IAP Psychological Abstracts

2017-2019

Institute of Applied Psychology
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Editorial

As the Editor of the 11th Volume of Psychological Abstracts, I am pleased to present a compilation of the empirical research of our BS, M.Sc., M.Phil., MS Health, and Ph.D. scholars, along with contributions from our esteemed faculty. This volume reflects the scholarly rigor and collaborative spirit of our team, who have diligently organized and refined the material.

I sincerely appreciate all researchers and faculty for their abstracts, which foster academic dialogue in Applied Psychology. We extend our heartfelt gratitude to Prof. Dr. Naumana Amjad and Ms. Shamsa Kanwal for their invaluable contributions in compiling this book.

The aim of publishing psychological abstracts is to update the students and researchers of Applied Psychology with indigenous research conducted in the Institute. Electronic soft copy is available on the website.http://pu.edu.pk/home/department/90048/Institute-of-AppliedPsychology. Psychological Abstracts have been assigned an ISBN (978-969-9559) by the National Library of Pakistan.

Editor
Prof. Dr. Rafia Rafique

Date: 15th October 2024

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Ph.D. Theses

Acculturation and Mental Health Outcomes among International Students in Pakistan

Muhammad Akram Riaz (Ph.D. 2019)
Supervisor: Prof. Dr. Rafia Rafique

This research investigates the acculturation and mental health outcomes among international students in Pakistan, addressing the challenges they face, including acculturative stress and associated mental health concerns. Utilizing a mixed-method approach, the study comprises two independent investigations. Study I tested the Mental Health Model of Acculturation, involving 450 international students from various universities in Pakistan. Data were gathered using psychometric scales and analyzed through SPSS and AMOS. Findings confirmed the hypothetical mental health model of acculturation, highlighting that acculturation directly affects mental well-being and indirectly influences social well-being. Acculturative stress had an indirect effect on mental well-being and both direct and indirect effects on social well-being. Psychological adaptation directly affected mental well-being, while socio-cultural adaptation impacted social well-being. Social support moderated the relationship between acculturative stress and psychological adaptation. Demographic differences revealed higher acculturative stress among males and married students, with relationship satisfaction, financial support, and length of stay positively affecting mental and social well-being. Study II explored the lived psychosocial experiences of 10 international students through semi-structured interviews and interpretative phenomenological analysis (IPA). Findings identified ten themes among students with poor mental health, including cultural differences, communication barriers, and academic concerns, while students with satisfactory mental health exhibited themes such as high self-esteem, perceived optimism, and strong coping mechanisms. Results provide insights for professionals, scholars, academicians, community agencies, and government entities to enhance practices, research, and policies supporting international students' mental health and acculturation.

Keywords: acculturation, social concerns, academicians, financial constraints, mental health

Psychological Skills, Coaching Competence, Sportsmanship and Performance Efficacy in Team Sports

Vicar Solomon (Ph.D. 2019)
Supervisor: Prof. Dr. Farah Malik

This research investigated the impact of psychological skills and sportsmanship on the performance efficacy of team sports players, emphasizing the role of perceived coaching competence. The study was conducted in three phases.

Study I focused on constructing and validating an indigenous Psychological Skills Scale for Team Sports (PSSTS), identifying key components like psycho-performance skills, perceived psychological support, and psycho-competitiveness through principal component factor analysis. Study II, a correlational study with a cross-sectional design, involved 518 team sports players (261 hockey players and 257 cricketers) recruited via purposive sampling. Assessment measures included the PSSTS, Coaching Competency Scale, Youth Sports Value Questionnaire-2, and Collective Efficacy for Sports Questionnaire. Results indicated a significant relationship between psychological skills, coaching competence, sportsmanship, and performance efficacy in both hockey players and cricketers. Sportsmanship positively mediated the relationship between psycho-performance skills and factors like ability, effort, persistence, preparation, and unity. Coaching competence negatively moderated the relationship between psycho-performance and performance efficacy in cricketers, while it moderated the relationship between perceived psychological support and performance efficacy, and between psycho-competitiveness and performance efficacy. Study III explored the perceptions of team sports players and coaches regarding the influence of coaching competence on psychological skills, sportsmanship, and performance efficacy. Open-ended, semi-structured interviews were conducted with twelve team sports players and twelve coaches. Grounded Theory Analysis revealed that both players and coaches perceived coaching competence as influential in developing psychological skills, sportsmanship, and performance efficacy. This research provided empirical evidence for the Pakistan Cricket Board (PCB) and Pakistan Hockey Federation (PHF) to implement psychological skills training to enhance performance efficacy in cricketers and hockey players.

Keywords: performance efficacy, sportsmanship, psychological skills, psychological support, psycho-competitiveness

Predictors of Psychological Implications of Trauma for Adolescents and its Psychological Intervention

Saadia (Ph.D. 2019)
Supervisor: Prof. Dr. Rukhsana Kausar

Traumatic events and disasters have debilitating effects on the mental health and psychological functioning of adolescents. Many regions of Pakistan experience repeated floods, exposing adolescents to such disasters and leading to mental health issues like posttraumatic stress symptoms (PTSS) or PTSD. This thesis aimed to identify predictors of PTSS and examine the efficacy of Teaching Recovery Techniques (TRT) for managing PTSS severity in Pakistani adolescents. Study 1 was a cross-sectional correlational study that identified predictors of PTSS severity. Adolescents affected by the September 2014 flood were recruited from government schools in two districts of Central Punjab. Measures included demographic information, the Big Five Inventory-10, Stress Appraisal Measure, Ways of Coping Questionnaire, Multidimensional Scale of Perceived Social Support, Attachment Style Classification Questionnaire, and Children's Revised Impact of Event Scale-13. Findings revealed that stressfulness, threat and centrality appraisals, escape avoidance, confrontive coping, positive reappraisal coping, anxious and avoidant attachment styles, and support from friends were significant predictors of PTSS severity. Attachment insecurity significantly moderated the relationship between centrality appraisal and PTSS severity. Secure attachment style and support from friends also moderated this relationship. Study 2 involved adolescents from Study 1 experiencing PTSS (scores ≥30 on CRIES). Two groups of boys and girls in each district (Hafizabad and Jhang) were assigned to intervention and wait-list control groups. TRT was administered in five sessions with pre- and post-intervention assessments. Measures included the Children's Revised Impact of Event Scale-13, Depression Self-Rating Scale for Children, Post-Trauma Cognitions Inventory-Child Version, and Trauma Memory Quality Questionnaire. Adolescents in intervention groups showed significant improvement in PTSS, intrusion, avoidance, arousal symptoms, and depressive symptoms. In Hafizabad, significant reductions in post-trauma negative cognitions and memory were observed, while in Jhang, only boys showed non-significant decreases in these areas. TRT proved to be an effective intervention for Pakistani flood survivor adolescents. Personal and interpersonal factors were significant predictors of

post-trauma implications, suggesting their importance in improving the quality of life for flood survivors. The findings have crucial implications for the psychological well-being of trauma-surviving adolescents, their parents, teachers, and policymakers in Pakistan.

M.Phil. Theses

Hardiness, Secondary Traumatic Stress and Emotional Adjustment in Rescue 1122 Workers

Samroz Zaheer (M.Phil.2017-2019)
Supervisor: Prof. Dr. Farah Malik

The present research investigated the relationship between hardiness, secondary traumatic stress and emotional adjustment in Rescue 1122 workers. It was hypothesized hardiness has a negative relationship with secondary traumatic stress and positive relationship with emotional adjustment. It was also hypothesized that secondary traumatic stress is likely to have a negative relationship with emotional adjustment and secondary traumatic stress is likely to moderate the relationship between hardiness and emotional adjustment. The sample comprised of 200 Rescue 1122 field workers recruited from the Rescue 1122 Stations in Sialkot, Lahore and Gujranwala. The data was collected using convenient sampling technique. Occupational Hardiness Scale (Kobasa, 1979), Secondary Traumatic Stress Scale (Bride, 2004), and Emotional Adjustment Bank (Rubio, 2007) were translated into Urdu for the purpose of data collection. Data was analyzed through Pearson Product Moment Correlation, moderation analysis through Hierarchical Regression, and One Way ANOVA was used to analyze the data. The results showed a significant negative relationship between hardiness and secondary traumatic stress and positive relationship with emotional adjustment in Rescue 1122 workers. The secondary traumatic stress moderated the relationship between hardiness personality and emotional adjustment in Rescue 1122 workers. ANOVA result revealed significant differences in four teams with respect to hardiness, as well as control and commitment dimension of hardiness. The findings highlighted the importance of hardiness in minimizing the impacts of secondary trauma and maximizing the emotional adjustment in employees working in stressful situations.
Keywords: hardiness, secondary traumatic stress, emotional adjustment

Authentic Personality, Resilience and Life Satisfaction in Young Adults

Iram Ijaz (MPhil. 2017-2019)
Supervisor: Prof. Dr. Farah Malik

The present study investigated the relationship among authentic personality, resilience and life satisfaction in young adults. It was hypothesized that there would be a positive relationship between subscales of authentic personality, authentic living and life satisfaction in young adults; there would be a positive relationship between resilience and life satisfaction in young adults. Furthermore, there would be a negative relationship between subscale of authentic personality (accepting external influence, self-alienation) and life satisfaction in young adults. Moreover, resilience would moderate the relationship between authentic personality and life satisfaction in young adults. Authentic personality, resilience and life satisfaction are likely to vary across gender in young adults. The sample of current study comprised of 316 young adults including 151 men and 165 women with age range 18-25 years (M= 21.01, SD= 1.95). Urdu translated version of The Authenticity Scale (Wood, Linley, Maltby, Baliousis, & Joseph, 2008), Satisfaction with Life Scale (SWLS; Diener, Emmons, Larsen, & Griffin, 1985) and the State-Trait Resilience Inventory (STRI; Hiew, Mori, Shimizu, & Tominaga, 2000) were used. The results of Pearson Product Moment Correlation showed significant positive relationship between authentic living, resilience and life satisfaction while significant negative relationship was found between accepting external influences, resilience and life satisfaction and between self-alienation, resilience and life satisfaction in young adults. The results of moderation through Hierarchical Regression Analysis indicated non-significant interaction between resilience and authentic personality. Authentic personality positively predicted the life satisfaction. The postgraduates had higher life satisfaction than undergraduate young adults. The findings of the study may contribute toward the field of social psychology in providing the understanding of the phenomenon of authentic personality and how it contributes to life satisfaction. Further studies may be guided by this research.
Keywords: authentic personality, resilience, life satisfaction, young adults.

Cultural Intelligence, Ethnocentrism and Sociocultural Adjustment of

Students across Provinces

Shafkat Nawaz (MPhil. 2017-2019)
Supervisor: Prof. Dr. Farah Malik

The present research investigated the relationship among cultural intelligence, ethnocentrism, and socio-cultural adjustment of Punjab University students from provinces other than Punjab. It was hypothesized that there would be a positive relationship between cultural intelligence and socio-cultural adjustment of students across provinces, and ethnocentrism would negatively relate to the socio-cultural adjustment. Ethnocentrism would show a moderating role between cultural intelligence and socio-cultural adjustment of students across provinces. The sample comprised of 150 students KPK ($n=61$), Baluchistan ($n=66$), Gilgit Baltistan (n=21), and FATA (n=2). They were approached using snowball sampling technique. The Cultural Intelligence Scale (Ang et. al., 2007) and Generalized Ethnocentrism Scale (Neulip & Mccrosky, 1997) were translated in Urdu for the study. Urdu translated version of Socio-cultural Adaptation Scale Revised Wilson & Saleem, 2014) was used. Data was analyzed through Pearson Product Moment Correlation, moderation through Hierarchical Regression, and Independent Sample *t.* test. The results showed the significant positive relationship between cultural intelligence and socio-cultural adjustment and ethnocentrism was negatively related to socio-cultural adjustment of student across provinces. Findings indicated the moderating role of ethnocentrism between cultural intelligence and socio-cultural adjustment. The findings further indicated the significant difference between students who previously had cross-cultural experience and students without experience in term of cultural intelligence and socio- cultural adjustment.
Keywords: cultural intelligence, ethnocentrism, socio-cultural adjustment

Appearance Based Teasing, Social Interaction Anxiety and Quality of Life in Individuals with Acne Vulgaris

Sara Ali (MPhil 2017-2019)
Supervisor: Dr. Iram Fatima

A correlational study was conducted to examine the relationship among appearance related teasing, social interaction anxiety, social self-efficacy and quality of life among individuals with acne vulgaris. It was hypothesized that appearance based teasing and social interaction anxiety would negatively predict quality of life while social self-efficacy would predict quality of life positively in individuals with Acne Vulgaris; social interaction anxiety would likely mediate the relationship between appearance-based teasing and quality of life; whereas, social self-efficacy would likely moderate the relationship between appearance-based teasing and quality of life. Non-probability purposive sampling strategy was used. The sample consisted of 140 patients of the age range 15-32 years with acne vulgaris from different public and private hospitals, dermatological clinics of Lahore. Assessment protocol included personal demographic sheet, Urdu versions of The Perception of Teasing Scale (Thompson, Cattarin, Fowler & Fisher, 1995), Social Interaction Anxiety Scale (Mattick & Clarke, 1998), Self-efficacy for Social Situations Scale (Gaudiano & Herbert, 2000) and Acne quality of life scale (Gupta, Johnson & Gupta, 1998). Data were analyzed using SPSS version 21. Pearson Product Moment Correlation and Multiple Hierarchical Regression Analysis were applied to generate the results. Findings showed that appearance based teasing and social interaction anxiety had significant negative relationship with the quality of life whereas, social self-efficacy had significant positive relationship with quality of life. Though, hypotheses of mediation and moderation were not supported by the findings, quality of life was positively predicted by social self- efficacy while negatively predicted by appearance-based teasing.

Keywords: appearance based teasing, social self-efficacy, social interaction anxiety, quality of life, Acne vulgaris

Personality, Self-Esteem and Ideal Partner Preferences in University Students

Syeda Muqeet ul Wara (MPhil. 2017-2019)
Supervisor: Dr. Iram Fatima

The present research was conducted to study the combined effect of self-personality and self-esteem on ideal partner's personality in university students. It was hypothesized that students were likely to prefer ideal partners with higher levels of Extraversion, Agreeableness, Conscientiousness, Open-Mindedness and lower levels of Negative Emotionality than themselves. Furthermore, people with high self-esteem were likely to prefer partners more similar to themselves than people with low self-esteem. All the self-personality traits except negative emotionality are likely to positively predict ideal partner's personality. Correlational research design was used in which the sample comprised of N=230 university students. Rosenberg Self-Esteem Scale (RSES) by Rosenberg (1965), Big Five Inventory-2 (BFI-2) by Soto and John (2017) and modified version of the Big Five Inventory-2 (BFI-2) were used to collect the data. The results suggested that university students preferred more extroverted, agreeable, conscientious and less neurotic partners than themselves evaluated by paired sample t-test. Controlling for demographic variables, self-esteem and self-personality domains in hierarchical regression, it was found that self-agreeableness, self-conscientiousness and self-open-mindedness predicted ideal partner's personality. Further, people with lower levels of self-esteem preferred dissimilar partners more than people with higher levels of self-esteem in terms of extraversion. Among demographic variables, age negatively predicted ideal partner's negative emotionality. Also, women desired extrovert partners more than men while private university students preferred extrovert partners more than public university students.
Keywords: Self-esteem, Self-personality, Ideal partner preferences

Parenting Styles, School Engagement and Character Strengths in Early Childhood

Sara Rafique (MPhil 2017-2019)
Supervisor: Dr. Iram Fatima

Present correlational study was carried out to find relationship of parenting styles, school engagement with five significant character strengths in early childhood.

It was hypothesized that parenting styles and school engagement positively correlated with five significant character strengths. Authoritative parenting style was likely to positively correlate with development of five significant character strengths. School engagement and parenting styles likely to positively predict the development of five significant character strengths (hope, love of learning, creativity, social intelligence, gratitude) in children. Sample was consisted of N=80 children with mean age of 6.75 years. Personal demographic sheet, Character Strengths Inventory in early childhood (Shoshani, 2018), Parental Authority Questionnaire (Reitman, 2002) and Student School Engagement (Fredricks, 2005) were administered. Results from multiple hierarchical regression revealed that student school engagement (behavioral, emotional and cognitive) predicted development of five significant character strengths (love of learning, creativity, hope, gratitude and social intelligence). Further, it was also found that last born children had lower levels of character strengths than first and middle born children. Among demographics, age and admission age of children predicted character strengths. Results are discussed in light of former literature, cultural context and theoretical background.

Keywords: character strengths, school engagement, parenting styles

Health Locus of Control, Social Support, Coping Strategies and Health Promoting Lifestyle Behaviors in Young Women with Polycystic Ovary Syndrome

Sahar Yaqoob (MPhil 2017-2019)
Supervisor: Dr. Iram Fatima

Correlational study was carried out to find out the relationship of locus of control (LOC) and coping strategies with health promoting lifestyles behaviors (HPLB) in 145 women with polycystic ovary syndrome (PCOS). It was hypothesized that internal LOC and powerful others LOC are likely to positively relate to HPLB. Chance LOC would likely negatively relate to HPLB. Active practical coping would likely mediate the relationship between LOC and HPLB positively, and active distractive coping would likely mediate the relationship between LOC and HPLB negatively. Moreover, social support would likely moderate the relationship between internal LOC and HPLB. Sample with the mean age of 24.75 years was taken from different government and private hospitals that were diagnosed with PCOS by the gynecologist. Personal sheet, Multidimensional

Health Locus of Control Scale (MHLC; Wallston, Wallston, & DeVellis, 1978), Coping Strategies Questionnaire (CSQ; Kausar & Munir, 2004), Multidimensional Scale of Perceived Social Support (MSPSS; Zimet, Dahlem, Zimet & Farley, 1988) and Health Promoting Lifestyle Profile II (HPLP-II Adult Version; Pender, 2011) were administered. Results from multiple hierarchical regression analyses using SPSS 21, revealed the moderated effect of social support and mediated effect of active practical coping on the relationship of LOC and HPLB and its all dimensions and mediated effect of active distractive coping on the relationship of LOC and physical activity, health responsibility and stress management. Among demographics, family system, education of mother and income also predicted HPLB. Results were then discussed in the light of previous literature, theoretical framework and cultural context.

Keywords: locus of control, coping strategies, social support and health promoting lifestyle behaviors

Parenting Stress, Parent Child Interaction, Religiosity and Parental Satisfaction in Mothers of Early Adolescents

Hira Fatima (MPhil 2017-2019)
Supervisor: Dr. Fatima Kamran

The current research investigated the influence of parental stress, parent child interaction, and religiosity on parental satisfaction. A sample of comprised of 176 mothers (N=176) including working mothers and non- working mothers, age range 30-50 years Working mothers were recruited from colleges while non – working mothers were recruited by researcher social network, referrals and personal acquaintances. Parent stress scale, Alabama short form, A scale to measure Muslim religiosity and Parenting Sense of Competence scale were used for data collection. Results indicated that parental stress had an influence on parental satisfaction. Parent child interaction mediates the relationship between parenting stress and parental satisfaction. Inconsistent discipline (subscale) did not act as a mediator between parenting stress and parental satisfaction. Religiosity acted as a moderator between parenting stress and parental satisfaction. Sociodemographic factors impacted parental satisfaction. Moreover, there was no difference of working and non- working mothers in parental stress, religiosity and parental satisfaction. Parental stress, parent child interaction, religiosity acted as predictors of parental satisfaction.

Keywords: parental stress, religiosity, parent child interaction, parental

satisfaction, working mother, nonworking mother

Psychological Intimidation, Work Family Conflict and Psychological Well-being in Bankers

Rida Ahmad (MPhil 2017-2019)
Supervisor: Ms. Shazia Qayyum

This research purported to investigate the relationship between psychological intimidation, work-family conflict and psychological well- being in bankers. A cross sectional research design was used to execute this study. It was hypothesized that an association would exist between psychological intimidation, work-family conflict and psychological well- being. It was further hypothesized that psychological intimidation and work family conflict would predict psychological well-being, and that work-family conflict would act as a moderator with psychological intimidation for psychological well-being. The sample consisted of bankers (n=300) from public and private banks of Lahore using non-probability purposive sampling technique. In addition to demographic information sheet, Negative Acts Questionnaire-Revised (NAQ-R) (Einarsen et al. 2009), Inter-Role Conflict Scale (Kopelman, Greenhaus & Connolly,1983) and General Wellbeing Scale (Dupuy, 1978) were used in the study. The Cronbach alpha of above scales was estimated to check the reliability. The data were analyzed using Pearson Product Moment Correlation and Hierarchal Multiple Regression Analysis using SPSS version 21. Results revealed that Psychological Intimidation and Work-Family Conflict had a negative correlation with Psychological Well-Being along with working hours per week. Psychological intimidation, Work-family conflict and working hours per week were found to be negative predictors of Psychological Well-Being in bankers. Moreover, it was found that Work-Family Conflict acted as a moderator with Psychological Intimidation for Psychological Well-Being. Additionally, results were discussed in terms of their implications and theoretical significance. This study will be helpful in the field of organizational psychology, findings might be used effectively in order to guide organizational interventions and theoretical developments in banking sector.

Keywords: psychological intimidation, work-family conflict, psychological well-being, psychological intimidation

Loneliness, Life Satisfaction and Psychological Wellbeing in

Divorced, Widowed and Never Married Females

Noor Fatima Saeed (MPhil 2017-2019)
Supervisor: Ms. Shazia Qayyum

The present study aimed to investigate the relationship among loneliness, life satisfaction and psychological wellbeing in divorced, widow and never married females. It was hypothesized that there would likely to be a negative relationship between loneliness, life satisfaction and psychological wellbeing. Loneliness would likely be a predictor of life satisfaction and psychological wellbeing. Further, the study assumed that civil status would act as a moderator in the relationship of loneliness, life satisfaction and psychological wellbeing. Divorced, widowed and never married females would show a difference in level of loneliness, life satisfaction and psychological wellbeing and working women will show a lower level of loneliness and higher level of life satisfaction and psychological wellbeing than non-working females. Sample for the study comprised of 300 female individuals (50 working divorced and 50 non-working divorced women, 50 working widows and 50 non-working widows, 50 working never married and 50 non-working never married) and they were recruited by using purposive sampling technique. Differential Loneliness Scale (DLS) (Schmidt & Sermat, 1983), Satisfaction with Life Scale (SWLS) (Diener, 1985) and General Wellbeing Scale (Dupuy, 1978) were used for assessment. Descriptive statistics were calculated to assess means, standard deviation and frequencies of the variables. Correlational research design technique was used to study correlations, one-way ANOVA and Independent sample t test were used to study differences and regression was used for prediction and moderation. The results indicated negative relationship between loneliness, life satisfaction and psychological wellbeing. Loneliness predicted life satisfaction and psychological wellbeing and civil status acted as a moderator in the relationship of loneliness, life satisfaction and psychological wellbeing. Working women had lower level of loneliness and higher level of life satisfaction and psychological wellbeing than non-working females. Whereas, there was no difference on level of loneliness, life satisfaction and psychological wellbeing in divorced, widowed and never married females.

Keywords: loneliness, life satisfaction, psychological wellbeing, divorced females

Proactive Personality, Career Anchors and Organizational Citizenship Behavior among Service Rendering Professionals

Asifa Zahid (MPhil 2017-2019)
Supervisor: Ms. Shazia Qayyum

Present research was conducted to explore relationship among Proactive Personality, Career Anchors and Organizational Citizenship Behaviors (Organizational and Interpersonal), of Service Rendering Professionals. It was hypothesized that Proactive Personality, Career Anchors (Autonomy, Security, General Management, Technical Function, Entrepreneurial Creativity, Lifestyle, Pure Challenge and Service Dedication) would have a positive relationship with Organizational Citizenship Behaviors (Organizational and Interpersonal). It was also hypothesized that there would be mediation among Proactive Personality, Career Anchors and Organizational Citizenship Behaviors (Organizational and Interpersonal). A purposive sample of 180 service rendering professionals were accessed for the study. The Proactive Personality Scale (Bateman & Crant, 2000), Career orientation inventory (Schein, 1990), and Organizational Citizenship Behavior Scale (Spector, Bauer, & Fox, 2010) were used to measure the variables. Pearson Product Moment Correlation and Hierarchical Multiple Regression (Mediation according to Barren & Kenny) were applied for Statistical Analysis. Results indicated that Anchors based on Personal Needs (Autonomy and Security) and talent Based anchor (Entrepreneurial Intentions) acted as the mediators for Organizational Citizenship Behaviors-Organizational and Organizational Citizenship Behaviors-Interpersonal. These results have vast implications in the field of organizational psychology, as the concerned departments or institute can consider these factors and their role in citizenship behaviors of their workers and employees to improve productivity, organization-employee satisfaction and strengthening of careers of employees. Increasing role of proactive personality can be focused by recruitment teams and managers for choosing most suitable employees for organizations. Findings of this study also imply that workplace environment can become adaptable and comfortable for everyone if organizational citizenship behaviors are performed and their role for interpersonal and organizational dimension is emphasized by organizations and individuals.

Keywords: proactive personality, career anchors, organizational citizenship behaviors, Service rendering professionals.

Personality, Workplace Incivility and Organizational Commitment in Private Sector Employees

Rimsha Aiman (MPhil 2017-2019)
Supervisor: Ms. Shazia Qayyum

This research aimed to investigate relationship of personality and workplace incivility with organizational commitment in private sector employees. It was hypothesized that an association and prediction would exist between personality and workplace incivility with organizational commitment. The sample consisted of private sector managerial level employees (n=208) using non-probability purposive sampling technique. In addition to demographic information sheet, The Big Five Inventory (Rammstedt & John, 2007), The Workplace Incivility Scale (Cortina, Magley, Williams, & Langhout, 2001) and Three-Component Organizational Commitment Questionnaire (Meyer & Allen, 1997) were used to assess the relationship. The data was analyzed using Pearson Product Moment Correlation and Hierarchal Multiple Regression Analysis using SPSS version 20. Results indicated that Extroversion, Conscientiousness and Openness to Experience had a positive while neuroticism had a negative relationship with Affective Commitment. Conscientiousness and Neuroticism had a positive while Extroversion and Openness to Experience had a negative relationship with Continuance Commitment. Agreeableness and Conscientiousness had a positive and Extroversion had a negative relationship with Normative Commitment. The present study also indicated that Incivility had a negative relationship with Affective Commitment and positive relationship with Normative and Continuance Commitment. Study also revealed that Extraversion was positive while Neuroticism was a negative predictor of Affective Commitment. Conscientiousness, Neuroticism and gender were positive predictors of Continuance Commitment. Extraversion and Openness to Experience were negative predictors of Continuance Commitment. Agreeableness, Conscientiousness and gender were positive while Extraversion was negative predictors of Normative Commitment. Incivility was a negative predictor of Affective Commitment. Incivility was a positive predictor of Continuance and Normative Commitment. Moreover, according to moderation analysis Incivility acted as a moderator with Agreeableness and Neuroticism for Continuance Commitment. Incivility acted as a moderator with Neuroticism for Normative Commitment. This study would be helpful in the field of organizational psychology and in all organizational fields, would be beneficial in understanding

the concerns of employees which would increase the commitment and would benefit the organization.

Keywords: personality, workplace incivility, organizational commitment and private sector employees.

Interactional Justice, Personality and Counterproductive Work Behavior in Police officers

Amna Maqsood (MPhil 2017-2019)
Supervisor: Ms. Shazia Qayyum

This research aims to investigate relationship among Interactional Justice, Personality and Counterproductive Work Behavior. It was hypothesized that an association would exist among Interactional Justice (Interpersonal and Informational Justice), Personality (Extraversion, Conscientiousness, Agreeableness, Neuroticism and Openness to Experience) and Counterproductive Work Behavior. The sample consisted of police officers (n=209), selected from Lahore using non-probability purposive sampling technique. In addition to demographic information sheet, Organizational Justice Measure (Colquitt, 2001), The Big Five Inventory (BFI-10) (Rammstedt & John, 2007) and Counterproductive Work Behavior Checklist (Spector, 2006) were used. The data were analyzed using Pearson Product Moment Correlation and Hierarchal Multiple Regression Analysis using SPSS version 20. The present study indicated that Interactional Justice i.e., (Interpersonal & Informational Justice) had a negative relationship with Counterproductive Work Behavior. Extraversion and Neuroticism had positive while Conscientiousness, Agreeableness and Openness to Experience had a negative relationship with Counterproductive Work Behavior. Moreover, according to moderation analysis, Personality trait i.e., Conscientiousness acted as a moderator with Interactional Justice (i.e., Interpersonal and Informational Justice) for Counterproductive Work Behavior. This study would be helpful and beneficial in the field of organizational psychology and in all industrial fields, in understanding the concern of employees regarding Interactional Justice (Interpersonal & Informational Justice), Personality Traits (Extraversion, Conscientiousness, Agreeableness, Neuroticism and Openness to Experience) and Counterproductive Work Behavior which would otherwise increase the employee's determination and ultimately benefit the organization.

Positive Emotions, Transcendence and Wellbeing in University Students

Talha Aziz (MPhil 2017-2019)
Supervisor: Dr. Afsheen Masood

Positive emotions and transcendence in the form of psychological resources and positive affective state nourish factors which are mandatory to enhance one's well-being. The primary goal of the present research was to examine the relationship between positive emotions (gratitude, hope, and optimism), transcendence (self-transcendence, and spiritual transcendence), and PERMA Well-being. Initially, in phase one, a try-out sample was administered with tools by the researcher. Later on, main study was conducted on a sample of 300 university students. Sample was drawn by convenient purposive sampling from Punjab University and University of Sargodha. Gratitude was quantified by The Gratitude Questionnaire-Six Item Form (McCullough, Emmons, & Tsang, 2002), hope was quantified by The State Hope Scale (Snyder, 1996). Optimism was measured by optimism-pessimism 2 scale (Kemper, Kovaleva, Beierlein, & Rammstedt, 2011). Self-transcendence was operationalized and measured by self-transcendence scale (Reed, 1986). Spiritual transcendence was estimated by Assessment of Spirualty and Religious Sentiments Scale (Piedmont, 2004). PERMA Well-being dimensions were measured by The PERMA profiler (Butler & Kern, 2016). SPSS Amos-21 and SPSS-22 were used for data analysis. Results revealed that positive emotions (gratitude, hope, and optimism), transcendence (self-transcendence and spiritual transcendence), and PERMA Well-being dimensions were positively related to each other. Transcendence mediated the relationship between positive emotions and PERMA Well-being. There was significant impact of gender on hope, spiritual transcendence, and all the dimensions of PERMA Well-being. Impact of age on all study variables was non-significant.
Keywords: Positive emotions, Self-transcendence, Spiritual transcendence, PERMA Well-being

Parenting Self-Efficacy, Mindful Parenting and Psychological Well- Being in Parents of Children with Developmental Disabilities

Shaista Riaz (MPhil 2017-2019)
Supervisor: Dr. Afsheen Masood

This research has been designed to investigate parenting self-efficacy, mindful parenting and psychological well-being in parents of children with developmental disabilities. It was hypothesized that parenting self- efficacy would likely predict the psychological well-being in parents of children with developmental disabilities. It was further hypothesized that mindful parenting would likely mediate the relationship between parenting self-efficacy and psychological well-being. Case control research design was employed through which parents of children with developmental disabilities were compared with parents of children with typical development. The sample comprised of parents of children with developmental disabilities n= 75, and parents of children with typical development n=150, within age ranges of 30 to 50 years, systematically matched on parameters of age, education and age of the child. The measures included Parental self-efficacy scale; Bangor Mindful Parenting Scale (2014) and Mental Well-being scale (WEMWBS; Stewart-Brown et al., 2009) in addition to demographic `information sheet. SPSS was used to execute the descriptive and inferential analysis while AMOS was used to run the prediction analysis. The findings would help in devising psycho-education measures and counseling programs for parents of children with developmental disabilities.

Keywords: parenting self-efficacy, mindful parenting, mental wellbeing, self-efficacy, children with developmental disabilities

Maternal Role Transition, Body Image Concerns, Perceived Social Support and Parenting Stress in First Time Mothers

Shazia Aslam (MPhil 2017-2019)
Supervisor: Dr.Afsheen Masood

The present study was designed to determine the relationship among maternal role transition, body image concerns, perceived social support and parenting stress in first time mothers. It was hypothesized that body image concerns would mediate the relationship between perceived social support, maternal role transition and parenting stress. The perceived social support was hypothesized to moderate the relationship between maternal role transition, body image concerns and parenting stress. The sample comprised of 150 first time mothers (married women), recruited through nonprobability purposive sampling technique form different hospitals of Lahore. In order, to measure study constructs, Parenting

Sense of Competence Scale (Ohan, Leung & Johnston, 2000), Body Image Concern Scale (Davidson, 2008), Multidimensional Perceived Social Support Scale (Zimet, Dahlem, Zimet & Farley, 1988) and Parental Stress Scale (Berry & Jones, 1995) were used. SPSS version 23.00 was used to execute the descriptive and inferential analyses. Pearson Product Moment Correlation Analysis revealed that there was a significant positive relationship between the study constructs. Findings also revealed that efficacy, social support from family, friends and significant others carry significant and direct effects on body image concerns whereas, body image concerns have significant direct effect on parenting stress. Further it was revealed that social support as unitary variable emerged as a significant predictor of maternal stress. Body image concerns surged as a distinctive mediator in the relationship between friends' support and parenting stress. Findings carry significant implications for health psychologists and developmental psychology researchers.

Keywords: maternal role transition, body image concerns, perceived social support, parenting stress

Collective Responsibility and Genocide in Myanmar using Discourse Analysis

Palvisha Iqbal (MPhil 2017-2019)
Supervisor: Dr. Mujeeba Ashraf

The aim of present research was to give arguments through the body of text that how collective responsibility can reduce genocide in Myanmar using four online news articles as a research source material. Genocide is defined as the killing of people because of their indelible group membership on the bases of discrimination over race, ethnicity, religion, language (Rummel, 1997). Collective responsibility is a moral responsibility that pertains to nation-states contemplating humanitarian armed intervention in international social conflicts (Miller, 1998). Qualitative research design was used for the study. Research questions were: what are the crises of Burmese Muslims that need to be addressed through collective responsibility? How collective responsibility is required in Myanmar to resolve genocide on Burmese Muslims? How collective responsibility can be helpful in reducing genocide crises of Myanmar? Discursive Psychology Approach to Discourse Analysis was chosen for this research because it studies how discourse is action-oriented (Potter, 2003). That is, in talking and writing writer is primarily carrying out actions (Wiggins & Potter,

2007). To assist with the coding of the data and identification of emergent themes in order to give answers to research questions, NIVIVO version 11 software was used. Results were discussed in the light of prior literature. It was found that collective responsibility can reduce genocide with the help of international assistance and arguments. This research would give direction that how collective responsibility, if fulfilled, at international level can play an important role in controlling genocide in Myanmar. Moreover, this study will pay attention towards the Burmese Muslims who need support at international level.

Keywords: collective responsibility, genocide, Myanmar, Burma, social conflicts

Weight Self-Stigma, Social Identity Threat and Personal Self-Esteem in Young Obese Adults

Eza Rabab (MPhil 2017-2019)
Supervisor: Dr. Mujeeba Ashraf

The current research was conducted to investigate the relationship among weight self-stigma, social identity threat and personal self-esteem in young obese adults. This research further aimed to identify the mediating role of social identity threat on the relationship between weight self-stigma and personal self-esteem in young obese adults. Correlational research design was used in the current research. The sample (N=150) consisted of young obese adult students both men and women, recruited through non-probability purposive sampling strategy. Weight Self Stigma Questionnaire (Lillis, Luoma, & Hayes, 2010), the everyday Discrimination Scale (Williams, Yu, Jackson, & Anderson, 1997) and the Rosenberg Self-Esteem Scale (Rosenberg, 1965) were used. Pearson Product Moment Correlation and Multiple Hierarchical Regression Analysis were conducted. The results revealed that weight self-stigma was a significant negative predictor of personal self-esteem. Moreover, weight self-stigma was significant positive predictor of social identity threat and social identity threat was a significant negative predictor of personal self-esteem. The result also revealed that social identity threat had fully mediated the relationship between weight self-stigma and personal self-esteem in young obese adults after controlling for gender, employment status, family structure and marital status. Female young obese adults had lower personal self-esteem as compared to male young obese adults. Further, young obese adults living in broken families had low personal self-esteem than young obese adults living in intact families. Implications of this

study included insight for counselors and clinical psychologists to better understand the experiences of those who have weight based social identity threat. This will help them in making therapeutics plans and strategies to improve their self-esteem and making them fully functioning individuals.

Keywords: personal self-esteem, young obese adults, social identity threats, weight self-stigma

Organizational identification, Work Motivation and Contextual Job Performance in Information Technology Sector Managers

Afshan Naeem (MPhil 2017-2019)
Supervisor: Dr. Mujeeba Ashraf

The present study was conducted to investigate the relationship among organizational identification, work motivation and contextual job performance in information technology sector managers. This research further aimed to investigate the mediating role of work motivation on the relationship between organizational identification and contextual job performance in IT sector managers. Correlational research design was used in the current research. The sample (N=150) comprised of managers from information technology sector including, men and women, recruited through non-probability purposive sampling technique. Social identification Scale (Cameron, 2004), Motivation at Work Scale (Gagen et al., 2010) and Contextual Performance Scale (Koopmans, 2015) were used. Pearson Product Moment Correlation and Multiple Hierarchical Regression Analysis were conducted to infer to proposed hypothesis. Results have shown that organizational identification was a significant positive predictor of contextual job performance. Organizational identification was significant positive predictor of work motivation as well as work motivation was a significant positive predictor of contextual job performance. The results revealed that work motivation had fully mediated the relationship between organizational identification and contextual job performance in IT sector managers after controlling marital status and family system. Married IT sector managers had lower contextual job performance as compared to unmarried IT sector managers. Further, IT sector managers from nuclear family system had lower contextual job performance than IT managers from joint family system. Findings of this research have implications for IT industry in Pakistan which has contributed significantly to economic growth, foreign exchange earnings and employment generation as well as it provides a

better understanding of increasing the motivation of employees that will eventually enhance their productivity.

The Role of Political Ideology in Shaping Perceptions and Policy Making

Muzamal Tahir (MPhil 2017-2019)
Supervisor: Dr. Mujeeba Ashraf

The present study aimed to investigate the perceptions of people regarding the political ideology of Pakistan Tahreek Insaaf (PTI), its performance and policy making. The study is based on expectation confirmation theory which explained that an individual's perceptions are changed by a lack of congruence between an individual's prior performance expectations, and the actual performance that individual experienced once the political party come into the Government (Oliver,1980). To study whether the perception of PTI voters remained the same in reference to the party performance or policy making after making government of PTI or not, an interview study based on phenomenology approach was carried out on the sample of twenty PTI voters in 2018. The mean age of the participants is (M=26.85). Purposeful sampling technique was used to collect the data. The thematic analysis showed that people voted for PTI on the basis of ideology, the perception of people regarding the fulfillment of promises current government made before elections and after completing six months in the office is not satisfactory but according to participants PTI had no prior experience of governance so, it should be given chance i.e., its proper democratic tenure which is five years and after that its performance should be judged.

MS Health Theses

Fear of Negative Evaluation, Social Support and Well-being in people with Vitiligo.

Mutminna Zainab (MS Health psychology 2014-2016)
Supervisor: Prof. Dr. Rafia Rafique

The present study investigated the Fear of Negative Evaluation (FNE), Social Support (from significant others, family and friends) and Well- being (emotional, social and psychological) in people with Vitiligo. It was hypothesized that there would be a negative relationship between FNE, Social Support and Well-being and positive relationship between Social Support and Well-being. It was hypothesized that FNE and Social Support were likely to predict Well-being. It was also hypothesized that Social Support is likely to moderate the relationship between FNE and Well-being. Correlational research design was used for the present study. Non-probability purposive sampling technique was used to collect the sample (N=122) of people with skin condition, Vitiligo. English scales translated into Urdu were used. Assessment measures consisted of demographic and Clinical Information Sheet, Brief Fear of Negative Evaluation (BFNE) (Leary, 1983), Multidimensional Scale of Perceived Social Support (MSPSS) (Keyes et al., 2008). Brief Fear of Negative Evaluation Scale was translated into Urdu. Pearson Product Moment Correlation was used to assess the relationship between the study variables. Hierarchical Moderated Multiple Regression analysis was used to test the prediction and moderation. Fear of Negative Evaluation negatively predicted Well-being (Emotional and Psychological) Social Support from significant others and friends predicted Social Well-being. Social Support from family predicted Emotional and Psychological Well- being. A significant negative relationship found between FNE and Social Support from significant others and Well-being (Emotional, Social and Psychological). It was also found that Social Support from significant others moderated the relationship between FNE and Emotional Well-being and Social Support from family moderated the relationship between FNE and Social Well-being. The theoretical implications of this study lay its contribution to the field of health and counseling psychology. The study will be helpful for the wellbeing experts, psychologists and doctors to help people with Vitiligo. The study would lead to further researches to fill in the gap of knowledge regarding psychological aspects of the condition.

Keywords: fear of negative evaluation, social support, well-being, social well-being, emotional well-being

Appearance Distress, Self-consciousness and Quality of life in Acne vulgaris patients

Arooba Nasar (MS Health psychology 2017-2019)
Supervisor: Prof. Dr. Rafia Rafique

The present study aimed to investigate Appearance Distress, Self- consciousness and Quality of life in Acne vulgaris patients. It was hypothesized that there is likely to be a negative relationship between appearance distress and quality of life. It was also hypothesized that self-consciousness would mediate the relationship between appearance distress and quality of life. Correlational research design was used for present study. Sample drawn from G-Power was comprised of ($N=120$) acne vulgaris patients from dermatology outpatient department of different hospitals (Jinnah, Mayo, General hospital). Patients were taken through purposive sampling technique. Data was collected by using Derriford Appearance Scale (DASS) (Moss, 1997) to assess distress and difficulties encountered by patients with disfiguring conditions, Dermatology Life Quality Index (DLQI) (Finlay & Khan, 1994) that is an extensively used questionnaire relevant to a range of dermatological conditions and Self-consciousness Scale (SCS) (Scheier & Carver, 1985). Pearson Product Moment Correlation and Linear and Step Wise regression and Mediation Analyses were conducted for data analysis. Results showed that there was a negative relation between appearance distress and quality of life. This study would help healthcare providers to be aware of the changes and distresses that these acne vulgaris patients go through and provide specific information and psychological support to more vulnerable patients. The results would have implications for psychological treatment strategies, particularly cognitive behavioral therapeutic interventions that should address patient factors to improve self-perception and quality of life (QOL).

Keywords: appearance distress, self-consciousness, quality of life, self-perception, psychological support

Relationship between Functional Impairment and psychological distress: Moderating Role of coping strategies in patients with Rheumatoid Arthritis

Farah Deeba (MS Health Psychology 2017-2019)
Supervisor: Prof. Dr. Rafia Rafique

The present study was conducted to investigate the relationship among functional impairment, coping strategies and psychological distress in patients with rheumatoid arthritis. It was hypothesized that there is likely to be a positive relationship between functional impairment and psychological distress. It was also hypothesized that Coping strategies are likely to moderate the relationship between functional impairment and psychological distress. Correlational research design and purposive sampling was used to collect sample of ($N=140$, $M=35.27$, $SD=20.75$), patients with a confirmed diagnosis of rheumatoid arthritis (RA). The sample was taken from Rheumatological clinic of Sheik Zayad hospital Lahore and General hospital Lahore. The Kessler psychological Distress Scale (K10, 1992) was used to measure psychological distress, CSQ –R scale Englbrecht, (2012) was used to measure coping strategies and Stanford HAQ 20-Item Disability Scale was also used to measure functional impairment. Results showed that there was a positive relationship between functional impairment and psychological distress. This study enhances the understanding of functional impairment and psychological distress in rheumatoid arthritis. This research will help the rheumatic professionals to understand and find areas to improve therapeutic intervention strategies and to work more on coping ways that will affective for patients.
Keywords: functional impairment, coping strategies, psychological distress rheumatoid arthritis

Health Literacy, Doctor Patient Relationship and Medication Adherence in Patients with Renal Condition of End Stage Renal Disease

Taqdees Fatima (MS Health Psychology (2017-2019)
Supervisors: Prof. Dr. Rafia Rafique, Mr.Ghulam Ishaq

The present study aimed to investigate the relationship between Health Literacy, Doctor Patient Relationship and Medication Adherence in Patients with Renal Condition of End Stage Renal Disease. It was hypothesized that there is likely to be a positive and predictive relationship between health literacy and medication

adherence in patients with Renal Condition of End Stage Renal Disease. It was also hypothesized that there is likely to be a positive and predictive relationship between doctor patient relationships and medication adherence in these patients. Doctor patient relationship is likely to mediate the relationship between health literacy and medication adherence. Correlational research design was used for present study. A total sample of (N=120) including 52 men and 68 women, with age range 20-70 years were selected. Patients were recruited from Govt. and Private Kidney Wards and Centers through purposive sampling technique. Data was collected by using All Aspects of Health Literacy (AAHLS) (Deborah & Catherine, 2013) to assess health literacy, Doctor Patient Depth of Relationship (DPDR) (Rid M. et al., 2009) to assess relationship between doctors and patients & Medication Adherence Report Scale (MARS-5) (Horne R., 1999) to measure medication adherence. Pearson Product Moment Correlation and Regression Analysis were conducted for data analysis. Findings revealed that health literacy and doctor patient's relationship were positively related with medication adherence, while health literacy was a predictor of doctor patient relationship and doctor patient relationship was also a predictor of medication adherence. The present study explored the importance of a new area of expertise for doctors and health professionals as it was proved that doctor and patient's relationship has a positive effect on health outcomes of patients. It also highlights the importance of health literacy for medication adherence.

Keywords: health literacy, doctor-patient relationship, medication adherence, renal disease

Sleep Quality, Emotional Regulation and Mental health in post Graduate Students

Anum Masood (MS Health psychology 2017-2019)
Supervisor: Prof. Dr. Rafia Rafique

The present study was conducted to investigate the relationship among sleep quality, emotion regulation (cognitive reappraisal, emotion regulation) and mental health in post graduate students. It was hypothesized that there is likely to be positive relationship between sleep quality and mental health. It was also hypothesized that emotion regulation is likely to have mediating effect on mental health. Further it was hypothesized that there is likely to be a positive relationship between emotion regulation (cognitive reappraisal) and mental health and a negative relationship between emotion regulation (emotional suppression) and

mental health. Sample size was ($N=115$). Purposive sampling was used to collect data from post graduate students. Data was collected by using Pittsburgh Sleep Quality Index to measure the sleep quality (Buysse, 1988), emotion regulation questionnaire for emotion regulation (John, 2003), Warwick-Edinburg Mental Well-being Scale (WEMWBS) to measure mental health (Brown, 2005). Result of the study revealed that there was positive relationship between sleep quality, emotion regulation (cognitive reappraisal) and mental health and a negative relationship between emotion regulation (emotional suppression) and mental health. This study focused on the understanding of relationship between sleep quality and mental health among post graduate students.

Keywords: sleep quality, emotional regulation, mental health, emotion regulation

Caregiver Burden and Psychological Distress; Moderating Role of Coping Strategies among the Caregivers of Patients with Vascular Dementia

Saima Azam (MS Health Psychology 2017-2019)
Supervisor: Prof. Dr. Rafia Rafique

Present study was carried out to examine the relationship among caregiver burden (CB), coping strategies (CS) and psychological distress (PD) in the caregivers of the patients with vascular dementia. A purposive sample of caregivers (N = 110) of different government and private hospitals of Lahore were included in this study. Correlational survey research design was undertaken in order to accomplish the current study. Urdu version of Zarit Burden Interview (Zarit, 1990)**,** Ways of Coping Questionnaire (Folkman & Lazarus, 1984), and Kessler Psychological Distress Scale (Kessler, 2003) were used for assessment. Appropriate analyses were carried out to analyze data through SPSS-21 version. Multiple regression analysis revealed a significant interaction between emotion focused coping and caregiver burden. Further emotional focused coping negatively predicted psychological distress. Implications of this study and suggestions for future empirical exploration of the constructs are discussed.

Keywords: caregiver burden, coping strategies and psychological distress.

Health Beliefs, Perceived Social Support and Health Promoting Lifestyle in Patients with Myocardial Infarction

Maria Anum MS Health Psychology 2015-2017
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The present study was designed to investigate the relationship among health beliefs (perceived susceptibility, perceived severity, and perceived benefits/barriers), perceived social support and health promoting lifestyle in patients with Myocardial Infarction. It was hypothesized that there is likely to be a moderating effect of perceived social support between health beliefs and health promoting lifestyle. It was also hypothesized that there is likely to be positive relationship between patient's awareness about chronic condition and health promoting lifestyle of patients with MI. Correlational research design was used to examine the proposed hypotheses. Convenient sampling technique was used in order to recruit the sample and sample comprised of (N=100) male patients with onset of acute myocardial infarction (AMI) with an age range above 30 years (M=49.84, SD=11.92). Health Beliefs related to Cardiovascular Disease (HBC D) (Tovar, 2007), Multidimensional Scale for Perceived Social Support (MSPSS) (Zimet, Dahlem, Zimet, Farley, 1988) and Health Promoting lifestyle profile II (Walker, Sechrist, & Pender 1995) were used to assess the constructs. The result showed that perceived susceptibility, perceived severity, and perceived benefits were positively related with health promoting lifestyle whereas, perceived barriers had a significant negative relationship with health promoting lifestyle in patients with Acute Myocardial Infarction. Results explained that there is significant positive relationship between patient's awareness and health promoting lifestyle. Hierarchical regression indicated that social support plays a moderating role between health beliefs and health promoting lifestyle in patients with AMI.

Keywords: health beliefs, perceived social support, health promoting lifestyle, myocardial infarction

Rejection Sensitivity, Existential Vacuum and Psychological Well-Being among Residents of Old Age Homes

Kashmala Shakeel (MS Health Psychology 2017-2019)
Supervisor: Prof. Dr. Rafia Rafique

The present study aimed to investigate Rejection Sensitivity, Existential Vacuum and Psychological Well-Being among Residents of Old Age Homes. Convenient sampling technique was used in this study. It is a quantitative research with correlational research design. The study was conducted using translated versions of the tools i.e. (RSPWB) Ryff scale of psychological well-being (1989), (A-RSQ) Rejection Sensitivity Questionnaire, Adult version (Downey & Feldman, 1996), and Purpose in life test (Crumbaugh & Maholick, 1964). Scales used in this study were internally consistent. Sample drawn from G-Power comprised of (N=120) residents of old age homes from different old homes (Balquis Edhi Homes, Kainat Parent Care and Old Age Home, Social Welfare Complex). The main hypothesis was, Rejection Sensitivity is likely to negatively correlated with Psychological Wellbeing and Existential Vacuum among residents of old age homes. Rejection sensitivity is likely to predict psychological wellbeing negatively in residents of old age homes. Existential vacuum is likely to mediate the relationship between rejection sensitivity and psychological wellbeing. The results revealed that there was a significant negative relationship between Rejection Sensitivity, Existential Vacuum and Psychological Wellbeing whereas Existential vacuum was found to be a significant mediator between rejection sensitivity and psychological wellbeing, and males tend to have poorer psychological wellbeing as compared to females. This study would help us to work on residents of old age home's wellbeing and mental health and screen out their psychological complications and make therapeutic interventions for them to improve their self-perception and quality of life (QoL).
Keywords: psychological well-being, rejection sensitivity, existential Vacuum

Testing the Health Belief Model for Prevention of Osteoporosis in Female Adolescents

Iqra Ramzan (MS Health Psychology 2017-19)
Supervisor: Prof. Dr. Farah Malik

The present study investigated the effect of educational awareness based on Health Belief Model about osteoporosis on calcium intake in experimental group and control group in female adolescents. It was hypothesized that there would be difference between the experimental and control group in terms of osteoporosis health belief scale and calcium intake.; Perceived susceptibility, severity, benefits (exercise & calcium intake), self-efficacy (exercise & calcium intake) would be positively related to intake of calcium at pre and post assessment. Moreover, perceived barriers (exercise and calcium intake) would be negatively related to calcium intake.; Educational intervention based on HBM would improve the preventive health behaviors about the osteoporosis among female adolescent students in experimental group. Experimental research design was used. A convenient sample of 108 adolescent females (experimental group=54, control group=54) with age range of 17-18 years (M=17.22, SD=.95; M=17.22, SD=95) was drown from the School of Advance Studies Samanabad. Food list for calcium intake (American Association for Nutrients, 2017) was modified and translated by the researcher in form of Food Frequency Questionnaire-Ca. Urdu version of Osteoporosis Health Belief Scale and Self-Efficacy Scale (Kim, Horan, Gendler, & Patel, 1991) were used. The results of Paired sample t-test showed significant differences among mean and standard deviation of both experimental and control groups. The results of Pearson Product Moment Correlation revealed that perceived susceptibility, severity, benefits of exercise and calcium, health motivation and self-efficacy of exercise were positively correlated and perceived barriers were negatively related to calcium intake. The results of repeated measure t-test showed that educational awareness improved the calcium intake in experimental group. The study would contribute in the field of experimental research related to osteoporosis providing in- depth understanding of behavioral occurrence and help in development and evaluation of the programs to promote calcium intake.

Keywords: health belief model, osteoporosis self-efficacy, intake of calcium, female adolescents.

Psychosocial factors influencing Work Family Balance and Job Satisfaction among Post Graduate Trainees of Gynae

Zainab Raza (MS Health Psychology 2013-2015)
Supervisor: Dr. Fatima Kamran

The study was conducted to find out the role of psychosocial factors in influencing work family balance and job satisfaction among post graduate trainees of gynae. It was hypothesized that work family balance would act like a mediator between psychosocial factors (personality, self- efficacy, social support, life orientation) and job satisfaction of women PG trainees of gynae. Correlational research design was used. The sample of 95 married women doing post- graduate trainees of gynae were selected from different hospitals of Lahore with the age range of 24-32 years, M (SD)=27.95(2.46). General self-efficacy scale by Schwarzer and Jerusalem (1995), ten item personality inventory by Gosling, Rentfrow and Swann (2003), Multidimensional Scale of Perceived Social Support by Zimet, Powell and Farley (1988), Life Orientation Test-Revised version by Carver, Scheier, and Segerstrom (2010), Work Family Balance Measure by Carlson and Grzywacz 2007, and Work Satisfaction Scale by Bovier and Perbeger (2003) were used to assess self-efficacy, personality, social support, life orientation, work family balance, and job satisfaction respectively. Correlational analysis, mediation through hierarchical regression analysis and t-test were used for analyses. Mostly the women gynecologists were satisfied with their job and had better work family balance. The present study showed that work family balance acted like a mediator between extraversion personality trait, self-efficacy, social support of family and friends and job satisfaction. Women gynecologists in later stage of post graduate training appeared to have difficulties in maintaining work and family balance than those who are at initial level of training. Women gynecologists who lived in nuclear family systems showed more work family balance than those who live in joint family system.

Keywords: personality, self-efficacy, social support, life orientation, job satisfaction

Psychosocial Factors as Predictors of Illness Perception and Psychological Distress in Young Adults with Hypertension

Rukhshanda Younas (MS Health Psychology 2013-2015)
Supervisor: Dr. Fatima Kamran

The current study was conducted to investigate the role of psychosocial factors including; life orientation, demographics, clinical and personality factors in influencing illness perception and psychological distress in young adults with hypertension. The sample consisted of ($N=80$) hypertension patients with age range 20-40 years were included. A correlational research design was used. It was hypothesized that there would likely be a relationship between psychosocial factors (Personality, life orientation, demographics and clinical factors), illness perception and psychological distress. Secondly, it was hypothesized that their illness perception would mediate relationship between psychological factors (Personality and life orientation) and psychological distress. The assessment measures used in present study included; The Brief Illness Perception Questionnaire (Broadbent, Petrica, Mania & Weinmanb, 2006). The Kesseler Psychological Distress Scale (K-10) (Kesseler, 2001), Revised Life Orientation Test (LOT-R) (Scheier, Carver, & Bridges, 1994) and The Big Five Inventory-10 (BFI-10) (Rammstedlt and John, 2007). Pearson Product Moment Correlation and Mediation through Hierarchical regression analysis were used in the study. The findings revealed that most of the participants appeared to have psychological distress ($M=28.60$, $SD=5.94$) with poorer illness perception ($M=57.02$, $SD=10.60$). The results also revealed that illness perception did not mediate the relationship between personality, life orientation and psychological distress. This research would be helpful in developing understanding about perception of hypertension and how perceptions about hypertension influence psychological distress.
Keywords: personality, life orientation, illness perception, psychological distress.

Doctor Patient Relationship and Clinical Predictors of Medication Adherence in Individuals Living with Chronic Conditions

Sitara Kanwal (MS Health Psychology 2014-2016)
Supervisor: Dr. Fatima Kamran

A cross-sectional study investigated the relationship of doctor patient relationship and clinical predictors (duration of illness, severity of the illness, and comorbidities) on medication adherence in individuals living with chronic

conditions. It was hypothesized that doctor patient relationship and clinical factors lead illness perceptions and medication adherence would be affected based on the consequence of illness perception. The sample consisted of 144 individuals living with chronic conditions. Personality was assessed as a covariate. Big Five Inventory BFI-10 (Rammstedt & John, 2007) was used to assess personality. While for the assessment of illness perceptions and doctor patient relationship, Brief Illness Perception Questionnaire (Broadbent, 2006) and Patient Doctor Depth of Relationship Scale (Ridd, Lewis, Peter & Salisbury, 2011) were used respectively. Morisky Medication Adherence Rating Scale (MMRS) (Morisky, 2008) was used to measure medication adherence of the individuals living with chronic conditions. Descriptive analysis was calculated. Correlational and Multiple Regression Analysis were used for further investigation. It was found that there was no significant correlation among

doctor-patient relationship, illness perceptions and medication adherence. It is concluded that socio- demographics and clinical factors had no significant relationship with medication adherence, but they had relationship with illness perceptions.

Keywords: medication adherence, illness perception, doctor-patient relationship

Attitude towards weight Loss, Physical Exercise, Food Intake, and Weight Reduction in Obese Adults

Salma Asghar (MS Health Psychology 2017-2019)
Supervisor: Dr. Fatima Kamran

The present study was designed to explore the relationship among attitudes towards weight loss, physical exercise, food intake and weight reduction. The purpose of the study was to examine the moderating effect of physical exercise between food intake and weight reduction. Furthermore, it aimed to investigate the mediating effect of food intake between attitude towards weight loss and weight reduction. The estimated sample size through G-power comprised of (N=120) overweight and obese (males and females) young adults. Non-probability purposive sampling strategy was used. Demographic Information Sheet, Clinical Information Sheet, SIBLE Supplementary 3 English Questionnaire (SIBL-SEQ), The Three Factor Eating Questionnaire (TEFQ), Godin Leisure Time Physical Exercise Questionnaire (GLTPEQ) were administered as assessment tools. Pearson Product Moment Correlation, Independent Sample t-test, Hierarchal Multiple Regression Analysis were used to test the hypothesis. The results of the study revealed that attitude towards

weight loss tend to have significant influence on weight reduction in young adults. Food intake was not a significant mediator of weight reduction. Similarly, physical exercise was also not the moderator of weight reduction. Males indulged more in exercise practices as compared to females.

Keywords: attitude towards weight loss, physical exercise, food intake, weight reduction

Psychosocial Predictors of Perceived Quality of Life in Patients with Vitiligo

Iqra Nazar (MS Health Psychology 2017-2019)
Supervisor: Dr. Fatima Kamran

The present study was designed to investigate the psychosocial predictors of perceived quality of life (QoL) in patients with Vitiligo. The aim of the research was to investigate how most people with Vitiligo perceive their quality of life. Furthermore, it aimed to examine the psychosocial aspects associated with Vitiligo and to identify issues that act as barriers or facilitating factors influencing their quality of life. A cross-sectional research design was used for present study. The estimated sample size through G-power was consisted of ($N=120$) exposed, unexposed and having both types (exposed/unexposed) of Vitiligo patients. Non-probability purposive sampling strategy was used. Demographic Information Sheet, Clinical Information Sheet, Body Image State Scale (BISS), Rosenberg Self-Esteem Scale (RSES), Vitiligo Impact Scale (VIS), Perceived Stigmatization Questionnaire (PSQ) and Dermatology Life Quality Index (DLQI) were administered as assessment tools. Pearson Product Moment Correlation, Independent Sample t-test, One Way ANOVA, Hierarchal Multiple Regression Analysis were used to test the hypothesis. The results of the study revealed that most individuals with Vitiligo tend to report poorer perception of QoL. Comparatively, males perceived their QoL better. There were significant differences among three groups of Vitiligo patients (exposed, unexposed and both) in terms of body image, self-esteem, psychological impact of Vitiligo, perceived stigmatization and QoL. Individuals with both types (lesions on exposed/unexposed regions) of Vitiligo tend to report a poor body image, higher impact of Vitiligo (psychologically and socially), perceived stigmatization (absence of friendly behavior, confused/staring behavior and hostile behavior) more and poor QoL. Whereas, individuals with exposed Vitiligo tend to have low self-esteem. Interestingly, individuals with unexposed Vitiligo tend to have

higher self-esteem as compared to other groups. Further, it was indicated that self-esteem was not a significant mediator between body image and QoL. Study revealed that body image and impact of Vitiligo (psychologically and socially) were significant predictors of QoL. Findings of the present study suggested that Vitiligo had a greater impact on mental health of an individual rather than physiological complications. There is a need to start awareness campaign with reference to dispute myths, misconceptions and superstitious belief associated with Vitiligo. Psychological aspects and issues need to be considered and individuals who tend to be vulnerable can be screened and referred for psychological counseling.

Keywords: body image, self-esteem, impact of vitiligo, perceived stigmatization, QoL

Psychosocial Predictors of Perceived Quality of Life in Patients with Renal Conditions

Seemab Mukhtar (MS Health Psychology 2017-2019)
Supervisor: Dr. Fatima Kamran

The present study was designed to investigate the psychosocial predictors of perceived quality of life (QoL) in patients with Renal Conditions. The aim of the research was to investigate how most people with Renal Conditions perceive their quality of life. Furthermore, it aimed to examine the psychosocial aspects associated to Renal Conditions and to identify issues that act as barriers or facilitating factors influencing their quality of life. The cross-sectional research design was used for present study. The estimated sample size through G-power consisted of (N=256) Pre-dialysis, Hemodialysis and Transplant Recipients. Non-probability purposive sampling strategy was used. Demographic Information Sheet, Clinical Information Sheet and Medication Adherence Questions, Beck Depression Inventory-II (BDI-II), Life Orientation Test (Revised), World Health Organization's Quality of Life Questionnaire (WHOQOL-BREF), Multidimensional Social Support Scale (MSPSS) were administered as assessment tools. Pearson Product Moment Correlation, Independent Sample t-test, Linear Regression Analysis were used to test the hypothesis. The results of the study revealed that renal transplant recipient with Renal Conditions tend to report better perception of QoL as compared to Pre-dialysis and Hemodialysis. Comparatively, females perceived their QoL better. There were significant differences among three groups of Renal conditions

patients (pre-dialysis on medication, hemodialysis and transplant recipients) in terms of life-orientation, depression, social support, medication adherence and QoL. The results of study showed that Life-orientation had significant relationship with perceived QoL in pre-dialysis and hemodialysis. Life orientation did not have significant relationship with perceived QoL in transplantation patients. Depression had significant relationship with perceived Qol in pre-dialysis and hemodialysis. Depression did not have significant relationship with perceived Qol in transplantation patients. Social support moderated the relationship between life-orientation and perceived QoL in transplant recipients, while it did not moderate the relationship between life orientation and perceived Qol in pre-dialysis and hemodialysis patients. Social support moderated the relationship between depression and perceived QoL in transplantation recipients and hemodialysis patients while social support did not moderate the relationship between depression and perceived Qol in pre-dialysis. Medication adherence does not mediate the relationship between the life orientation and perceived quality of life in pre-dialysis, hemodialysis and transplantation recipients. Medication Adherence did not mediate the relationship between quality of life and depression in pre-dialysis, hemodialysis and transplantation recipients. Findings of the present study suggested that chronic kidney disease had a greater impact on psychological or mental health of an individual along with physiological complications. There is a need to work on the psychological issues along with clinical issue of the patients. Therapeutic interventions should be used in order to deal with the psychological complications experienced by individuals with Renal Conditions.

Keywords: life-orientation, depression, medication adherence, social support, perceived QoL

Diabetes Management, Self-Efficacy, Health Literacy and Self-Care Motivation in Patients with Type II Diabetes

Qurat-ul-Ain Alam (MS Session 2017-2019)
Supervisor: Dr. Afsheen Masood

The present study was designed to investigate the relationship among diabetes management self-efficacy, health literacy and self-care motivation. The aim of the research was to investigate the association between study constructs and to

examine gender differences in terms of diabetes management self-efficacy, health literacy and self-care motivation. The cross-sectional research design was used for present study. The estimated sample size through G-power consisted of ($N=120$) type II diabetic patients. Non-probability purposive sampling strategy was used. Demographic and Clinical Information Sheet, Diabetes management self-efficacy scale (DMSES), The Functional Communicative Critical Health Literacy (FCCHL) and Diabetes Self- Management Questionnaire (DSMQ) were administered as assessment tools. Pearson Product Moment Correlation, Independent Sample t-test and Simple Linear Regression Analysis were used to test the hypothesis. The results of the study revealed that diabetes management self-efficacy, health literacy and self-care motivation were found to be significantly positively correlated. Diabetes management self-efficacy significantly positively predicted self-care motivation. However, health literacy was not found as a significant moderator between diabetes management self-efficacy and self-care motivation. There was no significant gender difference found in terms of diabetes management self-efficacy, health literacy and self-care motivation. Further, there were no significant differences found in patients with type II diabetes living in two different family systems (nuclear/joint) in terms of diabetes management self- efficacy, health literacy and self-care motivation. There were no significant differences found in patients with type II diabetes belonging from two different family backgrounds (urban/rural) in terms of diabetes management self-efficacy, health literacy and self-care motivation. Findings of the present study suggested that it is important to discover educational and therapeutic interventions that work efficiently with diabetic patients who believe that health outcomes are controlled by chance, because they are at particular risk for health-related problems.

Keywords: diabetes management self-efficacy, health literacy, self-care motivation, diabetic patients

Illness Perception, Social Support, and Quality of Life in Women with Breast Cancer

Sajida Sadaf Iqbal (MS Health Psychology 2017-2019)
Supervisor: Dr. Afsheen Masood

This study aimed to investigate illness perception and its relationship with social support and quality of life (QoL) in women with breast cancer. It was hypothesized that there is likely to be a significant positive relationship between illness perception, social support and quality of life. It was also hypothesized that

there is likely to be illness perception of breast cancer that bring fear in women about cancer recurrence and treatment related side effects. The sample was recruited by non-probability purposive sampling technique. The sample was comprised of 100 women with breast cancer. Data was collected from Shaukat Khanum Hospital, Lahore. The brief illness perception questionnaire was used to operationalize and measure the illness perception, perceived Social Support Scale was used to measure the perceived social support. Quality of life was quantified through QOL-BREF by WHO. Data was analyzed through statistical product and services solution 21st version. Pearson Product Moment Correlation was run to estimate the relationship between variables of current study. It is important to suggest a need for greater attention to promoting illness perception and social support to improve quality of life (QOL) in women with breast cancer.
Keywords: social support, quality of life, breast cancer patients, illness perception

Health Belief Model and Treatment Adherence in Patients with HIV

Rabia Nisar Virk (MS Health Psychology 2017-2019)
Supervisor: Dr. Mujeeba Ashraf

The aim of the current study was to find out relationship between perceived severity, perceived susceptibility and treatment adherence in patients with HIV infection and to assess the role of the components of health belief model in HIV infection treatment adherence. The hypotheses of this study were: a) perceived susceptibility and perceived severity is likely to be positively related with treatment adherence in patients with HIV infection, b) Perceived susceptibility and perceived severity are likely to predict treatment adherence in patients with HIV infection, c) Perceived cost and benefit are likely to mediate between perceived severity, perceived susceptibility and treatment adherence in patients with HIV infection, d) Cues to action doctor's instructions, media, family support and other's advice are likely to moderate the relationship between health belief model and treatment adherence in patients with HIV infection. Purposive sampling strategy was used to collect data and sample was collected from Jinnah Hospital Lahore. The sample consisted of 150 adults with age range was 18 to 55 years. Assessment measures including AIDS health belief scale (AHBS), cues to action scale and adherence determination questionnaire (ADQ) were translated in Urdu language. The Pearson Product Moment Correlation, Multiple Regression Analysis, Moderation and Mediation were used to find out results.

The Pearson product moment correlation coefficient result revealed that perceived severity was significantly related with treatment adherence. Multiple regression analysis revealed perceived severity predicted treatment adherence and mediation analysis revealed that perceived cost was significantly related with treatment adherence.

BS (2015-2019), M.Sc. (2017-2019) Theses
Abnormal and Clinical Psychology

Irrational Beliefs, Intrinsic Motivation and Procrastination in Students

Farwa Noor (M.Sc. 2017-2019)
Supervisor: Dr. Fatima Kamran

The present study aimed to investigate the relationship among irrational beliefs, intrinsic motivation and procrastination. The aim was to assess the correlation of demographic variables with study variables and to investigate significant predictors of procrastinatory behavior. In the present study correlational research design and non-probability purposive sampling strategy were used. The sample consisted of (N=150) students from different departments of University of the Punjab, Lahore. The age range of students was 18-29 years (M=21.18; SD=1.72). Shortened General Attitude and Belief Scale (SGABS), Intrinsic Motivation Inventory (IMI), Active and Passive Procrastination scales were used to assess irrational beliefs, intrinsic motivation, active and passive procrastination of university students. Pearson Product Moment Correlation, Independent Sample t-test and Hierarchal Regression were used for evaluation of the results. The findings revealed a significant negative relationship of irrational beliefs with active procrastination and significant positive relationship of irrational beliefs with passive procrastination. The intrinsic motivation was negatively correlated with procrastination. Gender and age were significant predictors of procrastinatory behavior. Findings of the present research do not only serve as an insight into the concept of procrastination, it also allows us to develop strategies and techniques to change students' attitude towards their academic tasks.
Keywords: intrinsic motivation, irrational beliefs, active procrastination, passive procrastination.

Meta-Cognition, Creativity and Problem Solving in Adolescent Video Gamers

Anam Yousaf (BS 2015-2019)
Supervisor: Dr. Afsheen Masood

The present study examined the relationship among metacognition, creativity and problem solving in adolescent video gamers. It was hypothesized that there is likely to be significant relationship among metacognition, creativity and problem-solving video gamers. It was further hypothesized that metacognition and creativity are likely to predict problem solving in video gamers. Furthermore, it was expected that there is likely to be significant gender differences in

metacognition, creativity and problem solving in video gamers. It was also hypothesized that different genre of video gamers is likely to exhibit different problem- solving skill. Correlational research design and purposive sampling strategy were used in the present study. The Metacognition Questionnaire-Adolescent version (Cartwright-Hatton et al, 2003), Kaufman Domain of Creativity Scale (Kaufman, 2012), and Problem- solving Style Questionnaire (Duff, 2010) were administered on a sample of (N=120). Results indicated that there was a significant positive relationship among metacognition, creativity and problem solving in adolescent video gamers. It was further found that metacognition and creativity significantly predicted the problem solving in adolescent video gamers. Results also revealed non-significant gender differences in metacognition but significant gender differences existed in creativity and problem solving. Furthermore, findings exhibited a non-significant difference in problem solving in four genre of video gamers. Video gamers exhibited same problem solving whether they play any type of game genre (action, adventure, sports and strategy/puzzle). This study would add up to the literature and highlight the positive aspects of playing video games.

Keywords: meta-cognition, creativity, problem solving, adolescent video gamers

Emotional Intelligence, Impulsivity and Anger in Smokers vs. Non-Smokers

Rida Bibi (M.Sc. 2017-2019)
Supervisor: Dr. Afsheen Masood

The present research was carried out to explore the emotional intelligence, impulsivity and anger in smokers vs. nonsmokers. It was hypothesized that there is likely to be significant difference in emotional intelligence, impulsivity and anger in smoker's vs non-smokers. Further, emotional intelligence would significantly predict impulsivity and anger, it was also hypothesized that there is likely to be a significant relationship between emotional intelligence, impulsivity and anger. Cross sectional survey research design was used to conduct this research. The sample was selected from University of the Punjab, University of Management and Technology, Superior University and Riphah University, Lahore. The sample comprised of 150 male students equally divided for both smokers and non-smokers. Within age ranges of 19 to 35 years. The scales included Schutte Emotional Intelligence Scale (Schutte, 2009) was used to assess the emotional intelligence in smokers and nonsmokers. Barratt Impulsiveness Scale (Barratt, 1995) was used to assess the impulsivity among smoker's vs non-

smokers, and Clinical Anger Scale (Beck, 1961) was used to assess the level of anger among smoker's vs nonsmokers. The descriptive and inferential statistics were used to analyze the result. The analysis was conducted through SPSS (version 21). Pearson Product Moment Correlation, Independent Sample t-test, Hierarchical Regression were applied to analyze the data. The analysis indicated that anger was significantly negatively related with impulsivity and emotional intelligence. Regression analysis revealed that perception of emotion and managing own emotions significantly predicted anger and impulsivity. T- test Analysis revealed that emotional intelligence, impulsivity and anger were significantly different in smokers' vs nonsmokers.

Keywords: emotional intelligence, impulsivity, anger, smokers, non-smokers

Self- Concealment and Mental Health Problems in Adolescents

Sana Wakeel (BS 2015-2019)
Supervisor: Dr. Mujeeba Ashraf

The present study examined relationship between self-concealment and mental health problems (depression, anxiety, somatoform, obsessive- compulsive disorder, schizophrenia, level of frustration tolerance) in adolescents. It was hypothesized that self-concealment is likely to predict and mental health problems (depression, depression, anxiety, somatoform, obsessive-compulsive disorder, schizophrenia, level of frustration tolerance) in adolescents. Correlational research design was used. The sample size of the study was (N=150) students and age range of 12-20 years (M=16.59 SD=2.09) both male and female from Govt. schools and colleges. Purposive non- probability sampling technique was used. Self- Concealment Scale (Larson & Chastain, 1990) was used to measure the self-concealment. Symptoms Checklist Scale (Rahman et al., 1999) was used to access the mental health problems. Pearson Product Moment Correlation showed that there was relationship between self-concealment and mental health problems (depression, anxiety, somatoform and level of frustration tolerance). Hierarchical Regression Analysis showed that self-concealment is a predictor of mental health problems (depression, anxiety, somatoform and level of frustration tolerance). The study has important implication in school and college counselling.

Keywords: self-concealment, mental health problems, adolescents

Moral Disengagement, Normative Beliefs and Aggression in Adolescents

Warda Abrar (M.Sc. 2017-2019)

Supervisors: Dr. Mujeeba Ashraf and Ms. Afshan Naeem

The present research was carried out to investigate the relationship among moral disengagement, normative beliefs and aggression in adolescents. The current research was aimed to explore the association among the moral disengagement, normative beliefs and aggression in adolescents. Correlational research design was used in the current research. The sample ($N=150$) consisted of adolescents, both girls ($n=70$) and boys ($n=80$) were recruited through purposive sampling technique. Moral Disengagement Scale (Bandura et al., 1996; Caprara et al., 1996) The Normative Beliefs about Aggression Scale (Husemann, Guerra, Miller & Zelli, 2011), and Reactive- Proactive Aggression Questionnaire (Raine & Dodge, 2006) were used. Pearson Product Moment Correlation and Multiple Hierarchical Regression Analysis were conducted to infer the proposed hypothesis. The results revealed that moral disengagement was a significant positive predictor of aggression and normative beliefs was not the significant positive predictor of aggression. Further, there were significant gender differences in aggression of adolescents. Males showed more aggression than females. The findings of the current study have implications for managing the stress in people's life. It could also help people to understand the causes of aggression. Findings of this research would increase the existing literature present on these variables. It would also help to increase awareness in population about the moral disengagement, normative beliefs and aggression. Results of the study suggest several specific areas for future research.

Keywords: moral disengagement, normative beliefs, aggression, adolescents

Masculinity, Desirability of Control and Aggressive Behavior in Honor Violence Perpetrator

Zohaib Ahmad (M.Sc. 2017-2019)
Supervisor: Dr. Mujeeba Ashraf

The purpose of the study was to examine the relationship among masculinity, desirability of control and aggressive behavior in honor violence perpetrators. It was hypothesized (a) masculinity and desirability of control were likely to positively correlate with aggressive behavior in honor violence perpetrator. (b) masculinity and desirability of control were likely to predict aggressive behavior in honor violence perpetrators. Furthermore, it was also hypothesized (c) masculinity is likely to have indirect effect on aggressive behavior through desirability of control. Correlational research design and non-probability purposive sampling technique were used. A sample of ($N=70$) perpetrators who

committed honor violence. Masculine behavior scale (MBS)developed by (Snell, 2013) Desirability of control (DOC) Scale (Burger & Cooper, 1979) and Buss Perry aggressive questionnaire (BPAQ) developed by (buss & Perry, 1992) were used for assessment. Results were generated by applying Pearson Product Moment Correlation and Multiple Regression by using SPSS which showed that masculinity and desirability of control had significant relationship with aggressive behavior. Moreover, analysis revealed masculinity a significant positive predictor of aggressive behavior and desirability of control was also a significant positive predictor of aggressive behavior. PROCESS macro for SPSS was run to see the indirect effect of masculinity on aggressive behavior through desirability of control. The result revealed that the effect was significant. These findings will give better understanding of that masculinity and desirability of control both predict aggressive behavior in honor violence perpetrators. And desirability of control played as a mediator between masculinity and aggressive behavior. By working on these social constructs and social schemas of masculinity, aggressive behavior could be managed to some extent and the ratio of honor violence crime could be controlled by promoting the sense of gender equality.

Keywords: masculinity, desirability of control, aggressive behavior, honor violence perpetrator

Ostracism and Depressive Symptoms in Adult Christians

Khizra Shahzad (BS 2015-2019)
Supervisor: Mr. Faiz Younas

The study examined the relationship between ostracism and depressive symptoms in adult Christians. It was hypothesized that ostracism would positively correlate with depressive symptoms in adult Christians. Further, it was hypothesized that ostracism was likely to predict depressive symptoms in adult Christians. Through correlational cross-sectional research design and non-probability purposive sampling technique, a sample of (N=80) adult Christians was recruited. Ostracism Experience Scale for Adolescents (OES-A) (Gilman, Adams & Nounopolous, 2011) and Beck Depression Inventory (BDI) (Beck & Steer, 1984) were used for assessment. Results were generated by applying Person Product Moment Correlation and Linear Regression by using SPSS, which showed that ostracism had positive non-significant correlation with depressive symptoms. Moreover, analysis revealed that ostracism was not a

significant predictor of depressive symptoms. The finding implied important role in predicting depressive symptoms and would provide us knowledge about Christian religion.

Keywords: Ostracism, Depressive Symptoms, Adult Christians

Perfectionism and Selfie-Objectification, and Eating Behavior in Young Women

Iqra Saddique (M.Sc 2017-2019)
Supervisor: Mr. Faiz Younas

The study was conducted to examine the relationship among perfectionism, selfie-objectification and eating behavior in young women. It was hypothesized that there would be a significant positive relationship among perfectionism, selfie-objectification and eating behavior. It was also hypothesized that perfectionism and selfie- objectification would likely to predict eating behavior in young women. To examine this relationship a sample of (N=100) women were recruited through convenient sampling technique of the age range 18 to 25 years (M=21.83, SD=1.90). Multi-dimensional Perfectionism Scale (Frost et al., 1990), Selfie-objectification Scale (Maclean et al 2014) and Eating Behavior Pattern Questionnaire (Schlundt, 2003) were used for the assessment of study variables. The data was analyzed by using Pearson Product Moment Correlation and Linear Regression Analysis. Findings of the study indicated that perfectionism had a significant positive association with selfie-objectification and eating behavior in young women but selfie-objectification had no relationship with eating behavior in young women. Findings also showed that perfectionism predicted eating behavior but selfie-objectification didn't predict eating behavior in young women. The findings of the study would enhance the already existing research literature available on the study variables.

Keywords: perfectionism, selfie-objectification, eating behavior, young women

Psychological Ownership and Altruism in Dolphin Police Officers

Shama Shabbir (BS 2015-2019)
Supervisor: Ms. Shahnila Tariq

The objective of the present study was to determine the relationship between psychological ownership and altruism in dolphin police officers. It was hypothesized that there was a relationship between psychological ownership and altruism in dolphin police officers. Correlational research design and non-probability sampling technique (purposive sampling) were used to collect data.

A sample of (N=200) dolphin police officers were recruited. Psychological ownership scale (Dyne & Pierce, 2004) and Altruistic Personality Scale (Rushton, Chrisjohn, & Fekken, 1981) were administered for assessment. Altruism was measured by dolphin police officers. After the Pearson Product Moment Correlation and Linear Multiple Regression, the findings of this research revealed that psychological ownership had a significant relationship with altruism. Results were discussed in the light of previous literature.

Keywords: psychological ownership; altruism; dolphin police officers

Emotional abuse, Self-Silencing and Psychological Distress in Mothers of Children with Physical Disability

Kainat Afzal (M.Sc 2017-2019)
Supervisor: Ms. Shahnila Tariq

The purpose of this research was to investigate the relationship among emotional abuse, self-silencing and psychological distress in mothers of children with physical disability. It was hypothesized that there is likely to be a relationship between emotional abuse, self-silencing and psychological distress. Emotional abuse and psychological distress would be the predictors of self-silencing. Correlational research design was used to recruit a sample of (N=100) from various institutes for special children through purposive sampling technique. Psychological Distress Scale (K10; Kessler, 2002), Silencing the Self Scale (STSS; Jack, 1992) and Emotional Abuse Questionnaire (Jacobson & Gottman, 1998) were used for assessment while Pearson Product-moment correlation and Linear Regression were applied to generate the results. The results revealed negative relationship between emotional abuse, self-silencing and psychological distress in mothers of physical abuse children. The study has implications in addressing the crises of caregivers of child with physical disability and how can they be addressed to overcome their psychological distress.

Keywords: emotional abuse, self-silencing, psychological distress, mothers of children, physical disability.

Morale, Coping Strategies and PTSD Symptoms in Army Personnel

Omama Anwar (M.Sc. 2017-2019)
Supervisor: Ms. Zaeema Farooq

The present correlational study aimed to investigate the relationship among morale, coping strategies, and post-traumatic stress in Army personnel who had served in the war-inflicted areas of Pakistan. It was hypothesized that morale, coping strategies and PTSD symptoms would have a relationship. It was also hypothesized that morale would predict PTSD symptoms in Army personnel. Furthermore, coping strategies (distraction, catastrophizing, distancing from pain, ignoring pain sensations, coping self-statements and praying) would predict PTSD symptoms. Convenient sampling technique was used. The sample comprised of Pakistan Army officers, (N=100) including 41 Lieutenants and 59 captains with age range of 21-35 years (M=25.8, SD=2.4). PTSD Checklist – Military Version (Weathers, 1993), Military Morale Measuring Instrument – Malaysian Version (Osman, 2018) and the 27- items Coping Strategies Questionnaire (Robinson, 1997) were used to assess PTSD symptoms, morale and coping strategies, respectively. Data was analyzed through Pearson Product Moment Correlation and Hierarchal Regression. The results showed that coping strategies (Ignoring pain sensations, catastrophizing, distancing from pain) were negatively related with PTSD symptoms, while praying was positively related with PTSD symptoms. Furthermore, catastrophizing was a negative predictor of PTSD symptoms. The present study findings highlight the importance of morale and coping strategies in Army personnel to overcome the effects of PTSD symptoms after trauma of war.
Keywords: morale, coping strategies, PTSD symptoms

Personality Traits, Impulsivity and Risk-Taking Behavior in Adult Drug Addicts (clinical and abnormal psychology)

Muhammad Naveed (M.Sc. 2017-2019)
Supervisor: Dr. Afsheen Masood

This research aimed to examine relationship among personality traits, impulsivity and risk-taking behavior in young drug users. It was hypothesized that leading and dominating specific personality traits in drug addicts are likely to predict their levels of impulsivity and risk- taking behaviors. The sample comprised of (N=100) drug addicts within age ranges of 18 to 35 years, selected

from different drug rehabilitation centers of Lahore. The scales included Drug Addiction Severity scale; demographic information sheet, Risk taking Scale (Kontos, 2005), impulsivity scale (Barrat, 2010) and Ten Items Personality Inventory (TIPI, 2010) SPSS version 23.00 were employed. The relationship among study variables was assessed through Pearson Product Moment Correlation while through AMOS mediating role of impulsivity in determining relationship between personality traits and risk taking was established. The findings are likely to help in devising efficacious rehabilitation and management programs for drug addicts.

Keywords: personality traits, impulsivity, risk taking behavior, adult drug addicts

Social Psychology

Religiosity, Perceived Social Acceptance and Altruism among Punjab University Students

Sobia Akmal (MSc. 2017-2019)
Supervisor: Prof. Dr. Rafia Rafique

The present research was conducted to investigate the relationship among religiosity, perceived social acceptance and altruism in university students. It was hypothesized that religiosity would likely to be a positive predictor of altruism. Perceived social acceptance would likely to be a positive predictor of altruism. Correlational research design was used in the present study. The sample consisted of ($N=150$) students from different departments of University of the Punjab, Lahore. The age range of students was 18-26 years ($M=21.13$, $SD=2.37$). Demographic sheet, The Centrality of Religion (CRS) developed by Huber & Huber (2012), The Perceived Social Acceptance scale (PAS) developed by Ruston et al., (1981) and The Self-Report altruistic scale (SRA) developed by Brock et al., (1998) were used to measure the variables. The data was analyzed through descriptive statistics, Pearson Product Moment Correlation and Hierarchal Regression. Results revealed that there was significant positive relationship between religiosity, perceived social acceptance and altruism. The students who have high religious beliefs have greater altruistic behavior. The results also showed that higher perceived social acceptance predicts greater helping behaviors of students. The results also revealed that there was no difference on altruism in male and female students. Education had no effect on altruism. All the students were equally altruistic towards others. People living in rural and urban areas also exhibited similar tendencies towards altruism. Results of hierarchal regression analysis revealed that religiosity and perceived social acceptance positively significantly predicted altruism among university students. The research would help in understanding student's attitude towards religious dimensions. This study can help carry out further researches on religiosity, perceived social acceptance and altruism as a benchmark.

Keywords: religiosity, perceived social acceptance, altruism, university students

Parent-Child Conflict and Attitudes Towards Violence in Adolescents

Fatima Farooq (BS 2015-2019)
Supervisor: Prof. Dr. Rafia Rafique

The present study aimed to investigate the relationship between parent- child conflict and attitude towards violence in adolescents. It was hypothesized that parent-child conflict (subscales: involvement, positive parenting, poor supervision, inconsistent discipline, corporal punishment, others) would likely predict attitudes towards violence (subscales: war, penal code violence, intimate violence) in adolescents. Correlational research design was used. A convenience sampling technique was used to recruit a sample of 120 adolescents (male=53, female=66) from different schools situated in Lahore, with age range of 11-18 years (M=15.17, SD= 2.22). The Allabama Parenting Questionnaire (APQ) (Frick, 1991) and Revised Attitude Towards Violence Scale (RATVS) (Anderson, Benjamin, Wood &, Bonacci, 2006) were used for assessment. The data were analyzed using Descriptive Statistics, Pearson Product Moment Correlation, Hierarchal Regression and Independent-sample t test were used to the analyze data. Results indicated that there is a significant positive relationship between parent-child conflict and attitudes towards violence in adolescents. Parent-child conflict was positively related with attitudes towards violence in adolescents. Parent-child conflict (subscales: involvement, positive parenting, poor supervision, inconsistent discipline, corporal punishment, others) significantly predicted attitudes towards violence (subscales: war, penal code violence, intimate violence) in adolescents. Non-significant gender differences were found on Parent child conflict and significant gender differences were found on attitudes towards violence. This study could be useful in increasing awareness regarding the adverse impacts of parent-child conflict and for adolescents to know how to deal with conflicts without being violent with their parents.
Keywords: parent-child conflict, attitudes toward violence, adolescents

Personality Traits, Social Competence and Decision Making in Adolescents

Zuniara Nadeem (M.Sc. 2017-2019)
Supervisor: Prof. Dr. Rafia Rafique

The present study intended to explore the relationship between personality traits (extraversion, agreeableness, conscientiousness, emotional stability and openness to experiences), social competence and decision-making style (vigilance, complacency, panic, cope-out and self- esteem) in adolescents. Correlation research design was used. Convenient sampling strategy was used to collect data. Sample comprised of (N=190) boys and girls, age range 14-18 year (M=15.98; SD=1.45). Students from different colleges and schools in Lahore participated in the research. Ten item personality inventory TIPI by Gosling et al. (2003), social competence with peer questionnaire (SCQ) developed by Suasan and Spence, (1995) and Adolescent's decision making questionnaire (ADMQ) by Mann et al. (1997) assessment measure were administered. Pearson Product Moment Correlation, Descriptive Analysis, Regression Analysis and t-tests were used to statistically analyzed data. Findings of the research show that personality traits (Openness to experience and extraversion) are positively correlated with social competence. And personality traits (Openness to new experience, emotional stability) are positively correlated with decision making style (vigilance). Moreover, personality traits (extraversion and Openness to experience) are significant predictors of social competence. Conscientiousness was a positive predictor of decision-making style (panic) in adolescents. Furthermore, social competence significantly fully mediated the personality trait (extraversion) and partially mediated the (openness to experience) and decision-making style (vigilance).

Keywords. personality traits, social competence, decision making, adolescents

Impulsivity, Self-Control and Risk of Propensity among Adults

Usman Liaqat (M.Sc. 2017-2019)
Supervisor: Prof. Dr. Rafia Rafique

The present study was undertaken in an attempt to determine the relationship of impulsivity, self-control and risk propensity among adults. It was hypothesized that impulsivity would have a positive relationship with risk propensity. It was also hypothesized that self-control would likely act as a moderator between

impulsivity and risk propensity. Cross-sectional research design was used. The sample consisted of 120 adults (male 60 and female 60) selected from different institutes form university of the Punjab and other universities of Lahore using purposive sampling technique. The age range of students was 18 years to 30 years ($M=20.37$, $SD=2.7$). Barratt Impulsiveness Scale (BIS), Self-Control Questionnaire (SCQ) and Risk Propensity (RP) were used for assessment. Analyses were run on SPSS 21using Pearson Product Moment Correlation, Independent Sample t-test and Moderation Analysis. The results of the study clearly demonstrated that high impulsive is e involved in risk propensity at a higher rate than low impulsive subjects. We observed a clear positive relationship between impulsivity and risk propensity, on the other hand we observed a negative relationship between self-control and risk propensity. Our findings support the proposals that impulsivity and risk propensity are positively correlated and self-control play a moderating role for risk propensity. This study permitted that self-control reduces the level of risk taking in impulsive subjects. *Keywords:* impulsivity, self-control, risk propensity, adults

Inter-Parental Conflicts, Child Abuse and Psychopathy Among Juvenile Delinquents

Hina Irshad (M.Sc.2017-19)
Supervisors: Prof. Dr. Farah Malik and Ms. Afreen Komal

The present study was conducted to assess the relationship between Inter-Parental conflict, Child Abuse and Psychopathy among Juvenile Delinquent. It was hypothesized that a) there is likely to be a relationship among Demographics, Inter-Parental conflict, Child Abuse and Psychopathy. b) Inter-Parental conflict and Child abuse are likely to predict Psychopathy among juvenile delinquents. c) There is likely to be differences in Major and Minor crimes and Inter-Parental conflict, Child Abuse and Psychopathy. Sample comprised of 100 Juveniles ($N=100$), with the age range of 12-18 years, ($M=15.82$). Children's Perception of Inter-Parental conflict scale by Grych et al. (1992), Child Abuse scale by (Malik., 2015), and Psychopathy scale by Lovibond (1995) were used for collecting data. Pearson Product Moment Correlation, Independent Sample t-test, and Hierarchal Regression Analysis were used for analysis. Results showed that there was no significant relationship of Inter-Parental conflict with Child Abuse and Psychopathy. There was significant positive relationship between child abuse and psychopathy. Inter-Parental conflict and Child Abuse were significant

predictors of Psychopathy. Major and Minor crime had no effect on Intern-Parental conflict, Child Abuse and Psychopathy. The findings of this research may be helpful in devising counseling and therapeutic techniques to address the special issues relates to the delinquency, help to explore some of the root causes of psychopathic traits in Juvenile Delinquents and provide them guiding principles in order to change the attitudes of authorities of the rehabilitation centers.

Keywords: inter-parental conflict, child abuse, psychopathy, juvenile delinquent

Fear of Missing Out, Problematic Internet Use and Life Satisfaction in Young Adults

Khadeejah Ahmed (BS 2015-2019)
Supervisor: Prof. Dr. Farah Malik

The present study explored the relationship among fear of missing out, problematic internet use and life satisfaction in young adults. It was hypothesized that there would be positive relation between fear of missing out and problematic internet use, and negative relation of fear of missing out and problematic internet use with life satisfaction. It was also hypothesized that fear of missing out and problematic internet use will predict life satisfaction. The sample comprised of 200 young adults (100 men, 100 women) with age range 18-25 years (M=19.82, SD=2.27). Data were collected from 1 government and 1 private university of Lahore i.e., Punjab University and University of Central Punjab respectively. Fear of Missing Out Scale of (FOMOS) of Przybylski (2013), Problematic Internet Use Questionnaire (PIUQ) of Demetrovics (2008) and Satisfaction with life Scale (SWLS) of Diener (1985) were used. The results indicated a positive relationship between fear of missing out and problematic internet use. Similarly, fear of missing out and problematic internet use were negatively associated with life satisfaction. Fear of missing out and problematic internet use were found to be negative predictors of life satisfaction. No gender differences were found between the study variables. However, fear of missing out was found to be higher and life satisfaction was lower in 18 to 20-year-olds. The present study had implication of highlighting the importance fear of missing out, problematic internet use and life satisfaction in young adults.

Keywords: fear of missing out, problematic internet use, life satisfaction

Childhood Abuse, Self-Esteem and Aggression Expression in Adolescents

Haffia Amsal (BS 2015-19)
Supervisor: Prof. Dr. Farah Malik

The present study examined the relationship among Child abuse, Self- esteem and Aggression Expression in adolescents. It was hypothesized that there is likely to be a significant negative relationship between childhood abuse and self-esteem and significant positive relationship between childhood abuse and aggression expression in adolescents. It was further hypothesized that self-esteem would act as a mediator between childhood abuse and aggression expression in adolescents. The Child Abuse Scale for Adolescents (Malik, Ghaffar & Shah, 2015), translated versions of Aggression Questionnaire (Iftikhar, & Malik, 2014), and Adolescent Self Esteem Questionnaire (Hafekost. et al., 2017) were administered on a sample of 200 adolescents including 100 boys and 100 girls. Results indicated a significant negative relationship between childhood abuse and self-esteem and significant positive relationship between childhood abuse and aggression expression in adolescents. It was further found that self-esteem acted as a mediator between childhood abuse and aggression expression. Results also revealed significant gender differences between self-esteem and aggression expression in adolescents. This research could provide a framework to develop strategies to deal with adverse effects of childhood abuse and to enhance awareness of parents regarding the child rearing practices and rights of children to improve the quality of family life and to avoid occurrences of child abuse and neglect.
Keywords: childhood abuse, self-esteem, aggression expression

Parental Rejection, Peer Delinquency and Dark Triad in Juvenile Delinquents

Muhammad Asim Saleem (M.Sc. 2017-19)
Supervisors: Prof. Dr. Farah Malik and Mr. Muhammad Faran

The purpose of the present research was to investigate the relationship between parental rejection, peer delinquency and dark triad in juvenile delinquents. It was hypothesized that there is likely to be a relationship between parental rejection, peer delinquency and dark triad. And peer delinquency will mediate the relationship between parental rejection and dark triad in juvenile delinquents.

Quantitative approach using correlation (cross sectional) research design was carried out. The sample of 70 juvenile delinquents within the age range of 12 to 18 years (M=15.78, SD=1.78), were recruited through non-Probability purposive sampling technique from the district jails of Lahore, Sheikhupura and Gujranwala. Measures included, The child Parental Acceptance Rejection Control Questionnaire (Child PARQ control; Rohner, 2005), Peer Delinquency Scale (PDS; Jang, 2015) and Dark Triad of Personality (D3-Short; Jones & Paulhus, 2014). Results of Pearson product moment correlation analysis showed that there were significant association found between parental rejection, peer delinquency and dark triad (Machiavellianism, narcissism and psychopathy). Moreover, the results of medication analysis showed that peer delinquency was found to be significant mediator between parental rejection and dark triad in juvenile delinquents. The results were discussed in the Pakistani context and the findings of the current study have implication of providing parenting styles to the parents, providing the guidance and training to the juvenile delinquents and it will be a step to raise the demand of forensic psychologists in the society.

Keywords: parental rejection, peer delinquency, dark triad, juvenile delinquents

Perceived Social Support Achievement Motivation and Student Burnout in University Undergraduates

Hina Asif (M.Sc. 2017-19)
Supervisors: Prof. Dr. Farah Malik and Ms. Maria Ghazal

The Present study aimed to investigate the relationship among perceived social support, achievement motivation and student burnout in university undergraduates. It was hypothesized that there is likely to be a negative relationship between perceived social support, achievement motivation and student burnout in university undergraduates. It was also hypothesized that perceived social support and achievement motivation are likely to be the predictors of student burnout. The sample comprised of 166 final year university undergraduates including boys (n=82) and girls (n=84). Multidimensional Perceived Social Support Scale (Zimet, Dalhem, Zimmet & Farely, 1988), Achievement Motivation Scale (Ray, 1979) and Oldenburg Burnout Inventory (Demerouti, 2003) were used to assess the study variables. Data were analyzed through Pearson product moment correlation and hierarchical regression analysis. The results showed that perceived social support and achievement

motivation negatively correlated with student burnout. Furthermore, perceived social support and achievement motivation were found to be the predictors of student burnout. The findings of the present study highlighted the importance of university undergraduates experiencing burnout due to the lack of social support and achievement motivation. We discussed the implications of these findings for students aimed at preventing student burnout.

Keywords: perceived social support, achievement motivation, student burnout

Social Discrimination, Perceive Stigma and Mental Health in Transgender Individuals

Sannia Saeed (MS.c 2017-19)
Supervisors: Prof. Dr. Farah Malik and Ms. Afreen Komal

The purpose of the current study was to find the relationship among social discrimination, perceived stigma and mental health in transgender individuals. A correlational research design was used in the current study. The sample of (N=115) transgender individuals within the age range of 20-40 years were selected from the transgender communities of Sahiwal and Lahore city by using non probability purposive sampling. Everyday Discrimination Scale (Williams et al., 1997), Perceived Stigma Scale (King et al., 2007), and Mental Health Inventory (Veit & Ware, 1938) were used to determine social discrimination, perceived stigma, and mental health, respectively in transgender individuals. Findings of the Pearson Product Moment Correlation revealed that social Discrimination had significant positive correlation with the disclosure (subscale of perceive stigma), loss of emotional/behavioral control (subscale of mental health inventory) and not being in contact with the parents. It also revealed that positive aspects had significant positive relation with age of transgender individuals. Transgender individuals exposed to high level of discrimination have adverse mental health outcomes. Findings of the Hierarchal Regression determined the predicting role of social discrimination, perceived stigma for the mental health of transgender individuals. Reason of joining the occupation (Forcefully) was found to be a significant predictor of mental health. Findings of an independent samples *t*-test revealed that in Pakistani cultural context, regardless of the different occupation, same level of discrimination and stigma was faced by the transgender individuals. The current study will be helpful for clinicians, social workers, legislature to create programs for their acceptance in

the society, to help them with coping distress, to reduce internal stressors and to make regulations and laws against discrimination for transgender individuals respectively.

Keywords: transgender individuals, social discrimination, perceived stigma, and mental health

Perceived Victimization, Social Support and Psychological Wellbeing in Transgenders

Muhammad Ali Raza (M.Sc 2017-19)
Supervisors: Prof. Dr. Farah Malik and Ms. Sheeba Saeed

The main objective of the study was to assess the relationship among perceived victimization, social support and psychological well-being in Transgenders. Social support was measured by perceived social support (Zimmet, 1998), victimization by using Multidimensional Peer Victimization Scale (Maynard & Joseph, 2000) and Psychological Well- being through Ryff scale of psychological wellbeing. The sample comprised of the 86 transgenders ($M=30$; $SD=8.75$) from the city of Lahore. The results of Pearson Product Moment Correlation revealed that some of scales of perceived victimization are found positively related with some of subscales of psychological wellbeing, whereas, negative relationship was found among some subscales. Social support was positively related with some subscales of psychological wellbeing, whereas negatively related with some. The multiple linear regression indicated physical victimization predicted personal growth and purpose in life negatively; being attacked on property negatively predicted positive relation and positively predicted autonomy. Family support positively predicted environmental wellbeing and positive relation, moreover it negatively predicted purpose in life, whereas, friends support negatively predicted self-acceptance.

Keywords: victimization, social support, psychological well-being

Anti-Bullying Intervention Program on Bullying and Victimization in High School Boys

Hamza Sarwer (M.Sc. 2017-2019)
Supervisor: Dr. Iram Fatima

The Quasi-experimental repeated measures study was conducted to assess the effects on Anti-bullying intervention plan on the Bullying, victimization, empathy and self-efficacy in students. It was hypothesized that intervention plan would decrease the bullying and increase the self- efficacy and empathy in students. The sample consisted of 72 high school 7th graders with age range of 11 to 14 years (M=13.65, SD=1.16). Three Measurement scales were used: Adolescent Peer Relations Instrument (APRI: Prada. 2000) to measure bullying and victimization, Basic Empathy Scale (BES: Joliffe & Farrington, 2006) for Empathy and Self- Efficacy Questionnaire (SEQ-R: Muris, 2001) for measuring self- efficacy. Results from the Paired Sample t-test of the Pre and Post-Test revealed that the intervention was successful in reducing bullying and increasing the empathy and self-efficacy of the students. The findings of this study would be helpful for the teachers, parents and educational professionals in devising intervention programs to reduce bullying in educational institutions where this problem prevails.
Keywords: bullying, victimization, self-efficacy, empathy

Social Anxiety and Perfectionist Self Presentation in Young Adults

Ayesha Ishaq (M.Sc. 2017-2019)
Supervisor: Dr. Iram Fatima

The aim of the study was to investigate relationship between perfectionistic self-presentation and social anxiety in university students. It was hypothesized that there would be a positive relationship between subscales of perfectionistic self-presentation and social anxiety subscales. The sample was taken from the university students aged 21 to 25 years (N=100; M=22, SD=1.50) both men (N=41) and women (N=59). The scales comprised of demographic sheet, Perfectionistic Self-Presentation Scale (PSPS; Hewitt et al, 2003) and Social Anxiety Scale SAQ; Caballo, Salazar, Irurtia and Arias 2012). The results of the research revealed that nondisclosure of imperfection positively predicted assertive expression.
Keywords: perfectionistic self-presentation, social anxiety, university students

Social Support, Coping Style and Hopelessness in Prisoners

Shaizal Mumtaz (M.Sc. 2017-2019)
Supervisors: Ms. Raisa Zubair & Dr. Iram Fatima

The purpose of the present research was to investigate the relationship among social support, coping styles and hopelessness in prisoners. It was hypothesized that there would be a relationship between social support, coping styles and hopelessness in prisoners. Social support and coping styles would predict hopelessness in prisoners. Quantitative approach using correlation (cross sectional) research design was carried out. The sample of 100 prisoners with the age range of 18 to 50 (M=35.6, 10.6) years, were recruited through non-probability purposive sampling technique from the Central Jail of Lahore. Measures included: Multidimensional perceived social support scale (MSPSS; Zimet at al., 1988), Coping style questionnaire (CSQ; Kausar & Anwar, 2010) and The Beck Hopelessness Scale (Beck et al., 1974). Results of Pearson product moment correlation analysis showed that there were significant association found between social support, coping styles and hopelessness. The results were discussed in the Pakistani context and the *findings* of the current study have implications of providing social support and coping strategies to overcome hopelessness and it will be a step to raise the demand of forensic psychologists in this society.
Keywords: social support, coping style, hopelessness, prisoners

Perceived Parenting Style, Self-Efficacy and Academic Performance in College Students

Aneeza Qadeer Bhatti (M.Sc. 2017-2019)
Supervisor: Dr. Fatima Kamran

The research was conducted to examine the relationship among perceived parenting style, self-efficacy and students' academic performance in college students. It was hypothesized that there would be positive relationship among parenting style, self-efficacy and academic performance in college students. Non-probability purposive sampling technique was used. Cross sectional research design was used and the sample was comprised of 110 students approached from different colleges of Lahore. Students between the age range 17 to 19 years were recruited. The data was collected through demographics

questionnaires, perceived parenting style scale was used to identify type of parenting developed by (Gafoor & kurukkan, 2014), Scale of Self efficacy was developed by (Schwarz err & Jerusalem, 1995). This self-efficacy scale was used to know one's beliefs. This questionnaire consisted of 10 items was used to measure students' self-efficacy. Student's previous examination marks were used to check their academic performance. The results indicated that there was a significant relationship between parenting style, self-efficacy and students' academic performance. The findings of the hierarchal regression analysis revealed that demographics (gender, family system) predicted academic performance. The findings reveled that there were significant differences in parenting style self- efficacy and academic performance in college students.

Keywords: perceived parenting style, self-efficacy, academic performance, college students

Narcissism, Jealousy and Cyberbullying in Adolescents

Huda Ijaz (BS 2015-2019)
Supervisor: Dr. Fatima Kamran

The aim of the study was to investigate the relationship between narcissism, jealousy and cyber bullying in adolescents. It was hypothesized that narcissism and jealousy are likely to be related with cyber bullying in adolescents. Also, it was hypothesized that narcissism and jealousy are likely to predict cyber bullying in adolescents. Further, it was hypothesized that the relationship between narcissism and cyber bullying is likely to be mediated by jealousy in adolescents. A correlational study was carried out, sample comprised of 138 adolescents including 69 boys and 69 girls with age range 14-18 years ($M=16.98$, $SD=.74$). Data were collected from three different government and private colleges of Lahore. Narcissistic Personality Inventory 16 (Ames, Rose & Anderson, 2006), Friendship Jealousy Scale (Parker, Low, Walker & Biggs, 2005) and Revised Cyber Bullying Inventory (Cigden Topcu & Erdur-Baker, 2018) were used in this study. Pearson Product-Moment Correlation and Multiple Hierarchical Regression Analyses were employed. Data were analyzed using SPSS version 21. Findings showed that cyber bullying was positively related with narcissism and jealousy. Also, cyber bullying was positively predicted by narcissism and jealousy. However, the relationship between narcissism and cyber bullying was not mediated by jealousy in adolescents.

Keywords: narcissism, jealousy, cyber bullying, adolescents

Perfectionism, Stress and Academic Performance in Undergraduate Students

Zahra Batool, (BS 2015-2019)
Supervisor: Dr. Fatima Kamran

The present Correlational study aimed to investigate the relationship among perfectionism, stress and academic performance in undergraduate students. It was hypothesized that there is likely to be a relationship between perfectionism and stress and that there is likely to be a relationship between perfectionism and academic performance. It was also hypothesized that there is likely to be a relationship between stress and academic performance. Furthermore, stress is likely to mediate relationship between perfectionism and academic performance. The sample comprised of 108 undergraduate students ($N=108$), including 54 women and 54 men with the age range of 18 to 24 years ($M=20.10$, $SD=1.54$). Convenience sampling was used to collect data from different departments of University of the Punjab. The Big Three Perfectionism scale (Smith, 2016) and University Stress Scale (Stallman, 2008) were used to assess the study variables. Data was analyzed through Pearson Product Moment Correlation and mediation through Multiple Hierarchical Regression. Results showed that among demographics age and father's employment status was positively correlated with academic performance and types of perfectionism was negatively correlated with academic performance. Moreover, stress was negatively correlated with academic performance. Stress mediated the relationship between doubts about action and academic performance. The findings of the present study highlighted the importance of perfectionism that may help people deal with the stress and improve their academic performance.
Keywords: perfectionism, stress, academic Performance

Dysfunctional Impulsivity, Game-Engagement and Delinquent Behavior in Action Video Gamers

Usama Ahmad Khan (BS 2015-2019)
Supervisor: Dr. Fatima Kamran

The present study aimed to find out the relationship among dysfunctional impulsivity, game engagement and delinquent behaviors in action video gamers. It was hypothesized that there is likely to be a relationship between dysfunctional impulsivity, game engagement and delinquent behavior in action video gamers.

It was also hypothesized that dysfunctional impulsivity and game engagement were likely to predict delinquent behavior in action video gamers. The sample for the current research comprised of 130 adolescents among which included 93 males and 37 females aged between 12 to 18 years. The data was collected through demographic information sheet, Game Experience Questionnaire (Brockmyer, Fox, Curtis, Mcbroom, Burkhart & Pidruzny, 2009), Barratt's Impulsiveness Scale (Barratt, 1995) Problem Behavior Frequency Scale (Jessor, 1977). The results of Pearson's Product Moment Correlation revealed that dysfunctional impulsivity had a positive significant relationship with game engagement and delinquent behavior. Game engagement had no relationship with the delinquent behavior. Results of regression analysis revealed that dysfunctional impulsivity predicted delinquent behavior. Game engagement did not predict delinquent behavior in action video gamers. Males were higher on delinquent behavior than the female video gamers. The study was important as it threw light on the effects of violent action video games on the hardcore video gamers because violent graphics and impulsive behaviors of the people effected their psychological well-being. *Keywords:* dysfunctional impulsivity, game engagement and delinquent behavior in action video gamers

Social Support, Inmate Adjustment and Depression in Female Prisoners

Ramla Haram Hamid, (BS 2015-2019)
Supervisor: Dr. Fatima Kamran

The research was conducted to investigate the relationship of social support and inmate adjustment with depression in female prisoners. It was hypothesized that social support and inmate adjustment are likely to be associated with depression in female prisoners. It was also assumed that social support and adjustment are likely to predict depression in female prisoners. Correlational research design and purposive sampling was used to recruit a sample of female prisoners ($N=82$) from Kot lakhpat Jail, Lahore. Multidimensional Scale of Perceived Social Support (Zimet, Dahlem, Zimet & Farley,1988), Prison Adjustment Questionnaire (Wright, 1985) and Centre for Epidemiological Studies Depression Scale were used to measure the study variables. Pearson Product Moment Correlation and Hierarchical Regression Analysis were used to analyze data. Results indicated that social support and inmate adjustment were negatively correlated with depression in female prisoners. Social support and inmate adjustment were negative predictors of depression in female prisoners. It was also found that

depression was more common in female prisoners having low family income than those having high family income. Implications of the study are discussed in the light of Pakistani culture.

Keywords: female prisoners, social support, inmate adjustment, Depression

Work-Family Conflict, Parental Stress and Satisfaction in Nurses

Aleen Zafar BS (2015-2019)
Supervisor: Ms. Shazia Qayyum

The present study aimed to investigate the relationship between work- family conflict, parenting stress and parental satisfaction among morning and night shift nurses. Correlational research design was used to conduct this study. It was hypothesized that a) work-family conflict is likely to have a negative relationship with parental satisfaction, b) parenting stress is likely to have a negative relationship with parental satisfaction, c) work-family conflict is likely to predict parental satisfaction and d) parenting stress is likely to predict parental satisfaction. Non-probability purposive sampling strategy was used to select a sample of *(N=152)* nurses from various government and private sector hospitals in Lahore. Demographic Information Sheet, The Work-Family Conflict Scale (Netemeyer, Boles & McMurrian, 1996), Parenting Stress Scale (Barry & Jones, 1995) and Parenting Sense of Competence Scale (Johonston & Marsh, 1989) were used in the study. The Cronbach's Alpha value of above scales was calculated to check the reliability. SPSS version 20.0 was used for the analysis of gathered data using the analyses of Pearson Product Moment Correlation, Hierarchical Regression and Independent Sample t-test. Results showed that both work-family conflict and parenting stress had a negative relationship with parenting stress. The results also showed that work-family conflict and parenting stress, both negatively predicted parental satisfaction in Nurses. The research can be useful in understanding how factors associated with parents' life such as work-family conflict not only disrupt the efficiency of an organization but also transfer over to family systems.

Keywords: work family conflict, parenting stress, parenting satisfaction

Self Esteem, Social Anxiety and Ostracism in Young Adults

Rimla Masood (BS 2015-2019)
Supervisor: Ms. Shazia Qayyum

The present research was conducted to investigate the relationship among self-esteem, social anxiety, and ostracism in young adults by using correlational research design. It was hypothesized that there would likely be a significant relationship between self-esteem, social anxiety, and ostracism in young adults. Self-esteem and social anxiety, both would likely predict ostracism. There would be gender differences among self- esteem, social anxiety, and ostracism. A sample of 200 young adults between the age range of 17-25 years were selected. The Rosenberg self- esteem scale (Rosenberg, 1965), social interaction anxiety scale (Juster et al., 1997) and ostracism experience scales (Carboni et al., 2012) were used to assess the understudy variables. The results indicated that there was a significant relationship between self-esteem, social anxiety, and ostracism. Self-esteem and social anxiety, both were the predictors of ostracism. There were no gender differences found in self-esteem, social anxiety and ostracism. The present research can contribute its implications to almost every field of psychology; from social psychology to school psychology to counseling psychology and to human factor psychology as well. This study focused on the basic phenomenon of ostracism that if left untreated leads to complex psychological problems. This research helps in pointing out and solving initial issues that can help individuals grow in every aspect of their lives.
Keywords: self-esteem, social anxiety, ostracism, young adults.

Inter Parental Conflict, Parental and Peer Attachment among Adolescents

Maham Ahmed Bhatti (M.Sc. 2017-2019)
Supervisor: Ms. Shazia Qayyum

Present research was conducted to explore the relationship among inter- parental conflicts, parental and peer-attachment among adolescents. It was hypothesized that inter-parental conflict will have relationship with parental attachment (Mother and Father Attachment). Inter parental conflict will have relationship with parental and peer attachment. Furthermore, inter parental conflict will be a predictor of parental and peer attachment. A purposive sample of (*N*=200)

adolescents was taken. To study the variables, the children's perception of inter parental conflict scale (CPIC) by (Grych, Fincham, & Seid, 1992) and The inventory of parent and peer attachment by (Armsden, & Greenberg, 1989) for Parental- peer attachment were used to study the relationship among variables. Pearson Product Moment Correlation was used to see the relationship between inter-parental conflict, parental and peer attachment among adolescents. Linear Regression Analysis was applied to find out prediction for parental and peer-attachment. Results indicated that inter- parental conflicts had a significant positive relationship with parental (Mother and Father Attachment) and peer attachment among adolescents. Furthermore, inter-parental conflict was a predictor of Parental and Peer attachment among adolescents. The results of this study would provide literature support for the role of attachment of parents on adolescent. This study highlighted the role of parental and peer attachment in inter- parental conflicts that play role in home making environment. This would help parents to adopt more focused and appropriate interventions to avoid conflicts among them that adversely influence adolescents.

Keywords: conflict, inter-parental conflict, parental attachment, peer attachment, adolescents

Parenting Styles, Aggression Expression and Psychological Well- Being in Adolescents

Asifa sarwar (BS 2015-2019)
Supervisor: Dr. Afsheen Masood

This research paper aimed to explore the relationship among parenting styles, aggression expression and psychological well-being in adolescents. Cross-sectional research design was used in the present study. It was hypothesized that there was a significant relationship between parenting styles, aggression expression and psychological well- being. A sample of (N=230) adolescents including 117 boys and 113 girls, of ages of 12-19 years, was taken from adolescents. The sample was selected from school and college going students of Lahore. Scale of Parenting Style (Gafoor & Kurukkan, 2014), Anger Expression Scale (Majeed & Malik, 2016) and Ryff's Psychological Well-being Scale (Ryff's 1989) were used to evaluate the relationship between parenting styles, aggression expression and psychological well-being in adolescents. SPSS version 21.0 was used to analyze the data collected. Pearson Product Moment

Correlations, Independent sample t-test and Linear Regressions were used to analyze the relationship and prediction between variables. The results generated from the analysis indicated that there was significant negative relationship between parenting styles and aggression expression and psychological well-being. There were significant gender differences in parenting styles, aggression expression and psychological well-being. Parenting styles was the significant negative predictor of aggression expression. These result findings cannot be generalized on the entire population because of the limited age range and resources. Further researches with a broader age bracket could help generalize the results efficiently and widely.

Keywords: parenting styles, aggression expression, psychological well- being in adolescents

Body-Objectification, Body-Shame and Mental Health in Adolescent Girls

Najwa Bashir (M.Sc. 2017-2019)
Supervisor: Dr. Afsheen Masood

The aim of this study was to investigate relationship among body- objectification, body-shame and mental health in adolescent girls. It was hypothesized that body-objectification, body-shame and mental health in adolescent girls are likely to be associated and body-objectification and body-shame are likely to predict mental health of adolescent girls. The sample comprised of (N=250) girls within the age range of 12 to 18 years. The scale comprised of demographic sheet, The Objectified Body Consciousness Scale (McKinley and Hyde, 1996), Bodily Pride and Shame Scale (Troop, 2016) and Warwick Edinburgh Mental Well-being Scale. SPSS version 23.00 was used to make out inferential and descriptive analyses. The results are discussed in the light of existing literature and societal evidences.

Keywords: body-objectification, body-shame, mental health, adolescent girls

Dysmenorrhea, Menstrual Distress and Sleep Quality in Adolescent Girls

Naila Akram (BS 2015-2019)
Supervisor: Dr. Mujeeba Ashraf

The present study was conducted to explore the relationship between dysmenorrhea, menstrual distress and sleep quality in adolescent girls. correlational research design was used. A sample consisted of adolescent girls (N=282) ranging from 16 to 20 years old was selected from government and private colleges and universities of Lahore. It was hypothesized that

dysmenorrhea, menstrual distress and sleep quality were likely to have relationship. Dysmenorrhea and menstrual distress were likely to predict sleep quality and there were likely to be differences in dysmenorrhea and non-dysmenorrhea girls on menstrual distress and sleep quality. The questionnaires for collection of data included Menstrual Symptoms Questionnaire (Chesney & Tasto, 1975), Menstrual Distress Questionnaire (Moos, 1991) and The Pittsburg Sleep Quality Index (Buysse et al., 1989) in addition to Demographic sheet. Primary analysis included reliability analysis, Pearson Product Moment Correlation, Hierarchical Regression and Independent Sample t-test. Correlation analysis approved the relationship hypothesis and there found to be significant relationship between dysmenorrhea, menstrual distress and sleep quality. Regression analysis revealed that dysmenorrhea and menstrual distress were significant predictors of sleep quality. And lastly, t-test analysis showed that dysmenorrheic and non-dysmenorrheic girls differed on menstrual distress and sleep quality. Independent sample t- test also showed that there were no differences in cycle regularity in terms of study variables. This research proved to be helpful to increase awareness and can be used in the development of educational programs and establishment of clinics to address menstrual related issues in a proper way.

Keywords: dysmenorrhea, menstrual distress, sleep quality, adolescent girls

Media Portrayed Idealized Images, Self-Objectification and Social Appearance Anxiety in Female Adolescents

Rabbiah Rasheed (BS 2015-2019)
Supervisor: Dr. Mujeeba Ashraf

The present study aimed to investigate the relationship among media portrayed idealized images, self-objectification and social appearance anxiety in female adolescents. It was hypothesized that there is likely to be a relationship between media portrayed idealized images, self- objectification and social appearance anxiety. Correlation research design was used. Convenient sampling technique was employed to collect the data from the sample. The sample consisted of 13 female adolescents with an age range 17-20 years (M=18.3, SD=1.05). Sociocultural Attitudes towards Appearance Scale (SATAQ-4R) was used to measure media portrayed idealized images (Schaefer, Harriger, Soderberg & Thompson, 2016). Self – objectification scale was used to measure self-objectification (Noll & Fredrickson, 1998). Social Appearance Anxiety Scale

was used to measure social appearance anxiety (Hart, Flora, Pylo, Fresco, Holle & Heimberg, 2008). Correlation and multiple linear regressions were used for analysis. Result revealed that Body fat subscale, family subscale, significant others subscale has a significant positive relationship with social appearance anxiety. Media subscale had a significant positive correlation with self-objectification and social appearance anxiety. Moreover, media portrayed idealized images is the positive predictor of social appearance anxiety. This study will help in educational and professional settings to educate females about unrealistic societal ideals as well as media protocols can be educated about their bad impacts on females.

Keywords: media portrayed idealized images, self-objectification, social appearance anxiety

Perceived Parenting Styles and Disruptive Behavior in Adolescents

Momna Ali (M.Sc. 2017-2019)
Supervisors: Dr. Mujeeba Ashraf and Ms. Palvisha Iqbal

The Present research was conducted to investigate the relationship between perceived parenting styles and disruptive behavior in adolescents and to find out which parenting style (Authoritative, Authoritarian, and permissive) predicts high disruptive behavior in adolescents. Correlational research design was used to conduct the present study. Convenient sampling technique was used to collect data from different institutes. The sample for the current research consisted of ($N=1$25) participants including males=55 and females=70 between age ranges of 13 to 19 (M=17.12 and $SD=1$.149). The data was collected through standardized questionnaires along with demographic sheet. Parental Authority Questionnaire developed by Jhon Buri (1991) was used to measure parenting style and Disruptive Behavior Scale professed by Students (DBS-PS) developed by Feliciano Veiga (2008) was used to measure the disruptive behavior. Data was analyzed by using SPSS. Pearson Product Moment Correlation was done. The findings suggested that Authoritarian parenting was positively associated with the disruptive behaviors. Authoritarian Parenting Predicted more schoolmate's aggression (DBS-II) as compared to the distraction transgression (DBS-I) and aggression to school authorities (DBS-III). Authoritative parenting and permissive parenting had no significant relationship with disruptive behavior of adolescents. This study will help to lay future grounds for researches on parenting style in Pakistan. The findings of the study will be valuable for educational

settings and in family counseling. It will be helpful for psychologists and researches in promoting adolescent's psycho-social development in the light of parenting style.

Keywords: perceived parenting styles, disruptive behavior, adolescents

Social Influence and Trust in Online Shopping

Yasir khan (M.Sc. 2017-2019)
Supervisor: Dr. Mujeeba Ashraf

Current study aimed to investigate the relationship between social influence and trust on online shopping. It was hypothesized that there would be a significant relationship between social influence and trust on online shopping. The sample comprised of ($N=150$) male and female by using purposive sampling technique from adults. Data was collected through questionnaires measuring informational, utilitarian and value expressiveness social influence through social influence scale (park & lessing 1977), trust in online shopping was measured through trust worthiness scale (buttner & gortiz 2008). Pearson Product Moment Correlation showed that social influence had a significant positive correlation with trust on online shopping. Simple Linear Regression indicated that informational influence was the predictor of trust on online shopping. The study indicated that social influence had a significant relationship with trust on online shopping.

Keywords: social influence, trust in online shopping

Online Game Addiction, Physical Activity and Mood in Early Adolescents

Tayyaba Noreen (BS 2015-2019)
Supervisor: Ms. Afifa Anjum

The present study was aimed to explore the relationship among online game addiction, physical activity and mood in early adolescents. Correlational research design was used. Convenience sampling strategy was used to collect data. The sample consisted of ($N=100$) including 58 males and 42 females with age range of 13-16 years ($M=14.68$, $SD=1.04$). The questionnaires used for data collection were demographic sheet, modified version of Game Addiction Scale by Zafar and Kausar (2016) originally developed by Lemmens, Valkenburg and Peter (2009), Physical Activity Questionnaire for Adolescence (PAQ-A) developed by Kowalski, Crocker and Donen (2004) and 10 itemed Positive and Negative Affect Schedule (PANAS-short form) developed by Kercher (1992), originally developed by Watson, Clark and Tellegen (1988). Pearson Product Moment

Correlation was employed. It was found that online game addiction and physical activity were significantly and negatively correlated. Gender was positively associated with positive affect. Education level of participants was positively related to online game addiction. Frequency and time spent on playing online games was positively associated with online game addiction. Frequency of playing online game addiction was negatively related to positive affect whereas time spent on online games was positively associated with negative affect and negatively related to physical activity. This research study may be helpful for parents to understand the online activities of their children to control its repercussions. It may also help schools to incorporate physical activity in curriculum.

Keywords: physical activity online game addiction, mood

Parental Acceptance-Rejection, Peer Victimization and Attitude Towards Violence in Young Adults

Iqra Iqbal (BS 2015-2019)
Supervisor: Ms. Afifa Anjum

The present study aimed to investigate the relationship among parental acceptance-rejection, peer victimization and attitude towards violence in young adults. Correlation research design was used. Convenient sampling technique was employed to collect data. The sample consisted of ($N=120$) young adults (60 males, 60 females) with age range of 18-25 ($M=21.43$, $SD=1.74$). The Adult Parental Acceptance-Rejection Questionnaire (Rohner, 2004), Revised Attitude towards Violence Scale (Benjamin & Anderson,2006) and Revised Peer Experience Questionnaire (Prinstein, 2001) were used. Independent Sample t-test, Pearson Product Moment Correlation and Hierarchal Regression were used for evaluating results of the research. The findings revealed that there was a significant gender difference in paternal rejection, peer victimization and attitude towards violence. Males were more likely to experience rejection from their father, experience more peer victimization, and hold more violent attitudes than females. There was a significant positive relationship between parental rejection and attitude towards violence as well as peer victimization and attitude towards violence in males and females. In females, parental rejection, overt victimization and relational victimization were significant positive predictors of attitude towards violence whereas, in males only rejection from the father was the

significant positive predictor of attitude towards violence. Findings of the present research have significant implications for the policy makers, researchers, counselors, and educational psychologists. This study not only serves as an insight into the concept of violence, it also allows us to develop strategies and techniques to change individual's attitude towards violence.

Keywords: attitude towards violence, parental acceptance-rejection, peer victimization.

Textism Effect on Spellings in Adolescents and Pre-Adolescents Students

Farwa Batool (MS.c 2017-2019)
Supervisor: Ms. Afifa Anjum

The following study was conducted with the aim to study the effect of texism on spellings in adolescent and pre-adolescent students. It was hypothesized that textism is likely to be significantly associated with spellings and likely to predict spelling scores in pre-adolescent and adolescent students. The sample consisted of ($N=200$) boys and girls within the age range of 11-19 taken from different private schools of Lahore. The data was analyzed descriptively and quantitatively by using SPSS version 23.00. The analysis showed that there was no significant correlation between textism and score on spelling test in adolescents and pre-adolescents. When checked correlation between demographics and study variables, there was a significant positive correlation found between total marks on spelling test and marks in English and a significant negative correlation between total marks on spelling test and "any other" purposive of texting. The girls scored significantly higher on spelling test than boys WhatsApp was the most widely used social media application and twitter was the least used application. Friendship maintenance was the most common purpose of texting in adolescents and pre-adolescents and romantic chatting was the least common purpose of texting. Highest frequency of scores on textism scores were of the number 37 whereas midpoint was 43. The word "please" was the most abbreviated word from the textism scale and the word "being" least abbreviated. Abdicate wasthe most correctly spelled word and kaleidoscope was the most incorrectly spelled word.

Keywords: textism, spellings, adolescents, pre-adolescents

Attachment style, Rejection Sensitivity and Antisocial Behavior in Young Adults

Nadia Nazar (M.Sc. 2017-2019)
Supervisor: Ms. Afifa Anjum

Current study aimed to investigate the relationship among attachment style, rejection sensitivity and anti-social behavior in young adults. It was hypothesized that there would be a significant relationship between attachment style, rejection sensitivity and anti-social behavior. The sample compromised of (N=100) males and females, within the age range 19-25 years by using purposive sampling technique from students. Data was collected through questionnaires. Revised Adult Attachment Scale (Collins, 1996). Rejection Sensitivity Questionnaire (Berenson, 2009), adult version (A-RSQ). Antisocial Behavior Questionnaire (Alexandrea & Donnellan, 2009). Independent Sample t-test, Pearson Product Moment Correlation and Hierarchal Regression were used for evaluating results of the research. The findings revealed that there was a non- significant gender difference in Attachment Style, Rejection Sensitivity and Antisocial Behavior in young adults. Pearson Product Moment Correlation showed that attachment style, rejection sensitivity had significant positive relationship with anti-social behavior. Demographics like age, gender, education and monthly income were correlated variables of anti-social behavior. Hierarchical regression indicated that rejection sensitivity was the positive predictor of anti-social behavior. The study indicated that anxious or insecure attachment style and rejection sensitivity fostered the anti-social behavior. Findings of the present research have significant implications for the researchers, counselors, and educational psychologists. This study not only serves as insight into the concept of antisocial behavior, it also allows us to develop strategies and techniques to change individual's attitude towards rejection sensitivity and antisocial behavior.

Keywords: antisocial behavior, attachment styles, rejection sensitivity.

Moral Disengagement, Self-Censure and Extremism Beliefs in Young Adults

Aakifa Azhar (BS 2015-2019)
Supervisor: Ms. Afifa Anjum

The present research aimed to investigate the relationship among moral disengagement, self-censure and extremism beliefs in young adults. It was hypothesized that there is likely to be a significant relationship between moral disengagement, self-censure and extremism beliefs in young adults. It was also hypothesized that moral disengagement and self-censure are likely to predict extremism beliefs in young adults. The sample comprised of young adults, (N=100) including 33 males and 67 females with age range of 20-35 years (M=22.36, SD=2.6). The Moral Disengagement Scale (Moore, 2012), Anticipatory Self Censure Scale (Amjad, 2006) and Violent Extremism Dispositions Scale – VEDS (Davydov & Khlomov, 2015) were used to assess study variables. Data was analyzed through Pearson Product Moment Correlation and Hierarchal Regression Analysis. The results showed that moral disengagement had a positive relationship; while self-censure had a negative relationship with extremism beliefs. Age and education had positive relationship with moral disengagement; and gender had a negative relationship with moral disengagement, females had a positive relationship with self-censure rather than males, while age, education and occupation had a positive relationship with extremism beliefs. Moral disengagement was positive predictor of extremism beliefs. The findings of the present study highlighted the importance of the formation of the relationship among moral disengagement, self-censure and extremism beliefs and the importance of knowing and recognizing one's behavior before they reach extremism.
Keywords: moral disengagement, self-censure, extremism beliefs

Perceived Social Acceptance, Psychological Distress and Attitude Towards Disability

Fizza Zahid (M.Sc. 2017-2019)
Supervisor: Ms. Afifa Anjum

The present study aimed to investigate the relationship among perceived social acceptance, psychological distress and attitude towards disability. It was hypothesized that demographics are significantly correlated with study variables.

And also, to find out the significant predictors of attitude towards disability in physically disabled adults. Correlational research design was used and purposive sampling was used. A sample of (N=100) physically disabled adults (28 males, 72 females) with age range of 18-38 (M=23.99, SD=4.50) were selected. The Perceived Acceptance Scale (Brock et al., 1998), Kessler Psychological Distress Scale (Kessler et al., 2003) and Questionnaire on Disability Identity and Opportunity (Darling & Heckert, 2010) were translated into Urdu language, and used. Pearson Product Moment Correlation, Independent Sample t-test, one-way ANOVA and Hierarchal Regression were used for evaluating results. The findings revealed the significant negative relationship of perceived social acceptance with psychological distress and attitude towards disability. While psychological distress was positively correlated with attitude towards disability. Gender, age, monthly income, number of friends, education, family system, type of disability and birth order were significantly correlated with study variables. Moreover, gender, age and psychological distress were significant positive predictors of attitude towards disability. While education was a significant negative predictor of attitude towards disability. Findings of the present research do not only serve as an insight into the concept of disability, it also allows us to develop strategies and techniques to change individuals' attitude towards their disabilities.

Keywords: attitude towards disability, perceived social acceptance, psychological distress

Parental Attachment, Media Internalization and Objectified Body Consciousness in Adolescents

Mahnoor Tariq (BS 2015-2019)
Supervisor: Mr. Faiz Younas

The present study investigated the relationship among parental attachment, media internalization and objectified body consciousness in adolescents. It was hypothesized that parental attachment would have significant negative relationship with components of objectified body consciousness (body surveillance, body shame and appearance control beliefs) and would significantly predict them as well. Media internalization would have a significant positive relationship and prediction with objectified body consciousness. With a cross-sectional and correlational research design, this study used convenient sampling

technique to recruit a sample of adolescent girls (*N*=150) from two different private colleges in Lahore. The assessment tools used were the Inventory of Parent and Peer Attachment (Armsden & Greenberg, 1987), The Sociocultural Attitudes Towards Appearance Scale-3 (Thompson, Berg, Roehrig, Guarda, and Heinberg, 2004) and Objectified Body Consciousness Scale (McKinley & Hyde (1996). Descriptive statistics, Pearson Product Moment Correlation and Multiple Regression were used to analyze the data. Results indicated that there was a significant negative relationship among maternal attachment and body shame and maternal shame predicted it as well. Paternal attachment didn't show a significant relationship with any component of objectified body consciousness. Media internalization showed a significant positive relationship and prediction with body shame and body surveillance. None of the study variables showed a significant relationship with appearance control beliefs. This study is useful for professionals in the field of parenting education to inform mothers of their role in contributing to their daughter's body image. Media content creators could also benefit from the findings by creating more body-positive content.

Keywords: parental attachment, media internalization, objectified body consciousness

Family Environment, Academic Stress and Academic Performance in Adolescents

Mona Akhtar Hanjra (M.Sc. 2017-2019)
Supervisor: Mr. Faiz Younas

This study aimed to explore the relationship among family environment, academic stress and performance in adolescents. It was hypothesized that there would likely to be a positive relationship among family environment, academic stress and performance in adolescents. It was also hypothesized that family environment and academic stress would likely to predict academic performance in adolescents. It was further hypothesized that family environment and academic performance would likely to predict academic stress in adolescents. Cross-sectional co- relational design was used to conducts this research. Sample consisted of (*N*=102) in adolescents including (*n*=57) girls and (*n*=45) boys. Family Environment Scale (Bhatia & Chadha, 1993) and Educational Stress Scale for Adolescents (Dune, Sun, Nguyen, Truce, loan & Dixon 2010) were used asses the study variables. Correlation and Regression analysis was run to

check correlation and prediction among variables. Results showed that there was no positive relationship among family environment, academic stress and academic performance in adolescents. Family environment and academic stress did not predict the academic performance in adolescents. However, family environment and academic performance predicted academic stress in adolescents. The findings were discussed in the light of literature which would enable students to cope up in a better way with the demands of the academic settings.

Work Family-Conflict and Mental Health in News Reporters

Hafiz Ali Ahmad (M.Sc. 2017-2019)
Supervisor: Mr. Faiz Younas

The study examined the relationship between work family conflict and mental health in news reporters. It was hypothesized that work family conflict would negatively correlate with mental health in news reporters. Further, it was also hypothesized that work family conflict would likely to predict mental health in news reporters. Through correlational research design and non-probability purposive sampling technique, a sample of (N=92) of news reporters were recruited. Translated version of Netemeyer's WFC (Netemeyer et al., 1996) and Keyes's MHC-SF (Keyes, 2009) were used for the assessment of work family conflict and mental health. Results were generated by applying Person Product Moment Correlation and Multiple Regression Analysis by using SPSS which showed that work family conflict was negatively related with mental health. Moreover, results also revealed that work family conflict was negatively predicting mental health. Through these results this study can be helpful in managing news reporter's mental health and providing them skills which can be helpful in making them efficient towards solving work and family related conflicts.

Peer Victimization, Self-Evaluation and Quality of Life in Adolescents

Kiran (BS 2015-2019)
Supervisor: Mr. Faiz Younas

The present study investigated the relationship among peer victimization, self-evaluation and quality of life in adolescents. It was hypothesized that there would be a significant negative relationship among peer victimization, self-evaluation and quality of life in adolescents. It was hypothesized that self-evaluation would likely to mediate the relationship between peer victimization and quality of life in adolescents. Non probability convenient sampling strategy was used to recruit the sample of (N=150) adolescents with age range 13-18 years (M=14.84, SD=0.97). Multidimensional Peer Victimization Scale (Mynard, H. & Joseph, S., 2000), Social Comparison Scale (Allan & Gilbert, 1995, 1997) and Youth Quality of Life Instrument – Short Form (Patrick et al., 2002) were used for assessment of study variables. Pearson Product Moment Correlation, Mediation Analysis were used to find correlation and mediation among study variables respectively. Findings of the study showed that there was a significant negative relationship among peer victimization, self- evaluation and quality of life in adolescents. Also, self-evaluation mediated the relationship between peer victimization and quality of life in adolescents. The present research has implication in the field of school psychology by providing support to the students who are victimized by peers.
Keywords: Peer Victimization, Self-Evaluation, Quality of Life, Adolescents

Self Confidence and Decision-Making Power in Adults

Ayesha Siddiqa (M.Sc. 2015-2019)
Supervisor: Mr. Faiz Younas

Confidence is the asset of an individual's belief that a specific statement is the best or most accurate response and makes him more self-reliance (Peterson & Pitz, 1988) while decision making is a mental or cognitive process to choose one act among different alternatives in the process of problem (Montz berg et al., 1976). The research was conducted to investigate the relationship between self-confidence and decision-making power. It was hypothesized that self-confidence was likely to be a predictor of decision-making power in adults. Sample comprised of (N=116) adults including (men=28 and women=88) selected from different areas of Lahore and also from Punjab university new campus Lahore.

Rosenberg self-esteem scale was used to measure self-confidence and decision-making power questionnaire DMQ (Greene et al., 1997) was used to measure decision making power in adults. Pearson Product Moment Correlation and Simple Linear Regression were used to analyze the data. The findings of present study revealed that there was an insignificant relationship between self-confidence and decision-making power. Self-confidence was an insignificant predictor of decision-making power. The results suggested undeniable importance of self-confidence and decision-making power.

Keywords: self-confidence, decision-making power, adults

Parental Acceptance-Rejection, Aggression and Conduct Problems in Juvenile Delinquents

Javeria Munawar (BS 2015-2019)
Supervisor: Zaeema Farooq

The present research aimed to investigate the relationship between parental acceptance-rejection, aggression and conduct problems in juvenile delinquents. It was hypothesized that there would be a relationship between parental acceptance-rejection, aggression and conduct problems in juvenile delinquents. It was also hypothesized that parental acceptance- rejection and aggression would predict conduct problems in juvenile delinquents. The sample comprised of ($N=76$) male juvenile delinquents from Jails and Welfare Bureaus by using purposive sampling technique, with age range of 12-18 years ($M=14.1$, $SD=1.68$). Urdu translated version of parental Acceptance- Rejection Questionnaire was used to measure parental acceptance-rejection (Rohner, 1980; Malik, 2011). Aggression Scale (Orpinas & Frankowski, 2001) and Child and Youth Mental Health General Screening Questionnaire (Cunningham, 2009) were used to access aggression and conduct problems, were translated into Urdu. Data was analyzed through Pearson Product Moment Correlation, Hierarchical Regression and One-Way ANOVA. The results showed that hostility/aggression, indifference/ neglect and undifferentiated/ rejection of father and mother and aggression were positively related with conduct problems, whereas warmth/affection of father and mother was negatively related with aggression and conduct problems. Similarly, warmth/affection of father and mother and aggression were negative predictors of conduct problems. Furthermore, warmth/affection of father, mother and aggression of those who had committed rape was lower than those who had committed theft, murder and other types of crime, whereas, aggression of those who had committed rape was higher than

those who had committed theft, murder and other types of crime. The present study findings highlighted the importance of parental acceptance- rejection to reduce the aggressive tendencies and development of conduct problems.

Keywords: parental acceptance-rejection, aggression, conduct problems

Narcissism, Perceived Loneliness and Social Media Addiction in Young Adults

Fatima Ehsan (BS 2015-2019)
Supervisor: Ms. Zaeema Farooq

The present correlational study aimed to investigate the relationship among narcissism, perceived loneliness and social media addiction in young adults. It was hypothesized that there would be a relationship between narcissism, perceived loneliness and social media addiction. Moreover, it was also hypothesized that narcissism and perceived loneliness would predict social media addiction. The sample comprised of ($N=200$) young adults, ($n=97$) men, ($n=103$) women with the age range of 18 to 24 years ($M=21.05$, $SD=1.79$), selected using convenient sampling technique from private universities of Lahore. Narcissistic Personality Inventory-I6 (Ames, Rose & Anderson, 2006), The UCLA Loneliness Scale (Russel et al., 1991) and Bergen Social Media Addiction Scale (Andreassen, 2016) were used to assess narcissism, perceived loneliness and social media addiction respectively. Data was analyzed through Pearson Product Moment Correlation and Hierarchical Regression Analysis. Results showed that narcissism and perceived loneliness were positively related with social media addiction. Furthermore, results revealed that narcissism and perceived loneliness were positive predictors of social media addiction. The present study has implications in highlighting the role of narcissism in determining social media addiction.

Keywords: narcissism, perceived loneliness, social media addiction, young adults

Self-Concept, Emotional Regulation and Social Competence in Adolescents

Maheen Khalid (M.Sc. 2017-2019)
Supervisor: Ms. Zaeema Farooq

The present research aimed to investigate the relationship among self- concept, emotion regulation and social competence in adolescents. It was hypothesized that self-concept and emotion regulation would be positive predictors of social competence. It was also hypothesized that self- concept would be a positive predictor of social competence. Emotion regulation would also be a positive predictor of social competence. Moreover, emotion regulation would mediate the relationship between self-concept and social competence. A sample of ($N=122$) adolescents, ($n=61$) males and ($n=61$) females, age range 15 to 19 years ($M=15.88$, $SD=1.32$) were selected. Robson Self-Concept Questionnaire (Robson, 1989), Emotion Regulation Questionnaire (Romans, Martin & Mullen, 1996) and Social Competence Scale (Spence, 2002) were used to assess the study variables respectively. Data were analyzed through Pearson product moment correlation, mediation through a series of regression analysis was employed. Results revealed that self-concept positively predicted social competence. Mediation was found significant. The present study is important in highlighting possible explanations for factors such as self-concept and emotion regulation towards social competence.
Keywords: self-concept, emotion regulation, social competence

Friendship Quality and Self-Disclosure in Young Adults

Shagufta Nayab (MS.c Morning)
Supervisor: Ms. Zaeema Farooq

The present research aimed to investigate the relationship between friendship quality and self- disclosure in young adults. It was hypothesized that friendship of quality would be correlated with self- disclosure and friendship quality would predict self-disclosure. The sample comprised of ($N=160$) young adults, including both men (n=73) and women ($n=87$) with age range of 18-24 years ($M=21.20$, $SD=1.51$) were selected by using purposive sampling. (NRI) Network of Relationships Inventory (Furman & Buhrmester, 2009) and (DDI) Distress Disclosure Index (Kahn & Hesslings, 2001) were used to assess quality of friendship and self-disclosure, in young adults respectively. Data was analyzed

through Pearson product moment correlation and hierarchal regression analysis. The results showed that friendship quality was positively related with self-disclosure and friendship quality was a positive predictor of self-disclosure. The present study findings highlighted the importance of friendship quality in self-disclosing tendencies of young adults towards their friends because if friendship quality is better, individuals tend to disclose their feelings of distress more and channel all those thoughts that bother them.

Keywords: friendship quality, self-disclosure

Cyberbullying, Social Support and Psychological Distress in Young Adults

Amina Afzal (M.Sc. 2017-2019)
Supervisor: Ms. Zaeema Farooq

The present study aimed to investigate the relationship among cyber bullying, social support and psychological distress in young adults. It was hypothesized that there would be a positive relationship between cyber bulling and psychological distress in young adults. It was also hypothesized that cyber bullying and social support would be the predictors of psychological distress in young adults. The sample comprised of 140 young adults ($N=140$) including males ($n=54$) and females ($n=86$) with the age range of 18-24 years ($M=21.7$, $SD=1.83$). Purposive sampling technique was used to collect data from renowned private and public universities of Lahore. Cyber Victim Bullying Scale (Yaman & Paker, 2011), Multidimensional Social Support Scale (Zimet & Farley, 1988) and Psychological Distress Scale (Kamarck & Mermelstein, 1983) were used to study variables. Data were analyzed through Pearson product moment correlation and hierarchical regression. The results showed that cyber bullying had a positive relationship with psychological distress. Furthermore, cyber bulling was positive predictor of psychological distress and social support was a negative predictor of psychological distress. The present study findings highlighted the importance that how adults experience psychological distress due to cyber bulling and management plan to prevent cyber bullying.

Keywords: cyberbullying, social support and psychological distress

Parenting Style, Emotional Regulation and Antisocial Behavior in Juvenile Delinquents

Sarwat Asif (M.Sc. 2017-2019)
Supervisor: Ms. Zaeema Farooq

The present research aimed to investigate the relationship among parenting style (demandingness, responsiveness and autonomy granting), emotional regulation (cognitive reappraisal, expressive suppression) and antisocial behavior (physical aggression, social aggression and rule breaking aggression) in juvenile delinquents. It was hypothesized that there would be relationship between maternal and paternal parenting style and antisocial behavior. Emotional regulation would be negatively related with antisocial behavior. It was also hypothesized that parenting style and emotional regulation would be predictors of antisocial behavior. A sample of (N=50) male juvenile delinquents was taken from Jails of Lahore, with the age range of 12-18 years (M=15.9, SD=1.8) by purposive sampling technique. Parenting style Inventory-II (Darling & Toyokawa, 2003) was translated in Urdu, Urdu translated version of Emotional Regulation Questionnaire (John & Gross, 2003; Khan & Kausar, 2014) and Sub-types of Anti-Social Behavior Scale (Burt, 2009; Siddique & Malik, 2016) were used to assess the parenting style, emotional regulation and antisocial behavior respectively. Data was analyzed through Pearson Product Moment Correlation and Multiple Regression. The results showed that mother responsiveness and autonomy was positively related with cognitive reappraisal. Mother autonomy was a positive predictor of physical aggression. Father demandingness was positively correlated with expressive suppression. Father responsiveness and demandingness were positive predictors of social aggression.
Keywords: parenting style, emotional regulation, anti-social behavior

Emotional Maturity, Psychological Distress and Social Adjustment in Trainee Psychologists

Syeda Ambreen Fatima (BS 2015-2019)
Supervisor: Ms. Zaeema Farooq

The present correlational study aimed to investigate the relationship among emotional maturity, psychological distress and social adjustment in trainee psychologists. It was hypothesized that there would be a relationship between

emotional maturity, psychological distress and social adjustment in trainee psychologists. It was also hypothesized that emotional maturity and psychological distress would be predictors of social adjustment in trainee psychologists. Furthermore, psychological distress would mediate the relationship between emotional maturity and social adjustment. The sample comprised of 100 psychology students (N=100), with an age range of 21 to 29 (*M*=23.30, *SD*=1.26). Purposive sampling technique was used to collect data. Emotional Maturity Scale (Singh & Bhargava, 1991), Kessler Psychological Distress Scale (Kessler, 2003) and Adjustment Inventory for College Students (Sinha & Singh, 1995), were used to assess study variables. Data was analyzed through Pearson product moment correlation and mediation through a series of regression analysis was employed. The results showed that emotional maturity had a negative relationship with psychological distress and it had a positive relationship with social adjustment. Similarly, psychological distress had a negative relationship with social adjustment. Moreover, emotional maturity was a negative predictor of psychological distress and positive predictor of social adjustment. Furthermore, psychological distress was a significant mediator between emotional maturity and social adjustment. The present study findings highlighted the importance of emotional maturity to improve the social adjustment of trainee psychologists by reducing psychological distress.
Keywords: emotional maturity, psychological distress, social adjustment

Social Dominance, Obsession and Impulsive Buying Tendency in Perfume Users

Syed Ali Hassan Rizvi (BS 2015-2019)
Supervisor: Ms. Shahnila Tariq

The present research was conducted to investigate the relationship among social dominance, obsession and impulsive buying tendency in perfume users. In present research, correlational research design was used. It was hypothesized that social dominance, obsession and impulsive buying tendency are positively correlated with each other. Social dominance and impulsive buying tendency were likely to predict obsession. Male perfume users were likely to have higher social dominance, obsession and impulsive buying tendency as compared to female perfume users. The sample consisted of perfume users (*N*=100) from Lahore. In addition to Demographic information sheet, Social Dominance Prestigious Scale (Cheng, Tracy, & Henrich, 2010), Impulsive Buying Tendency

Scale (Elizabeth & Edwards, 1993) and Obsessive-Compulsive Inventory (Foa, et al., 2002) were used to assess the understudy variables. The Cronbach alpha of above scales was estimated to check the reliability. The data was analyzed using independent samples t-test, Pearson Product Moment correlation and linear regression analysis using SPSS version 21. The results indicated that there was a positive relationship among social dominance, obsession and impulsive buying tendency in perfume users. Social dominance and impulsive buying were predictors of obsession in perfume users. The present study can contribute to the important implications in the renowned field of social and personality psychology as it can be used to assess social behaviors and personality traits.
Keywords: social dominance, impulsive buying tendency, obsession

Prison Environment, Inmate Social Dominance and Psychological Distress in Convicted Male Prisoners

Omer Arshad (BS 2015-2019)
Supervisor: Ms. Shahnila Tariq

The present research aimed to investigate the relationship of prison environment, inmate social dominance and psychological distress in convicted male prisoners. It was hypothesized that there is likely to be a relationship between prison environment, inmate social dominance and psychological distress in convicted male prisoners. It was also hypothesized that prison environment and inmate social dominance would likely to predict psychological distress in convicted male prisoners. Cross-sectional co-relational research design and purposive sampling technique was used to collect the data from male convicted of two jails of Lahore (N=79 including District Jail= 30 and Central Jail= 49) with age range of between 22 to 70 years ($M = 39.08$, $SD = 10.78$). Prison Environment Inventory (Wright, 1985), Dominance-Prestige Scale (Cheng, Tracy & Henrich, 2010) and Psychological Distress Scale (Kessler, 2003) were used as assessment measures. Data were analyzed by using software SPSS version 21 to explore descriptive statistics, Pearson Product Moment Correlation, Hierarchical Regression Analysis and Independent Sample *t*-test. Results showed a significant negative relationship between psychological distress with all the dimensions of prison environment except safety. Inmate social dominance also showed a significant negative relationship with psychological distress. It was also revealed that jail type, punishment duration and spent duration of punishment was significantly negatively related with psychological distress. Results revealed that activity and freedom as dimension of prison environment, and inmate social

dominance negatively predicted psychological distress. Furthermore, results showed a significant difference between scores of psychological distresses of District and Central jail convicted males. The present research raises implications for forensic, social and environmental psychology and suggests an approach that aims for the rehabilitation of the inmates.

Keywords: prison environment, inmate social dominance, psychological distress; convicted male prisoners

Electronic Health Literacy and Health Behavior in Young Adults
Fatima Dastgir (M.Sc. 2017-2019)
Supervisor: Ms. Amna Rafiq

With a deeper understanding of health literacy in academic circles, more and more researchers find that a lack of health literacy can cause some adverse effects for individuals and society. The aim of current research was to explore relationship between electronic health literacy and health behavior in young adults. It was hypothesized that electronic health literacy is likely to have relationship with health behavior dimensions (interpersonal support, general behavior, self-knowledge, nutrition behavior and health care). Data was collected from (N=120) young adults with age range 18 – 35 years (M=21.10, SD=2.23). Data was collected through convenient sampling using electronic health literacy scale (Corner & Norman, 2006) and health protective behavior scale (Ping, Cao,Tao, Guo & Dou, 2014). Descriptive statistics, Pearson product moment correlation and linear regression were conducted to analyze the data. It was found that electronic health literacy was significantly related with nutrition behavior and health care behavior. Electronic health literacy was a strong predictor of nutrition behavior and health care behavior. This research makes the case for policy action to strengthen health literacy.

Keywords: electronic health literacy, health behavior, young adults

Computer Usage and Quality of Life in Elderly

Abeera Hammad (MS.c 2017-19)
Supervisor: Nabgha Batool Naqvi

Computer usage has proven to be an effective way of helping elderly improves independence outcomes. This research aimed to study the association between computer usage and quality of life in elderly. Snowball sampling technique was used to collect sample of (N=100) elderly (60 males and 40 females) who had access to computers and laptops. The age range of the participants was 60 years

and above. It was hypothesized that computer usage is likely to be associated with quality of life in elderly. It was further hypothesized that there are likely to be differences between males and females on computer usage and quality of life in elderly and the third hypothesis was that demographics are likely to predict computer usage in elderly. In this study Senior Citizens' Attitudes toward Computers Scale (SAC) and Quality of Life Scale (QOLS) were used. The data was analyzed descriptively and quantitatively by using SPSS version 21.00. The analysis showed that there was a significant relationship between computer usage and quality of life in elderly. When checked gender differences on the usage of computers and quality of life in elderly by using Independent Sample t-test, results displayed no significant difference on computer usage, however, the analysis showed significant difference between males and females on quality of life in elderly. The mean difference showed that the females had good quality of life as compared to males. The results revealed that demographics were the significant predictors of computer usage in elderly.

Keywords: computer usage, quality of life, elderly

Parental Stress and Parental Efficacy in Mothers of Children with Intellectual Disability

Sumbal Gulnaz (M.Sc. 2017-2019)
Supervisor: Ms. Sadia Shahzeb Khan

The present study aimed to investigate the parental stress and parental efficacy in mothers of children with intellectual disability. It was hypothesized that parental stress is likely to have relationship with parental efficacy in mothers of children with intellectual disability. Moreover, it was hypothesized that parental stress is likely to predict parental efficacy and demographic variables in the mothers of children with intellectual disability. Non-probability purposive sample research design was used in the present study. The sample comprised of ($N=100$) mothers with the age 20-50 years of children with intellectual disability from different special education institutes in Lahore. The assessment tools used in the present study were Parental Stress Scale (Berry & Jones, 1995), Parental Self-Efficacy Scale (Teti & Gelfand, 1991). Result showed that there was non-significant correlation between parental stress and parental efficacy in mothers of children with intellectual disability. Furthermore, the results proved that parental stress is not a predictor of parental efficacy in mothers of children with intellectual disability. The present study opened worthwhile opportunities for better understanding of the study variables.

Self-Esteem and Life Satisfaction in Adolescents of Single Parents

Unsha Qureshi (M.Sc. 2017 – 2019)
Supervisor: Ms. Sadia Shahzeb Khan

The present study investigated self-esteem and life satisfaction among adolescents of single parents. It was hypothesized that there would be a significant difference in the level of self-esteem and life satisfaction of adolescents of single parents and adolescents of intact families. The sample was taken by non-probability purposive sampling technique. The sample comprised of (N=120) adolescents with single parents (only divorced) and 120 adolescents with both parents as a control group, taken from different private schools of Lahore. The age range for sample was 12-18 years. Assessment measures included a demographic form, Rosenberg Self-Esteem scale (Rosenberg, 1965) and Satisfaction with Life Scale (Diener et al., 1985). Multiple Regression was used to find out if life satisfaction predicts self-esteem, independent sample t-test was used to analyze the difference in the level of self-esteem and life satisfaction among adolescents with single and both parents and for analyzing the gender differences. Pearson product- moment correlation was used to find out the relationship among study variables. The results showed that life satisfaction was a positive predictor of self-esteem, the level of self-esteem and life satisfaction was lower in adolescents of single parents as compared to the adolescents with intact families and self-esteem was higher is girls as compared to the boys with intact families. The results further showed that self-esteem and life satisfaction are positively correlated.

Appearance Schemas, Body Image and Indirect Aggression in Adolescents

Marrium Noor Khilji, (BS 2015-2019)
Supervisor: Ms. Saira Khan

The present co-relational study aimed to investigate the relationship among appearance schemas, body image and indirect aggression in adolescents. It was hypothesized that there is likely to be a relationship between appearance schemas, body image and indirect aggression. It was also hypothesized that body image would be playing a mediating role between the relationship of appearance schema and indirect aggression. Sample was comprised of (N=120) school and

college students, boys (*n=60*) and girls (*n=60*). The Appearance Schema Inventory-Revised (ASI-R; Cash, 2003), The Revised Objectified Body Consciousness Scale (Quinn & Lewis, 2005), Indirect Aggression Scale-Aggressor Version (IAS-A; Forrest et al., 2005) were used to assess the appearance schema, concerns with body image and indirect aggression respectively. The data was analyzed through Pearson product moment correlation, independent sample t-test and process macro regression. Descriptive and inferential analyses were carried out. Results demonstrated a significant positive relationship among appearance schema, body image and indirect aggression. Results also indicated the mediating role of body image between the relationship of appearance schema and indirect aggression. This research is beneficial for parents and future researches for teachers and students. This research is about the factors related to aggression towards others is important from a psychological and interpersonal framework.

Keywords: appearance schemas, body image, indirect aggression

Empathy, Moral Sensitivity and Forgiveness in Young Adults

Aqsa Ahmed MSc (2017-2019)
Supervisor: Ms. Beenish Najam

A correlational study was conducted to find out the relationship among empathy, moral sensitivity and forgiveness in young adults. It was hypothesized that there is likely to be a positive relationship between empathy and forgiveness as well as between moral sensitivity and forgiveness. It was also hypothesized that empathy and moral sensitivity are likely to positively predict forgiveness. Sample comprised of (*N=120*) young adults, including 60 men and 60 women with age range of 18-25 years (*M=21.6*, *SD=1.60*). Assessment measures, Empathy Quotient Scale (Cohen & Wheelwright, 2004), Heartland Forgiveness Scale (HFS) (Thompson, 2002*)* and Ethical Sensitivity Scale (ESS; Gholami & Tirr, 2012) were used to assess empathy, forgiveness and moral sensitivity respectively. Then data was analysed through SPSS by descriptives, Pearson product moment correlation and multiple hierarchical regression. Findings revealed significant positive relationship between moral sensitivity and forgiveness. Moreover, empathy and moral sensitivity were significant positive predictors of forgiveness. Results are discussed in terms of their implications.

Keywords: empathy, moral sensitivity, forgiveness, young adults.

Cognitive styles and Musical Preferences among Young Adults

Asifa Manzoor (M.Sc. 2017-2019)
Supervisors: Dr. Mujeeba Ashraf and Ms. Beenish Mubeen

The current research aimed to investigate the relationship between cognitive styles and musical preferences in young adults, to find out either musical preferences predicated by cognitive styles or not. Within group research design was used in current study. The sample composed of (N=200) both male and female students from four universities of both government and private sector. Data was collected through non-purposive sampling technique. Short test of Musical Preferences (STOMP) by (Rentfrow & Gosling, 2003) and Cognitive Style Inventory (CSI) by L.P. Martin (1998), were administrated to each participant. Data was analyzed through using SPSS version 21, two analyses used were Pearson Product Moment Correlation and Multiple Regression. Result supported the hypothesis and showed there was a significant relationship between musical preferences and cognitive styles. Cognitive styles were a significant predictor of musical preferences. It was concluded that the cognitive style styles were the significant predictor of musical preferences in young adults. By analyzing the relationship between musical preference and demographics, it was found that there was significant positive relationship between musical preferences and demographical variables like socio economic status and music listening, and there was a significant negative relationship between age, education and number of siblings. There was no significant relationship between other demographic variables and music listening like gender, occupation, relationship status, and family system.
Keywords: music, cognitive styles, gender, relationship status

Existence Relatedness Growth Need Fulfillment and Authentic Happiness in Middle Adulthood

Amna Bibi (M.Sc. 2017-2019)
Supervisor: Ms. Afifa Anjum

Man is motivated by three groups of core needs, namely existence, relatedness and growth needs, hence the name ERG theory. The sample from middle adulthood was taken for this research as midlife serves as an important preparation for late adulthood. The purpose of the current study was to explore the relationship of existence relatedness and growth need fulfillment with authentic happiness in middle adulthood. It was hypothesized that there is likely to be a relationship of existence relatedness and growth need fulfillment with

authentic happiness in middle adulthood. It was also hypothesized that there is likely to be an association between demographics and study variables. Correlational research design and purposive sampling technique was used. The sample consisted of (N=100) participants from middle adulthood (n=74 males, n=26 females) with age range of 40-65 years. Individuals whose qualification was at least intermediate were included so that they can read and respond to the questionnaire. Existence Relatedness and Growth Need Fulfillment Questionnaire and Steen happiness index were used to collect data. Pearson Product Moment Correlation Analysis revealed that there was positive relationship between existence and growth need fulfillment with authentic happiness. However, relatedness needs had a non-significant relationship with authentic happiness. Furthermore, t-test revealed that there was no significant difference in males and females, and also there was no significant differences in the types of family. Result of one-way ANOVA revealed that there were no significant differences in types of marital status.

Keywords: existence relatedness, growth need fulfillment, authentic happiness, marital status

Personality Traits and Spotlight Effect in Young Adult Females

Rida Maqsood (BS 2015-2019)
Supervisor: Ms. Afifa Anjum

The aim of the present study was to find out the relationship among personality traits and spotlight effect in young adult females. Experimental research design was used and sample of 60 university students was taken through convenience sampling technique. Data was collected under three different conditions of social anxiety which are low social anxiety, moderate social anxiety and high social anxiety. Firstly, Mini-Social Phobia Inventory was used to exclude the participant with high social anxiety. Then Big Five Inventory-10 (BFI-10) and Situational Self-Awareness Scale (SASS) was used for collecting data from participants. Pearson Product Moment Correlation, Hierarchal Regression and Analysis of Covariance was used. The results of the present research discovered that neuroticism and extraversion had a significant positive relationship with spotlight effect whereas, agreeableness had a negative significant relationship with spotlight effect. Similarly, neuroticism and extraversion positively predicted spotlight effect. However, agreeableness was a negative predictor of spotlight effect. Lastly, the results indicated that spotlight effect did not vary under different conditions of social anxiety. The study holds implications for providing

literature knowledge for further researches on spotlight effect which have not yet been extensively studied in Pakistan.

Personality Traits and Selfitis Behavior in Young Adults

Arzoo Shahbaz Butt (BS 2015-2019)
Supervisor: Ms. Zaeema Farooq

The present research aimed to investigate the relationship between personality traits and selfitis behavior in young adults. It was hypothesized that, there would be a significant relationship between personality traits (extroversion, agreeableness, openness to change, neuroticism and conscientiousness) and selfitis behavior in young adults. It was also hypothesized that personality traits (neuroticism, agreeableness, extraversion, conscientiousness and openness) would predict selfitis behavior in young adults. Purposive sampling technique was used to collect data. The sample comprised of 150 young adults, (N=150) including 70 males and 80 females with age range of 18-24 years (M= 20.76, SD = 1.89). The Big Five Inventory (John, Donahue & Kentle, 1991) and Selfitis Behavior Scale (Balakrishnan & Griffiths, 2018) were used to assess study variables. Data was analyzed through Pearson Product Moment Correlation and Hierarchical Regression Analysis. The results showed that openness to new change, agreeableness, conscientiousness, neuroticism and extroversion had a positive relationship with selfitis behavior. Moreover, openness to new experience was negative predictor of selfitis behavior whereas, extraversion and neuroticism were positive predictors of selfitis behavior. The present study findings highlighted that a person can easily associate certain personality traits with certain people by knowing the frequency of selfies they take or upload online.

Keywords: personality traits, selfitis Behavior, neuroticism, agreeableness, extraversion

Educational Psychology /School Psychology

Cooperative Learning and Language Anxiety in Students Learning Foreign Language

Nawal Rashid, (BS 2015-2019)
Supervisor: Prof. Dr. Rafia Rafique

There are many researches which proved that the students in foreign language class feel anxiety and cooperative learning can reduce this anxiety. The current research aimed to investigate the relationship between the cooperative learning and language anxiety in the students learning foreign language. It was hypothesized that there would be a negative significant relationship between cooperative learning and foreign language anxiety. For the purpose of data assortment, a correlational research design was used. A total number of ($N=135$) foreign language (English and Chinese) students were included. The age range of participants was 18-30 years ($M=22.27$; $SD=2.79$). The Cooperative Learning Application Scale (CLAS) (Atxurra, Gallego & Calvete, 2015) and Foreign Language Classroom Anxiety Scale (FLCAS) (Horwitz, Horwitz & Cope, 1986) were used to assess the cooperative learning and foreign language anxiety in the students. Statistical analyses used were descriptive statistics, Pearson Product Moment Correlation in order to assess the relationship of variables and Hierarchal Regression to control variables and evaluate prediction. Results revealed that there was the positive significant relationship between the cooperative learning and foreign language anxiety. The subscales of cooperative learning (positive interdependence, interaction, social skills, group reflection, heterogeneity, assessment and tutoring) were the predictors of subscales of language anxiety (communication apprehension, test anxiety and fear of negative evaluation). There were no gender differences. These findings showed the importance of efforts to advance the literature, raise several new questions and increase awareness regarding the cooperative learning technique that if it is not applied correctly it can increase the anxiety of the students.
Keywords: cooperative learning, language anxiety, foreign language anxiety, foreign language

Charismatic Leadership, Mentoring Effectiveness, and Self- Determination in Physical Education Instructors

Nasbeha Naseer (M.Sc. 2017-19)
Supervisor: Prof. Dr. Farah Malik and Mr. Vicar Solomon

The purpose of this research was to investigate the relationship among charismatic leadership, mentoring effectiveness and self-determination in physical education instructors. It was hypothesized that there would be negative relationship between charismatic leadership, mentoring effectiveness and positive relationship between charismatic leadership and self-determination. Charismatic leadership and mentoring effectiveness would be significant positive predictors of self- determination. Data were collected from male physical educational instructors from Lahore (N=150) age range of 20-60 years, using convenient sampling technique. Charismatic Leadership Potential Scale (Conger, 1998), Mentoring Relationship Quality Scale (Rhodes, 2005) and Self-Determination Scale (Sheldon, 1995) were administered after translating into Urdu Language. Reliability reported for Charismatic Leadership Potential Scale was .82. Correlation analysis indicate instructors who were high in strategic vision, sensitivity to environment, sensitivity to member's need have high awareness to oneself and perceived choice. Regression analysis showed that strategic vision, sensitivity to environment, sensitivity to member's need were significant predictors of awareness to oneself and perceived choice in physical education instructors. There was no family system difference and educational difference and income differences across self-determination in physical education instructors. By improving instructor qualities subordinate's performance can be improved. The present study provides basis for further research in future. It also helps to understand the problems of sports instructors.
Keywords: charismatic leadership, mentoring effectiveness, self determination

Emotional Self-Awareness and Altruism in Post Graduate Students

Ambraiza Imtiaz (BS 2015-2019)
Supervisor: Ms. Shazia Qayyum

The present research was conducted to investigate the relationship between emotional self-awareness and altruism in post graduate students. A cross-sectional research design was used to execute this study. It was hypothesized that

emotional self-awareness is likely to have a positive correlation with altruism and that emotional self-awareness would likely predict altruism in post graduate students. The sample consisted of post graduate students (*N*=200) from universities of Lahore using non- probability purposive sampling technique. In addition to Demographic Information Sheet, Emotional Self-Awareness Scale (Killian, 2011) and Helping Attitude Scale (Nickell, 1998) were used to assess the understudy variables. The Cronbach alpha of above scales was estimated to check the reliability. The data was analyzed using Independent Sample t-test, Pearson Product Moment Correlation and Linear Regression Analysis using SPSS version 21. The results indicated that there is a positive relationship between emotional self-awareness and altruism. Altruism was found to be a positive predictor of emotional self- awareness. Moreover, the results revealed that altruism in PhD students is higher than M.Phil. students. The present study can contribute important implications in the renowned field of educational psychology as it can be used to increase the helping behavior of students.
Keywords: emotional self-awareness, altruism, helping behavior, students

Narcissism, Machiavellianism and Workplace Envy Among School Teachers

Anam Imtiaz (BS 2015-2019)
Supervisor: Ms. Shazia Qayyum

This research aimed to investigate relationship between narcissism, Machiavellianism and workplace envy among school teachers. A correlational research design was used to execute the quantitative study on the mentioned topic. It was hypothesized that an association would exist in narcissism and Machiavellianism with workplace envy. The sample consisted of government sector school teachers (N=200) whose age range comprised of 21 to 50 years selected from different schools using non-probability purposive sampling technique. In addition to demographic information sheet, Narcissistic Personality Inventory-16 (NPI-16; Ames, Rose & Anderson, 2006), Mach-IV Scale (Christie & Geis, 1970) and The Benign and Malicious Envy Scale (BeMaS; Lange & Crisus, 2015) were used to assess the relationship. The data was analyzed using Pearson Product Moment Correlation, Linear Regression Analysis and Independent Sample t-test. Results indicated that narcissism had negative relationship with benign envy. Machiavellianism had positive significant

relationship with malicious envy among school teachers. Narcissism was negative significant predictor of benign envy among while Machiavellianism was positive significant predictor of malicious envy among school teachers. As well as there were significant gender differences in Machiavellianism and malicious envy among school teachers. The study has important implications to the existing body of knowledge in the field of personality psychology and organizational psychology. It also enhances the body of literature in the area of indigenous research conducted on Pakistan sample and tries to give a way to future researches to explore more.

Keywords: narcissism, machiavellianism, workplace envy, school teachers

Positive Emotions and Academic Motivation in Engineering Students

Nisma Rasheed (BS 2015-2019)
Supervisor: Dr. Afsheen Masood

The present research aimed to examine the positive emotions and academic motivation in engineering students. It is hypothesized that (a) there is likely to be a significant relationship among positive emotions such as hope, joy, contentment, pride, love, compassion, amusement and awe, academic motivation in engineering students (b) positive emotions are likely to predict academic motivation in engineering students. Cross Sectional research design with Non-Probability Purposive Sampling Strategy was used. The sample of ($N=186$) engineering students including 123 boys and 63 girls, of ages 18-24 years, was taken from University of the Punjab and University of Engineering and Technology (UET), Lahore. The data was collected using the scales e.g. Adult Hope Scale (AHS; Snyder et al., 1991), Dispositional Positive Emotions Scale (DPES; Shiota et al., 2006) and Academic Motivation Scale-College Version (AMS; Vallerand et al., 1992). Pearson Product Moment Correlation, Multiple Linear Regression, and Independent Sample t test analyses were run using the Statistical Package for the Social Sciences (SPSS) 23.0 version. Descriptive and Inferential analyses were carried out. All the hypotheses of the study were confirmed. First, the results showed that there was a significant positive relationship between positive emotions and academic motivation. Secondly, positive emotions positively predicted academic motivation in engineering students. Findings of the t-test revealed gender differences for hope and positive emotions. This research is beneficial for future researches in Positive Psychology

and educational purposes.
Keywords: positive emotions, academic motivation, engineering students

Attachment Styles, Emotional Intelligence and Conduct Problems in High School Students

Rimsha Fazal (BS 2015-2019)
Supervisor: Dr. Afsheen Masood

The present study examined the relationship between attachment styles, emotional intelligence and conduct problem in high school students. Non probability purposive sampling strategy was used to collect the sample of ($N=160$) high school students, age ranging from 12 to 20years were taken from different schools of Lahore. It was hypothesized that there is likely to be significant relationship between attachment styles, emotional intelligence and conduct problem among high school students. Cross sectional research design was used to access sample from private and government high school students. The assessment measures were Behavioral Systems Questionnaire (BSQ) (Wyndol Furman, 2010), Wong and Law Emotional Intelligence Scale (Law, Wong, & Song 2004) and Disruptive behavior scale (Karimy & Farkhri 2018). Pearson Product Moment correlation was used to find out relationship between the study variables and results revealed that there is a significant relationship between emotional intelligence and attachment style among high school students. There is a negative correlation between attachment style and conduct problem. Independent sample t-test was use to find gender difference and results reveals that there is a significant gender difference in attachment style and conduct problem. Simple Linear Regression was used to find the predictor of conduct problem and the result reveals that emotional intelligence is the predictor of conduct problem.
Keywords: attachment styles, emotional intelligence, conduct problems

Self-Efficacy, Academic Resilience and Psychological Well-being in Veterinary Medicine Students

Tayyabah Yaseen (M.Sc. 2017-2019)
Supervisor: Dr. Afsheen Masood

The present research aimed at studying self-efficacy, academic resilience and psychological wellbeing in veterinary medicine students. It was hypothesized that there is likely to be significant relationship between self-efficacy, academic resilience and psychological wellbeing in veterinary medicine students and the other was that self-efficacy and academic resilience would predict psychological wellbeing and that there would likely to be a significant family system difference in self-efficacy and academic resilience and psychological well-being in veterinary medicine students. Purposive Sampling technique was used for the purpose of data collection. A sample of (N=187) students (140= boys, 47= Girls) with the age range of 20 to 25 years was taken from both private and public universities that are offering DVM program in. Schwarzer & Jerusalem's General Self Efficacy Scale (GSE) (Schwarzer & Jerusalem, 1995), Academic Resilience Scale (ARS) (Cassidy, 2016) and Psychological Well-being Scale (PWB) (Ryff, 1989) were used in the research. Pearson Product Moment Correlation and Multiple Hierarchical Regression were used to see the relationship between self-efficacy, academic resilience and psychological wellbeing. Findings of the study revealed that there is a significant positive relationship between self- efficacy, academic resilience and psychological wellbeing. Further results of regression revealed that self-efficacy and academic resilience predicted psychological wellbeing. The findings of the study hold implications for the institutes that can implicate and hence promote positive social connections between staff and students. Also, counseling programs can be arranged to help students to reach out the counselors whenever they require help.
Keywords: Self-Efficacy, Resilience, Psychological Well-Being

Self- Objection, Appearance- Based Rejection Sensitivity and Body Image Concerns in Undergraduate Female Students

Fatima Haroon (BS 2015-2019)
Supervisor: Dr. Mujeeba Ashraf

The present study was carried out to study the relationship among self-objectification, appearance- based rejection sensitivity and body image concerns in female university students. Moreover, it was also hypothesized that self-objectification and appearance-based rejection sensitivity are likely to predict body image concerns in female university students. The sample comprised of (*N*=154) female university students with age range of 18-28 years (M=22.42; SD = 1.60) using purposive sampling technique from different universities of Lahore. The Self- Objectification Questionnaire (Noll & Fredrickson, 1998), Appearance- based Rejection Sensitivity Scale (Park, 2007) and Body Image Concern Inventory (Littleton, 2005) were used for assessment. Correlation analysis revealed that self- objectification and appearance- based rejection sensitivity were positively correlated with body image concerns. Moreover, linear regression analysis revealed that self- objectification was a positive predictor of body image concerns. Appearance-based rejection sensitivity was also a positive predictor of body image concerns. The present research will help females to see their bodies not only as physical entities but also see themselves in how competent they are and that they are capable of doing a lot of great things only if they escape the negativity of body image issues.
Keywords: self- objectification, appearance-based rejection sensitivity body image concerns.

Shyness, Perceived Social Support and Socio-Emotional Adjustment in University Students

Iram Rana (BS 2015-2019)
Supervisor: Dr. Mujeeba Ashraf

The present research was conducted to explore the relationship among shyness, perceived social support and socio- emotional adjustment in university students. Correlational research design was used to access the relationship of study variables. Purposive sampling technique was used to collect data. Data was collected from a sample of (*N*=150) including males and female from different universities of Lahore. It was hypothesized that shyness, perceived social support

and socio-emotional adjustment are likely to be correlated. Shyness and perceived social support are likely to predict socio-emotional adjustment and there likely to be gender differences in shyness, perceived social support and socio- emotional adjustment in university students. The Revised Cheek and Buss Shyness Scale (Cheek & Buss, 1981; Cheek, 1983), Multidimensional Scale of Perceived Social Support (Zimet et al., 1988) and Adjustment Inventory for Students (Sinha & Sing, 2002) were used. Reliability analysis, Pearson Correlational, Hierarchical Regression and Independent sample test were conducted to analyze data. The results of Pearson Correlation showed that shyness was negatively correlated to perceived social support and socio-emotional adjustment and perceived social support was positively related to socio-emotional adjustment. Hierarchical Regression analysis revealed that only shyness negatively predicted emotional adjustment and shyness did not predict social adjustment. Perceived social support did not predict social- emotional adjustment as well. Results of Independent t-test revealed that females were more shy than males while males had high perceived social support and socio-emotional adjustment than females of university. This research proved to be helpful in educational setting to discover the phenomenon that created problems for students.

Keywords: shyness, perceived social support, socio-emotional adjustment, university students

Empathy, Emotional Stability and Altruistic Behavior in Students

Laraib Zulfqar (M.Sc. 2017-2019)
Supervisors: Dr. Mujeeba Ashraf and Ms. Ramiza Rasheed

In our daily life routine, we help others and use kind words towards them. The present research aimed to explore a link between empathy, emotional stability and altruistic behavior in students. It was hypothesized that empathy and emotional stability is likely to predict the altruistic behavior. It was hypothesized that there is like to be a positive relationship between empathy and altruistic behavior. It was also hypothesized that there is likely to be more altruistic behavior in students. The sample size was (N=100) university students. Three questionnaires were used in this study Toronto empathy questionnaire (TEQ) developed by R. Nathan Spreng, Margaret C. Mckinnon & Brain Levine (2009) was used to test the empathetic behavior in students. Emotional stability scale by Dr. Patel was used for assessing the emotional stability among students and

Altruistic personality scale by Rushton, J.P., Chrisjohn, R.D., & Fekken, G. C. (1981) was used to assess helping behavior in students. Non probability purposive sampling was used in this study. Data was analyzed through Pearson product moment correlation, prediction through a series of Regression analysis and independent sample t-Test.

Keywords: empathy, emotional stability, altruistic behavior, students

Social Interaction Anxiety, Peer Acceptance-Rejection and Social Media Usage in University Students

Muattar Fatima (M.Sc. 2017-2019)
Supervisors: Dr. Mujeeba Ashraf and Ms. Ramiza Rasheed

Social media is a growing phenomenon and has speedily become a basic channel of communication in the lives of emerging adults, who are its heaviest users. The present study aimed to investigate the relationship among social interaction anxiety, peer acceptance-rejection and social media usage in university students. It is hypothesized that there is likely to be a significant relationship between social interaction anxiety, peer acceptance-rejection and social media usage. Social interaction anxiety leads to high level of social media usage. A sample of (N=80) university students were selected form Lahore. Social Interaction Anxiety Scale (Mattick & Clarke, 1998) assessing anxiety in interaction to others, Ostracism Experience Scale OES (Gilman, 2012) assessing the individual's perception of being ostracized, Bergen Social Media addiction questionnaire (Sahin,1995) assessing the level of addiction to social media, was used to access social interaction anxiety, peer acceptance-rejection and social media usage respectively. Data was analyzed through Pearson product moment correlation.
Keywords: social interaction anxiety, peer acceptance-rejection, social media usage, university students.

Sleep Quality and Mental Well-being in University Hostel Students

Farhana Amjad (BS 2015-2019)
Supervisor: Mr. Faiz Younas

The present study aimed to investigate the relationship between sleep quality and mental wellbeing in university hostel students. It was hypothesized that sleep quality would likely to have a significant positive relationship as well as would predict mental wellbeing of the university hostel students. Through convenient sampling technique, a sample of (N=103) students was recruited from different hostels of Punjab University. The Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) (Tennant, Louise, Ruth, Stephen, Stephen Joseph, Scott, Jane Parkinson, Jenny, & Sarah Stewart-Brown, 2007) and Pittsburgh Sleep Quality Index (PSQI) (Buysse, Reynolds, Monk, Berman & Kupter, 1989) were used to assess study variables. Results were generated through SPSS that indicated a significant negative relationship between sleep quality and mental wellbeing and sleep quality predicted mental wellbeing. This study has implications in clinical and health settings as well as advance the research scholarship by shedding light on the association between the study variables.
Keywords: sleep quality, mental well-being, students, Hostelite

Social Networking Addiction and Appearance-Based Rejection Sensitivity in University Students

Aqsa Imtiaz (BS 2015-2019)
Supervisor: Mr. Faiz Younas

The present study aimed to investigate the relationship between social networking addiction and appearance-based rejection sensitivity in university students. It was hypothesized that there would likely to be a positive significant relationship between social networking addiction and appearance-based rejection sensitivity and that social networking addiction would likely to predict appearance-based rejection sensitivity. A convenient sampling technique was used to recruit the sample of (*N*=150) university students (*n*=75 males, *n*=75 females) from different universities of Lahore, with age range of 18-25 years (*M*=21.01, *SD*= 1.41). The Bergen Social Media Addiction Scale (Andreason, 2011) and Appearance Based Rejection Sensitivity Short Version scale (Park, 2007) were used for assessment. Descriptive statistics, Pearson Product Moment Correlation and Multiple Linear Regression were used to the analyze data. Results indicated that there was a significant positive relationship between social

networking addiction and appearance-based rejection sensitivity in university students. Social networking addiction significantly predicted appearance-based rejection sensitivity in university students. This study can serve as an insight into the concept of appearance-based rejection sensitivity in Pakistan and can help to create awareness about how the social networking addiction is leading to appearance-based rejection sensitivity in university students.

Keywords: social networking addiction, appearance-based rejection sensitivity

School Structure, Commitment and Academic Optimism in School Teachers

Maliha Ijaz Randhawa (BS 2015-2019)
Supervisor: Ms. Shahnila Tariq

The present research investigated the relationship among school structure, commitment and academic optimism in school teachers. It was hypothesized that there is likely to be a relationship between school structure, commitment and academic optimism in school teachers. Correlational research design and convenient sampling technique was used to collect the data from public and private school teachers (N=150) of Lahore. The enabling school structure scale by Hoy and Sweetland (2001), affective commitment scale by Meyer and Allen (1990) and Teacher's academic optimism scale by Hoy and Sweetland (2001) were administered after official permission. Results indicated that there was a significant relationship between school structure, commitment and academic optimism. These findings showed that better the school structure, higher will be the academic optimism and more commitment than lower will be the academic optimism. These findings are compared with the western findings and thesis ended up with theoretical and practical implications.

Keywords: school structure, commitment, academic optimism, school teachers

Family Communication Patterns, Goal Concordance and Career Maturity in College Students

Wania Liaqat (M.Sc. 2017-2019)
Supervisor: Ms. Shahnila Tariq

The purpose of the current study was to explore the relationship among family communication patterns, goal concordance and career maturity in college students. It was hypothesized that there is likely to be relationship between family communication patterns, goal concordance and career maturity. Correlational research design and purposive sampling technique was used. The sample consisted of ($N=200$) college students ($n=100$ females, $n=100$ males) of intermediate with the age range of (16-20) years ($M=17.56$, $SD=1.22$). The Revised Family Communication Patterns Scale (Fitzpatrick & Ritchie, 1994), Goal Orientation Scale (Christopher & Was, 2006) and Career Maturity Inventory-C (Crites & Savicas, 2011) were used to collect data. Pearson Product Moment Correlation Analysis revealed that there was negative correlation between subscales of goal concordance and career maturity. Linear regression showed that performance avoidance negatively predicted career maturity. Furthermore, results also revealed that status of college also predicted the career maturity in college students. The findings were discussed in the light of the literature. The research would be beneficial in improving the career maturity in college students.

Keywords: family communication patterns, goal concordance, career maturity, college Students

Locus of Control, Sense of Belonging and Academic Adjustment in Undergraduate Students

Talia Ejaz (BS 2015-2019)
Supervisor: Ms. Zaeema Farooq

The present research aimed to investigate the relationship among locus of control, sense of belonging and academic adjustment in undergraduate students. It was hypothesized that there would be a relationship among locus of control, sense of belonging and academic adjustment in undergraduate students. Locus of control would predict academic adjustment in undergraduate students. The sense of belonging would predict academic adjustment in undergraduate students. A sample comprised of 202 undergraduate students, ($N=202$), males ($n=97$) and females ($n=105$), within the age range of 19 to 23 years (M=21.1, $SD=1.25$) were

taken from government or public universities of Lahore. Rotter's Locus of Control Scale (Rotter, 1966), Sense of Belonging Instrument (Bonnie and Kathleen, 1995) and Academic Adjustment Questionnaire (Clinciu, & Cazan, 2014) were used to assess locus of control, sense of belonging and academic adjustment respectively. Data was analyzed through Pearson product moment correlation and hierarchal regression analysis. Results showed that internal locus of control was related to academic adjustment and predicted academic adjustment. Sense of belonging was positively related to academic adjustment and positively predicted academic adjustment. The present study had implications in educational psychology.

Keywords: locus of control, sense of belonging, academic adjustment

Academic Resilience and Academic Adjustment in Freshmen (University Students)

Zill-E- Huma (M.Sc. 2017-2019)
Supervisor: Ms. Sadia Khan

The current study aimed to examine the relationship between academic resilience and academic adjustment in university freshmen. The primary hypothesis was that there is likely to be a significant positive relationship between academic resilience and academic adjustment in university freshmen. Furthermore, it was hypothesized that academic resilience is likely to predict academic adjustment in university freshmen. Non- probability, convenient sampling strategy was used to collect a sample of (N =150) university freshmen, including (*n*=33 male and *n*=117 female). Resilience Assessment Scale (RAS: Mirza & Arif, 2018) and College Adjustment Test (CAT: Pennebaker, 2013) were used for assessment of academic resilience and academic adjustment, respectively. Results were generated by applying Person Product Moment Correlation and Linear Regression by using SPSS version 16.0 which showed that academic resilience and academic adjustment had a significant positive relationship. Result also revealed that academic resilience is a significant positive predictor of academic adjustment. This study has important theoretical implication for role of resilience in educational setting and practical implications for field of student counseling.

Keywords: academic resilience, academic adjustment, freshmen

Workplace Bullying and Mental Health in University Teachers

Muhammad Bilal MSc (2017-2019)
Supervisor: Ms. Sadia Shahzeb Khan

The present study aimed to investigate the relationship between workplace bullying and mental health (somatic symptoms, anxiety, social dysfunction and depression) in university teachers. The sample size comprised of university teachers (N=165) with age range (*M*=36.56, *SD*=7.22*),* drawn through non-probability purposive sampling strategy and cross-sectional survey design was enacted. Workplace bullying was quantified by Negative Acts Questionnaire-R 22 (Einarsen Hoel & Notelaers, 2009) and mental health was measured by General Health Questionnaire-28 (Goldberg, 1978). SPSS-22 was used for data analysis. Pearson Product Moment Correlation, Independent Sample t-test and Linear Regression Analysis were used to test the hypothesis. The results of the study revealed that workplace bullying has significant relationship with mental health problems (somatic symptoms, anxiety, social dysfunction and depression) of university teachers. Findings of the present study also suggested significant differences in public and private sector university teachers regarding workplace bullying and mental health (somatic symptoms, anxiety and depression) whereas non-significant gender difference of workplace bullying and mental health (somatic symptoms, anxiety, social dysfunction and depression) was found. Mental health problems need to be considered and individuals who tend to be affected can be screened and referred for psychological counseling.
Keywords: workplace bullying, mental health, university teachers

Self-Objectification, Social Comparison and Eating Attitudes in College Students

Maliha Noor Zafar (M.Sc. 2017-2019)
Supervisor: Ms. Sherin Gul

The present research was designed to investigate the relationship among self-objectification, social comparison and eating attitudes in college students. Correlational research design was used and it was hypothesized that there is likely to be a positive relationship between self- objectification and negative eating attitudes as well as between social comparison and negative eating attitudes in college students. Moreover, it was also hypothesized that self-objectification and social comparison are likely to be positive predictors of

negative eating attitudes. The sample of college students (both males and females, $N=200$) with age range (16-19 years) were taken from both government and private colleges by using purposive sampling technique. The demographic information sheet and translated versions of following scales such as The Self-Objectification Questionnaire (Noll & Fredrickson, 1998), The Physical Appearance Comparison Scale-3 (Schaefer, 2017), and Eating Attitudes Test-26 (Garner, Olmsted, Bohr, & Garfinkel, 1982) were used. The data analysis involved performing descriptive analysis, Pearson Product Moment Correlation and Hierarchical Multiple Regression analysis. The results indicated that self-objectification and social comparison (frequency, direction and effect) had significant positive relationship with negative eating attitude. Furthermore, effect of social comparison which is negative emotional response to comparisons emerged as a significant positive predictor of negative eating attitude in college students. The findings have important implications as social and cultural norms should be targeted to reduce the societal expectations of ideal body shape among youth to help them eliminating their inclination towards unhealthy eating attitudes.

Keywords: self-objectification, social comparison, negative eating attitudes

Time Management Skills and Exam Anxiety in Undergraduate Students

Iqsa Shehzadi (BS 2015-2019)
Supervisor: Dr. Iram Fatima

The present research was conducted to examine the relationship between time management skills and exam anxiety in undergraduate students. It was hypothesized that there would be a relationship between time management and exam anxiety of students. It was also hypothesized that there were likely to be gender differences in time management skills and exam anxiety. It was further hypothesized time management would be a significant predictor of exam anxiety. Correlational research design was used. The sample comprised of ($N=150$) undergraduate students, men ($n=56$) and women ($n=94$). Sample incorporated only students of B.A. Purposive sampling technique was used. Data was collected through administering questionnaires to the targeted population. Time Management Questionnaire (TMQ; Britton & Tesser, 1994) was used to measure the time management skills in students. For measuring Exam/Test Anxiety Westside Test Anxiety Scale (WTAS; Driscoll, 2004) was used. Time management skills were the positive predictors of exam anxiety. Women were better in time management skills and hence, experienced more exam anxiety as compared to men. The present study will provide better understanding to the

students on time management skills and how it influences exam anxiety positively. It would assist the students to recognize their skills of time management and their anxiety level. The present study will be helpful for the teachers to facilitate the students to progress their time management skills in order, to overcome their anxiety during exams.

Keywords: time management skills, exam anxiety, undergraduate students

Street Harassment and Psychological Functioning in Female University Students

Iffa Rameen (BS 2015-2019)
Supervisor: Dr.Iram Fatima

The present study aimed to investigate the relationship between street harassment and psychological functioning. It was hypothesized that there is likely to be positive relationship between street harassment and components of psychological functioning in female university students. It was also hypothesized that street harassment is likely to predict psychological functioning in female university students. The sample comprised of 180 female university students (N = 180) with age range of 19-25 years (M = 20.41, SD = 1.66). Street Harassment Scale (*SHS*; Lord, 2009), and Psychological Functioning Scales (*PFS*; Kevin, Melvin, and Simpson, 1994) were used to assess street harassment and psychological functioning, respectively. Data was analyzed through Pearson product moment correlation and linear regression. The results showed that street harassment had a significant positive relationship with depression and anxiety. Street harassment was also found to be a significant positive predictor of anxiety and depression in female university students. The findings of the present study highlighted the effects of street harassment on psychological functioning of female university students and emphasized on the management plan to deal with it.

Keywords: street harassment, psychological functioning, well-being, anxiety, depression, university female students

Health Psychology

Mother-Child Relationship and Anger Expression in Mothers of Children after Cochlear Transplant

Zainab Khan (M.Sc. 2017-2019)
Supervisor: Dr. Iram Fatima

A correlational study was conducted to explore the impact of mother child relationship on mother's anger expression for mothers of children going through cochlear implant therapy. It was hypothesized that the mother child relationship dimensions (closeness conflict and dependence) were positively related to mother's anger expression towards the child. The purposive sampling technique was used and sample was comprised of mothers (N=60) with age range of 25-45 years (*M*=32.73, *SD*=4.78). The assessment measures used in the study were Parent Anger Scale (PAS; Gavita, David, DiGiuseppe & DelVecchio, 2011) and Child Parent Relationship Scale (CPRS; Pianta, 1962) to assess the mother's anger expression and dimensions of mother child relationship, respectively. Then data was analyzed through SPSS using Pearson Product Moment Correlation, Multiple Hierarchical Regression. Among aspects of parent child relationship scale only closeness positively predicted mother's anger expression positively. In addition to that non-working mothers expressed less anger than working mothers. Furthermore, family income was related to less anger expression.
Keywords: mother-child relationship, anger expression, attachment, cochlear implant therapy, parent anger

Physical Activity and Mental Health in Adolescents

Faiqa Bashir (M.Sc. 2017-2019)
Supervisor: Dr. Iram Fatima & Ms. Raisa Zubair

The study aimed to explore the relationship between physical activity and mental health in adolescents. It was hypothesized that the physical activity would act as a predictor of mental health. Non-probability convenient sampling technique was used to recruit the sample of adolescents (N=100) from 16 to 19 years of age, from Government College University, University of Punjab Lahore and Government Apwa College for Women. The questionnaires were used to assess physical activity and mental health. Descriptive statistics, Pearson Correlation, Linear Regression and Independent sample t-test were used to analyze the PA and mental health among adolescents. Results showed that there was significant positive relationship between physical activity and mental health and physical

activity was the predictor of mental health. This study can be helpful for young students in understanding mental health on the basis of physical activity. There is a need for more study about psychological contract and physical activity in Pakistan as there is not enough researches on this topic.

Keywords: physical activity, mental health, well-being, adolescents

Self-Efficacy, HIV Knowledge, and HIV Risk Taking Behaviors in Young Adults

Irfa Munawar, (BS 2015-2019)
Supervisor: Dr. Fatima Kamran

The present correlational study aimed to investigate the relationship among self-efficacy, HIV knowledge and HIV risk taking behaviors in young adults. It was hypothesized that self-efficacy and HIV knowledge are likely to predict HIV risk taking behaviors. Furthermore, HIV knowledge is likely to mediate the relationship between self-efficacy and HIV risk taking behaviors in young adults. The sample comprised of (N=120) young adults, including 58 males and 62 females with the age range of 20 to 26 years (M=22.02, SD=1.09). Non-probability convenient sampling technique was used to collect data from different institutes of University of the Punjab. General Self-Efficacy scale (GSE; Schwarzer, & Jerusalem, 1995), HIV Knowledge Questionnaire (HIV- KQ-18; Carey and Schroder, 2002) and HIV Risk Taking Behavior Scale (HRBS; Ward, Drake and Wall, 1990) were used to assess the study variables. Data was analyzed through Pearson Product Moment Correlation and mediation through Multiple Hierarchical Regression. Results showed that self-efficacy was positively correlated with HIV knowledge and negatively correlated with HIV risk taking behaviors. Similarly, HIV knowledge was negatively correlated with HIV risk taking behaviors. Moreover, self-efficacy was a positive predictor of HIV knowledge and a negative predictor of HIV risk taking behaviors. Furthermore, HIV knowledge mediated the relationship between self- efficacy and HIV risk taking behaviors. The findings of the present study highlighted the importance of self-efficacy that may help the people to deal with their disease and develop understanding of HIV knowledge in order to reduce HIV risk taking behaviors.

Keywords: self-efficacy, HIV knowledge, HIV risk taking behaviors

Self-Compassion, Gratitude and Quality of Life in Nurses of Intensive Care Unit

Naima Mukarram, (M.Sc. 2017-2019)
Supervisor: Dr. Fatima Kamran

The present study aimed to investigate the relationship among self- compassion, gratitude and quality of life in nurses of Intensive Care Units. Correlational research design was used in this study. It was hypothesized that self-compassion and gratitude are likely to be associated with quality of life in nurses of Intensive Care Units. It was also hypothesized that Self compassion and gratitude are likely to predict of quality of life in nurses of Intensive Care Units and gratitude is likely to moderate the relationship among self-compassion and quality of life in nurses of Intensive Care Units. The sample of this study was estimated by G-power software, consisted of ($N=153$) nurses of Intensive Care Units of different government and private hospitals. The Neff's self- compassion scale (Dr. Kristin Neff ,2003), Gratitude Questionnaire-six Item Form (McCullough, Emmons & Tsang, 2002) and Brunnsviken Brief Quality of life scale (Lindner et al., 2016) were used to assess the relationship among self-compassion, gratitude and quality of life of ICU nurses. The results of present study indicated that there was a significant positive relationship among self-compassion, gratitude and quality of life. The results also showed that gratitude positively predicted quality of life and gratitude as a moderator enhanced the relationship between self- compassion and quality of life. This study has important implications in medical settings to develop understanding about self-compassion, gratitude in the improvement of quality of life in nurses and other health care providers.

Keywords: self-compassion, gratitude, quality of life, gratitude, nurses of intensive care units

Marital and Family Relationships

Love Attitude, Attachment Styles and Marital Satisfaction among Married Individuals

Zarfishan Talat, (M.Sc. 2017-19)
Supervisors: Prof. Dr. Farah Malik and Ms. Maria Ghazal

The present research explored the relationship among love attitude, attachment styles and marital satisfaction in married individuals. It was hypothesized that there would be a relationship between love attitude, attachment styles and marital satisfaction among married individuals. It was also hypothesized that love attitude and close attachment style would predict marital satisfaction. It was further hypothesized that there would be gender differences in love attitude, attachment styles and marital satisfaction. Correlational research design was used. A sample of (N=200) married individuals was selected. Love attitude scale by knox (1970), adult attachment scale by Collins (1996) and couple satisfaction index by rogge (2007) were used. Pearson product correlation, hierarchical regression and independent sample t-test were used. The results revealed that love attitude and close attachment style were significant predictors of couple satisfaction. Gender differences on love attitude, attachment styles and couple satisfaction were found. Non- significant family type differences were found on couple satisfaction.
Keywords: love attitude, attachment styles, couple satisfaction

Parental Acceptance-Rejection, Attachment Style and Fear of Intimacy in Men and Women Having Romantic Relationship

Hina Riaz (M.Sc 2017-19)
Supervisors: Prof. Dr. Farah Malik and Mr. Muhammad Faran

The purpose of the present research was to investigate the relationship among parental acceptance-rejection, attachment styles and fear of intimacy in men and women having romantic relationship. It was hypothesized that parental acceptance-rejection and attachment styles will predict fear of intimacy and that there is likely to be a relationship among parental acceptance-rejection, attachment style and fear of intimacy. Correlational research design was carried out. The sample of ($N=150$) graduate and postgraduate students (men=75, women=75) with the age range of 18 to 24 years ($M=23.01$, $SE=1.37$), were recruited through purposive sampling technique. Measures included parental

acceptance-rejection scale (Rohner, 1980). Adult Attachment Style scale (Collins, 1996) and Fear of intimacy scale (Desctner & Thelen, 1991) along with the demographic information sheet. Results of Pearson product moment correlation analysis showed that there was a significant positive relationship between parental acceptance-rejection, close attachment style and fear of intimacy. Moreover, the results of regression analysis revealed that close attachment style had a positive significant predictor of fear of intimacy. Results of t-test revealed that there were no gender differences among the study variables. This study concluded that there was a positive significant relationship between parental acceptance- rejection, close attachment style and fear of intimacy. Close attachment style had a positive significant predictor of fear of intimacy. There were no gender differences among study variables.

Keywords: parental acceptance-rejection, attachment styles. fear of intimacy

Emotional Awareness, Self-Silencing and Marital Adjustment in Married Women

Hafiza Shamnaz Naseer, (M.Sc.2017-2019)
Supervisors: Prof. Dr. Farah Malik and Ms. Sheeba Saeed

Women in Pakistan are ranked low and less privileged as compared to men. Their feelings and expressions are not given equal weightage as given to men particularly in the families and in society, generally. The purpose of this study was to examine the relationship among emotional awareness, self-silencing and marital adjustment among married women. It was hypothesized that there would be a negative relationship between self-silencing and emotional awareness and a positive relationship between self-silencing and marital adjustment. Emotional awareness and self-silencing would be significant positive predictors of marital adjustment. Data were collected from married women from Lahore (N=150) age range of 20-30 years (M=26.56, SD=2.36), using convenient and snow ball sampling technique. Emotional Self Awareness Scale (Salovey, 2008), Silencing the Self Scale (Jack, 1992) and Marital Adjustment Test (Lock & Wallace, 1959) were administered after translating questionnaires into Urdu language. Results of correlation analysis indicated that there was a negative relationship between emotional awareness and self-silencing. Women who were well aware of their emotions, feelings had low levels of self-silencing. There was a positive relationship between self-silencing and marital adjustment. Married women high

on self-silencing had better adjustment in their lives. Regression Analysis revealed that self-silencing and emotional awareness were the positive predictors of marital adjustment.

Keywords: emotional awareness, self-silencing, marital adjustment, married women

Self-Silencing, Communication Patterns and Marital Adjustment in Married Couples

Mahnoor (BS 2017-2019)
Supervisor: Dr.Iram Fatima

The present study aimed at investigating the relationship among self- silencing, communication patterns and marital adjustment in married couples. It was hypothesized that there is likely to be a positive relationship among self-silencing, communication patterns and marital adjustment of married couples. It was also hypothesized that self- silencing and communication patterns are likely to predict marital adjustment of married couples. A purposive sampling of (N=50) married couples was approached including husbands, having age range of 22-38 years (M=29.60, SD=3.49) and wives (n=50) having age range 20-33 (M=25.68, SD=3.20). Silencing the Self-Scale (STSS; Dana Jack,1992), The Seven-Item Short Form of the Dyadic Adjustment Scale (DAS-7; Spanier, 1976) and Communication Patterns Questionnaire-Short Form (CPQ-SF; Andrew Christensen, 1984) were used to assess self-silencing, communication patterns and marital adjustment of married couples respectively. Data was analyzed through Pearson product moment correlation and multiple hierarchical regression. Results indicated that self-silencing negatively predicted marital adjustment for wives while for husbands, self-silencing did not predict the marital adjustment. On the other hand, constructive communication patterns positively predicted marital adjustment for husbands but communication patterns did not predict the marital adjustment of wives. Moreover, education in years also positively predicted marital adjustment for wives. This research will be beneficial to develop the understanding of importance of communication in marital relationship and how the marital adjustment of married couples is influenced by the patterns of their communication with one another.

Keywords: self-silencing, communication patterns, marital adjustment

Caregiver Stress, Marital Adjustment and Psychological Well-Being in Care-Takers of Older Adults

Shahzarey Ashraf (BS 2015-2019)
Supervisor: Ms. Afifa Anjum

The current research identified the relationship among caregiver stress, marital adjustment and psychological well-being in adult men and women. This is a cross-sectional study in which (N=100) married participants (50 males and 50 females) taken for the study who were living in intact family with at least one old parent. It was hypothesized that demographic variables are likely to be associated with study variables and there is likely to be relationship among study variables. It was also hypothesized that caregiver stress is likely to predict psychological well-being and marital adjustment is likely to mediate the impact of caregiver stress on psychological well-being. Kingston Caregiver Stress Scale (Kilik & Hopkins, 2005), Couple Satisfaction Index (Funk & Rogge, 2007) and Psychological Well-Being Scale (Ryff, 1989) were used. Pearson Product Moment Correlation, Mediation and t- test Analysis were employed. Results of this study showed that two demographic variables; gender and financial contribution of partner were associated with study variables. Caregiver stress was negatively related with marital adjustment and psychological well-being, while marital adjustment had positive correlation with psychological well-being. An Independent samples *t*-test revealed that men were found to have lower caregiver stress, higher marital adjustment and higher psychological well-being than women. Mediation analysis showed that caregiver stress predicted psychological well-being and marital adjustment had partially mediated the relationship of other two variables which was confirmed through Sobel z-test. The research explained the possible solutions about care-giving problems that how married couples can balance out different roles in daily life to maintain their psychological well-being.
Keywords: caregiver stress, marital adjustment, psychological well-being

Exploring the Attitude of Parents and Teachers Towards Sex Education

Shanzay Asif (BS 2015-2019)
Supervisor: Ms. Afifa Anjum

Exploring the attitude of parents and teachers towards sex education was the major aim of this study. Before exploration of attitude development of scales were the major goal of the study. Scales were constructed through interviews, pilot study and proofreading. Later, dimensions/ themes were decided on which items were constructed. One main scale Attitude towards Sex Education and one

subscale Sources for Sex Education were constructed Cross-Sectional Correlational with exploration survey research design was used. Data was collected from parents and teachers using self-constructed scale. The sample consisted of 100 individuals (Parents=49, Teachers=51). Reliability coefficients of Attitude towards Sex Education Scale and of dimensions, presented within the attitude scale, were calculated. Four components were decided using Horn's Parallel Analysis and factor analysis. Results were analyzed and interpreted afterwards to find if any relationship and differences among the study variables existed. It was concluded that the scale possessed good psychometric properties, there were non-significant differences in attitude among parents-teacher's attitude, family system and attitude, family income and attitude, number of children and attitude, and recipient of sex education and attitude. There was significant difference in attitude among who had or had not a history of sexual harassment. Attitude significantly differed in participants of different educational levels. Attitude of participants differed with the age of children. There was significant positive correlation of attitude with age of participants and negative correlation with education of participants and age of children. The findings of this study implied role in constructing a new tool for measuring attitude towards sex education and finding the factors that play role in forming the attitudes.

Keywords: attitude towards sex education, sources of sex education

Role Conflict, Ambiguity and Psychological Adjustment in Married Female University Students

Palwasha Gulnaz (M.Sc. 207-2019)
Supervisor: Mr. Faiz Younas

This study was conducted to investigate the work family conflict and psychological well-being in female married university students. It was hypothesized that there would likely to be a positive relationship between Work Family Conflict and Psychological Well-being in female married university students. It was further hypothesized that work family conflict would likely to positively predict the psychological well-being in female married university students. Correlational research design was used to conduct this research. Sample consisted of (N=100) female married university students. This study used Work Family Conflict scale (Carlson, Kacmar & Williams 2000) and psychological well-being scale (Ryff ,1989) to measure Work Family Conflict and Psychological Well- being respectively. Correlational and Regression Analysis

was run to check co relation and regression among variables. Results showed that there was positive relationship between Work Family Conflict and Psychological Well-being. Work Family Conflict positively predicted the psychological well-being. The findings were discussed in the light of literature. The research will be beneficial in improving the life of female married university students.

Keywords: role conflict, ambiguity, psychological adjustment, married female university students

Romantic Jealousy, Partner Responsiveness and Marital Conflict in Married Men and Women

Hamna Zahid (BS 2015-2019)
Supervisor: Ms. Shahnila Tariq

The present study examined the relationship among romantic jealousy, partner responsiveness and marital conflict in married men and women. It was hypothesized that there is likely to be a relationship between romantic jealousy, partner responsiveness and marital conflict and romantic jealousy and partner responsiveness will likely to predict marital conflict in married men and women. A cross-sectional study was conducted on the sample of married men and women ($N=200$; n=100 men and $n=100$ women) between the age range of 20 to 50 years (M= 36.35, SD= 6.90). The Multidimensional Jealousy Scale (MJS). Pfeiffer and Wong (1989), Partner Responsiveness Scale by Reis (2006) and Marital Conflict Scale by Braiker and Kelley (1979) were used as assessment measures. Correlation analysis, regression analysis and independent sample t-test were used for hypothesis testing. Results revealed romantic jealousy and partner responsiveness predicted marital conflict and possible demographics had significant differences in marital conflict among married men and women. Our preliminary findings may point to useful application in the field of clinical, counseling as well as health and social psychology, helping to understand the concern of clients regarding psycho education, longevity, well-being and conflict resolution in married men and women.

Keywords: romantic jealousy, partner responsiveness, marital conflict, married men, married women

Attachment Styles, Romantic Jealousy and Relational Quality in Young Married Men and Women

Rameen Fazal (M.Sc. 2017-2019)

Supervisor: Ms. Zaeema Farooq

The present research targeted to investigate the relationship among attachment styles, romantic jealousy and relational quality in young married men and women. It was hypothesized that there would be relationship among attachment styles, romantic jealousy and relational quality in young married men and women. It was hypothesized that anxious attachment styles would be a negative predictor of relational quality. Furthermore, it was also hypothesized that both anxious attachment patterns and romantic jealousy would be negative predictors of relational quality. Moreover, romantic jealousy would act as a mediator between attachment styles (close, dependent and anxious) and relational quality. Sample encompassed of young married people, ($N=124$), including both females ($n=64$), men ($n=59$) with age range of 21-41 years ($M=30.19$, $SD=4.64$) was taken by using purposive sampling technique. The Adult Attachment Scale (Hazen & Shaver 1987), The Multidimensional Jealousy Scale (Pfeiffer & Wong, 1989) and The Relationship Assessment Scale (Hendrick, 1988) were used to measure attachment styles, romantic jealousy and relational quality, respectively. Data was analyzed through Pearson product moment correlation, and mediation through a series of regression. Results showed that anxious attachment style was a positive predictor of romantic jealousy and negative predictor of relational quality. Moreover, romantic jealousy significantly mediated the role between attachment styles (close, dependent, anxious) and relational quality. The research establishes important aspects for marital counselors to employ, creating a better understanding of attachment styles, personality and interpersonal aspects in marriage.

Keywords: attachment styles, romantic jealousy, relational quality

Organizational Psychology

Sexual Harassment, Psychological Distress and Turnover Intention in Female Bank Employees

Bushra Sadiq (M.Sc. 2017-2019)
Supervisor: Prof. Dr. Rafia Rafique

The present study was conducted to find out the relationship among sexual harassment, psychological distress and turnover intention in female bank employees. It was hypothesized that sexual harassment and psychological distress would be significantly positively related to the turnover intention of female bank employees. It was also hypothesized that sexual harassment and psychological distress would predict turnover intention. Purposive sampling technique was used to collect the data. The sample consisted of $(N=100)$ female bankers from different banks of Lahore city. The age range of the female bank employees was 20 years to 35 years $(M=25.02, SD=3.13)$. Sexual Experience Questionnaire (SEQ) developed by Fitzgerald (1995), Kessler Psychological Distress Scale (K10) developed by Kessler (2003) and Turnover intentions scale (TIS-6) developed by Roodt (2004) were used for assessment. The data was analyzed by using Descriptive analysis, Person product moment correlation. It was used to find out the relationship between the sexual harassment, psychological distress and turnover intention. Hierarchal regression analysis was also used for assessment. Results of correlation and regression analysis suggested that there was significant positive relationship between sexual harassment, psychological distress and turnover intention. The findings of the present study suggested that sexual harassment at workplace and psychological distress predicted turnover intention among female bankers. Research findings indicated that higher rate of turnover intention led to decreased participation of women in economic and developmental fields. Psychological distress had negative impact on physical and mental health of working women. In this era of global competition, it is highly important for the employers to know the reasons behind their employee turnover intentions and actual turnover, so that employee retention strategies can be devised rightly and the crime of sexual harassment can be reduced substantially.

Keywords: sexual harassment, psychological distress, turnover Intention

Resilience, Job Satisfaction and Emotional Well-Being in Police Officers

Rabia Tanvir (M.Sc. 2017-2019)
Supervisor: Prof. Dr. Farah Malik and Ms. Maria Ghazal

The present research aimed to find out the relationship among resilience, job satisfaction and emotional wellbeing in police officers and try to find out the if resilience and job satisfaction predicts their emotional wellbeing. It was hypothesized that there is a positive correlation in resilience job satisfaction and emotional well-being. It was also hypothesized that resilience and job satisfaction predict emotional wellbeing. The sample for the current research was taken from different police stations of Lahore and Sheikhupura. The sample of (N=100) police officers was taken from the different police stations of Lahore and Sheikhupura. The data was collected through demographic sheet, Brief Resilience Scale, Job Satisfaction Scale and Measuring Emotional Wellbeing. The results of Pearson Product-Moment correlation reveled that there was a positive correlation between resilience, job satisfaction and emotional wellbeing. The findings of hierarchical regression analysis revealed that resilience and job satisfaction predicted emotional wellbeing. The study was important as it threw light on the importance of emotional wellbeing, job satisfaction and resilience power of police officers.

Keywords: resilience, job satisfaction, emotional well-being

Work Engagement: Teamwork Effectiveness and Job Satisfaction in Employees

Sara Tufail (M.Sc. 2017-2019)
Supervisor Prof. Dr. Farah Malik and Mr. Muhammad Faran

The study was conducted to investigate the relationship among work engagement, team work effectiveness and job satisfaction in employees. It was hypothesized that there is likely to be a relationship between work engagement, team work effectiveness and job satisfaction in employees. Team work effectiveness will mediate the relationship between work engagement and job satisfaction in employees. The sample of (N=100) software engineers (men=60, women=40) with the age range of 20 to 40 years (M=26.61, SD=3.78), were recruited through non-probability purposive sampling technique from different private software houses of Lahore. The Work Engagement Scale (Schaufeli &

Bakker, 2004)**,** Team Work Effectiveness Scale (Sterling & Selenesnich, 1988) and Job Satisfaction Scale (Crook & Walls, 1979) were used for assessment. The results of Pearson product moment correlation analysis indicated that there was significant positive correlation between work engagement, teamwork effectiveness and job satisfaction. Moreover, the result of mediation analysis showed that Teamwork effectiveness was found to be a significant mediator between the relationship between work engagement and job satisfaction. This study will broaden the area of software engineers and specifically can be beneficial for the team leaders to guide the employees with adaptive strategies of work engagement which would enhance their job satisfaction.

Keywords: work engagement, team work effectiveness, job satisfaction, software house, engineers

Risk Taking Behavior, Situational Self Awareness and Sense of Independence in Team Sports Players

Humaira Shafqat, (M.Sc. 2017-2019)
Supervisors: Prof. Dr. Farah Malik and Mr. Vicar Solomon

Risk taking behavior, situational self-awareness and sense of independence are widely accepted as positive psychological factors for team players in sports, yet very little research has been done on these variables. This present research was carried out to find out relationship among risks taking behavior, situational self-awareness and sense of independence in team sports players. Study one aimed to develop an indigenous scale of sense of independence for team sports players. Interviews were conducted of twelve players (cricket *n*=4, hockey *n*=4, football *n*=4) and eligibility criteria for interviews were to be at least 18 years old and to have four years participating experience. Factor analysis revealed three factors i.e., positive independence, influential independence and negative independence. Study two aimed to investigate the relationship of risk-taking behavior, situational self-awareness and sense of independence in team sports players. Secondly it was hypothesized that risk taking behavior was positive strong predictor of situational self-awareness and sense of independence. Measures included Risk Taking Inventory Scale (Woodman, Barlow, bandura, Hill, Kupciw & MacGregor, 2013) and Situational Self Awareness Scale (Govern & Marsch, 2001) and an indigenous Sense of Independence Scale for Team Sports Players (Shafqat, Solomon & Malik, 2019). Result revealed there were significant differences in situational self-awareness of players playing based on

the duration of experience (one year, two years, three years and four years). Risk taking behavior was a positive strong predictor of situation self-awareness and negative predictor of sense of independence. Researchers can use information from (SISTSP) to better understand how it relates to the other concepts of positive psychological variables and how risk-taking behavior, situational self-awareness and sense of independence might be advantageous to enhance performance.

Keywords: risk taking behavior, situational self-awareness, sense of independence

Cyberbullying and Mental Health in Media Professionals

Iqra Zainab (BS 2015-2019)
Supervisor: Dr.Iram Fatima

The present study aimed at investigating the relationship between cyberbullying and mental health in media professionals. It was hypothesized that there would be negative relationship between cyberbullying and mental health in media professionals. It was also hypothesized that cyberbullying would negatively predict mental health in media professionals. A snowball sampling of media professionals ($N=77$), ($n=35$) males and ($n=42$) females with age range of 18-50 years (M=26.46, SD=4.91) was done. Cyberbullying Experience Survey (CES) Victim (Doane, Kelley, Chiang and Padilla, 2013) and Mental Health Inventory-5 (Berwick et al., 1991) were used to assess cyberbullying and mental health respectively. Data was analyzed through Multiple Hierarchical Regression and Pearson Product Moment Correlation. Results indicated that cyberbullying victimization (deception, public humiliation, malice and unwanted contact) had a negative relationship with mental health. It was also found that in cyberbullying victimization, deception and public humiliation significantly predicted mental health whereas, malice and unwanted contact did not predict mental health. Furthermore, family income also positively correlated with mental health. This research will be beneficial to develop understanding of how cyber bullying is destroying mental health of media professionals.

Keywords. cyberbullying, malice, public humiliation, deception, unwanted contact, mental health, family income

Workplace Bullying, Organizational Politics and Subjective Career

Success in Bankers

Rida Zainab (BS 2015-2019)
Supervisor: Dr. Iram Fatima

The present research was proposed to study the relationship among workplace bullying, organizational politics and subjective career success in bankers. It was hypothesized that workplace bullying and organizational politics would likely to predict subjective career success. A sample of 150 bankers ($N=150$; $M=1.4$, $SD=.49$), women ($n=59$) and men ($n=91$) were selected from different banks. Workplace bullying scale (EAPA-T; Escartin et al., 2010), Perception of organizational politics scale (POPs; Ferris & Kacmar, 1991) and subjective career success inventory scale (SCSI; Shockley, Ureksoy & Poteat, 2005) were used to assess workplace bullying, organizational politics and subjective career success in bankers, respectively. Data was analyzed through Pearson product moment correlation and multiple hierarchical regression. Results revealed that workplace bullying and organizational politics both appeared as negative predictors of subjective career success. The results of the present study would help in understanding the key factors of bullying and politics at work and how does it affect the career of employees.

Keywords: workplace bullying, organizational politics, subjective career success

Decision Making Styles, Integrity and Perceived Stress in Police Officers

Aima Khan (BS 2015-2019)
Supervisor: Dr. Iram Fatima

The study examined the relationship among decision making styles, integrity and perceived stress in police officers. It was hypothesized that decision making styles and integrity were likely to relate with perceived stress. Further, it was also hypothesized that decision making styles and integrity were likely to predict perceived stress. Through correlational research design and purposive sampling technique, a sample of (N=110) police officers were taken. General Decision-Making Scale (GDMS; Scott & Bruce, 1995), The Integrity Scale (Schlenker, 2008) and Perceived Stress Scale (PSS; Cohen, 1983) were used for assessment. Results were generated by applying Pearson product moment correlation and Multiple Regression analysis by using SPSS which showed rationale decision making style was negatively related to the perceived stress and dependent decision-making style was positively related to the perceived stress, while integrity did not show any significant relationship with perceived stress. Moreover, regression analysis revealed that only rationale decision making style

was a positive predictor of perceived stress. Anova analysis disclosed that inspectors experienced more stress than head constables and constables. This study would be helpful for police officers to deal with stress more appropriately by applying different management strategies. There is a need for more researches to be done in the occupation of police.

Keywords: decision-making styles, integrity, perceived stress, rationale decision making style, dependent decision making style

Job Stress, Moral Disengagement and Counterproductive Work Behavior in Female Nurses

Kiran Shehzadi (MSc 2017-2019)
Supervisor: Ms. Nosheen Ramzan & Dr. Iram Fatima

The current research aimed to investigate the relationship among job stress, moral disengagement and counterproductive work behavior (CWB) in nurses. It was hypothesized that there is likely to be a positive relationship amongst job stress, moral disengagement and counterproductive work behavior in female nurses. It was also hypothesized that job stress and moral disengagement are likely to be positive predictors of counterproductive work behavior. Moreover, it was hypothesized that moral disengagement would mediate relationship between job stress and counterproductive work behavior in female nurses. Data was collected from female nurses (N=200) with age of 24 to 45 years (*M*=28.8, *SD*=5.5) using convenient sampling technique. The New Job Stress Scale, Moral Disengagement Scale and Counterproductive Work Behavior Checklist were administered in English. The results of Pearson Product Moment Correlation indicated that job stress was significant and positively related to CWB and its sub- domains: CWB- Organization and Person. Moral disengagement was negatively related to CWB. Multiple Hierarchical Regression analysis revealed that job stress was significant and positive predictor of CWB and its sub-domains: CWB- Organization and Person. Moral disengagement was negative and non-significant predictor of counterproductive work behavior. Results of mediation analysis revealed that there was a significant direct effect of job stress on counterproductive work behavior. But there was no significant indirect effect of job stress on counterproductive work behavior through moral disengagement. The results were discussed in Pakistani socio-cultural context.

Keywords: job stress, moral disengagement, counterproductive work behavior

Personality Traits, Self-efficacy and Attitude towards Corporal

Punishment of A and B Class Public and Private School Teachers

Humna Abid, (BS 2015-2019) Supervisor: Dr. Fatima Kamran

The present research aimed to investigate the relationship among personality traits, self-efficacy and attitude towards corporal punishment in schoolteachers. It was hypothesized that personality traits (extraversion and neuroticism) are likely to be positively related to attitude towards corporal punishment. It was hypothesized that personality traits (conscientiousness, openness and agreeableness) and self-efficacy (efficacy in instructional strategies, efficacy in classroom management and efficacy in student engagement) are likely to be negatively related to attitude towards corporal punishment. Also, it was hypothesized that Personality traits (extraversion, neuroticism, conscientiousness, openness and agreeableness) and self-efficacy (efficacy in instructional strategies, efficacy in classroom management and efficacy in student engagement) significantly predicts attitude towards corporal punishment. The sample comprised of (N=140) teachers (male=70 and female=70) from five public secondary schools and five private secondary schools with the age range of 22 - 66 years (M= 38.4, SD= 10.8). Big-Five inventory-10 (BFI-10) (Rammstedt and John, 2007), Teachers Sense of efficacy scale (TSES) (Tschannen-Moran, 2001) and Teachers Questionnaire (Wairuri & Kimani, 2004) were used to assess personality traits, self-efficacy of teachers and attitude towards corporal punishment. Data was analyzed through Pearson product moment correlation and multiple hierarchical regression. Findings showed that personality traits of extraversion and neuroticism and efficacy in instructional strategies were the positive predictors of attitude towards corporal punishment and personality traits of conscientiousness, openness and agreeableness and efficacy in classroom management were the negative predictors of attitude towards corporal punishment.

Keywords: personality traits, self-efficacy, attitude towards corporal punishment

Workload Stress and Psychological Well-being in Police Officers

Asma Mushtaq, (M.Sc. 2017-2019)
Supervisor: Dr. Fatima Kamran

The present research aimed to explore the relationship among workload stress and psychological well-being in police officers and also to find out prediction whether demographics and work load stress predicted psychological well-being

in police officers in Pakistan. It was hypothesized that workload stress is likely to be significantly related to psychological well-being in police officers. It was also hypothesized that workload stress is likely to predict psychological well-being. The non- probability purposive sampling technique was used. The sample for the current research comprised of (N=137) police officials accessed from different police stations of Lahore, Sheikhupura and Farooqabad. The data was collected through demographic sheet, Operational Police Stress Questionnaire (PSQ-Op) (McCreary & Thompson, 2013) and Warwick-Edinburgh Mental Well-being Scale (WEMWBS) (Stewart-Brown & Janmohamed, 2008). The results of Pearson Product-Moment correlation revealed that workload stress was significantly and negatively correlated with psychological well-being. The findings of hierarchical regression analysis revealed that demographics (education and designation) and workload stress predicted psychological well-being in police officers.

Keywords: workload stress, psychological well-being, police officers

Psychological Empowerment, Job Crafting and Organizational Commitment in Mobile Sector Employees

Arbial Fatima (BS 2015-2019)
Supervisor: Ms. Shazia Qayyum

The study aimed to investigate the relationship among psychological empowerment, job crafting and organizational commitment in mobile sector employees. It was hypothesized that an association would exist among psychological empowerment, job crafting and organizational commitment. Psychological empowerment and job crafting would likely predict Organizational commitment. A non-probability purposive sampling technique was used to collect data from mobile sector employees (N=200) of Lahore. In addition to demographic sheet, the Psychological Empowerment Scale (Spreitzer, 1996)**,** Job Crafting Questionnaire (Slemp & Brodrick, 2013) and Organizational Commitment Scale (Allen & Meyers, 1997) were used for assessment of understudy variables. Data was analyzed using Pearson Product Moment correlation and simple linear regression analysis. The result revealed that there was a significant positive relationship between psychological empowerment and job crafting and there was also a significant positive relationship between job crafting and organizational commitment. Moreover, according to regression analysis, job crafting predicted organizational

commitment. This research has important implications in the renowned field of organizational psychology as it is helpful in assessing commitment in employees by psychologically empowering them and providing opportunities to craft their jobs.

Keywords: psychological empowerment, job crafting, organizational commitment, mobile sector employees

Protean and Boundary Less Career Attitudes in Professionals

Fareeha Dilmeer Hussain (BS 2015-2019)
Supervisor: Ms. Shazia Qayyum

The present research was conducted to investigate the relationship between protean and boundary less career orientations in professionals. In the present study, cross sectional research design was used. It was hypothesized that there is likely to be a significant relationship between protean and boundary less career orientations. There is likely to be a difference among professionals (bankers, doctors and teachers) in protean and boundary less career orientations. A sample of (N=180) teachers, bankers and doctors between age ranges of 35 to 45 years of private sector were selected. The brief career orientation measures (Briscoe & amp; Hall, 2005) were used to assess the understudying variables. For main analysis we used SPSS. To find out the value of correlation Pearson Product Moment Correlation was used and to find out the difference one-way ANOVA was used. The results indicated that there was significant relationship between protean and boundary less career orientations. There was no overall difference among the professionals in protean and boundary less career orientation but a slight difference in self-directed attitude in professionals. The present study has important implications in the renowned field of psychology as it is helpful for accessing professionals' psychological ability to cope up from difficult situations they face everyday life as well as in organizational settings so that it can be used for the recruitment of the employees which would result in more dedication and vigor towards their job.

Keywords: protean career attitude, boundary less career attitude

Resilience, Emotion Regulation and Work Engagement in Pharmaceutical Sales Personals

Syeda Madiha Ali (M.Sc. 2017-2019)
Supervisor: Ms. Shazia Qayyum

The present research was conducted to investigate the relationship among resilience, emotion regulation and work engagement. In the present study, correlational research design was used. It was hypothesized that there is likely to be a significant relationship between resilience, emotion regulation and work engagement. Resilience and emotion regulation both are likely to predict work engagement. A sample of ($N=200$) pharmaceutical sales personals between the age ranges of 22 to 45 years were selected. The Brief Resilience Scale (Smith, Dalen, Wiggins, Tooley, Christopher, & Bernard, 2008), Emotion Regulation Questionnaire (Gross & Jhon, 2003) and Job Engagement Scale (Rich, LePine, & Crawford, 2010) were used to access the understudy variables. The results indicated that there was a significant relationship between resilience, emotion regulation and work engagement. Resilience predicted work engagement and emotion regulation also predicted work engagement in pharmaceutical sales personals. The present study has important implications in the renowned field of organizational psychology as it is a helpful tool for accessing individuals' emotions, their psychological ability to cope up from difficult situations they face in everyday life as well as in organizational settings so that it can be used for the betterment of employees which will result in more dedication and vigor towards their job.

Keywords: resilience, emotion regulation, work engagement, pharmaceutical sales personals

Sports Aggression and Motivation in Athletes

Aqsa Amreen (M.Sc. 2017-2019)
Supervisor: Ms. Shazia Qayyum

The present study investigated the relationship between sports aggression and sports motivation in the athletes of University of the Punjab. It was hypothesized that there will be a positive relationship between sports aggression and sports motivation. Sports aggression will be the predictor of sports motivation and there will be a high level of aggression in male players as compared to the male players. The sample comprised of (N=200) students from University of the Punjab (n=89 boys and n=111 girls). Data was collected from different departments of the University. Two different scales were used to assess both constructs that were: 1) Questionnaire of Aggression in Sports and in Business, 2) Sports Motivation Scale II. Pearson product correlation indicated significant relationship between sports aggression and sports motivation. The results of t-test indicated that there was no significant difference in sports aggression of men and women players. The present study has implications of developing management plans and counseling strategies in the related field.
Keywords: sports aggression, motivation, athletes, university students

Time Management Skills, Work Exhaustion, and Work Family Conflict in Medical Officers

Sakina Ikhlas (M.Sc. 2017-2019)
Supervisor: Ms. Shazia Qayyum

The aim of the present study was to investigate the relationship among time management skills, work exhaustion and work family conflict in medical officers. It was hypothesized that there would be a relationship among time management, work exhaustion and work family conflict. Moreover, time management and work exhaustion will predict work family conflict and private sector doctors will be more likely to exhibit work exhaustion and work family conflict due to poor time management as compared to public sector doctors. Purposive sampling technique was used. Sample was comprised of (*N*=203) medical officers. Both male and female medical officers were recruited for the study. Medical officers between age ranges of 25 to 35 years were selected. Time Management Scale (Trueman & Hartley, 1996), Work Exhaustion Scale (Moore, 2000) and Work Family Conflict Scale (Breyer & Bluemke, 2016) were used.

Descriptive statistics were calculated to assess means, standard deviation, and frequencies of the variables. Cross sectional research design was used to study the relationship between study variables. Pearson product moment correlation, Hierarchical Regression Analysis and t-test were used to analyze the data. The results indicated negative relationship of time management with work exhaustion and work family conflict. The results also indicated a positive relationship between work exhaustion and work family conflict. Moreover, work exhaustion positively predicted work family conflict. Poor management of public doctors was noted whereas, work exhaustion, experience and work family conflicts were higher in public doctors. The present study has implications of developing time management plans in medical related fields to balance their work and family matters and to avoid stress.

Keywords: time management, work exhaustion, work family conflict

Psychological Capital Job Embeddedness and Turnover Intention in College Teachers

Maria Qubtia (MS.c 2017-2019)
Supervisor: Ms. Shazia Qayyum

The Present research aimed to investigate the relationship among psychological capital, job embeddedness and turnover intention in college teachers. A cross sectional research design was used for the current study. The personal traits that were included in the study were optimism, hope, resiliency and self-efficacy which together made the construct of psychological capital (PsyCap). It was hypothesized that there would be a relationship between psychological capital, Job Embeddedness and Turnover Intention and Psychological Capital and Job Embeddedness would predict Turnover intention. Sample comprised of ($N=200$) teachers. Data was collected from different colleges of Lahore using non-probability purposive sampling technique. In addition to demographic information sheet, Psychological Capital Questionnaire (Luthans, Avolio & Youseff, 2007) Job Embeddedness Measure (Mitchell & Miriam, 2001) and Turnover Intention Scale (Camman, Fichman, Jenkins & Klesh, 1982) were used in the study. The Cronbach alpha of above scales was estimated to check the reliability. The data was analyzed using Pearson Product Moment correlation and hierarchal regression analysis using SPSS version 21. Results indicated significance relationship between psychological capital, job embeddedness and turnover intention. Moreover, it was found that subscale of psychological capital

i.e., hope predicted turnover. Additionally, results were discussed in terms of their implications and theoretical significance. The study helps in understanding that there is a need to pay attention to the positive strength such as psychological capital and job embeddedness of employees or teachers, so that turnover rate can be reduced.

Keywords: psychological capital, job embeddedness, turnover intention

Self-Efficacy, Social Support and Career Optimism in Nurses

Sidra Sardar (BS 2015-2019)
Supervisor: Dr. Afsheen Masood

This research intended to explore the relationship among self-efficacy, social support and career optimism in nurses. It was hypothesized that there is likely to be a significant relationship in self-efficacy, social support and career optimism in nurses. Self-efficacy and social support are likely to predict career optimism in nurses. There is likely to be significant gender differences in self-efficacy, social support and career optimism in nurses. The sample consists of (N=150) nurses (75 males and 75 females) within age range of 25 to 45 years selected from different hospitals of Lahore. Non-probability purposive sampling was used to collect the data. Assessment measures used were General Self-Efficacy Scale (Schwarzer & Jerusalem, 1979), Multidimensional Scale of Perceived Social Support (Zimet, Dahlem, Zimet & Farley, 1988) and Career Futures Inventory (Rottinghaus, 2005) and a demographic information sheet. The results revealed that self-efficacy was significantly positively related with social support and career optimism. Moreover, social support was significantly positively related with career optimism. Self-efficacy and social support significantly predicted career optimism. Moreover, it was revealed that social support and career optimism was high in males as compared to females.

Keywords: self-efficacy, social support, career optimism, nurses

Emotional Intelligence, Occupational Stress and Psychological Well- Being in Inspectors of Punjab Police

Hira Saleem (BS 2015-2019)
Supervisor: Dr. Afsheen Masood

The present research aimed to investigate the relationship among emotional intelligence, occupational stress and psychological well-being in inspectors working in Punjab police. It was hypothesized that psychological well-being and emotional intelligence is likely to predict the occupational stress in inspectors. Occupational stress, psychological well-being and emotional intelligence were likely to have a relationship. The sample comprised of (N=80), (50 men and 30 women) inspectors were selected from police stations of Lahore. The scales used were Schutte emotional intelligence scale (Schutte, 1998). Weimen occupational stress scale (WOSs) (weimen, 1978). Psychological well- being scale of (Ryff, 1989) with further 7 subscales with 7 dimensions was translated in the Urdu Language. Age range was 25-60 years. Descriptive and inferential analyses were carried out. The findings were discussed with respect to societal and theoretical perspective. The results showed that emotional intelligence was positively correlated with the autonomy, environmental mastery, positive relations with others, personal growth, purpose in life and self-acceptance. Emotional intelligence was a positive predictor of psychological well-being. Emotional intelligence was negatively related to the occupational stress and emotional intelligence did not act as a predictor of occupational stress. In psychological well-being environmental mastery, positive relations with others, self-acceptance and autonomy were negatively related with occupational stress and environmental mastery were the predictors of occupational stress. Within demographics, only family income had a relationship with occupational stress and predicted occupational stress. The findings of the present study highlighted that how our psychological well-being and emotional intelligence effects the stress level of police workers and how do people recognize their stress levels.

Keywords: emotional intelligence, occupational stress, psychological well-being

Trait Emotional Intelligence, Resilience and Occupational Stress in Salesperson

Ali Haider (M.Sc. 2017-2019)
Supervisor: Dr. Afsheen Masood

A cross sectional study was conducted to explore the relationship among trait emotional intelligence, resilience and occupational stress in salesperson. It was hypothesized there is likely to be a positive relationship between trait emotional intelligence and resilience. It was further hypothesized that there is likely to be negative relationship between trait emotional intelligence and occupational stress; there is likely to be a negative relationship between resilience and occupational stress. The assessment measures used along with the demographic sheet were: The trait emotional intelligence scale short form was used measure trait emotional intelligence (TEIQue-Short Form; Cooper & Petrides, 2010); Brief resilience scale (Smith, 2008), used to measure resilience and occupational stress was measured by using work stress scale. Through non-probability purposive sampling strategy, (N=100) salespersons both male and female were recruited within the age range of 20-50 years. Purposive sampling strategy was used in research study. Analysis was done through SPSS version 13.00. The findings revealed that the relationship among trait emotional intelligence, resilience and occupational stress in salesperson. There were significant gender differences in male and female salespersons. The findings have significant implications for future researchers in business domains and sales professionals.
Keywords: trait emotional intelligence, resilience, occupational stress, salesperson

Sport Motivation, Self-Efficacy and Goal Orientation in Athletes

Aiman Tara (M.Sc. 2017-2019)
Supervisor: Dr. Afsheen Masood

The aim of the present study aimed to evaluate the relationship among self-efficacy, sport motivation and goal orientation in athletes. It was hypothesized that there is likely to be significant relationship among self- efficacy, sport motivation and goal orientation in athletes and there are significant gender differences in self-efficacy, sport motivation and goal orientation of males and females. The sample consisted athletes of (N=100) athletes both males and females within the age range of 16-25 years. The instruments used for data

collection were Sports Motivation Scale developed by Pelletier, Rocchi, Vallerand, Deci & Ryan. General Self-Efficacy Scale developed by Schwarzer & Jersalem in (1995) and sport orientation questionnaires (Gill & Deeter, 1998). SPSS version 23.00 was used to analyze inferential and descriptive statistics. The results revealed that there were positively related among motivation, self-efficacy and goal orientation. It was revealed that motivation and self- efficacy positively predicted goal orientation. It was also revealed that there were no significant gender differences among motivation, self- efficacy and goal orientation. Moreover, there were differences on income based on the gender. The findings carry significant benefits for sport students and sports psychology.

Keywords: sport motivation, self-efficacy, goal orientation, athletes

Psychosocial Determinants of vicarious Posttraumatic Growth in Rescue Workers

Tehreem Raza (BS 2015-2019)
Supervisor: Dr. Mujeeba Ashraf

There has been a vast literary evidence to suggest that experiencing trauma, directly or vicariously, has negative aftereffects on the victim. However, a more positive aspect of witnessing trauma is being explored recently i.e., growth following trauma or post-trauma growth. The current research aimed to investigate the psycho-social determinants that could possibly play a role in the development of vicarious post-trauma growth in emergency workers such as rescue workers of Emergency Services 1122 in Pakistan. For the purpose of data assortment, a cross–sectional research design was used. A total number of (*N*=110) active field rescue workers from all the departments were recruited, who at least had an experience of one year. The age range of participants was 20-40 years (*M*=30.97; *SD*=5.33) Vicarious Traumatization Scale (VTS) and Post – Trauma Growth, Short Form (PTGI-SF) were used as assessment measures to assess vicarious post-trauma growth. The Multidimensional Scale of Perceived Social Support (MPSS) was employed to measure the level of perceived social support while Coping Style Scale (CSS) was used to assess the style of coping often used. Statistical analysis used were Person Product Moment Correlation to assess the relationship of variables and Hierarchal Multiple Regression to control variables and evaluate prediction. Results revealed that problem-focused style of coping and the perception of social support of family were the strongest predictors of various post-trauma growth. These findings have major

occupational and clinical implications for the emergency workers in Pakistan.

Keywords: psychosocial determinants, posttraumatic growth, rescue workers

Human Resources Management Practices, Organizational Citizenship Behavior and Organizational Performance of Health Care Professionals

Um-e-Farwa (BS 2015-2019)
Supervisor: Dr. Mujeeba Ashraf

The present study investigated the relationship among human resource management practices, organizational citizenship behavior and organizational performance of health care professionals. The aim of the study was to study the moderating role of citizenship behavior in between human resources practices and organizational performance. The sample comprised of (N=150) health care professionals (Nurses) from government and private hospitals of Lahore. The sample was divided in two portions each contained 75 questionnaires collected from government and private sector. There were 107 female and 43 male respondents between the ages of 20-60 years. The questionnaires used for the collection of data were, Human Resources Policies and Practices Scale (Gisela Demo, 2012), Organizational citizenship behavior checklist (Spector & Frox) and Employee Performance at Workplace (Rabindra, 2017) and demographic information sheet. Moderating analysis was carried out through multiple hierarchical regression. The result indicated that OCB moderated the relationship between HRM practices and Organizational Performance. The findings of the research will then be used for its practical implications.

Keywords: human resource management practices, organizational citizenship behavior, organizational performance, health care professionals

Stressful Life Events, Mind Wandering and Work Performance in Young Adults

Tayyaba Younas (BS 2015-2019)
Supervisor: Ms. Afifa Anjum

The current study aimed to assess the relationship among stressful life events, mind wandering and work performance in young adults. It was hypothesized that there is likely to be a relationship between stressful life events, mind wandering and work performance and stressful life events are likely to decrease work performance mediated by mind wandering. Data was collected using purposive sampling technique. The sample comprised of (N=86) school teachers, including 45 males and 41 females. Mind wandering questionnaire (Mrazek et al., 2013) and health and performance questionnaire (Kessler et al, 2003) and daily stress inventory (Brantley et al., 1987) were used to assess the variables used in present research. In health and performance questionnaire, items regarding only quality of work, absolute presenteeism, and relative presenteeism were used. Data was analyzed through Pearson Product Moment Correlation, Mediation Analysis and Independent Sample t-test. The findings of the results indicated that daily stress was positively related with mind wandering and negatively related with absolute presenteeism and quality of work but there was a negative non-significant relationship with relative presenteeism. Mind wandering was negatively related with absolute presenteeism, relative presenteeism and quality of work which showed that mind wandering decreased the overall work performance. Absolute presenteeism and relative presenteeism was positively related with each other and with quality of work. Mind wandering had completely mediated between stressful life events and work performance.

Keywords: mind wandering, stressful life events, quality of work, absolute presenteeism, relative presenteeism

Emotional Contagion, Emotional Labor and Resilience Among Psychologists

Ayesha Baig (M.Sc. 2017-2019)
Supervisor: Dr. Afifa Anjum

The present research aimed to investigate the relationship between emotional contagion, emotional labor and resilience among psychologists. It was hypothesized that there is likely to be a significant relationship between emotional contagion, emotional labor and resilience. It was also hypothesized that emotional contagion is likely to predict emotional labor (frequency, intensity, variety, deep acting and surface acting). Emotional labor strategies deep and surface acting predicts resilience positively and negatively respectively. Emotional labor is likely to mediate the relationship between emotional contagion and resilience. Purposive sampling technique was used to collect data. The sample comprised of ($N=100$) psychologists, including 27 independent psychologists and 73 interns/under supervision. The Emotion Contagion Scale (Doherty, 1997) Emotional Labor Scale (Brotheridge & Lee, 2003) and Brief Resilience Scale (Smith, 2008) were used to assess the study variables. Data was analyzed through Pearson Product Moment Correlation, Hierarchical Regression Analysis and Independent Sample t-test. The results showed that emotional contagion had a positive relationship with emotional labor (frequency, intensity, variety, deep acting and surface acting.). Moreover, the results also indicated that frequency of emotional labor also positively predicted resilience. Emotional contagion and emotional labor could lead to positive outcomes such as development of resilience due the frequent emotional experiences. The present study would help in recognizing the emotion cycles among organizations, health care providers and psychologists which would improve the job outcomes and the client-customer interaction.

Keywords: emotional contagion, emotional labor, resilience

Workplace Ostracism, Psychological Capital and Job Performance in Bank Employees

Rizma Haseeb (M.Sc. 2017-2019)
Supervisor: Mr. Faiz Younas

The present study aimed to investigate the relationship among workplace ostracism, psychological capital and job performance in bank employees. It was hypothesized that workplace ostracism is likely to be negatively related to

psychological capital and job performance. It was hypothesized that psychological capital would likely to moderate the relationship between workplace ostracism and job performance of the employees. Cross-sectional correlational research design was used in the present study. The sample comprised of (N=112) bank employees from different banks within the premises of Lahore. Purposive sampling technique was employed. The assessment tools used in the present study were Workplace Ostracism Scale (Ferris, 2008), Psychological Capital Scale (Luthans, Bruce, Avolio, & Avey, 2007) and Job Performance Scale (Goodman & Svyantek, 1999). Pearson Product Moment Correlation and Moderation Analysis were used to analyze the data. The results showed that workplace ostracism was negatively related with psychological capital and job performance. Furthermore, the results proved that psychological capital did not moderate the relationship between workplace ostracism and job performance of the bank employees. The present study opened worthwhile opportunities for better understanding of the study variables.
Keywords: workplace ostracism, psychological capital, job performance

Masculinity and Attitude towards Violence in Sportsmen

Zunaira Bahadur Sher (M.Sc. 2017-2019)
Supervisor: Mr. Faiz Younas

The present study was carried out to investigate the relationship between masculinity and attitude towards violence in sportspersons. It was hypothesized that there would be a significant positive relationship between masculinity and attitude towards violence in sportspersons. Also, masculinity would predict attitude towards violence in sportspersons. The sample consisted of (N=130) sportspersons from Punjab University were recruited through purposive sampling technique. Masculine Role Inventory by Snell and Attitudes Towards Violence Scale by Canivez were used for data collection. Results were generated through SPSS by applying Pearson Product Moment Correlation and Regression Analysis that showed that there was a significant positive relationship between masculinity and attitude towards violence in sportspersons but masculinity did not predict attitude towards violence. The present study has implications in the field of Sports Psychology as well as Gender Psychology.
Keywords: masculinity, attitude towards violence, sportsmen

Public Service Motivation, Family Work Conflict and Work-Related Quality of Life in Rescue 1122 Field Workers

Aqsa (M.Sc. 2017-2019)
Supervised by: Mr. Ghulam Ishaq

The current study was designed to analyze the relationship among public service motivation, family work conflict and work-related quality of life. It was hypothesized that public service motivation and family work conflict are likely to have relationship with work related quality of life. Further, it was also hypothesized that public service motivation and family work conflict are likely to predict the work-related quality of life. Correlational research design was used. Sample (N=107) was recruited through purposive sample sampling strategy and age range of the participants were 25-45 years with the (M=29.8, SD=4.38). Public Service Motivation (Perry, 1990), Family Work Conflict (Haslam, Sanders & Sofronoff, 2013) and Work-Related Quality of Life (Simon & Darren, 2000) scales were used as assessment measures of variables. The hierarchical multiple regression analyses showed that public service motivation (attraction to policy making, commitment to public interest, compassion and self-sacrifice) predicted work related quality of life whereas, Family work conflict (work family conflict and family work conflict) was a significant negative predictor of work-related quality of life. This study would guide the counselors and competent authority of rescue 1122 to reduce the family work conflict and enhance their work- related quality of life. This research opens new avenues for future researches.
Keywords: public service motivation, family work conflict, work related quality of life

Police Sub-Culture and Work Stress in Police Officers

Amina Riaz (BS 2015-2019)
Supervisor: Ms. Zaeema Farooq

The present study aimed to investigate the relationship between police subculture and work stress. It was hypothesized that police subculture would predict work stress in police officers. The sample comprised of (N=60) police officers including 23 females and 37 males with age range of 23 to 58 years *(M=165.5, SD=51.1)*. Purposive sampling technique was used to collect the data. Police Stress Questionnaire (McCreary & Thompson, 2004) and Police Subculture Scale (Russel & Bromley, 2003) used to assess the study variables. Data was analyzed through Pearson product moment correlation. The results showed that

police subculture was positively related with work stress. Moreover, police subculture was positive predictor of work stress. The present study findings highlighted the importance of police subculture and its influence on work stress of police officers. The study has important implication in forensic settings. By hiring the psychologists in forensic settings police stress level can be controlled and their mental health can be improved.

Keywords: police subculture, work stress, forensic settings, mental health

Sibling Relationship and Anger Expression in Children of Working Women

Zanib Fiaz, (M.Sc. 2017-2019)
Supervisor: Saira Khan

Present research aimed to investigate the sibling relationship and expression of anger in children of working women. It was hypothesized that there would be an association between the quality of sibling relationship (hostility and affection) and expression of anger. Correlational and cross-sectional research design was used to determine sibling relationships and expression of anger among the children of working women. From the population of private school students, (*N*=150) participants who were the children of working women was drawn through purposive sampling technique with age range 11to 12 years, having one or more than one sibling. Demographic Information Sheet, Sibling Relationship Inventory (Stocker & MecHale, 1992) and Child Anger Expression Scale (Majeed & Malik,2016) were used to collect demographic information, information about the type of sibling relationships and the expression of anger respectively. Data were organized, summarize and interpreted by using SPSS version 23. Pearson Product Moment Correlation was used to see the relationship between anger expression and sibling relationship in working mother's children. Results indicated that anger in siblings (internalize anger, externalize anger and feeling of rejection) had a positive relationship with hostility and had negative relationship with affection. The result also indicated that nuclear family had anger externalized more as compared to joint family system. The results revealed that joint family had less hostility, externalize anger and violence than nuclear family. Present study is important for understanding the various aspects of sibling relationship among the children of working mothers. The study findings would enable working mothers to improve the quality of relationship with their children.

Keywords: anger expression, hostility, violence, affection

Positive Psychology

Work Motivation, Problem-Solving Appraisal and Job Satisfaction in Police Inspectors

Ayesha Tahir (BS 2015-2019)
Supervisor: Prof. Dr. Rafia Rafique

The present research aimed to investigate the relationship among work motivation, problem-solving appraisal and job satisfaction in police officers. The sample comprised of (N=100) male police from Lahore police stations using purposive sampling technique, with age range of 30-60 years (M= 45.7, SD=3.63). Job Satisfaction Survey (Spector, 1985), translated by (Shahzad, 2010), Motivation Questionnaire (Smith, 2004) and Problem-Solving Style Questionnaire (Romero, Tepper & Tetrault, 1992) were used to assess work motivation, problem-solving appraisal and job satisfaction. Urdu translations of motivation questionnaire scale and problem-solving style questionnaire scale were done. Data was analyzed through Pearson product moment correlation and moderation through Hierarchical regression. The results showed that a positive relationship existed between work motivation, problem-solving appraisal and job satisfaction. Similarly, work motivation and problem- solving appraisal was the predictor of job satisfaction. Furthermore, problem-solving appraisal moderated the relationship between work motivation and job satisfaction. The present study findings highlighted the importance of work motivation and how to improve the problem- solving appraisal skills of the police officers by giving them therapy, by conducting workshops and seminars to get more satisfaction.
Keywords: job satisfaction, work motivation, problem-solving appraisal, police inspectors

Authoritarian Personality, Religiosity and Political Tolerance in University Students

Urooj Akhtar (2015-2019)
Supervisor: Prof. Dr. Rafia Rafique

The present research was conducted to investigate the influence of authoritarian personality and religiosity on political tolerance in university students. It was hypothesized that authoritarian personality and religiosity will have a negative relationship with political tolerance and religiosity is likely to mediate this relationship in university students. Cross-sectional correlational research design was used to collect the data. The sample consisted of (N=120) students (60 males and 60 females) selected from three different universities of Lahore using

purposive sampling technique. The age range of students was 18 to 28 years (M=23.1, *SD*=2.31). Authoritarianism-Conventionalism-Traditionalism Scale (Duckitt, Bizumic, Krauss & Heled, 2010), The Santa Clara Strength of Religious Faith Questionnaire (Plante & Boccaccini, 1997) and Content-Controlled Measure of Political Tolerance (Sullivan, Pierson & Marcus, 1982) were used to assess authoritarian personality, religiosity and political tolerance respectively. The data were analyzed through Pearson Product Moment Correlation, Hierarchical Regression and Independent Sample t-test. Results revealed that authoritarian personality and religiosity were significantly negatively related with political tolerance and religiosity was a partial mediator between authoritarian personality and political tolerance. There were significant gender differences of political tolerance in males and females with males being slightly more tolerant than males. The present study highlighted the main reasons behind lack of political tolerance which can be used to develop some insight, via awareness campaigns, in our society about critical issue of lack of political tolerance due to increased partiality in political parties. Clinical or counseling strategies can be developed for those who violently violate the rights of other groups.

Keywords. authoritarian personality, religiosity, political tolerance

Teachers Motivation, Teaching Efficacy and Co-Works Conflict among Post Graduate Teachers

Saira Afzal (M.Sc. 2017-19)
Supervisors: Prof. Dr. Farah Malik and Mr. Vicar Solomon

The present research aimed to investigate the relationship among teacher motivation, teaching efficacy and the effect of coworker's conflict on both of motivation and efficacy of teacher. It was hypothesized that teacher motivation and teaching efficacy are likely to be positively correlated while coworker's conflict would have a negative relationship with motivation and efficacy of teachers. A sample of (*N*=100) postgraduate teachers were selected from different institutes. Work Task Motivation Scale for Teachers (WTMST) used to measure the level of motivation in teachers. Bandura's Efficacy scale for teachers used to measure the level of self-efficacy in teachers. Jen's coworker's conflict scale used to identify the conflict among teachers. Teacher's professional world is comprised of the classroom domain and the institute domain. In each domain, the teacher must perform defined tasks, and ensure defined expressive elements.

Motivation and efficacy are the basic requirements to perform these tasks. Correlational research design was used in this research. Findings of the study showed the positive relationship between teacher motivation and teaching efficacy and the negative relationship between motivation and efficacy with coworkers' conflict.

Keywords: motivation, teaching efficacy, coworker's conflicts, teaching professionals

Psychological Flexibility, Self-Compassion and Emotional Wellbeing in Psychology Students

Faiza Khabeer (M.Sc. 2017-2019)
Supervisors: Prof. Dr. Farah Malik and Ms. Maria Ghazal

The present research explored the relationship among psychological flexibility, self-compassion and emotional wellbeing in psychology students. It was hypothesized that there would be a positive relationship between psychological, self-compassion and emotional wellbeing in psychology students. It was hypothesized that psychological flexibility is likely to predict self-compassion and emotional wellbeing. It was also hypothesized that there are likely to be gender differences between psychological flexibility, self-compassion and emotional wellbeing in psychology students. Correlation research design was used. The sample of the present research was consisted of ($N=200$) M.Sc. and B.S. psychology students from different universities ($n=100$) men, ($n=100$) women. Data were collected from five different universities. Psychological Flexibility scale was assessed through Acceptance and Action Questionnaire II: A revised Measure of psychological Inflexibility and Experiential Avoidance was developed by (Bond, 2011). Self- Compassion was assessed through Self Compassion Scale by (Neff, 2003). Emotional Wellbeing was assessed Emotional Wellbeing scale by (Ed Diener, 2008). The results revealed significant positive relationships between psychological flexibility, self-compassion and emotional wellbeing, Whereas, psychological flexibility was a significant predictor of self-compassion and emotional wellbeing. Moreover, there was no gender differences between psychological flexibility, self-compassion and emotional wellbeing in psychology students.

Keywords: psychological flexibility, self-compassion, emotional wellbeing

Music Preference, Resilience and Mental Health in Early Adults

Zainab Naeem Raj (M.Sc. 2017-2019)
Supervisors: Prof. Dr. Farah Malik and Ms. Nousheen Ramzan

The present study explored the relationship among music preferences, resilience and mental health in early adults. It was hypothesized that music preference, resilience and mental health are likely to be positively correlated with one another in early adults. It was further hypothesized that music preference and resilience are likely to be positive predictors of mental health. Differences across gender were also hypothesized. The data was collected from ($N=200$) early adults (80 music players and 120 music listeners) with age range of 20-40 years (M=25.59, SD=5.67) using convenient sampling technique. Short Test of Music Preference Revised (STOMPR; Rentrow & Goldberg,2003), Brief Resilience Scale (BRS; Smith, Dalen, Wiggins, Tooley, Christopher & Bernard,2008) and Warwick-Edinburgh Mental Well-Being Scale (WEMWBS; Brown, Platt, Parkinson, Joseph, Weich & Secker, 1998) were administered in English Language. The results of Pearson Product Moment Correlation indicated significant positive relationship between music preference, resilience and mental health. Simple linear regression analysis revealed that music preferences was a significant predictor of mental health. The results of the independent sample t-test revealed significant gender differences existed among music preference, resilience and mental health. Moreover, significant mean differences in the music preferences of those adults who listened to music and those who played music were found. Implications of the study have been discussed.
Keywords: music preferences, music players, music listeners, resilience, mental health

Self-Control, Life Satisfaction and Psychological Flexibility in University Students

Iram Murtaza (M.Sc. 2017-2019)
Supervisor: Dr. Iram Fatima

The present study was designed to examine the relationship among self- control, life satisfaction and psychological well-being in university students. The hypothesis was that there would be a significant positive relationship among self-control, life satisfaction and psychological well- being. For this purpose, a sample

of (N=100) students was drawn through convenience sampling with the age range of 21 to 24 years (M=21.76, SD=1.44). The measures for this research comprised of demographic information sheet, Self-control Questionnaire (Tangney Baumiester, & Boone, 2004) and The Satisfaction with Life Scale (Diener Emmons, & Larson 1998) and The Flourishing Scale (Diener & Wirtz, 2009). Results was analyzed by using Pearson Product Moment Correlation to see the relationship between study variables and regression analysis was done to examine self-control as the predictor of life satisfaction and psychological wellbeing in university students. Results of correlations showed that there was no significant relationship between self-control, life satisfaction and psychological well-being. Regression analysis revealed that self-control did not act as predictor for life satisfaction and psychological well-being in university students.

Keywords: self-control, life satisfaction, psychological well-being, university students

Emotional Intelligence and Psychological Flexibility in University Students

Ansa Quratulain (M.Sc. 2017-2019)
Supervisor: Dr. Iram Fatima

The current research aimed to examine the relationship between emotional intelligence and psychological flexibility in university students. Correlation research design was used in this study. It was hypothesized that there would be a relationship between emotional intelligence and psychological fallibility. For this purpose, a sample of (N=120) students was drawn through convenient sampling, with age range of 18 to 25 years (M=19.97, SD=2.25). The scale used in current study were Schutte Emotional Intelligence Scale (SEIS; Schutte et al., 1998) and Action and Acceptance Questioner (AAQ-II; Bond et al., 2011) which measured emotional intelligence and psychological flexibility, respectively. The results indicated that there was no relationship between emotional intelligence and psychological flexibility.

Keywords: Emotional Intelligence, Psychological Flexibility, Action

Personality Traits, Perfectionism and Eating Disturbances in College Students

Marrium Akram (BS 2015-2019)
Supervisor: Dr. Afsheen Masood

The present research aimed to investigate the relationship among personality traits, perfectionism and eating disturbances in college students. It was hypothesized that personality traits and perfectionism are likely to predict eating disturbances in college students. The sample was comprised of (N=250) college students including (n=125) males and (n=125) females with age range of 17-22 years. The data was collected from the three different colleges of Lahore which are Forman Christian College, Lahore College for Women University and Punjab Group of Colleges. Ten Item Personality Inventory (TIPI) (Gosling, Rentfrow & Potter, 2014), the Multidimensional Perfectionism Scale (Hewitt and Flett, 1990) and Eating Disturbances Examination Questionnaire (EDEQ) (Fairbun & Beglin, 2008) were used to assess study variables. Data was analyzed through Pearson's Product-Moment Correlation and Linear Regression analysis using SPSS version 22.00. The results showed that personality traits like openness to experiences and emotional stability had a positive significant relationship and predicted eating disturbances, while extraversion, agreeableness and conscientiousness had a negative relationship with eating disturbances. Perfectionism showed a positive significant relationship and predicted eating disturbances in college students. Gender, colleges and age had also showed a significant positive relationship with emotional stability of college students. While regional affiliation had significant negative relationship with personality trait; openness to experiences. The study findings highlighted the importance of knowing the personality traits and perfectionism which can assist in formation of relationships.
Keywords: personality traits, perfectionism, eating disturbances, perfectionism

Coaching Behavior, Motivation and Psychological Well-Being in Young Athletes

Basma Altaf (BS 2015-2019)
Supervisor: Ms. Afifa Anjum

The present study aimed to investigate the relationship among coaching behavior, motivation and psychological well-being in young athletes. Correlation research design was used. Purposive sampling technique was employed to collect data. The sample consisted of (N=100) young athletes (53 males, 47 females) (M=21.94, SD=1.91). The Coaching Behavior Questionnaire (Williams, 2003), the sports Motivation Scale (Pelletier, 1995) and Ryff's Psychological Well-Being Scale (Dierendonck, 2004) were used as assessment measures. Pearson Product Moment Correlation and Multiple Linear Regression were used for evaluating results of the research. The findings revealed that there was a significant positive correlation between coaching behavior and psychological wellbeing. Coaching behavior and motivation were found to be the significant predictors of domains of psychological wellbeing in young athletes. The findings of the present study can be taken as useful reference for sports educators and athletes, and in the long run, they can enhance athletic standards and contribute to sport development in Pakistani communities.
Keywords: coaching behavior, motivation, psychological well-being

Parental Support and Career Decision Making Self-Efficacy in College Students of Pre-Professional Certificate

Humera Liaqat (M.Sc. 2017-2019)
Supervisor: Ms. Maria Idrees

The study was conducted to examine the relationship between parental support and career decision making self-efficacy in college students of pre-professional certificate. a) It was hypothesized that there would likely to be a positive relationship between parental support and career decision making self-efficacy in college students of prep-professional certificate. b) The parental support would likely to predict career decision making self-efficacy in college students of pre-professional certificate. c) There would likely to be gender differences in parental support and career decision making self-efficacy in college students of pre-professional certificate. Data were collected from the sample (N=100) college students (50 boys & 50 girls) within age range of the 16-20 years

(M=17.5, SD= 1.90). Data were collected from 2 governments and 2 private colleges in Lahore. Non probability convenient sampling, Career-Related Parent Support Scale (Turner et al., 2003) and Career Decision making Self-Efficacy Scale (Taylor & Betz, 1983) were used for the assessment of study variables. The data was analyzed using Pearson Product Moment Correlation, Linear Regression Analysis and Independent Sample t test. The results indicated that there was a significant positive relationship between parental support and career decision making self- efficacy in college students of pre-professional certificate. Similarly, parental support predicted career decision making self-efficacy in college students of pre-professional certificate. No significant gender differences were found in relation to parental support and career decision making self-efficacy in college students of pre-professional certificate. The present research is helpful to educate the parents about the importance of their involvement and support in their children's career decision making self-efficacy. The findings of the study will enhance the already existing research literature available on the study variables.

Keywords: parental support, career decision making, self-efficacy

Mindfulness, Impulsivity, and Psychological Well-Being in Young Adults

Azqa Younus, (BS 2015-2019)
Supervisors: Dr. Iram Fatima & Dr. Fatima Kamran

The present study was conducted to investigate the relationship among mindfulness, impulsivity and psychological well-being in young adults. It was hypothesized that psychological well-being is likely to be positively related with mindfulness while negatively related with impulsiveness in young adults. Further, psychological well-being is likely to be positively predicted by mindfulness while negatively predicted by impulsivity. In addition, impulsivity is likely to mediate the relationship between mindfulness and psychological well-being. Non-probability convenience sampling was used to collect data. Sample comprised of (N=120) university students including 29 men and 91 women with age range 20-25 years (M=22.42, SD=1.15). Data was collected from different institutes of Punjab University. Mindfulness Attention Awareness Scale (Brown & Ryan, 2003), Barratt Impulsiveness Scale (Barratt, 1995) and Psychological well-being scale (Ryff, 1989) were the measures used to collect data. Pearson Product Moment correlation and multiple hierarchical regression were used to test the hypotheses. Data were analyzed using SPSS version 21.

Findings showed that psychological well-being was positively related to mindfulness and negatively related to impulsivity in young adults. Similarly, psychological well-being was positively predicted by mindfulness while negatively predicted by impulsivity. However, impulsivity did not mediate the relationship between mindfulness and psychological well-being.

Keywords: mindfulness, impulsivity, psychological well-being

Psychology of Gender

Gender Role Identity and the Dark Triad in Homosexuals

Abdullah Qureshi (BS 2015-2019)
Supervisor: Prof. Dr. Farah Malik

The present study aimed to investigate the relationship between gender role identity and the dark triad in homosexual and heterosexual men of Pakistan. It was hypothesized that there would likely be a significant relationship between gender role identity and the dark triad in homosexual and heterosexual men. It was further hypothesized that gender role identity would likely predict the dark triad in homosexual and heterosexual men. Furthermore, it was hypothesized that there is likely to be difference in homosexual and heterosexual men regarding gender role identity and the dark triad. The Traditional Masculinity-Femininity (TMF) Scale (Kachel, Steffens & Niedlich, 2016) was used to assess gender role identity and Dark Triad of Personality (SD3) (Jones & Paulhus, 2014), to measure dark triad traits, were administered on a sample of homosexual (n=49) and heterosexual men (n=43). The participants were aged from 18 to 29 years. The sample was recruited from multiple cities across Pakistan including Lahore, Karachi and Multan through purposive sampling and snowball technique. Online questionnaire was also used to collect data primarily from homosexuals. The results of the research showed that gender role identity correlated with the dark triad; masculine and feminine role identification correlated positively and negatively with Machiavellianism, narcissism and psychopathy in homosexual men while only masculine role identification was negatively associated with Machiavellianism Masculine role identification predicted Machiavellianism and psychopathy in homosexual men while masculine role identification predicted only psychopathy in heterosexual men. Lastly, the men differed on gender role identity but not the dark triad based on sexual orientation.
Keywords: gender role identity, dark triad, homosexuals, heterosexuals

Gender Role Beliefs, Recidivism and Psychopathic Tendencies in Women Prisoners

Mehwish Tariq BS 2015-2019
Supervisor: Prof. Dr. Farah Malik

This study aimed to explore the relationship among gender role beliefs, recidivism and psychopathic tendencies in women prisoners. It was hypothesized that there is likely to be a significant relationship between gender role beliefs,

recidivism, and psychopathic tendencies in women prisoners. Moreover, gender role beliefs would likely to predict recidivism and psychopathic tendencies in women prisoners. It was also hypothesized that there would likely to be moderating role of recidivism between gender role believes and psychopathic tendencies in women prisoners. Purposive sampling strategy was used to collect data from (N=50) women prisoners of Central Jail Lahore and District Jail Faisalabad. Gender Role Beliefs Scale (GRBS; Brown & Gladstone, 2012), Ohio Risk Assessment System Community Supervision Tool (ORAS- CST; Latessa, Lovins & Lux, 2009) and Levenson Self-Report Psychopathy Scale (LSRPS; Levenson, Kheil & Fitzpatrick, 1995) were used for assessment. The results showed that gender role beliefs had a significant positive relationship with psychopathic tendencies and recidivism. Psychopathic tendencies and recidivism had a non-significant relationship between them. Results also showed that recidivism was a non-significant moderator between gender role beliefs and psychopathic tendencies in women prisoners. This study not only serves as an insight into the concept of recidivism, it will also allow us to develop strategies and techniques to prevent risk of recidivism in offenders.

Keywords: gender role beliefs, recidivism, psychopathic tendencies

The Dark Triad, Sexual Preoccupation and Men's Objectifications of Women

Muhammad Zubair (M.Sc. 2017-2019)
Supervisors: Dr. Mujeeba Ashraf and Ms. Beenish Mubeen

The current study was aimed at finding the relationship between the dark triad, sexual preoccupation and men's objectification of women in university male students. It was hypothesized that there would be a positive relationship between the dark triad, sexual preoccupation and men's objectification of women, the dark triad would be the predictor of men's objectification of women, and sexual preoccupation would mediate the relationship between dark triad and men's objectification of women. The cross-sectional correlational research designed was employed and male students (*N*=200) were targeted studying at 6 different universities. Assessment measures included demographic information questionnaire, The Shorter Dark Triad Scale (SD3) (Paulhus, 2013), Sexuality Scale (Snell & Papini 1989) and Men's Objectification of Women Scale (Curran 2004). After the data collection statistical analysis was run including Pearson product moment correlation for assessing correlation between study variables,

Linear regression for prediction and Baron and Kenny's mediation analysis for mediation. The research findings revealed that the dark triad had a positive relationship with men's objectification of women. Sexual preoccupation had a negative relationship with men's objectification of women. There was no relationship between the dark triad and sexual preoccupation. The dark triad was the significant predictor of men's objectification of women. Sexual preoccupation did not mediate the relationship between the dark triad and men's objectification of women.

Keywords: the dark triad, sexual preoccupation, men's objectifications

Perceived Body Image, Social Physique Anxiety and Interpersonal Relationships in Women

Ifra Iftekhar (M.Sc. 2017-2019)
Supervisors: Dr. Mujeeba Ashraf and Ms. Beenish Mubeen

This research was conducted to explore the relationship between perceived body image, social physique anxiety and interpersonal relationship in women. Correlational research strategy was used in the current study. A sample of (N=150) women were selected from universities of Lahore. The age ranges of participants were 18 to 32 years. Following measures were used to carry out this study: Body Image Questionnaire (Hurby, Pittermann, Struma & Aszmann, 2018), Social Physique Anxiety Scale (Hart, Leary & Rejeski, 1989), Relationship Scale Questionnaire (Bartholomew, Horowitz, Hazan & Shaver, 1978) for Perceived body image, social physique anxiety and interpersonal relationships respectively. Pearson product moment correlation was done for testing the hypothesis of relationship, while analysis of linear regression was used for investigating prediction. Findings revealed that there was a positive relationship between perceived body image and social physique anxiety, positive significant relationship between social physique anxiety and interpersonal relationship. Moreover, social physique anxiety was the positive significant predictor of interpersonal relationship. It was found that perceived body image was not related to interpersonal relationships.

Keywords: perceived body image, social physique anxiety, interpersonal relationships

Product Involvement, Consumer's Mood and Impulsive Buying in Women

Sana Ijaz (BS 2015-2019)
Supervisor: Mr. Faiz Younas

The present study investigated the relationship among product involvement, consumer's mood and impulsive buying in women. Cosmetic products were chosen to measure the level of product involvement and its effect on buying behavior of women. It was hypothesized that a) There will be a significant relationship among product involvement, consumer's mood and impulsive buying. b) High product involvement is likely to predict impulsive buying. c) Consumer's mood is likely to predict impulsive buying. d) There will be significant age differences in women on impulsive buying. Cross-sectional correlational research design was used. Non-probability convenient sampling was used as a sampling strategy. A sample of ($N=164$) participants was taken between the ages of 16-60 years (M= 30.14, SD=12.39). (Zaichkowsky's, 1985) revised product involvement scale was used to measure product involvement, consumer's mood was measured using brief mood introspection scale (BMIS), and impulsive buying was measured using buying impulsiveness scale by Rook and Fisher (1995). SPSS version 21 was used to analyze the results. Pearson Product Moment Correlation, hierarchal regression and t-test were used to analyze the data. Results showed that there was a significant relationship between product involvement and impulsive buying. There was also a significant relationship between consumer's mood and impulsive buying. Results also indicated that product involvement and consumer's mood were significant predictors of impulsive buying. Age had a negative significant relationship with impulsive buying, it showed that impulsive buying decreased as age increased. Family income had no significant relationship with impulsive buying. This research can help researchers to understand how different psychological states can affect buying behavior.

Keywords: product involvement, consumer's mood, impulsive buying, cosmetic products

Religion and Psychology

Religious Faith, Paranormal Belief and Locus of Control in Women

Maira Hassan M.Sc. 2017-2019
Supervisors: Prof. Dr. Farah Malik and Ms. Sheeba Saeed

The purpose of this research was to investigate the relationship among religious faith, paranormal beliefs and locus of control in women. Correlational cross sectional research design was used to recruit a sample of ($N=150$) from women of Lahore and Sahiwal from village area as well as city area through purposive sampling technique. It was hypothesized that there is likely to be positive relationship between religious faith, paranormal beliefs and external locus of control in women. It is also hypothesized that religious faith and paranormal beliefs are likely to positively predict external locus of control also, that there are likely to be family systems differences, marital status and regional background differences across Religious Faith, Paranormal Beliefs and External Locus of Control. Plante, Thomas & Boccaccini, Marcus. (1997). The Santa Clara Strength of Religious Faith Questionnaire, Rice (2003) Paranormal Belief Questions, Clawson, James G. and Yemen, Gerry (2008) were administered. Correlation results revealed that there was a positive relationship between religious faith, paranormal beliefs and external locus of control. There was a positive relationship between paranormal belief and External locus of control. There was also a relationship between religious faith and paranormal beliefs. Regression analysis indicated that paranormal beliefs positively predicted external locus of control and religious faith also positively predicted external locus of control. Independent sample t-test revealed regional background was not significantly different across religious faith, paranormal beliefs and external locus of control. Married women were significantly different from unmarried women on paranormal beliefs.

Keywords: religious faith, paranormal belief, locus of control

Religiosity, Altruism and Life Satisfaction in NGO Workers

Iqra Rahat (M.Sc. 2017- 2019)
Supervisors: Dr. Mujeeba Ashraf and Ms. Eza Rubab

The present research was carried out to investigate the relationship among religiosity, altruism and life satisfaction in NGO workers. Correlational research

design was used in the current research. The sample ($N=159$) consisted of individuals within the age range 18-30 years who worked in NGO, including men and women, recruited through non- probability purposive sampling technique. Islamic Belief Questionnaire (Ashraf, 2016), Helping Attitude Scale (Gray, Nickell, 1998) and Satisfaction with life scale (Diener et al., 1985) were used. Pearson Product Moment Correlation and Multiple Hierarchical Regression Analysis were conducted to infer the proposed hypothesis. The results revealed that Altruism was a significant positive predictor of life satisfaction while religiosity was non-significant negative predictor of life satisfaction. The results also showed that life satisfaction was gender independent which meant that there were no gender differences in life satisfaction between males and females working in NGOs. The findings of the current study have implications for psychological intervention in order to enhance a person's life satisfaction to live a prosper life. The theoretical implications of this study lay its contribution to the field of Positive, Religious and Counseling Psychology.

Keywords: religiosity, altruism, life satisfaction, NGO workers

Religiosity, Resilience and Quality of Life in Patients Migraine

Rafia Mustafavi (BS 2015-2019)
Supervisor: Ms. Zaeema Farooq

The present correlational study aimed to investigate the relationship among religiosity, resilience and quality of life in patients with migraine. It was hypothesized that religiosity and resilience would predict quality of life. Furthermore, resilience would mediate the relationship between religiosity and quality of life in patients with migraine. The sample comprised of 80 patients with migraine (N = 80), including 31 males and 49 females with the age range of 18 to 55 years (M = 33.13, SD = 10.01). Purposive sampling technique was used to collect data from both government and private hospitals. Santa Clara Strength of Religious Faith Questionnaire (Plante & Boccaccini, 1997), Brief Resilience Scale (Smith et al., 2008) and World Health Organization Quality of Life Scale-Bref (WHOQOL Group, 1995) were used to assess the study variables. All these scales were translated into Urdu language. Data was analyzed through Pearson Product Moment Correlation and Mediation through a Series of Regression Analysis. Results showed that religiosity was positively related with resilience and quality of life. Similarly, resilience was positively related with quality of life.

Moreover, religiosity was positive predictor of resilience and quality of life. Furthermore, resilience partially mediated the relationship between religiosity and in domains with psychological and environmental quality of life. The present study findings highlighted the importance of religiosity that may help the people to deal with their disease and adapt resilience characteristic in order to maintain their better quality of life.

Keywords: religiosity, resilience, quality of life