

Psychological Abstracts

2012-2014



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

Psychological Abstracts

2012-2014



Institute of Applied Psychology

University of the Punjab, Lahore-Pakistan.

Table of Contents

Title	Page No.
Title Page	i
Editorial	ii
Table of Contents	iii-xi
Abstracts	1-119
Author Index	121
Ph.D Scholars' Theses	
Comparative Study of Temperament Patterning and I.Q Level of Male Students Enrolled with HEC-Recognized Institutions and Deeni Madaris in Punjab (Muhammad Riaz, Supervisor: Hamid Sheikh, Ph.D)	1
Impact of Optimism and Hardiness on Coping with Professional life Stress among the House-Job Doctors (Yousaf Jamal, Supervisor: Yasmin Farooqi, Ph.D)	2
The Role of Psychosocial Factors in Determining the Initial Feeding Pattern and Duration of Breast-Feeding (Rehana Nazir, Supervisor: Ruhi Khalid, Ph.D)	4
Headache: Identification, Measurement and Efficacy of Effective Management Techniques (Shahida Tanvir Ahmed, Supervisor: Najma Najam, Ph.D)	6
M.Phil Theses (2011-2013)	
Locus of Control, Treatment Motivation, Diabetic Care and Medication Adherence in Patients with Diabetes Type-II (Farhana Nasim, Supervisor: Rukhsana Kausar, Ph.D)	9
Psychosocial Factors of Non-Suicidal Self-Injury in Adolescents and Young Adults (Soulat Khan, Supervisor: Rukhsana Kasusar, Ph.D)	10
Self-Efficacy, Coping Strategies and Health Related Quality of Life in People with Chronic Asthma (Nadia Ashraf, Supervisor: Iram Fatima, Ph.D)	11
Patience and Psychological Well-Being (Alishba Hafeez, Supervisor: Iram Fatima, Ph.D)	12
The Role of Dark Triads, Empathy and Self-Efficacy in Bullying and Victimization (Gul-e-Sehar, Supervisor: Iram Fatima, Ph.D)	13

	Page No.
BS (2010-2014) & M.Sc (2012-2014)	
Abnormal & Clinical Psychology	
Public Perception about Mental Illness: A Comparison of Persons Living in Rural and Urban Areas (Farah Yaqoob, Supervisor: Rukhsana Kausar, Ph.D)	14
Psychosocial Stressors, Somatization and Hypochondrical Features in Patients with General Medical Conditions (Sadaf Lal Din, Supervisor: Rukhsana Kausar, Ph.D)	14
Body Dysfunctioning and Eating Behavior in Working Women (Nasreen Ramzan, Supervisor: Rukhsana Kausar, Ph.D)	15
Body Image, Social Anxiety and Aggression among Adolescents (Nayab Munawar, Supervisors: Syeda Fatima Hasnain & Rukhsana Kausar, Ph.D)	16
Family Functioning and Eating Behaviors in Adolescents (Sadaf Waheed, Supervisors: Aneeza Sarwar & Rukhsana Kausar, Ph.D)	17
Mental Health and Adjustment of University Hostel Students (Faiza Safdar, Supervisors: Faiza Rasool & Rukhsana Kausar, Ph.D)	18
Neuroticism, Gratitude and the Sleep Quality of College Students (Hina Shakeel, Supervisor: Naumana Amjad, PhD)	18
Rumination, Self-Compassion and Stress in Women living in Shelter Homes (Tayyaba Mehboob, Supervisor: Iram Fatima, Ph.D)	19
Self-Objectification, Body Esteem and Reasons for Exercise among Early Adults (Qurat-ul-Ain Alam, Supervisor: Shahnaila Tariq)	22
Parental Acceptance Rejection and Eating Patterns in Obese and Non-Obese Adolescents (Ayesha Abdul Khaliq, Supervisor: Omama Tariq)	23
Perceived Stress, Perceived Social Support and Pregnancy Anxiety during Prenatal Stage (Iqra Ramzan, Supervisor: Omama Tariq)	24
Parenting Styles and Expressed Emotions in Adolescents with Conversion Disorder (Zunaira Saleem, Supervisor: Faiz Younas)	22

	Page No.
Cross Cultural Psychology	
Acculturative Stress and Socio-Cultural Adaptation in International and Overseas Pakistani University Students (Jaleesha Butt, Supervisor: Rukhsana Kausar, Ph.D)	23
Developmental Psychology	
Perceived Inter-Parental Conflicts, Emotional Security and Self-Discipline in Adolescent (Iqra Yousaf, Supervisors: Nida Zafar & Rukhsana Kausar, Ph.D)	24
Perceived Social Support and Self-Determination Among Adolescents (Sherin Gull, Supervisors: Farhana Nasim & Rukhsana Kausar, Ph.D)	25
Perceived Parenting Styles, Hope and Subjective Well-Being in Adolescents (Anam Tariq, Supervisors: Khalid Ghaffar & Farah Malik Ph.D)	26
Mindfulness and Psychological Well-Being in Elderly People (Hooria Batool, Supervisor: Iram Fatima, Ph.D)	27
Educational/School Psychology	
Intellectual Functioning, Creativity and Curiosity of School and Madrassah Students (Fatima Aftab, Supervisor: Rukhsana Kausar, Ph.D)	28
Positive and Negative Use of Social and Electronic Media and its Effect on Academic Performance of Professional Degree Students (Fatima Ahmed, Supervisor: Rukhsana Kausar, Ph.D)	29
Child Abuse in Private, Public and Religious Schools (Mehwish Irfan, Supervisor: Rukhsana Kausar, Ph.D)	29
Leisure Motivation and Creativity in Science, Arts and Fine Arts Students (Sidra tul Muntaha, Supervisors: Syeda Fatima Hasnain & Rukhsana Kausar, Ph.D)	30
Love of Learning, Perseverance and Academic Stress among Young Students (Ameena Afzal, Supervisor: Naumana Amjad, Ph.D)	31
Internet Addiction and Psychological Well-Being in Undergraduate Students (Beenish Najam, Supervisor: Iram Fatima, Ph.D)	32

	Page No.
Perceived Parenting Styles and Assertiveness in College Students (Aqsa Latif, Supervisors: Sumera Siddique & Iram Fatima, Ph.D)	32
Social Networking Psychosocial Adjustment and Academic Performance (Sara Amanat Ali, Supervisor: Afsheen Masood, Ph.D)	33
Parental Involvement, Participation in Extracurricular Activities and Academic Performance in Adolescent (Asthma Batool, Supervisor: Afsheen Masood, Ph.D)	34
Maternal Employment, Psychosocial Adjustment and Academic Performance of High School Students (Hareem Muhammad, Supervisor: Afsheen Masood, Ph.D)	35
Teacher-Student Relationship and Achievement in Students (Maryam Iqbal, Supervisor: Shahnila Tariq)	35
Emotional Intelligence, Time Management and Academic Self- Regulation in Students (Ayesha Azam, Supervisor: Faiz Younas)	36
Social Competence and Institutional Attachment in Public and Private Sectors Students (Aqsa Niaz, Supervisor: Faiz Younas)	37
Environmental Psychology	
Personality Traits, Environmental Awareness and Pro-Environmental Behavior among University Students (Sitara Kanwal, Supervisors: Amna Rafique & Iram Fatima, Ph.D)	38
Health Psychology	
Psychological Problems and Quality of Life of Patients with Thalassemia (Fatima Arif, Supervisor: Rukhsana Kausar, Ph.D)	39
Belief in Just World, Optimism and Coping Strategies Used by Parents of Children with Thalassemia (Faiza Mushtaq, Supervisors: Andleeb Zahra & Rukhsana Kausar Ph.D)	39
Expressive Suppression and Emotion Regulation Difficulties Among Hypertensive Patients and Normal Individuals (Shaista Naheed, Supervisors: Sadia Rana Dildar & Rukhsana Kausar, Ph.D)	40
Anger and Stress Appraisal in Patients with Coronary Heart Disease (Riffat Mushtaq, Supervisors: Saima Majeed & Farah Malik, Ph.D)	41

	Page No.
Optimism, Personal Growth Initiative and Positive Interpretation of Illness in Patients with Asthma (Qurat -Ul –Ain, Supervisors: Amarah Qureshi & Iram Fatima, Ph.D)	42
Illness Perceptions and Depressive Symptoms Among Patients with Type-II Diabetes (Iqra Zulfiqar, Supervisor: Fatima Kamran, Ph.D)	43
Psychosocial Predictors of Health Locus of Control in Post-Surgery Cardiac Patients (Arooj Karim Khan, Supervisor: Fatima Kamran, Ph.D)	44
Demographic Predictors of Subjective Well-Being of Hemodialysis Patients (Shiza Sheerazi, Supervisor: Fatima Kamran, Ph.D)	45
Perceived Health Status, Depression and Anxiety in End Stage Renal Disease Patients (Nafisa Imtiaz, Supervisor: Fatima Kamran, Ph.D)	46
Health Related Optimism and Adherence to Treatment in Women With Postmenopausal Osteoporosis (Amber Gizaal Roshan, Supervisor: Omama Tariq)	47
Cognitive Adaptation and Self-Determination in Breast Cancer Patients (Alia Sharif, Supervisor: Omama Tariq)	47
Self-Care Activities, Adherence to Treatment and Rate of Recovery in Patients with Hepatitis C (Anam Yousaf, Supervisor: Omama Tariq)	48
Emotional Suppression and Psychological Adjustment in Breast Cancer Patients (Rakia Ashraf, Supervisor: Omama Tariq)	49
Dispositional Optimism, Pain Coping Strategies and Pain Threshold in Patients with Migraine (Sumrah Noreen, Supervisor: Omama Tariq)	50
Self-Care Activities, Adherence to Treatment and Rate of Recovery in Patients with Hepatitis C (Anam Yousaf, Supervisor: Omama Tariq)	51
Illness Perception, Perceived Control and Adherence to Treatment in Diabetics (Afshan Sahar, Supervisor: Omama Tariq)	51

	Page No.
Compassion Fatigue and Coping Strategies in Nurses (Nazish Rashid, Supervisor: Faiz Younas)	51
Marital & Family Relationships	
Implicit Relationship Beliefs and Conflict Resolutions Styles Predicting Marital Satisfaction (Alishba Hania, Supervisor: Naumana Amjad, Ph.D)	53
Humor Styles and Happiness in Marital Relationship (Faseeha Hassan, Supervisor: Naumana Amjad, Ph.D)	53
Dependency and Self-Criticism in Adolescents Living With Step-Parents (Muqaddasa, Supervisors: Zozia Kiran & Numana Amjad, Ph.D)	54
Gratitude, Forgiveness and Optimism between Married and Unmarried Adults (Syeda Rabia Sajid, Supervisor: Iram Fatima, Ph.D)	55
Organizational Psychology	
Development and Validation of Managerial Ability Scale (Somia Zulfiqar, Supervisor: Naumana Amjad, Ph.D)	56
Emotional Climate and Job Involvement in Employees of Textile Industry (Muqaddas Shabbir, Supervisor: Iram Fatima, Ph.D)	57
Job Stress and Cognitive Failures in Female School Teachers (Azka Arshad, Supervisor: Iram Fatima, Ph.D)	57
Self-Objectification and Turnover Intention in Female Receptionists (Rabia Akbar, Supervisors: Mahwish Idrees & Iram Fatima, Ph.D)	58
Work Family Conflict, Perceived Work Overload and Work Exhaustion in Employees of Banking Sector (Hira Tabassum, Supervisors: Zaeema Farooq & Iram Fatima, Ph.D)	59
Personality Traits, Self-Efficacy and Job Performance of Police Officers (Ali Ijaz, Supervisor: Afsheen Masood, Ph.D)	59
Organizational Cynicism, Work Related Quality of Life and Organizational Commitment in Employees (Tahreem Yasin, Supervisor: Shazia Khalid)	60
Organizational Role Stress and Job Satisfaction in Public and Private Banks (Zarish Javed, Supervisor: Shazia Khalid)	61

	Page No.
Physical Health Issues and Psychological Well-Being in Educated Working and Non-Working Women (Zunaira Amin, Supervisor: Shazia Khalid)	61
Emotional Intelligence and Decision Making Styles among Managers (Nazish Shabir, Supervisor: Shazia Khalid)	62
Motivation (intrinsic & extrinsic), Job Commitment and Job Satisfaction among Public Sector Employees (Tabassum Shahzadi, Supervisor: Shazia Khalid)	63
Personality Type A\B and Stress Coping Strategies among Punjab University Administrative Staff (Tayyaba Nusrat, Supervisor: Shazia Khalid)	64
Decentralization and Self-Efficacy in Teaching Employees of Public Universities (Sadaf Saleem, Supervisor: Shazia Khalid)	64
Relation between Harassment and Burnout among Nurses (Rabia Ahmed, Supervisor: Shazia Khalid)	65
Work Family Conflict and Burnout among Professionals Working in Oncology Ward (Asia Yousaf, Supervisor: Shahnila Tariq)	66
Stressors and Work Motivation in Overtime Working Employees (Izzah Amtul Aziz, Supervisor: Tahira Mubashir)	66
Organizational Communication Structures and Relational Dynamics in Employees of National and Multinational Companies (Muhammad Ashfaq, Supervisor: Tahira Mubashir)	67
Perceived Leadership Practices, Work Place Happiness and Quality of Work Life in Teachers of Higher Education Institutions (Muhammad Shahid, Supervisor: Tahira Mubashir)	68
Job Stress, Psychological Capital and Turnover Intentions in the Employees of Hospitality Industry (Namra Rehman, Supervisor: Tahira Mubashir)	69
Positive Organizational Behaviors and Psychological Empowerment in Employees of Non-Governmental Organizations (Sadia Malik, Supervisor: Tahira Mubashir)	70
Consumer Socialization, Psychographics and Post-Purchase Dissonance in Working and Non-Working Women (Sania Habib Kayani, Supervisor: Tahira Mubashir)	71

	Page No.
Perceived Organizational Justice, Trust and Employee Engagement in Bank Employees (Seemal Mazhar Khan, Supervisor: Tahira Mubashir)	72
Job commitment and work Motivation in Traffic wardens (Madiha Tahir, Supervisor: Faiz Younas)	73
Personality & Social Psychology	
Self-Control, Narcissistic Tendencies and Internet Addiction among Adolescents (Maryam Iftikhar, Supervisor: Shahnila Tariq)	74
Positive Psychology	
Empathy, Self-Efficacy and Pro-Social Behavior in College Students (Muhammad Imran, Supervisor: Afsheen Masood, Ph.D)	75
Psychology of Gender	
Social Support and Marital Adjustment of Women with First Versus Subsequent Pregnancies (Amina Sadia, Supervisor: Rukhsana Kausar, Ph.D)	76
Self-Regulation, Body Image and Marital Satisfaction among Married Females (Saleha Ata, Supervisor: Shahnila Tariq)	76
Relationship Strengths and Values in Same Sex and Cross Sex Friendships (Ayesha Yousaf, Supervisor: Faiz Younas)	77
Social Psychology	
Concerns, Attitudes and Perceptions of Mothers about Child Vulnerability for Sexual Abuse (Khadija Rasheed, Supervisor: Rukhsana Kausar, Ph.D)	78
Use, Misuse of Facebook, Academic Performance and Interpersonal Relationship (Farah Naz, Supervisor: Rukhsana Kausar, Ph.D)	79
Styles of Humor and Interpersonal Relationships among University Students (Ayesha Idrees, Supervisors: Saira Batool & Rukhsana Kausar, Ph.D)	80
Group Cohesion, Decision Making Styles and Group Performance in University Students (Zunaira Javed, Supervisors: Soulat Khan & Rukhsana Kausar, Ph.D)	81

	Page No.
Coping Strategies and Psychological Well-Being of Orphan Children (Iqra Shabbir, Supervisors: Sara Kanwal & Rukhsana Kausar, Ph.D)	82
Emotional Climate and Job Involvement in Employees of Textile Industry (Muqaddas Shabbir, Supervisor: Iram Fatima, Ph.D)	82
Emotion Regulation and Psycho Social Well-Being in Social Workers (Saleha Younis, Supervisors: Zaeema Farooq & Iram Fatima, Ph.D)	83
Parent-Child Conflict Resolution and Psychosocial Adjustment in Adolescents (Laiba Shaheen, Supervisor: Afsheen Masood, Ph.D)	84
Religious Orientation and Moral Development in School and College Students (Shafa Amjad, Supervisor: Afsheen Masood, Ph.D)	85
Personality Traits and Socio Demographic Differences in Social Competence of Orphan Adolescents (Amna Mujahid, Supervisor: Fatima Kamran, Ph.D)	85
Shyness, Loneliness and Social Adjustment of Students Residing in Punjab University Hostels (Nazia Iqbal, Supervisor: Shahnila Tariq)	86
Emotional Maturity and Reaction to Frustration of Adolescents Living in Orphanages (Hina Noreen, Supervisor: Faiz Younas)	87
Sport Psychology	
Coach Athlete Relationship and Team Cohesion in the University Athlete's Performance (Muneeb-ul-Haq, Supervisor: Rukhsana Kausar, Ph.D)	89

Ph.D Scholars' Theses

Comparative Study of Temperament Patterning and I.Q Level of Male Students Enrolled with HEC-Recognized Institutions and Deeni Madaris in Punjab

Muhammad Riaz (2013)
Supervisor: Hamid Sheikh, Ph.D

The main focus of the present study was on analytically studying the nature of temperament patterning and I.Q level of male students enrolled with HEC-recognized educational institutions and those studying in HEC-recognized Deeni Madaris at post-graduate level. A stratified convenient total sample of 700, (350 representing each of two sub-samples) meeting the criterion, was tested. The participants were administered “Demographic Information Proforma” (DIP), “Jaiza Mizaji Kafeyaat” (JMK) duly standardized (Urdu adaptation of ‘Thorndike Dimensions of Temperament’) and “Zahanat Paima” (ZP) duly standardized (Urdu adaptation of ‘Otis Quick Scoring Mental ability Test (Gamma)’. Descriptive statistics were calculated to get basic information about the data. *t*-test for independent samples with Cohen’s *d* was run to find the difference of scores between the students of HEC-recognized institutions and Deeni Madaris on ten dimensions of temperament and I.Q level. The results of One way ANCOVA also confirmed the results of *t*-test when potential covariates of mother education, father education, monthly family income and I.Q level were statistically controlled (i) The findings of the *t*-test revealed that students of HEC-recognized institutions were significantly higher on temperament dimensions of Sociable-Solitary, Ascendant-withdrawing, Cheerful-gloomy, Placid-irritable, Accepting-critical, Active-Lethargic, as compared to the students of Deeni Madaris. (ii) The students of Deeni Madaris were found to be significantly higher on the dimensions of Tough minded-tender minded, Impulsive-Planful and Responsible-Casual. (iii) No significant differences were found between the students of HEC-recognized institutions and Deeni Madaris on the dimension of Reflective-Practical. (iv) Similarly non-significant differences were found between the students of HEC-recognized institutions and Deeni Madaris on I.Q levels. Hierarchical multiple regression analyses were also done to assess the predictability of demographic characteristics, I.Q level, and educational institutions on different dimensions of temperament. (i) Independent variable of educational institutions remained the largest predictor of Sociable-Solitary ($\beta = .85$), Ascendant-Withdrawing ($\beta =$

.77), Cheerful-Gloomy ($\beta = .75$), Placid-Irritable ($\beta = .66$), Accepting-Critical ($\beta = .83$), Tough minded-Tender minded ($\beta = .65$), Impulsive-Planful ($\beta = .72$), Active-Lethargic ($\beta = .76$), and Responsible-Casual ($\beta = .22$) dimensions, except Reflective-Practical ($\beta = .04$), when the overlapping effects of other variables in the model were controlled. (ii) Age showed a significant negative effect on reflective-practical dimension of temperament. (iii) Number of Sibling has positive effect on cheerful-gloomy and responsible-casual dimension and negative effect on Reflective-Practical dimension. (iv) Mother's education was significant positive predictor of responsible-casual dimension. (v) Father's education positively predicted dimensions of ascendant-withdrawing and cheerful-gloomy and negatively predicted dimension of impulsive-planful (vi) Monthly family Income positively predicted ascendant-withdrawing, and predicted negatively placid-irritable, accepting-critical, and reflective-practical dimensions. (vii) I.Q level predicted positively the dimensions of sociable-solitary, ascendant-withdrawing, cheerful-gloomy, placid-irritable, accepting-Critical, and active-lethargic and predicted negatively the tough minded-tender minded dimension. The relationship of demographic characteristics and I.Q level with different dimensions of temperament was also investigated. The results of analyses globally revealed the presence of a small to moderate relationship between demographic characteristics, I.Q and various dimensions of temperament. The students of five wafaqs were also compared on ten dimensions using one way ANOVA.

Keywords: Temperament patterning, i.q level, sociable-solitary, ascendant-withdrawing, placid-irritable, accepting-critical, active-lethargic.

Impact of Optimism and Hardiness on Coping with Professional life Stress among the House-Job Doctors

Yousaf Jamal (2014)
Supervisor: Yasmin Farooqi, Ph.D

This study investigated relationship between optimism, hardiness and coping as independent variables and professional life stress as dependent variable using a convenience sample of 200 (118 male and 82 female) house-job doctors serving in five public teaching hospitals of Lahore, Pakistan. A cross sectional survey research design was used in this research. The house-job duration ranged from 3 to 12 months and 93% of

the participants were unmarried. Written informed consent was obtained from each of the participants before data collection. Hardiness was measured through Personal Views Survey, Third Edition, (Maddi, 2003) on the basis of three dimensions namely commitment, control and challenge. Life Orientation Test-Revised (Scheier, Carver, & Bridges, 1994) measured optimism of the participants. Coping Orientation to Problem Experienced (Carver, Scheier & Weintraub, 1989) was used to measure problem-focused coping, emotion-focused coping and avoidance coping. Professional Life Stress Scale (Fontana, 1989) was used to measure the stress level of the participants. Written permission for using the above mentioned scales was obtained from the corresponding scale authors. All the scales were individually administered to the participants in their respective offices. All the scales exhibited satisfactory level of internal consistency. Independent samples *t*-tests indicated that male and female house-job doctors did not differ significantly in their average scores on measures of hardiness, optimism, coping and professional life stress. Consequently, further statistical analyses were performed on the whole sample. Hardiness and problem-focused coping correlated negatively with professional life stress whereas emotion-focused and avoidance coping correlated positively with professional life stress. Hierarchical multiple regression analyses revealed that hardiness, problem-focused coping and emotion-focused coping significantly predicted professional life stress whereas avoidance coping failed to do so. Furthermore, mediation analysis showed that problem focused and emotion-focused partially mediated the relationship between hardiness and professional life stress. Avoidance coping did not enter the regression equation. The present findings provided new information about hardiness, optimism, coping and professional life stress pertaining to house job doctors in Pakistan. These results have implications for training and counseling of house-job doctors.

Keywords: Hardiness, optimism, coping strategies, professional life stress, house-job doctors.

The Role of Psychosocial Factors in Determining the Initial Feeding Pattern and Duration of Breast-Feeding

Rehana Nazir (2013)
Supervisor: Ruhi Khalid, Ph.D

A community follow-up study was conducted in four socioeconomically different groups in Lahore, Pakistan; a village, a peri-urban slum, an urban slum and an upper middle class group. Peri-urban slum group later on was dropped due to the non-availability of the mothers as all of them were working in the fruit and vegetable wholesale market next to their residential area. A total sample of 150 expectant mothers from all remaining three areas was selected. Scheduled interviews were conducted at 4 points in time; from eighth month of pregnancy up to the complete end of breast-feeding whenever it occurred during the infant's first two years of life. All mothers were breast-feeding at the time of interview within one month after childbirth. Majority of the upper middle class mothers breast-fed their infants partially and terminated breast-feeding within six months which was significantly different from the other groups. For prolonged breast-feeding significant contributing psychological factors were maternal own personal experience of breast-feeding right from the beginning as a pleasant, natural and enjoyable process even when initial infant feeding method and housing standard were taken into account. A significant positive relationship was found between maternal temperament dimensions (traits) "Accepting" and "Responsible" with initial feeding pattern for longer duration. The results of the study also suggested that not only the demographic variables and psychological factors but some maternal temperament dimensions also played an important role in the process of decision making regarding the initial feeding pattern and its sustenance for longer duration as well. The role and attitude of health care service provider was also very important in decision making about the initiation of initial breaking and its duration.

To identify maternal and health care system factors that contribute to successful breast-feeding, a cross sectional study was conducted on 30 women who delivered a normal healthy child in the Gynecological ward of a government hospital which caters 30% of general population and more than 80% of the Government Servants in the area. Information about the mode of infant feeding and about the reinforcement provided by experts for a particular mode of feeding to the mothers was obtained

through a structured interview from women. 30 medical doctors including gynecologists and pediatricians of the same hospital were also interviewed to find out their years of practical experience their knowledge about importance of breast-feeding and their perspective and type of technical support provided to pregnant women at the time of antenatal, natal and post-natal visits. Results of the study supported and complemented the findings of the longitudinal study. Gynecologists and pediatricians perspective indicated that mothers from low socio economic groups who had family support and tradition of breast-feeding within their families and were comparatively more religious, or/and were aware about benefits of breast-feeding were the ones who breast-fed their babies. At the time of interview 80% of the mothers in our sample were breast-feeding either exclusively or mixed feeding (Breast and formula milk) and 20% were feeding formula milk through bottle. Reasons given by mothers for adopting a particular mode for feeding their babies indicated that several maternal and social factors including health service provider's responses dictated mother's feeding choice. Considering the establishment of initial feeding pattern all the factors related significantly, whether negatively or positively or had a statistical tendency towards a significant relationship. These factors demographic/social, psychological or individual temperamental dimensions indicate for the establishment of almost exclusive breast-feeding right from the beginning. Factors like poor living conditions and low socioeconomic status, maternal breast-feeding satisfaction, her previous positive breast-feeding experience, and if there is a positive family support, along with temperamental traits like responsible, reflective, accepting, impulsive but irritable and at the same time a withdrawing temperament, act as stimulants in this regard. The results also suggest that there is a need for formal and informal education of expectant mothers and health service providers in this regard. Breast-feeding and its management can be encouraged through "Behavior Change Communication" and follow up support of health care system. Factors such as, demographic/social, psychological or individual maternal temperament dimensions significantly related with the length of breast-feeding. It was seen that, mothers who adopted almost exclusive breast-feeding pattern right from the beginning, lived in poor housing conditions with poor socioeconomic status but had a good previous breast-feeding experience, had breast-feeding satisfaction and enjoyed a good family support in this regard, possessed Casual but Critical temperament, breast-fed for a longer duration.

The findings of the longitudinal study indicates that demographic factors/variable has a significant but inverse relationship, whereas psychological factors and maternal temperament dimensions have a positive significant relationship with maternal decisions regarding initial infant feeding pattern and longer duration of breast-feeding. To summarize the relationships of different variables with duration of breast-feeding, regression analysis was carried out to identify the potential predictors. It was found that variables which provide significant contributions to the prediction of longer duration of breast-feeding were initial infant feeding pattern, socioeconomic status, housing standard, maternal previous breast-feeding experience, family support and maternal temperament dimensions.

Keywords: Psychosocial factors, Gynecological, maternal treatment, breast-feeding.

Headache: Identification, Measurement and Efficacy of Effective Management Techniques

Shahida Tanvir Ahmed (2010)
Supervisor: Najma Najam, Ph.D

The aim of research was identification of underlying psychopathology, development of indigenous tools for measurement of headaches (adaptation and reliability) and the development of a treatment protocol package (assessment of headache patients using the tools onetime assessment and repeated assessment). The present research was carried out between 1992-2004 and it comprises of 3 studies. In the first study underlying psychopathology was assessed in the headache patients. This was carried out in two phases, in phase (a) 100 headache sufferers, age range 15-55 diagnosed with migraine/ tension headaches were recruited. Significantly higher levels of depressive psychopathology were found in headache patients. These subjects also scored higher on free floating anxiety, Hysteria and very high somatic scales, keeping in view the above findings phase (b) a longitudinal study of 37 patients with chronic (reported) headaches was carried out using CCEI.

The second study was carried out in two phases (development of the tool testing the reliability of the tool using parallel forms). In the first

phase a pain questionnaire was developed for headaches in Urdu, based on McGill Pain Questionnaire (MPQ) (Melzack & Wall, 1975). Keeping in view the translation/adaptation procedural protocols, the MPQ checklist of 78 words describing different dimensions of pain, was translated into Urdu by the researcher with the help of two standard dictionaries, two choices closest in meaning or true to its essence in Urdu language were selected. The MPQ and Urdu translation was given to 5 headache patients and 5 bilingual experts to select one of the two Urdu words for each description of the MPQ. A final list of 78 Urdu words was thus generated from the most frequently chosen words by patients and experts. This list was then back translated into English by 3 experts using the standard back translation technique. The inclusion criteria for judges were, that they would be a) Pakistanis located in the vicinity of Lahore (b) Highly qualified, (c) Bilinguals with excellent command of English and Urdu. The inclusion criteria for the patients were (a) Pakistanis, (b) Bilingual with command over English and Urdu (c) had been suffering from pain for over six months. The percentage of agreement on the statement was then derived for the two groups, which was 46.60% for 5 Patients and 60.59% for judges/experts. Additionally, pain diary was required to be maintained to document unique pain descriptions. These descriptions were also documented as part of the protocol. The reliability scores indicate that the Urdu adaptation of MPQ is a valid tool to assess headaches and pain requires further investigation on a wide range of patient population.

In the last third study these tools were used along with therapeutic interventions repeated over six consecutive weeks to identify and compare the efficacy of the various treatments/interventions. Headache sufferers ($N = 37$), age range 15-55, diagnosed with Migraine/Tension and combined headaches recruited from hospitals, underwent diagnostic clinical examination. Those who met criteria (Ad hoc Committee for the Classification of Headaches 1962) were referred to clinical psychologist for assessment and treatment. Pre and post assessments using interview, mpq, faces test, rating scales, medication index and subjective report of pain were carried out. All participants underwent six weeks of intervention in their respective groups drugs, drugs plus psychotherapy, acupuncture relaxation, training and placebo. Significant differences were found among treatment groups, findings of the study showed that drug plus psychotherapy was superior to other interventions, but other modalities like acupuncture, relaxation and placebo had beneficial results

on outcome. The findings have important implications for future interventions. It is highly recommended that different modalities need to be integrated under one umbrella.

Keywords: Migraine, tension, free floating anxiety, headache, phobias, somatic, hysteria, obsession, psychotherapy.

M.Phil Theses

Locus of Control, Treatment Motivation, Diabetic Care and Medication Adherence in Patients with Diabetes Type-II

Farhana Nasim (2014)

Supervisor: Rukhsana Kausar, Ph.D

The present research was aimed to investigate the relationship between locus of control, treatment motivation, diabetic care and medication adherence in patients with diabetes type-II. It was hypothesized that there is likely to be a relationship between locus of control, treatment motivation, diabetic care and medication adherence in patients with diabetes type-II. There is likely to be a moderating effect of diabetic care on the relationship between locus of control and medication adherence. Moreover it was also hypothesized that there is likely to be a mediating role of treatment motivation between the relationship of locus of control and medication adherence. A sample of 150 patients (Age $M = 50.33$, $SD = 6.86$) was collected from a public hospital of Lahore using purposive sampling technique. Diabetes Locus of Control Scale (DLC; Ferraro, Price, Desmond & Roberts, 1987), Treatment Self-Regulation Questionnaire (TSRQ; Ryan & Connell, 1989), Summary of Diabetes Self Care Activities (SDSCA; Toobert, Hampson, & Glasgow, 2000) and Adherence to Refill and Medication Scale (ARMS; Kripalani, Risser, Gatti & Jacobson, 2009) were used for assessment. It was found that locus of control has significant positive relationship with autonomous motivation. Chance LOC has significant positive relationship with controlled motivation. Autonomous motivation has significant positive relationship with diabetic care. Moreover it was also found that diabetic care has significant positive relationship with medication adherence. Diabetic care has a moderating role between the relationship of locus of control and medication adherence. This research has important implication in identifying challenges in health care given to diabetic patients.

Keywords: Locus of control, motivation, diabetic care, medication adherence, diabetes type-II.

Psychosocial Factors of Non- Suicidal Self-Injury in Adolescents and Young Adults

Soulat Khan (2014)

Supervisor: Rukhsana Kasusar, Ph.D

The present research aimed to investigate the psychosocial factors of non-suicidal self-injury (NSSI) in adolescents and young adults. Study assessed the prevalence rate, reinforcing factors or functions, behavioral methods and associated risk factors of NSSI in sample of self-injury adolescent and young adults. Hypotheses include (a) Self-injurers and non-self-injurers are likely to differ on family dynamics, interpersonal problems and personal characteristics (anger, emotional regulation, self-criticism) (b) There is likely to be relationship between family dynamics, interpersonal problems, personal characteristics and NSSI in adolescents and young adults (c) Family dynamics, interpersonal problems and personal characteristics are likely predictors of NSSI in adolescents and young adults (d) Interpersonal problems and personal characteristics are likely to mediate the relationship between family dynamics and NSSI in adolescents and young adults. Sample comprised of 164 adolescents and young adults ($n = 82$ self-injurers, $n = 82$ non-self-injurers) with age range between 16 to 24 years ($M = 20.47$, $SD = 1.80$). Demographic and NSSI related information questionnaire, Family Adaptability and Cohesion Evaluation Scale IV (Olson, 2011), Inventory of Interpersonal Problems (Horowitz, Alden, & Wiggins, 1996), Anger Self-Report (Reynolds, Walkey & Green, 1994), Emotional Regulation Scale (Gross, & John, 2003), Self-Rating Scale (Hooley et al., 2002) and Self-Harm Behavior Questionnaire (Osman & Guitierrez, 2001) were used to assess demographic and NSSI related information, family dynamics, interpersonal problems, anger, emotional regulation, self-criticism and NSSI respectively. Results revealed that Prevalence rate of NSSI was 16.25% and female to male ratio of prevalence rate was approximately 2:1. Frequently used behavioral methods of NSSI included, cutting skin (74.4%), hitting self (20.7%) and burning (13.4%). The most common reinforcing factors for NSSI were gaining attention (46.34%), to get rid of negative thoughts/feeling (26.82%) and self-punishment (26.82%). Families of self-injurers in comparison to non-self-injurers were less cohesive, less flexible, overly enmeshed and self-injurers had unhealthy communication patterns with family members and more dissatisfied with their families comparative to non-

self-injurers. Self-injurers were more critical towards them, more-self-centered, non-assertive, socially inhibited, and accommodating had high level of anger and couldn't reappraise their emotions effectively than non-self-injurers. Self-criticism, anger, emotional regulation (expressive suppression) and interpersonal problems (social inhibition, non-assertiveness) had significant positive relationship with NSSI. Emotional regulation (cognitive reappraisal) and family dynamics (cohesion, family communication) had significant negative relationship with NSSI. Anger, self-criticism family rigidity and enmeshment emerged as significant predictors of NSSI. Cognitive reappraisal emerged as significant mediator between family cohesion and NSSI. This study improves our understanding of the underlying mechanisms involved in NSSI and findings may enhance conceptualization and treatment of adolescents and young adults with NSSI.

Keywords: Psychosocial factors, family dynamics, interpersonal problems, emotional regulation, non-suicidal injury.

Self-Efficacy, Coping Strategies and Health Related Quality of Life in People with Chronic Asthma

Nadia Ashraf (2013)
Supervisor: Iram Fatima, Ph.D

A correlational study was conducted to assess the relationship of self-efficacy and coping strategies with overall health related quality of life and its dimensions i.e. breathlessness, mood disturbance, social disruption and concerns for health in people with chronic asthma. It was hypothesized that self-efficacy would negatively predict over all poor health related quality of life and its dimensions. Worry about asthma, restricted life style, hiding asthma and ignoring asthma coping strategies would positively predict over all poor health related quality of life and its dimensions. Information seeking and positive reappraisal coping strategies would negatively predict over all poor health related quality of life and its dimensions. Sample comprised of 208 outdoor asthma patients (73 males and 135 females). Disease severity (Rabe et al., 2004), Asthma Quality of Life Questionnaire (Marks, Dunn & Woolcock, 1999 et al.), Asthma-Specific Coping Scale (Aalto, Harkapaa, Aro, & Rissanen, 2002 et al.), Asthma Self-Efficacy Scale (Martin et al, 2009) were used for assessment. Urdu versions of tools were used in current study. Data

were analyzed using Pearson product moment correlation and hierarchical regression. Results revealed that worry about asthma, restricted life style and hiding asthma coping strategies were positively related to overall poor health related quality of life and its dimensions. Only worry about asthma strongly positively predicted over all poor health related quality of life and its dimensions. Restricted lifestyle positively predicted one dimension of health related quality of life i.e., social disruption. Moreover, it was found that duration of disease was negatively and disease severity was positively associated with one dimension of health related quality of life i.e., breathlessness and education was negatively associated with one dimension of health related quality of life i.e., mood disturbance. Study has important implications in area of health psychology and medical settings.

Keywords: Asthma, self-efficacy, health related quality of life, coping strategies.

Patience and Psychological Well-Being

Alishba Hafeez (2013)
Supervisor: Iram Fatima, Ph.D

Present research was conducted to find out the relationship between patience and psychological well-being in university students. This research consisted of two studies. The first qualitative study explored the meaning of patience and manifestation of patience in one's behavior. 10 students of age range of 18 to 25 years ($M = 20$, $SD = 1.43$) were interviewed. Interpretation suggested five aspects related to patience; self-control, persistence, delay of gratification, faith in Allah, and satisfaction. Study II was conducted to develop the scale of patience, and to assess its discriminant and concurrent validity. It was hypothesized that patience would be negatively related to frustration intolerance and positively related to psychological well-being. Through convenient sampling 400 students (200 men & 200 men) within age range of 18 to 25 year ($M = 20$, $SD = 1.58$) were recruited from different private and public universities of Lahore. Items for patience scale were generated from interview conducted in study I, scale of psychological well-being (Ryff, 1989) and frustration discomfort scale (Harrington, 2005) were used. Principal component analysis resulted in three factors i.e. delay of gratification, forbearance, and even-tempered. Discomfort intolerance

was most consistent negative predictors of psychological well-being among the dimensions of frustration intolerance. While among the aspects of patience delay of gratification was the most consistent predictor of psychological well-being. Relationship of patience with psychological well-being was similar in men and women. The theoretical implication of this study lies in its contribution to the field of psychological testing and positive psychology.

Keywords: Patience, psychological well-being, discomfort intolerance, delay of gratification.

The Role of Dark Triads, Empathy and Self-Efficacy in Bullying and Victimization

Gul-e-Sehar (2013)
Supervisor: Iram Fatima, Ph.D

A correlational study was conducted to assess the role of empathy, self-efficacy and dark triads in bullying and victimization. It was hypothesized that empathy and self-efficacy would be negatively related to bullying and victimization behaviors. Moreover, dark triads would be positively related to bullying and negatively related to victimization. By using cluster sampling strategy, the sample of 479 students (boys = 245, girls = 234) with age range of 13 to 16 ($M = 15.11$, $SD = 1.24$) were recruited from public sector schools of Lahore city. Four measurement scales; Adolescent Peer Relations Instruments (Parada, 2000) for bullying and victimization, the Basic Empathy scale (Jolliffe & Farrington, 2006) for cognitive and affective empathy, Self-Efficacy Questionnaire for Children (Muris, 2001) for measuring self-efficacy and The Short D3 (Paulhus & Williams, 2002) for three dark triads i.e., Machiavellism, narcissism and psychopathy were administered for data collection. Results from hierarchical regression analysis revealed that affective empathy and academic self-efficacy negatively predicted bullying and psychopathy positively predicted both bullying and victimization while narcissism predicted bullying only in boys. The findings of this work have important implications for teachers, parents and researchers as well as it would also be helpful in developing an anti-bullying intervention programme for students in schools.

Keywords: Bullying, victimization, self-efficacy, dark triads.

BS (2010-2014), M.Sc (2012-2014) Theses
Abnormal and Clinical Psychology

Public Perception about Mental Illness: A Comparison of Persons Living in Rural and Urban Areas

Farah Yaqoob (M.Sc 2012-2014)
Supervisor: Rukhsana Kausar, Ph.D

The present study was designed to examine the public perception about mental illness and compare the perception of people living in rural and urban areas. It was hypothesized that people living in urban areas are likely to differ on their perception about mental illness from people living in rural areas. It was also hypothesized that there are gender differences in perception about mental illness. Between group design was used in the study. Sample consisted of 200 people, 100 from rural areas and 100 from urban areas. Data were collected from different schools, colleges, universities for urban participants and for rural participants different villages were approached by the researcher. Data were analyzed by independent sample *t*-test to see whether people living in urban areas are differed from people living in rural areas. Two Way ANOVA was applied to see gender differences and age differences in public perception about mental illness of rural and urban areas. Results showed there are no differences between people living in rural and urban areas in perception about mental illness and older adults perceived mental illness more stigmatized. These findings are important for mental health and public health professionals who may be trying to address health care disparities between mental health care in urban and rural regions of Pakistan. Determining how to raise awareness about the impact of mental illness, to allocate funds for sensitizing and educating the public, and develop treatment programs all depend on accurate understandings of how different segments of the population view the issue of mental illness.

Keywords: Public perception, mental illness, rural, urban.

Psychosocial Stressors, Somatization and Hypochondrical Features in Patients with General Medical Conditions

Sadaf Lal Din (M.Sc 2012-2014)
Supervisor: Rukhsana Kausar, Ph.D

The present study aimed to identify psychosocial stressors, hypochondraisis and somatization features in patients with general

medical conditions reporting in the outdoor departments of hospitals. The hypotheses of the present study were there is likely to be a positive relationship between psychosocial stressor; hypochondriasis and somatization features in patients with general medical conditions, Psychosocial stressors are likely to predict the hypochondriacal symptoms and somatization symptoms in patients with general medical conditions. The sample comprised of 85 participants with the mean age of 24.6 ($SD = 8.12$) out of them, 16 were men and 69 were women. The sample was recruited from four public sector hospitals of Lahore. Check list of psychosocial stressors, Screening tool for Somatoform Disorder (SOMS-7) (Reif & Hiller, 2002) translated by Naz and Kausar (2011) and Somatoform Symptoms Scale (SSS) (Naz and Kausar, 2011). Pearson product correlation and regression analysis were used to analyze data. The result showed significant relationship between psychosocial stressor, hypochondriasis and somatization features in patient with general medical conditions. Psychosocial stressor predicted hypochondriasis and somatization features (pain, pseudoneurological, gastrointestinal) in patients with general medical conditions. Findings will be helpful in the hospital settings where patients come for their physical checkup having psychological problem.

Keywords: Psychosocial stressors, somatization, hypochondriacal features, somatoform disorder.

Body Dysfunctioning and Eating Behavior in Working Women

Nasreen Ramzan (M.Sc 2012-2014)

Supervisor: Rukhsana Kausar, Ph.D

This research was conducted to find out the differences in eating behavior and body dysfunctioning among working and non-working women. It was hypothesized that there is a difference between the body dysfunctioning and eating behavior among working and non-working women and here is likely to be a relationship between eating behavior and body dysfunctioning in working and non-working women. Between group research design was used for the research. A sample of 200 individual (100 working women and 100 non-working women) was drawn from different schools and colleges in Lahore. Eating Attitudes Test (Garner, Olmsted, Bohr & Garfinkel, 1982) and Body Image and Eating Questionnaire (Thelen, Powell, Lawrence & Kuhnert, 1992) were

used for assessment. Independent sample *t*-test and Pearson product moment correlation coefficient was used to analyze the data. Significant differences were found between body dysfunctioning and eating behavior. Non-working women had more tendencies of unhealthy eating behavior and body dysfunctioning as compared to the working women. Significant relationships were found in body dysfunctioning and eating behavior. The findings have important implications for working and non-working women and highlight the importance of counseling of women which in turn may help improve their eating patterns and perception regarding their bodies. It is essential to support awareness with health professionals and general people about severe health consequences of unhealthy eating patterns.

Keywords: Body dysfunctioning, eating behavior, working women, eating pattern.

Body Image, Social Anxiety and Aggression among Adolescents

Nayab Munawar (BS 2010-2014)

Supervisors: Syeda Fatima Hasnain & Rukhsana
Kausar, Ph.D

The relationship among body image, social anxiety and aggression has been explored in the present study. It was hypothesized that body image, social anxiety and aggression of adolescents were likely to correlate and social anxiety would mediate the relationship between body image and aggression. A sample of 198 intermediate students with an age range of 16-19 years ($M = 17.1$, $SD = 1.0$) was taken from different academies of Lahore. Body image, social anxiety and aggression were measured by Body Image State Scale (Cash, 2002), Social Interaction Anxiety Scale (Mattick & Clarke, 1998) and The Aggression Questionnaire (Buss & Warren, 2000) respectively, along with the demographic questionnaire. Results of the correlation analysis showed a significant negative relationship between body image and social anxiety and significant positive relationship between social anxiety and aggression. Moreover, results of linear regression indicated that body image as well as social anxiety predicted aggression in adolescents and outcomes of hierarchical regression showed that, social anxiety did not mediate the relationship between body image and aggression. On the other hand,

results of AMOS revealed that social anxiety mediated the relationship between body image and aggression types; i.e., verbal and indirect aggression. This study can bring awareness in parents and adolescents that being overly concerned about physical appearance and social anxiety may lead to aggression.

Keywords: Body image, social anxiety, aggression.

Family Functioning and Eating Behaviors in Adolescents

Sadaf Waheed (BS 2010-2014)

Supervisors: Aneeza Sarwar & Rukhsana Kausar, Ph.D

The study aimed to explore relationship between family functioning and eating behaviors in adolescents. It was hypothesized that there is likely to be positive relationship between family functioning and eating behaviors in adolescents. It was also hypothesized that family functioning is likely to be a predictor of eating behavior and the third hypothesis there are likely to be the gender differences in family functioning and eating behaviors in adolescents. The adolescent boys and girls of the government and private colleges were selected with the age range of 13-19 ($M = 15.6$, $SD = 1.5$). To assess the relationship, correlational research design was used. Family functioning was assessed using Family Functioning Style Scale consisted of 26 items by Dunst, Trivette, and Deal (1988). While the eating behaviors were assessed using 51 items scale by Schulndt (2003). The data were analyzed by computing Pearson Product Moment Correlation, regression and t -test. The results showed non-significant relationship between family functioning and eating behavior. Family functioning was not significant predictor of eating behavior. Gender differences were found in the family functioning and eating patterns of adolescents. Girls have more maladaptive eating patterns than boys. The study has limitations which were mentioned and suggestions are provided for the better understanding of the issues of eating patterns in adolescents in the Pakistani context.

Keywords: Family functioning, eating behaviors, adolescents.

Mental Health and Adjustment of University Hostel Students

Faiza Safdar (BS 2010-2014)

Supervisors: Faiza Rasool & Rukhsana Kausar, Ph.D

The present research aimed to investigate the relationship between mental health (anxiety, depression, general positive affect, loss of behavioral and emotional control, life satisfaction, emotional tie) and adjustment (health, home, emotional, educational, social) in university hostel students ($N = 100$; men = 50 & women = 50) who lived in different hostels of University of the Punjab between age of 18-25 years. Assessment measures included the Mental Health Inventory (Viet & Ware, 1983) and Adjustment inventory for College Students (Sinha & Singh, 1995) and a demographic questionnaire. Pearson product correlation, simple linear regression and independent sample t -test was used to analyze the sample. Findings of the study depict that anxiety and loss of behavioral and emotional control had negative significant relationship with home, emotional, educational and health adjustment. General positive affect had also significant positive relationship with emotional and educational health. Loss of behavioral and emotional control negatively predicts home, educational and health adjustment. Anxiety and general positive affect negatively predict emotional adjustment. It was also found that men had better general positive affect and life satisfaction as compared to the women

Keywords: Adjustment, mental health, hostel students.

Neuroticism, Gratitude and the Sleep Quality of College Students

Hina Shakeel (M.Sc 2012-2014)

Supervisor: Naumana Amjad, Ph.D

The present research was conducted to investigate the relationship between neuroticism, gratitude and the sleep quality of adults. The sample was drawn from different colleges of Lahore. The hypothesis was there would be a significant positive relationship between gratitude and sleep quality and the negative relationship between neuroticism and sleep quality. The Pittsburgh Sleep Quality Index (Buysse, Daniel, Reynolds, Monk, Berman, & Kupfer, 1989) was used to assess the quality of sleep. Gratitude Questionnaire (GQ-6) and the Neuroticism

Scale (NFI) were used to assess gratitude and neuroticism. Results indicated that a significant negative relationship between neuroticism and sleep quality. Pearson correlation analysis revealed a strong negative correlation between two variables neuroticism and the sleep quality. However there is no significant positive relationship between gratitude and sleep quality. Results also indicated that non-significant gender differences in neuroticism, gratitude and the sleep quality of adults.

Keywords: Neuroticism, gratitude, sleep quality.

Rumination, Self-Compassion and Stress in Women living in Shelter Homes

Tayyaba Mehboob (BS 2010-2014)
Supervisor: Iram Fatima, Ph.D

This correlational study aimed to investigate the relationship between rumination, self-compassion and stress in women living in shelter homes. It was hypothesized that there would be a positive relationship between rumination and stress, and there would be negative relationship between self-compassion and stress. Moreover, rumination and self-compassion would interact to predict stress. The sample consisted of 100 women (including unmarried, married, widows and divorced) living in three different shelter homes of Lahore, Pakistan. The selected age range of women was 20-40 years ($M = 26$, $SD = 5.65$). Data was collected by using translated versions of three different questionnaires including Ruminative Response Scale (Hoeksma & Morrow, 1991), Self-Compassion Scale (Neff, 2003) and Perceived Stress Scale (Cohen, 1983). Out of 100 women, 34 women who were educated filled the questionnaires by themselves whereas; for 66 women oral administration was carried out by the researcher. Overall response rate was 83.33 %. Data were analyzed by using Pearson Product Moment Correlation and Hierarchical Multiple Regression (Moderation). The result showed that rumination had positive relationship with stress. Whereas, self-compassion had no relationship with stress. Further it was found both rumination and self-compassion, individually; positively predicted stress but interaction effect was not found. Moreover, additional analysis showed that women who were living in shelter homes because of domestic violence ruminated more as compared to those who were living there because other reasons. The findings of the research highlighted the

role of rumination, self-compassion in stress level of women living in shelter homes.

Keywords: Rumination, self-compassion, stress, shelter homes.

Self-Objectification, Body Esteem and Reasons for Exercise among Early Adults

Qurat-ul-Ain Alam (M.Sc 2012-2014)
Supervisor: Shahnila Tariq

The research intended to explore the relationship between self-objectification, body esteem and reason for exercise among early adults, visiting fitness centers. It was hypothesized that there is likely to be a relationship between self-objectification, body esteem and reason for exercise. Sample ($N = 100$ adults, 50 male and 50 female) comprised of early adults with age range from 20 to 22 years, visiting fitness centers of Lahore. Self-Objectification Questionnaire (Noll & Fredrickson, 1998), Body Esteem Scale for Adolescents and Adults (Mendelson, Mendelson, & White, 2001), and Reasons for Exercise Inventory (Silberstein et al., 1988) was used to collect the data. Results revealed that self-objectification was positively correlated with body esteem and reason for exercise whereas self-objectification was found a significant predictor of body esteem and reason for exercise. The results were compared and discussed in the light of indigenous and western researches.

Keyword: Self- objectification, body esteem, exercise.

Parental Acceptance Rejection and Eating Patterns in Obese and Non-Obese Adolescents

Ayesha Abdul Khaliq, M.Sc (2012-2014)
Supervisor: Omama Tariq

Current research studied the relationship between Parental Acceptance Rejection and Eating patterns in obese and non-obese adolescents. A sample of 160 participants with an age range of 13-19 years (Age $M = 14.91$, $SD = 1.49$) was taken from different government and private sector schools. It was hypothesized that obese adolescents are more likely to experience parental rejection in comparison to non-obese adolescents.

Obesity was measured by using BMI calculator, parental rejection by Parental Acceptance Rejection Questionnaire (Rohner, 1980) and to assess eating patterns of adolescents Dutch Eating Behavior Questionnaire (Strien et al, 1986) was used. The results revealed that there are no significant differences in parental rejection in obese and non-obese adolescents. Moreover, obese adolescents showed more disturbed eating patterns as compared to non-obese adolescents. The male experienced more maternal rejection as compared to the female. Male adolescents experienced more maternal hostility/ aggression and indifference/ neglect in comparison to female adolescents. Furthermore, obese showed more disturbed eating patterns as compared to non-obese. It approved the hypotheses that obese adolescents are more likely to experience disturbed eating patterns in comparison to non-obese adolescents. The findings of this will be beneficial for the betterment of the adolescent-parent relationship. Furthermore, research will provide guidance to deal the sensitive issues of adolescents like parental rejection and health related issues like obesity or disturbed eating patterns in adolescents.

Keywords: Parental acceptance rejection, eating patterns, obese and non-obese, adolescents.

Perceived Stress, Perceived Social support and Pregnancy Anxiety during Prenatal Stage

Iqra Ramzan (M.Sc 2012-2014)

Supervisor: Omama Tariq

The study investigated the relationship between Perceived Social Support, Perceived Stress and Pregnancy Anxiety in prenatal state. The research focuses on difference between Perceived Social Support, Perceived Stress and Pregnancy Anxiety in different trimesters. Furthermore the current study also explores the prediction between Perceived social support, perceived stress and pregnancy anxiety. Within research design was used for the study and the data was collected through purposive sampling. The sample comprises of 142 pregnant women from three hospitals in Lahore their age rang was ($M = 23.68$, $S.D = 3.22$). Multidimensional Scale for Perceived Social Support (Zimet, Powell, Farley, Werkman & Berkoff, 1990), Pregnancy Related-Anxiety Scale (Rini, Dunkel-Schetter, Wadhwa, & Sandman, 1999) and Perceived Stress Scale (Cohen, 1989) were used in research. Pearson Product

Moment Correlational, ANOVA and Regression were used for analysis. Results showed that Perceived Social Support was negatively correlated with Perceived Stress and Pregnancy Anxiety. Result revealed significant differences in pregnancy anxiety and perceived stress during three trimesters. The results revealed that perceived social support and perceived stress were significant predictor of pregnancy anxiety. The study has important implication for hospital authorities to organize the plans for pregnant women to minimize the adverse outcomes associated with having low perceived social support, high perceived stress and high pregnancy anxiety in prenatal state.

Keywords: Perceived stress, perceived social support, pregnancy anxiety.

Parenting Styles and Expressed Emotions in Adolescents with Conversion Disorder

Zunaira Saleem (BS 2010-2014)
Supervisor: Faiz Younas

The present research investigated the relationship between parenting styles and expressed emotions in adolescents with conversion disorder. It was hypothesized that there is likely to be a positive relationship between parenting styles and expressed emotions and there is likely to be gender differences in parenting styles and expressed emotions. The sample was composed of ($N = 30$) adolescents with conversion disorder (boys = 7, girls = 23) with the age range from 13-19 years ($M = 16.9$, $SD = 1.9$). Sample was drawn by using purposive sampling strategy from Jinnah Hospital, Services Hospital and Mayo Hospital. Parental Authority Questionnaire (Babree, 1997) and Urdu translation of Level of Expressed Emotion (LEE) (Gerlsma & Hale, 1997) was administered to assess parenting styles and expressed emotions respectively. Cross-sectional research design was used. Person product moment correlation and independent sample t -test was employed and results were generated which showed no significant relationship between parenting styles and expressed emotions as well as no gender differences in variables. The study findings suggest that parental educational programs can be developed for prevention and alleviation of conversion disorder in adolescents.

Keywords: Parenting styles, expressed emotions, conversion disorder.

Cross-Cultural Psychology

Acculturative Stress and Socio-Cultural Adaptation in International and Overseas Pakistani University Students

Jaleesha Butt (BS 2010-2014)
Supervisor: Rukhsana Kausar, Ph.D

The present study was conducted to compare international and overseas students on acculturative stress and socio-cultural adaptation. It was hypothesized that there are likely to be differences in acculturative stress and socio-cultural adaptation between the two groups and also that the longer the students have resided in Pakistan they are likely to face less level of acculturative stress and high socio-cultural adaptation. Sample comprised of 100 (international = 50, 44 men & 06 women and overseas = 50, 39 men and 11 women) university students with age range of 18 to 27 years. The mean age of men was ($N = 20.93$) ($S.D = 2.05$) whereas for women it was ($N = 20.71$) ($S.D = 2.59$) respectively. Sample was taken from two public sector universities of Pakistan i.e. University of Punjab and University of Engineering and Technology, Lahore. Acculturative Stress Scale for International Students (Sandhu & Asrabadi, 1994) was used to measure the acculturative stress whereas Revised Socio-cultural Adaptation Scale (Wilson, 2013) was used to measure the socio-cultural adaptation of the students. Results revealed significant differences only on fear between the two groups. International student were found to be facing higher levels of acculturative stress and in turn poorer socio-cultural adaptation. No differences were found between two sets of students on socio-cultural adaptation. Furthermore, significant negative relationship was found between duration of stay in Pakistan and acculturative stress. This study enhances the understanding of the acculturative stress and socio-cultural adaptation in international and overseas students in the Pakistani context and will facilitate various universities to make policies that will aid in acculturation process of international and overseas students.

Keywords: Acculturative stress, socio-cultural adaptation, international students, overseas students.

Developmental Psychology

Perceived Inter-Parental Conflicts, Emotional Security and Self-Discipline in Adolescent

Iqra Yousaf (M.Sc 2012-2014)

Supervisors: Nida Zafar & Rukhsana Kausar, Ph.D

The present research investigated the relationship in perceived inter-parental conflicts, emotional security and self-discipline in adolescents. It was hypothesized that there is likely to be a relationship in perceived inter-parental conflicts, emotional security and self-discipline in adolescent., and emotional security is likely to mediate relationship between perceived inter-parental conflicts and self-discipline in adolescents., and there are likely to be gender differences in perceived inter-parental conflicts, emotional security and self-discipline in adolescents and there are likely to be differences in family system in perceived inter-parental conflicts, emotional security and self-discipline in adolescents living in joint and nuclear family system. Correlational research design was used. The sample comprised of 200 adolescents (100 boys, 100 girls) with the age of 13 to 16 years ($M = 14.75$, $SD = 1.72$) from different government schools in Lahore, Pakistan. Children's Perception of Inter-Parental Conflicts Scale (Grych, Seid, & Fincham; 1992); Belongingness and Emotional Security Tool (Frey, Cushing, Freundlich, & Brenner, 2008) and Brief Self-Control Scale (Tangney, Baumeister, & Boone, 2004) were used. Results showed significant negative correlation of perceived inter-parental conflicts (frequency, intensity, self-blame and coping efficacy) with emotional security and significant positive correlation of perceived inter-parental conflicts (resolution and stability) with emotional security in adolescents. There was significant negative relationship of perceived inter-parental conflicts (frequency, intensity, content and self-blame) with self-discipline and significant positive relationship of perceived inter-parental conflicts (resolution) with self-discipline in adolescents. Emotional security has also significant positive correlation with self-discipline in adolescents. Emotional security partially mediates relationship in perceived inter-parental conflicts and self-discipline in adolescents. Girls were more emotionally secure and were more self-disciplined as compared to boys. Adolescents living with nuclear families have high frequency of perceived inter-parental conflicts as compare to joint families. Findings highlight importance of healthy inter-parental relationships for the development of emotionally secure and self-disciplined adolescents.

Keywords: Inter-parental conflicts, emotional security, self-discipline.

Perceived Social Support and Self-Determination Among Adolescents

Sherin Gull (BS 2010-2014)

Supervisors: Farhana Nasim & Rukhsana Kausar, Ph.D

The present research investigated the relationship between perceived social support and self-determination in adolescents. It was hypothesized that: there is likely to be a relationship between perceived social support and self-determination; perceived social support is likely to predict self-determination; there will be significant gender differences in perceived social support and self-determination. A sample of 200 students with the mean age 16 years ($SD = 1.37$) was taken from different government and private institutes of Lahore. The Multidimensional Perceived Social Support Assessment (Zimet, Dahlem, Zimet, & Farley, 1988) and Self-Determination Scale (Sheldon & Deci, 1996) were used to assess perceived social support and self-determination. The results indicated a significant positive relationship between perceived social support and self-determination. The perceived family social support emerged as a significant predictor of self-determination and perceived choice in one's actions but none of the subscales of perceived social support significantly predicted awareness of self. There were non-significant gender differences in perceived social support and self-determination but there were significant differences in perceived friend's social support. There were significant differences in perceived social support and awareness of self but there were no significant differences in self-determination and perceived choice in one's actions in adolescents belonging to private and governmental institutions. Moreover, there were non-significant differences in perceived social support and self-determination in adolescents belonging to joint and nuclear family system. The findings of the research have important implications for counselors, educationists and other researchers to suggest new strategies for assessing and training about the level of perceived social support and self-determination in adolescents.

Keywords: Social support, self-determination, adolescence.

Perceived Parenting Styles, Hope and Subjective Well-Being in Adolescents

Anam Tariq (M.Sc 2012-2014)

Supervisors: Khalid Ghaffar & Farah Malik Ph.D

The present research investigated the relationship among perceived parenting styles, hope and subjective well-being in adolescents. It was hypothesized that authoritative parenting style will be positively associated with hope and subjective well-being in adolescents. Subjective well-being in adolescents will be predicted by the authoritative parenting style, both in fathers and mothers. Moreover, gender differences across parenting styles, hope and subjective well-being were also expected in the adolescents. It was a correlational study with cross sectional research design. The sample consisted of 100 adolescents with age range of 15-18 years, ($M = 17.02$ and $SD = .98$) drawn from 4 government colleges in Lahore. Parenting Authority Questionnaire (Buri, 1991), Children's Hope Scale (Snyder, 1997), Satisfaction with Life Scale and Scale of Positive and Negative Experience (Diener, 1985; 2010) were used to assess parenting styles, hope and subjective well-being in adolescents respectively. Pearson product moment correlation, Hierarchical regression and independent sample *t*-test were used for analysis. The results indicated that authoritative parenting style was significantly positively associated with hope and subjective well-being while authoritarian and permissive parenting styles were significantly negatively associated with hope and subjective well-being except mother permissive parenting style which was insignificantly related with hope. The results indicated that authoritative parenting style in mothers and hope were significant predictors of subjective well-being whereas for fathers none of the parenting styles predicted subjective well-being in adolescents. Gender differences found for subjective well-being whereas for parenting styles and hope gender differences were non-significant. The results of the study highlight the different parenting styles for fathers and mothers which are discussed in Pakistani culture context and already exists literature.

Keywords: Parenting styles, hope, well-being, subjective well-being, adolescents.

Mindfulness and Psychological Well-Being in Elderly People

Hooria Batool (M.Sc2012-2014)

Supervisor: Iram Fatima, Ph.D

A correlational study was conducted to find out the relationship between mindfulness and well-being in elderly people. It was hypothesized that mindfulness and psychological well-being would be positively related to each other. Also it was hypothesized that the mindfulness would positively predict psychological well-being. A sample of $N = 70$ elderly people was drawn from nuclear and joint families through snowball sampling technique. The Mindfulness Attention Awareness Scale (MAAS) (Ryan & Brown, 2003) was used to analyze the mindfulness and Psychological Well-Being Scale (Ryff, 1989) was used to assess the well-being. The results showed that mindfulness and psychological well-being were not related to each other in elderly people. Mindfulness was also did not predict psychological well-being taking into account demographic variables.

Keywords: Mindfulness, psychological well-being, elderly people.

Educational/School Psychology

Intellectual Functioning, Creativity and Curiosity of School and Madrassah Students

Fatima Aftab (BS 2010-2014)
Supervisor: Rukhsana Kausar, Ph.D

Considering the questions that remain open about differences in school, and maddrassah students, this study aimed to investigate differences in intellectual functioning, creativity and curiosity of government school and maddrassah students. It was hypothesized that there is likely to be difference in school and maddrassah students on curiosity, creativity and intelligence and there is likely to be a positive relationship between intelligence, creativity and curiosity of school and maddrassah students. A sample of 101 government school students (51 = boys, 50 = girls) with mean age and standard deviation of 13.17 (.70) and 83 maddrassah students (35 = boys, 48 = girls) with mean age and standard deviation of 12.57 (1.25) from different government schools and maddrassahs of Lahore responded to a nonverbal test of intellectual functioning i.e SPM by Raven (1972), Urdu translated Abedi Creativity Test of Abedi (1994) and Curiosity Exploration Inventory by Kashdan (2009). Results on intellectual functioning, creativity and curiosity test revealed significant differences between school and maddrassah students, indicating that school students are better in intellectual functioning, creativity and curiosity than maddrassah students. Also a significant positive relationship was found between intellectual functioning and creativity, however, no relationship was found between intelligence and curiosity. It was concluded that if maddrassah students are given more opportunities to explore and learn utilizing their intelligence they could become more creative and curious. Findings have practical implications in highlighting the need to improve and focus intelligence, creativity and curiosity of maddrassah students.

Keywords: Intellectual functioning, creativity, curiosity, maddrassah, government school.

Positive and Negative Use of Social and Electronic Media and its Effect on Academic Performance of Professional Degree Students

Fatima Ahmed (M.Sc 2012-2014)
Supervisor: Rukhsana Kausar, Ph.D

The present research aimed to investigate positive and negative use of social and electronic media and its effect on academic performance of professional degree students. It was hypothesized that there was likely to be relationship between social and electronic media and academic performance and social interaction of students, it was also hypothesized that there was likely difference regarding academic, social and electronic media use among Medical and Engineering student, another hypothesis was technology use and social interaction was likely to be the predictors of academic performance. The sample consists of 150 students 75 medical students with mean age of ($N = 19.27$ years, $SD = 1.22$) and 75 engineering students with mean age of ($N = 21.32$ years, $SD = 1.33$) and it was drawn from (AIMC) Allama Iqbal Medical College, Sheikh Zaid Medical College and Institute of Electrical Engineering and Technology and University of the Punjab. Technology use and Social Interaction Questionnaire and student previous result was used for measure for Academic Performance. Pearson product moment correlation analysis and independent sample t -test were used for data analysis. Technology use was positively correlated with social interaction, and negatively correlated with academic performance. No differences were found in two groups of students on technology use, social interaction, and academic performance. Overall no gender differences were found in technology use, social interaction, and academic performance.

Keywords: Social and electronic media, academic performance, professional degree.

Child Abuse in Private, Public and Religious Schools

Mehwish Irfan (M.Sc 2012-2014)
Supervisor: Rukhsana Kausar, Ph.D

The aim of the research was to compare child abuse in students from private, public and religious schools. it was hypothesized that there is a likely to be differences in child abuse in private, public and religious

schools and there are gender differences in physical, emotional and sexual abuse at schools. The sample consisted of 105 students recruited through snowball sampling. Their ages between 13-15 years with the mean age for children from private schools 13.51 ($SD = 1.80$), from public schools 14.51 ($SD = 1.52$) and from religious schools 12.97 ($SD = 1.12$). Child abuse in schools was assessed by using ISPCAN Child Abuse Screening Tool – Children’s Institutional (ICAST-CI) questionnaire developed by Zolotor et al., (2009). Data were analyzed using reliability statistics, one- way Anova, Independent sample *t*-test. Significant difference was found in child abuse in private, public and religious schools and no significant gender differences were found in physical, emotional and sexual abuse and the rate of physical, emotional and sexual abuse was higher in public schools; there were no significant age differences in physical, emotional and sexual abuse.

Keywords: physical abuse, emotional abuse, sexual abuse.

Leisure Motivation and Creativity in Science, Arts and Fine Arts Students

Sidra tul Muntaha (M.Sc 2012-2014)

Supervisors: Syeda Fatima Hasnain & Rukhsana
Kausar, Ph.D

The relationship between leisure motivation and creativity in Science, Arts and Fine Arts Students was explored in the present study. It was hypothesized that leisure motivation and creativity would be positively correlated with each other while leisure motivation would be a predictor of creativity. It was further hypothesized that Science, Arts and Fine Arts Students were likely to differ on leisure motivation and creativity. A sample of 190 participants with an age range of 19-25 years ($N = 21.82$, $SD = 1.49$) was taken from different departments of University of the Punjab and Government College University, Lahore which come under the faculty of Science, Arts and Fine Arts Leisure Motivation Scale (Beard & Ragheb, 1983) and Kaufman Domains of Creativity Scale (Kaufman, 2012) were used to assess leisure motivation and creativity respectively. The findings of this study have revealed that leisure motivation is not only positively correlated with creativity but also strongly predicts it. The two-way ANOVA revealed that main effect of gender was significant for artistic creativity only. However main effects

of fields were significant for self/everyday, performance and mechanical creativity. Similarly the interaction effect of Gender with Fields was also significant for self/everyday, performance and mechanical creativity. With the help of outcomes of this study consideration should be given to the utilization of leisure time effectively so that students can enhance their creative skills and contribute in their respective academic fields creatively and innovatively.

Keywords: Leisure motivation, creativity, academic fields.

Love of Learning, Perseverance and Academic Stress among Young Students

Ameena Afzal (M.Sc 2012-2014)
Supervisor: Naumana Amjad, Ph.D

The present research investigated relationship between love of learning, perseverance and academic stress in young students. It was hypothesized that there is likely to be positive relationship between love of learning and perseverance; there is likely to be positive relationship between love of learning and academic stress. The sample was two hundred students (boys = 70, girls = 130) with age range between 18 to 22 years selected from various departments of University of the Punjab Lahore, M.A.O College Lahore and Minhaj University Lahore. The items of love of learning and perseverance from VIA Character Strength Inventory Park and Peterson (2006) and Educational Stress Scale Mitchle Dunne, (1996) were administered to assess love of learning, perseverance and academic stress respectively. Co-relational analysis was performed to assess the association between these variables. Regression analysis was performed to find out the predictors of academic stress. Results revealed that there was a negative relationship between love of learning and academic stress and also there is positive relationship between love of learning and perseverance. Love of learning was a best predictor of academic stress. If students had more passion and love of learning then they perceived more stress in their studies. The results of the study should be exercised as an awareness platform for students to identify and understand their problems related to their academic stress and learning and also provide the best source to deal with that stress. Teacher can get insight how they make the environment more effective in order to make students more academically satisfied, about learning.

Keywords: learning, academic stress, love, passion.

Internet Addiction and Psychological Well-Being in Undergraduate Students

Beenish Najam (BS 2010-2014)

Supervisor: Iram Fatima, Ph.D

A correlational study was conducted to investigate the relationship of internet addiction and psychological well-being in undergraduate students. It was hypothesized that internet addiction would be negatively related to the psychological well-being of undergraduate students. It was also hypothesized that internet addiction with high self-efficacy would be positively related to psychological well-being and boys would be more internet addict than girls. Sample comprised of 200 undergraduate college students with age range 18-21 years ($M = 19.3$, $SD = 0.98$). Internet Addiction Test (Young, 1998) was used to assess the level of internet addiction; Ryff Psychological Well-being Inventory (Ryff, 1989) was used to measure psychological wellbeing and General Self-Efficacy Scale (Schwarzer & Jerusalem, 1995) was used to measure self-efficacy. Findings of the study showed a negative correlation between internet addiction and psychological well-being while; there was a significant positive correlation between self-efficacy and psychological wellbeing. Self-efficacy positively predicted psychological wellbeing while internet addiction negatively predicted psychological wellbeing and no interaction effect was observed between internet addiction and self-efficacy in predicting psychological well-being. No gender difference was found in internet addiction, self-efficacy and psychological well-being. Results were discussed in terms of their implications and theoretical significance.

Keywords: Internet addiction, psychological well-being, self-efficacy.

Perceived Parenting Styles and Assertiveness in College Students

Aqsa Latif (Bs 2010-2014)

Supervisors: Sumera Siddique & Iram Fatima, Ph.D

The present research was carried out to explore the relationship between perceived parenting styles and assertiveness in college students. It was hypothesized that there would be a positive relationship of perceived authoritative and perceived permissive parenting styles to assertiveness and negative relationship between perceived authoritarian parenting style

and assertiveness; similarly they would predict the assertiveness. It was also hypothesized that there would be gender differences in perceived parenting styles and assertiveness in college students. The sample comprised of 100 students ($n = 50$ males, $n = 50$ females) with the mean age of 17.66 ($SD = 1.09$) using purposive sampling technique from different colleges of Lahore. Parental Authority Questionnaire (Buri, 1991) and Rathus Assertiveness Schedule (Nevid & Rathus, 1978) were used for assessment. The results from correlation analysis depicted that father's perceived authoritative parenting style and mother's perceived permissive parenting styles were positively related to assertiveness in college students. Regression analysis revealed that father's perceived authoritative parenting style positively predicted the assertiveness. Independent samples *t*-test depicted that boys perceive their parents more authoritarian than girls. The results have important implications. The current study can be used to educate the parents to imply authoritative parenting style for positive development of their children.

Keywords: Perceived parenting styles, assertiveness, control, warmth.

Social Networking Psychosocial Adjustment and Academic Performance

Sara Amanat Ali (M.Sc 2012-2014)

Supervisor: Afsheen Masood, Ph.D

The present research was conducted to explore the relationship between social networking, psychosocial adjustment and academic performance. The research was laid through cross sectional research design. It was hypothesized that there likely to be significant relationship between social networking, psychosocial adjustment and academic performance. The sample consisted of 100 university students of age range 18-22 years were taken from different departments of University of the Punjab, Lahore. Urdu version of Social Media Addiction Scale developed by (Bergens, 2007) was used to assess the involvement of students in social networking. Psychosocial Adjustment Inventory developed by (Sinha, 1971) was used to check the psychosocial adjustment of students involved in excessive social networking. Academic performance was presumed to be the aggregate average performance of previous two exams. A demographic questionnaire was also used to seek demographic information. Correlation analysis was used to examine the relationship of social networking, psychosocial adjustment and academic performance.

Independent sample *t*-test was used to check out the gender differences. The findings of the study revealed significant negative relationship between psychosocial adjustments, academic performance and online social networking. The results also showed that there are no gender differences in social networking usage among students. In spite of being a small scale study, the findings of the study have important implications for provision of psychological interventions for the students involved in excessive social networking for their better academic performance.

Keywords: Social networking, psychosocial adjustment, academic performance.

Parental Involvement, Participation in Extracurricular Activities and Academic Performance in Adolescent

Asma Batool (M.Sc 2012-2014)
Supervisor: Afsheen Masood, Ph.D

The current research aimed to investigate the relationship between parental involvement, participation in extracurricular activities and academic performance in adolescent. The sampled group of 100 students (50 males and 50 females) with a range of 13- 18 years was selected from government sector high schools and colleges. Urdu version of Parental Involvement Scale (Voydanoff & Donnelly, 1999) was used to assess the parental involvement of students and indigenously developed Likert scale of extracurricular activities was used to assess the student's level of participation in extracurricular activities. Academic performance was presumed to be the aggregate average performance of previous two exams. An indigenous demographic questionnaire was also used to seek demographic information. Correlation analysis was performed to examine the relationship between parental involvement, participation in extracurricular activities and academic performance. Independent sample *t*-test was performed to assess the gender differences. Findings of the study showed significant relationship between parental involvement, participation in extracurricular activities and academic performance. There were significant gender differences in extracurricular activities and academic performance, but there were non-significant gender differences in parental involvement of adolescents (mothers vs. fathers).

Keywords: Parental involvement, extracurricular activities, academic performance.

Maternal Employment, Psychosocial Adjustment and Academic Performance of High School Students

Hareem Muhammad (M.Sc 2012-2014)

Supervisor: Afsheen Masood, Ph.D

The present study aimed to explore the dimensions of maternal employment in relation to ego strength, psychosocial adjustment and academic performance. It was hypothesized that there will be a significant relationship between maternal employment, psychosocial adjustment and academic performance. The sample of 100 high school students was selected with mothers working and non-working status within the age range of 12-15 years. The tools used were indigenously developed demographic questionnaire Adjustment Inventory for College Students. Academic performance was taken as average of previous two exams. Independent sample *t*-test was employed to investigate the differences in psychosocial adjustment and academic performance. The findings reveal that psychosocial and academic performance was better for adolescents whose mothers were working. The findings of this study have important implications for school counselors and development.

Keywords: Maternal employment, psychosocial adjustment, academic performance.

Teacher-Student Relationship and Achievement in Students

Maryam Iqbal (BS 2010-2014)

Supervisor: Shahnaila Tariq

The focus of the present research was to investigate impact of teacher student relationship on achievement motivation of students. It was hypothesized that there is likely to be a relationship between teacher student relationship and achievement motivation. A sample of 20 teachers and 100 students using purposive sampling technique was taken from different government institutes of Lahore. A self-made demographic questionnaire, Student Teacher Relationship Scale (STRS) by Pianta (2001) and Achievement Motivation Scale by Ray (1979) were used for measuring teacher –student relationship and achievement motivation of the students. Pearson product moment correlation coefficient, independent sample *t*-test and regression analysis were used for data

analysis. Results indicated that there was significant positive relationship between teachers and students' relationship but no significant relationship between teacher behavior with student motivation. Results were discussed and compared in the light of western and indigenous researches.

Keywords: Teacher-student relationship, achievement, motivation.

Emotional Intelligence, Time Management and Academic Self-Regulation in Students

Ayesha Azam (M.Sc 2012-2014)

Supervisor: Faiz Younas

This present study investigated the relationship between emotional intelligence, time management and academic self-regulation in students. It was hypothesized that there was a positive relationship among emotional intelligence, time management and academic self-regulation in students' perception of emotion as well as setting goals and priorities will predict of academic self-regulation. Cross-sectional research design was used in this study and the sample consisted of students of Masters and Bachelors, both male ($n = 35$) and female ($n = 55$) from two universities of Lahore. Emotional Intelligence Scale (Schutte, Malouff & Bhullar, 2009), Time Management Behavioral Scale (Macan, Shahani, Dipboye & Phillips, 1990) and Motivated Strategies for Learning Questionnaire (Pintrich, Smith, Gracia & McKaechie, 2009) were used to assess the research variables while results were generated by employing Pearson product moment correlation, stepwise regression and Independent sample t -test. The findings showed a positive relationship among emotional intelligence, time management and academic self-regulation. Also perception of emotion and setting goal and priorities were predictors of academic self-regulation. The findings of present research might be guided the institutes and teachers to help students to improve their emotional intelligence and time management skills for betterment of their academic self-regulation.

Keywords: Emotional intelligence, time management, academic self-regulation.

Social Competence and Institutional Attachment in Public and Private Sectors Students

Aqsa Niaz (M.Sc 2012-2014)

Supervisor: Faiz Younas

The present study investigated the relationship between social competence and institutional attachment in students. It was hypothesized that there would be a positive relationship between social competence and institutional attachment of students. Further it was also hypothesized that there would be differences in the social competence and institutional attachment of public and private sectors students. Between group research design and random sampling technique was used to collect data. Data of 100 students were recruited among whom 60 were from public and 40 were recruited from Private Sector University. Social Competence-Teen Survey (SCTS) Questionnaire (no id, Child Trends for the Templeton Foundation, 2002) and School Attachment Questionnaire (SAQ) (Mount, DeWitt & Glazier, 1999) used to assess research variable. Pearson product moment correlation and independent sample *t*-test were used to generate results that showed that there was not any significant relationship between social competence and institutional attachment also the results showed that public sector students have higher social competence as compared to the private sectors' students, while insignificant in public and private sectors students on institutional attachment. The research established important aspects for the enhancement of social competence of students and the influence of institutional attachment on them.

Keywords: Social competence, private sector students, institutional attachment.

Environmental Psychology

Personality Traits, Environmental Awareness and Pro-Environmental Behavior among University Students

Sitara Kanwal (M.Sc 2012-2014)

Supervisors: Amna Rafique & Iram Fatima, Ph.D

A cross sectional study investigated the relationship of personality, and environmental awareness with pro-environmental behavior in university students. It was hypothesized that students with formal environmental awareness would have more pro-environmental behavior than those who did not have formal environmental awareness. Moreover openness, conscientiousness and agreeableness dimensions of personality would be positively related to pro environmental behavior. Further it was also hypothesized that men would behave more pro environmentally than women. The sample consisted of 208 students from universities of Lahore. Neo Five Personality Inventory (Costa & Macrae, 1985) was used to assess personality traits of the participants, while Self-Reported Pro Environmental Scale (Schultz & Zelezny, 1998) assessed participants' pro environmental behavior. Correlation and linear regression revealed positive relationship of conscientiousness with pro environmental behavior. Findings also suggested that women tendency to behave pro environmentally was less as compared to men. However environmental awareness was not positively related to pro environmental behavior. Findings also indicated that conscientiousness was predictor of pro-environmental behavior.

Keywords: Personality, environmental awareness, pro-environmental behavior.

Health Psychology

Psychological Problems and Quality of Life of Patients with Thalassemia

Fatima Arif (M.Sc 2012-2014)
Supervisor: Rukhsana Kausar, Ph.D

The purpose of this study was to investigate the psychological problems and quality of life of patients with thalassemia. It was hypothesized that there is likely to be a relationship between psychological problems and quality of life. Psychological problems are likely to predict qualities of life of patients with thalassemia. In study 100 thalassemia patients were assessed by Childhood Psychopathology Measurement Schedule (CPMS Malhotera, 2012), Quality of Life was assessed with Comprehensive Quality of Life Scale (Robert, 1997). Data was collected from different hospitals of Lahore. Data was analyzed using descriptive statistics, Pearson product correlation and with linear regression with enter method. Findings showed that subjective quality of life and objective quality of life predicted psychological problems of patients with thalassemia. Correlation showed that there was significant positive correlation of conduct disorder with depression disorder, psychotic symptoms, somatization disorder and physical illness with disability. Anxiety disorder was positive related to depression, psychotic symptoms, somatization, and physical illness with disability. Depressive disorder is positively correlated with psychotic symptoms, somatization, and physical illness with disability. Psychotic symptoms had positive correlation with somatization, physical illness with disability and objective quality of life. Somatization disorder was positively related to physical illness with disability and objective quality of life.

Keywords: Psychological problems, quality of life, patients with thalassemia.

Belief in Just World, Optimism and Coping Strategies Used by Parents of Children with Thalassemia

Faiza Mushtaq (BS 2010-2014)
Supervisors: Andleeb Zahra & Rukhsana Kausar Ph.D

The present research was conducted to see the relationship between belief in just world, optimism and coping strategies used by parents of children

with thalassemia. It was hypothesized that there is likely to be a relationship between belief in just world, optimism and coping strategies used by parents of children with thalassemia. It was also hypothesized that belief in just world for self and others likely to predict optimism and another hypothesis was there is likely to be the gender differences in belief in just world optimism and coping strategies used by parents of children with thalassemia. Correlational research design was used. The sample consisted of 100 participants both 50 fathers and 50 mothers of children with thalassemia. They were selected from three non-governmental organizations of Lahore. Only one parent of each child was selected. The age range of the child was 2 year to 16 years ($M = 8.10$ $SD = 3.88$) and the age range of the parents was ($M = 38.47$ $SD = 9.96$) respectively. Global Belief in Just World Scale (BJWS) (Lipkus, Dalbert, & Seigler, 1996), Life Orientation Test Revised (LOT-R) (Scheier, Carver, & Bridges, 1994) and Coping Health Inventory for Parents (CHIP) (McCubbin, McCubbin, Nevin, & Cauble, 1981) were used for assessment. The data were analyzed using Pearson Product Moment Correlation, regression analysis and independent sample t -test. Results showed a significant positive relationship between belief in just world and optimism. Regression analysis demonstrated that belief in just world for self and others predicted optimism. Results related to t -test demonstrated that there is no difference in belief in just world optimism and coping strategies used by parents of children with thalassemia. The findings of the present research highlight the important role of belief in just world and optimism and coping in dealing with the child's illness.

Keywords: Belief in just world, optimism, coping strategies, thalassemia.

Expressive Suppression and Emotion Regulation Difficulties Among Hypertensive Patients and Normal Individuals

Shaista Naheed (BS 2010-2014)

Supervisors: Sadia Rana Dildar & Rukhsana Kausar, Ph.D

The current study aims at comparing expressive suppression and emotion regulation difficulties of primary and secondary hypertensive patients with normal individuals. Between group research design was used to compare the three groups (primary hypertensive patients, secondary hypertensive patients and normal individuals). The total sample consisted

of 210 adult participant including 70 individuals (men and women) in each group. Primary hypertensive group consisted of 31 men and 39 women of mean age 50 ($SD = 13.01$). Secondary hypertensive group ($n = 70$) included 34 men and 36 women of mean age 53 ($SD = 8.51$) while third group of normal individuals ($n = 70$) consisted of 37 men and 33 women of mean age 50 ($SD = 13.37$). Research instruments included Difficulties in Emotion Regulation Scale (Gratz & Roemer, 2004), Difficulty Describing Feelings Subscale of Toronto Alexithymia Scale (Bagby, Parker, & Taylor, 1994), Expressive Suppression Subscale of Emotion Regulation Scale (Gross & John, 2003). One Way ANOVA was performed to identify the differences among three groups on emotion regulation difficulties, expressive suppression and alexithymia. The results indicated that there were significant differences between hypertensive (primary and secondary) patients and normal individuals with regard to emotion regulation difficulties. Hypertensive patients reported significantly more emotion regulation difficulties, expression suppression and difficulties in describing emotions. No significant differences were found in patients with primary and secondary hypertension. These findings will be helpful for health psychologists as well as counselors in planning treatment for hypertensive patients.

Keywords: Suppression, emotion, hypertension, alexithymia.

Anger and Stress Appraisal in Patients with Coronary Heart Disease

Riffat Mushtaq (M.Sc 2012-2014)

Supervisors: Saima Majeed & Farah Malik, Ph.D

The present study aimed to determine the level of anger and stress appraisal in patients with coronary heart disease. It was hypothesized that there will be positive association between stress appraisal, (CHD) and anger; stress appraisal will predict the anger in patients with CHD. Men will be higher on anger and stress appraisal than Women. Myocardial coronary heart disease patients will show more anger and stress appraisal than Angina coronary heart disease patients. The purposive sample of 100 patients of coronary heart disease (Anjina & Mayocardial) was drawn from the outdoor units of the three hospitals in Lahore. Stress was measured by Stress Appraisal Measure Scale (SAM, Peacock & Wong, 1989) and anger by Clinical Anger Scale (CAS, Snell, 1995). Correlation analysis indicated positively significant relationship between anger and

stressfulness but there was non-significant relationship between anger and stress appraisal. Simple multiple regression analysis indicated that stress appraisal was not predictor of anger in patients with CHD. *t*-test results found that patients with CHD were not different according to gender and type of CHD across anger and stress appraisal. The results may be used to devise some psychological help program for the patients with CHD especially in Pakistani cultural context.

Keywords: Anger, stress appraisal, coronary heart disease, myocardial coronary heart disease.

Optimism, Personal Growth Initiative and Positive Interpretation of Illness in Patients with Asthma

Qurat ul Ain (M.Sc 2012-2014)

Supervisors: Amarah Qureshi & Iram Fatima, Ph.D

The present research was conducted to investigate the relationship of optimism and personal growth initiative with positive interpretation of illness in patients with asthma. It was hypothesized that there is likely to be a positive relationship of optimism and personal growth initiative with positive interpretation of illness in patients with asthma. The research design was within subjects and purposive sampling technique was used. Sample comprised of ($N = 100$) patients with asthma ($n = 50$ males and $n = 50$ females). Life Orientation Test revised by Scheier and Carver (1985) for optimism, Personal Growth Initiative Scale (PGIS) by Robitschek (1999) and Silver lining Questionnaire by Michael and Hyland (1997) for positive interpretation of illness were used for this study. Pearson moment correlation and hierarchical regression were used to analyze data. The results highlighted that personal growth initiative was positively related as well as positively predicted positive interpretation of illness. But no relationship and prediction was found of optimism with positive interpretation of illness. On the basis of research results awareness can be given to the patients that how their life is affected by the disease and can be improved by proper treatment.

Keywords: Optimism, personal growth, optimism, reinterpretation of illness.

Illness Perceptions and Depressive Symptoms among Patients with Type-II Diabetes

Iqra Zulfiqar (M.Sc 2012-2014)
Supervisor: Fatima Kamran, Ph.D

It was hypothesized that negative illness perceptions are positively associated with depression among patient with type II diabetes. Demographic and clinical characteristics i.e. gender, monthly family income, age at onset of disease, duration and insulin dependency are positively associated with depression. Negative illness perceptions, demographic and clinical characteristics i.e. gender, Monthly Family income (MFI), age at onset of disease, duration and insulin dependency will predict depression in diabetic patients, were analyzed using pearson product moment correlation. The present research was conducted to investigate the association between illness perceptions and depressive symptoms among patients with type-II diabetes. The sample for the current research consisted of 44 (men = 13, women = 31) patients diagnosed with type II diabetes whose age ranged from 40-74 years ($M = 54$) and mean age at the onset of diabetes was ($M = 47$). The data were collected from the outpatient department of government hospitals of Lahore. Brief illness perception questionnaire was used to assess illness perceptions (Broadbent, Petrie, Main, & Weinman, 2006). Depressive symptoms were assessed by patient health questionnaire-9 (Kroenke, Spitzer, Janet, William & Lowe, 2010). The results indicated a significant positive correlation between negative illness perceptions and depression. However, demographic variables did not show any significant association except monthly family income, reflecting a significant negative correlation with negative illness perceptions. It seems that financial conditions are associated to mood. A multiple linear regression analysis showed that patients with negative illness perceptions tend to have more depressive symptoms. Among demographic variables gender, Monthly family income, insulin dependency predicted depressive symptoms, showing that being female, having adverse diabetic symptoms (therefore, using insulin) and financial conditions were positively predicting depression. However, illness perceptions did not differ significantly in either group reflecting that illness perceptions are not influenced by gender. The findings can be implemented by identifying vulnerable patient populations for depression and referring them for psychological help to alleviate depression.

Keywords: Illness perceptions, depressive symptoms, mood, type-II diabetes.

Psychosocial Predictors of Health Locus of Control in Post-Surgery Cardiac Patients

Arooj Karim Khan (M.Sc 2012-2014)
Supervisor: Fatima Kamran, Ph.D

The cross sectional study investigated association between psycho social predictors (optimism and social support) and health locus of control and prediction of health locus of control from optimism and social support in post-surgery cardiac patients suffering from myocardial infarction or coronary artery disease. It was hypothesized that Optimism and Social Support may positively associated with Internal Health Locus of Control in post-surgery cardiac patients. Optimism and social support may be associated with external health locus of control in post-surgery cardiac patients. Optimism and social support may predict internal health locus of control in post-surgery cardiac patients. Optimism and social support may predict the external health locus of control in post-surgery cardiac patients. The sample was consisted of 34 inpatients of Myo Hospital, Punjab Institute of Cardiology and Sheikh Zaid hospital. The sample was of both men ($n = 26$) and women ($n = 8$) with an age range of 30 to 70 years old. Multidimensional Health Locus of Control Scale (Wallston & Wallston, 1994) was used to assess Health Locus of Control. Optimism was assessed by Life Orientation Test Revised (Scheier & Craver, 1994). Social support was assessed by Multidimensional Perceived Social Support (Zimet, 1988). Findings revealed significant positive relationship between optimism and internal health locus of control. Results found no relationship between social support and internal health locus of control. There is also no association found between optimism, social support and external health locus of control. Results revealed no prediction of health locus of control from optimism and social support. But significant gender differences were found on the basis of optimism and doctor health locus of control.

Keywords: Psychosocial predictors, optimism, health locus of control, post-surgery cardiac patients.

Demographic Predictors of Subjective Well-Being of Hemodialysis Patients

Shiza Sheerazi (M.Sc 2012-2014)

Supervisor: Fatima Kamran, Ph.D

It was hypothesized that age, gender, siblings, family system and monthly family income (MFI) are positively associated with SWB of HD patients. Number of children is negatively associated with subjective well-being. Age, gender, siblings, family system and MFI predict SWB of HD patients. The present research was conducted to investigate the association between demographic factors and subjective well-being (SWB) among patients undergoing hemodialysis (HD). The sample for the current research study comprised of 54 HD patients, with 31 men (57.4 %) and 23 women (42.6%) HD patients with an age range of 30 to 82 years. Their mean was 48.31 and mean age at the onset of End Stage Renal Disease (ESRD) was 44.05 years. Data were collected from the public sector hospitals of Lahore. Information on the demographic factors was inquired using demographic information questionnaire and the Personal Well-being Index (PWI) (Cummins, Eckersley, Pallant, Van Vugt, & Misajon, 2003) was used to assess the SWB of the participants. No significant negative association was found between number of children and SWB. A multiple linear regression analysis showed that gender, family system and MFI were found out to be playing an important role in determining the SWB and thus turned out to be significant predictors of SWB of patients undergoing HD, as for the gender. Independent samples *t*-test revealed that females tend to have more SWB than males and subsequently, participants having a joint family system had improved and better SWB than participants having a nuclear family system who turned out to be having poor SWB. The findings can be implemented by identifying vulnerable population at risk and improve their level of SWB.

Keywords: Demographic characteristics, subjective well-being, hemodialysis patients, renal disease.

Perceived Health Status, Depression and Anxiety in End Stage Renal Disease Patients

Nafisa Imtiaz (BS 2010-2014)
Supervisor: Fatima Kamran, Ph.D

The present study was conducted to investigate how perceived health status of End Stage Renal Disease patients affects the level of anxiety and depression. It was hypothesized that perceived health status is associated with anxiety and depression among End Stage Renal disease patients. Cross sectional within group research design was used to conduct the present study. The sample for the current research consisted of 57 (male = 29, female = 28) patients receiving hemodialysis whose age ranged from 20-70 years and mean age was 45 years. The data were collected from the outpatient department of government hospitals of Lahore. Perceived health status was assessed by using illness perception form A and B (Leventhal, 2003). The anxiety or depression was measured by Hospital Anxiety Depression Scale (Zigmond & Snaith, 1983). Pearson Correlation, Regression and Independent sample *t*-test was used for inferential statistics. Result showed positive significant correlation was found between the treatment controls, personal control with anxiety and depression. Whereas no significant correlation was found between illness identity, timeline, illness coherence, treatment control, cyclical and emotional distress with depression. The results of hierarchical regression showed that occupation and number of dependent are positively influence anxiety whereas family income is negatively influence the level of anxiety. Demographic factors were not found to predict depression in (ESRD) patients. It was also found that illness perception appeared as a strong predictor of anxiety and depression among (ESRD) patients. The results of simple linear regression confirmed that anxiety emerged as a predictor and outcome of perceived health status while depression appeared only as a predictor of perceived health status in (ESRD) patients. Findings showed that gender differences were found in level of anxiety and depression. The results can be implemented by identifying the vulnerable patient population for anxiety and depression and referring them for psychological help to alleviate anxiety and depression that leads to improved health status which positively influence the quality of life.

Keywords: Perceived health status, depression, anxiety, end stage renal disease.

Health Related Optimism and Adherence to Treatment in Women With Postmenopausal Osteoporosis

Amber Gizaal Roshan (BS 2010-2014)

Supervisor: Omama Tariq

Present research investigated health related optimism and adherence to treatment in postmenopausal osteoporotic women. It was hypothesized that health related optimism is positively related with adherence to treatment. Moreover, health related optimism is a predictor of adherence to treatment in postmenopausal osteoporotic women. Within group research design was used in the study. Sample consisted of 60 postmenopausal osteoporotic women taken from different hospitals of Lahore by using non probability sampling technique. Health related Optimism was assessed using Life Orientation Test Revised (Schizer & Carver, 1994) and adherence towards treatment in postmenopausal osteoporotic women was assessed by using Morisky Medication Adherence Scale Urdu version (Morisky, 2008). Results showed that health related optimism was not significantly related with adherence to treatment in postmenopausal osteoporotic women. Health related optimism was not a predictor of adherence to treatment in postmenopausal osteoporotic women. Family genetics and family system emerged as a predictor of adherence to treatment in postmenopausal osteoporotic women. There were differences in adherence to treatment on the basis of family genetics and family system. The results of the study have practical implications for the patients and health professionals for creating insight about the importance of Adhering to medications and keeping an optimistic view of health, in order to spend a better life.

Keywords: Optimism, adherence to treatment, postmenopausal osteoporosis.

Cognitive Adaptation and Self-Determination Breast Cancer Patients

Alia Sharif (M.Sc 2012-2014)

Supervisor: Omama Tariq

The present study was conducted to explore the relationship between cognitive adaptation and self-determination in breast cancer patients. It was hypothesized that there will be a relationship between cognitive

adaptation and self-determination in breast cancer patients. Furthermore, the dimensions of the cognitive adaptation were the predictors of self-determination in breast cancer patients. Correlational research design was used in the study. Non probability purposive sampling strategy was used to select the sample. Sample comprised of 100 women with breast cancer and was recruited from the hospital of Lahore. World Assumption Scale (WAS-32, Janoof, 1989) and Global Motivation Scale (GMS-18, Pelletier, 2003) were used for assessment. Pearson Product Moment Correlation and Linear Stepwise Regression analysis were used for the statistical analysis. Analysis revealed that positive relationship was found between cognitive adaptation and self-determination. It was also found that self-worth is a predictor of self-determination. Findings have important implications for breast cancer patients. Cognitive adaptation and self-determination enhance the physical and mental health of cancer patients. This awareness is beneficial for the provision of psychological interventions for the hospital authorities and general physicians in making therapeutic and counseling policies.

Keywords: Cognitive adaptation, self-determination, breast cancer patients.

Self-Care Activities, Adherence to Treatment and Rate of Recovery in Patients with Hepatitis C

Anam Yousaf (M.Sc 201-2014)

Supervisor: Omama Tariq

This research was conducted to find out a relationship among self-care activities, adherence to treatment and rate of recovery in patients with hepatitis C. It was hypothesized that there is relationship among self-care activities, adherence to treatment and rate of recovery in hepatitis c patients. Moreover, high rate of self-care activities and adherence to treatment will predict high rate of recovery in patients with hepatitis c. The correlational research design was used for this research. A sample of 100 patients with hepatitis c was drawn from three hospitals in Lahore. Health related behaviour questionnaire by Kausar and Batool (2011) and Morisky medication adherence scale by Morisky (2008) were used for assessment. Person product correlation coefficient, logistic regression, paired sample *t*-test and independent sample *t*-test was used to analyze the data. The findings of the study show negative correlation were found

between self-care activities and rate of recovery. Positive correlation was adherence to treatment and rate of recovery. The study findings also revealed that high rate of adherence predicted high rate of recovery. Moreover there is difference in the pre-post health related behaviours. Furthermore, gender differences were seen in health related behaviours. The findings have important implications for hepatitis c patients, doctors and psychologist. It highlights the importance of self-care activities and adherence to treatment which in turn may help improve their rate of recovery.

Keywords: Self-care activities, adherence to treatment, recovery, hepatitis C.

Emotional Suppression and Psychological Adjustment of Breast Cancer Patients

Rakia Ashraf (BS 2010-2014)
Supervisor: Omama Tariq

The present study examined the relationship between emotional suppression and psychological adjustment in breast cancer patients. It was hypothesized that there will be a relationship between emotional suppression and psychological adjustment as well as between its domains in patients with breast cancer. Moreover, emotional suppression and its domains are likely to predict psychological adjustment and its domains. Within group research design and purposive sampling technique was used to collect a sample of 100 breast cancer patients with age 25 years and above ($M = 45.76$ and $S.D = 10.50$) from governmental and private hospitals. Courtald Emotional Control Scale (CECS, Watson & Greer, 1983) and Mini-Mental Adjustment to Cancer Scale (Mini-MAC, Watson et al., 1994) were used to assess emotional Suppression and psychological adjustment respectively. Pearson product moment correlation and hierarchal regression were used for data analysis. Results showed that emotional suppression was significantly related to psychological adjustment. Anger, depression and anxiety were significantly correlated to hopelessness/helplessness and depression was significantly positively correlated to anxious preoccupation and fatalism. Moreover, anger negatively predicted fighting spirit and fatalism while depression positively predicted anxious preoccupation and fatalism. The study has important implications in psycho-oncology, counseling and

health care of breast cancer patients. Future research suggestions are also discussed.

Keywords: Emotional suppression, psychological adjustment, fighting spirit, cognitive avoidance, fatalism.

Dispositional Optimism, Pain Coping Strategies and Pain Threshold in Patients With Migraine

Sumrah Noreen (M.Sc 2012-2014)

Supervisor: Omama Tariq

The present research aimed to investigate the relationship between dispositional optimism, pain coping strategies and pain threshold in patients with migraine. It was hypothesized that there is likely to be relationship between dispositional optimism, pain coping strategies and pain threshold in patients with migraine. Furthermore pain coping strategies and dispositional optimism will predict pain threshold in patients with migraine. The sample consisted of 60 migraine patients who were drawn from different Hospital of Lahore. Life Orientation Test Revised (LOT-R Sceier, Carver, & Bridges, 1985), Pain Coping Inventory (PCI Kraaimaat et al., 1997) and Short form McGill Pain Questionnaire (SF-MPQ Melzack et al., 1970) were used to collect data. Pearson product moment correlation and regression analysis were carried out in order to find out relationship and prediction between study variable. The results showed that dispositional optimism was positively related to the pain coping strategies. Pain coping strategy was positively related to the pain threshold. Catastrophic cognition pain coping strategy is the only variable which is predicting pain threshold. It will be helpful for the physicians, clinicians and counselors who deal with migraine patients, to realize that it were not only important to treat the physical manifestations of the diseases but also to enhance in them an awareness of the psychological implications of the disease. To teach them to adopt positive thinking pattern and different coping strategies to effectively handle migraine pain. Also to provide them with care and guidance in promoting their psychological health.

Keywords: Dispositional optimism, coping strategies, pain threshold.

Illness Perception, Perceived Control and Adherence to Treatment in Diabetics

Afshan Sahar (M.Sc 2012-2014),
Supervisor: Omama Tariq

The present research studied illness perception, perceived control and adherence to treatment in patients with diabetes. It was hypothesized that there is likely to be a positive correlation of illness perception and perceived control with adherence towards treatment in patients with diabetics. Correlational research design was used. The sample included 100 diabetic patients that were taken from government hospitals. Brief Illness Perception Questionnaire (BIPQ, Broadbent, Petrie, Main & Weinmen, 2005), Diabetes Locus of Control Scale (DLC, Ferraro, Price, Desmeond & Roberts, 1987) and Summary of Diabetes Self Care Questionnaire (SDSCA, Toobert, Hampson & Glasgow, 2000) was used for assessment. Correlation, Regression analysis and Independent sample *t*-test were used to analyze the data. Results revealed that residence, smoking, duration of medication; gender and diagnosis of diabetes were emerged as strong significant predictors of adherence. There was a significant positive correlation between illness perception, perceived control and adherence. Illness perception was significant and positively related to internal locus of control, chance locus of control, blood pressure and foot care. Illness perception predicted the level of adherence. The findings have important implication for diabetic patients visiting various hospitals and it also highlights the importance of counseling and educating them that would enhance the adherence level of the patients.

Keywords: Illness perception, perceived control, adherence to treatment, diabetes.

Compassion Fatigue and Coping Strategies in Nurses

Nazish Rashid (M.Sc 2012-2014)
Supervisor: Faiz Younas

The present study aimed to investigate the relationship between compassion fatigue and the coping strategies in nurses. It was hypothesized that there would be a significant positive relationship between compassion fatigue and types of coping strategies. Research

design was cross sectional. The present research was used convenient sampling strategy. A sample of 60 nurses was selected from different hospitals of Lahore. Professional Quality of Life Scale (Stamm, 2010) and Coping Strategies Questionnaire (Kausar, 1997) to use the research variables. Descriptive Statistic, Pearson Product Moment Correlational and one way Anova analysis were used to compute results which showed a positive significant relationship between compassion fatigue and types of coping strategies. For achieving better performance of nurses and high productivity the hospitals authorities should enhance about compassion fatigue and describe the prevention methods to reduce it.

Keywords: Compassion, fatigue, coping strategies.

Marital and Family Relationships

Implicit Relationship Beliefs and Conflict Resolutions Styles Predicting Marital Satisfaction

Alishba Hania (M.Sc 2012-2014)
Supervisor: Naumana Amjad, Ph.D

The purpose of this study was to explore how implicit relationship beliefs and conflict resolution styles influence marital satisfaction. The sample comprised of 65 couples i.e. 130 individuals (husbands = 65, wives = 65). Implicit relationship beliefs were measured through Implicit Theories of Relationships Scale, conflict resolution styles through Thomas-Kilmann Conflict Mode Instrument and marital satisfaction through Marital Adjustment Test. Correlation analysis was carried out to find correlation among study variables, Hierarchical regression was performed for assessing predictors of marital satisfaction and path analysis was performed through AMOS to validate the mediating relationship of conflict resolution style and implicit beliefs in predicting marital satisfaction. Results showed that among five conflict resolution styles only accommodating and competing style was significantly correlated with marital satisfaction. Regression analysis showed that among all demographic factors, only type of marriage (arranged/ by own choice) and duration of marriage significantly predicted marital satisfaction. While data analysis a partially mediating path between implicit beliefs (destiny), competing conflict resolution style and marital satisfaction. This approved the hypothesis regarding presence of mediating relationship between implicit beliefs and conflict styles in predicting marital satisfaction. Results suggest that levels of marital satisfaction of Pakistani couples are different from Western culture as revealed by past researches.

Keywords: Implicit relationship beliefs; conflict resolution styles; marital satisfaction.

Humor Styles and Happiness in Marital Relationship

Faseeha Hassan (M.Sc 2012-2014)
Supervisor: Naumana Amjad, Ph.D

The objective of the present study was to examine the role of humor styles i.e. affiliative, self-enhancing, aggressive and self-defeating in

marital happiness. Sample consisted of 50 married men and 50 married women ($N = 100$) were included by using with purposive sampling technique. Humor Style Questionnaire HQS (Martin, Puhlik-Doris, Larsen, Gray & Weir 2003) was used to assess different styles of humor and a scale was developed to assess marital happiness in Pakistani cultural context. For this purpose, standard procedure was followed: opinions of experts, interviewers, literature consultation, item generation, testing and final scale construction. Pilot testing was done on this scale. Correlation was examined in order to check the association between humor styles with marital happiness. It was found that none of the humor styles were related to marital happiness. But significant correlation was found between opinion and choice in marriage with marital happiness. *t*-test analysis showed that there were gender differences in marital happiness. It was found that women were happier than men. No relationship was found in age and marriage duration with marital happiness. Regression analysis revealed that self-enhancing humor was the predictor of marital happiness.

Keywords: Humor styles, happiness, marital relationship.

Dependency and Self-Criticism in Adolescents Living With Step-Parents

Muqaddasa (M.Sc 2012-2014)

Supervisors: Zoia Kiran & Naumana Amjad, Ph.D

The present study was conducted to explore the dependency and self-criticism in adolescents living with step parents. It was hypothesized that there was likely to be relationship between dependency and self-criticism. Dependency was likely to be predictor of self-criticism in adolescents living with step-parents. There was likely to be differences on dependency and self-criticism in adolescents living with step father and step mother. Snow ball sampling technique was used for data collection. The sample consisted of 60 participant. Depressive Experience Questionnaire (Blatt, 1991) was used in this study for data collection. There was significant positive relationship between dependency and self criticism. Dependency was a predictor of self-criticism. There was insignificant differences on dependency and self-criticism in adolescents living with steps father or step mother. The study can help in understanding adolescents problem in planing intervention with adolescents

living with step-parents. This study will help out step-parents and adolescents to understand each other.

Keywords: Dependency, self-criticism, step-parents.

Gratitude, Forgiveness and Optimism between Married and Unmarried Adults

Syeda Rabia Sajid (M.Sc 2012-2014)

Supervisor: Iram Fatima, Ph.D

A cross sectional study was conducted to assess gratitude, forgiveness and optimism in married and unmarried adult males and females with age 20-40 years. It was hypothesized that married men and women would differ in gratitude, forgiveness and optimism. Gratitude Test (Michael, McCullough, Emmons, 2003), Forgiveness Test (Thompson et al, 2005) and Life Orientation Test (Schier, Carver & Bridges, 1994) was used to measure gratitude, forgiveness and optimism level in married and unmarried adults respectively *t*-test was used to compare between married and unmarried adult. Results indicated that there was no difference between married and unmarried with reference to gratitude, forgiveness and optimism.

Keywords: Gratitude, forgiveness, optimism.

Organizational Psychology

Development and Validation of Managerial Ability Scale

Somia Zulfiqar (M.Sc 2012-2014)
Supervisor: Naumana Amjad, Ph.D

The study aimed at developing an indigenous managerial ability scale to assess the abilities of Pakistani managers as there was no exact measure in this area. Managerial ability scale was developed in 4 steps. A sample of 30 male and female managers, reporting managers and subordinates were selected from govt and private bankers. In step I, open ended questionnaire was used to elicit abilities that a manager should have. A list of 53 abilities was prepared. It was edited from the answers of 30 managers. In step II, list was given to two industrial and organizational psychologists for checking its content validity. In step III, this list was finalized and given to test its readability and relevance to the managers. At the 4th last step a final study was conducted using this scale. Sample of 50 male female bank managers were selected from govt and private banks. Its psychometric properties such as reliability analysis were checked. Over all cronbach's Alpha reliability of Managerial Ability Scale was .77. To further assess its validity the same scale was given to the subordinates of the same manager who had completed the scale for each manager 2 subordinates completed the scale. The introductory lines of the scale were changed as suitable for subordinates to rate their manager's ability to see the relationship between self-rated managerial ability and employees' rated managerial ability. There was a significant positive correlation between manager self-rating and employees rating on the Managerial Ability Scale. According to the themes certain sublevels or dimensions of managerial abilities were identified using content analysis and thematic analysis since factor analysis was not possible due to small sample. These were leadership, emotional intelligence, decision making, problem solving, team management, time management, stress management and workplace happiness and *t*-test indicated that there was no difference in the managerial ability of male and female bank managers. Implications of the study are discussed along with limitations and suggestions for future researches.

Keywords: Scale development, leadership, emotional intelligence, decision making, problem solving.

Emotional Climate and Job Involvement in Employees of Textile Industry

Muqaddas Shabbir (M.Sc 2012-2014)

Supervisor: Iram Fatima, Ph.D

Aim of the current study was to explore the relationship between emotional climate and job involvement in employees of textile industry. It was also hypothesized that married employees would have better emotional climate than unmarried employees. It was further hypothesized that married employees would be more involved in their jobs than unmarried employees. The sample with age range from 22 to 60 years was selected. Emotional climate and job involvement were assessed by Emotional Climate Scale (Ozcelik, 2008) and Job Involvement Scale (Paullay, 1994) respectively. A strong positive relationship was found between emotional climate and job involvement. Furthermore, it was found that married employees were more involved in their jobs than unmarried employees. Moreover, married employees perceived better emotional climate than unmarried employees.

Keywords: Emotional climate, job involvement, textile industry.

Job Stress and Cognitive Failures in Female School Teachers

Azka Arshad (M.Sc 2012-2014)

Supervisor: Iram Fatima, Ph.D

The study was carried out to investigate the relationship between job stress and cognitive failure in school teachers. It was hypothesized that job stress would have a positive relationship with cognitive failures. It was also hypothesized that job stress would be associated with cognitive failures in public and private school teachers in a different way. The sample consisted of ($n = 100$) female school teachers of public and private school sectors of Lahore. Teachers of Lahore from different private and public sectors voluntarily took part in the study. Job stress scale by Parker and Decotiis (1983) and occupational cognitive failure questionnaire by Allahyari, Rangi, Khosravi, and Zayeri, (2011) were used as assessment measures. Data was analyzed by *t*-test, correlation and regression. Results of *t*-test showed the significant mean differences in education, experience, working hours at school and number of students

they teach. Correlation analysis was run which proved the hypothesis that job stress was positively related to cognitive failures. Results from regression analysis revealed that only time pressure predicted cognitive failures in both private and public school teachers and anxiety did not predict cognitive failures in teachers of any school sector.

Keywords: Job stress, teachers, cognitive failures.

Self-Objectification and Turnover Intention in Female Receptionists

Rabia Akbar (M.Sc 2012-2014)

Supervisors: Mahwish Idrees & Iram Fatima, Ph.D

The present research aimed to investigate the relationship between self-objectification and turnover intention in female receptionists with the mediating role of self-esteem. The Rosenberg Self Esteem Scale (Rosenberg, 1965) was used to measure self-esteem; Self Surveillance Scale (Mckinley, 1996) was used to measure self-objectification and Turnover Intention Scale (Bothma & Roodt, 2013) was used to determine turnover intention. The sample composed of 100 female receptionists from different sectors of Lahore. It was hypothesized that there would be a positive relationship between self-objectification and turnover intentions in female receptionists. Secondly, there would be a negative relationship between self-esteem and turnover intentions. Thirdly, it was hypothesized there would be a negative relationship between self-objectification and self-esteem. Furthermore, it was hypothesized that self-esteem would mediate between self-objectification and turnover intention. Results revealed that there was a positive relationship between self-objectification and turnover intention whereas no relationship was found between self-esteem and turnover intention. Also, no relationship was found to exist between self-objectification and self-esteem. The study would help women to identify their negative beliefs and attitudes which lead to self-objectification and would aid psychologists in developing positive coping strategies to help women work better in various organizational settings.

Keywords: self-objectification, self-esteem, turnover intention.

Work Family Conflict, Perceived Work Overload and Work Exhaustion in Employees of Banking Sector

Hira Tabassum (M.Sc 2012-2014)

Supervisors: Zaeema Farooq & Iram Fatima, Ph.D

The current study was intended to explore work family conflict, perceived work overload and work exhaustion among banking professionals. It was hypothesized that work family conflict, perceived work overload would predict work exhaustion. It was furthermore, hypothesized that perceived work overload would likely to moderate the relationship between work family conflict and work exhaustion. Within groups research design was used for the study. Data was collected from a sample comprising of banking professionals ($N = 125$), males ($n = 74$) and females ($n = 51$) with age range ($M = 29.76$ & $SD = 3.10$). Work Family Conflict Scale (Adams, King & King, 1996), Perceived Work Overload Scale (Moore, 2000) and Work Exhaustion Scale (Moore, 2000) was used to assess work family conflict, perceived work overload and work exhaustion respectively. Results revealed that work family conflict and perceived work overload emerged as the positive predictors of work exhaustion. Perceived work overload did not moderate the relationship between work family conflict and work exhaustion. The study has important implications in strategic human resource planning while evaluating the role of work exhaustion on employee's well-being. The future research suggestions are also discussed.

Keywords: Work family conflict, perceived work overload, work exhaustion.

Personality Traits, Self-Efficacy and Job Performance of Police Officers

Ali Ijaz (M.Sc 2012-2014)

Supervisor: Afsheen Masood, Ph.D

The present study investigated the personality traits, self-efficacy and job performance of police officers. It was hypothesized that there would be significant relationship between personality traits, self-efficacy and job performance of police officers. Another hypothesis was that the personality traits would be the strong predictors of job performance of

police officers. The sample size consisted of ($N = 100$) police officers ranking from constables, head constables, assistant sub-inspectors, sub-inspectors and Station House Officers (SHO), selected from various police stations of district Shiekhupura and Lahore. The age of the participants ranged from 18-58 years. All of these participants completed translated versions of Big Five Personality Questionnaire (Oliver, 1999), generalized Self-Efficacy Scale (Schwarzer & Jerusalem, 1992) and adapted version of Job Performance Appraisal (Schraeder, 2007) and Demographic Questionnaires. Pearson product moment correlation was used to investigate relationship among various personality traits, self-efficacy and job performance of police officers. Regression analyses was employed which showed that among all personality traits, openness proved to be the strongest predictor of job performance. The findings from the current research study carry strong implications for formulating organizational training strategies of police department. The findings can be used to emphatically predict the specific traits required to train successful police officers.

Keywords: Personality traits, self-efficacy, job performance.

Organizational Cynicism, Work Related Quality of Life and Organizational Commitment in Employees

Tahreem Yasin (BS 2010-2014)
Supervisor: Shazia Khalid

The research intended to explore relationship between organizational cynicism, work related quality of life and organization commitment in employees. The sample comprised of 150 male participants working on managerial position of different companies in Lahore. Assessment measures included Organizational Cynicism Scale (Brandes, Dean, & Dhartwadkar, 1999), Work-Related Quality of Life scale (Easton, Edwards, & Laar, 2009), Organizational Commitment Questionnaire (Allen, Meyer, & Smith, 1993) and a demographic questionnaire. Results of the Pearson product moment correlation analysis showed that three of the dimensions of organizational cynicism had significant negative relationship with five of the dimensions of work related quality of life and two of the dimensions of organizational commitment. Moreover two of the dimensions of work related quality of life had significant negative relationship with two of the dimensions of organizational commitment.

Structural Equation Modeling through AMOS revealed that working conditions mediated the relationship between affective cynicism and affective commitment. Implications for present study in organizations will be to lessen the negative attitudes in employees so they can work effectively and increase their productivity in respective companies and the work efficiency, quality of work life and commitment should be improved.

Keywords: Cynicism, work related quality of life, commitment.

Organizational Role Stress and Job Satisfaction in Public and Private Banks

Zarish Javed (M.Sc 2012-2014)
Supervisor: Shazia Khalid

The aim of the study was to see the relationship between organizational role stress and job satisfaction in public and private bank employees. It was hypothesized there would be a relationship between organizational role stress and job satisfaction in public and private bank employees. The sample comprised of 150 managers, operation managers and cashiers (M age = 33. 9, SD = 6. 15) selected from different public and private banks of Lahore. Perceived Stress Scale (Cohen, Mermelstein & Kamarck, 1983) and Job Satisfaction Survey (Spector, 1994) were used to measure role stress and job satisfaction. Results demonstrated a significant negative relationship between organization role stress and job satisfaction. The results of the current study will help in diminishing stress related to role (job) of bankers and promoting job satisfaction in them which would increase their productivity.

Keywords: Role stress, job satisfaction, employees of banking sector.

Physical Health Issues and Psychological Well-Being in Educated Working and Non-Working Women

Zunaira Amin (M.Sc 2012-2014)
Supervisor: Shazia Khalid

This study examined physical health issues and psychological well-being in educated working and non-working women. It was hypothesized that

there would be relationship between physical health issues and psychological well-being in working and non-working women. Correlational research design was used and the sample comprised of 150 participants (75 working women and 75 non-working women). Physical Symptoms Inventory (Spector, 2011) and Trait Well-Being Inventory (Dalbert, 1992) were used. Results showed that physical health issues were negatively related to mood level and also negatively related to life satisfaction in non-working women. The study also described that working women were more prone towards physical health problems than non-working women. The findings highlight the psychological implication of physical health issues on the psychological well-being of women. The main thing is to help women to gain insight and awareness about the risk factors and their consequences which enable them to engage in healthy activities.

Keywords: Physical health issues, psychological well-being.

Emotional Intelligence and Decision Making Styles among Managers

Nazish Shabir (M.Sc 2012-2014)

Supervisor: Shazia Khalid

The study examined the relationship between emotional intelligence and decision making styles among private organizations managers. It was hypothesized that there would be relationship between emotional intelligence and decision making styles. Purposive sampling was used to collect data the sample was selected from telecommunication organization managers, and their age ranges between 20-60 years with a mean age of 36 ($SD = 8$). Schutte Self Report Emotional Intelligence Test (Schutte, Malouff, Hall, Haggerty, Cooper, Golden & Dornheim, 1998), and Decision Making Styles Inventory (Nygren & Thomas, 2000) were used. The results revealed that all dimensions of emotional intelligence (perception of emotions, managing own emotions, managing other's emotions and utilization of emotions) had positive relationship with decision making styles (analytical, intuitive and regret). Moreover analytical, intuitive and regret decision making style were positive predictors of all dimensions of emotional intelligence. However, managing own emotions negatively predicted regret decision making style. The present research will be useful for organizations as training

programs should be arranged in organizations to enhance emotional intelligence in managers so that it may facilitate decision making styles.

Keywords: Emotional intelligence, decision making style.

Motivation (intrinsic & extrinsic), Job Commitment and Job Satisfaction among Public Sector Employees

Tabassum Shahzadi (M.Sc 2012-2014)

Supervisor: Shazia Khalid

The current study explored the effect of motivation (intrinsic and extrinsic) on job commitment and job satisfaction among public sectors employees. It was hypothesized that there is likely to be relationship between intrinsic & extrinsic motivation and Job commitment. Another hypothesis was job satisfaction would be related to extrinsic motivation and job commitment. Intrinsic & extrinsic motivation would predict job commitment of employees. It was also hypothesized that Intrinsic & extrinsic motivation and job commitment would predict job satisfaction. Sample of 150 employees were selected from the Water and Power Development Authority (WAPDA) and also from Sui Northern Gas Pipelines Limited (SNGP) through non probability convenient sampling. The employees ranged in ages between 25-55 years, with mean age of 35 ($SD = 1.08$). Workplace Extrinsic and Intrinsic Motivation Scale (WEIMS Tremblay, Blanchard, Villeneuve, Taylor, & Pelletier, 2009), Organizational Commitment Questionnaire (Mowday, Porter & Smith, 1979) and Generic Job Satisfaction Scale (macdonald & macIntyre, 1997) were used. Results demonstrate that intrinsic motivation was positively related to extrinsic motivation and job commitment. It also showed that Job satisfaction was positively related to extrinsic motivation and job commitment. It also demonstrates that extrinsic motivation had no significant relationship with job commitment. Results from regression analysis show that intrinsic motivation predicted of job commitment while both intrinsic & extrinsic motivation and job commitment predicted of job satisfaction. The present research can be used as a basis for future research. Training programs could be arranged to enhance productivity of the employees so that it may increase the commitment and job satisfaction of public sector employees.

Keywords: Motivation, job commitment and job satisfaction.

Personality Type A\B and Stress Coping Strategies among Punjab University Administrative Staff

Tayyaba Nusrat (M.Sc 2012-2014)

Supervisor: Shazia Khalid

The present research was conducted to investigate the relationship between personality type A\B and stress coping strategies among Punjab university administrative staff. It was hypothesized that there is likely to be a relationship between personality type A and stress coping strategies and there is likely to be a relationship between personality type B and stress coping strategies. Further it was also hypothesized that Type A personalities would use different stress coping strategies from type B personalities. Sample was composed of 141 individuals of administrative staff of Punjab University, Lahore. Type A\B Behavior Pattern Scale (Dhair & Jain, 2001) and The Brief COPE (Carver, 1979). Findings of the study showed a positive relationship between personality type A, active and planning coping strategy. There were found no relationship between personality type B and coping strategies. Personality type A used planning coping strategy while type B use active coping strategy. This study will helpful for administrative staff of all of organizations. The results of the study should be exercised as an awareness platform for administrative staff to identify and understand their problems related to work stress and coping strategies and provide the best source to deal with that stress.

Keywords: Personality type a\b, stress, coping strategies.

Decentralization and Self-Efficacy in Teaching Employees of Public Universities

Sadaf Saleem (BS 2010-2014)

Supervisor: Shazia Khalid

The research was conducted to find out the relationship between decentralization and self-efficacy in teaching employees of public universities. The sample comprised of the teachers of universities working upon different designations who shifted their teaching career from college to university. Sample was taken from four public universities of Lahore ($N = 150$), which includes 75 males and 75

females teachers ($M = 1.5$, $SD = .50$). Empowerment Scale (Spreitzer, 1995) and Generalized Self Efficacy Scale (Schwarzer, & Jerusalem, 1989) were used to assess the variables. Pearson product moment correlation, t-test and one way analysis of variance were applied. The findings of the research supported that a significant positive relationship existed between decentralization and self-efficacy. Decentralization and self-efficacy was high in male teachers as compared to female teachers in employees of public universities. This research has an important implication in university for building positive decentralized environment to promote self-efficacy beliefs in teachers.

Keywords: Self-efficacy, decentralization, empowerment.

Relation between Harassment and Burnout among Nurses

Rabia Ahmed (M.Sc 2012-2014)

Supervisor: Shazia Khalid

The aim of the present study was to find out the relationship between workplace harassment and burnout among nurses. It was hypothesized that there is likely to be a relationship between harassment and burnout among nurses. It was also hypothesized that there is likely to be significant differences in harassment and burnout among nurses according to age range. Sample of the present study consisted of 120 nurses from different hospitals of Lahore. Nurses ranged in ages between 20-50 years, with mean age of 28 ($SD = 1.12$). Workplace Harassment Scale (Bjorkqvist, Oysterman and Hjelt-beck, 1994) and Oldenburg Inventory (Jucampos 2005) were used to measure the harassment and burnout in individuals. The result indicates that harassment and burnout were positively related to each other. The level of harassment and burnout is high in the nurses with the age range 20-25 than others. This study will be helpful to find the reasons of burnout among nurses and it will help to prevent those conditions at workplace which cause burnout for the betterment of the nurses and their job. It would provide more literature on this topic.

Keywords: Harassment, nurses, burnout, workplace.

Work Family Conflict and Burnout among Professionals Working in Oncology Ward

Asia Yousaf (M.Sc 2012-2014)

Supervisor: Shahnila Tariq

The present research aimed to investigate the relationship between work family conflicts and burnout among professionals working in oncology ward. It was hypothesized that there is likely to be positive relationship between work family conflicts and burnout among professionals working in oncology ward. Sample of professional (40 doctors, 40 nurses and 40 paramedic staff) was taken from oncology ward of the different hospitals by using purposive sampling technique. Co-relational research design was used. Work and family conflict scale (Haslam, Morwaska & Sanders, 2012) and Copenhagen Burnout Inventory (Kristensen, T.S. 2005) were used to collect the data. Data was analyzed and measured quantitatively by using Pearson Correlation. The result showed positive relationship between work family conflicts and burnout among professionals working in oncology ward. The results also showed that work family conflicts are strong predicted burnout. The present study can provide different ways of identifying and then dealing the burnout among professionals working in oncology ward.

Keywords: work family conflict, burnout, oncology.

Stressors and Work Motivation in Overtime Working Employees

Izzah Amtul Aziz (M.Sc2012-2014)

Supervisor: Tahira Mubashir

The current study was conducted to assess relationship between job stressors and work motivation in overtime working employees. It was hypothesized that there is likely to be negative relationship between work stressors and motivation among standard hours working employees and overtime working employees; demographic characteristics and work stressors are likely to predict work motivation in employees; there is likely to be difference in work stressors and work motivation among standard hours working employees and overtime working employees. Correlational research design was used. Sample for this study comprised of $N = 150$ security guards ($n = 75$ overtime working employees, $n = 75$

standard hours working employees) from University of the Punjab, Lahore. Stressors Scale for Workers by Spector and Jex (1997) and Motivation at Work Scale by Gagné, et al., (2010) were used. Data were analyzed by using Pearson product moment correlation, stepwise regression and independent sample *t*-test. Results showed significant positive relationship between organizational constraints and work motivation in overtime working employees. Significant difference of work stressors and work motivation between standard hours working employees and overtime working employees was found. Moreover, working hours, organizational constraints and number of leaves emerged as strong significant predictors of work motivation in employees. Findings have important implications for improvement in systems of working hours and working conditions for overtime working employees.

Keywords: Stressors, work motivation, working employees.

Organizational Communication Structures and Relational Dynamics in Employees of National and Multinational Companies

Muhammad Ashfaq (M.Sc 2012-2014)

Supervisor: Tahira Mubashir

The present study aimed to investigate association in organizational communication structures and relational dynamics in employees of national and multinational companies. It was hypothesized; there is likely to be relationship in organizational communication structures and relational dynamics; organizational communication structure is likely to predict relational dynamics there are likely to be differences in organization communication structures and relationship dynamics in employees of national and multinational companies. Correlational research design was used. The sample consisted of ($N = 130$) employees of food and medical (national and multinational) companies from Lahore, Pakistan. International Association of Business Communicators (IABC) Study Questionnaire (Grunig, 2002) and Interpersonal Relationship Questionnaire (IPR) (Edward, 2005) were administered for assessment purposes. Pearson product moment correlation, multiple regression analysis and independent sample *t* test were used to analyze data. Results

indicated significant positive correlation in organizational communication structure and relational dynamics. Results indicated that asymmetrical communication structure predicted control mutuality, commitment, satisfaction, exchange relations. Employees under asymmetrical communication were given orders, felt more obeyed person, helped others in expectation to be helped. Symmetrical communication structure was strong predictor of employee to employee relations, trust, satisfaction and communal relations. In symmetrical communication structure, employees were more confident, talked to others in dialogue, negotiated with others, trusted others and helped others without expectation to be helped by them. Communication structures were used according to the situation. This study suggests the importance of symmetrical communication structures at work place and its role in determining interpersonal and employee-organization relationships.

Keywords: Organizational communication, employees, mutuality, commitment, satisfaction, exchange relations.

Perceived Leadership Practices, Work Place Happiness and Quality of Work Life in Teachers of Higher Education Institutions

Muhammad Shahid (M.Sc 2012-2014)

Supervisor: Tahira Mubashir

The present research aimed to investigate relationship in perceived leadership practices, workplace happiness and quality of work life in teachers of higher education institutions. It was hypothesized: there is likely to be relationship in perceived leadership practices, workplace happiness and quality of work life; leadership practices and workplace happiness are likely to predict quality of work; there are likely to be gender differences in leadership practices, workplace happiness and quality of work life in teachers of higher education institutions. Correlational research design was used. The sample was comprised of $N = 150$ teachers from different colleges of Lahore and Kasur. Leadership Practices Inventory (Kouzes & Posner, 2003), Workplace Happiness Scale (Saleem & Anjum, 2013), and Quality of Work Life Evaluation Scale by Walton (1975) were used for assessment. Pearson product

moment correlation and multiple regression analysis were applied. Results showed that leadership practices had significant positive relationship with work place happiness (salary compensation, regarding work condition and relevant importance) and all subscales of quality of work life. Leadership practices and workplace happiness predicted quality of work life (encouraged heart and salary compensation) in teachers. Results also showed significant gender differences in leadership practices, workplace happiness and quality of work life in teachers of higher education institutions. The research had important implications in educational settings to improve the principal and teacher relationship in order to enhance workplace happiness and quality of work life.

Keywords: Perceived leadership practices, work place happiness, quality of work life.

Job Stress, Psychological Capital and Turnover Intentions in the Employees of Hospitality Industry

Namra Rehman (BS 2010-2014)
Supervisor: Tahira Mubashir

The present research investigated relationship in job stress, psychological capital and turnover intention in employees of hospitality industry. It was hypothesized; there is likely to be a relationship in job stress, psychological capital and turnover intentions; psychological capital is likely to moderate the relationship between job stress and turnover intentions; there are likely to be main and interactive effects of designation and organization star on job stress, psychological capital and turnover intentions in employees of hospitality industry. Correlation research design was used. The sample comprised of $N = 200$ employees from different hotels of Lahore, Pakistan. Professional Life Stress Scale (Fontana, 1989), Psychological Capital Questionnaire (Luthans, Avolio, Avey & Norman, 2007) and Michigan Organizational Assessment Questionnaire (Camman, Fichman, Jenkins & Klesh, 1979) were used. Pearson Product Moment Correlation, moderation analysis and multivariate analysis of variance were applied. Findings show that job stress and psychological capital were positively related to turnover intentions and job stress was found to be negatively related to psychological capital in employees of hospitality industry. Psychological capital (hope and resilience) moderated relationship in job stress and

turnover intentions in employees. Results also show job stress, hope and resilience differed with job stress while job stress, psychological capital and turnover intentions differed with job designation. An interaction effect of type of organization star and designation was found on turnover intentions in employees. This research has important implications in hospitality industry for building positive psychological capital of employees and improving stress management strategies that will help in reducing turnover intentions in employees.

Keywords: Job stress, psychological capital, turnover intentions.

Positive Organizational Behaviors and Psychological Empowerment in Employees of Non-Governmental Organizations

Sadia Malik (M.Sc 2012-2014)

Supervisor: Tahira Mubashir

The purpose of this research was to investigate relationship between positive organizational behaviors and psychological empowerment in employees of Non-Governmental organizations. It was hypothesized that: there is likely to be a positive relationship between positive organizational behaviors and psychological empowerment; demographic characteristics and positive organizational behaviors are likely to predict psychological empowerment in employees of Non-Governmental organizations. The sample comprised of $N = 100$ employees ($n = 64$ men, $n = 36$ women) of Non-Governmental Organizations (NGOs). Psychological Capital Questionnaire (PCQ) by Luthans and Psychological Empowerment Questionnaire (PEQ) by Spreitzer were used for assessment. Pearson product moment correlation and stepwise regression analyses were applied for data analysis. Results showed that positive organizational behaviors (efficacy, hope, resiliency and optimism) were significantly related to psychological empowerment (meaning, competence, self-determination and impact). Results further showed that diploma courses completed by the participants, family backgrounds, qualification, family system, efficacy and resilience predicted psychological empowerment (meaning and competency). Research has important implications to increase psychological

empowerment in employees through enhancing positive organizational behaviors.

Keywords: Positive organizational behaviors, psychological empowerment, non-governmental organizations.

Consumer Socialization, Psychographics and Post-Purchase Dissonance in Working and Non-Working Women

Sania Habib Kayani (M.Sc 2012-2014)

Supervisor: Tahira Mubashir

The present research aimed to investigate relationship among consumer socialization, psychographics and the post-purchase dissonance in working and non-working women. It was hypothesized that there is likely to be relationship in consumer socialization, psychographics and post-purchase dissonance in working and non-working women; consumer socialization and psychographics are likely to predict post-purchase dissonance in working and non-working women after controlling demographic variables; there is likely to be differences in consumer socialization, psychographics and post-purchase dissonance in working and non-working women. Correlational research design was used. The sample consisted of $N = 160$ ($n = 80$ working women and $80 =$ non-working women). Elliot's Scale (2000), Bearden, Netemeyer, and Teel's Scale (1989) and Churchill's Scale (1979) were used in the study. Data were analyzed by using Pearson product moment correlation, hierarchal regression and independent samples t -test. Findings showed that peer in consumer socialization and the psychographics had positive significant relationship with post-purchase dissonance in working women and in non-working women. Parents and peer in consumer socialization had positive significant correlation with post-purchase dissonance. Peer and working status were the predictors of post-purchase dissonance. The results also revealed that non-working women had higher post-purchase dissonance than working women. The current study has important implications in consumer psychology and is helpful in understanding role of consumer socialization and psychographics in determining consumption patterns.

Keywords: consumer socialization, psychographics, post-purchase dissonance.

Perceived Organizational Justice, Trust and Employee Engagement in Bank Employees

Seemal Mazhar Khan (BS 2009-2013)

Supervisor: Tahira Mubashir

The present research aimed to investigate the relationship in perceived organizational justice, organizational trust and employee engagement in bank employees. It was hypothesized: there is likely to be a relationship among perceived organizational justice, organizational trust and employee engagement; Perceived organizational justice and organizational trust are likely to predict employee engagement. There is likely to be an effect of bank type and designation on perceived organizational justice, organizational trust and employee engagement. The sample consisted of ($N = 150$) bank employees ($n = 50$ for government, $n = 50$ for private and $n = 50$ for privatized banks) selected from different banks in Lahore. Correlational research design was used to conduct this study. Perceived Organizational Justice Questionnaire by Niehoff and Moorman's (1993), Organizational Trust Questionnaire by Paliszkiwicz (2010) and Employee Engagement Scale by Saks (2006) were used in this research. Pearson product moment correlation, hierarchical regression and multivariate analysis of covariance were applied. Results showed a positive significant relationship in perceived organizational justice and organizational engagement and there were also a positive significant relation between organizational trust and job and organizational engagement. Results showed that organizational trust predicted organizational engagement after controlling the effect of age, marital status and socio-economic status and there was significant interaction effect of bank type and designation level on organizational trust in bank employees. The findings of the research can serve as a platform for the awareness of important antecedents of employee engagement and organizations can inculcate trust for better and improved engagement of its employees, thereby, enhancing the productivity of their employees.

Keywords: Perceived organizational justice, trust, employee engagement.

Job commitment and work Motivation in Traffic wardens

Madiha Tahir (M.Sc 2012-2014)

Supervisor: Faiz Younas

The present study investigated the relationship between job commitment and work motivation. It was hypothesized that a) There is positive relationship between job commitment and work motivation, b) There is likely to be a relationship between the subscales of job motivation with job commitment, c) Extrinsic motivation level is a predictor of job commitment. Survey research design and convenient sampling technique was used. Sample comprised of ($N = 60$) males traffic wardens from the sadder area of the Lahore, Pakistan. Organizational Commitment Questionnaire (OCQ, Porter, 1974), Work Motivation Scale (MAWS, Gagne, 2010) were used for assessment. Pearson Product Moment Correlation and Regression analysis were conducted to generate results which showed that job commitment had positive significant relationship with work motivation in traffic wardens while only extrinsic type of work motivation predicted high level of job commitment in traffic wardens. The study may help to enhance the productivity of employees in different organization.

Keywords: Job commitment, work motivation, traffic wardens.

Personality and Social Psychology

Self-Control, Narcissistic Tendencies and Internet Addiction among Adolescents

Maryam Iftikhar (M.Sc 2012-2014)

Supervisor: Shahnila Tariq

The present research aimed to investigate the relationship between self-control, narcissistic tendencies and internet addiction among adolescents. It was hypothesized that there is likely to be a positive relationship between self-control, narcissistic tendencies and internet addiction among adolescents. Cross sectional research design and convenient sampling technique was used to collect the data of 100 adolescents (50 boys and 50 girls) with the age range from 15 to 19 years from different educational institutes. To assess the self-control, Brief Self-Control Scale (Maloney, Grawitch & Barber, 2012), to measure narcissistic tendencies Narcissistic Personality Inventory (NPI-16) (Ames, Rose & Anderson, 2006) and to assess internet addiction short version of Young's Internet Addiction Test (Pawlikowski, Altstötter-Gleich, & Brand, 2013) were used. The data were analyzed by using Pearson product moment correlation, independent sample *t*-test and One Way ANOVA. Research results proved that there was a positive relationship between self-control, narcissistic tendencies and internet addiction among adolescents. Gender differences were also found in self-control, narcissistic tendencies and internet addiction among adolescents. Present research findings help the parents and therapist in revealing different contributing and maintain factors and helps the adolescent in getting back to normal functioning.

Keywords: self-control, narcissistic tendencies, internet addiction.

Positive Psychology

Empathy, Self-Efficacy and Pro-Social Behavior in College Students

Muhammad Imran (M.Sc 2012-2014)

Supervisor: Afsheen Masood, Ph.D

The aim of the present study was to examine the relationship among empathy, self-efficacy and pro-social behavior in college students. It was hypothesized that there was likely to be a relationship between empathy, self-efficacy and pro-social behavior in college students. The sample consisted of ($N = 120$) college students both males and females. Cross sectional research design was used. Four scales were used demographical information sheet, Interpersonal Reactivity Index (IRI) (Davis, 1983), The Generalized Self-Efficacy Scale (GSE) (Schwarzer, 1992) and Pro-social Tendencies Measure (PTM) (Gustavo & Brandy, 2001) in their original form. Pearson Product Moment correlation was used to find out the relationship between study variables. Independent sample t-test was employed to find out the gender differences in male and female students. One way ANOVA was also employed as an additional analysis to check out the parental educational effect on the empathy, self-efficacy and pro-social behavior of college students. The results revealed that there was significant positive correlation between empathy, self-efficacy and pro-social behavior in college students. The gender, age and educated parental status emerged as strong predictor for pro-social behaviors and self-efficacy.

Keywords: Empathy, self-efficacy, pro-social.

Psychology of Gender

Social Support and Marital Adjustment of Women with First Versus Subsequent Pregnancies

Amina Sadia (BS 2010-2014)
Supervisor: Rukhsana Kausar Ph.D

The purpose of the present study was to investigate the perceived social support and marital adjustment of women with first versus subsequent pregnancies. Sample of 105 pregnant women ranging in ages from 20-40 years ($M = 26.83$, $SD = 4.62$) were taken from the outdoor of gynecology of public and private hospitals of Lahore. It was hypothesized that: there is likely to be a positive relationship between social support and marital adjustment of pregnant women; women with first pregnancy are likely to have more social support than those with second and third pregnancy; and gender of earlier child has influence on social support and marital adjustment in subsequent pregnancies. Dyadic Adjustment Scale (Spanier, 1976) and Multidimensional Perceived Social Support Scale (Zimet, Dhlem, Zimet & Farkly, 1988) were used for assessment. Results revealed that marital adjustment had significant positive relationship with perceived social support of pregnant women. Women conceiving first and second time did not differ in social support and marital adjustment. Social support of women conceiving third time was less than those conceiving first and second time. Further, sex of the first child had effect on dyadic satisfaction and sex of second child had effect on dyadic cohesion. Results are discussed in terms of their implications and theoretical significance.

Keywords: Social support, marital adjustment, subsequent pregnancies.

Self-Regulation, Body Image and Martial Satisfaction among Married Females

Saleha Ata (M.Sc 2012-2014)
Supervisor: Shahnila Tariq

This research aimed to study the relationship between self-regulation, body image and martial satisfaction among married females. It was hypothesized that there is a relationship between self-regulation, body image and martial satisfaction among married females. A sample of 100 females was taken by using convenient sampling technique to collect the

data, residing in different areas of Lahore. A self-made demographic questionnaire, Self-Regulation Scale (Brown, Miller, & Lawendowski, 1999), Body Esteem Scale (Beverley & Mendelson, 1997) and Enrich Martial Satisfaction Scale (Blaine & David, 1993) was used to collect the data. Data was analyzed by using correlation, independent sample t-test, and regression analysis. Results revealed positive relationship between self-regulation, body image and martial satisfaction among married females, whereas there was no significant difference in self-regulation, body image and martial satisfaction on the basis of family system and type of marriage. Regression analysis revealed that martial satisfaction was strong predictor of body image. Results were discussed in comparison to the western and indigenous researches.

Keywords: self-regulation, body image, martial satisfaction.

Relationship Strengths and Values in Same Sex and Cross Sex Friendships

Ayesha Yousaf (BS 2010-2014)

Supervisor: Faiz Younas

The Present research compared same sex and cross sex friendships in the context of relationship strength and values. It was hypothesized that relationship strength and values would have significant difference between same sex and cross sex friendships. The sample was composed of ($N = 100$) employees (males = 50, females = 50) with age range between 20 to 37 years ($M = 26.58$, $SD = 3.87$). Cross sectional research design was used. Sample was drawn by using convenient sampling strategy from different companies of Lahore. Relationship strength and relationship values sub scales of The Acquaintance Description Form-F2 (Wright, 1997) were used to collect data. There was no significant difference in relationship strength and values between male's same sex and cross sex friendships while there was a significant difference in female's same sex and cross sex friendships. The current research has implications in the field of Social Psychology and Gender Studies.

Keywords: Relationship strengths, value, friendships.

Social Psychology

Concerns, Attitudes and Perceptions of Mothers about Child Vulnerability for Sexual Abuse

Khadija Rasheed (M.Sc 2012-2014)

Supervisor: Rukhsana Kausar, Ph.D

The current study examined the general concerns, attitudes and perceptions of Pakistani mothers about child vulnerability for sexual abuse of both daughters and sons and also investigated the effect of education and work status of these mothers on their concerns and attitudes about the safety of their children. It was hypothesized that Pakistani educated and uneducated, working and non-working women are likely to differ in their concerns, attitudes and perceptions about child vulnerability for sexual abuse of sons and daughters. The research was carried out in two parts i.e. study 1 and study 2 (main study). Study 1 was carried out to construct two separate scales for assessing maternal concerns and attitudes about safety and protection of daughters and sons. These scales were later used in the study 2 with 166 mothers comprising of 4 groups i.e. educated-working mothers = 41, uneducated working mothers = 42, educated non-working mothers = 41 and uneducated non-working mothers = 42. The age range of these mothers was above than 30 years. Demographic information of the sample was taken through a demographic sheet. A self-Constructed Scale i.e. Maternal Concerns And Attitudes Scale for Safety Of Daughters (MCA-SD) was used to assess the concerns, attitudes and perceptions of mothers about the safety of daughters. In the same way, a self-constructed scale i.e. Maternal Concerns And Attitudes Scale for Safety Of Sons (MCA-SS) was used to assess the concerns, attitudes and perceptions of mothers about the safety of sons. Data were analyzed using descriptive statistics, two-way analysis of variance and independent samples *t*-test. Results revealed that educated mothers had more sense of responsibility, ensured more safety of daughters and provide more information on self-protection to their daughters as compared to non-educated mothers. Similarly, educated mothers ensured more safety of their sons, provide more education on self-protection had more self-assurance and had more concerns regarding the safety and protection of their sons as compared to non-educated mothers. In the same way, non-working mothers had more sense of responsibility and provided more education on self-protection to daughters as compared to working mothers. Non-working mothers ensured more safety of their sons and provided more education on self-

protection as compared to working mothers. It was also concluded from the results that mothers living in nuclear family system trusted more on relatives and staff for the protection of daughters and they ensured more safety of their daughters as compared to mothers living in joint family system. Similarly, mothers living in nuclear family system trusted more on relatives and staff for the protection of their sons provide more education on self-protection and ensured more safety of their sons as compared to mothers living in joint family system.

Keywords: Attitude, perception, vulnerability, sexual abuse.

Use, Misuse of Facebook, Academic Performance and Interpersonal Relationship

Farah Naz (M.Sc 2012-2014)

Supervisor: Rukhsana Kausar, Ph.D

The purpose of this study was to find out the relationship between use, misuse of Facebook, academic performance and interpersonal relationship. It was hypothesized that there is likely to be positive relationship between Facebook use, academic performance and interpersonal relationship. There is likely to be negative relationship between misuse of Facebook, academic performance and interpersonal relationship. Use and misuse of Facebook are likely to predict academic performance and interpersonal relationship. The sample comprised of 408 school and college students (Boys = 204, Girls = 204). With their mean age for boys was 17.40 years ($S.D = 2.05$) and for girls it was years 17.32 ($S.D = 2.04$). Facebook Intensity Scale (Ellison, Steinfield & Lampe, 2007), Bergen Facebook Addiction Scale (Andreassen, Torsheim, Brunborg & Pallesen, 2012), Social Interaction and Technology Use Questionnaire (Henderson, Zimbardo, Smith & Buell, 1999) were used for assessment. Previous class results of students were taken from the schools and colleges to measure the academic performance of students. Correlation, Regression, Independent sample t -test and one way ANOVA analysis were performed to analyze data. Results showed that there was significant positive relationship between Facebook use, intensity of Facebook, live social interaction, quality of social interaction and misuse of Facebook. Misuse of Facebook had a negative relationship with academic performance. Results indicate that Facebook use predicted live social interaction and quality of social interaction. Misuse of Facebook

predicted quality of social interaction. Findings will help to understand negative and positives outcome of Facebook.

Keywords: Facebook, academic performance, interpersonal relationship.

Styles of Humor and Interpersonal Relationships among University Students

Ayesha Idrees (M.Sc 2012-2014)

Supervisors: Saira Batoo & Rukhsana Kausar, Ph.D

The purpose of the present research was to find out the relationship between humor styles and interpersonal relationships among university students. It was hypothesized that (a) There is likely to be a relationship between humor styles and interpersonal relationships among university students; (b) Humor styles are likely to predict interpersonal relationships in university students; (c) There are likely to be gender differences in humor styles and interpersonal relationships. The sample comprised of ($N = 196$) students from two Universities of Lahore. Humor Style Questionnaire (Martin, Doris, Larsen, Gray & Weir, 2003) was used to assess humor styles and Interpersonal Relationship Questionnaire (Callaghan, 2014) was used to assess interpersonal relationships. Pearson product moment correlation, hierarchical regression analysis and independent sample t -test were applied for data analysis. Results revealed a significant relationship between humor styles and interpersonal relationships. It was also revealed that affiliative and self-defeating humor significantly predicted interpersonal relationships. Males used more aggressive humor styles as compared to females. These findings would be helpful for government and private academic institutions to enhance the sense of humor to minimize academic stress among students and improve their quality of interpersonal relationships for their peace of mind.

Keywords: Styles of humor, interpersonal relationships.

Group Cohesion, Decision Making Styles and Group Performance in University Students

Zunaira Javed (M.Sc 2012-2014)

Supervisors: Soulat Khan & Rukhsana Kausar, Ph.D

The present study consisted of two studies. The purpose of study I was to develop an indigenous questionnaire for measuring Group Decision Making Styles. By following standard procedures of scale development an indigenous tool, Group Decision Making Styles Questionnaire (GDMSQ) was developed. The purpose of study II was to investigate the relationship between group cohesion, decision making styles and group performance in university students. It was hypothesized that (a) there is likely to be relationship between group cohesion, decision making styles and group performance in University students (b) Group cohesion, decision making styles are likely to predict group performance in University Students. The sample comprised of 150 university students. Group Climate Questionnaire (MacKenzie, 1983) was used to assess the group cohesion and decision making styles were assessed by using Group Decision Making Styles Questionnaire (Kausar, Javed & Khan, 2014). Group performance was assessed by using Group Performance Performa. Results revealed that Group Cohesion (Engaged) had significant positive relationship with group performance. Group cohesion (Conflicts) had a significant negative relationship with group performance. Results indicated that mutual consensus decision making style has significant positive relationship with group performance and dominant decision making style had significant negative relationship with group performance. Group cohesion (engaged, conflict) emerged as significant predictors of performance. Mutual consensus decision making style emerged as significant predictor of group performance. The present study can be helpful for university students in a way that how group cohesion and effective decision making styles can foster group performance.

Keywords: Group cohesion, decision making styles, group performance.

Coping Strategies and Psychological Well-Being of Orphan Children

Iqra Shabbir (M.Sc 2012-2014)

Supervisors: Sara Kanwal & Rukhsana Kausar, Ph.D

Present research was conducted to investigate the relationship between coping strategies and psychological well-being of orphan children. It was hypothesized that: there is likely to be relationship between coping strategies and psychological well-being of orphan; Coping strategies would predict psychological wellbeing of orphan children; there is likely to be gender difference in coping strategies and psychological well-being in orphan. Cross sectional research design was used in this research. A sample of 70 orphans ($n = 35$ boys, $n = 35$ girls) with mean age = 12.31, ($SD = 2.03$) using purposive sampling technique was taken from orphanages. The Children's Coping Questionnaire (CCQ, Fedorowics, 1995) and Well-Being Scale (Stirling, 2010) were used to assess their coping strategies and psychological well-being and these questionnaires were translated into Urdu version by the researcher. The findings indicated a significant positive relationship between direct problem solving, positive cognitive restructuring, self-calming, wishful thinking with positive emotional state, positive outlook and social desirability. Girls used more coping strategies as compared to boys. And girls had better psychologically wellbeing as compared to boys. The findings from the regression analysis suggested that direct problem solving and self-calming predicted the positive emotional state. Aggressive actions negatively predicted positive emotional state. Direct problem solving and avoidant actions positively predicted positive outlook. Self-calming positively predicted social desirability.

Keywords: Coping strategies, psychological well-being, orphan children.

Emotional Climate and Job Involvement in Employees of Textile Industry

Muqaddas Shabbir (M.Sc 2012-2014)

Supervisor: Iram Fatima, Ph.D

Aim of the current study was to explore the relationship between emotional climate and job involvement in employees of textile industry.

It was also hypothesized that married employees would have better emotional climate than unmarried employees. It was further hypothesized that married employees would be more involved in their jobs than unmarried employees. The sample with age range from 22 to 60 years was selected. Emotional climate and job involvement were assessed by Emotional Climate Scale (Ozcelik, 2008) and Job Involvement Scale (Paullay, 1994) respectively. A strong positive relationship was found between emotional climate and job involvement. Furthermore, it was found that married employees were more involved in their jobs than unmarried employees. Moreover, married employees perceived better emotional climate than unmarried employees.

Keywords: Emotional climate, job involvement, textile industry.

Emotion Regulation and Psycho Social Well-Being in Social Workers

Saleha Younis (Bs 2010-2014)

Supervisors: Zaeema Farooq & Iram Fatima, Ph.D

The Current study intended to explore the differences between students of social work and the professional social workers in emotional regulation and psychosocial well-being. Cross-sectional research design was applied for the study. Snow ball sampling technique was used to collect a sample of 120 participants with age range of 20-65 years ($M = 28.77$ & $SD = 10.77$) and the division of two groups, i.e. 60 final year students of social work from government and semi-government universities and 60 social workers from governmental and non-governmental organizations. It was hypothesized that psycho-social well-being would be positively related to cognitive reappraisal and negatively related to expressive suppression. It was furthermore hypothesized that the groups would moderate the relationship between emotion regulation and psychosocial well-being and emotion regulation and psychosocial well-being would tend to differ in the groups. Emotion regulation (cognitive reappraisal and expressive suppression) was assessed through Emotion Regulation Questionnaire (Gross & John, 2003) and for measuring psychosocial well-being (emotional, social and psychological wellbeing), Mental Health Continuum Short Form (Keyes, 2005) was used. Results indicated that cognitive reappraisal was positively correlated with psychosocial well-being. Moreover, cognitive reappraisal emerged as a positive predictor of psychosocial well-being. Groups

moderated the relationship between cognitive reappraisal and social well-being only. The emotional well-being varied across the two groups.

Keywords: Emotion regulation, psycho-social well-being, social workers.

Parent-Child Conflict Resolution and Psychosocial Adjustment in Adolescents

Laiba Shaheen (M.Sc 2012-2014)
Supervisor: Afsheen Masood, Ph.D

The present research was designed to explore the relationship between parent-child conflict and psychosocial adjustment in adolescents. It was hypothesized that there is likely to be significant relationship in parent-child conflict and psychosocial adjustment in adolescents. It was also hypothesized that there are gender difference in parent-child conflict in adolescent and psychosocial adjustment. Correlational research design was used to carry out the research. Non probability purposing sampling technique was used to select the sample from schools of Lahore ($N = 100$). Parent-Child Conflict resolution Questionnaire (Malik, 2013) based on five domain of parent-child conflict resolution patterns: avoidance, violence, compromise, collaboration and arbitration; and Adjustment Inventory (Singh & Sinha, 1999) were used Pearson product moment correlation and Independent sample t -test were run. The findings revealed that there was significant relationship between parent child conflict and psychosocial adjustment. There were no significant differences in parent-child conflict and psychosocial adjustment on the basis of gender. The research carries strong implication for developmental researchers and child psychologists.

Keywords: Parent-child conflict resolution, psychosocial.

Religious Orientation and Moral Development in School and College Students

Shafa Amjad (M.Sc 2012-2014)
Supervisor: Afsheen Masood, Ph.D

The present research aimed to explore the relationship between religious orientation and moral development in school and college students. It was hypothesized that there is likely to be a significant relationship between religious orientation and moral development. It was further hypothesized there is a gender differences in religious orientation and moral development. Correlation design was used to carry out the research. Purposive sampling was employed to select the sample from schools and colleges. The sample consisted of 100 students 47 boys and 53 girls. The students' age ranged in between 11-16 years. Strength of Religious Faith Questionnaire (Plannte, 1997), and Moral Development Scale (Malik, 2014), were used to collect data from schools and colleges. Pearson product moment correlation, Independent sample *t*-test were used to find the results.. Findings revealed that there was significant relationship between religious orientation and moral development. There were also significant gender differences in moral development but insignificant gender difference in religious orientation. The research has strong implications for researchers in gerontology and social psychology.

Keywords: Religious orientation, moral development, college students.

Personality Traits and Socio Demographic Differences in Social Competence of Orphan Adolescents

Amna Mujahid (M.Sc 2012-2014)
Supervisor: Fatima Kamran, Ph.D

This study was conducted to assess the relationship of personality traits with social competence of orphan adolescents. Effect of demographic variables in social competence of orphan adolescents was also assessed. Cross sectional research design was used to conduct the present study. The sample of current study consisted of 50 orphans who were living in orphanages. The sample consisted of both males ($n = 24$) and females ($n = 26$) with the age range of 15-18 years. Their mean age was 16 years and mean age at the admission in orphanage was 7 years. Ten Item

Personality Inventory by Gosling, Rentfrow and Swann (2003) was used to assess Big Five Personality traits and Social Competence Questionnaire by Sarason, Sarason, Hacker and Basham (1985) was used to assess social competence. It was hypothesized that extraversion, agreeableness and conscientiousness are positively and neuroticism is negatively related with social competence. It was also hypothesized that socio demographic variables might be significant predictors of social competence. Pearson product moment correlation was used to see relationship among personality traits, demographic variables and social competence and results showed that only conscientiousness was significantly positively related to social competence but other traits extraversion, agreeableness, openness and neuroticism were not significantly related to social competence. Multiple regression was used to see the influence of personality traits and socio demographic factors on social competence and results revealed that only conscientiousness predicted social competence of orphan adolescents. Among demographic factors only gender was significantly predicted effective social interaction Independent sample *t*-test was used to evaluate the difference between gender and type of orphan in social competence and results showed that boys were more socially competent than girls which was opposite to previous researches it may be because of cultural differences as in our society boys are more dominant than girls and have more opportunities to go out of home and make friends than girls.

Keywords: Personality traits, socio demographic, social competence.

Shyness, Loneliness and Social Adjustment of Students Residing in Punjab University Hostels

Nazia Iqbal (BS 2010-2014)

Supervisor: Shahnila Tariq

The present research aimed to investigate the impact of shyness and loneliness on social adjustment of students residing in Punjab University hostels. It was hypothesized that there is likely to be a relationship between shyness, loneliness and social adjustment among students residing in hostels. Purposive sampling technique was used for data collection. Sample size was ($N = 180$) (90 previously residing and 90 new comers, with equal distribution on the basis of gender) taken from Punjab University hostels of Lahore. In this study between group design

was used. Three self-reported questionnaires were used for data collection. Shyness was measured from Revised Check and Bus Shyness Scale (RCBS), (Check, 1983). UCLA Loneliness scale (Russell, Peplau, & Ferguson, 1978) for loneliness and Adjustment Inventory (Sinha & Singh, 2002). Results indicated that there was positive correlation between shyness, loneliness but negative correlation of social adjustment with shyness and loneliness. There were no significant difference in level of shyness, loneliness and social adjustment among new and old student residing in hostel. But there were highly significant difference among males and females level of shyness, loneliness and social adjustment. Other findings show that there was significant difference in shyness among students family system. The regression analysis showed that both shyness and loneliness are the predictors of social adjustment.

Keywords: Shyness, loneliness, social adjustment

Emotional Maturity and Reaction to Frustration of Adolescents Living in Orphanages

Hina Noreen (M.Sc 2012-2014)

Supervisor: Faiz Younas

The Present research investigated the relationship between emotional maturity and reaction to frustration among adolescents living in orphanages. It was hypothesized that there would be a positive relationship between emotional maturity and reaction to frustration of adolescents living in orphanages. It was also hypothesized that there would be a significant difference on emotional instability and aggressive reaction to frustration in males and females. Cross-sectional design was performed. Sample of ($N = 80$) orphans ($n = 40$) males and ($n = 40$) females was recruited from both the branches of Dar ul Shafqat. Emotional Maturity Scale (Singh Barghava, 1971) and Reaction to Frustration Scale (Dixit & Sarisvastava, 1997) were used to assess the study variables. Pearson product movement correlation and independent sample t -test were used to generate results that indicated that there was no relationship between emotional maturity and reaction to frustration. It was also assessed that females were more emotionally unstable as compared to males and males use more aggressive reaction to frustration. The findings of the research are helpful for the betterment of emotional

maturity of the orphans to make changes to the environment to reduce the frustration and aggression of the adolescents living there.

Keywords: Emotional maturity, frustration, orphanages.

Sport Psychology

Coach Athlete Relationship and Team Cohesion in the University Athlete's Performance

Muneeb ul Haq (BS 2010-2014)

Supervisor: Rukhsana Kausar, Ph.D

The present research was conducted to investigate coach-athlete relationship and team-cohesion in university athletes' performance. It was hypothesized that there is likely to be a positive relationship between coach-athlete relationship and team-cohesion. It was also hypothesized that strong coach athlete relationship is likely to be associated with better performance of the athlete and that there is likely to be a positive relationship between team-cohesion and performance of athletes. It was hypothesized that Coach-athlete relationship, team cohesion is likely to interact with athlete performance Cohort research design was used and non-probability purposive sampling technique was used for data collection. Sample comprised of University athletes ($n = 55$) with mean age of 18-27years, University Coaches ($n = 5$) with mean age of 38.65, and Team Managers ($n = 5$) of different games (Cricket, Football, Tug of war, Rugby & Wrestling) with mean age of 42.93. Coach-athlete relationship questionnaire (Jowett & Ntoumanis, 2002) was used to assess the relationship between coaches and athletes and the youth environment questionnaire (Eys, Loughed, Bray & Carson, 2009) was used to find out cohesion between team members. Self-constructed performance checklist was used to find out performance level of the athletes. Correlation analysis was used to examine correlation between coach-athlete relationship and team cohesion in their performance. Findings of the study suggest that team cohesion and social cohesion was significantly positively correlated with coach-athlete relationship reported by athletes while non-significant with coach-athlete relationship according to coach and there was non-significant relationship of performance with cohesion and coach-athlete relationship. Findings of the study have the implications for improving team cohesion which will in turn lead to better performance.

Keywords: Coach athlete relationship, team cohesion, athlete's performance.

Author Index

A

Abdul Khaliq, Ayesha. 20
 Afshan Sahar. 51
 Aftab, Fatima. 28
 Afzal, Ameena. 31
 Ahmad, Fatima. 29
 Ahmed, Rabia. 65
 Akbar, Rabia. 58
 Alam, Qurat ul Ain. 20
 Alishba Hania. 53
 Amanat Ali, Sara. 33
 Amin, Zunaira. 61
 AminaSadia. 76
 Amjad, Naumana. 18, 31, 53, 54, 56
 Amjad, Shafa. 85
 Amtul Aziz, Izzah. 66
 Arif, Fatima. 39
 Arshad, Azka. 57
 Ashfaq, Muhammad. 67
 Ashraf, Nadia. 11
 Ashraf, Rakia. 49
 Ata, Saleha. 76
 Azam, Ayesha. 36

B

Batool, Asma. 34
 Batool, Hooria. 27
 Butt, Jaleesha. 23

F

Farah Naz. 79
 Farooq, Zaeema. 83
 Farooqi, Yasmin. 2
 Fatima, Iram. 11, 12, 13, 19, 27, 32, 38, 42, 55, 57, 58, 59, 82, 83

G

Ghaffar, Khalid. 26
 Ghizal Roshan, Amber. 47
 Gul-e-Sehar. 13
 Gull, Sherin. 25

H

Habib Kayani, Sania. 71
 Hafeez, Alishba. 12
 Hasnain, Syeda Fatima. 16, 30
 Hassan, Faseeha. 53
 Hina Noreen. 87
 Hira Tabassum. 59
 Hooria Batool. 17

I

- Idrees, Ayesha. 80
- Idrees, Mehwish. 58
- Iftikhar, Maryam. 74
- Ijaz, Ali. 59
- Imran, Muhammad. 75
- Intiaz, Nafisa. 46
- Iqbal, Maryam. 35
- Iqbal, Nazia. 86
- Irfan, Mehwish. 19

J

- Jamal, Yousaf. 2
- Javed, Zarish. 51
- Javed, Zunaira. 81

K

- Kamran, Fatima. 43, 44, 45, 46, 85
- Kanwal, Sara. 82
- Kanwal, Sitara. 38
- Karim Khan, Arooj. 44
- Kausar, Rukhsana. 9, 10, 14, 15, 16, 17, 18, 23, 24, 25, 28, 29, 30, 39, 40, 79, 80, 81, 82, 89
- Khalid, Shazia. 60, 61, 62, 63, 64, 65
- Khalid, Ruhi. 4
- Khan, Soulat. 10, 81

L

- Laiba Shaheen. 84
- Lal Din, Sadaf. 14
- Latif, Aqsa. 32

M

- Majeed, Saima. 41
- Malik, Farah. 26, 41
- Malik, Sadia. 70
- Masood, Afsheen. 33, 34, 35, 59, 84, 85
- Mazhar Khan, Seemal. 72
- Mehboob, Tayyaba. 19
- Mubashir, Tahira. 66, 67, 68, 69, 70, 71, 72
- Muhammad, Hareem. 35
- Mujahid, Amna. 85
- Munawar, Nayab. 16
- Muneeb ul Haq. 89
- Muqaddsa. 54
- Mushtaq, Faiza. 39
- Mushtaq, Riffat. 41
- N**
- Naheed, Shaista. 40
- Najam, Beenish. 32
- Najam, Najma. 6

Nasim, Farhana. 25

Nazir, Rehana. 4

Niaz, Aqsa. 37

Noreen, Sumrah. 50

Nusrat, Tayyaba. 64

Q

Qurat ul Ain. 32

Qurat ul Ain. 42

Qureshi, Amarah. 42

R

Rafique, Amna. 38

Ramzan, Iqra. 21

Ramzan, Nasreen. 15

Rana Dildar, Sadia. 40

Rasheed, Khadija. 78

Rashid, Nazish. 51

Rasool, Faiza. 18

Rehman, Namra. 69

Riaz, Muhammad, 1

S

Safdar, Faiza. 18

Saira Batool. 80

Sajid, Syeda Rabia. 55

Saleem Muhammad, Mazhar

Saleem, Sadaf. 64

Saleem, Zunaira. 22

Sarwar, Aneeza. 17

Shabbir, Iqra. 82

Shabbir, Muqaddas. 82

Shabbir, Nazish. 62

Shahid, Muhammad. 68

Shakeel, Hina. 18

Sharif, Alia. 47

Sheerazi, Shiza. 45

Sheikh, Hamid. 1

Siddique, Sumera. 32

Sidra tul Muntaha. 30

T

Tabassum Shahzadi. 63

Tahir, Madiha. 73

Tanvir Ahmed, Shahida. 6

Tariq, Anam. 26

Tariq, Omama. 20, 21, 47, 48, 50, 51

Tariq, Shahnaila. 66, 74, 76, 86

W

Waheed, Sadaf. 17

Y

Yaquob, Farah. 14

Yasin, Tehreem. 60

Younas, Faiz. 22, 36, 37, 51, 73, 77, 87

Younas, Saleha. 83

Yousaf, Iqra. 22

Yousaf, Anum. 48

Yousaf, Asia. 66

Yousaf, Ayesha. 77

Z

Zafar, Nida. 24

Zahra, Andleeb. 39

Zozia Kiran. 44

Zulfiqar, Iqra. 43

Zulfiqar, Somia. 56



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



Department of Press & Publications