

# **Psychological Abstracts**

**2013-2015**



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

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Subscription rate: 250 Pak Rupee (Price does not include postal charges)

## **Editorial**

The Institute of Applied Psychology is publishing the 7<sup>th</sup> volume of Psychological Abstracts. Effort is made to compile an empirical research work undertaken by the BS, M.Sc., M.Phil and Ph.D scholars of the Institute. It involved practical efforts of a team which was involved in compilation, organization, rewriting in some cases and final formatting of the material. The abstracts have been organized according to different areas of specialization.

The team comprised of the editor, Ms. Asma Khalid (Research Scholar), and Mr. Yasir Hanif (Network Assistant). The credit goes to the team and researchers (students and supervisors) whose work is being published. We are thankful to our faculty members for timely provision of abstracts of their students' theses. I would like to acknowledge Ms. Zaeema Farooq for final proof reading. We aspire that publishing psychological abstracts remains a regular feature.

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

Psychological abstracts have been assigned an ISBN (978-969-9559) by The National Library of Pakistan.

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

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## **PhD Scholars' Theses**

## **Parenting Styles, Parenting Practices and Oppositional Behaviour among School Going Boys**

Aysha Sheraz (PhD, 2014)  
Supervisor: Najma Najam, PhD

The present research was aimed at investigating the relationship between parenting styles, parenting practices and oppositional behaviour among Pakistani school going boys of age ranging 8 to 15 years. In addition, the relationship between oppositional behaviour and attention deficit hyper activity was also examined. A series of studies were carried out to achieve research objectives. Study 1 and study 2 comprised of Translation and estimation of reliability and validity of the scales including Child and Disruptive Behaviour Inventory (Burns, 2010) and Parenting Styles and Dimension Questionnaire respectively (Robinson, Mandelco, Olsen & Hart, 2001). Both of the scales were translated into Urdu with the permission of respective authors. Two scales comprised of several sub scales and were found to be reliable and valid tools of assessment with adequate Cronbach's alpha, item-total correlations and significant positive correlations were found between the original scale and the translated Urdu version. A pilot study was carried out to assess the feasibility of a full-scale study. The main study examined the relationship among parenting styles, practices and oppositional behavior in school going boys by using the above mentioned scales. The participants of the study included teachers ( $N = 40$ ) and parents ( $N = 400$ ) of boys ( $N = 200$ ). The study hypothesized a significant positive relationship between authoritarian, permissive style/practices and oppositional behaviour and negative relationship between authoritative parenting styles/practices and oppositional behaviour. It was also anticipated that mothers and teachers reports for boys oppositional behaviour and attention deficit hyper activity will positively correlate with each other. Assessment of oppositional behaviour was conducted in two different settings, school and home using parent and teacher versions of Child and Adolescent Disruptive Behaviour Inventory (Urdu version). The parenting styles of parents (mother and father) were measured by using Parenting Styles and Dimension questionnaire (Urdu version). The results indicated a significant positive relationship among authoritarian and permissive parenting styles/practices of both parents and oppositional behaviour toward adults and toward siblings as reported by mothers and reported by teachers. Hypothesis pertaining to relationship

between authoritative parenting styles and oppositional behaviour toward adult and sibling was partially supported. Further, mothers and teachers reports of boys oppositional behaviour toward adults and toward siblings/peers were positively correlated with each other. Similarly, mothers and teachers reports of boys attention deficit/hyperactivity were positively correlated with each other and further, mothers as well as teachers reported attention deficit hyper activity to be correlated with mothers as well as teacher reported oppositional behaviour toward adult and toward siblings. Findings revealed that fathers self-reported permissive parenting styles explained 4% and mothers 3% of the variance in boys oppositional behaviors toward adult and toward siblings respectively. While specific parenting practices (mothers verbal hostility, fathers indulgence and fathers autonomy granting) explained 6% of the variance in boys oppositional toward adults and mothers indulgence and fathers autonomy granting explained 3% of the variance in boys oppositional toward siblings. The findings of the study have implications for teachers and parents.

*Keywords:* Parenting styles, parenting practices, oppositional behaviour.

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### **Depression, Behavioral Executive Functioning and Adjustment Problems of Adolescents with Learning Disabilities in Pakistan**

Farzana Ashraf (PhD, 2015)  
Supervisor: Najma Najam, PhD

Adolescents with learning disabilities often experience significant psychological disturbances. There is some evidence to suggest that these psychological problems may be related to mental health, behavioral executive functioning and adjustment problems that are linked to their learning disabilities. Adolescence is a crucial phase of development as adolescents experience more transitional changes than any other age group, primarily because this phase is characterized by abrupt fluctuations in development. Many areas of adolescence research have signified the impact of learning disabilities on adolescents' overall psychological functioning pertaining to mental health, behavioral issues and adjustment problems. This research investigates the impact of learning disabilities on mental health (depression), behavioral executive functioning and adjustment problems in adolescents. The aim of present study was; (i) to examine whether learning disabilities are likely to have

significant impact on adolescents' mental health (depression), behavioral executive functioning and adjustment; (ii) to find out differences in depression, behavioral executive functioning and adjustment problems across genders, ages (early and middle adolescence) and school (public and private); (iii) to test whether learning disabilities are likely to predict depression, behavioral executive functioning and adjustment problems in adolescents. The participants of study comprised of 217 adolescents (male = 112, female = 105), ages across 11 to 16 years. Sample was recruited through systematic random sampling technique. The measurement tools used for assessment of learning disabilities, depression, behavioral executive functioning and adjustment problems were, Learning Disabilities Checklist (Ashraf & Najam, 2014), Children Depression Inventory (Kovacs, 1981), Behavioral Rating Inventory of Executive Functioning (Gioia, Isquith, Guy & Kenworthy, 2000) and Personality Inventory for Children (Wirt, Lachar, Klinedinst, Seat & Broen, 1977) respectively. Analysis revealed that learning disabilities have significant impact on depression and adjustment problems as adolescents with learning disabilities scored high on study variables than their peers without learning disabilities. Moreover, learning disabilities were positively correlated with depression and adjustment problems in adolescents. Male adolescents with learning disabilities manifest more adjustment problems and female adolescents with learning disabilities reported more depression, behavioral executive malfunctioning and adjustment problems than those with no learning disabilities. Additional analysis indicated that adolescents in junior classes reported higher level of learning disabilities and behavioral executive malfunctioning. It was also found that middle adolescent with learning disabilities reported poor behavioral executive functioning and adjustment problems than their peers with no learning disabilities. Present study finding revealed learning disabilities as a strong predictor of depression and adjustment problems in adolescents of public school when compared with those from private schools. Findings of present study have important implications for teachers, researchers and school psychologists in taking suitable measures for management of learning disabilities in more significant ways among school going adolescents.

*Keywords:* Learning disabilities, depression, behavioral executive functioning, adjustment problems.

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## **MPhil Theses**

## **Concern for Future Consequences, Diabetes Management Self-Efficacy, Self-Care Activities, Barriers to Adherence and Adherence in Persons with Type II Diabetes**

Ahmed Bilal (MPhil, 2011-2013)  
Supervisor: Rukhsana Kausar, PhD

The present study examined the causes of non-adherence among persons with diabetes and the relationship between concern of future consequences, diabetes management self-efficacy, diabetes self-care activities, environmental barriers to adherence, and medication adherence. The qualitative study consisted of interviews of 8 persons with type II diabetes aged 38-55 and 6 medical doctors aged 35-56 recruited through convenience sampling. IPA indicated five major reasons for non-adherence i.e., lack of knowledge, faulty beliefs, life choices, personal and non-personal factors. Quantitative study examined the relationship between concern of future consequences, diabetes management self-efficacy, diabetes self-care activities, environmental barriers to adherence, and medication adherence. Through purposive sampling 143 persons with type II diabetes aged 20 to 65 years were assessed using Urdu versions of scales. Correlation analyses revealed that future consequences were negatively correlated with adherence and environmental barriers whereas positively correlated with diabetes management self-efficacy and self-care activities. Immediate consequences were negatively correlated with adherence, barriers and self-care activities whereas positively correlated with diabetes management self-efficacy. Mediation analyses suggested adherence was positively predicted by self-care activities and future consequences while immediate consequences and self-efficacy negatively predicted adherence. Self-efficacy moderated in relationship between self-care activities and adherence. Environmental barriers moderated between concern for future consequences and adherence. Diabetic adherence is better understood as a matrix between future consequences, self-efficacy, barriers and self-efficacy working in tandem. Diabetes management self-efficacy was negatively correlated with barriers and positively correlated with adherence. The theoretical implication of this study lay in its contribution to the field of health and counseling psychology.

*Keywords:* Diabetes management self-efficacy, self-care activities, barriers to adherence, type II diabetes.

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## **Psychological Skills and Choking in First Class, National and International Cricketers**

Vicar Solomon (MPhil, 2013-2015)

Supervisor: Rukhsana Kausar, PhD

The present research was carried out to find out differences between psychological skills and choking in first class, national, and international cricketers. It comprised of three studies. Study one aimed to investigate knowledge and awareness of cricketers about psychological skills and the role of psychological health along with physical fitness. For this purpose, focus group discussion and semi structured interviews were conducted on five Under19 cricketers and six cricketers of Pakistan Cricket Team. Thematic analysis was carried out. Ten themes were emerged; (1) change in nature of cricket; (2) importance of psychological skills; (3) sense of cohesiveness; (4) psychological control on cricket related issues; (5) improvement in cricket through psychological preparation; (6) freshness of mind; (7) adherence to coaches for mental strengths; (8) importance of psychological health; (9) dealing pressure effectively; and (10) positive mind set. Study two was carried out to develop an indigenous Cricketers' Psychological Skills Scale. Factor analysis yielded two distinct factors: Psychological Facilitators and Psychological Distractors. Third study aimed to find out differences between psychological skills and choking in first class, national, and international cricketers. It was hypothesized that; (a) there would be differences in psychological skills and choking among cricketers playing at different playing levels (national, international, and first class cricketers); (b) there would be differences in psychological skills and choking among cricketers playing at different playing positions (opener, middle order, all-rounder, and bowler); (c) there would be negative relationship between psychological skills and choking and; (d) psychological skills will predict choking. Between subject research design was used. The sample of 227 (first class, national, and international cricketers) was collected through purposive sampling. Measures included Cricketer's Psychological Skills Scale (Solomon & Kausar, 2015) and Sports Competition Anxiety Test (Marten, 1990). Results revealed that there were no mean differences for playing levels (first class, national, and international) and playing positions (opener, middle order, all-rounder and bowler) in psychological skills (psychological facilitators and psychological distractors) and choking. Age and playing duration were found to be significantly positively

correlated with psychological facilitators. Psychological facilitators were significantly negatively correlated with psychological distractors and choking. Psychological distractors emerged as significant predictors of choking. This research would be helpful for Pakistan Cricket Board and National Cricket Academy to inculcate psychological skills in cricketers through training programs for them to improve players' psychological abilities and enhancing skills.

*Keywords:* Psychological skills, choking, cricketers.

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### **Spousal Communication, Personal Values, Intimacy and Well-Being in Couples**

Shehnaz Bano (MPhil, 2013-2015)

Supervisor: Rukhsana Kausar, PhD

The present research was carried out to find the relationship between spousal communication, personal values, intimacy and well-being in couples. It was hypothesized that; (a) Spousal communication is likely to predict well-being in couples; (b) Personal values are likely to moderate the relationship between spousal communication and well-being; (c) Intimacy is likely to mediate the relationship between spousal communication and well-being; (d) The interaction of spousal communication and personal values is likely to predict well-being through intimacy. By using convenient sampling technique, data were collected from 125 couples (husbands = 125, wives = 125). Measures included The Dutch Marital Satisfaction and Communication Questionnaire, Values and Attitude Scale, The intimate Relationship Questionnaire and Subjective Well-being Scale (Hill et.al., 2012, 2013). Data were analyzed as a whole (couples) and separately for husbands and wives. Results revealed that there was significant positive relationship between positive communication, self-transcendence value, intimacy and well-being in couples. Personal values as a whole moderated the relationship between negative communication and well-being in couples and husbands also. Intimacy was found to mediate the relationship between positive communication and well-being as well as negative communication and well-being in couples and in husbands and wives both. Interaction of negative communication and personal values was found to predict the well-being through intimacy in husbands. The findings of this study may guide couples to consider the important factors for their happy married life and have implication for marriage counseling.

*Keywords:* Spousal communication, personal values, intimacy, well-being.

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## **Resilience, Cognitive Appraisal, Posttraumatic Growth and Quality of Interpersonal Relationships among Flood affected Adolescents**

Amna Liaquat (MS Health, 2013-2015)

Supervisor: Rukhsana Kausar, PhD

The present study aimed to investigate the mediating role of cognitive appraisal between resilience, post-traumatic growth and quality of interpersonal relationships in flood affected adolescents. It was hypothesized that there is likely to be a positive relationship between resilience, post-traumatic growth and quality of interpersonal relationships; resilience and cognitive appraisal is likely to predict post-traumatic growth and quality of interpersonal relationships; cognitive appraisal would be mediate the relationship of resilience with post-traumatic growth and quality of interpersonal relationships. Correlational research design and purposive sampling technique was used. Sample of 197 adolescents including both boys ( $n = 99$ ) and girls ( $n = 98$ ) was selected from schools of flood affected district Muzaffargarh. State Trait Resilience Scale (Hiew, 2007), Stress Appraisal Measure (SAM) (Peacock & Wong, 1990), Post-traumatic Growth Inventory for Children-Revised (PTGI-R) (Calhoun & Tedeschi, 2006; Kilmer, 2006), and The Network of Relationships (Relationship Quality Version) (Furman & Buhrmester, 1985) Urdu translated versions of all these scales were used. Correlation and mediation through Structured Equation Modeling (SEM), were conducted to test the proposed hypotheses. Results showed that state and trait resilience (inter & intra) had significant positive relationship with cognitive appraisals and post-traumatic growth. Cognitive Appraisal had significant positive relationships with post-traumatic growth. Post-traumatic growth had significant relationships with quality of interpersonal relationships. Male gender was a significant predictor of post-traumatic growth and quality of interpersonal relationship. State Trait Resilience significantly predicted cognitive appraisals, post-traumatic growth and quality of interpersonal relationships. Almost all types of cognitive appraisal significantly predicted post-traumatic growth and quality of interpersonal relationships. Findings of mediation analysis showed that all types of cognitive appraisals were significant mediators between state-trait

resilience, post-traumatic growth and quality of interpersonal relationships. The findings of this study will help design prevention programs which could be introduced in form of specific classroom lessons about trauma and its possible consequences, and to train teachers about disaster recovery techniques.

*Keywords:* Resilience, cognitive appraisal, post-traumatic growth, quality of interpersonal relationships.

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### **Gender Differences in Dysfunctional Eating and Metacognitive Beliefs**

Fatima Chohan (MS Health, 2013-2015)

Supervisor: Rukhsana Kausar, PhD

The present research aimed to explore metacognitive beliefs, meta-emotions and dysfunctional eating in university students. It was hypothesized that there would be a relationship between metacognitions, meta-emotions and dysfunctional eating in boys and girls; gender would be moderate the relationship between metacognitions, meta-emotions and dysfunctional eating; there would be gender differences in metacognitions, meta-emotions and dysfunctional eating. Correlational research design was used. The sample of 200 university students including both boys ( $n = 100$ ) and girls ( $n = 100$ ) was selected from different departments of Government College University and University of the Punjab, Lahore. Metacognitions Questionnaire (Wells & Cartwright, 2004), Beliefs about Emotions Questionnaire (Manser et.al, 2011) and Three-Factor Eating Questionnaire-R18 (Karlsson, Persson, Sjostrom, & Sullivan, 2000) were used to assess studied variables. Correlation, hierarchical regression and independent samples *t*-test were conducted to analyze data. Cognitive restraint had a significant positive relationship with cognitive confidence in boys and with positive beliefs, need to control thought and contagious emotions in girls. Uncontrolled eating had a significant positive relationship with negative beliefs, cognitive confidence in both boys and girls and had a positive relationship with overwhelming and contagious emotions in boys and shameful emotions in girls. Emotional eating had a significant positive relationship with cognitive confidence and cognitive consciousness in boys and with cognitive confidence and invalid emotion in girls. Gender did not moderate the relationship between metacognition, meta-emotions and dysfunctional eating. The findings of this study will help to design

intervention strategies for students to improve their dysfunctional eating patterns.

*Keywords:* Metacognitive beliefs, meta-emotions, dysfunctional eating, university students.

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## **Predictors of Sexual Orientation and its Implications for Adolescents**

Andleeb Zahra (MPhil, 2012-2014)

Supervisors: Rukhsana Kausar, PhD & Farah Malik, PhD

The aim of current research was to explore predictors and implications of inclination towards homosexual or heterosexual orientation. It was hypothesized that; (a) personality, parent peer attachment and early gender related characteristics would be predicted sexual orientation in adolescents; (b) the adolescents who are higher on the sexual inclination towards the same and opposite sex would differ from adolescents with lower inclination towards the same and opposite sex on gender identity and body image. The research consisted of three studies. The first study was carried out to develop indigenous sexual orientation scale. The sample consisted of 7 homosexuals, 20 heterosexuals and 4 teachers who were approached for interviews in order to generate items for the scale. After item generation, first layout of the scale was developed. In second study, Sexual Orientation Scale's psychometric properties were established. The sample consisted of 425 adolescents with age range 14 to 17 ( $M = 16.68$ ,  $SD = 1.41$  and  $M = 15.56$ ,  $SD = 2.14$  for girls and boys respectively). Principle component analysis revealed five subscales for both boys and girls i.e. sexual inclination towards same sex, sexual inclination towards opposite sex, early preferences for boys' characteristics, early preferences for girls' characteristics and mixed characteristics. In third study, predictors and implications of sexual orientation were explored. The sample consisted of 190 adolescents selected from different public and private schools and colleges. They ranged in ages between 14 to 17 years ( $M = 15.57$ ,  $SD = 2.14$ ). Sexual Orientation Scale, Big Five Inventory-10 (BFI-10), Inventory of Parent and Peer Attachment (IPPA), The Gender Identity/Gender Dysphoria Questionnaire for Adolescents and Adults and Multidimensional Body-Self Relations Questionnaire- Appearance Scales were used for assessment. Attachment with father was found to be the negative predictor and openness, attachment with father and peer and early preferences for boys' characteristics were found to be positive predictors

of sexual inclination towards same sex in girls. Extraversion and early preferences for girls' characteristics was positive predictor of sexual inclination towards same sex for boys. Significant group differences were found between those who had higher and lower on sexual inclination for same sex. There is need to improve their attachment of adolescents with their parents as it is playing important role in sexual preferences as well as there is no need to work on their body image is also needed.

*Keywords:* Sexual orientation, sexual inclination, adolescents.

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### **Parental Involvement/Control, Childhood Conduct Problems, and Aggression as Predictors of Psychopathic Tendencies in Adolescents**

Aneeza Sarwar (MPhil, 2011-2013)

Supervisors: Rukhsana Kausar, PhD & Farah Malik, PhD

The present study examined psychopathic tendencies of adolescents in terms of its predictors. It was hypothesized that a parental involvement/control, childhood conduct problems and aggression are likely to predict psychopathic tendencies in adolescents, b: childhood conduct problems and aggression are likely to mediate the relationship between parental involvement/control and psychopathic tendencies, c: there are likely to be gender differences in psychopathic tendencies of adolescents. The sample composed of 200 students selected from different academies of Lahore. The age range of the students was 14-18 years ( $M = 16.07$ ,  $SD = 1.27$ ). The data were collected by using Childhood Psychopathy Scale (Lynam, 1997), Child Parental Acceptance-Rejection Questionnaire (control (to assess parental involvement and parental control); (Rohner & Khaleque), Peer conflict Scale (Marsee & Frick, 2007) and a self-developed childhood conduct problems questionnaire based on the DSM-V criteria of conduct disorder. The data were analyzed using, Pearson product moment correlation, mediation path analyses, independent samples  $t$ -test and two-way ANOVA. The results showed that parental involvement and childhood conduct problems were strong predictors of psychopathic tendencies in adolescents. Meditational analysis further revealed that childhood conduct problems mediated the relationship between parental involvement and psychopathic tendencies. Significant gender differences were found in psychopathic tendencies of adolescents i.e., boys were found to have more psychopathic tendencies as compared to girls. The findings of the present study indicate the prevalence and predictors of

psychopathic tendencies in students which are of great significance for early prevention and management of these tendencies in adolescents.

*Keywords:* Parental involvement/control, childhood conduct problems, aggression, psychopathic tendencies, adolescents.

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### **Child Maltreatment, Self-Compassion, Empathy, and Emotional Dysregulation in Destitute Adolescents**

Khalid Ghaffar (MPhil, 2012-2014)

Supervisor: Farah Malik, PhD

The present research was conducted to investigate the relationship between child maltreatment, empathy, self-compassion, and emotional dysregulation. Correlational research design, cross-sectional survey method, was used to conduct the present study. The sample for this research was consisted of 200 adolescents whose age ranged 13-18 years ( $M = 15.06$ ,  $SD = 1.42$ ). The data of destitute adolescents were drawn from the child protection bureau, Lahore and a control group was drawn from different schools and colleges in Lahore. Adolescent Child Abuse Scale-Revised (Saeed & Malik, 2012), Self-Compassion Scale (Neff, 2003) Basic Empathy Scale (BES) (Jolliffe & Farrington, 2006) and Difficulties with Emotion Regulation Scale (Gratz & Roemer, 2003) were used to collect data. Data was analyzed through SPSS. Child maltreatment was significantly negatively correlated with self-compassion, child maltreatment was significantly positively correlated with emotional dysregulation. Self-compassion was negatively correlated with emotional dysregulation. Self-compassion and empathy mediate the relationship between child maltreatment and emotional dysregulation. Child maltreatment and empathy significantly predicted emotional dysregulation. There were gender differences regarding empathy, self-compassion, child maltreatment, and emotional dysregulation. Destitute adolescents were high on child maltreatment and emotional dysregulation as compared to home living adolescents and home living adolescents were high on self-compassion and empathy as compared to home living adolescents.

*Keywords:* Empathy, self-compassion, childhood maltreatment, emotional dysregulation, destitute adolescent.

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## **Music Engagement, Emotional Responses, Peak Experience of Music and Wellbeing in Music Students and Cohorts**

Muhammad Faran (MPhil, 2013-2015)

Supervisor: Farah Malik, PhD

The present study investigated the relationship between music engagement, emotional response, peak experience of music and wellbeing in music and non-music students. It was hypothesized that styles of music engagements, emotional responses, peak experience of music will predict wellbeing among music and non-music students and the indirect effect of peak experience of music between music engagements and wellbeing will be moderated by emotional responses. In the first phase of the study Peak Experience of Music Scale (PEMS) was constructed and validated along with translation of the Music Use MUSE Questionnaire (Chin & Rickard, 2012), Brief Mood Introspection Scale (Mayer & Gaschke, 1988), Mental Health Continuum-Short Form (Keyes et al., 2008) into Urdu. The convenient sample of 312 students including 155 music and 157 non-music students with age range of 18-26 years ( $M = 21.52$ ,  $SD = 2.34$ ) was drawn from the Punjab, Government College University, University of Lahore, National College of Arts, Al-Humra Art Council, Sanjan Nagar and other private music academies of Lahore. The results of Pearson product moment correlation revealed a positive relationship between music engagement, emotional response, peak experience of music and wellbeing. The results of SEM through AMOS revealed that music engagement, emotional response and peak experience of music positively predicted wellbeing, whereas peak experience of music and emotional response found to be significant mediator between music engagement and wellbeing, while emotional response was found to be a significant moderator between music engagement and wellbeing. However the indirect effect of peak experience of music between the interaction of music engagement and emotional response with wellbeing was found to be non-significant. The study contributed in the form of an indigenous scale to assess Peak Experience of Music and results have been discussed in the light of previous literature.

**Keywords:** Music engagement, emotional responses, music students, cohorts.

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## **Self-Transcendence, Sense of Coherence and Perceived Health in Patients with Coronary Angioplasty**

Rida-ul-Wafa (MPhil, 2013-2015)

Supervisor: Farah Malik, PhD

The present study investigated the relationship between self-transcendence, sense of coherence and perceived physical and mental health of patients with coronary angioplasty. It was hypothesized that self-transcendence and sense of coherence will have a positive relationship and will positively predict the perceived physical and mental health in patients with coronary angioplasty. It was also hypothesized that sense of coherence (comprehensibility, manageability and meaningfulness) will moderate the relationship between self-transcendence and perceived physical and mental health. This study was a correlational research with cross-sectional design. A purposive sample of 120 patients who have undergone coronary angioplasty (with stent patients = 60 and without stent patients = 60; men = 60 and women = 60), with age range 36-70 years ( $M = 56.97$ ,  $SD = 9.35$  for men and  $M = 54.85$ ,  $SD = 9.65$  for women) was taken from three Govt. hospitals in Lahore and two private hospitals in Gujranwala. Measures included translated versions of Sense of Coherence Scale (Antonovsky, 1993), Self-Transcendence Scale (Reed, 1986) and RAND 36-Item Health Survey (Hays, Sherbourne, & Mazel, 1993). Results of Pearson product moment correlation revealed a positive relationship between self-transcendence, sense of coherence and perceived physical and mental health. The moderation analysis through hierarchical regression depicted that self-transcendence and sense of coherence positively predicted the perceived physical and mental health of patients with angioplasty and comprehensibility was the only factor that significantly moderated the relationship between self-transcendence and perceived physical and mental health. The results have been discussed in the light of existing literature and cultural context of Pakistan.

*Keywords:* Self-transcendence, sense of coherence, coronary angioplasty.

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## **Resilience, Life Orientation and Post-Traumatic Adjustment in The Patients with Burn Injury**

Ayishe Siddiqua (MS Health, 2013-2015)

Supervisor: Farah Malik, PhD

The present research investigated the role of resilience and life orientation in post-traumatic adjustment in the patients with burn injury. It was hypothesized that there will be a positive relationship between resilience, life orientation and post-traumatic adjustment in the patients with burn injury and life orientation will moderate the relationship between resilience and post traumatic adjustment. A purposive sample of 50 participants with burn injury (23 men and 27 women) was drawn from the Plastic Surgery and Burn Units of Jinnah hospital, Lahore. Patients included in the sample were on follow up visits at least for one month after getting discharged from the hospitals. The assessment measures used included State-Trait Resilience Scale (Hiew, 2007), Life Orientation Test (Scheier, Carver & Bridges, 1994), and Post-traumatic Adjustment Scale (Donnell et al, 2008). The results of Pearson Product Moment Correlation revealed resilience was positively correlated with optimism and negatively correlated with pessimism, post-traumatic adjustment-PTSD and post-traumatic adjustment-Depression. Optimism was significantly negatively correlated with post-traumatic adjustment-PTSD and post-traumatic adjustment-Depression, whereas pessimism had significant positive association with post-traumatic adjustment-PTSD. The moderation analysis through hierarchical regression showed that optimism and state resilience were significant negative predictors of post-traumatic adjustment-Depression. Results further revealed that interaction between state resilience and optimism also negatively predicted post-traumatic adjustment-Depression. The results have been discussed in the light of existing literature and socio-cultural context of Pakistan. Findings of the current study will be helpful for the psychologists and other health professionals to focus on the intervention plans for burn victims and to develop and implement rehabilitation programs for patients with burn injury.

*Keywords:* Resilience, life orientation, post-traumatic adjustment, burn injury.

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## **Fear of Negative Evaluation, Self-Disclosure and Loneliness in Hostel Students**

Ammara Sehar (MPhil, 2013-2015)

Supervisor: Naumana Amjad, PhD

The present research aimed to describe the phenomena of loneliness in relationship with fear of negative evaluation and self-disclosure in first year university students, living in hostels. It comprised of two studies. Study-I was a cross-sectional survey which investigated the mediating role of self-disclosure between fear of negative evaluation and loneliness. It was hypothesized that fear of negative evaluation and self-disclosure would predict loneliness. It was also hypothesized that self-disclosure would mediate the relationship between fear of negative evaluation and loneliness. Sample consisted of 200 first year university students (living in hostels) including equal number of both men and women with the age range from 18 to 25 years. Participants were recruited from hostels of different universities by non-probability convenient sampling technique. For the present study Brief Fear of Negative Evaluation-II (Carleton, Collimore, & Asmundson, 2007), The Distress Disclosure Index (Kahn & Hessling, 2001), UCLA Loneliness Scale (Version 3) (Russell, 1996), and Big Five Inventory-10 (Rammstedt & John, 2007) were used. Measures were translated in Urdu according to Mapi guidelines. Results revealed that fear of negative evaluation negatively predicted self-disclosure. Self-disclosure negatively predicted loneliness. Self-disclosure also mediated the relationship between fear of negative evaluation and loneliness. Moreover, it was found that first born students scored high on fear of negative evaluation. Following this a qualitative study was conducted to obtain in depth information on the phenomenon of loneliness. In study-II, the experiences of hostel students regarding loneliness and consequences faced by them were explored. A structured interview, consisting of five items, was developed. The sample consisted of six first year hostel students who scored high on UCLA loneliness scale. Qualitative data was analyzed through thematic analysis on the basis of contents of statements given by participants. The major emerged themes were: manifestation of loneliness, consequences of loneliness, and coping with loneliness. In general, current research has provided insight on the phenomenon of loneliness, its consequences and means that are used to deal with it.

*Keywords:* Fear of negative evaluation, self-disclosure, loneliness.

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## **Personal and Organizational Predictors of Social Loafing in Information Technology Sector**

Moona Mansur (MPhil, 2013-2015)

Supervisor: Naumana Amjad, PhD

Present research was carried out to find out different predictors of social loafing in organizational settings. It comprised of two studies. Study-I was a cross-sectional survey which investigated the personal (personality traits and need for cognition) and organizational (organizational justice and workplace friendship) predictors of social loafing in Information Technology (IT) sector. It was hypothesized that; (a) personality traits (conscientiousness, openness to experience and agreeableness), need for cognition, organizational justice (procedural, distributive, and interactional), and workplace friendship (friendship opportunity and friendship prevalence) will negatively predict social loafing in organizational settings; (b) Need for cognition will moderate the relationship of social loafing with organizational justice (procedural, distributive, and interactional) and workplace friendship (friendship opportunity and friendship prevalence). Sample was selected through convenient sampling technique. It comprised of 150 IT employees including both men and women working in different IT organizations of Lahore. The assessment measures included, Social Loafing Scale adapted from George's (1992) Scale, Big Five Inventory-10 (BFI-10; Rammstedt & John, 2007), Need for Cognition Scale (Cacioppo, Petty, & Kao, 1984), Organisational Justice Questionnaire (Niehoff, & Moorman, 1993), and Workplace Friendship Scale (WFS; Nielsen, Jex, & Adams, 2000). Measures were translated in Urdu according to the Mapi guidelines. Results indicated that conscientiousness, distributive justice, procedural justice and overall workplace friendship significantly predicted social loafing. It was also found that need for cognition significantly moderated the relationship of social loafing with distributive justice and overall workplace friendship. Following this a qualitative study was conducted to obtain in depth information on phenomenon of social loafing in organizational settings. Structured interviews were conducted consisting of three open ended questions were conducted. Sample consisted of six supervisors/team leads from different IT organizations. The study explored the perceptions of supervisors regarding phenomena of social loafing and its consequences. Thematic analysis was carried out. Three central themes emerged; (1) perceived

reasons of social loafing; (2) supervisor's observations of social loafers; (3) perceived consequences of social loafing. Overall this research has highlighted the phenomenon of social loafing and provided further exploration of reasons and consequences of this phenomenon.

*Keywords:* Organizational justice, workplace friendship, personality traits, need for cognition, social loafing.

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### **Relational Uncertainty, Partner Interference and Relational Turbulence in young Married Couples**

Zaeema Farooq (MPhil, 2012-2014)

Supervisor: Iram Fatima, PhD

The present correlational study aimed to investigate the relationship of relational uncertainty, partner interference with relational turbulence in young married couples. It was hypothesized that relational uncertainty and partner interference would be significant predictors of relational turbulence in young married individuals, husbands, wives and married couples. Trust and family interference were proposed co-variates. The sample comprised of 108 couples, ( $N = 216$ ) including 108 husbands and 108 wives, with age range 21-45 years ( $M = 30.71$ ,  $SD = 5.42$ ). The Relational Uncertainty Scale (Knobloch, 2007), Partner Interference Scale (Knobloch & Solomon, 2003), Relational Turbulence Scale (McLaren, 2008), Trust in Close Relationships Scale (Rempel, Holmes, & Zanna, 1985) and a self-constructed item measuring family interference were used to assess the study variables. Data were analyzed with structural equation modelling through AMOS in three major ways: (a) A causal model to test study variables in married individuals; (b) Actor-Partner Interdependence Model (APIM; Kenny, 1996) for assessment of the actor and partner effects of husbands and wives; (c) Assessing study variables at the dyadic level by Common Fate Model (Kenny, 1996; Peugh, DiLillo & Panuzio, 2013). Confirmatory Factor Analysis on relational uncertainty as a factor for self, partner and relationship uncertainty yielded high factor loadings. Results indicated that relational uncertainty and partner interference were positive predictors of relational turbulence in married individuals (causal model). Incorporating husbands and wives, wives' relational turbulence was positively predicted by wives' relational uncertainty and wives' partner interference. And husbands' relational turbulence was also positively predicted by wives' partner interference (APIM). It was further found

that relational uncertainty and partner interference yielded to be positive predictors of relational turbulence in married couples. The study has important implications in marital and couple counselling, to integrate understanding about the initial turbulence period in young married couples.

*Keywords:* Relational uncertainty, partner interference, relational turbulence.

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### **Perceived Social Support, Rejection Sensitivity, Self-Control and Adjustment in University Hostel Students**

Mahwish Idrees (MPhil, 2012-2014)

Supervisor: Iram Fatima, PhD

A correlational study was conducted to investigate the relationship of perceived social support, rejection sensitivity and self-control with adjustment in university hostel students ( $N = 230$ ). It was hypothesized that perceived social support, rejection sensitivity and self-control would predict adjustment (academic, social, personal-emotional, institutional attachment) in hostel students. Furthermore, it was hypothesized that self-control would moderate the relationship of perceived social support and rejection sensitivity with adjustment (academic, social, personal-emotional, institutional attachment). Multidimensional Scale of Perceived Social Support (Zimet, Delhem, Zimet & Farley, 1988), Adult-Rejection Sensitivity Questionnaire (Downey, Brenson & Kang, 2006), 10-Item Brief Self Control Questionnaire (Tangney, Baumister & Boone, 2004) and Student Adaptation to College Questionnaire (Baker & Siryk, 1999) were used to assess social support, rejection sensitivity, self-control and adjustment respectively. Hierarchical regression was used to test prediction hypotheses whereas moderation was analyzed through PROCESS Macro by Hayes (2013). Results indicated that self-control moderated the relationship between perceived social support and social, personal-emotional, institutional and overall adjustment whereas no interaction between rejection sensitivity and self-control on adjustment domains (academic, social, personal-emotional, institutional attachment) and overall adjustment was observed. However, rejection sensitivity negatively predicted academic, social, institutional and overall adjustment. The study has important implications in identifying the variables responsible for effecting student's adjustment and aid student counselors in improving their adjustment.

*Keywords:* Social Support, rejection sensitivity, self-control, adjustment, hostel students.

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**Personal Belief in Just World, Self-Compassion, Body Appreciation and Quality of Life in Individuals with Amputation Using and not Using Prosthesis**

Farhat-ul-Ain (MS Health, 2013-2015)

Supervisor: Iram Fatima, PhD

The present study aimed to explore the role of personal belief in a just world and self-compassion in body appreciation, quality of life and its domains (health and functioning, psychological/spiritual, social and economic and family quality of life) in individuals with amputation not using prosthesis and using prosthesis. It was hypothesized that personal belief in a just world and self-compassion would predict body appreciation, quality of life and its domains in individuals with amputation not using prosthesis and using prosthesis. Moreover, these relationships would be stronger in individuals with amputations not using prosthesis compared to individuals using prosthesis. Between group research design was used. The sample of 78 individuals using prosthesis ( $n = 39$ ) and not using prosthesis ( $n = 39$ ) was selected. Urdu translated version of Personal Belief in Just World Scale (PBJW) (Dalbert, 1999), Self-Compassion Scale (Neff, 2011), Body Appreciation Scale (Avalos, Tylka & Barcalow, 2006) and Quality of Life Scale (Ferrens & Powers, 1988) were used to assess personal belief in just world, self-compassion, body appreciation and quality of life respectively. The results revealed that personal belief in just world positively predicted body appreciation in both groups. However, self-compassion predicted body appreciation only in individuals with amputation using prosthesis. Further, only self-compassion positively predicted quality of life and its domains in both groups. The findings of the current study have important implications in the field of health psychology and can help health psychologists improve quality of life in individuals with amputation.

*Keywords:* Belief in just world, self-compassion, body appreciation, quality of life, amputation.

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## **Work Family Spill Over, Relational Communication and Cross Over of Family Satisfaction in Dual Earner Couples**

Shiba Saeed (MPhil, 2013-2015)

Supervisor: Iram Fatima, PhD

The present research aimed to test spillover and crossover models in dual-earner couples by investigating the relationship between work-family positive/negative spillover and satisfaction with family life that in turn crossover to spouses. It further aimed to explore the mediating role of communication styles in transfer of family satisfaction between couples. Correlational research design was used. The participants comprised of 110 dual-earner couples, with graduation as minimum academic qualification, working in various organizations. The non-probability snowball and purposive sampling strategies were used to select the sample. Urdu translated versions of Survey Work-home Interaction- Nijmegen (SWING) (Geurts et al., 2005), Relational Communication Scale (Burgoon & Hale, 1987), and Satisfaction with Family Life Scale (Zabriskie & Ward, 2013) were used to assess work-family spillover, relational communication and family satisfaction respectively. The results of Pearson product moment correlation indicated significant relationships among work-family spillover, relational communication and family satisfaction. Direct crossover of family satisfaction from wives to husbands was indicated by Structural Equation Modeling analysis (SEM). The results of SEM analyses further offered support for the mediating role of relational communication (similarity, equality, composure, dominance, and formality) in crossover of satisfaction with family life, although gender differences were observed regarding crossover. This implies that work-oriented experiences may result in family satisfaction that crossover between couples. The findings of this research will be aiding for the counselors, family and communication therapist for family or couple therapy.

*Keywords:* Work family spill over, relational communication, family satisfaction, couples.

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## **Rejection Sensitivity, Perceived Stigma, Rumination and Psychological Distress in Divorced Women**

Madiha Yasin (MPhil, 2013-2015)

Supervisor: Iram Fatima, PhD

The present research aimed to investigate the role of rejection sensitivity, perceived stigma (social discrimination, social acceptance, and social withdrawal), rumination (brooding and reflection) and psychological distress (avoidance, intrusion and hyper-arousal) in divorced women. It was also aimed to assess the mediational role of rumination and perceived stigma in the relationship between rejection sensitivity and psychological distress after divorce. Correlational research design was used. The participants comprised of 130 divorced women with 4 months to 4 years of divorce duration. Twenty two items perceived stigma scale for divorced women (PSSDW) was developed in the phase 1 of this study and its content validity was established. Urdu translated version of Rejection Sensitivity RS-Adult Questionnaire (Berenson et al., 2013), Ruminative Response Scale (Treynor, Gonzalez, & Hoeksema, 2003), Impact of Event Scale--Revised (Weiss & Marmar, 1997) were used. Principal component analysis of perceived stigma scale revealed three factors (social discrimination, social acceptance, and social withdrawal). The findings from the structural equation modeling model revealed three factors of perceived stigma i.e., social discrimination, social acceptance and social withdrawal moreover two factors of rumination i.e., brooding and reflection mediated the relationship between rejection sensitivity and psychological distress (avoidance, intrusion and hyper-arousal) in divorced women. Furthermore, two factors of rumination i.e., brooding and reflection partially mediated the relationship between all domains of perceived stigma and two domains of psychological distress (intrusion and hyper-arousal). The findings of this research will be beneficial for the marital counselors to entertain the incorporation of positive perceptions after the divorce for flourishing the adjustment in society.

*Keywords:* Rejection sensitivity, perceived stigma, rumination, psychological distress, divorced women.

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## **Narcissistic Tendencies, Empathy and Forgiveness as Predictors of Social Connectedness among University Students**

Ammara Alam (MPhil, 2011-2013)

Supervisor: Rafia Rafique, PhD

The present research aimed to investigate factors related to social connectedness among university students. Correlational research design was used to investigate the proposed hypotheses. Sample included ( $N = 280$ ) university students (male = 134 and female = 146). The Hypersensitivity Narcissism Scale, Interpersonal Reactivity Index, The Heartland Forgiveness Scale and Social Connectedness Scale were used to explore the study variables. Results of moderated regression analysis revealed that narcissism negatively predicted social connectedness and self-forgiveness. Empathy positively predicted social connectedness, when controlling for gender and family system. Further, narcissism did not moderate the relationship between empathy and social connectedness and also between forgiveness and social connectedness. Considering the psychological and physical health and other benefits, the current study permits that empathy, forgiveness, social support and compassion can help improve social connectedness among university students. This can help to buffer a negative impact on health, adjustment, general well-being and psychological functioning.

*Keywords:* Narcissistic tendencies, empathy, forgiveness, social connectedness.

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**BS (2011-2015) & M.Sc (2013-2015)**  
**Abnormal & Clinical Psychology**

## **Empathy, Emotional-Behavioural Problems and Cyber Bullying in Early Adulthood**

Sidra Ashiq (MSc, 2013-2015)

Supervisors: Saima Majeed & Farah Malik, PhD

The aim of the present research was to investigate the relationship between empathy, emotional-behavioral problems and cyber bullying in early adulthood. It was hypothesized that lack of empathy and emotional-behavioral problems were related to and would predict cyber bullying. Purposive Sample of 150 young adults including 78 men and 72 women with age range of 18-25 years was drawn from three sites that were colleges, universities and net cafés. Assessment measures were Toronto Empathy Questionnaire (Spreng, 2009) and Cyber Bullying Scale (Cetin & Yaman, 2011). For emotional problems Depression, Anxiety and Stress 21 (Gomez, 2012) and for behavioral problems Aggression Questionnaire (Buss & Warren, 2000) was used. Results revealed that there was a significant inverse relationship between empathy and cyber bullying, whereas significant positive relationship between emotional-behavioral problems and cyber bullying. Multiple hierarchical regression revealed that lack of empathy and emotional problems were significant predictors of cyber bullying. All three groups including young adults from universities, colleges and net cafes were significantly different on all study variables; mean scores showed cyber bullying and aggression were higher in men as compared to women and in those participants which were drawn from net cafes. The present research findings will give new directions for future studies in the field of cyber crimes as well as in directing intervention plans to treat emotional-behavioural problems in youth.

*Keywords:* Empathy, emotional- behavioral problems, cyber bullying, young adults.

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## **Emotion Regulation and Social Anxiety in First Year University Students**

Asima Ghaffar (MSc, 2013-2015)

Supervisors: Zaeema Farooq & Iram Fatima, PhD

Present research investigated the relationship between emotion regulation and social anxiety among first year university students and also assessed emotion regulation as predictor of social anxiety. Correlational research design was used for the study. Convenient sampling technique was used to collect a sample of  $N = 240$  participants with age range of 18-25 years ( $M = 19.3$ ,  $SD = 1.91$ ) and  $n = 138$  men and  $n = 102$  women from private universities. It was hypothesized that there would be a negative relationship between cognitive reappraisal and social anxiety in first year university students and there would be a positive relationship between expressive suppression and social anxiety in first year university students. Furthermore it was hypothesized that cognitive reappraisal and expressive suppression would be a predictor of social anxiety in first year university students. Emotion Regulation (cognitive reappraisal and expressive suppression) was assessed through Emotion Regulation Questionnaire (Gross & John, 2003) and for measuring social anxiety, Social Anxiety in University Students Questionnaire (Bhamani & Hussain, 2012) was used. Results indicated that cognitive reappraisal was positively correlated with social anxiety. Moreover, cognitive reappraisal emerged as a positive predictor of social anxiety. The present study would serve as intervention to deal with emotion regulation and social anxiety of first year university students. The research can be helpful especially in understanding of regulating one's emotions and its contribution to social anxiety.

*Keywords:* Emotion regulation, cognitive reappraisal, expressive suppression, anxiety.

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## **Peer Victimization and Social Interaction Anxiety in Adolescents**

Maria Farooq (BS, 2011-2015)

Supervisor: Shahnaila Tariq

The present research was conducted to explore the level of social interaction anxiety due to peer victimization in adolescents of secondary school. It was hypothesized that there is a relationship between peer

victimization and social interaction anxiety in adolescents. Co-relational research design and non-probability purposive sampling was used to recruit a sample of school students ( $N = 200$ ) with equal distribution on the basis of gender. The data was collected from four schools of Lahore (Lahore Development Authority for Girls and Boys and Government Girls and Boys High School Wahdat Colony). Multidimensional Peer Victimization Scale MPV (Mynard & Joseph 2000) and Social Interaction Anxiety Scale SIAS (Mattick & Clarke, 1998) was used as assessment measure. The data was analyzed using Pearson product moment correlation analysis, hierarchical multiple regression analysis and independent samples t-test. Results showed that there is positive relationship between peer victimization and social interaction anxiety. Moreover peer victimization predicted the social interaction anxiety in adolescents. The findings of the study are discussed in the light of empirical evidences.

*Keywords:* Peer victimization, social interaction anxiety.

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## **Assessment and Intervention of Public Speaking Anxiety and Self-Concept**

Beenish Naseem (MSc, 2013-2015)

Supervisor: Tahira Mubashar

Over the past periods, there has been extensive rise in literature concerning the epidemiology and management of public speaking anxiety (PSA). Public speaking anxiety is detected as the obstacle of student's oral communication (Blote et al., 2009). Not only students get anxious when speaking in public setting but also lay people fear doing it. The present research was conducted with the aim to find out the difference in public speaking anxiety in students after receiving short term interventions, and the relationship of public speaking anxiety and self-concept. It was hypothesized that (a) there was likely to be a difference in public speaking anxiety before and after intervention; (b) there was likely to be a significant relationship between public speaking anxiety and self-concept in students. The sample consisted of  $N = 50$ , ( $n = 22$ , experimental group;  $n = 28$ , control group) students from Queen Mary College for girls, Lahore. Personal report of public speaking anxiety (McCroskey, 1970) and multidimensional self-concept scale (Robson, 1989) were used for the assessment of public speaking anxiety and self-concept of students. The short-term intervention comprised of

progressive muscle relaxation technique, breathing exercises and tips to cope and reduce public speaking anxiety. Data was analyzed by using paired samples *t*-test, independent samples *t*-test and Pearson product moment correlation. Findings revealed that self-help intervention was successful in reducing public speaking anxiety to a great extent. There was a negative relationship in public speaking anxiety and self-concept. Findings of the study can guide student counselors and teachers about effective ways to reduce public speaking anxiety in students.

*Keywords:* Intervention, public speaking anxiety, self-concept.

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### **Perceived Social Stigma and Psychological Distress in Mothers Having a Child with Intellectual Disability**

Bushra Irshad (MSc, 2013-2015)

Supervisor: Faiz Younas

The purpose of this research was to investigate the relationship between perceived social stigma and psychological distress in mothers having a child with intellectual disability. It was hypothesized that there is likely to be a positive relationship between perceived social stigma and psychological distress as well as perceived social stigma is likely to be predicted by psychological distress. Correlation research design was used to recruit a sample of ( $N = 80$ ) from various institutes for special child through purposive sampling technique. Affiliate Stigma Scale (Mack, 2008) and Psychological Distress Scale (Kessler, 2002) were used for assessment, while correlation, and linear Regression were applied to generate the results. The results showed a positive relationship between perceived social stigma and psychological distress in mothers having a child with intellectual disability. Perceived social stigma also proved to be predicted by psychological distress. The study has implications in addressing the crises of caregivers of persons with intellectual disability and how they can be addressed to overcome their social stigmatization.

*Keywords:* Perceived social stigma, psychological distress intellectual disability.

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# **Developmental Psychology**



## **Temperamental Surgency, Perception of Parents and Social Competence among Early Adolescents**

Zahra Jaleel Qureshi (BS, 2011-2015)

Supervisor: Farah Malik, PhD

The present study investigated the relationship between temperamental surgency, perception of parents and social competence in early adolescents. It was hypothesized that there would be a positive relationship between temperamental surgency, perception of parents and social competence of early adolescents; temperamental surgency and perception of parents would predict the social competence. Moreover perception of parents will moderate the relationship between temperamental surgency and social competence. Sample comprised of 160 early adolescents (80 girls and 80 boys) with age range of 11-15 years ( $M = 12.71$ ,  $SD = 1.21$ ). Data were collected from students of grade 6th to 8th of two English and two Urdu medium schools in Lahore. Urdu versions of Early Adolescents Temperament Questionnaire (Ellis & Rothbart, 2001), Perception of Parents Scale (Grolnick, Ryan, & Deci, 1991) and Social Competence Scale for Adolescents (Shujja & Malik, 2014) were used. The results of Pearson product moment correlation indicated significant positive relationship between temperamental surgency and social competence and partially significant relationship between mother as well as father perception and social competence. Hierarchal Regression analysis indicated that mothers' involvement, fathers' autonomy support and fathers' warmth predicted social competence. The moderation analysis through *PROCESS* revealed that only mother's involvement significantly moderated the relationship between temperamental surgency and social competence whereas the moderated moderation revealed that mother autonomy support and father autonomy support together moderates the relationship between temperamental surgency and social competence. The results of MANOVA depicted significant differences of education system in temperamental surgency, social competence, mother autonomy support, mother warmth, father involvement and father warmth. The interaction between gender and education system was significant for social competence.

*Keywords:* Temperamental surgency, perception of parents, social competence, early adolesecnts.

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## **Differential Parenting and Rejection Sensitivity in Adolescents**

Myra Tariq Khan (MSc, 2013-2015)

Supervisors: Arooj Arshad & Iram Fatima, PhD

The aim of the present research was to investigate the relationship between differential parenting and rejection sensitivity in adolescents. It was hypothesized that differential parenting (maternal/paternal affection and control) would predict rejection sensitivity (anxious and angry expectation) in adolescents. Correlational research design was used with the sample of 200 adolescents with age range of 12-16 years ( $M = 14.20$ ),  $SD = 1.10$ ) with boys ( $n = 95$ ) and girls ( $n = 105$ ) from private schools. Demographic Information Questionnaire, Differential Parenting Treatment subscale of Sibling Inventory of Differential Experiences (Daniels & Plomin, 1985) and Children Rejection Sensitivity Scale (Downey & Feldon, 1996) were used. Descriptive and Inferential statistics were employed for data analysis. Pearson Product Moment Correlation was employed for investigating the relationship between differential parenting and rejection sensitivity in adolescents. Moreover, Hierarchical Regression was used to assess the predictors of rejection sensitivity after controlling for the effects of covariates. The results revealed that there was a significant positive relationship between maternal/paternal affection and anxious expectation domain of rejection sensitivity while maternal/paternal control was negatively related to angry expectation domain of rejection sensitivity in adolescents. Maternal affection, maternal control, paternal affection and paternal control were significant predictors of anxious and angry expectation domains of rejection sensitivity after controlling for the effects of covariates. The findings of the study are beneficial for the family counselors to educate parents not to incorporate differences in their parenting towards any of their child because that can lead to develop feeling to be rejected from their significant relationships.

*Keywords:* Differential parenting, rejection sensitivity, adolescence.

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## **Mother Expressiveness and Behavioral Development in Pre-School Children**

Mubeena Munir (BS, 2011-2015)

Supervisor: Faiz Younas

The study examined the relationship between mother's expressiveness and behavioral development in pre-school children. It was hypothesized that negative expressiveness of mother is likely to correlate positively with behavioral development i.e. emotional problems, conduct problems, peer problems, hyperactivity and prosocial behavior in pre-school children. Further, it was hypothesized that mother expressiveness is likely to predict behavioral development in preschool children. It was also hypothesized that girls are more likely to show emotional problems, conduct problems, peer problems, hyperactivity and prosocial behavior as compared to boys. The Modified Version of Self-Expressiveness in the Family Questionnaire (Mizokawa, 2013) and Strengths and Difficulties Questionnaire (Youth in mind, 1998) were used for assessment. Through correlational research design and purposive sampling technique, a sample of ( $N = 104$ ) mothers was recruited. Results were generated by applying Pearson product moment correlation, Independent samples  $t$ -test and Hierarchical Regression using SPSS. The results showed that negative expressiveness of mother has a positive correlation with emotional problems, conduct problems and hyperactivity and a negative correlation with prosocial behaviors in children. Moreover negative expressiveness of mother predicted conduct problems and emotional problems in children while positive expressiveness predicted prosocial behavior in children. It was also revealed that girls showed more emotional problems than boys. The findings implied important role in improving parent-child relationship and to address child's personality development.

*Keywords:* Mother expressiveness, behavioral development, mother, pre-school children.

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# **Educational/School Psychology**

## **Attitude Towards Seeking Professional Psychological Help and Counseling Needs of Punjab University Students**

Almas Irfan (MSc, 2013-2015)  
Supervisor: Rukhsana Kausar, PhD

The present study was conducted to investigate relationship between attitude towards seeking professional psychological help and counseling needs of Punjab university students. It was hypothesized that attitude towards seeking professional psychological help would correlate with counseling needs. The sample comprised of 150 students ( $n = 62$  men,  $n = 88$  women) taken from different departments and hostels of University of the Punjab Lahore. Attitude Towards Seeking Professional Psychological Help Scale (Ficher & Bacon, 2007) scale was used to measure attitude of participant towards seeking professional psychological help. Survey of Student Needs (Gallagher, 2010) was utilized to assess counseling needs of students in the domains of personal, learning and job related needs. Pearson product Moment correlation revealed that learning needs had a positive relationship with counseling needs. Further, regression analysis revealed attitude towards seeking professional psychological help predicted learning counseling needs. So in the light of results, it is recommended that students should be educated about counseling center's provision of assistance in the domains of personal, Learning and career as well as awareness at university level about psychological issues should be enhanced.

*Keywords:* Attitude, professional psychological help, counseling needs university students.

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## **Teacher Acceptance-Rejection and Self-Directed Learning in Matric and O-level Students**

Saba Ashraf (MSc, 2013-2015)  
Supervisors: Syeda Fatima Hasnain & Rukhsana Kausar, PhD

The present study explored the relationship between teachers' acceptance-rejection and self-directed learning in matric and O-level students. It was hypothesized that there would be positive relationship between teachers' acceptance-rejection and self-directed learning in students and there would be gender differences in self-directed learning and teacher's acceptance rejection. It was further hypothesized that

Matric and O-level students were likely to differ in self-directed learning and teachers' acceptance rejection. The sample comprised of 150 ( $M age = 14.7$ ,  $SD = .99$ ) students from three schools of Lahore. Urdu versions of Teacher Acceptance-Rejection Questionnaire (TARQ/Control) (Rohner, 2004) and Self-Directed Learning Scale (SDLI) (Lounsbury, Levy, Park, Gibson, & Smith, 2009) were used. Results showed a significant positive relationship between self-directed learning and teacher acceptance-rejection. Moreover, results of linear regression indicated that only coldness negatively predicted self-directed learning. Analysis of two-way ANOVA showed that there were non-significant effects of gender and grades on teacher-acceptance-rejection, teacher's coldness, teacher's rejection, control and self-directed learning but there were significant effects on hostility and neglect. The present study findings help understand the teacher's important role in making students self-directed learners.

*Keywords:* Teacher acceptance-rejection, self-directed learning, students.

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### **Work Family Conflict, Emotional Exhaustion and Workplace Wellbeing in Female School Teachers**

Kousar Azam (MSc, 2013-2015)

Supervisors: Saira Batool & Rukhsana Kausar, PhD

The present study was conducted to find out the relationship among work family conflict, emotional exhaustion and workplace wellbeing in female school teachers. It was hypothesized that; (a) there would be a positive relationship between work family conflict and emotional exhaustion in female school teachers; (b) there would be a negative relationship between work family conflict and work place wellbeing in female school teachers; (c) there would be a negative relationship between emotional exhaustion and workplace wellbeing in female school teachers; (d) Work family conflict and emotional exhaustion would predicted the workplace wellbeing in female school teachers; (e) Emotional exhaustion would be mediated the relationship between work family conflict and workplace wellbeing. Sample comprised of 100 female married school teachers with age range of 22-54 ( $M = 37.01$ ,  $SD = 8.90$ ). Sample was taken from Government Schools of Lahore. Work Family Conflict Scale (Haslam, Morwaska, & Sanders, 2012), Copenhagen Burnout Inventory (Borritz, Villadsen, Christensen & Kristensen, 2005) and Workplace Wellbeing

Questionnaire (Hyett & Parker, 2014) were used for assessment. Pearson product moment correlation, stepwise regression analysis, independent samples *t*-test and hierarchical regression analyses were performed. Results revealed significant positive relationship between work family conflict and emotional exhaustion in female school teachers. Furthermore, work family conflict and emotional exhaustion were significantly negatively correlated. Work family conflict, family work conflict, work related emotional exhaustion and students' related emotional exhaustion were significant predictors of work place wellbeing of school teachers. Differences were found between middle school and high school teachers on family work conflict. The mediating role of emotional exhaustion was not significant. Schools must support teachers to balance their workplace responsibilities along with house hold tasks.

*Keywords:* work family conflict, family work conflict, emotional exhaustion, workplace wellbeing, school teachers.

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### **Parental Involvement, Learning Autonomy and Academic Performance in College Students**

Naveera Islam (BS, 2011-2015)

Supervisor: Farah Malik, PhD

The present study aimed to investigate the relationship between parental involvement, learning autonomy and academic performance in college students. It was hypothesized that there would be a positive relationship between parental involvement, learning autonomy and academic performance in college students. It was also hypothesized that parental involvement and learning autonomy would be predicted the academic performance in college students. The sample comprised of college students (boys = 80 & girls = 80) with age range of 16-20 years drawn from LCWU, GCU Lahore and Punjab College Lahore. Urdu versions of Perception of Parents Scale (Robbins, 1994) and Learning Self-Regulation Questionnaire (Black & Deci, 2000) were used. Academic achievement was measured through the percentage of marks in the 10<sup>th</sup> grade (matriculation examination). Pearson product moment correlation showed non-significant relationship between learning autonomy and academic performance, significant relationship was found between aspects of parental involvement, mother autonomy support was correlated with academic performance. The results of hierarchical regression analysis showed that parental involvement was predictor of academic

performance; however learning autonomy was not a predictor of academic performance. Significant differences were found in level of parental involvement and learning autonomy for pre-medical and pre-engineering students, however no differences were found in their academic performance. Significant gender differences were also found in the level of parental involvement and learning autonomy, however no differences were found in their academic performance. The results are discussed in Pakistani socio-cultural context and findings will help in enhancing awareness in parenting about their role in students' learning.

*Keywords:* Parental involvement, learning autonomy, academic performance.

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### **Parental Expectations, Academic Stress, Academic Achievement in High School Students**

Tayyaba Manzer (MSc, 2013-2015)

Supervisors: Saima Majeed & Farah Malik, PhD

The present research aimed to find out the role of the parental expectations and academic stress on academic achievement in high school students. It was hypothesized that there will be positive relationship between parental expectations, academic stress and academic achievement in high school students; gender differences were also speculated regarding study variables. Purposive sample of 200 students including 100 students of 10th grade (sciences and computer sciences) and 100 students of 12th grade (premedical group and pre engineering group) was drawn from two public and two private sector schools and colleges of Lahore. Assessment measures used were living up to Parental Expectations Inventory (Wang &Heppner 2002), Educational Stress Scale for Adolescents (Dune et al., 2010). Academic achievement was assessed with the help of percentages in final exams of 9th and 11th grades. Parental Expectations Inventory was translated into Urdu following the forward-backward standardized translation procedures (MAPI, 2011). Pearson Product Moment correlation revealed significant relationship between the dimensions of parental expectations and academic stress scale whereas non-significant relationship between parental expectations, academic stress and academic achievement in high school students. The results of multiple regression analysis showed that parental expectations and academic stress didn't predict academic achievement for present sample. Moreover, Independent sample *t*-test



was carried out and results showed that girls scored high on parental expectations as compared to boys.

*Keywords:* Parental expectations, academic stress, academic achievement, high school students.

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### **Self-Control and Academic Dishonesty in Post Graduate Students**

Rabia Ayaz (BS, 2011-2015)

Supervisor: Iram Fatima, PhD

The present research purported to study self-control and academic dishonesty in post graduate students. It was hypothesized that there is likely to be negative relationship between self-control and academic dishonesty in post graduate students. Correlational research design was used in this study. Convenient sampling technique was used to collect data. Sample consisted of  $N = 100$  students (50 = male, 50=female). Sample participants were taken from different universities. Assessment measures were used to collect data such as Academic Dishonesty Tendency Scale (Eminoglu & Nartgun, 2009) and Self-Control Scale (Grasmick et al., 1993). Pearson product moment correlation and hierarchical regression were used to analyze the relationship between self-control and academic dishonesty in post graduate students. The results of this research revealed no relationship between self-control and academic dishonesty. Further results of hierarchical regression revealed that none of the variables in the model predicted academic dishonesty. The importance of self-control in relation to academic dishonesty is not mandatory, so it is important to raise awareness of good academic values and the direct teaching about plagiarism. There is growing need to change staff, student and institutional views about academic dishonesty in a way which provide an integrated focus on informing students of values and principles of good academic practice. So that ethically cultivated professionals are given to society.

*Keywords:* Self-control, academic dishonesty, post graduate students.

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## **Self-Efficacy, Assertiveness and Stress in Medical Interns**

Anum Shazia (MSc, 2013-2015)

Supervisor: Iram Fatima, PhD

The current study investigates the relationship of self-efficacy and assertiveness with stress in medical interns. It was hypothesized that there exists a relationship between self-efficacy, assertiveness and stress in medical interns. It was also assumed that assertiveness and self-efficacy are likely to predict stress. Furthermore it was also expected that there are likely to be gender differences in self-efficacy, assertiveness and stress in medical interns. The sample comprised of 176 medical interns (88 men, 88 women) with age range 23-26 ( $M = 24.67$ ,  $SD = 1.84$ ) of different public sector hospitals of Lahore, Pakistan. General Self-efficacy Scale (Schwarzer & Jerusalem, 1995), Assertiveness Questionnaire (Begley & Glackens, 2004), Perceived Stress Scale (Cohen, Kamarck, & Mermelstein, 1983) were the assessment measures used in the study. Results revealed significant negative relationship of self-efficacy and assertiveness with stress. It was observed that self-efficacy predicted stress. Significant differences were found between men and women for assertiveness and stress with men as more assertive than women and women experiencing more stress than men.

*Keywords:* Self-efficacy, assertiveness, stress, medical interns.

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## **Parenting Styles and Psychological Flexibility in University Students**

Saba Safdar Ali (MSc, 2013-2015)

Supervisors: Shiba Saeed & Iram Fatima, PhD

The present research aimed to investigate the relationship between parenting styles and psychological flexibility in university students. It was hypothesized that; (a) There would be positive relationship between authoritative parenting style and psychological flexibility; (b) There would be negative relationship between authoritarian parenting style and psychological flexibility; (c) Authoritative parenting style would be positive predictor of psychological flexibility and; (d) Authoritarian parenting style would be a negative predictor of psychological flexibility. The sample comprised of 150 students from Punjab University, Lahore, recruited through non-probability convenient sampling technique. Parental Authority Questionnaire, Buri, 1991) and Acceptance and

Action Questionnaire-II, Bond, 2011) were administered to assess the parenting styles and psychological flexibility in university students. Pearson product moment correlation and multiple regression analysis were used to find correlation and predictions among variables respectively. Results revealed positive relationship between authoritative parenting style and psychological flexibility, whereas a negative relationship was found between authoritarian parenting style and psychological flexibility. It further indicated authoritative parenting style of mother positively predicted of psychological flexibility.

*Keywords:* Parenting styles, psychological flexibility, university students.

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### **Parental Attachment, Self-Esteem and Academic Achievement of Students**

Nazia Abdul Ghaffar (MSc, 2013-2015)

Supervisor: Rafia Rafique, PhD

The objective of the present study was to determine the mediating role of self-esteem in the relationship of parental attachment and academic achievement. It was hypothesized that there is a likely to be a positive relationship between parental attachment, self-esteem and academic achievement. Moreover, it was hypothesized that self-esteem is likely to mediate the relationship between parental attachment and academic achievement among students of different colleges and universities. Sample comprised of 200 students studying in different colleges and universities situated in the city of Lahore. Correlational research design was used. Rosenberg Self-Esteem Scale (Rosenberg, 1965) and two subscales of Inventory of Parents and Peer Attachment (Amrden & Greenberg, 1987) were administered. To assess academic achievement, GPAs of students were collected. Correlation and hierarchical mediated regression were applied to statistically analyze the collected data. The findings of this research showed that there is a positive correlation between parental attachment and academic achievement. In addition, parental attachment and self-esteem both showed a positive correlation with academic achievement. Result of this study also revealed that the self-esteem mediated the relationship between parental attachment and academic achievement. These results have implications for educational psychologists, counselors and administration of academic institutions and it is suggested that workshop for students as well as parents should be

arranged to rectify such issues. It should also be on the agenda of academicians to guide parents of students in an effort to enhance their self-esteem which has constructive influence on academic achievement.

*Keywords:* Parental attachment, self-esteem, academic achievement, students.

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### **Career Decision Difficulties, Environmental Mastery and Academic Motivation in High School Students**

Sana Naseer (MSc, 2013-2015)

Supervisor: Afifa Anjum

The present research was aimed to investigate the relationship between career decision making difficulties, environmental mastery and academic motivation among high school students. It was hypothesized that (i) there would be relationship between career decision difficulties, environmental mastery and academic motivation; (ii) Career decision making difficulties, environmental mastery would be predictor of academic motivation; (iii) There would be association between demographic variables (gender, marks in previous class, mother education, father education, class, student's mother status working lady and housewife) and study variables; (iv) There would be differences in career decision making difficulties, environmental mastery and academic motivation in students of matric and O-levels. A sample of 120 matric and O-levels students were selected from private and semi-government schools of Lahore using purposive sampling technique. Career Decision Making Difficulties (CDMD, Osipow and Gati, 1996), Environmental Mastery Sub- Scale of Psychological Well-Being (Ryff, 1989) and Academic Motivation by Center of Inquiry Wabash College were used for assessment. Bivariate correlation analysis, regression analysis and *t*-test were applied. It was found that there was significant negative relationship between career decision making and academic motivation. There was no relationship between environmental mastery and academic motivation. There was negative relationship between career decision making and environmental mastery. Career decision making was a predictor of academic motivation and environmental mastery was not a predictor of academic motivation. There was a significant relationship between marks in previous class and environmental mastery. There was no relationship between mother, father education and career decision making difficulties and academic motivation. There were significant gender differences

among males and females. Further were no gender differences in environmental mastery and academic motivation. There were no significant differences in career decision making difficulties, environmental mastery and academic motivation of metric and O-levels students. There were no differences in career decision making difficulties, environmental mastery and academic motivation of students with working and housewife mothers. This research is important for investigating the factors which faced by the students during career decision making.

*Keywords:* Career decision difficulties, environmental mastery, academic motivation.

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### **Psychosocial Aspects of Adaptation in International Students in Government and Private Universities of Lahore**

Syeda Zahra Ali (MSc, 2013-2015)

Supervisor: Tahira Mubashar

Many students travel across rivers for better education and to fulfill their academic demands. In such a case, they may experience both psychological and social problems while relocating to a new environment. Therefore, the current study examined the psychosocial aspects of adaptation of international students in government and private universities of Lahore. It was hypothesized that; (1) ethnic discrimination, acculturation stress and nostalgia and sentimentality would predict psychosocial adaptation in international students in government and private universities of Lahore; (2) sentimentality would moderate the relationship of ethnic discrimination, acculturation stress, and nostalgia with psychosocial adaptation in international students in government and private universities of Lahore; and (3) there would be a difference between ethnic discrimination, acculturation stress, sentimentality, nostalgia and psychosocial adaptation in international students in government and private universities of Lahore. The sample consisted of ( $N = 150$ ) international students studying in different universities with a mean age = 21.61 years. The Brief Psychological Adaptation Scale and Brief Socio-Cultural Adaptation Scale (Demes & Geeraert, 2014), Brief Perceived Ethnic Discrimination Questionnaire (Brondolo, Kelly, Coakley, Gordon, Thompson & Levy, 2005), Acculturation Stress Scale for International Students (Sandhu, 1994); Emotionality Subscale Of HEXACO Personality Inventory (Ashton &

Lee, 2009) Index of Nostalgia Proneness (Holak, Havlena, & Matveev, 2006) were used to measure the study variables i.e. psychosocial adaptation, ethnic discrimination, acculturation stress, sentimentality and nostalgia, respectively. Descriptive and inferential statistics i.e. Pearson product moment correlation, moderation through hierarchical regression and independent samples *t*-test were used to draw the results. The results revealed that psychosocial adaptation had a significant negative relationship with ethnic discrimination, acculturation stress, sentimentality and nostalgia. It was also revealed that sentimentality moderated the relationship between acculturation stress and socio-cultural adaptation and significant differences were observed in sentimentality and nostalgia between international students of government and private universities of Lahore.

*Keywords:* Adaptation, sentimentality, nostalgia, stress, international students.

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# **Health Psychology**

## **Coping Strategies and Health-related Quality of Life in Patients with Asthma**

Ayesha Naeem (MSc, 2012-2014)

Supervisors: Faiza Rasool & Rukhsana Kausar, PhD

Asthma is one of the most commonly known chronic diseases having adverse long term effects on the health-related quality of life of the sufferers. The current study explored the relationship between types of coping strategies and health-related quality of life in patients with asthma. It was hypothesized that there is likely to be a relationship between coping strategies and health-related quality of life in patients with asthma. It was also hypothesized that coping strategies are likely to predict health-related quality of life in patients with asthma. Further, it was also hypothesized that there are differences on the basis of gender as well as on the basis of family background on coping strategies and health-related quality of life in patients with asthma. By using correlational research design and purposive sampling strategy the sample of young patients with asthma both boys ( $n = 29$ ) and girls ( $n = 31$ ) age ranged 17-25 ( $M = 21.17$ ,  $SD = 24.50$ ) was drawn from different government hospitals of Lahore. A self-constructed demographic information sheet, Coping Strategies Questionnaire (Kausar, 2004) and Asthma Quality of Life Questionnaire (Juniper, 1991) were used for the assessment. Pearson product moment correlation and simple linear regression were performed to analyze the data. Further Independent Samples  $t$ -test was used to examine the differences on the basis of gender and family background. The results showed that active practical coping has significant positive relationship only with symptoms, active distracting coping has significant positive relationship with activity limitation, symptoms and emotional functioning. On the other hand, avoidance focused coping has significant negative relationship with emotional functioning but religious focused coping has no relationship with any dimension of health-related quality of life. Active practical coping and avoidance focused coping both significantly predicted health-related quality of life. Moreover, differences were found on the basis of family background. Rural population had significantly poor quality of life as compared to urban population.

*Keywords:* Coping, health-related quality of life, asthma.

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## **Child Abuse, Emotional and Behavioral Problems in Domestic Child Worker**

Ayesha Ali (MSc, 2013-2015)

Supervisors: Anum Javed & Rukhsana Kausar, PhD

The present study was designed to explore the relationship between child abuse, emotional and behavioral problems in domestic child workers. It was hypothesized that: there is likely to be a relationship between child abuse and emotional and behavioral problems in domestic child workers; child abuse is likely to predict emotional and behavioral problems in domestic child workers. Correlational research design and snowball sampling were used to access the sample of domestic child worker ( $N = 85$ ). Child Abuse Scale (Malik, Saeed & Shah, 2003) and Strength and Difficulties Questionnaire (Goodman, 1998) were used for assessment. Person product moment correlation and Step-wise regression analysis were used to analyse data. Results showed a positive relationship between child abuse and emotional and behavioral problems in domestic child worker and child abuse turned out to be a significant predictor of emotional and behavioral problems in domestic child workers. Boys were more prone to physical and emotional abuse and they also tend to exhibit more problems related to prosocial behavior. This study serves as an insight about the issues of domestic child workers in Pakistan. It also throws light on this neglected segment of our society and consequences of abuse they face and it can be beneficial to overcome these issues in the Pakistani perspective.

*Keywords:* Child abuse, behavioral problems, domestic child worker.

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## **Homesickness, Perceived Loneliness and Interpersonal Problems in Hostel Students**

Samia Tahir Dar (MSc, 2013-2015)

Supervisors: Saira Batool & Rukhsana Kausar, PhD

The purpose of the present research was to find out relationship between homesickness, perceived loneliness and interpersonal problems in hostel students. It was hypothesized that; (a) there would be positive relationship between homesickness, perceived loneliness and

interpersonal problems in hostel students; (b) homesickness and perceived loneliness would be predicted interpersonal problems in hostel students; (c) there would be gender differences in homesickness, perceived loneliness and interpersonal problems of hostel students. The sample comprised of 200 students from Punjab University Hostels. Homesickness Questionnaire (Archer, 1998), The UCLA Loneliness scale (Russel, Peplau and Ferguson, 1978) and Inventory of Interpersonal Problem (Horowitz et al., 1998) were used. Pearson product moment correlation analysis, stepwise regression analysis and independent samples *t*-test were applied for data analysis. Results revealed a positive relationship between most of the subscales of homesickness and interpersonal problems in hostel students. It was also revealed that gender and avoidance negatively predicted interpersonal problems and boys experienced more interpersonal problems than girls, while anger/blame, identification and perceived loneliness positively predicted the interpersonal problems in hostel student. Girls reported more preoccupation thoughts, maintain attachment, loss of self, identification and avoidance than boys. Overall, interpersonal problems were reported more by boys as compared to girls. These findings would be helpful for university administration to draw some strategic plan for future faculty training program and for student's staff orientation. Formation of a support group will help these hostel students to get well adjusted.

*Keywords:* Homesickness, perceived loneliness, interpersonal problems, hostel students.

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### **Stress, Anxiety, Depression, Proactive Coping and Psychological Well-Being in Patients with Angiography**

Shaista Jamil (MSc, 2013- 2015)

Supervisor: Farah Malik, PhD

The present research aimed to study stress anxiety depression, proactive coping and psychological well-being in patients with angiography. Convenient sampling technique was used to collect data. A sample of 50 patients was selected from government hospitals of Lahore. Depression Stress Anxiety Scale (Lovibond & Lovibond, 1995), Proactive Coping Inventory, (Greenglass, Schwarzer & Taubert, 1999) and Ryff's psychological Well-Being Scale (Ryff, 1995) were used to assess the stress anxiety, proactive coping and psychological well-being in patients with angiography. Pearson product correlation, hierarchal regression and

independent samples *t*-test were used to see the relationship between stress anxiety, proactive coping and psychological well-being, regression was used to analyze whether age, education, stress anxiety depression and proactive coping predict psychological well-being. The results revealed that there was a positive relationship between proactive coping and psychological well-being. Further results of multiple regression analysis revealed that stress anxiety depression and proactive coping predicted psychological well-being. Results of *t*-test analysis showed that there were differences in stress anxiety and psychological well-being among male and female patients of angiography. The study has implications in addressing the further role of stress anxiety and psychological well-being.

*Keywords:* Proactive coping, psychological well-being, patients with angiography.

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### **Anxiety, Self-Esteem and Eating Patterns among Adolescent Females**

Rizwana Shabbir (MSc, 2013-2015)

Supervisor: Rafia Rafique, PhD

The objective of the present study was to determine the mediating role of self-esteem in the relationship between anxiety and eating patterns of adolescent females. Correlational research design was used. A sample of 150 female students of four colleges and universities located in Lahore was recruited through purposive sampling technique. The following assessment measures were individually administered: Eating Attitude Test (Garner, Olmsted, Boher and Garfinkl, 1982), Rosenberg Self-Esteem Scale (Rosenberg) and Social Physique Anxiety Scale (Hart, Leary, and Rejeski, 1989). Correlation and mediated hierarchical regression were applied. The findings of this research revealed that there is a positive relationship between anxiety and eating pattern and self-esteem was negatively associated with eating patterns adopted by female adolescents. Self-esteem partially mediated the relationship between anxiety and eating patterns among adolescent females. This research is helpful as it gives an insight into the lifestyle of Pakistani female adolescents. It offers an avenue to promote family counseling through which parents can be trained to inculcate healthy eating habits among their children as it will serve to increase self-esteem among adolescents who will in turn possess a positive body image.

*Keywords:* Eating patterns, self-esteem, anxiety, female, adolescent.

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### **Patients' Beliefs about Prescribed Medicines, Communication Barriers and Adherence to Treatment in Patients with Hypertension**

Arsla Nasir (BS, 2011-2015)

Supervisor: Omama Tariq

The research was conducted on the patient's beliefs about prescribed medicines, communication barriers and adherence to treatment in patients with hypertension. It was hypothesized that there would be a positive relationship among patients' beliefs about prescribed medicines, patient doctor communication and adherence to treatment in patients with hypertension; beliefs about the prescribed medicines and patient doctor communication would be predicted the adherence to treatment in patients with hypertension; there would be gender differences in beliefs about the prescribed medicines, patient doctor communication and adherence to treatment in patients with hypertension. Cross sectional study design was used and the sample of 100 patients (50 = males, 50 = females) were taken from three government hospitals of Lahore through purposive sampling technique. A self-constructed demographic information sheet, Beliefs about the Medication Questionnaire (Horne, Weinmen & Hankins, 1999), Hill-Bone Compliance to High Blood Pressure Therapy scale (Kim, Hill, Bone & Levien, 2000) and Smith-Falvo Patient-Doctor Interaction Scale (Lehmann, Fontaine & Bourque, 1988) were individually administered on the sample to assess the study variables. Pearson product moment correlation, stepwise regression and independent samples *t*-test were applied to generate results. Results showed that adherence was significantly related to beliefs about the necessity of medicines and doctor patient communication. Beliefs about concerned of medicines as dependence and long term effects showed negative correlation with medication adherence. Patient doctor communication and beliefs about necessity of medicines were predictors of adherence to treatment in patients with hypertension. The study has important implications in health care of patients with hypertension as it improve patient doctor communication and help the patients to reduce and avoid the unpleasant effects of medicines that may cause problem in adherence to treatment.

*Keywords:* Beliefs, prescribed medicines, communication, barriers, adherence to treatment, hypertension.

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### **Locus of Control, Delay of Gratification and Adherence to Treatment Between Obese and Non-obese Diabetic Patients”**

Musfirah Nasr Chaudhry (BS, 2011-2015)

Supervisor: Omama Tariq

The study investigated the relationship between delay of gratification, locus of control and adherence to treatment between obese and non-obese diabetic patients. It was hypothesized that; (a) there would to be relationship between delay of gratification, locus of control and adherence to treatment; (b) delay of gratification would be mediated relationship between locus of control and adherence to treatment; (c) non-obese diabetic patients are likely to have higher delay of gratification and adherence to treatment as compare to obese diabetic patients. Between groups research design was used and samples of 100 patients with diabetes were recruited from three public hospitals through purposive sampling technique. Delay of Gratification Inventory (Hoerger, Quirk & Weed, 2011), Adult Nowicki-Strickland Internal-External Control Scale (Nowicki & Strickland, 1974) and Summary of Diabetes Self-Care Activities Measure (Toobert, Hampson & Giasgow, 2000) were used for assessment. Pearson product-moment correlation, independent samples *t*-test and testing mediation with a series of regression analyses were used to analyze the data. The results indicated that adherence to treatment and delay of gratification showed negative relationship with locus of control while adherence to treatment showed positive relationship with delay of gratification. The results also showed that delay of gratification completely mediated the association between adherence to treatment and locus of control. There was no difference in delay of gratification and adherence to treatment in non-obese patients as compare to obese patients. The study has implications in providing better counseling and treatment to diabetic patients.

*Keywords:* Delay of gratification, adherence to treatment, diabetes, locus of control.

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## **The Severity of Seizure and Quality of Life in Patients with Epilepsy**

Sanila Allah Ditta (MSc, 2013-2015)

Supervisor: Omama Tariq

The present study was conducted to investigate the relationship between severity of seizure and the quality of life in patients with epilepsy. It was hypothesized that severity of seizure would be negatively related to quality of life in patients with epilepsy. It was also hypothesized that there would be gender difference in quality of life in epileptic patients. The sample consisted of 100 patients with epilepsy of both male ( $n = 50$ ) and female ( $n = 50$ ) with the age range 24-54 ( $M = 30.72$ ,  $SD = 10.75$ ). Correlational research design and purposive sampling strategy were used for the research purposes. The Chalfont Seizure Severity Scale (Duncan & Sander, 1991) was used to assess the Severity of Seizure and Qualities of Life in Epilepsy Scale (Cramer et al., 1998) were used to assess the quality of life in patients with epilepsy. Pearson product moment correlation, Hierarchal regression and Independent samples  $t$ -test were used to assess the research variables. The results indicated that there was negative relationship between severity of seizure and quality of life in patients with epilepsy. The severity of seizure also predicted the quality of life in patients with epilepsy. The results also showed that quality of life of female patients was more disturbed than male patients.

*Keywords:* Severity of seizure, quality of life, epilepsy.

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# **Marital & Family Relationships**

## **Gender Role Conflicts, Marital Relationship Quality and Psychological Distress in Married Men**

Sana Nawaz Khan (MSc, 2013-2015)

Supervisors: Farhana Nasim & Rukhsana Kausar, PhD

The aim of the present research was to find out the relationship between gender role conflicts, marital relationship quality and psychological distress in married men. It was hypothesized that; there would be relationship between gender role conflicts, marital relationship quality and psychological distress in married men; gender role conflicts; and marital relationship quality would be predictors of psychological distress in married men; marital relationship quality will likely to mediate the relationship between gender role conflicts and psychological distress in married men. A sample of 100 married men (Age  $M = 32.76$ ,  $SD = 6.41$ ) was collected from community settings. Gender Role Conflict Scale (O'Neil, 1986), Relationship Assessment Scale (Hendrick, 1991) and Kessler Psychological Distress Scale (Kessler & Mroczek, 1992) were used for assessment. Correlation analysis, hierarchical regression and mediation analysis were applied. It was found that there is no relationship between gender role conflicts (success, power and competition and conflict between work and family relations) and marital relationship quality and psychological distress. Gender role conflicts (restrictive emotionality) was negatively correlated with marital relationship quality and positively correlated with psychological distress; it was found that gender role conflicts (restrictive affectionate behavior between men) was negatively correlated with marital relationship quality and positively related with psychological distress and marital relationship quality was negatively correlated with psychological distress; marital relationship quality mediated the relationship between the gender role conflicts (restrictive emotionality and restrictive affectionate behavior between men) and psychological distress. The men whose wives do job perceived more gender role conflicts, deteriorated marital relationship quality and more psychological distress as compared to men whose wives don't. Men living in rural areas perceived more psychological distress as compared to men who were living in urban areas. The research has important implications in the field of marital counseling in order to provide assistance to married individuals for the betterment of their relationship.

*Keywords:* Gender role conflicts, relationship quality, psychological distress.

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## **Work Life Conflict, Social Support and Interpersonal Problems in Working Married Women**

Sonia Sharif (MSc, 2013-2015)

Supervisors: Arooj Arshad & Iram Fatima, PhD

The present study investigated the moderating effect of social support in the relationship between work life conflicts (work to family, family to work) with interpersonal problems in working married women ( $N = 150$ ) from 19 to 58 ( $M = 36.43$ ,  $SD = 8.17$ ) years of age and the duration of work from 1 to 20 ( $M = 7.14$ ,  $SD = 4.84$ ) years. It was hypothesized that social support would play the role of moderator in the relationship between work life conflict (work family conflict and family to work conflict) and interpersonal problems in working married women. Correlational research design was used. Assessment measures were Demographic Information Questionnaire, Multidimensional Work Family Conflict Scale (Carlson, 2000) and Multidimensional Scale of Perceived Social Support (Zimet, Dahlem & Farley, 1988) and Inventory of Interpersonal Problems (Horowitz, Alden, Wiggins & Pincus, 1998). Descriptive and Inferential statistics were employed for data analysis. In inferential statistics, Pearson product moment correlation was employed for investigating the relationship between work life conflicts (work family conflict and family to work conflict), social support and interpersonal problems. Moreover, to find out the moderating role of social support between work life conflicts (work family conflict and family to work conflict) and interpersonal problems moderation analysis was run through PROCESS macro by Hayes (2013). The results of present study showed that work family conflicts and family work conflict had relationship with perceived social support and interpersonal problems in working married women. Furthermore, the interaction of work life conflicts (work family conflict and family to work conflict) and social support predicted interpersonal problems in working married women. The present research is implemented in the social psychology field in describing the work life conflicts, social support and interpersonal problems in working married women.

*Keywords:* Work life conflict, social support, interpersonal problems, working married women.

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## **Emotional Self-Disclosure and Fear of Intimacy in Newly Married Women**

Amina Tahir (MSc, 2013-2015)

Supervisors: Madiha Yasin & Iram Fatima, PhD

The present study aimed to investigate the relationship between emotional self-disclosure and fear of intimacy in married women. It was hypothesized that there would be a negative relationship between domains of emotional self-disclosure (happiness, angry, anxiety, depression, apathy, calm, jealous and fear) and fear of intimacy in married women. It was also hypothesized that there would be a negative relationship between emotional self-disclosure and fear of intimacy and that domains of emotional self-disclosure (happiness, anger, anxiety, depression, apathy, calm, jealous and fear) would predict fear of intimacy. Correlational research design was employed in the present research. The sample was consisted of  $N = 200$  married women with the range of 19 to 27 years with 1 to 7 years duration of marriage. They were taken through non- probability purposive sampling technique. Assessment measures included Demographic Information Questionnaire, Emotional Self-disclosure Scale (Snell, Miller & Belk, 1988) and Fear of Intimacy Scale (Descutner & Thelen, 1991). After the completion of data collection descriptive and inferential statistics were used for data analysis. In inferential statistics, Pearson Product Moment Correlation was used to find out the relationship between emotional self-disclosure and fear of intimacy in married women. Regression analysis was also conducted to find the predictors of fear of intimacy. Findings revealed that there was a negative relationship between happiness, apathy and angry emotional self-disclosure and fear of intimacy in married women. It was also found that anger and anxiety aspects of emotional self-disclosure positively predicted fear of intimacy.

*Keywords:* Emotional self-disclosure, fear of intimacy, married women.

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## **Shyness and Cognitive Emotion Regulation in Children Living in Nuclear and Joint Family System**

Izzat Suleman (MSc, 2013-2015)

Supervisor: Shahnila Tariq

The present research was conducted to investigate the relationship between shyness and cognitive emotional regulation in children living in joint and nuclear family system. It was hypothesized that there is a significant relationship between shyness and cognitive emotion regulation strategies in children living in joint and nuclear family system. Non probability convenient sampling technique was used. Sample size was  $N = 160$  (80 from joint family system and 80 from nuclear family system with equal distribution on the basis of gender) taken from government schools of Lahore. Revised Check and Buss Shyness Scale (Cheek, 1983) and Cognitive Emotion Regulation Questionnaire-Kids (Garnefski & Kraaij, 2003) was used as assessment measure. Results revealed that children living in joint family system were less shy and used more emotional strategies. However, children with nuclear family system were shy, and they used fewer strategies. Further analysis revealed negative relationship between shyness and over all cognitive emotion regulation as well as with positive refocusing and planning. There was a significant positive relationship between shyness and self-blaming, acceptance, rumination and catastrophizing. Significant gender differences were also found. The results were compared with the existing literature.

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*Keywords:* Shyness, cognitive emotion regulation, family system.

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## **Maternal Grandmother Grandchild Relationship and Perceived Mother Child Relationship in Adolescents**

Tahira Kiran (MSc, 2013- 2015)

Supervisor: Shahnila Tariq

The present research aimed to investigate the maternal grandmother grandchild relationship and perceived mother child relationship in adolescents. It was hypothesized that there is likely to be a significant relationship between maternal grandmother grandchild relationship and perceived mother child relationship in adolescents. Snowball sampling technique was used for data collection. The sample size was  $N = 120$  (60

males and 60 females). Closeness to especially close grandmother, Maternal and paternal grandmother grandchild relationship was measured through Grandmother Grandchild Relationship Scale (Elder & Conger, 2000). Mother involvement, mother autonomy support and mother warmth, the three selected subscales of Perceptions of Parents Scale (Robbins, 1994) were used to measure the perceived mother child relationship. Results indicated a positive correlation of perceived mother warmth, mother autonomy support and mother involvement and a significant negative correlation of closeness to especially close grandmother, Maternal and paternal grandmother grandchild relationship with perceived mother autonomy support, mother warmth and mother involvement. Result findings also revealed no gender difference. However, regression analysis revealed that that age, emotional closeness, paternal grandmother's daughters' sons, maternal grandmother's rating and frequency to meet paternal grandmother are significant predictors of perceived mother child relationship in adolescents.

*Keywords:* Maternal grandmother-grandchild relationship, perceived mother child relationship.

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### **Loneliness, Perceived Social Support and Life Satisfaction in Widowed**

Shamim Rafique (MSc, 2013-2015)

Supervisor: Shahnaila Tariq

The current research was aimed to investigate the relationship between the loneliness, perceived social support and life satisfaction. It was hypothesized that there is likely to be a relationship between loneliness, perceived social support and life satisfaction in widowed. Correlational research design and snow ball sampling technique was used to recruit the participants. Sample ( $N = 100$ ) widowed with equal distribution on the basis of gender. The Perceived Loneliness Scale (Jha, 1997), Multidimensional Perceived Social Support Scale (Zimet, Dahlem, Zimet & Farley, 1988) and Satisfaction with Life Scale (Diener, Emmons, Larsen & Griffin, 1985) was used as assessment measures. Pearson product moment correlation, independent samples  $t$ -test, and hierarchal regression analysis were applied. The results revealed negative relationship of loneliness with perceived social support and life satisfaction. There were no gender differences on the basis of loneliness, perceived social support and life satisfaction whereas significant

difference was found on the basis of family system and job status regarding satisfaction with life only. The results were discussed with reference to empirical evidences.

*Keywords:* Loneliness, perceived social support, life satisfaction, widowed.

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### **Self-Silencing, Psychological Distress and Quality of Marital Life in Married Couples**

Hajra Akram (BS, 2011-2015)

Supervisor: Tahira Mubashar

The present research purported to study self-silencing, psychological distress and marital quality in married couples. It was hypothesized that there was likely to be positive correlation between self-silencing and marital quality in married couples. It was also hypothesized that, self-silencing was potential predictor of marital quality and psychological distress was likely to mediate the relationship between self-silencing and marital quality. Subsequently, it was also proposed that there was likely to be a difference between self-silencing, psychological distress and marital quality in married males and females. Correlational research design was used in this study. Purposive sampling technique was used to recruit data from community. Sample comprised of  $N = 200$  couples (100 = male, 100 = female). Assessment measures that were used to assess study variables were Silencing the Self Scale (Jack & Dill, 1999), Psychological Distress Scale (Kessler, 2000) and Marital Quality Scale (Shah, 1995). Pearson product moment correlation revealed that there was significant positive relationship between self-silencing and marital quality. Further, mediation through regression analysis revealed the psychological distress was a mediator in the relationship between self-silencing and marital quality. Independent samples  $t$ -test showed that there were differences in self-silencing and psychological distress in married males and females. The study has implications in addressing the dimensions of interpersonal orientation and self-worth and awareness to problems that arise due to self-silencing in marital quality. The importance of these variables in relation to the functioning of a relationship is mandatory for marriage counselor to understand for better underlying management of couple issues.

*Keywords:* Self silencing, psychological distress, quality of marital life.

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## **Self-Concealment and Marital Relationship Quality in Married Women**

Ammara Sana Ullah (BS, 2011-2015)

Supervisor: Faiz Younas

The Present research investigated the relationship between self-concealment and relationship quality. It was hypothesized that there was a significant relationship between self-concealment and relationship quality. Moreover, it was also hypothesized that there was a significant difference in the relationship quality of working and non-working women. The sample consisted of  $N = 100$  married women. ( $n = 50$  Working,  $n = 50$  non-working) with age range (25-50) years. ( $M = 38.5$ ,  $SD = 8.2$ ) Co-relational research design was used. Sample was drawn by convenient sampling strategy from working teachers and housewives. Self-Concealment Scale (Larson & Chastain, 1990) and Relationship Assessment Scale (Susan & Hendricks, 1998) were used to collect data. Correlation and Independent samples  $t$ -test was conducted through SPSS and results were generated. The findings of this research showed that there was a significant negative relationship between self-concealment and relationship quality of working and non-working women. The present research has implications in the field of counseling psychology.

*Keywords:* Self-concealment, marital relationship, married women.

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# **Organizational Psychology**

## **Work Demands, Work-Family Conflict and Job Satisfaction in Nurses**

Azba Sohail (BS, 2011-2015)  
Supervisor: Rukhsana Kausar, PhD

The present study was directed to analyze the relationship between the work demands, work-family conflict and job satisfaction in nurses working in private and government hospitals of Lahore. It was hypothesized that work demands, work family conflict and job satisfaction are significantly correlated and that demographic characteristics, work demands and work family conflict predicts job satisfaction in nurses. Correlational research design was used for the present study. A sample of 100 married nurses both from government and private hospitals was collected by using purposive sampling technique. For assessment, Job Demands Scale (Ganster, 1989), Work and Family Conflict Scale (Haslam, 2012) and McCloskey Mueller Satisfaction Scale (McCloskey & Mueller, 1990) were used. In order to find the relationship between variables Pearson Product Moment Correlation Analysis and for prediction, step wise regression analysis was carried out. The results demonstrated that work to family conflict and working hours had significant negative relationship with job satisfaction and there exists a significant positive relationship between family to work conflict, monthly income and duration of marriage with job satisfaction. Moreover, monthly income and work experience emerged as significant predictors of job satisfaction. Thus, the present study has implications for hospital authorities to focus on work family conflict so as to endow with the needs of married nurses and to assess the underlying causes and outcomes of work family conflict and job dissatisfaction among nurses.

*Keywords:* Work demand, work family conflict, job satisfaction, nurses.

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## **Vocational Identity, Negative Career Thoughts and Quality of Work Life of Internees**

Jabar Hussain (MSc, 2013-2015)

Supervisor: Iram Fatima, PhD

A correlational study was conducted to investigate the relationship among vocational identity, negative career thoughts and quality of work life of internees. Sample comprised of 80 internees with age range 20-28 years ( $M = 23.10$ ,  $SD = 1.74$ ). It was hypothesized that negative career thoughts would be negatively whereas vocational identity would be positively related to quality of work life. It was also hypothesized that negative career thoughts and vocational identity would predict quality of work life. Career Thoughts Inventory (Sampson et al., 1996) was used to assess the negative career thoughts; Vocational Identity Scale (Holland, Daiger, & Power, 1980) was used to measure the vocational identity and Quality of Work-related Life Scale (Easton & Laar, 2012) was used to measure the quality of work life. Findings of the study showed that there was negative relationship of negative career thoughts with vocational identity and quality of work life whereas positive relationship was observed between vocational identity and quality of work life. Further negative career thoughts negatively predicted the quality of work life. Results were discussed in term of their implications and theoretical significance

*Keywords:* Vocational identity, negative career thoughts, quality of work life.

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## **The Moderating Role of Job Satisfaction as Related To Organizational Learning and Work Performance**

Arifa Khadim (BS, 2011-2015)

Supervisor: Rafia Rafique, PhD

The progress of any organization greatly depends on excellent performance of its employees. Major attention is paid to employee's performance within an organization as it is imperative for attaining success in each and every field. In this study, moderating effect of job satisfaction was examined related to organizational learning and work performance among nurses. Correlational research design was used. Non-probability purposive sampling technique was utilized to recruit a sample

of 110 nurses from public hospitals of Lahore. The construct of organizational learning was measured using subscale of Integrated Scale for Measuring Organizational Learning (Jyothibabu, Farooq & Pradhan, 2010). Job satisfaction was measured using Job Satisfaction Survey developed by Spector (1985). Performance of employees was divided into three main categories; task performance, contextual performance and counterproductive work behavior and was assessed by Individual Work Performance Questionnaire (developed by Koopman (2014). The major findings of the study revealed that job satisfaction negatively moderated the relationship between organizational learning and counterproductive work behavior. Education has significant positive relationship with organizational learning. Age, current hospital experience, marital satisfaction and salary had positive relationship while number of children had negative relationship with counterproductive work behavior. These outcomes can be insightful in understanding the reasons of counterproductive activities adopted by nurses employed in hospitals and relevant solutions can be applied to rectify such work behaviors. Due to positive impact of job satisfaction on nurses' organizational learning, trainings can be designed to increase their current job satisfaction and improve learning experiences.

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*Keywords:* organizational learning, work performance, nurses.

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### **Work Centrality, Life Role Salience and Dyadic Adjustment in Emergency Service Providers**

Shazza Shazdey Raheem (MSc, 2013-2015)

Supervisor: Rafia Rafique, PhD

Dyadic adjustment is a major facilitating factor in the grueling lifestyle of emergency service providers, leading to optimal adjustment in various life roles. This research examined the relationship between work centrality, life role salience and dyadic adjustment in emergency service providers. The study further explored the moderating role of thought suppression. After the detailed literature review it was hypothesized that work centrality and life role salience are likely to be positively related to dyadic adjustment of Emergency Service Providers. It was further hypothesized that thought suppression is likely to moderate the relationship between work centrality, life role salience and dyadic adjustment. Within group research design was used. Sample of 110 male emergency service providers with age range from 24 to 40 years was

obtained from Rescue 1122 headquarters and two government hospitals of Lahore, Punjab. Dyadic Adjustment Scale by Spanier (1976); Work Centrality Scale by Paullay, Alliger, and Stone-Romero (1994); Life Role Salience Scale developed by Amatea, Cross, Clark, and Bobby (1986) consisting of three subscales (namely, occupational role commitment, parental role commitment and homecare role commitment) and white bear thought suppression inventory by Wegner and Zanakos (1994) were translated in Urdu and individually administered. The findings generated by Pearson product moment correlation indicated that occupational role commitment had a positive relationship with dyadic adjustment while parental role commitment and homecare role commitment had negative relationships with dyadic adjustment of emergency service providers. Hierarchical moderated regression revealed that thought suppression significantly moderated the relationship between variables. This research offers an insight into the lives and trauma alleviating strategies of the people who are involved in this profession on a daily basis. This research is also helpful as it provides empirical support to the personnel's conflicts in the course of their work and its consequences on their dyadic and parental roles. It offers an avenue to researchers to explore the trauma coping strategies and their influence on people employed in other healthcare professions and implement couple and counseling therapies to the recipients of such stressful conditions.

*Keywords:* Work centrality, dyadic adjustment, thought suppression, emergency service providers.

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### **Career Transition and Work Stress: The Mediating Role of Quality of Work Life among Retired Army Officers**

Aamnah Jawad (MSc, 2013-2015)

Supervisor: Rafia Rafique, PhD

The objective of the study was to examine the mediating role of quality of work life in the relationship between career transition and work stress. The study aimed to find the relationship between career transition and work stress. The study further explored the mediating role of quality of work life. Cross sectional research design was used and a sample of 125 retired army officers was approached for data collection. A self-constructed demographic information sheet, Career Transition Inventory (Heppner, 1997), Work-Related Quality of Life Questionnaire (Easton & Laar, 2007) and Workplace Stress Scale (Marlin Co., 2008) were

administered on the sample to assess the study variables. Pearson product moment correlation and mediated hierarchical regression were applied to generate results. Results revealed that there was a positive relationship between career transition and work stress. There is a negative relationship between quality of work life and career transition and a negative relationship between quality of work life and work stress. The results further showed that quality of work life mediated the relationship between career transition and work stress. This study gives an insight into the career transition of the retired army officers and the role of work stress in causing problems in their occupational life and how quality of work life plays an important part in making the career transition a tough process for the retired army officers. The research is a pioneering attempt in outlining the sequence of problems faced by the retired army officers which would aid in developing a model to help the officers cope with their career transition in an effective manner.

*Keywords:* Career transition, quality of work life, work stress, mediation.

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### **Perceived Organizational Politics and Organizational Citizenship Behavior in College Teachers**

Hafsa Tariq (BS, 2011-2015)  
Supervisor: Shahnaila Tariq

The present study was conducted to investigate the relationship of perceived organizational politics and organizational citizenship behavior in college teachers. It was hypothesized that there would be relationship between the perceived organizational politics and organizational citizenship behavior in college teachers. In this study co relational research design and convenient sampling technique was used for data collection. Sample size was  $N = 100$  (50 government college teachers and 50 private college teachers with equal distribution on the basis of gender) taken from Lahore, Sheikhpura and Farooqabad. Organizational Citizenship Behavior was measured by Organizational Citizenship Behavior Scale (McKacmar, 1991), Perceived Organizational Politics Scale (Podaskoff, 1997) was used to measure Perceived Organizational Politics. The findings indicated that there was a negative co-relation between the two variables and significant difference of scores on OCB scale. The result showed that there were no differences of OCB with age, number of children, monthly income and working experience of

employees. However, POP showed the significant relationship with all of the mentioned demographic variables. Regression result revealed that POP does not predicts the OCB. The findings will be helpful in understanding the effects of organizational politics on citizenship behavior of the employers in any organization.

*Keywords:* Perceived organizational politics, organizational citizenship behavior.

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## **Ostracism, Personality and Workplace Deviant Behaviors in Employees of Private Organizations**

Zehra Keshf (BS, 2011-2015)

Supervisor: Afifa Anjum

Being social animals, human beings live and connect with others. Ostracism rejects this connection as the ostracized individual is rejected by others. In workplace, such ostracism can lead to workplace deviant behaviors. But personality can play a moderating role in the relationship of ostracism and the resulting workplace deviance. The current study explored the relationship of demographics with ostracism, personality and workplace deviant behaviors; the relationship between main study variables and the moderating role of personality between ostracism and workplace deviant behaviors. Using Workplace Ostracism Scale (Ferris, Brown, Berry & Lian, 2008), Ten Item Personality Inventory (Gosling, Rentfrow, Swann, 2003) and Interpersonal and Organizational Deviance Scale (Bennett & Robinson, 2000) data was gathered from 120 private organization employees through convenient sampling. Results indicated that current job position was negatively related to ostracism. Ostracism was significantly linked to workplace deviant behaviors. Among the personality traits, agreeableness showed negative relationship with ostracism. Emotional stability had negative relation with both ostracism and one subscale of workplace deviance i.e. interpersonal deviance. Moderating role of the five personality traits was analyzed using hierarchical regression, for which the two subscales of workplace deviance i.e. interpersonal deviance and organizational deviance were catered as separate variables and a total of ten regression analyses were run. Agreeableness, emotional stability and openness to experience moderated the relationship of ostracism and interpersonal deviance whereas relationship of ostracism and organizational deviance was moderated by emotional stability only. Results are discussed in light of

previous researches and limitations, suggestions and implications are presented.

*Keywords:* Ostracism, workplace deviant behaviors, private organizations.

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## **Organizational Justice Perception, Organizational Cynicism Perception and Turnover Intentions in the Employees of IT Companies**

Adeela Shahbaz (MSc, 2013-2015)

Supervisor: Tahira Mubashar

The present research aimed to investigate the relationship between organizational justice perception, organizational cynicism perception and turnover intentions in the employees of IT companies of Lahore. It was hypothesized that; (1) there would be relationship in organizational justice, organizational cynicism and turnover intentions in employees of IT companies; (2) organizational justice and organizational cynicism would be predicted turnover intentions in employees of IT companies; and (3) there would be significant difference in organizational justice, organizational cynicism and turnover intentions in employees of national and multinational IT companies of Lahore. A sample of  $N = 160$  employees was selected from national and multinational software houses. Organizational justice scale (Niehoff & Moorman, 1993) and distributive justice index (Price & Muller, 1986) were used to measure organizational justice perception, organizational cynicism scale (Vance & Tushak, 1991) was employed to measure organizational cynicism perception, and turnover intention scale (Fichman, Jenkins, & Klesh, 1979) was used to assess turnover intentions in employees of IT companies. Pearson product moment correlation, linear regression and independent samples *t*-test were used to assess relationship, prediction and difference in study variables. Results revealed that organizational justice perception and organizational cynicism perception were negatively correlated with turnover intentions whereas; there was no correlation between organizational justice perception and organizational cynicism perception. Organizational justice perception and organizational cynicism perception were found to be strong predictors of turnover intentions. Results also revealed that organizational justice perception (interactional and procedural justice) was high in national companies IT companies.

Moreover, turnover intention was also high in national IT companies as compared to multinational IT companies.

*Keywords:* Organizational justice perception, organizational cynicism perception, turnover intentions.

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### **Job Demands, Spillover between Work and Home, and Wellbeing of Workers in Private Sector Organizations**

Faiza Waris (BS, 2011-2015)

Supervisor: Tahira Mubashar

Current research was conducted to investigate the relationship between job demands, spillover between work and home, and wellbeing of workers in private sector organizations. It was hypothesized that (a) there would be relationship between job demands, spillover between work and home, and wellbeing of employees; and (b) job demands and spillover between work and home would be predictors of wellbeing of workers. A sample of  $N = 150$  managerial and supervisory staff of private sector organizations was recruited using purposive sampling technique. Job Content Questionnaire (Karasek, 1998), The Survey Work-Home Interaction Nijmegen SWING (Guerts, 2005), and Well-Being Assessment Tool (Allyn & Bacon, 2000) were used to assess job demands, spillover and wellbeing of the employees, respectively. Results revealed that there was significant positive correlation between job demands, spillover between work and home, and wellbeing of employees. Results also revealed that job demands and spillover between work and home were significant predictors of wellbeing. The study findings provided a platform for the sentience of antecedents of wellbeing of workers in an organization.

*Keywords:* Job demands, spillover, wellbeing, private sector organizations.

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### **Psychosocial Demands, Emotional Exhaustion and Work Wellness in Physicians**

Sumaira Rafique (MSc, 2013-2015)

Supervisor: Tahira Mubashar

Physician wellness is complex and multifaceted; individual, professional, and organizational factors might affect physician's ability to be well. The

research investigated the relationship of psychosocial demands, emotional exhaustion and work wellness in physicians. It was hypothesized that (1) there would be relationship in psychosocial demands, emotional exhaustion and work wellness in physicians; and (2) psychosocial demands and emotional exhaustion would be predictors of work wellness in physicians. The sample consisted of  $N = 150$  doctors, taken from different hospitals of Lahore using purposive sampling technique. Copenhagen psychosocial questionnaire (COPSOQ) (Psychosocial Department, National Institute of Occupational Health, Copenhagen, Denmark, 1997), Oldenburg burnout inventory (OLBI) (Demerouti, Bakker, & Nachreiner, 1998) and the perceived wellness survey (PWS) (Adams et al., 1997) were used to measure psychosocial demands, emotional exhaustion, and work wellness of physicians, respectively. Pearson product moment correlation, regression and independent samples  $t$ -test were used to test the hypotheses. The results revealed that there was a significant negative relationship of work wellness with psychosocial demands and a positive relationship between psychosocial demands and emotional exhaustion. It was revealed that emotional exhaustion and working experience were predictors of work wellness. Moreover, it was also found out that physicians resident in rural areas had more psychosocial demands than those living in urban locality. The study has important implications in developing holistic wellness plans which aid physicians in performing their best, while considering the realities of their work environment and resources that are available to them.

*Keywords:* Psychosocial demands, emotional exhaustion work wellness.

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### **Affective Forecasting, Organizational Compensation Program and Retirement Apprehension in Employee Approaching Retirement in Public Organization**

Fasiha Shafiq (BS, 2011-2015)

Supervisor: Tahira Mubashar

For retirement, uncertainty about what comes next in regard to health, finances and activities can create apprehension or anxiety. The present study investigated the relationship in affective forecasting, organizational compensation program and retirement apprehension in employees approaching retirement. It was hypothesized that; (1) there would be relationship in affective forecasting,



organizational compensation systems and retirement comprehension in employees near retirement in public organizations; (2) organizational compensation system would be moderated the relationship between affective forecasting, and retirement apprehension in employees near retirement in public organizations; and (3) there would be differences in health, education and banking sectors on affective forecasting, organizational compensation program and retirement apprehension in employee near retirement. The sample  $N = 150$  employees near retirement from different organizations of Lahore were approached to collect data. Assessment measures were the One Item Scale of Happiness (Gilbert, 1998) and Positive And Negative Affect Schedules (Watson, Lee, & Tellegen, 1988) for assessing affective forecasting, Social Components Of Retirement Anxiety Scale (Fletcher & Hansson, 1991) for assessing retirement anxiety and self-made organizational compensation program. Pearson product moment correlation, moderation through hierarchical regression and one-way ANOVA were carried out to test hypotheses. The results revealed that there was significant negative relationship between positive affect, happiness and organizational compensation program with the retirement apprehension and there was positive relationship of negative affects with retirement apprehension. It was also found out that organizational compensation program (lumpsum amount, benefits and retirement plan) moderated the relationship between affective forecasting and retirement apprehension. There were also significant differences in the health, education and banking sectors on affective forecasting and retirement apprehension. The study has important implications in developing comprehensive compensation program which help them to decrease their apprehension regarding anxiety.

*Keywords:* Affective forecasting, organizational compensation program, retirement apprehension.

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## **Occupational Stress and Interpersonal Conflicts as Predictors of Well-Being in Employees of Packaging Industry**

Saleha Munawar (MSc, 2013-2015)

Supervisor: Tahira Mubashar

This study investigated the role of personality, interpersonal conflicts, organizational climate and occupational stress in predicting the employees' wellbeing in packaging companies in Lahore. It was hypothesized that; (1) there was likely to be a relationship in personality, interpersonal conflicts, organizational climate, occupational stress and wellbeing in employees of packaging industry; and (2) personality,

interpersonal conflicts, organizational climate and occupational stress were likely to predict wellbeing in employees of packaging industry. A sample of  $N = 150$  employees was selected from packaging companies in Lahore. Warwick Edinburgh Mental Wellbeing Scale (Tennant et al., 2007), Ten Item Personality Inventory (Gosling, Rentfrow, & Swann 2003), Interpersonal Conflict at Work Scale (Spector & Jex, 1998), Organization-Level Safety Climate Scale (Zohar, 2005), and Occupational Stress Scale (Mubashar & Ghazal, 2005) were used to assess well-being, personality, interpersonal conflict, organizational climate, and occupational stress, respectively, in employees of packaging industry. Pearson product moment correlation and hierarchical regression were employed to test the hypotheses. Results indicated that there was positive relationship of wellbeing with personality (extraversion, wellbeing and conscientiousness, wellbeing and openness to experience) and organizational climate. Wellbeing was negatively related to role conflict stress, physical environment stress and repetitive work stress. Interpersonal conflict had positive correlation with occupational stress (role conflict and co-workers) and negative correlation with under load. Moreover, results of hierarchical regression revealed that personality (extraversion, conscientiousness), interpersonal conflicts and organizational climate were significant positive predictors of well-being, whereas, occupational stress (career development and repetitive work) negatively predicted wellbeing.

*Keywords:* Occupational stress, interpersonal conflict, industry employee.

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## **Perceived Self-Efficacy and Burnout among Post Graduate Teachers**

Gulshan Asif (MSc, 2013-2015)

Supervisor: Faiz Younas

The present study aimed to investigate the relationship between perceived self-efficacy and exhaustion. It was hypothesized that there is negative relationship between perceived self-efficacy and exhaustion in post graduate teachers. Furthermore, it was hypothesized that perceived self-efficacy is likely to predict exhaustion in post graduate teachers. It was also hypothesized there is significant gender differences in exhaustion and perceived self-efficacy in postgraduate teachers. Co-relational research design used for which purposive sampling was employed to select a sample of ( $N = 100$ ) teachers. The General Self Efficacy Scale

(Schwarzer & Jerusalem, 1995) and Oldenburg Burnout Inventory (Demoruti, Bakker, Vardakou, and Kantas, 2003) were used to assess the study variables. Person product moment correlation, hierarchical regression and independent *t*-test analysis were used to analyze data through SPSS. Results showed a positive correlation between perceived self-efficacy and exhaustion while the concept of perceived self-efficacy proved to be a predictor of exhaustion in postgraduate teachers. Results revealed that significant gender differences were found in exhaustion while no gender differences were observed in perceived self-efficacy. This research establishes important aspects for teachers to learn the role of self-efficacy in their lives especially in the field of education psychology as well as for work place counseling to increase their productivity.

*Keywords:* Perceived self-efficacy, burnout, post graduate teachers.

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### **Grandiose Narcissism and Vulnerable Narcissism in Doctors**

Mamona Yasmin (MSc, 2013-2015)

Supervisor: Faiz Younas

The present study aimed to investigate the two forms of narcissism (grandiose narcissism and vulnerable narcissism) in doctors. It was also hypothesized that there are likely to be significant differences in grandiose and vulnerable narcissism. It was hypothesized that there is likely to be a positive relationship between designation and grandiose and vulnerable narcissism. By employing purposive sampling technique, a sample of ( $N = 80$ ) of doctors was recruited from few public sector hospitals of Lahore (Jinnah Hospital, Lahore General Hospital, Hospital, Services Hospital, and Mayo Hospital). Pathological Narcissism Inventory (PNI), (Pincus, 2013) was used to assess the research variables while results were generated by applying *t*-test, One Way ANOVA, and Two Way ANOVA which showed that there were differences in the degree of exhibition of grandiose narcissism and vulnerable narcissism in doctors. The results also revealed that there was no relationship between designation and two form of narcissism in doctors. The findings implied important role in improving the patient-doctor relationship and in understanding doctor's attitude.

*Keywords:* Grandiose narcissism, vulnerable narcissism, doctors.

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# **Personality Psychology**

## **Attachment Orientation, Perceived Parental Support and Social Adjustment in Adolescents of Working Parents**

Rida Javed (MSc, 2013-2015)

Supervisors: Shehnaz Bano & Rukhsana Kausar, PhD

The current research was designed to examine the relationship between attachment orientation, perceived parental support or social adjustment in adolescents of working parents. It was hypothesized that there is likely to be a positive relationship between attachment orientation, perceived parental support and social adjustment. Also, attachment orientation is likely to predict social adjustment in adolescents and there are likely to be gender differences in attachment orientation, perceived parental support and social adjustment. Correlational research design and non-probability purposive sampling was used to recruit a sample of adolescents ( $N = 150$ ). Experience in Close Relationship- Relationship Structures (Frarely, Heffernan, Vicary, & Brumbaugh, 2011), Perception of Parent Scale (Grolnick, Ryan & Deci, 1991) and Bells adjustment inventory (Bell's, 1963) Questionnaire were used for assessment. Pearson product moment correlation, hierarchal regression analysis and independent samples  $t$ -test were used to analyze data. Results showed a positive relationship between attachment orientation and social adjustment. Moderation analysis showed that mothers' support influences social support whereas father support didn't influence social support in adolescents. Results revealed significant differences in girls and boys or those boys tend to have more secure attachment than girls. This study can serve as a guide for parents to help their children to adjust in the society and grow as better human beings.

*Keywords:* Attachment orientation, perceived parental support, social adjustment, working parents.

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# **Positive Psychology**

## **Sense of Coherence, Hardiness, Social Support and Post-Traumatic Growth among Flood Victims**

Asad Abbas (MSc, 2013-2015)

Supervisor: Farah Malik, PhD

The present study investigated the relationship between sense of coherence, hardiness, social support and post-traumatic growth of flood victims. It was hypothesized that there would be a positive relationship between sense of coherence, hardiness, social support and post-traumatic growth of flood victims. It was also hypothesized that sense of coherence, hardiness and social support would predict the post-traumatic growth among flood victims. The sample was taken by using non-probability purposive sampling technique. The sample comprised of 100 adults (50 men and 50 women) from Kacha Village and Mighiana Village of district Jhang which have been badly affected by flood in September 2014. The age range of the participants was 25-54 years ( $M = 39.15$ ,  $SD = 7.36$ ). Urdu version of Post Traumatic Growth Inventory (Tedeschi and Calhoun, 1996), Orientation to Life Questionnaire (Antonovsky, 1983), Dispositional Resilience Scale (Bartone, 1995; Bartone et al., 1989) and Multidimensional Scale of Perceived Social Support (Zimet et al, 1988) were used. Correlation, regression and  $t$ -test were used for the statistical analysis of the data. The results of Pearson product moment correlation showed significant relationship between sense of coherence, hardiness, social support and post-traumatic growth. The results of hierarchal regression analysis indicated that sense of coherence was positive predictor of post-traumatic growth while hardiness and social support did not predict post-traumatic growth. The results of  $t$ -test revealed that there was no gender differences found in post-traumatic growth of flood victims. The results are discussed in the light of cultural and financial difficulties faced by the flood survivors and role of government to manage such disasters.

*Keywords:* Sense of coherence, hardiness, social support, post-traumatic growth, flood victims.

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## **Self- Regulation, Resilience and Risk Taking in Adolescents**

Hira Khanum (MSc, 2013-2015)

Supervisor: Shahnaila Tariq

The aim of this present research was to find out the relationship between self-regulation, resilience and risk taking in adolescents. It was hypothesized that there is a relationship between self-regulation, resilience and risk taking in adolescents and self-regulation and resilience are likely to be the predictor of risk taking. Cross sectional design was used to collect the data. Purposive sampling technique was used to collect the data from adolescents in the age range from 13 to 19. Sample ( $N = 150$ ) was collected from public and private institutions of Lahore. A self-constructed demographic questionnaire, Short Self-Regulation Questionnaire (Carey, Neal & Collins, 2004), State and Trait Resilience Checklist (Hiew, 2002) and Risk Orientation Questionnaire (Rohrmann, 2001) were used to collect data. Data was analyzed by using Pearson Product Moment Correlation and Hierarchical Regression Analysis. Result showed a positive relationship between self-regulation, resilience and risk taking in adolescent. Resilience was significant predictor of risk taking. There were no significant gender differences in self-regulation and risk taking in adolescents but results revealed that girls are more resilient than boys. There were no significant differences in self-regulation, resilience and risk taking in adolescents on the basis of family system. Results were discussed in comparison to the western and indigenous researches. The findings can serve as awareness for the teachers and parents.

*Keywords:* Self- regulation, resilience, risk taking.

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## **Compassion, Rumination and Psychological Well-Being in Young Adults**

Shahzad Anwar (MSc, 2013-2015)

Supervisor: Afifa Anjum

The current research was designed to investigate the relationship between the compassion, (self and toward others), rumination and psychological well-being in young adults. It was hypothesized that there would be relationship between compassion, (self and toward others), rumination and psychological well-being in young adults. Moreover rumination is



likely to be a mediator in relationship between compassion and psychological well-being of young adults. And gender is likely to play a difference in study variables. Correlational research design was used. Convenient sampling technique was used to recruit the participants. Sample was consisted of both male and female university students. Sample size was 50 in each group. This Self-Compassion Scale-Short Form (Neff, 2011) was used to assess self-compassion. The Compassion scale (Pommier, 2011) was used to assess compassion with others. Rumination scale (Nolen-Hoeksema, 2003) was used to assess rumination level in young adults. Bradburn Scale of Psychological Well-being (Bradburn, 1969) was used to measure psychological well-being. Pearson product moment co-relation, independent samples *t*-test, and mediation analysis through hierarchical regression analysis were applied. There was positive relationship between self-compassion and compassion with others, negative relationship between self-compassion and rumination and significant positive relationship between self-compassion and psychological well-being. Rumination partially mediates the relationship between compassion with others and psychological well-being. Females were high on compassion with others and psychological well-being, whereas males were high on self-compassion and rumination.

*Keywords:* Compassion, rumination, psychological well-being, young adults.

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### **Sense of Humor, Social Competence and Psychological Well-Being in Late Adolescent**

Maryam Razzaq (MSc, 2013-2015)

Supervisor: Afifa Anjum

The purpose of this research was to investigate the relationship between sense of humor, social competence and psychological well-being in late adolescents. It was hypothesized that sense of humor, social competence and psychological well-being are associated, as well as there are gender differences in study variables. Correlational research design was used to recruit a sample of 150 which included male ( $n = 75$ ) and female ( $n = 75$ ) late adolescents chosen by convenient sampling. The sample was taken from various institutions in Lahore. Humor Styles Questionnaire (HSQ; Martin, et al., 2015), Ryff's Psychological Well-Being Scale (Ryff, 1995) and The Interpersonal Competence Questionnaire (Buhrmester, Furman, Wittenberg, & Reis, 1988) were used. Correlation, Independent samples *t*

test and Regression were applied to analyze the data. Correlation analysis showed positive relationship between affiliative humor and personal growth (subscale of psychological well-being). Whereas aggressive humor and self-defeating humor were negatively correlated to overall psychological well-being. Self-enhancing humor was positively correlated with social competence. Environmental mastery (subscale of psychological well-being) was positively correlated with social competence. Regression analysis showed that self-enhancing humor, aggressive humor and self-defeating humor predicted psychological well-being. The result of independent samples *t*-test showed differences in aggressive humor, personal growth, purpose in life and psychological well-being in males and females. This research can create our awareness about the use of humor in the enhancement of social competence and psychological well-being

*Keywords:* Sense of humor, social competence, psychological well-being, late adolescent.

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# **Psychology of Gender**

## **Concept of Masculinity in Men and their Attitude towards Women**

Naveed Arif (MSc, 2013-2015)

Supervisor: Faiz Younas

The present study aimed to investigate the relationship between concept of masculinity in men and their attitude towards women. It was hypothesized that there is likely to be a negative relationship between concept of masculinity in men and their attitude towards women. Also, it was hypothesized that concept of masculinity is likely to predict attitude towards women in men. Co-relational research design and purposive sampling was used to recruit a sample of men ( $N = 100$ ). Male Role Inventory (MRI) (Snell, 2013) and Attitude towards Women (AWS) (Spence, Helmrich & Stapp, 1978) was used to assess the study variable. Person product moment correlation and hierarchal regression analysis was used to analyse data through SPSS. Results showed a significant negative relationship between concept of masculinity in men and their attitude towards women while the concept of masculinity proved to be a significant predictor of attitude towards women. This study does not only serve as an insight into the concept of masculinity in Pakistani men but also enables to devise strategies to change men's attitude towards women thus combating violence against women.

*Keywords:* Masculinity, attitude, women.

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# **Social Psychology**

## **Situational Motivation, Social Relationship and Altruistic Behaviour in Young Adults**

Fatima Safder (BS, 2011-2015)  
Supervisor: Rukhsana Kausar, PhD

The present research investigated the relationship between situational motivation, social relationships and altruistic behavior in young adults. It was hypothesized that: would be a relationship between situational motivation and altruistic behavior; there would be a relationship between positive social relationships and altruistic behavior in young adults; there would be more altruistic behavior in males as compared to female young adults. Correlation research design was used with a sample of 100 students recruited from various public and private sector institutes through probability random sampling technique. Situational Motivation Scale (Guay et al., 2000), The Positive-Negative relationship Quality (Fincham & Rogge, 2010) and Self-Report Altruism Scale (Rushton, Chrisjohn & Fekken, 1981) were used for assessment. Correlation, independent samples *t*-test and stepwise regression were applied to generate the results. Significant positive relationship between identified regulation and altruistic behavior was found. Results also showed significant positive relationship between positive social relations and altruistic behavior in young adults. Significant gender differences were found in altruistic behavior in young adults, men being more altruistic a woman. Gender and positive social relations emerged significant predictors of altruistic behavior in young adults. The study has implications for individuals in developing positive social relations, situational motivation and providing altruistic behavior.

*Keywords:* Situational motivation, social relationship, altruistic behavior, young adults.

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## **Self-Concealment, Perceived Stigma and Attitude towards Seeking Professional Psychological Help**

Arooba Liaqat (BS, 2011-2015)  
Supervisor: Iram Fatima, PhD

A correlational study was conducted to investigate the relationship of self-concealment and perceived stigma with attitude towards seeking professional psychological help. It was hypothesized that self-

concealment and perceived stigma would be negatively related to attitude toward seeking professional psychological help. It was also hypothesized that women's are more likely to seek help. Sample was comprised of 200 undergraduate students with age range 17-25 years ( $M = 20.84$ ,  $SD = 1.86$ ). Self-Concealment Scale (Larson & Chastain, 1990) was used to assess the level of concealed information; Stigma Scale for receiving Psychological Help (Komiya, Good & Sherrod, 2000) was used to measure the perceived public stigma and Attitude towards Seeking Professional Psychological Help Scale (Fisher & Farina, 1995) was used to measure the individual's attitude towards seeking professional help for psychological problems. Findings of the study showed that there was no relationship between self-concealment and attitude toward seeking professional psychological help and no relation was observed between perceived stigma and attitude toward seeking professional psychological help. Results showed that men's are more likely to seek help. Results were discussed in terms of their implications and theoretical significance

*Keywords:* Self-concealment, perceived stigma, psychological help.

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### **Emotional Awareness, Communication Competence and Friendship Quality in Adolescents**

Rabia Butt (MSc, 2013-2015)

Supervisors: Zaeema Farooq & Iram Fatima, PhD

The present study aimed to investigate the relationship between emotional awareness, communication competence and friendship quality in adolescents. Correlational research design was used. It was hypothesized that components of emotional awareness (differentiating emotions, verbal sharing of emotions, not hiding emotions, bodily awareness of emotions, attending to other's emotions and analysis of own emotions) and communication competence would have a relationship with friendship quality. Moreover, it was also hypothesized that these components of emotional awareness and communication competence would predict friendship quality. The sample consisted of  $N = 160$  adolescents, (73 boys, 87 girls) from 9<sup>th</sup> and 10<sup>th</sup> class with age range 13-17 years, ( $M = 14.6$ ,  $SD = 1.04$ ). Sample was collected from different private schools of Lahore through convenient sampling technique. Emotional Awareness Questionnaire (Rieffe et al, 2008), Self- Perceived Communication Competence Scale (McCroskey, 2013) and McGill

Friendship Questionnaire Respondent's Affection (Mendelson & Aboud, 2012) were used to measure emotional awareness, communication competence and friendship quality respectively. Findings revealed that attending to other's emotions and analysis of own emotions and communication competence had a positive relationship with friendship quality and attending to other's emotions, analysis of own emotions positively predicted friendship quality. Thus the present research can be helpful in describing the emotions, communication competencies and friendship qualities in adolescents.

*Keywords:* Emotional awareness, communication competence, friendship quality.

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### **Relational Concerns, Excessive Texting and Social Functioning in University Students**

Maliha Nisar (MSc, 2013-2015)

Supervisor: Tahira Mubashar

This research investigated the relationship between relational concerns, excessive texting and social functioning in university students. It was hypothesized that; (1) there was likely to be a relationship in relational concerns, excessive texting and social functioning; (2) relational concerns and excessive texting were likely to predict social functioning. Correlational research design was employed while non-probability purposive sampling was used to recruit a sample of ( $N = 200$ ) university students. The sample was collected from four universities of Lahore (University of Punjab, University of Lahore, University of Management Sciences and Technology and Government College University). Relationship Scale Questionnaire RSQ (Griffin & Bartholomew, 1994) was used to assess relational concerns, Text Message Dependency Scale TMDC (Igarashi, 2008) was used to measure excessive texting and Social Connectedness Scale SCS (Lee & Robbins, 1995) was employed to assess social functioning of university students. Data was analyzed using Pearson product moment correlation analysis, hierarchical multiple regression analysis and independent samples t-test. The findings revealed that social functioning had a significant negative relationship with relational concerns while a significant positive relationship with excessive texting. Relational concerns (fearful and dismissing) negatively predicted social functioning, whereas,



excessive texting (emotional reaction) moderated the relationship between relational concerns (fearful items) and social functioning.

*Keywords:* Relational concerns, excessive texting, social functioning.

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