizenship behavior. No gender difference was found. This study will help the teachers for the increment of organizational citizenship behavior and through it, they can make the successive future of students and their institutes.

Keywords: Job characteristics, organizational citizenship behavior, task variety, task significance, task identity, autonomy and feedback.

Dark triad, Moral Disengagement and Aggression in Income Tax Employees

Zunaira khan (BS, 2014-2018)
Supervisor: Afshi Yahya Khan

The present study aimed to investigate the relationship between dark triad, moral disengagement and aggression in income tax employees. Correlational research design was used in present study. It was hypothesized that there would be a relationship between dark triad, moral disengagement and aggression in income tax employees. Moreover, it was also hypothesized that dark triad would predict aggression among income tax employees and moral disengagement would mediate the relationship between dark triad and aggression in income tax employees. The sample comprised of 150 income tax employees ($N = 150$) including both men and women, with age range of 25-40 years ($M = 34.1$, $SD = 5.79$). The demographic sheet, Dark Triad of Personality-D3 short (Paulhus, 2013), Moral Disengagement Measure (Moore, 2012) and The Buss and Perry Aggression Questionnaire (Buss & Perry, 1992) were

used to assess the relationship between study variables. The results showed significant relationship between the study variables dark triad (narcissism and psychopathy), moral disengagement and aggression. Furthermore, dark triad significantly predicted moral disengagement and aggression. Moral disengagement significantly predicted aggression. Mediation analysis showed moral disengagement as a strong mediator between dark triad and aggression. This research study has important implications in the organizational settings and can be used to identify and monitor predictors of moral disengagement and aggression.

Keywords: Dark triad, moral disengagement, aggression.

Cognitive Distortions, Emotional Intelligence and Decision Making Style in Traffic Wardens

Attia Sardar (MSc, 2016-2018)
Supervisor: Sadia khan

The present study aimed to investigate the relationship between cognitive distortions, emotional intelligence and decision making style in traffic wardens. It was hypothesized that there would be relationship between cognitive distortions, emotional intelligence and decision making style in traffic wardens. Further, it was expected that emotional intelligence and cognitive distortions would predict decision making style in traffic wardens. Correlational research design was used. Sampling technique was purposive sampling. The sample consisted of male traffic wardens $N = 100$ collected via purposive sampling. Cognitive Distortions Scale (Ishfaq & Malik, 2013) was used to measure cognitive distortions including three domains of view about self, view about world and view about future. Emotional Intelligence Scale (Goleman, 1995) and Decision Style Questionnaire (Leykin & DeRubeis, 2010) were used. Correlation analysis indicated that there was a significant relationship between cognitive distortions and emotional intelligence. There was a non-significant relationship of cognitive distortion with decision making style. Emotional intelligence had negatively significant relationship with decision making style. Result from hierarchal multiple regression indicated that emotional intelligence and all different dimensions of emotional intelligence served as negative predictors of decision making styles in this study. The findings of this work have important implications for job recruiters, public servants and law enforcement sector.

Workplace Harassment, Coping Strategies and Job Satisfaction in Nursing Staff

Sunmbal Arif (MSc, 2016-2018)
Supervisor: Huma Hassan

The current study was conducted to examine the relationship between workplace harassment, coping strategies and job satisfaction in nursing staff by using correlational research design. The purposive sampling technique was used with the sample of $N = 150$ nursing staff with the age range 25 to 40 years. Sample of this research was conducted from different hospitals in Lahore. For assessment, Work Harassment Scale (Bjorkquist, 1992), Brief Cope (Carver 1989) and Job Satisfaction Scale (Locke, 1996) was used. Permission was granted by the authors for use of these scales. For this research two hypotheses were made. First hypothesis was, there would be relationship between workplace harassment, coping strategies and job satisfaction in nursing staff. The second hypothesis was that workplace harassment and coping strategies would predict job satisfaction in nursing staff. In order to find the relationship between variables Pearson product moment correlation analysis or for the prediction multiple regression analysis was carried out. The result demonstrated that workplace harassment had significant negative relationship with job satisfaction. Problem focus coping and emotion focus coping had a non-significant negative relationship with job satisfaction. Moreover, workplace harassment negatively predicted job satisfaction. The results of this study would advance our comprehension of the relationship among workplace harassment, coping strategies and job satisfaction.

Keywords: Workplace harassment, coping strategies, job satisfaction, nursing staff.

Organizational Commitment, Social Support and Occupational Stress in Rescue Workers 1122

Irum Akhtar (MSc, 2015-2017)
Supervisor: Ahmad Bilal

The present study examined the relationship among organizational commitment, social support and occupational stress among the workers of rescue 1122. It was hypothesized that there would be a relationship between organizational commitment, social support and occupational stress among workers of rescue 1122. Correlational research design was used in this study. Sample was comprised of $N = 100$ rescue male workers. They were selected from Punjab. Purposive sampling strategy used for collecting data. Organizational Commitment Questioner (OCQ; Porter & Smith, 1970), Workplace Stress Scale (WSS; American Institute of stress, 1999) and Multidimensional Social Support Scale (MSPSS; Zimet, Dahlem, Zimet & Farley, 1988) were used. Pearson product moment correlation and multiple regression analysis were used. Result revealed that there was a significant relationship between organizational commitment, social support and occupational stress among rescue workers. It was also found that there was a non-significant relationship between organizational commitment and occupational stress. The result also showed that there was a non-significant relationship between social support and occupational stress. The results of present study are speculated to have sound implications in other organizational fields.

Keywords: Organizational commitment, social support occupational stress, rescues workers.

Personality Psychology

Personality, Advertisement Appeals and Brand Loyalty among University Students

Sana Amin (BS, 2014-2018)
Supervisor: Iram Fatima, PhD

This cross-sectional study was conducted to assess the relationship of personality traits and advertisement appeals with brand loyalty in university students. It was hypothesized that personality traits and advertisement appeals would have positive relationship with brand loyalty and would also predict brand loyalty. Convenient sampling strategy was used to collect the data from 44 men and 136 women ($N = 180$). A self-constructed demographic questionnaire, Big Five Personality Inventory (Oliver & Srivastava, 1999), CASC scale of advertisement appeals (Buck, Anderson, Chaudhri & Ray, 2002) and Brand Loyalty Scale (Bobalca, Gatej & Ciobanu, 2012) were used. Hierarchical multiple regression analysis was applied to analyze the data. Results revealed that conscientiousness positively predicted all dimensions of brand loyalty except conative loyalty whereas neuroticism positively predicted brand loyalty and all its dimensions. Out of advertisement appeals, only rational appeal predicted all dimensions of brand loyalty except one i.e. action loyalty, whereas emotional appeals didn't predict brand loyalty. Results of this study are very significant with respect to marketing field.

Keywords: Personality, advertisement appeals, loyalty, university students.

Personality Traits, Emotion Regulation, Nomophobia and Psychological Wellbeing in University Students

Saher Ishaq (BS, 2014-2018)
Supervisor: Afsheen Masood, PhD

The current study was conducted to examine the relationship among personality traits, emotion regulation, nomophobia and psychological well-being in university students. Correlational research design was used. Simple random sampling technique was used to collect a sample ($N = 160$) male and female university students. A self-constructed demographic questionnaire, Ten Item Personality Inventory (Gosling, et aI., 2003), Emotion Regulation Questionnaire (ERQ; Gross & John, 2003), Nomophobia Questionnaire (NMP-Q; Yildirim & Correia, 2015)

and Psychological Well-being Scales (PWS; Ryff, 1989) were used. Results of Pearson product moment correlation showed that openness to experience, emotional stability and cognitive reappraisal had a significant positive relationship with psychological well-being. Whereas, nomophobia had significant negative relationship with psychological well-being. Age, gender and education has no correlation with personality traits, emotion regulation, nomophobia and psychological Well-being however, number of hours spent on mobile on average per day has significant positive correlation with nomophobia. Hierarchical regression analysis was also conducted to find out the predictors of psychological-wellbeing and it revealed that openness to experience and cognitive reappraisal were positive predictors of psychological well-being. Nomophobia negatively predicted psychological well-being. Independent sample *t*-test showed no significant gender differences in personality traits, emotion regulation, nomophobia and psychological well-being in university students. The results of the study suggest that it has many implications on individual level as well as in educational settings.

Keywords: Personality traits, emotion regulation, nomophobia, psychological wellbeing, university students.

Empathy and Personality as Predictors of Volunteerism

Tehreem Farooq (MSc, 2016-2018)
Supervisors: Arsla Nasir & Saima Ghazal, PhD

The present research was carried out to explore the relationship between empathy, personality and volunteerism. It was hypothesized that there would be a positive relationship between empathy, personality and volunteerism. It was also hypothesized that empathy and personality would predict volunteerism. The sample was comprised of younger adults ($N = 100$; 50 men, 50 women) whose age range was between 18-35 years by using convenient probability sampling technique from different universities of Lahore. Basic Empathy Scale (Jolliffe & Farrington, 2006), Personality Scale (Donnellan, Oswald et al, 2006) and Volunteer Functioning Inventory (Clary, Synder et al, 1998) were used for assessment. Pearson product moment correlation and hierarchical regression were used for analyses. The results revealed that married people volunteer more than single ones. Moreover, employed people tend to volunteer more than unemployed participants. Whereas, people who

have higher empathic tendencies and intellect personality traits help a person to volunteer more. The research have important implications of empathy and personality in volunteerism to scatter out the demographics, personality dimensions and factors which evolve and provoke one to volunteer.

Keywords: Empathy, personality, volunteerism.

The Role of Personality Traits and Mood in Taste Preference among University Students

Habiba Arif (BS, 2014-2018)
Supervisor: Saira Khan

The current study conducted to investigate the relationship between personality traits, mood and taste preference in university students. It was hypothesized that there would be relationship between certain personality traits and taste preference. Likewise it was hypothesized that pleasant mood would be positively related to taste preference for salt, sweet, spicy and sour tastes; conscientiousness and agreeableness would predict sour taste preference and also that agreeableness would predict negatively bitter taste preference. Finally, it was hypothesized that extraversion, agreeableness and openness would predict salt taste preference. The sample comprised of 170 university students ($N = 170$), 83 men and 87 women with age range 18-25 years ($M = 21.39$, $SD = 1.60$). Data was collected online through google form. The Urdu version of Big Five Inventory-l O (Yousaf & Kausar, 2014), Brief Mood Introspection Scale (Mayers & Gaschke, 1988) and a self-constructed Taste Preference Scale were used to assess personality traits, mood and taste preference, respectively. Data was analyzed using Pearson product moment correlation and multiple regression through SPSS. The results suggested that some specific personality traits predicted specific taste preferences such as agreeableness positively predicted salty, sour, and sweet taste preferences while negatively predicted bitter taste preference. Likewise, conscientiousness also predicted sour taste preference. As well as extraversion predicted salty taste preference. On the other hand, pleasant mood was also shown to be a positive predictor of salty, sweet, spicy, and sour taste preference. The present research will be useful in health settings in order to design diet plans for obese individuals according to their personality and related food choices.

Keywords: Personality traits, mood, taste preference.

Type D Personality, Secondary Traumatic Stress and Burnout in Oncology Nurses

Durrya Al Qarni (BS, 2014-2018)
Supervisor: Afshi Yahya Khan

The present research aimed to find out the prevalence of Type D Personality in oncology nurses. This study showed concern about oncology nurses by assessing the relationship of Type D personality and secondary traumatic Stress with burnout. For this purpose, cross sectional co-relational research design was used. The sample comprised of 94 female oncology nurses recruited from both private and public hospitals that specifically had oncology ward. Information was gathered through convenient sampling strategy. It was hypothesized that there would be significant relationship between Type D personality, secondary traumatic stress and burnout among oncology nurses. Further it was hypothesized that Type D personality and secondary traumatic stress would predict burnout. The measures comprised of Type D personality Scale (Conden, 2014), Secondary Traumatic Stress Scale (STSS; Bride, Robinson, Yegidis, & Figley, 2004) and Oldenburg Inventory in addiction to indigenous Demographic Questionnaire. SPSS version 23; correlation, multiple regression and one way ANOVA analyses were used. Results revealed that aspects of Type D Personality: negative affectivity and social inhibition and secondary traumatic stress were significantly correlated with dimensions of burnout: disengagement and exhaustion while negative affectivity and secondary traumatic stress were positive predictors of disengagement and exhaustion both. These results can be helpful in healthcare environments for the development of managements and preventative measures for oncology nurses with Type D personality, who have increased risk associated with burnout.

Keywords: Type D personality, traumatic stress, burnout, oncology nurses.

Positive Psychology

Dispositional Optimism, Self-Determination and Well-Being in Job Seekers Young Adults

Ayesha Fazal karim (MSc, 2016-2018)
Supervisors: Sumaira Ayub & Farah Malik, PhD

The study examined the relationship between dispositional optimism, self-determination and well-being in job seekers young adults. It was hypothesized that 1) there would be a positive relationship between dispositional optimism, self-determination and well-being in job seekers young adults, 2) dispositional optimism and self-determination would predict well-being in job seekers young adults and 3) there would be gender differences in dispositional optimism, self-determination and well-being in job seekers young adults. Correlational research design was used. The sample comprised of 192 job seekers young adults including 91 men and 101 women of age range between 19 to 27 years ($M = 22$, $SD = 1.25$). Data were collected from different universities of Lahore including GCU, UMT etc. by employing purposive sampling strategy. Urdu versions of Life Orientation Test-Revised (Scheier, Carver, & Bridges, 1985), Self-Determination Scales (Deci & Ryan, 2000) and Mental Health Continuum Short-Form (Keyes & Ryff, 1998) were used in the study. The results of Pearson product moment correlation showed significant positive relationship between dispositional optimism, self-determination and well-being. The results of multiple hierarchical regression analysis revealed that dispositional optimism and self-determination significantly positively predicted the well-being in job seekers young adults. Further, results of independent sample t-test showed significant gender differences in social wellbeing. Moreover differences in duration of unemployment in term of dispositional optimism were also found. The findings of the study will help the government and industries to increase job opportunities to enhance the wellbeing of individuals.

Keywords. Dispositional optimism, self-determination, well-being, job seekers.

Humor Styles, Self-esteem and Social Competence in Young Adults

Rimsha Javed (BS, 2014-2018)
Supervisors: Waqas Hassan & Farah Malik, PhD

The study aimed to investigate the relationship between humor styles, self-esteem and competence in young adults. It was hypothesized that there would be relationship between humor styles, self-esteem and social competence in young adults and secondly it was hypothesized styles of humor used are likely to predict self-esteem in young adults. Cross-sectional research design was used to conduct this research. A sample of 150 young adults participated in this research. The sample was recruited through convenient sampling technique. The Humor Style Questionnaire (Martin et al, 2003), Rosenberg Self-esteem Scale (Rosenberg, 1965), Interpersonal Competence Questionnaire (Buhrmester et al, 1988) and demographic sheets were used to assess humor styles, self-esteem and social competence in young adults, respectively. Using SPSS version 22, independent sample t-test and linear regression analyses were carried out. Gender differences were determined through independent sample t-test. Findings were discussed. Results of correlation analysis revealed that there was a positive relationship between Adaptive styles (affiliative and self-enhancing) of humor and self-esteem while a maladaptive style (aggressive and self-defeating) of humor shared a negative relationship with self-esteem and social competence. Results of regression analysis revealed that from all the predictors of self-esteem, self-enhancing humor, positively predicts self-esteem while self-defeating humor negatively predicts self-esteem, significantly. The findings can help psychologists guiding their clients in improving their social competence and using adaptive humor styles to lead a happy and balanced life.

Keywords: Humor styles, self-esteem, competence, young adults.

Emotional Intelligence, Self-Esteem and Creativity in Young Adults

Zainab Imran (BS, 2014-2018)
Supervisors: Waqas Hassan & Farah Malik, PhD

The present study was designed to investigate the relationship among emotional intelligence, creativity and self-esteem in university students. It was hypothesized that emotional intelligence would have positive relationship with creativity in university students. Similarly it was

hypothesized that emotional intelligence would be a positive predictor of creativity in university students. It was also hypothesized that female university students would have significantly higher emotional intelligence than male university students. Correlational research design was used to examine the proposed hypothesis. The sample comprised of university students (N = 150) with age range of 18-25 years (M = 22.92 SD = 4.80). The demographic information sheet, Schutte Scale of Emotional Intelligence (Schutte et al., 1998), Kaufman Domains of Creativity Scale (K-DOCS; Kaufman, 2012) and Rosenberg Self-esteem Scale (RSES; Rosenberg 1965) were used to assess the correlation between study variables. The results were in line with hypotheses and indicated that emotional intelligence was positively correlated with creativity. Furthermore, it indicated that emotional intelligence was a positive predictor of creativity in university students. Results also revealed that female university students have significantly high emotional intelligence than male university students. This study will be helpful in enhancing creativity and self-esteem of university students by increasing their emotional intelligence.

Keywords: Emotional intelligence, creativity, self-esteem, university students.

Religiosity, Moral Judgment, and Subjective Well-Being among Orphans

Rukhsana Nazir (MSc, 2016-2018)
Supervisor: Rafia Rafique, PhD

The current study was conducted to investigate if religiosity predicted subjective well-being in orphans. Another objective of the study was to find out whether moral judgment would mediate the relationship between religiosity and subjective well-being. The sample was drawn through convenient sampling technique. The sample comprised of N = 125 adolescents and adults with a relatively equal representation of male (n = 60) and female (n = 65) living in orphanages aged 14 to 35 years. The assessment measures included Santa Clara Strength of Religious Faith Questionnaire (SCSRF; Plante & Boccacini, 1997), Moral Development Interview Inventory (MDII; Khanum & Iqbal, 2008), and Satisfaction with Life Scale (SWLS; Diener, 1985). Correlational analysis showed that religiosity and moral judgment were positively associated with subjective well-being. Religiosity and moral judgment were predictors of

subjective well-being. Mediation analysis using the hierarchical multiple regression revealed that there was no mediation between the study variables. As religiosity enhances moral judgment in orphans and that is likely, staff in orphanages' should facilitate in religious practices and enhancement of religiosity so that subjective well-being can be increased in orphans.

Keywords: Religiosity, moral judgment, subjective well-being, orphans.

Self-Consciousness and Moral Maturity in University Students

Mahnoor Babar (MSc, 2016-2018)
Supervisor: Rafia Rafique, PhD

The present research was aimed to explore the relationship between self-consciousness and moral maturity in university students. It was hypothesized that there would be significant positive relationship between self-consciousness and maturity. It was further hypothesized that self-consciousness would positively predict maturity. Convenient sampling technique was used in current research. The sample consisted of 146 university students. The age range was between 18-27 years university students ($M = 22.3$, $SD = 2.39$). The Self-consciousness Scale (Fenigstein, Scheier, & Buss, 1975) and Moral Development Interview Inventory (Khanum & lqbal, 2008) were used to collect data. Pearson product moment correlation was used to assess the relationship between self-consciousness and moral maturity. Results revealed that self-consciousness positively correlated with moral maturity. Further, hierarchical regression was employed for prediction between self-consciousness and moral maturity. Results indicated that self-consciousness positively predict moral maturity.

Keywords: Self-consciousness, moral maturity, university students.

Resilience, Hope and Futurity among Graduate Students

Zeenat Naz (MSc, 2016-2018)
Supervisor: Afsheen Masood

The present research examined the relationship among resilience, hope and futurity among graduate students. It was hypothesized that there

would be a relationship among resilience, hope and futurity among graduate students. A purposive sample of 270 graduate students (women = 170, men = 100) was taken 7 from private and government universities of Lahore for this study. The purpose of the research was to find out the relationship among resilience, hope and futurity among university graduates. Cross-sectional research design was used to conduct the present study. The assessment measures used were Adult Hope Scale (Snyder, 2002), State Resilience Scale (Hiew, 1999) and Future Expectation Scale (McWhirter & McWhirter, 2000). The results of Pearson product moment correlation revealed resilience was positively correlated with hope and futurity. In this study linear regression showed that resilience and hope were significantly positive predictors of future expectation. Results showed that there were no significant difference between girls and boys as they have ability of resilience, hope and futurity. The results have been discussed in the light of existing literature. Findings of this current study were helpful for the psychologists and professions to focus on the intervention plans for non-resilient, hopeless and the students who have negative futurity and to develop and implement programs for such students to gain good results.

Keywords: Resilience, hope, futurity, graduate students.

Self-Esteem, Shame Related Responses and Well-Being in Young Girls

Hina Ilyas (MSc, 2016-2018)
Supervisor: Afifa Anjum

The present research was conducted to investigate the self-esteem, shame related responses and well-being in young girls. Cross sectional research design was used to conduct the research. Non probability convenient sampling technique was used to recruit a sample of ($N = 150$) young girls with the age range of 18-25 years ($M = 20.6$, $SD = 1.861$) from the University of Punjab, Lahore. It was hypothesized that there would be a positive relationship between self-esteem, shame related responses and well-being in young girls. A self-constructed demographic questionnaire, Rosenberg Self-Esteem Scale (RSES; Rosenberg, 1965), Ryff's Psychological Well-Being Scales (PWS; Ryff, 1989), Cohen's Guilt and Shame Proneness Scale (GASP; Cohen, Wolf, Panter, & Insko, 2011), were used for assessment. Results were generated by analyzing the data through Pearson product moments correlation and multiple linear

regression. Result indicated that self-esteem and shame related responses positively correlated with psychological well-being. Moreover multiple regression analysis showed that guilt and negative behavior evaluation predicted psychological well-being subscale of environmental mastery. Results are discussed in the light of literature review in the section of discussion.

Optimism and Beliefs and Attitudes toward Mental Illness in Young Adults

Maheen Fatima (MSc, 2016-2018)
Supervisor: Afifa Anjum

The present study aimed to investigate the relationship of optimism with beliefs and attitudes toward mental illness. It was hypothesized that there would be a relationship between optimism, beliefs toward mental illness and attitudes toward mental illness. Life Orientation Test-Revised (LOT-R; Scheier, Carver & Bridges, 1994) was used to measure optimism, Belief toward Mental Illness Scale (BTMI; Hirai, Vernon & Clum, 2016) was used to measure beliefs toward mental illness including the dimensions of dangerousness, incurability, embarrassment and social dysfunction and Attitudes toward Mental Health Problems Scale (ATMHP; Gilbert et al., 2007) was used to measure the attitudes toward mental illness having the five subscales; general societal attitudes, internal shame, external shame/ stigma awareness, and reflected shame. The sample consisted of 155 young adults. The sample was taken from the University of the Punjab, Lahore. The results were generated by applying descriptive statistics, reliability analysis and Pearson product moment correlation which showed that there is a significant relationship between optimism, beliefs and attitudes toward mental illness. Optimism was correlated with the subscale of BTMI i.e. incurability and the subscales of ATMHP i.e. internal shame, external shame/ stigma awareness, and reflected shame 1. The findings implied important role in awareness of mental illnesses, therapeutic procedure/ management plan of mentally ill persons and the promotion of optimistic thoughts in students.

Keywords: Optimism, beliefs, attitudes, mental illness, young adults.

Religious Practices, Inner Satisfaction and WellBeing in Young Adults

Shumaila Bashir (MSc, 2016-2018)
Supervisor: Afifa Anjum

The present study aimed to investigate relationship between religious practices (Namaz and Roza), inner satisfaction and wellbeing (subjective well-being and life satisfaction) in young adults. It was hypothesized that there would be positive relationship between religious practices, inner satisfaction and wellbeing. It was also hypothesized that religious practices and inner satisfaction would predict wellbeing. Furthermore it was hypothesized that inner satisfaction would mediate the relationship between religious practices and wellbeing. The sample of $N = 150$ students, both men ($n = 75$) and women ($n = 75$) were recruited from different departments of University of the Punjab by using convenient sampling. Religious practices were measured by asking questions related to Namaz and Roza in demographic sheet, a self-constructed scale (Inner Satisfaction Scale; Bashir & Anjum, 2018) was used to measure inner satisfaction. Subjective wellbeing and life satisfaction were assessed with Scale of Positive and Negative Effect (Diener, 2013) and Satisfaction with Life Scale (Diener, Emmons, Larsen & Griffon, 1985) respectively. Pearson product moment correlation, t-test and step wise regression analysis was used to analyze the data. Findings revealed that there was significant relationship between religious practices and inner satisfaction but the relationship of religious practices and wellbeing was not significant. Relationship between inner satisfaction and wellbeing was also significant. Results from regression analysis showed that religious practices were not the predictor of subjective wellbeing and life satisfaction, whereas, inner satisfaction was the significant predictors of subjective wellbeing and life satisfaction.

Keywords: Religious practices, inner satisfaction, subjective well-being and life satisfaction.

Mind Wandering, Creativity and Decision Efficacy in Young Adults

Syeda Pakiza Ahmad (BS, 2014-2018)
Supervisor: Faiz Younas

This study investigated the relationship among mind wandering, creativity and decision efficacy in young adults. It was hypothesized that a) there would positive significant relationship between mind wandering and creativity in young adults, b) relationship between mind wandering and decision efficacy in young adults. Cross sectional correlational research design and non-purposive sampling strategy was used to recruit a sample consisted of ($N = 96$) including ($n = 28$ men and $n = 68$ women) young adults from various educational institutes. Mind Wandering Questionnaire (Mrazek, Franklin & Schooler, 2013), Short Scale of Creative Self (Karwowski, 2011) and Decision-Making Assessment Instrument (Mincemoyer & Perkins, 2003) were used for the assessment. Data were analyzed through SPSS version 22 with Independent sample t-test, Pearson product moment correlation and linear regression and results showed a positive significant relationship between mind wandering and creativity while a negative relationship between mind wandering and decision efficacy. It is hoped that this research will be able to solve the dilemma between the relationship of mind wandering and creativity along with that of mind wandering and decision efficacy and will be able to benefit people while conducting further researches on relevant topics.

Keywords: Mind wandering, creativity, decision efficacy, young adults.

Self-determination, Dispositional Optimism and Career Choice Readiness in Adolescents

Nabila Imtiaz (MSc, 2016-2018)
Supervisor: Shahnila Tariq, PhD

The aim of present study was to investigate the relationship between self-determination, dispositional optimism and career choice readiness in adolescents. It was hypothesized that there would be a positive relationship between self-determination, dispositional optimism and career choice readiness. Moreover, self-determination and dispositional optimism would predict the career choice readiness. Correlational

research design and convenient sampling technique were used to collect data from 200 adolescents $N = 200$ ($n = 100$ girls, $n = 100$ boys) from private school and college of Lahore with age range of 14 to 17 years. The research instruments included Self-Determination Scale (Sheldon & amp; Deci, 1996), Life Orientation Test-Revised (Scheier & amp; Carver, 1985) and Career Maturity Inventory-C (Crites & amp; Savickas, 2011). Correlation analysis was used to see relationship, regression analysis was used to see prediction and independent sample *t*-test was also used to find gender differences regarding study variables. The results revealed that there was positive relationship between self-determination and career choice readiness and there was a negative correlation between dispositional optimism and career choice readiness. Self-determination and dispositional optimism predicted career choice readiness. Moreover, girls showed high career choice readiness than boys. This study placed the base for future findings and information about the relationship of self-determination, dispositional optimism and career choice readiness.

Keywords: Self-determination, dispositional optimism, career choice readiness.
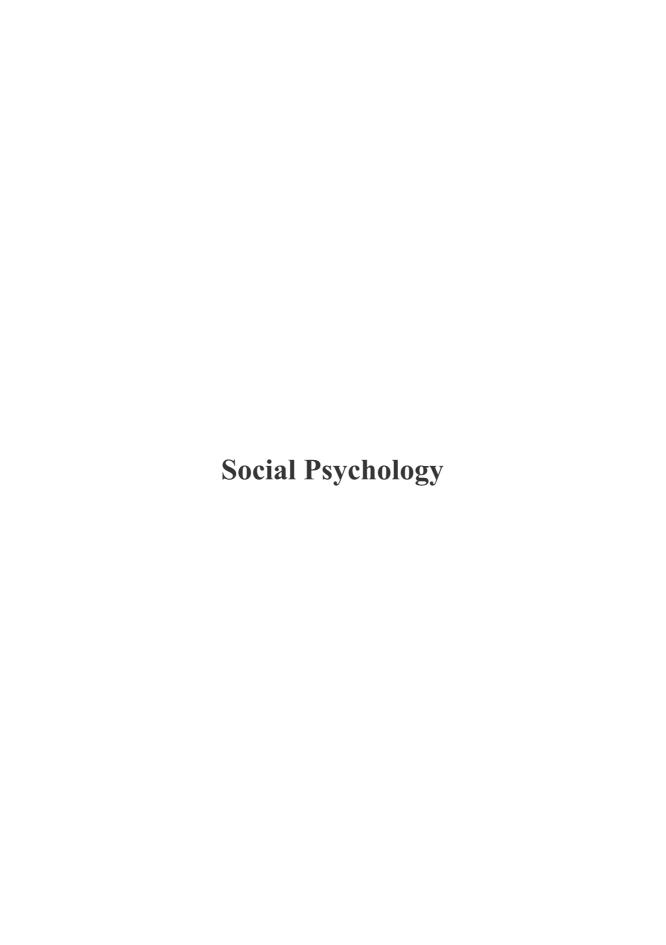
Spirituality, Self-compassion and Life Satisfaction in Literary Writers

Sehrish Rani (BS, 2014-2018)
Supervisor: Zaeema Farooq

The current study aimed to investigate the relationship between spirituality, self-compassion and life satisfaction in literary writers. It was hypothesized that there would be relationship between spirituality, self-compassion and life satisfaction. Spirituality and self-compassion were likely to predict life satisfaction. It was also hypothesized that self-compassion was likely to moderate the relationship of spirituality and life satisfaction. The sample comprised of literary writers $N = 90$ ($n = 13$ men and $n = 77$) women with age range 20-60 years. Data was collected using purposive sampling technique. The Index of Core Spiritual Experience (Kass & Friedman, 1991), Self-Compassion Scale (Neff, 2011) and Satisfaction with Life Scale (Diener, Emmons, Larsen & Griffin, 1985) were used for data collection. Correlational analysis revealed that spirituality had positive relationship with life satisfaction and self-compassion had negative relationship with life satisfaction. Moreover, spirituality positively predicted life satisfaction and self-compassion

negatively predicted life satisfaction. The present research will help to the literary writers in highlighting the role of spirituality and self-compassion and planning affective strategies to predict life satisfaction.

Social Psychology

Social Grooming on Facebook, Physical Appearance Comparisons and Body Image Concerns in Youth

Mehak Azam (BS, 2014-2018)
Supervisor: Farah Malik, PhD

The present study was conducted to investigate the relationship between social grooming on facebook, physical appearance comparisons and body image concerns in youth**.** It was hypothesized that there would be a significant positive relationship between social grooming on facebook, physical appearance comparisons and body image concerns in youth. It was also hypothesized that physical appearance comparisons would be a significant moderator for the relationship between social grooming on facebook, and body image concerns. Furthermore, it was hypothesized that there would be significant gender differences on social grooming on facebook, physical appearance comparisons and body image concerns in youth. Sample of the study comprised of youth ($N = 150$) including both men ($n = 60$) and women ($n = 90$) with age range of 18-25 years ($M = 21.16$, $SD = 2.32$). Instruments including, Facebook use for Social Grooming (Utz & Beukeboom, 2011), Physical Appearance Comparison Scale –Revised (PACS-R; Thompson & Schaefer, 2014) and Body Image Concerns Inventory (BICI; Littleton & Pury, 2005) were used to collect data. Pearson product moment correlation analysis showed that there was a positive relationship between social grooming on facebook, physical appearance comparisons and body image concerns in youth. Furthermore, Independent sample t-test showed that there were no gender differences among study variables. Physical appearance comparisons appeared to be a significant moderator for the relationship between social grooming and body Image concerns. Findings of the current study may be helpful for developing media literacy programs to combat negative body image and to increase critical awareness of social media content and activities that may escalate appearance-related pressure.

Keywords: Social grooming, facebook, physical appearance comparisons, body image concerns, youth.

Social Desirability, Selfie Addiction and Physical Appearance in Young Adults

Sana Riaz (BS, 2014-2018)
Supervisor: Farah Malik, PhD

The present research was conducted to investigate the relationship between social desirability, selfie addiction and physical appearance in young adults. The current study was also intended to investigate selfie addiction as a mediator between social desirability and physical appearance in young adults. The sample consisted of young adults ($N = 200$) was drawn from University of Lahore (UOL) and University of Management and Technology (UMT) with age range 18-35 ($M = 22.02$, $SD = 2.04$). The questionnaires for collecting data included Balanced Inventory of Desirable Responding (BIDR; Paulhus, 1991) to assess social desirability, Selfie Addiction Scale (Solanki, 2017) to measure selfie addiction and Physical Appearance Comparison Scale Revised (PACS-R; Schaefer & Thompson, 2013). Pearson product moment correlation revealed that social desirability is positively related with selfie addiction whereas social desirability is negatively related with physical appearance. Physical appearance was found to be positively related with selfie addiction. Moreover results of independent sample *t*-test revealed that scores on selfie addiction were higher in girls than boys, and scores on social desirability were higher in boys than girls. Mediation analysis revealed that selfie addiction was mediating the relationship between social desirability and physical appearance. The findings of the current study may provide important information to young adults, parents, counselors and therapists regarding selfie addiction.

Keywords: Social desirability, selfie addiction, physical appearance.

Social Comparison, Envy and Indirect Aggression amongst High Facebook Users

Amna Shahid (BS, 2014-2018)
Supervisors: Zainab Javed & Rafia Rafique, PhD

Facebook is one of the well-known online platforms being utilized for offering content and media to different users helpfully. In facebook profiles, users impart copious social comparison data passing on mostly positive self-depictions. In this way, long range interpersonal communication locales like facebook give a rich ground to envy. This present study examined the influence of high facebook usage on social comparison, envy and indirect aggression of university students. Cross-sectional Correlation research design was used with sample consisted of

200 students (women = 116 and men = 84) selected from different universities of Lahore using purposive sampling technique. The age range of the students was 18 years to 24 years (M = 21.15, SD = 1.37). Social Comparison Scale (SCS; Allan & Gilbert, 1995), Dispositional Envy Scale (DES; Smith - 1999), and Indirect aggression scale (IAS-A; Forrest et al., 2005) were used for assessment. The data were analyzed using Pearson product moment correlation, linear regression, independent sample t-test and one way ANOVA. The results showed that there were significant positive relationship between social comparison, envy and indirect aggression. The findings of the present research highlighted the fact that those who compare themselves with others have envious feelings resulting into indirect aggression. Moreover, envy positively predicted indirect aggression along with its subscales (Social exclusionary, Malicious Humor & Guilt Induction). Gender had a positive relationship with social comparison and negative relationship with envy and indirect aggression with its dimensions. Regional Affiliation has significant differences in envy and indirect aggression with its dimensions (social exclusionary, guilt induction and malicious humor). People living in rural areas had more envious feelings and show more indirect aggression as compared to people living in urban areas. There were significant differences in showing indirect aggression between birth-order (first, middle and last order). This research have many implications for practice, especially in education sectors while sharing pros and cons of overuse of social networking sites. The findings of this research are helpful to develop insight in our society about the critical issues of comparison leading to envy and resulting into indirect aggression.

Keywords: Social comparison, envy, indirect aggression, university students, facebook users.

Social Influence, Materialism and Compulsive Buying in Young Adults

Hira Waseem (MSc, 2016-2018)
Supervisor: Iram Fatima, PhD

The current study investigated the association between social influence, materialism and compulsive buying in young adults. It was hypothesized that social influence (i.e. normative influence and informative influence) and materialism were likely to be positively related to compulsive buying

behaviour. Furthermore, it was also hypothesized that materialism were likely to mediate between social influence and compulsive buying behaviour. A sample of 167 young adults was taken within the age range of 18-25 years from public sector institutions. For this purpose, Compulsive Buying Scale (Valence, d'Astous & Fortier, 1988) was used to measure compulsive buying behaviour. Consumer Susceptibility to Interpersonal Influence (CSII; Bearden, Netemeyer & Teel, 1989) was used to measure social influence, Material value scale (Richins, 2004) was used to measure materialism in young adults. By Pearson product moment correlation analysis, it was found that social influence and materialism were positively related to compulsive buying behaviour. Mediation analysis through series of hierarchical regression and Sobel *z*-test showed that materialism mediated between social influence and compulsive buying behaviour. Hence the study concluded that social influence and materialism were important predictors of compulsive buying and materialism plays an important role of mediator between social influence and compulsive buying. High levels of social influence and materialism would result in increased levels of compulsive buying.

Keywords: Social influence, normative influence, informative influence, materialism, compulsive buying.

Self-Esteem, Jealousy and Tendency to Gossip in Students

Alina Arif (MSc, 2016-2018)
Supervisor: Iram Fatima, PhD

The study aimed to investigate the association of self-esteem and jealousy with tendency to gossip in students. The main hypothesis of the study was that jealousy would be positively related to tendency to gossip while self-esteem would be negatively related to tendency to gossip. The data was collected through convenient sampling technique from the students of public sector colleges. The sample ($N = 134$) consisted of boys and girls. Assessment measures used included demographic questionnaire, Tendency to Gossip Questionnaire (TGQ; Nevo et al., 2014), Rosenberg Self-esteem Scale (Rosenberg, 1965) and Interpersonal Jealousy Scale (IJS; Farooq & Amjad, 2012). Pearson product moment correlation and linear regression were used for analyzing the data. Results showed that jealousy had positive correlation with tendency to gossip and negative correlation with self-esteem. Moreover, the findings reveal that jealousy positively predicted tendency to gossip. The findings of current

study are of great significance for bringing awareness in youth to develop good moral standards and stop talking behind others for no reason.

Keywords: Jealousy, self-esteem, tendency to gossip, intermediate students.

Family Functioning, Self-Control and Smoking Behaviour in Young Adults

Uzma Naheed (MSc, 2016-2018)
Supervisors: Gul-e-Sehar & Iram Fatima, PhD

The current research investigated the influence of family functioning and self-control on smoking behaviour of young adults. It was hypothesized that family functioning styles (Interactional patterns, family values, coping strategies, family commitment and resource mobilization) and self-control would be negatively related to and would predict smoking behaviour. Correlation research design was used to find out the relationship between family functioning, self-control and smoking behaviour. Non-probability purposive sampling strategy was used for data collection. Sample consisted of 180 men from three public and private sector Universities of Lahore city with in the age range of 18 to 25 years ($M = 21.40$, $SD = 2.06$). Family functioning Style Scale (Deal, Trivette, & Dunst, 1988), Self-Control Scale (Tangney, Baumeister, & Boone, 2004) and Glover-Nilson Smoking Behavioural Questionnaire (Glover et al., 2005) were used for data collection. The results showed that overall family functioning and two sub-scales (Interaction patterns and coping strategies) were negatively related with smoking behaviour but only self-control negatively predicted smoking behaviour dependency. The present study highlights the importance of different styles of family functioning and self-control to explain the different patterns of smoking behaviour dependency in young adults.

Keywords: Family functioning styles, self-control, smoking behaviour.

Prolonged Time Social Networking Usage, Sleep Quality and Psychological Wellbeing In Young Adults

Asma Safdar (BS, 2014-2018)
Supervisor: Afsheen Masood, PhD

The study aimed to investigate the effect of prolonged time social networking usage and sleep quality on psychological wellbeing of young adults. It was hypothesized that there would be relationship between prolonged time social networking usage, sleep quality and psychological wellbeing of young adults and secondly it was hypothesized that prolonged time social networking usage and sleep quality were likely to predict psychological wellbeing of young adults. Cross-sectional research design was used to conduct this research. A sample of 150 young adults (both men and women) recruited through simple random sampling technique was used. The Compulsive Internet Use Scale, (CIUS; Meerkerk, Eijnden, Vermulst, & Garretsen, 2009), Pittsburgh Sleep Quality Index (PSQI; Buysse 1989), Mental Health Continuum Short Form (Keyes, 2007) and demographic sheet were used. The measures comprised of questionnaires were individually administered to each of the participants. Results of correlation hypothesis revealed that there was a positive relationship between sleep quality and psychological wellbeing while a prolonged time social networking usage shared a negative relationship with sleep quality and psychological wellbeing. Results of prediction hypothesis revealed that sleep quality predicted psychological wellbeing while prolonged time social networking usage did not. Using SPSS version 23, Pearson product moment correlation and hierarchical regression analyses were analyzed (operations). Gender differences were determined through independent sample *t*-test. Findings were discussed.

Keywords: Prolonged time, social networking usage, sleep quality, psychological wellbeing, young adults.

Loneliness, Meaning-Making and Social Networking Sites Usage in Older Adults

Filza Naz (MSc, 2016-2018)
Supervisor: Afsheen Masood, PhD

The present research was conducted to investigate the relationship among loneliness, meaning-making and social-networking sites usage in older adults. It is hypothesized that meaning-making and loneliness would be predict social networking usage in older adults. Cross-sectional research design was used in this study. The sample comprised of $N = 100$ older adults that included respondents with age range of 55-80 years taken from families. Purposive sampling technique was used. The measures

comprised of Loneliness Scale (UCLA; Russell, Peplau & Ferguson, 1978), Meaning in Life Scale (Steger, Frazier, Oishi & Kaler, 2006). The results revealed that finding discussed in the light of theoretical underpinnings and conceptual framework. Correlation analysis was carried out to find correlation among study variables. Simple linear regression was performed for assessing predictors of social networking use for prediction. Independent sample *t*-test was performed to find out age differences use social networking in older adults. It was found that loneliness had no significant relation with meaning-making. Loneliness had a significant relationship with social networking in older adults. There was significant age difference in social networking usage in older adults. Young adults appeared to have more social networking sites friends than older adults.

Keywords: Loneliness, meaning-making, social networking, older adults.

Emotional Intelligence, Creativity and Smartphone Addiction Proneness among Late Adolescents

Ghinza Arif (MSc, 2016-2018)
Supervisor: Afsheen Masood, PhD

This research examines emotional intelligence, creativity and smartphone addiction proneness in late adolescents. It was hypothesized that emotional intelligence and creativity would be predict smartphone addiction proneness in late adolescents. The sample comprised of both male and female ($n = 250$) age ranging between 16-18 years from Lahore based colleges and high-schools. The measures comprised of Emotional Intelligence Questionnaire (Golemen, 1995), Creativity Style Revised Questionnaire (Kumar & Holman, 1997) and Smartphone Addiction Proneness Scale (Kim, Lee, Lee, Nam & Chung, 2014) in addition to demographic questionnaire. The analyses were carried out through SPSS version 23.00. Regression analyses were used to generate the result which showed that emotional intelligence and creativity are predictors of smartphone addiction proneness in late adolescents. The research will add to the literature of smartphone addiction proneness which is rarely researched topic in Pakistan. It will also help educationist and counselors to deal with adolescents which are prone to smartphone addiction.

Keywords: Emotional intelligence, creativity, smartphone addiction, proneness, late adolescents.

Emotional Intelligence, Attribution Style and Mental Health in Medical Students

Mahnoor (MSc, 2016-2018)
Supervisor: Afsheen Masood, PhD

The present research was conducted to examine emotional intelligence and attribution style as predictors of mental health in medical students. It was hypothesized that emotional intelligence, atribution style, and demographics would be predict mental health of medical students. Cross sectional research design was used to execute the investigation. The sample of the research comprised of $N = 150$ medical students with the age range of 19 to 22 years from 2nd, 3rd and 4th year of medical education. Assessment measures were comprised of demographic information questionnaire, Schutte Self-Report Emotional Test (SSEIT; Schutte, Malouff, & Bhullar, 2009). Attribution Style Questionnaire (ASQ; Peterson et al., 1982) and Warwick-Edinburgh Mental Well-Being Scale (EMWBS; Edinburgh, 2005). The data collected were analyzed using Statistical Package for Social Sciences (SPSS) version 22. The results showed that emotional intelligence and attribution style had a significant positive relationship with mental health. It was also revealed that emotional intelligence and attribution style positively predicted mental health. The findings carry significant implications for medical students in academic field as well as in their professional lives. Moreover findings were discussed in light of previous literature.

Keywords: Emotional intelligence, attribution style, mental health, medical student.

Personality and Healthy Usage of Facebook in University Students

Javeria Akram (BS, 2014-2018)
Supervisor: Saima Ghazal, PhD

A correlational study was conducted to investigate the relationship between personality and facebook age in university students ($N = 120$). The goal of the present study was to find the relationship between personality and different behaviors of facebook usage (Compensatory use of FB, self-presentation on FB, socializing and seeking sexual partners through FB, FB addiction and FB profile as the virtual self) and to assess that whether they lead to healthy or unhealthy usage of facebook.

Purposive sampling technique was used to collect data. It was hypothesized that personality would explain differences in facebook usage among young adults. Big five Personality Inventory (Goldberg, 1992) and Psycho-Social Aspects of Facebook Use (PSAFU)) (Bodroza & Jovanovic, 2015) were used to assess the relationship between personality facebook Usage. Compensatory use of FB, self-presentation on FB and FB addiction measure potentially maladaptive aspects of FB use. These three factors lead to unhealthy usage of facebook. While, the other two factors, socialization and virtual identity lead to healthy behavior of facebook usage. Results revealed that extroversion explained most of the variance in facebook usage, highlighting that people with extrovert traits use facebook more, no matter healthy or unhealthy way, as extroversion predicted usage among all facebook subscales. Future research could focus on individual traits within extroversion to see precisely the traits that lead to positive usage of facebook, so adolescents can be trained on development of those traits.

Keywords: Personality, facebook usage.

Social Media Usage among mothers and Impact on Child Rearing Practices

Maham Ayesha (MSc, 2016-2018)
Supervisor: Saima Ghazal, PhD

Research was conducted to investigate the social media usage among mothers and impact on child rearing practices. It was hypothesized that there would be a relationship between social media usage and child rearing practices. The sample for current research comprised of $N = 100$ working and non-working mothers from different areas of Lahore city. Social media usage was assessed by the Social Media Usage Scale (Contreras, 2016), child rearing practices were assessed using Allabama Parenting Questionnaire-Revised, Parent Version (APQ; Frick, 1991). This questionnaire comprised of 5 subscales: Positive Parenting, Parental Involvement, Poor Parental monitoring, Inconsistent discipline, and Corporal punishment. The results showed that there is positive relationship between social media usage, and child rearing practices. Results also showed social media usage is found to be the significant predictor of child rearing practices indicating that the mothers who spend more time on social media exercise more poor parental practices as indicated by the subscales of inconsistent discipline, corporal

punishment, and poor parental monitoring. Implications of the study are important, particularly in Pakistani perspective, where mothers need education and training on healthy and productive usage of social media that enhances child rearing practices in a positive way.

Keywords: Social media, child rearing practices, mothers.

Candidate's Personal Characteristics and Demographic Determinants of Voter on Intention to Vote

Asmah Gull Ch (BS, 2014-2018)
Supervisor: Mujeeba Ashraf, PhD

The present research was conducted to explore the relationship between psychosocial determinants of voters and personal characteristics of the candidate on intention to vote. Mixed research design (comparative and correlational) was used to compare and assess the relationship of the variables under study. Purposive sampling strategy was used to collect sample from those Pakistani citizens who were eligible to vote from Lahore ($N = 250$). It was hypothesized that there would relationship between demographic determinants of voter and personal characteristics of the candidate and there would be gender, education, and participants' state of voting difference on voting intentions. Questionnaire of Voting Intention (Agomor, 2015) was used. Descriptive statistics and Chi square was used to analyze results. The results of the chi square showed relationship between various psychosocial determinants of voters and personal characteristics of the candidate. Results also showed a gender differences on voters voting intentions as men intended more to vote on the basis of standard of living while women intended to vote to the candidate who can focus on the developmental projects. Moreover, literate focused on human relations among candidate while illiterate gave importance to educational background of the candidate. Similarly, electors gave importance to educational background of the candidate while voters considered candidate's ability to fight against corruption as an important factor in candidates' personality. Current study works as a milestone in figuring out that in general election of 2018 electors and voters would give importance of which personal characteristics of the candidates.

Keywords: candidate's personal characteristics, demographic determinants, intention, voter.

Likes and Comments on Facebook and Subjective Well-being in University Student

Fatima Ali (BS, 2014-2018)
Supervisor: Mujeeba Ashraf, PhD

The present research was conducted to explore likes and comments on facebook and subjective well-being in university students. Correlational research design was used to explore the relation between likes and comments on facebook and subjective well-being in university students. To collect the data purposive sampling was used. A sample of $N = 115$ including men and women was selected from different universities of Lahore. It was hypothesized that likes and comments on facebook and subjective well-being would be correlated. Likes and comments on facebook would predict subjective well-being and there would be gender difference in likes and comments on facebook and subjective well-being among university students. Likes and Comments Scale (Zell & Moeller, 2018) was used to explore and describe likes and comments on facebook status updates. Personal Well-being Scale (Lucy Tinkler & Stephen Hicks, 2011) was used to assess subjective well-being of the research participants. Preliminary analysis included test of normality, and reliability analysis. Spearman correlation, backward regression and Mann Whitney U test were conducted as main analysis of the study. Spearman correlation analysis partially approved the hypothesis that only comments on facebook and subjective well-being are correlated. Backward regression analysis revealed that likes and comments on facebook predict subjective well-being. The result of Mann Whitney U approved the hypothesis that university men have high subjective well-being than women of university. This research proved to be helpful to give awareness that facebook users experience better psychosocial and psychological outcomes because responses of their friends make them feel that they care about them.

Keywords: Facebook, subjective well-being, university student.

Patriotism, Political Identity and Political Involvement among Young Pakistani Adults

Khadija Mansoor (MSc, 2016-2018)
Supervisor: Mujeeba Ashraf, PhD

Political involvement has always been a center of attention as it affects government politics. Studies revealed that political involvement has clear roots linked with patriotism (blind patriotism & constructive patriotism. The present study aims to find out the association between patriotism, political involvement along with political identity. In order to explore the association, correctional research design was used. Convenient sampling technique was used to collect sample of $N = 200$ Pakistani young adults from Lahore. It was hypothesized that patriotism (blind patriotism & constructive patriotism) and political identity would have correlation with political involvement. It was also hypothesized that blind patriotism, constructive patriotism and political identity would predict political involvement among young Pakistani adults. Blind and Constructive Patriotism Scale (Schtz, 1999), Identification with Psychological Group Scale (Mael & Tetrick, 1992) and political involvement items from IEA study, were used to measure patriotism, political identity and political involvement respectively. Analysis of data involved preliminary analysis and main analysis; Pearson product moment correlation and backward regression. The results showed that blind patriotism and constructive patriotism were not correlated to political involvement. Results also revealed that political identity was significantly predicted by political involvement. Current study helps in understanding political orientation of political involvement, patriotism and political identity among young adults of the present era and gives insight to political roots for further exploration.

Keywords: Patriotism, political identity, political involvement.

Perceived Discrimination and Psychological Adjustment in Ethnic Groups among University Students

Qandil Hayat (MSc, 2016-2018)
Supervisors: Mehwish Yasin & Mujeeba Ashraf, PhD

The present study aims to find out the link between perceived discrimination and psychological adjustment. Correlational research

design was used. Convenient sampling technique was used to collect data. The sample consisted of $N = 152$ Pakistani university students. It was hypothesized that perceived discrimination would have relationship with psychological adjustment in ethnic groups in university students. It was also hypothesized that perceived discrimination would be a strong predictor of psychological adjustment. It was also hypothesized that there would be differences among different ethnic groups (Punjabi, Sindhi, Pathan, Sersiki, Baloch, Gilgiti, Kashrniri and Afghan) in perceived discrimination and psychological adjustment in university students. Perceived Ethnic Discrimination Questionnaire (PEDQ-CY; Brondolo, et al., 2005) and Brief Adjustment Scale-6 (BASE-6; Smith, et al., 2011) were used. Analysis of data involved preliminary analysis and main analysis. Spearman correlation, hierarchical regression and one way ANOVA were used. The findings showed that perceived discrimination was significantly negatively correlated to psychological adjustment. Results also revealed that perceived discrimination was significantly predicting psychological adjustment. Results also indicated that there were differences among different ethnic groups (Punjabi, Sindhi, Pathan, Seraiki, Baloch, Gilgiti, Kashmiri and Afghan) in perceived discrimination and psychological adjustment. The current investigation will help university administration to draw some vital arrangement for future faculty preparing program and for student's staff orientation about this issue. Creation of a support group will assist those students to get well adjusted.

Keywords: Perceived discrimination, psychological adjustment, ethnic groups, university students.

Time Perspective as a Predictor of Internet Addiction in University Students

Khadija Rehman (MSc, 2016-2018)
Supervisor: Faiz Younas

The present study investigated the time perspective as a predictor of internet addiction in university students. It was hypothesized that there would be a positive relationship between time perspective (past negative, present hedonic, future, past positive and future fatalistic) and internet addiction while time perspective would likely to predict internet addiction in university students. Cross-sectional correlational research design and non-probability convenient sampling strategy was used to

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recruit sample of $N = 180$ ($n = 90$ men and $n = 90$ women) students from various departments of University of the Punjab, Lahore. A self-constructed Demographics Information Sheet, Zimbardo Time Perspective Inventory (ZTPI; Zimbardo & Bond 1999) and Internet Addiction Test (IAT; Young, 1998) were used to assess the study variables. Results were generated by running Pearson product moment correlation and linear regression analysis through SPSS version 20.0, which showed a significant positive relationship of past negative, past positive and future fatalistic with internet addiction. The present hedonic and past negative was proved to be the predictors of internet addiction. This study does not only serve as an insight into the inter-relationship of time perspective and internet addiction in students but also enables educationists and counselors to fully understand the effects of these constructs on students.

Keywords: Time perspective, present hedonic, past negative, past positive, present fatalistic, future oriented, internet addiction, university students.

Smartphone Uses, Smartphone Gratifications and Social Interaction Anxiety in Adolescents

Rabhia Shuja (MSc, 2016-2018)
Supervisor: Faiz Younas

The study investigated the relationship among smartphone uses, smartphone gratifications and social interaction anxiety in adolescents. It was hypothesized that there would be a positive relationship among smartphone uses and gratifications and social interaction anxiety. It was also hypothesized that social interaction anxiety might be a predictor of smartphone uses and gratifications. Cross sectional correlational research design and non-probability convenient sampling technique was used to collect sample ($N = 110$) from various public colleges of Lahore. Uses and Gratifications of Mobile Phone Use Questionnaire (Hostut, 2010) and Social Interaction Anxiety Scale (Mattick & Clarke, 1998) were used for the assessment. Data was analyzed through SPSS version 20. Results of Pearson product moment correlation showed a positive significant relationship among smartphone uses and gratifications and social interaction anxiety. The linear regression didn't show a significant predictive relationship among social interaction anxiety and smartphone uses and gratifications. The present study would be helpful in

understanding the role of smartphones in individuals that have symptoms of social interaction anxiety and be able to contribute towards the healthier use of it.

Keywords: Smartphone uses, smartphone gratifications, social interaction anxiety, adolescents.

Self-Consciousness, Cosmetics Usage and Body Image in Female Young Adults

Rubab Ali (BS, 2014-2018)
Supervisor: Zaeema Farooq

The present study intended to find out relationship between self-consciousness, cosmetics usage and body image in female young adults. It was hypothesized that there would be a relationship between self-consciousness, cosmetics usage and body image. It was also hypothesized that self-consciousness and cosmetics usage would predict body image in female young adults. Correlational research design was used to assess the relationship among variables. Purposive sampling technique was used to recruit the sample female young adult $N = 200$ with age range 18-26 years. The Self-Consciousness Scale-Revised (SCS-R; Carver & Scheier, 1985), Cash Cosmetics Use Inventory (CCUI; Cash, 1985) and Body Image Concern Inventory (BICI; Littleton, 2003) were used for data collection. Correlational analysis was used to find out the relationship among study variables. Correlation analysis revealed that there was positive relationship between self-consciousness, cosmetics usage and body image. Moreover, hierarchical analysis showed that both self-consciousness and cosmetics usage positively predicted body image. These results have implications in counseling and research settings for assessing the factors and concerns related to body image due to increased use of cosmetics also contributing towards higher self-consciousness.

Keywords: Self-consciousness, cosmetics usage, body image.

Rejection Sensitivity, Self-Silencing and Aggression in Married Women

Mueeza Mustafa (BS, 2014-2018)
Supervisor: Zaeema Farooq

The present study intended to find out the relationship between rejection sensitivity, self-silencing and aggression in married women. It was

hypothesized that there would be a relationship between rejection sensitivity, self-silencing and aggression. It was also hypothesized that rejection sensitivity would predict aggression and self-silencing would be a mediator between the relationship of rejection sensitivity and aggression. Correlational research design was used. The sample compromised of $N = 120$ married women with age range 21-54 years and was collected using purposive sampling technique. The Adult-Rejection Sensitivity Questionnaire (Downey & Feldman, 1996), The Silencing the Self-Scale (Jack & Dill, 1992) and The Buss–Perry Aggression Questionnaire (Buss & Perry, 1992) were used for data collection. Results revealed significant relationship between rejection sensitivity, self-silencing and aggression. Rejection sensitivity positively predicted self-silencing and aggression. Self-silencing also positively predicted aggression. Mediation through a series of regression analysis was done which revealed that self-silencing was a strong mediator between rejection sensitivity and aggression. These results have implications in various research settings, marital counseling, and couple therapy.

Keywords: Rejection sensitivity, self-silencing, aggression.

Gratitude, Social Adjustment and Life Satisfaction in Women Wearing Hijab

Saba Sohail (MSc, 2016-2018)
Supervisor: Zaeema Farooq

This research was conducted for investigating the relationship between gratitude, social adjustment and life satisfaction in women wearing hijab. It was hypothesized that there would be relationship between gratitude, life satisfaction and social adjustment and gratitude and social adjustment would predict life satisfaction. Correlational research design was used and sample of participants $N = 100$ was taken via purposive sampling technique with age range 20-50 years. The Gratitude Questionnaire (Gray, Emmons, & Morrison, 2002), Adjustment Inventory (Sinha & Singh, 2002) and Satisfaction with life Scale (Diener et al, 1985; Pavot & Diener, 1993) were used to measure gratitude, social adjustment and life satisfaction respectively. The results of correlation analysis indicated that there was a positive relationship between gratitude, social adjustment and life satisfaction. Results of multiple regression analysis showed that gratitude positively predicted life satisfaction. This research highlights

the importance of gratitude and social adjustment in determining life satisfaction of women wearing hijab.

Keywords: Gratitude, social adjustment, life satisfaction.

Awareness of Mental Health Problems and Help Seeking Behavior in University Students

Mahnoor Tariq (MSc, 2016-2018)
Supervisor: Sadia Shahzeb

The present study investigated the relationship between awareness of mental health problems and help seeking behavior in university students. It was hypothesized that there is significant relationship between mental health problems and help seeking behavior. A Correlation research design was used and purposive sample of $N = 196$ ($n = 90$ men, $n = 106$ women) with the age range of 18 to 25 years taken from fourteen different departments of University of the Punjab. The Mental Health Literacy Scale (MHLS; O'Connor and Casey, 2015) and General Help Seeking Questionnaire (GHSQ; Wilson & Colleagues, 2005) were used. The results of Pearson product moment correlation showed that there was a significant positive correlation between awareness of mental health problem and help seeking behavior in university students. It was also revealed that there was non-significant difference between awareness of mental health problems and gender. However, significant difference between help seeking behavior and gender were found, with high levels of help seeking behavior in women as compared to men. These evidences may have implications for the interventions to increase awareness of mental health problems and help seeking behavior in students of schools, colleges and universities.

Keywords: Awareness, mental health problems, seeking behavior, university students.

Narcissism, Moral Disengagement and Cyber Bullying in Adolescents

Fehmida Rasool (BS, 2014-2018)
Supervisor: Raisa Zubair

The present study aimed to investigate relationship between narcissism, moral disengagement and cyber bullying among adolescents. It was

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hypothesized that there would be positive relationship between narcissism, moral disengagement and cyber bullying. Predictors of cyber bullying were also assessed. Gender differences on narcissism, moral disengagement and cyber bullying were also assessed. Correlational research design was used by employing convenient sampling technique on the sample of 150 adolescents ($n = 77$ boys, $n = 73$ girls). Assessment measures included Narcissistic Personality Inventory (NPI-16; Ames et al., 2006), Cyberbullying-specific Moral Disengagement Questionnaire (CBMDQ-15; Day & Lazuras, 2016) and Revised Cyberbullying Inventory II (RCBI-II; Topcu & Erdur-Baker, 2018). The correlational analyses showed that narcissism and moral disengagement are significantly positively related with cyber Bullying. In hierarchical multiple regression, narcissism and moral disengagement found to be the significant predictors of cyber bullying. Independent sample *t*-test indicated gender differences, as boys scored higher on narcissism, moral disengagement and cyber bullying than girls, while girls scored higher on cyber victimization than boys. These results have important implications for educational and counselling psychologist. By this way, cyber bullies can be easily helped, and cyber bullying can be prevented before it happens.

Keywords: Narcissism, moral disengagement, cyber bullying.

Parental Acceptance-Rejection and Music Preferences in University Students

Hafiza Kiran (BS, 2014-2018)
Supervisor: Muhammad Faran

The present research was carried out to investigate the relationship between parental acceptance rejection and music preferences in university students. It was hypothesized that there would be a relationship between parental acceptance-rejection and music preferences in university students and parental acceptance-rejection would predict music preferences in university students. The purposive sample of 150 university students $N = 150$ ($n = 70$ men, $n = 80$ women) with age range of 18 to 26 years drawn from public sector universities of Lahore. Measures included Urdu version of Adult Parental Acceptance-Rejection Questionnaire (Rohner, 1991) and Short Test of Music Preferences (Rentfrow & Gosling, 2003).The results of Pearson product moment correlation revealed that dimensions of parental acceptance-rejection:

aggression/hostility, undifferentiated rejection and neglect/indifference were significantly positively correlated with intense and rebellious music. Moreover, paternal warmth had significant positive relationship with energetic and rhythmic music. Results also showed the significant positive correlation among demographic variables and music preferences. The results of multiple hierarchical regression revealed that paternal warmth/affection was found to be the positive significant predictor of energetic and rhythmic music. Moreover, maternal indifference/neglect was found to be the positive significant predictor of intense and rebellious music and paternal acceptance-rejection was found to be the positive significant predictor of energetic and rhythmic music. This research would be important for its theoretical implication in the field of music in general and in psychotherapy in particular.

Keywords: Music preferences, university students.

Fear of Missing out, Attachment Styles and Social Media Addiction in University Students

Qindeel Hayat (BS, 2014-2018)
Supervisor: Afreen Komal

The purpose of the study was to find out fear of missing out, attachment styles and social media addiction in university students. The sample was selected by using non-probability purposive sampling technique and consisted of 120 students $N = 120$ (60 girls and 60 boys) from the public and private universities of Lahore. Data was collected using Fear of Missing out Scale (Przybylski et al., 2013), Revised Adult Attachment Scale (Collins, 1996) and Social Media Addiction Scale (Cengiz Sahin, 2013). The results of correlation analysis showed that there is significant positive relation between fear of missing out and social media addiction while significant negative relation between depend attachment style and social media addiction. Results of independent sample *t*-test showed no significant gender differences among fear of missing out, attachment styles and social media addiction while fear of missing out and social media addiction had significant family system differences. The results of hierarchical regression analysis showed that fear of missing out and attachment styles were significant predictors of social media addiction. So, this research concluded that students are addicted to social media to know about everything what is happening around them and they are not a part of it.

Rejection Sensitivity, Social Anxiety and Social Connectedness in Young Adults

Rukhsar Khan (BS, 2014-2018)
Supervisor: Shiba Saeed

The aim of this study was to find out relationship between rejection sensitivity, social anxiety and social connectedness in young adults. The study further probed out predicting relation of rejection sensitivity and social anxiety for social connectedness. It also aimed to assess mediating relation of social anxiety between rejection sensitivity and social connectedness. Correlational research design was used and the sample comprised of young adults $N = 207$ studying at various public and private sector Universities of Lahore recruited via convenient sampling. Rejection Sensitivity Questionnaire, Adult Version (Downey & Feldman, 1996), Social Anxiety Questionnaire for Adults (Caballo, Salazar, Irurtia, Arias, & CISO-A Research Team, 2010) and Social Connectedness Scale Revised (Lee & Robbins, 1995) were used. Results indicated positive relationship between rejection sensitivity and social anxiety but negative relationship between rejection sensitivity and social connectedness. Results of Structural Equation Modeling (SEM) showed rejection sensitivity negatively predicted social connectedness; and positively predicted social anxiety, whereas social anxiety negatively predicted social connectedness. Moreover, results of SEM revealed mediating role of social anxiety between rejection sensitivity and social connectedness. These findings provide support for the notion that rejection sensitivity promotes internalizing difficulties like social anxiety and lack of social connectedness in adults.

Keywords: Rejection sensitivity, social anxiety, social connectedness, internalizing difficulties.

Religiosity-Spirituality, Gratitude and Pro-Social Behavior among University Students

Sumbal Aslam (MSc, 2016-2018)
Supervisor: Saira Khan

The present research conducted to investigate the relationship between religiosity/spirituality; gratitude and pro-social behavior among university students. The sample consisted of Masters and BS students $N = 200$ with the age range of 18 to 25 collected via convenient sampling technique. Assessment measures included Santa Clara Strength of Religious/ Spiritual Faith Questionnaire (Plante & Boccaccini, 1997), Pro-social Personality Battery (Penner, 2002) and Gratitude questionnaire (GQ-6; McCullough, Emmons & Tsang, 2002). Pearson product moment correlation was calculated to assess the relationship between religiosity/spirituality, gratitude and pro-social behavior; Moreover, gender differences in pro-social behavior of university students were determined using independent sample t-test. Furthermore, moderating analysis through process was employed to assess the moderating role of religiosity/spirituality between gratitude and pro-social behavior. The findings showed that there was a significant positive relationship between religiosity/spirituality, gratitude and pro-social behavior. It was also revealed the gender differences in pro-social behavior of the university students. Religiosity/spirituality was emerged as a moderator between gratitude and pro-social behavior. The present study contributed as an understanding for students and teachers that how university students exhibit their helping behavior and what they think about gratitude and religiosity/spirituality.

Keywords: Religiosity/spirituality, gratitude, pro-social behavior.

Sports Psychology

Self-Confidence, Self-Talk and Goal Orientation in Individual and Team Sports

Tayyaba Yaseen (BS, 2014-2018)
Supervisors: Vicar Solomon & Farah Malik, PhD

The current study aimed to investigate the relationship between self-confidence, self-talk and goal orientation in individual and team sports. It was hypothesized that there would be relationship in self-confidence, self-talk and goal orientation in individual and team sports. Self-confidence and self-talk would to predict goal orientation in university athletes and there would be individual and team sport differences in self-confidence, self-talk and goal orientation. Cross Sectional research design was used. The sample consisted of 120 athletes ($n = 71$ men, and $n = 49$ women) with age range of 19-26 years collected via purposive sampling from University of the Punjab, Government College University and the University of Management and Technology. Assessment measures consisted of Self-confidence Inventory (SCI; Robin, 1998), Automatic Self-Talk Questionnaire for Sports (ASTQS; Zourbanos, 2009) and Sports Orientation Scale (Gill, 1998). Pearson product moment correlation showed that there was a significant relationship among self-confidence, self-talk and goal orientation. Multiple regression analysis interpreted that that self-confidence and positive self-talk predicted goal orientation. Moreover, there were significant differences in sports level, gender and playing level among self-confidence, self-talk and goal orientation. The present study provided valuable evidence for understanding the functions of self-confidence and self-talk that would facilitates the development of effective self-talk plans by helping players to overcome the stress in a competition and that motivation will leads them toward achieving their goals in sports.

Keywords: Self-confidence, self-talk, goal orientation, male and female athletes, university athletes.

Perceived Stigmatization, Motivational Climate and Sports Perfectionism among Female University Athletes

Sahar Saleem (BS, 2014-2018)
Supervisors: Vicar Solomon & Farah Malik, PhD

The present research was carried out to assess the relationship between perceived stigmatization, motivational climate and sports perfectionism among female university athletes. It comprised of two studies. Study I was aimed to develop and validate perceived stigmatization in sports scale for female athletes (PSSSFA). Study II aimed to assess the relationship between perceived stigmatization, motivational climate and sports perfectionism among female university athletes. It was hypothesized that there would be a relationship in perceived stigmatization, motivational climate and sports perfectionism; Perceived stigmatization and motivational climate would predict sport perfectionism and there would be educational differences in perceived stigmatization and motivational climate and sports perfectionism among female university athletes. The sample consisted of 125 female university athletes ($N = 125$) with age range was 18 to 24. Research instruments included Perceived Stigmatization in Sports Scale for Female Athletes (Saleem, Solomon & Malik, 2018), Perceived Motivational Climate in Sports Questionnaire (Newton, Duda & Yin, 2000) and Sports Multidimensional Perfectionism Scale-2 (Gotwals & Dunn, 2009). Results revealed that perceived stigmatization, motivational climate and sports perfectionism were positively correlated. Perceived stigmatization and motivational climate predicted sports perfectionism. Moreover, educational differences were also found. This research would be helpful for female athletes to cope with societal attitude and to improve athlete's psychological abilities and enhancing competitive skills.

Keywords: Perceived stigmatization, motivational climate, sports perfectionism, females, athletes.

Identity Management Strategies, Team Identification and Para Social Relationships among Sports Fans

Sana Saeed (MSc, 2014-2018)
Supervisors: Vicar Solomon & Farah Malik, PhD

The present research aimed to investigate the relationship between identity management strategies, team identification and para social relationships among sports fans. It was hypothesized that there would be relationship between identity management strategies, team identification and para social relationships among sports fans; identity management strategies and team identification were likely to predict para social relationships and there would be differences in favorite game on identity

management strategies, team identification and para social relationships. It was a correlational research comprised of 120 sports fans ($N = 120$) with age range of 18-30 years collected via purposive sampling technique. Research tools included Basking in Reflected Glory Scale (Spinda, 2009), Cutting Off Reflected Failure Scale (Spinda, 2009), Sport Spectator Identification Scale (Wann & Branscombe, 1993) and Celebrity-Persona Identification Scale (Brown & Bocarnea, 2007). Results revealed that there was significant positive relationship between BIRGING, team identification and para social relationships but non-significant relationship with CORFING. CORFING was found to be non-significantly associated with team identificationbut significantly associated with para social relationships. Moreover, team identification significantly positively correlated with para social relationships. Regression analysis indicated that BIRGING, CORFING and team identification significantly predicted para social relationships among sports fans. Generalizations from the current findings should be undertaken with other settings because the behaviour of sports fans might be different in other settings.

Keywords: Identity Management Strategies, Team Identification, Para Social Relationships, Sports Fans.

Coach Leadership Behaviour, Athlete's Motivation and Decision Making

Khizra Khurshid (BS, 2014-2018)
Supervisors: Arooj Arshad & Saima Ghazal, PhD

Current study was intended to explore the relationship between coach's leadership behavior, athlete's motivation and decision making. It was hypothesized that (a) the coach's leadership behavior (training and instruction, democratic, positive feedback, autocratic and social support) would have positive relationship with athlete's motivation and decision making, (b) decision making (thoroughness, control, hesitancy, social resistance, optimizing, principled, instinctiveness) predicts the athlete's motivation and leadership scale and (c) athlete's motivation and decision making vary as their gender. Correlational research design was applied in this study and purposive sampling technique was used to collect a sample. The sample consisted of 100 athletes within the age range of 16-21 years 18.54 (3.14) from sports departments of public universities of Lahore. Leadership Scale for Sport (LSS; Chelladurai & Saleh, 1980)

was used to assess coach's leadership, athlete's motivation was measured by Sport Motivation Scale (SMS-28; Pelletier, et al., 1995), and decision making was measured by Decision Making Questionnaire (DMQ; French, et. al., 1993). The results were analyzed using descriptive and inferential statistics. Positive feedback leadership ship had positive correlation with sport motivation and decision making. Subscales of decision making (thoroughness and hesitancy) is predicted by subscale of sport motivation (extrinsic motivation). Subscale of decision making (social resistance) is predicted by subscales of sport motivation (intrinsic motivation). Subscale of decision making (principled) is predicted by subscales of leadership (autocratic behavior, positive feedback) and subscale of sport motivation (motivation). Subscale of decision making (instinctiveness) is predicted by subscale of (training & instruction) and subscale of motivation (intrinsic motivation). Results of independent sample *t*-test indicated that sport motivation and decision making had no significant gender differences. Moreover, this research was important in identifying different leadership styles that positively effects so that training programs was designed to their coaches regarding these particular leadership styles in Pakistan.

Keywords: Coach, leadership behaviour, athlete's motivation, decision making.

Machiavellian Beliefs and Well-Being in Sports Students

Huma Rani (BS, 2014-2018)
Supervisor: Afifa Anjum

The purpose of this study was to find out the relationship of Machiavellian beliefs and well-being (psychological well-being and subjective well-being) in sports students. The sample consisted of 120 sport students from the sports department of University of the Punjab. Mach-IV, a 20-items Scale, (Christie & Geis, 1960) was used to assess Machiavellianism. Psychological well-being was measured by Psychological Well-being questionnaire (PWB; Ryff's, 1989), 42 items scale. Subjective Well-being was measured by Positive and Negative Affect Schedule (PANAS; Watson, Clark & Tellegan, 1988), 10 items scale. Mean score of participants on Machiavellianism was above scale cutoff score (i.e. 100) indicating that they were high Machs. The results of regression analysis showed that Machiavellianism significantly predicted three subscales of psychological well-being i.e. environmental

mastery, purpose in life and positive relation with others and one subscale of subjective well-being i.e. positive affect. Results of independent sample *t*-test indicated that Machiavellianism had no significant gender differences while positive affect had significant gender differences. Males reported more positive affect as compared to females. So, this research concluded that sports students use the Machiavellian thinking that can predict their psychological well-being and subjective well-being. This study has contributed in current body of knowledge by highlighting the positive relation of Machiavellian beliefs with psychological well-being and subjective well-being.

Keywords: Machiavellian beliefs, well-being, sports students.

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