Psychological Abstracts

2014-2016

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

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Editorial

The Institute of Applied Psychology is publishing the 8th volume of Psychological Abstracts. Effort is made to compile an empirical research work undertaken by the BS, MSc, MPhil and PhD faculty of the institute. It involved practical efforts of a team which was involved in compilation, organization, rewriting in some cases and final formatting of the material. The abstracts have been organized according to different areas of specialization.

The team comprised is, the Editor, Ms. Asma Khalid (Research Scholar), and Mr. Yasir Hanif (Assistant Network Administrator). 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 Dr. Rukhsana Kausar (Professor), Dr. Rafia Rafique (Associate Professor), Dr. Iram Fatima (Assistant Professor), Dr. Fatima Kamran (Assistant Professor), Dr. Afsheen Masood (Assistant Professor), Dr. Saima Ghazal (Assistant Professor), Dr. Mujeeba Ashraf (Assistant Professor), Dr. Shazia Khalid (Assistant Professor) 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 Institute of Applied Psychology and researchers in the discipline of psychology with indigenous researches conducted in the institute. Electronic soft copy of the psychological abstracts is also available on the website of the University of the Punjab-Lahore, http://pu.edu.pk/home/ department/39/ Institute-of-Applied Psychology#.

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

Editor
Prof. Dr. Farah Malik

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PhD Faculty Theses

Component Numeracy Skills and Decision Making

Saima Ghazal (PhD 2014)
Supervisor: Edward T. Cokely, PhD

Numeracy i.e., one's practical understanding of mathematics in context is one of the strongest predictors of people's general decision making skill. Despite notable scientific progress on the nature of numeracy and decision making, the cognitive and decision sciences have yet to investigate individual differences in numeracy components (e.g., algebra versus probability). In this dissertation, I report on my efforts to develop new measurement technology and quantitative models of cognitive and decision skills. Study 1 is built on an established theoretical framework from adult education and used a two-parameter logistic IRT model to create the Berlin Numeracy Components Test (BNT-C) for college educated samples. Behavioral and analytic results indicate that the test efficiently measured full-scale adult numeracy and component numeracy skills (i.e. operations, probability, geometry, and algebra), with superior psychometric performance (e.g., difficulty, discriminability, and sensitivity). In Study II investigated the links between the BNT-C, other numeracy tests, general cognitive abilities (e.g., intelligence, cognitive impulsivity), and general decision making skills (e.g., Adult Decision Making Competencies, Risk Literacy). Predictive modeling of behavioral data revealed that with few exceptions the BNT-C explained all types of decision skill better than any other individual ability assessment (e.g., intelligence v. impulsivity v. other numeracy tests). The BNT-C additionally outperformed the optimal linear combination of all combined ability tests when predicting overall general decision making skill, a finding that is consistent with a causal cognitive account of the relations between numeracy and general decision making skill. In accord with leading theory, component analyses indicated that operations and probability skills were robustly and uniquely tied to risk literacy and to nearly all general decision making sub-skill competencies independent of the influence of other cognitive abilities. Discussion focuses on theoretical implications and factor analytic modeling of the relations between numeracy, its component skills, and superior decision making. Adaptive test construction and potential applications in training and personalized decision support are also briefly discussed.

Keywords: Component numeracy skills, decision making, cognitive abilities.

Experiences of Young Adult Muslim Second Generation Immigrants in Britain: Beyond Acculturation

Mujeeba Ashraf (PhD 2016)
Supervisors: Stephen D. Reicher, PhD & Ken Mavor, PhD

This research is an attempt to understand the living experiences of young adult Muslim SGIs, in Britain. This research advocates understanding their living experiences from the perspective of social identity approach which discusses multiple dimensions of identity, unlike acculturation theory which focuses on a mono dimension of identity. This research introduced a multiple social identity model for Muslim SGIs. Contrary to the previous literature, the first study, the interview study, revealed that they explained their conflicts with their non-Muslim British peers and with their parents on the basis of non-shared identity. With their non-Muslim British peers they shared cultural (national) identity, therefore, they explained their conflicts in terms of different religious values (practices); with their parents they shared religious identity, therefore they explained their conflicts in terms of different cultural (ethnic) values and practices. They argued that their parents practice various cultural practices in the name of Islam, and Muslim SGIs distinguished Islam from their parents' culture, and identified with the former, not the latter, and attributed their conflicts to their parents' cultural values. In addition, they explained that their religious identity enables them to deal with conflicts with peers and parents. The second study, the focus group, successfully validated the findings of the first study, and it broadened the understanding of the fact that SGIs and their parents both explained their religion in their own cultural context. Their religious (Muslim) identity also promotes their relationships with their non-Muslim British peers and parents, which contributes positively towards their British identity, and more specifically they define themselves as British Muslims. In the third study, the survey study, the hypotheses were developed on the bases of the qualitative studies. It was expected and found that British and Muslim identities were positively correlated; they had non-significant identity differences with the Muslim identity and significant identity difference with British and ethnic identities from their parents. Ethnic identity difference from their parents was the only found predictor of their attribution of their conflicts to their parents' cultural values.

Keywords: Experiences of young adult muslim, second generation immigrants, acculturation.

MPhil Theses

Rejection Sensitivity, Social Connectedness and Divorce Adjustment among Early Divorced Individuals

Sehrish Farooq (MPhil 2011-2013)
Supervisor: Najma Najam, PhD

A correlational study was conducted to explore the relationship among Rejection Sensitivity, Social Connectedness and Divorce Adjustment in Early Divorced Individuals. Rejection sensitivity scale for adults by Downey and Feldman (1996), Social Connectedness Scale by Draper and Lee (2001), and Fisher Divorce Adjustment Scale by Fisher and Bierhaus (2004) were used after translating them into Urdu. It was hypothesized that there is likely to be a relationship among rejection sensitivity, social connectedness and divorce adjustment. It was also hypothesized that rejection sensitivity and social connectedness will predict divorce adjustment. Results revealed positive relationship between social connectedness and all the dimensions of divorce adjustment whereas negative relationship was found of rejection sensitivity with the dimensions of divorce adjustment except the component of anger at former love spouse and negat ive relationship was found between rejection sensitivity and social connectedness. Social connectedness positively predicted overall divorce adjustment and only its two dimensions e.g. social self-worth and grief related adjustment. Rejection sensitivity negatively predicted overall divorce adjustment and two of its dimensions (re-building of social trust, disentanglement from love relationships). Males reported better divorce adjustment as compared to females. Findings of the research have important implications for the practitioners, researchers, social workers and the divorced families.

Keywords: Divorce adjustment, early divorce, rejection sensitivity, social connectedness.

Perceived Parental Involvement and Communication, Peer Influences, Frustration Tolerance and Impulsivity in Teenagers

Faiza Mushtaq (MPhil 2014-2016)
Supervisor: Rukhsana Kausar, PhD

The present study was carried out to investigate the relationship between perceived parental involvement and communication, peer influence, frustration tolerance and impulsivity in teenagers. It was hypothesized that there is likely to be a relationship between parental involvement and communication, peer influences, frustration tolerance and impulsivity; peer influences and frustration tolerance are likely to mediate the relationship between parental involvement and communication and impulsivity; there are likely to be gender differences in peer influences, frustration tolerance and impulsivity. Correlational research design was used and sample of $N = 325$ students was recruited from various schools and colleges of Lahore. Convenient sampling technique was used to collect data from teenagers with age range 12-19 years. Father and Mother Involvement Scale (Finley & Schwartz, 2004), Parent Child Communication Scale (Krohn, Stern, Thornberry, & Jang, 1992), Susceptibility to Peer Pressure Questionnaire (Lothar, 2012), Frustration Discomfort Scale (Harrington, 2005), UPPS Impulsivity Scale (Whiteside & Lynam, 2001) were used to measure perceived parental involvement and communication, peer influences, frustration tolerance and impulsivity respectively all the scales were translated in Urdu language and were used for assessment. Data were analyzed using Descriptive statistics, Pearson Product-Moment Correlation, Structural equation modeling (SEM) and Independent sample t-test. The results revealed that perceived father and mother involvement has positive relationship with communication. Perceived parental involvement and communication has significant negative relationship with peer influences, frustration tolerance and impulsivity. It was also found that peer influences and frustration tolerance mediated the relationship between expressive father involvement (desired) and negative urgency. Gender differences were found in peer influences and entitlement with boys having greater peer influence and have greater sense of entitlement as compared to girls. In the light of findings certain programs can be initiated to raise awareness among adolescents, families and communities regarding efficient role of parental involvement for prevention of impulsive behavior in teenagers.

Keywords: Perceived parental involvement, communication, peer influences, frustration tolerance, impulsivity.

Predictors of Medication-Non Adherence in Patients with Pulmonary Tuberculosis

Sana Nisar (MS Health 2014-2016)
Supervisor: Rukhsana Kausar, PhD

The present study aimed to investigate medication non-adherence and level of Information about TB in patients with pulmonary tuberculosis. It was hypothesized that: a) There is likely to be a relationship between attitudes towards medication, subjective norms, perceived behavioral control, level of information, satisfaction with medication, intention and medication adherence; b) Intentions to take Medicines is likely to mediate the relationship between attitudes towards medication, subjective norms, perceived behavioral control, level of information about TB, satisfaction with medication and medication adherence. The sample comprised of 147 patients with pulmonary TB recruited from Gulab Devi Chest Hospital, Lahore. The assessment measures i.e. demographic information questionnaire and clinical Performa. Theory of planned behavior questionnaire (Conner et al., 1998), Satisfaction with medication questionnaire (Ruiz, 2008), Medication Adherence Rating Scale (Thompson et al., 2000) were translated in Urdu language and used for assessment. TB Level of information questionnaire was developed for this study. Patients have poor level of information about modes of transmission, prevention, diagnosis and treatment and complications resulting due to discontinuation TB treatment and non-adherence. Distance to hospital, waiting time in hospital and attitude of doctors and staff negatively predict medication adherence. Follow-up patients are more adherent as compare to Defaulter, relapse, treatment failure and Multi-drug resistant TB. Regression mediation analysis shows that, attitudes towards medication and subjective norms are fully mediated by intentions in predicting medication adherence while level of information about TB and satisfaction with medication is partially mediated by intentions in predicting medication adherence, which represents that patients have favorable beliefs about taking medication, higher social pressure to take medication but have weaker intentions and lower perceptions of behavioral control over taking medication due to external factors. Findings of the present study can be used to inform health-care providers about factors influencing the medication adherence in patients. TB program needs to consider the favorable environment for the patients

addressing, status of loss to follow-up, awareness of disease transmission and the beliefs of patients about taking medication regularly.

Keywords: Predictors of Medication-Non Adherence, Pulmonary Tuberculosis.

Personality Traits and Correlates of Immoral Practices in Sports in Athletes

Muneeb Ul Haq (MPhil 2014-2016)
Supervisor: Rukhsana Kausar, PhD

Participating in sports can provide people with an opportunity to comprehend how to learn cooperatively, compete with each other fairly, while enhancing team loyalty and morality. Present research aimed to develop a scale to examine immoral practices in athletes in relation to personality traits. Study one aimed to develop an indigenous tool on immoral practices in sports which was developed after interview. 28 items were generated. Through principal component factor analysis, final scale included 27 items with seven point rating scale. Scale comprised of four subscales i.e. cheating factors (11 items), foul motivation (5 items), foul justification (7 items) and righteous (4 items). Scale had high Cronbach alpha (.79) reliability. Study two was designed to investigate the relationship of personality traits with immoral practices in athletes. It was hypothesized that agreeableness, conscientiousness, extraversion are likely to negatively correlated to immoral practices in athletes; and male athletes are likely to score higher on immoral practices in sports than female athletes. Sample comprised of 172 university athletes. Data were collected through non-probability purposive sampling technique. Big Five Personality Inventory (Gosling, Rentfrow & Swann, 2003) and immoral practices in sports scale (Haq & Kausar, 2016) were used. Data were analyzed through Pearson product moment correlation, independent sample *t*-test. Results revealed that agreeableness was significantly negatively correlated with foul motivation and extraversion, agreeableness and conscientiousness was significantly negatively correlated with foul justification. There are no differences between male and female athletes in immoral practices in sports. Results are discussed in terms of their implications and theoretical significance.

Keywords: Personality traits, correlates of immoral practices, athletes.

Social Issues, Defeat, Entrapment and National Identity in Christian Community

Amna Tahira (MPhil 2011-2013)
Supervisor: Naumana Amjad, PhD

The present study was conducted to find out the relationship between Social Issues, Defeat, Entrapment and National Identity of individuals from Christian community. It was hypothesized that (i) there is a positive relationship between Social Issues, Defeat and Entrapment (ii) there is a negative relationship of these variables with National Identity, (iii) National identity of Christian community is predicted by Social Issues, Defeat and Entrapment. The data was collected from 180 individuals belonging to Christian community. A survey method and correlational design was used. The assessment measures were Minorities Social Issues Checklist (Tahira & Amjad, 2012), Defeat Scale and Entrapment Scale (Gilbert & Allan, 1998) and National Identity Scale (Jamal, 2001). It was found that national identity was predicted by social issues related to religious and cultural freedom and issues related to socialization. Issues related to socialization and national affiliation had significant negative correlation with national identity, suggesting that people having higher level of these issues eventually had lesser degree of national identity. Moreover, people having greater perception of being externally or internally entrapped had lower level of national identity. Highly educated people had lesser perception of defeat and entrapment. Older people had to face more social issues related to religious and cultural freedom, socialization and national affiliation. Men had higher level of national identity than women. Student had less social issues then non students. It seems that minorities social interaction due to fear of discrimination. There is a need to develop such programs and schemes through which minority members of society can experience a harmonious environment and they can release from sense of entrapment.

Keywords: Minorities issues, defeat, entrapment, national identity.

Spirituality, Moral Reasoning and Prosocial Behavior in Young Adults

Saira Afzal (MPhil 2012-2014)
Supervisor: Naumana Amjad, PhD

The present study examined the relationship between spirituality, moral reasoning and pro-social behavior in young adults. It was hypothesized that there is likely to be a positive relationship between spirituality, moral reasoning and pro-social behavior in young adults. Within group research design was used in this study. Population of the study consisted of 240 young adults between the age ranges of 18-34 years. Spiritual attitude questionnaire (SAQ) developed by Misbah and Amjad (1995), socio-moral Reflection Measure-Short form by Gibbs (1992), and pro-social tendencies measures (Carlo &Randall, 2002) were used to collect the data. Descriptive statistics was used for the calculation of demographic variables, and for testing hypotheses correlation was computed by using Pearson Product Moment Correlation Analysis. Results showed that there was a significant positive correlation between spirituality, moral reasoning and pro-social behavior in young adults. Regression analysis showed that spirituality and moral reasoning were significant predictors of prosocial behavior. Findings of the research have important implications in terms of enhancing spiritual practices that can foster moral reasoning and prosocial behavior.

Keywords: Spirituality, moral reasoning, prosocial behavior.

Attachment Styles, Emotional Maturity and Marital Satisfaction in Late Marriage

Wafa Kamran (MPhil 2014-2016)
Supervisor: Farah Malik, PhD

The current research investigated the relationship of attachment styles and emotional maturity with marital satisfaction in late marriage. It was hypothesized that emotional maturity would moderate the relationship between attachment style dimensions and marital satisfaction. Using snowball sampling technique 57 married men who got married at the age of 35 and above and 53 women who got married at the age of 31 and above with more than one year duration of marriage were included ($N = 110$). The sample included only one partner of each couple. Urdu

versions of Revised Adult Attachment Scale (Collins & Read, 1990), Differentiation of Self Inventory-Revised (Skowron & Schmitt, 2003) and Revised Dyadic Adjustment Scale (Busby, Crane, Larson, & Christensen, 1995) were used. Reasons for late marriage were also explored. Pearson Product Moment correlation analysis revealed that anxious attachment was negatively correlated with both emotional maturity and marital satisfaction in men and women. Close attachment had no significant correlation with emotional maturity and marital satisfaction in men whereas it had a positive correlation with emotional maturity in women. Dependent attachment had a significant positive correlation with emotional maturity in men. Moderation through Hierarchical Regression for total sample revealed that emotional maturity did not moderate the relationship between attachment style dimensions and marital satisfaction but had significant main effect on marital satisfaction. However, moderating role of emotional maturity was found in relationship between close and dependent dimension and satisfaction component in men. Results of independent samples *t*-test revealed significant gender differences in marital satisfaction. No significant gender differences were found in attachment style dimensions and emotional maturity. The results of the study were discussed in Pakistani socio-cultural context.

Keywords: Attachment Styles**,** emotional maturity, marital satisfaction.

Family Environment, Peer Relations, Self-Regulation and Positive Development in Youth

Syeda Fatima Hasnain (MPhil 2014-2016)
Supervisor: Farah Malik, PhD

The current correlational research investigated the influence of family environment and peer relations on positive development in youth taking self-regulation as a mediator. It was hypothesized that effective family environment, good peer relations, self-regulation would be positively related to positive development in youth. Further, self-regulation would mediate the relationship between family environment, peer relations, and PYD. Differences across gender and education level were also hypothesized. A sample of 344 young individuals was drawn with an age range of 14-24 years using convenient sampling technique. Self-report Family Inventory (Beavers & Hampson, 2000), Peer Relations Scale

(Petersen, Schulenberg, Abramowitz, Offer, & Jarcho, 1984), Short Self-regulation Questionnaire (Carey, Neal, & Collins, 2004), and Positive Youth Development Inventory (Arnold, Nott, & Meinhold, 2012) were administered in Urdu. Pearson Product Moment showed that family environment was significantly positively related to good peer relations, self-regulation, and positive youth development. Good peer relations were significantly positively correlated with self-regulation and PYD. Multiple Hierarchical Regression revealed that family environment, self-regulation and good peer relations were significant positive predictors of PYD. Mediational Analysis using SEM revealed that self-regulation was a significant mediator between family environment and PYD and it also mediated the relationship between peer relations and PYD in presence of control variables. Results of 2-way MANOVA suggested a significant main effect of education level for self-regulation and PYD. The interaction between gender and education level was also significant for family environment and self-regulation. The results were discussed in Pakistani socio-cultural context.

Keywords: Family environment, peer relations, self-regulation, positive development.

Workplace Incivility, Psychological Capital and Organizational Commitment in University Teachers

Fareeha Arshad (MPhil 2014-2016)
Supervisor: Farah Malik, PhD

The present correlational study explored the relationship between workplace incivility, psychological capital and organizational commitment in university teachers. It was hypothesized that psychological capital will moderate the relationship between workplace incivility and organizational commitment. The sample comprised of 96 university teachers (42 men and 54 women) with age range of 26 to 51 years from 3 public 2 private universities of Lahore. Convenient sampling strategy was used. Uncivil Workplace Behavior Scale- R (Martin and Hine, 2005), Psychological capital Questionnaire (Luthans, Avolio, Avey, & Norman, 2007) and Organizational Commitment Scale (Meyer, Allen, & Smith, 1993) were translated into Urdu to assess the study variables. Pearson product moment correlation indicated that workplace incivility was negatively associated with psychological capital and organizational commitment and psychological capital was positively

associated with organizational commitment. Moderation through hierarchical regression revealed that psychological capital did not have any moderating effect on the relationship between workplace incivility and organizational commitment but had significant main effect on organizational commitment as a whole and on its components(normative and continuance).Independent sample *t*-test showed that women were higher in level of psychological capital as compared to men. No significant differences were found among psychological capital, workplace incivility and organizational commitment in public and private sector teachers. The results have been discussed in the light of previous research.

Keywords: Workplace incivility, psychological capital, organizational commitment.

Perceived Stigmatization, Resilience and Posttraumatic Growth in Patients with Hepatitis-C

Asifa Akram (MS Health Psychology 2014-2016)
Supervisor: Farah Malik, PhD

The present study investigated the relationship between perceived stigmatization, resilience and posttraumatic growth in patients with hepatitis C. It was hypothesized that perceived stigmatization and posttraumatic growth will have negative relationship in patients with hepatitis C. it was hypothesizes that resilience and posttraumatic growth will have positive relationship in patients with hepatitis C. Further it was hypothesized that resilience (State Resilience, Trait Resilience) will moderate the relationship between perceived stigmatization (Internalized stigma, Enacted stigma) and posttraumatic growth. This study was a correlational research with cross sectional research design. A purposive sample of 117 patients who have diagnosis with hepatitis C, with age range 22-68 years for men and women was taken from two government and one private hospital of Lahore. Measures included translated version of Stigma Scale For Chronic Illness (SSCI; Rao, 2009), State Trait Resilience Scale (STRS; Hiew, 2002), Ten Item Personality Inventory (TIPI, Gosling, 2003), Posttraumatic Growth Inventory (PTGI, Tedeschi, 2008). Pearson Product Moment correlation revealed negative correlation between perceived stigmatization, resilience and posttraumatic growth and positive relationship between resilience and posttraumatic growth. The moderation analysis through hierarchical regression depicts that

resilience positively predicts the perceived stigmatization and posttraumatic growth, trait resilience (sub-scale of resilience) was only factor that significantly moderated the relationship between perceived stigmatization and resilience. The results have discussed in the light of literature and cultural context of Pakistan.

Illness Perceptions, Body Image Concern and Quality of Life in Women with Polycystic Ovarian Syndrome

Ayesha Adeel (MS Health Psychology 2014-2016)
Supervisor: Rafia Rafique, PhD

Polycystic Ovarian Syndrome (PCOS) along with its clinical and biochemical symptoms burdens the reproductive years of women by affecting their physical and mental health. The present study investigated the illness perceptions (cognitive illness representations and emotional representations), body image concern and quality of life (overall quality of life, health/functioning, psychological/spiritual, social and economic and family) in women with PCOS. It was hypothesized that there is likely to be a relationship between illness perceptions, body image concern and quality of life in women with PCOS; negative illness perception is likely to predict poor quality of life and body image concern is likely to mediate the relationship between illness perceptions and quality of life in women with PCOS. Correlational research design was used in the present research. Purposive sampling technique was used to recruit the sample ($N = 126$) of women diagnosed with polycystic ovarian syndrome from hospitals situated in the city of Lahore. Urdu versions of assessment measures consisted of Socio-Demographic and Clinical Information Sheet, Brief Illness Perception Questionnaire (Brief-IPQ) (Broadbent, et al., 2006), Body Image Concern Inventory (BICI) (Littleton, 2005) and Quality of Life Index (QLI) Chronic Fatigue Syndrome version III (Ferrans, & Powers, 1998) were used. Pearson Product Moment Correlation Analysis was used. To test the prediction and mediation Multiple Hierarchical Regression Analysis was used. Negative illness representations and higher body image concern were related to poor quality of life; negative cognitive illness representations significantly predicted poor quality of life and body image concern did not mediate the relationship between illness perceptions and quality of life in women

with PCOS. Along with clinical management of PCOS, psychological intervention should also be focused to improve the quality of life of these women. The research raises implication for clinical practice and suggests a multidisciplinary approach particularly patient-centered to the management of PCOS in women inculcating psycho-education and counseling to improve their quality of life.

Keywords: Polycystic ovarian syndrome, illness perceptions, body image concern, quality of life.

Testing Protection Motivation Theory to Reduce Junk Food Consumption among Adolescents

Ayesha (MS Health Psychology 2014-2016)
Supervisor: Iram Fatima, PhD

Experimental research was conducted to test the protection motivation theory to reduce junk food consumption in adolescents. Sample of 66 participants with an age range of 13-19 years were selected from a private school. 50 students were present at all three stages of assessments pre, post and follow up. Risk Behavior Diagnostic Scale (witte et al., 1992) was used to measure perceived susceptibility, perceived severity, perceived efficacy, self-efficacy, and intentions. Junk Food Frequency Checklist was developed to measure junk food consumption behavior. An intervention manual was developed to conduct the experiment with the help of previous literature. It was hypothesized that perceived susceptibility, perceived severity, response efficacy, self-efficacy and intentions after intervention will be higher than pre intervention. Further, it was also expected that junk food consumption will also reduce after intervention. Results revealed that there were significant increase on response efficacy, self-efficacy, susceptibility to threat, severity of threat and intention to change the junk food eating behavior at pre to post and follow up level whereas significant reduction in junk food eating behavior was reported from only pre to follow up and post to follow-up level. Study results imply usefulness of PMT based educational programmes to reduce junk food consumption among adolescents.

Keywords: Testing protection motivation theory, junk food consumption, adolescents.

Psychosocial and Clinical Predictors of Post Traumatic Growth in Renal Transplant Recipients

Shiza Sheerazi (MS Health Psychology 2014-2016)
Supervisor: Fatima Kamran, PhD

The cross sectional study investigated the phenomenon and the level of manifestation of post traumatic growth (PTG) among renal transplant recipients (RTRs) with healthy graft functioning. The contribution of socio demographic, clinical and psychosocial factors in influencing PTG as a subjective construct was measured using post traumatic growth inventory (Tedeschi & Calhoun, 1996) including five sub domains: relating to others, new possibilities, personal strength, spiritual change and appreciation of life. Psychosocial factors included resilience, life orientation, and illness perceptions which were measured using the following scales: life orientation test revised (LOT-R) (Scheier, Carver & Bridges, 1994), Connor Davidson resilience scale (Connor & Davidson, 2003), and brief illness perception questionnaire (Broadbenta et al., 2006). All the measures were used in Urdu version. The sample comprised of 136 RTRs recruited from different government and private hospitals of Lahore. The results revealed that most RTRs experienced moderate level of PTG. Clinical factors including transplant related characteristics, renal functions, and general health indicators did not seem to predict PTG except, i.e. cholesterol level and type of transplant (from living related donor). Significant correlations were found between all the above mentioned psychosocial factors with the level of PTG however, resilience was found to be the only strongest predictor reflecting that recipients who were more resilient appeared to manifest increased level of PTG. Among the socio demographic covariates, being single, educated, currently working, and nuclear family system was related to higher levels of PTG. The findings of the study can be used to be dealt by the urology transplant team to be sensitive enough for the positive transformations that patients may encounter as a consequence of their experience of their renal leading towards a better perceived health status.

Keywords: Psychosocial and clinical predictors of post traumatic growth, renal transplant recipients.

Body Image Concerns, Attitude, Self-Efficacy and Maternal Intention towards Breast Feeding

Mehreen Gulzar (MS Health Psychology 2014-2016)
Supervisor: Fatima Kamran, PhD

The present research aimed to investigate the contribution of body image concern, attitude towards breastfeeding, breastfeeding self-efficacy and maternal intentions towards breastfeeding in first time expectant mothers. It was hypothesized that there is likely to be relationship between body image concern, attitude towards breastfeeding, breastfeeding self-efficacy and maternal intentions towards breastfeeding in first time expectant mothers. It was also hypothesized that maternal intention is likely to predict by body image concern, attitudes, breastfeeding self-efficacy in first time expectant mothers during their third trimester. Correlational research design was used. Purposive sampling technique was used to collect data which consisted of 118 first time expectant mothers during their third trimester with age range of 17-30 years from different hospitals of Lahore. Assessment measures like Demographic Information Sheet, Clinical Information Performa, Body Image Concerns Inventory (Littleton, 2005), Iowa Infant Feeding Attitude Scale (de la Mora, Russell, Dungy, Losch, & Dusdieker, 1999), Breastfeeding Self-Efficacy Scale- short form (Dennis, 2003) and Infant Feeding Intention Scale (Nommsen-Rivers & Dewey, 2008) were administered. Pearson Product Moment Correlation analysis revealed that there was a positive significant relationship between Attitudes, Breastfeeding self-efficacy and maternal intention. However, body image concern showed no significant association with maternal intentions. Hierarchical Regression analysis revealed that occupation of the participant, attitudes and breastfeeding self-efficacy were significant predictors of maternal intention towards breastfeeding and had an impact on decision to breastfeed. Counseling should be provided on improving breastfeeding knowledge, positive attitudes towards breastfeeding, enhancing confidence in one's ability to breastfeed, and overcoming barriers to breastfeeding, especially, poor social support from family, lack of awareness due to deficiency of education in first time expectant mothers.

Keywords: Body image concerns, attitude, self-efficacy, maternal intention, breast feeding.

Maternal Self-Efficacy, Maternal Involvement and Children's Psychological Well-Being

Shaista Naheed (MPhil 2014-2016)
Supervisor: Fatima Kamran, PhD

The present between group study aimed to examine the relationship between maternal self-efficacy, maternal involvement and children's psychological well-being. The snowball and convenient sampling strategies were used for recruitment of sample. The sample consisted of 105 mothers and their children. There were 58 working mothers with age range (28-45 years) and 47 non-working mothers with age range (28-46 years). Measures included, Ten items Personality Inventory (TIPI-10; Gosling, Rentfrow & Swan, 2003), Self efficacy for Parenting Tasks Index (Coleman & Karraker, 2000), Parent Involvement Questionnaire (Bierman et al, 2003), Work-Family Conflict Scale (Haslam, Filus, Morawska, Sanders, & Fletcher, 2015) and The Stirling Children's Well-being Scale (Liddle & Carter, 2010). Statistical Analysis included Pearson Product Moment Correlation, Hierarchical Regression Analysis and *t*-test. The results showed that maternal self-efficacy, involvement and children's psychological well-being are positively associated. Maternal self-efficacy and involvement predict children's psychological well-being. Maternal involvement acts as a mediator in the relationship between maternal self-efficacy and children's psychological well-being. Working mothers have more self-efficacy than non-working mothers but they show equal involvement in children's development.

Keywords: Maternal self-efficacy, maternal involvement, psychological well-being.

Perceived Loss, Guilt, Shame, Perceived Social Support and Maternal Grief after Miscarriage

Aqsa Latif (MPhil 2014-2016)
Supervisor: Afsheen Masood, PhD

The present research study was carried out to study the relationship among miscarriage based perceived loss, guilt, shame, perceived social support and maternal grief. It was hypothesized that guilt and shame would mediate the relationship between perceived loss and maternal grief after miscarriage. The perceived social support was hypothesized to

moderate the relationship between perceived loss and maternal grief after miscarriage. The sample comprised of 100 women using purposive sampling technique from different hospitals of Lahore. Perceived Loss Questionnaire, Personal Feeling Questionnaire (Harder, & Lewis, 1987), Multidimensional Perceived Social Support Scale (Zimet, Dahlem, Zimet & Farley, 1988) and Perinatal Greif Scale (Toedter, Lasker, & Janssen, 2001) were used as assessment measures. Correlation analysis revealed that perceived loss was positively correlated with shame, guilt and grief and had a negative correlation with perceived social support of family and significant others. All three subscales of perceived social support had significant negative correlation with guilt and shame and grief (MPSS friends didn't have significant correlation with shame). Guilt and shame had significant positive correlation with grief. Shame emerged to be partially mediating the relationship between perceived loss and grief. Perceived social support of family negatively predicted the grief but none of the subscales of perceived social support emerged to be the moderator between perceived loss and grief. The present research will provide guidelines to the health psychologists and family counselors to give appropriate services to the women who experience miscarriage along with their families cope with maternal grief.

Keywords: Perceived loss, guilt, shame, perceived social support, maternal grief, miscarriage.

Resilience, Mindful Parenting, Posttraumatic Growth and Family Functioning in the Parents of Children with Autism Spectrum Disorder

Sherin Gul (MPhil 2014-2016)
Supervisor: Afsheen Masood, PhD

The present research investigated the relationship between resilience, mindful parenting, posttraumatic growth, and family functioning in the parents of children with Autism Spectrum Disorder. Correlational cross sectional research design was used and it was hypothesized that there would be a relationship between resilience, mindful parenting, posttraumatic growth, and family functioning. It was also hypothesized that resilience and posttraumatic growth were likely to be significant predictors of family functioning whereas mindful parenting would mediate the relationship between resilience and posttraumatic growth. The sample of parents (both mothers and fathers of children with ASD; *N*

= 100) were taken from special education institutes and hospitals catering services to children with special needs by using purposive sampling technique. The demographic information questionnaire along with clinical information sheet, and translated versions of State-Trait Resilience Scale (Hiew, 2002), Bangor Mindful Parenting Scale (BMPS; Hastings, 2013), Post Traumatic Growth Inventory (PTGI; Tedeschi & Calhoun, 1996), Family Adaptability and Cohesion Evaluation Scale (FACES-IV; Gorall, Tiesel, & Olson, 2006) were used. The findings indicated significant relationship between study variables and their subscales. Stepwise regression analysis revealed that inter trait resilience was the strongest predictor of overall family functioning, cohesive and flexible family functioning, family communication and family satisfaction. Moreover, mindful parenting partially mediated the relationship between trait resilience and posttraumatic growth. Findings have important implications as mindful parenting practices were proved to be effective for posttraumatic growth in the parents of children with Autism Spectrum Disorder so this research will provide guidelines to improve parenting practices in order to enhance the family functioning.

Keywords: Resilience, mindful parenting, posttraumatic growth, family functioning, autism spectrum disorder.

Time Perspective, Decision Making Styles and Career Decision Making Difficulties in School and College Students

Beenish Najam (MPhil 2014-2016)
Supervisor: Saima Ghazal, PhD

Making decisions regarding a career is an important task for young people. In adolescence, the choice of career in further education is one of the most important decisions that an adolescent has to make. A correlational (cross-sectional) study aimed to explore career decision making difficulties across three education levels, career decision making styles and its relationship with time perspective in school and college students. Sample comprised of 410 students from 9th, 11th and 13th year classes, with age range between 14-20 years. Sample was selected from public and private sector schools and colleges of Lahore. Data were collected through convenient sampling. Time perspective inventory (Zimbardo & Boyd, 1999), Decision making styles questionnaire (Scott & Bruce, 1995) and career decision making difficulties questionnaire (Gati & Saka, 2001) were used. Data were analyzed through Descriptive

statistics, Pearson Product Moment Correlation, Structural Equation Modeling (SEM), one way ANOVA. Findings revealed that students scored higher on lack of readiness category of career decision making difficulties indicating they have more difficulties regarding lack of motivation, general indecisiveness and dysfunctional beliefs. Ninth class students scored higher on career decision making difficulties which mean they are facing more difficulties for making decisions regarding career. Spontaneous decision making style and past positive time perspective independently predicted overall career decision making difficulties. Spontaneous decision making style was found to be a significant mediator between future time perspective and career decision making difficulties. Results are discussed in terms of their implications and theoretical significance.

Keywords: Time perspective, decision making styles, career decision making difficulties.

Positive Emotion Regulation Intervention for Adolescence: Adaptation and Validation

Sadaf Lal Din (MPhil 2014-2016)
Supervisor: Saima Ghazal, PhD

Emotion regulation predicts our behaviours as well as our relationship with others. So, it is important to train and teach children about emotion regulation to raise better individuals and better nation. In the first place we need to develop and validate training modules that are valid and reliable in regulating emotions in a positive way. The goal of the current research was to adapt, translate and develop an ER intervention for adolescents using an existing ER intervention for adults (Weytens, Luminet, Verhofstadt, & Mikolajczak, 2014) and to validate it. For that purpose PER intervention material and previous literature were reviewed and those activities were chosen which were more effective and appropriate for adolescents. Appropriate changes were made guided by piloting (study 1). For the validation of intervention, experimental research design was used. Difficulties in Emotion Regulation Scale (Gratz & Roemer, 2004) was used for pre and post testing. Using cut off point 150 individuals were selected and placed in groups through random allocation. Final sample consisted of 60 individuals. Analysis revealed that experimental group learned to overcome their difficulties to regulate their emotions better as compared to control group indicating that

activities from ER module should be added in the course work of school students for their better regulation.

Keywords: Emotion regulation, intervention, adolescents.

Increasing Emotional Intelligence: An Instructional Module for Adolescents

Iqra Waheed (MPhil 2014-2016)
Supervisor: Saima Ghazal, PhD

Emotional intelligence consists of adaptive emotional functioning including the ability to perceive, understand, utilize and manage emotions in self and in others. Research in various fields have investigated emotional intelligence and found the construct to be related with many important factors including achievement, psychological well-being, relationship quality and work performance. The present research was focused on developing and implementing a theory based indigenous instructional module for increasing emotional intelligence in adolescents. The research consisted of two studies. In Study- I, an instructional module for increasing emotional intelligence of adolescents was developed. This module was based on the four branch ability model of emotional intelligence (Mayer et al., 2004). In Study-II this newly developed module was implemented and evaluated using a quasi-experimental design. A total of 30 participants (15 boys & 15 girls) for each of the two groups (intervention & control) were selected using convenience sampling technique. The sample falls in the age range of 13 to 16 ($M = 14.33$, $SD = .93$) for the intervention group, and 13 to 18 ($M = 14.53$, $SD = .97$) for the control group. The Urdu version of the Emotional Intelligence Scale (Khatoon & Kausar, 2010) was used to evaluate the efficacy of the EI module. Five Mixed design (2 x 2) ANOVA were conducted to evaluate group x time interaction for global EI and its four components. Findings revealed that the intervention group improved significantly on overall/global emotional intelligence and on its various different sub domains. The findings of the research are then discussed in the light of previous research and Pakistani socio-cultural context.

Keywords: Increasing emotional intelligence, ability model, module for adolescents.

**BS (2012-2016) & MSc. (2014-2016)
Abnormal & Clinical Psychology**

Parental Acceptance-Rejection, Moral Disengagement and Antisocial Behavior in Adults with Criminal History

Junaid Ahmad (MSc 2014-2016)
Supervisor: Waqas Hassan

The present research was designed to explore the relationship between parental acceptance rejection, moral disengagement and antisocial behavior among adults with criminal history. It was hypothesized that there would be relationship parental acceptance rejection and anti-social behavior among adults with criminal history. Moral disengagement will positively relate to anti-social behavior and moral disengagement will mediate relationship between parental acceptance-rejection and anti-social behavior among adults with criminal history. Correlational research design was used. A sample of 50 male adults with criminal history from different jails by the help of convenience sampling was collected. Parental Acceptance Rejection Questionnaire (Rohner, 2007), Moral Disengagement Scale (Bandura et al., 1996) and Antisocial Behaviour Questionnaire (Alexandra Burtand M. Brent Donnellan, 2009) were used. Pearson correlation showed that there is no significant relationship of parental acceptance rejection of both father and mother with antisocial behavior and moral disengagement. Moral disengagement is significantly positively correlated with antisocial behavior. The mediation analysis shows that there was no significant indirect effect of parental acceptance rejection on antisocial behavior through moral disengagement (mediator). This study can be helpful to the people working in forensic settings in understanding criminal behavior and for psychologists training parents with parenting techniques.

Keywords: Parental acceptance-rejection, moral disengagement, antisocial behavior, criminal history.

Children & Adolescents Issues

Self- Compassion, Narcissism and Decision Making in Young Adults

Ghazala Ilyas (MSc 2014-2016)
Supervisor: Afsheen Masood, PhD

The present study will investigate the relationship between self-compassion, narcissism and decision making in young adults. Cross sectional research design will be used in the study. It was hypothesized that self-compassion and narcissism would predict decision making in young adults. The sample will comprised of 200 young adults, ($N = 200$) including 100 male and 100 female university students with age range 20-to 25 years from university students. The Self-Compassion Scale, Narcissistic Personality Inventory and Decision Making Style Inventory were used to investigate the relationship. The data was analyzed through SPSS. The present study findings revealed that self-compassion was positive predictor of decision making styles (sequential, logical, and global) but not the predictor of personable decision making style. The study is likely to have important implications in student counseling services and for clinical researchers.

Keywords: Self- compassion, narcissism, decision making.

Children & Adolescent Mental Health

Psychopathic Traits, Peer Pressure and Reckless Behavior in Late Adolescents

Noreen Ilyas (MSc 2014-2016)
Supervisors: Nida Zafar & Rukhsana Kausar, PhD

The present research investigated moderating role of peer pressure between psychopathic traits, and reckless behavior in late adolescents. It was hypothesized: there would be a positive relationship in psychopathic traits, peer pressure and reckless behavior in late adolescents; peer pressure would moderate relationship in psychopathic traits and reckless behavior in late adolescents. Further there would be gender differences in psychopathic traits, peer pressure and reckless behavior in late adolescents. Correlational research design was used. The sample of 200 late adolescents was taken from different Intermediate and BS Honors Classes from colleges and universities of Lahore. For assessment, Self-Report Psychopathic Scale (Phalus, 2001), Peer Pressure Scale (Binnaz, 2003) and Reckless Behavior Scale (Centers for Disease Control and Prevention, 1989) were used. Pearson product moment correlation, moderation through regression and independent sample t test were used. Results showed that psychopathic traits had positive correlation with peer pressure and reckless behavior in late adolescents. Results also showed peer pressure, psychopathic traits (interpersonal exploitation and erratic life style) were positive predictors of reckless behavior in late adolescents. Furthermore, moderating effects of interpersonal exploitation and peer pressure on reckless behavior, and moderating effects of erratic life style and peer pressure on reckless behavior were also found. Moreover, Boys had higher level of anti-social and reckless behavior as compared to girls.

Keywords: Psychopathic traits, peer pressure, reckless behavior, late adolescents.

Parental and Peer Acceptance-Rejection, Social Interaction Anxiety and Mental Well-Being of Children with Physical Disability

Hafiza Rabbia Mehmood (MSc 2014-2016)
Supervisors: Saira Batool & Rukhsana Kausar, PhD

The purpose of this research was to explore the relationship between parental and peer acceptance-rejection, social interaction anxiety and

mental well-being of children with physical disability. It was hypothesized that a) parental acceptance will be negatively related with social interaction anxiety and positively related to mental well-being; b) parental and peer rejection will be positively related with social interaction anxiety while negatively related with mental well-being; c) social interaction anxiety will be negatively correlated with mental well-being; d) parental and peer acceptance-rejection would be the predictors of social interaction anxiety and e) parental and peer acceptance-rejection, social interaction anxiety are likely to predict mental well-being of children with physical disability. A sample of 59 children (36 boys and 23 girls) with physical disability was obtained from the Institutes of Physical Disabled Lahore. Age range of children was 10-17 years (M = 13.58, SD = 3.09). Parental Acceptance-Rejection Questionnaire (PARQ) Child: Short Version (Rohner, 1980), Ostracism Experience Scale (Gilman, 2012), Social Interaction Anxiety Scale (Mattick & Clarke, 1989) and Warwick-Edinburgh Mental Well-Being Scale (Stewart-Brown, 2006) were used. The findings revealed a significant relationship between parental and peer acceptance rejection, social interaction anxiety and mental well-being. Moreover, Peer exclusion, Father aggression/hostility, Family system and Gender emerged as significant predictors of Social Interaction Anxiety and social interaction anxiety and mother neglect/indifference significantly predicted mental well-being. This study can be beneficial for teachers, educationist, parents and family of children with physical disability.

Keywords: Parental and peer acceptance-rejection, social interaction anxiety, mental well-being, physical disability.

Executive Functioning in Children with Emotional Behavioral Problems

Zainab Bukhari (MSc 2014-2016)
Supervisor: Farah Malik, PhD

The present study investigated the relationship between executive functioning in children with emotional-behavioral problems. It was hypothesized that there would be negative relationship between executive functioning in children with emotional-behavioral problems and executive functioning would predict emotional-behavioral problems in children. Correlation research design and purposive sampling technique was used in this research. Sample comprised of 50 children (25 boys and

25 girls) with age range of 9-12 years ($M = 10.60$, $SD = 1.17$). Data were collected from 4 private schools in Lahore. Behavior Rating Inventory of Executive Functioning (BRIEF; Gioia, Isquith, Guy & Kenthworthy, 2000) was translated into Urdu that was filled in by the mothers of the children and Strength's and Difficulties Questionnaire (Goodman, 1997) was filled in by the class teachers to rate children for emotional behavioral problems. The result of Pearson Product Moment Correlation indicated negative relationship between executive functioning in children with emotional-behavioral problems. Stepwise regression analysis indicated that behavioral regulation index (inhibit, shift and emotional control) dimension of executive functioning inventory significantly predicted the emotional-behavioral problems in children. There were also significant gender differences regarding executive functioning in children with emotional-behavioral problems. The present study has implication of developing management plans and clinical strategies in related field.

Keywords: Executive functioning, children, emotional behavioral problems.

Sleep Pattern, Sleep Disturbance and Psychological Health in Children

Saima Shaukat (MSc 2014-2016)
Supervisors: Syeda Fatima Hasnain & Farah Malik, PhD

The current research investigated the relationship between sleep pattern, sleep disturbance and psychological health in children. It was hypothesized that there would be a negative relationship between sleep disturbance and psychological health of children. It was also assumed that there would be gender differences in sleep pattern, sleep disturbance and psychological health of children. Correlation research design was used with convenient sampling technique. The sample comprised of 100 children with an age range of 8 to 12 years ($M = 9.67$, $S.D = 1.48$) and their mothers. Urdu versions of Children's Morningness/Eveningness Scale (Richards & Kyllonen, 1999) for sleep pattern, Sleep Disturbance Scale for Children (Bruni, et all, 1995), and Kidscreen-27 (Sieberer, 2004) for measuring psychological health were used. SDSC was filled by mothers. Results showed that sleep disturbance was negatively correlated with psychological health. The results of prediction through hierarchical regression analysis indicated that age, gender and sleep pattern were not significant predictors of psychological health. However, sleep

disturbance significantly negatively predicted psychological health of children. Results of independent samples *t*-test revealed that there were no significant gender differences in sleep disturbance and psychological health. Additional analyses revealed that there were no significant differences between children having morningness and eveningness pattern of sleep across sleep disturbance and psychological health. These results have been discussed in light of scientific literature and Pakistani context.

Keywords: Sleep pattern, sleep disturbance, psychological health.

Self-Concept, Social Support and Life Satisfaction in Early Adulthood

Mehwish Hanif (MSc 2014-2016)
Supervisors: Saima Majeed & Farah Malik, PhD

The present study aims to investigate relationship between self-concept, social support and life satisfaction in early adulthood. The study was also designed to see whether self-concept and social support would predictor life satisfaction in early adulthood. Gender differences were computed for all study variables. The hypotheses of the current study are there is likely to be a positive relationship between self-concept, social support and life satisfaction in early adulthood. Self-concept and social support are likely to predict life satisfaction in early adulthood. Men and women are likely to be different regarding self-concept, social support and life satisfaction .Non probability convenient sample of 200 students was drawn from two private and two public universities of Lahore. Cross sessional research design was used. Age range of the sample was 18-25year ($M = 21.48$, $SD = 1.52$). Measures for data collection were Self-Concept Scale (Robson, 1989), Multidimensional Scale of Perceived Social Support (Zimet, Dahlem, Zimet & Farley, 1988) and Satisfaction with life scale (Diener, et al. 1985). Results of correlation analysis (Pearson product moment) revealed that there is significant positive relationship between self-concept, social support and life satisfaction in early adulthood. Hierarchical regression analysis indicated that self-concept and social support predicted life satisfaction in early adulthood. There are non-significant gender differences in self-concept, social support and life satisfaction for present sample. Implications on the basis of these findings this research gives important directions to make the life of the young people happier and satisfied for this purpose we can

establish some social group who support those young people who have not adequate self-concept and social support.

Keywords: Self-concept, social support, life satisfaction, early adulthood.

Parental Differential Treatment and Aggression among Adolescents

Jaweriya Nazeer (BS 2012-2016)
Supervisor: Iram Fatima, PhD

The present study aimed to investigate the relationship between parental differential treatment and aggression among adolescences. Correlation research design was used. It was hypothesized that there would be positive relationship between negative parental differential treatment aspects (negative affective quality and negative control) and aggression and there would be negative relationship between positive parental differential treatment aspects (positive affective quality, support and fostering independence) and aggression. The sample comprised of 150 school students ($N = 150$) including 75 females and 75 males of 9th and 10th classes. The Parental Differential Treatment Questionnaires (PDT-Q; Young, 2011) and Buss & Perry Aggression Scale (BPAQ; Buss & Perry, 1982) was used to assess parental differential treatment and aggression. Results indicated that there was a positive relationship between negative parental differential treatment aspects (negative affective quality and negative control) and aggression. The result also shows that positive relationship between positive parental differential treatment aspects (fostering independence) and aggression. The study highlights the importance of parent-child relationships during sensitive and critical stage of adolescent development.

Keywords: Parental differential treatment, aggression, negative affective quality, positive affective quality, fostering independence.

Predictors of Mental Health in Young Adults

Madiha Gohar (MSc 2014-2016)
Supervisors: Zainab Javed & Rafia Rafique, PhD

The objective of the present research was to find out the relationship between social support, coping strategies and mental health of young adults living in orphanages. The sample ($N = 150$) comprised of orphans

($n = 72$) and intact ($n = 78$) adults. Cross-sectional study design and purposive sampling method was used. Brief cope Inventory (Carver, 2013), Multidimensional Scale of Perceived Social Support (Zimet, Dahlem & Farley, 1988) and Warwick Edinburg Mental Well-being Scale (Warwick & Edinburg, 2007) were used for the assessment. Descriptive statistics was calculated to assess means, standard deviations and frequencies of the variables. It was found that social support, coping strategies and mental health has significant relationship with age and gender. Age, social support and coping strategies predicted the mental health of orphans. Non-significant differences were found for gender and groups but for coping strategy religion has significant difference for groups. The inference of the research is that orphanages that are concern with the communal requirements of orphans must focus on their mental/emotional desires as well by intensification their counseling services and by raising the alertness of the public about the difficulties of orphans, so that they can face the challenges of every day appropriately.

Keywords: Orphans, Young adults, mental health, social support, coping strategies, orphanages.

Impulsivity, Sensation-Seeking and Risk Propensity among Adolescents and Adulthood

Ayella Gillani (MSc 2014-2016)
Supervisor: Afsheen Masood, PhD

The research was conducted to investigate the relationship between impulsivity, sensation-seeking and risk propensity among adolescents and adults. It was hypothesized that there is likely to be a relationship between impulsivity, sensation seeking and risk propensity. Further it was hypothesized that sensation-seeking is likely to mediate the relationship between impulsivity and risk propensity. The sample for current research comprised of $N = 180$ (90 Adolescents and 90 Adults) Adolescents and adulthood from different institutes of Lahore. Impulsivity was assessed by using Barrat Impulsive Scale (BIS-11, Sensation-Seeking was assessed by using Zuckerman Sensation-Seeking scale whereas Risk Propensity was assessed by using Risk propensity Questionnaire .Pearson Product Moment Correlation and Amos based mediation analysis was used to analyze the data. The results revealed that there is a positive correlation between impulsivity, sensation-seeking and risk propensity among adolescents and adults. Further mediation

analysis showed significant path analysis. Hence it was concluded that impulsivity and sensation seeking in adolescents and adults leads to risk propensity.

Keywords: Impulsivity, sensation-seeking, risk propensity.

Self-confidence and Social Anxiety among newly enter university students

Nabeela Kanwal (MSc 2014-2016)
Supervisor: Shazia Khalid, PhD

The present study aims to investigate the relationship between self-confidence and social anxiety among newly enter university students. It was hypothesized that there would be a negative relationship between self-confidence and social anxiety among newly enter university students. It was also hypothesized that there would likely to be a gender differences between confidence and social anxiety. Correlational research design was used with purposive sampling technique was used in the present study. The sample comprised of 150 hundred newly enter university students, ($N = 150$) including both males ($n = 75$) and females ($n = 75$), with age range 18 to 25 years ($M = 34.16$, $SD = 8.7$). Academic self-confidence Scale (Kristine, 2001) Social Anxiety Scale for Children and Adolescents (Matrix, 2012) scales were used to assess the relationship between study variables self-confidence and social anxiety. Descriptive statistics was calculated to assess means, standard deviations and frequencies of the variables. Result showed that self-confidence was negatively correlated with social anxiety. Result of independent *t*-test revealed that there was no gender differences between self-confidence and social anxiety among newly enter university students. These results have been discussed in light of scientific literature and Pakistani contexts.

Keywords: Self-confidence, social anxiety, newly enter university students.

Nomophobia and Quality of Sleep in Adolescents

Aqsa Iftikhar (BS 2012-2016)
Supervisor: Shahnila Tariq

The present study investigated the relationship between nomophobia and quality of sleep in adolescents. It was hypothesized that there is likely to be a relationship between nomophobia and quality of sleep. Sample comprised of 150 adolescence (75 males and 75 females) with age range 13-19 years ($M = 17.9$, $SD = 1.03$). Data were collected from colleges and university from Lahore. Nomophobia Questionnaire (NMP-Q) of Yildirim (2012) and The Groningen Sleep Quality Score (GSQS) of Meijman, Griever & Vries (1988) were used. The result indicated negative correlation between gender and quality of sleep, positive correlation between nomophobia and quality of sleep, significant difference present in males and females in quality of sleep, no significant differences were found in scores of nomophobia and quality of sleep due to institution, family system, internet connection, no significant difference was observed on type of mobile phone with quality of sleep. The present study has implication of highlighting the importance of nomophobia and quality of sleep among adolescence.
Keywords: Nomophobia, quality of sleep, adolescents.

Cyber Stalking, Obsessive Relational Intrusion and Psychological Distress in Students using Facebook

Bushra Ejaz (BS 2012-2016)
Supervisor: Faiz Younas

The present study aimed to assess the relationship between cyber stalking, obsessive relational intrusion and psychological distress among male and female students using Facebook. It was hypothesized that cyber stalking and obsessive relational intrusion have positive relationship with psychological distress. Cross-sectional correlational design and non-probability convenient sampling was used in the present research. The sample consisted of 150 students ($N = 150$) including 75 males, 75 females with age range of 17 to 22years ($M = 18.89$, $SD = 1.60$). Cyber stalking was measured through Cyber-Obsessional Pursuit Questionnaire (Spitzberg & Hoobler, 2002). Obsessive relational intrusion was measured through Obsessive Relational Intrusion Short Form (Spitzberg

& Cupach, 2004). Psychological distress was measured through Kessler Psychological Distress Scale (Kessler, 2002; Andrews & Slade, 2001). Results indicated that cyber stalking and obsessive relational intrusion has significant positive relationship with psychological distress. The present study laid ground in understanding the phenomenon of cyber stalking and obsessive relational intrusion.

Keywords: Stalking, Cyber stalking, obsessional pursuit, obsessive relational intrusion, psychological distress, stress.

Executive Functioning and Classroom Adjustment in Adolescents

Maham Shahzad (MSc 2014-2016)
Supervisor: Faiz Younas

The Present study examined the relationship between executive functioning and classroom adjustment in adolescents. It was hypothesized that there is likely to be a relationship between executive functioning and classroom adjustment in adolescents. Furthermore it was hypothesized that Executive Functioning was a positive predictor of classroom adjustment. Correlation research design was used and data was collected from a sample of college students comprising of $N = 100$ (50 boys and 50 girls) taken from three colleges of Lahore. The participants were science and arts students of 1st year and 2nd year. Executive functions questionnaire of Dawson & Guare, 2006 and College Adjustment questionnaire by James W Pennebaker, 2010 were used to collect data. Data was interpreted by using descriptive statistics, Pearson product moment correlation, simple linear regression and independent sample t test. Findings suggested significant relationship between Executive Functioning and Classroom Adjustment. No gender differences were found in adjustment. Moreover this study will provide basis for further study in future on Executive Functioning and its role in Classroom Adjustments. It may give insight about Adjustment strategies and importance of Executive Functions at school level or may help them to adjust in classroom.

Keywords: Executive functioning, classroom adjustment, adolescents.

Rejection Sensitivity and Resilience in Orphans

Mehwish Yaseen (MSc 2014-2016)
Supervisor: Faiz Younas

The present study aimed to investigate the relationship between rejection sensitivity and resilience in orphans. It was hypothesized that rejection sensitivity would be negatively correlated with resilience. Furthermore, it was hypothesized that there would be the higher level of rejection sensitivity in boys than girls. There would be no gender differences on resilience in orphans. Moreover, it was hypothesized that rejection sensitivity would be the predictor of resilience. Correlation research design was used in this study and the sample comprised of ($N = 100$) orphans and ($n = 50$) boys and ($n = 50$) girls with age range 12-18 years ($M = 15.15$, $SD = 1.76$). Rejection Sensitivity Questionnaire (Downey and Feldman, 1996) and Brief Resilience Scale (Smith et al., 2008) was used to assess the rejection sensitivity and resilience. Data was analyzed in SPSS. Results indicated that rejection sensitivity was negatively correlated with resilience in orphans. Moreover, it was found that boys have a higher level of rejection sensitivity than girls and it was further revealed that there was a higher level of resilience in girls than boys. In addition, the finding showed that rejection sensitivity was negative predictor of resilience in orphans. The study has important implication in an education setting to integrate understanding the problem of orphans and the effect on their performances, resolving their conflicts with teachers and peers. Moreover, it has implications for the instiulized and non-instiuilized communities for orphans in counseling field and for the motivation of the orphans.

Keywords: Rejection sensitivity, risk and supportive factors, and resilience.

Perfectionism, Frustration Tolerance and Aggression among Young Adults

Sana Saleem (MSc 2014-2016)
Supervisor: Faiza Rasool

The present study aimed to investigate the relationship between perfectionism, frustration tolerance and aggression in young adults. It was hypothesized that perfectionism and frustration tolerance would

likely to predict aggression. A convenience sampling technique was used to recruit the sample of 100 adults (50 of men, 50 of women) from different universities of Lahore, with age range of 18-25 years ($M = 21.42$, $SD = 1.58$). The Short Almost Perfect Scale (SAPS) (Rice et al, 2014), Frustration Discomfort Scale (FDS) (Harrington, 2014), and Aggression Scale (Buss-Perry, 1992) were used for assessment. Descriptive statistics, Pearson Product Moment Correlation and Hierarchal Regression were used to the analyze data. Results indicated that there is a significant positive relationship between maladaptive perfectionism, frustration tolerance and aggression in young adults. Adaptive perfectionism was positively related with frustration intolerance but no relation was found with aggression. Discrepancy perfectionism and entitlement frustration significantly predicted aggression. This study can be helpful for adults for how to deal the frustrating situation without being aggressive and which type of perfectionism should be adopted.

Keywords: perfectionism types, perfectionism dimensions, low frustration tolerance, anger.

Resilience, Social Support and Psychological Well-Being in Widows and Widowers

Shumaila Mushtaq (MSc 2014-2016)
Supervisor: Gull-e-Sehar

A correlational study was conducted to find out the relationship between resilience, social support and psychological well-being in widows and widowers. It was hypothesized that resilience and social support would be positively related to the psychological well-being. By using non probability snow ball sampling strategy, the sample of 100 participants (widowers = 50, widows = 50) with age range of 26 to70 ($M = 34.93$, $SD = 9.27$) were recruited from different areas of Lahore city. Resilience was measured by Connor and Davidson Resilience Scale (2003) and social support was measured by Multidimensional Scale of Perceived Social Support by Zimet, Dahlem and Farley (1988) and psychological well-being was measured by Flourishing Scale by Diener and Diener (2009) for data collection. Correlational analyses revealed that resilience, social support of family and significant others were positively related to psychological well-being of widows and widowers. Results from hierarchical regression analysis revealed that resilience and perceived social support of friends predicted psychological well-being. Moreover,

widowers had significantly higher score in total score of perceived social support and psychological well-being as compared to widows. The findings of this work have important implications for researchers, practitioners, and health providers to understand the phenomenon of spousal loss and to build stress-coping paradigms for bereaved spouses.

Keywords: Resilience, social support, psychological well-being, widows, widowers.

Child & Social Psychology

Belief in Just World and Social Competence in Orphans

Iqra Abdul Haq (MSc 2014-2016)
Supervisors: Syeda Fatima Hasnain & Farah Malik, PhD

The current research investigated the relationship between belief in just world and social competence in orphan. It was hypothesized that there would be a positive relationship between personal and general belief in just world and social competence in orphans. Similarly, there would be a positive relationship between procedural and distributive belief and social competence in orphans. Moreover, that there would be gender differences in domains of belief in just world and social competence in orphans. Correlational research design with purposive sampling technique was used. A sample of 80orphans living in 2 orphanages of Lahore was taken with an age range of 14 to 18 years ($M = 16.24$, $SD = 1.62$).Belief in Just World Scale (Lucas, Zhdanova, & Alexander, 2011) was translated into Urdu and an indigenously developed Social Competence Scale (Shujja & Malik, 2014) was used. Results showed that general belief in just world, personal belief in just world and procedural belief in just world were positively correlated with social competence. However, distributive belief in just world was not correlated with social competence. The results of multiple hierarchical regression analysis indicated that personal belief in just world and procedural belief in just world significantly predicted social competence. Moreover, results of independent samples t-test revealed a non-significant gender differences in social competence and belief in just world. However, boys showed more adaptability and self-confidence (sub domains of social competence).Further results revealed that orphans belonging to urban areas showed high score on belief in just world than participants from rural areas. The results of the study were discussed in Pakistani socio-cultural context. The present study has implication in developing counseling strategies in the related fields.

Keywords: Belief in just world, social competence, orphans.

Social Support and Social Adjustment of Children with Hearing Impairment

Wajeeha Bilquees Siddiqi (BS 2012-2016)
Supervisor: Naumana Amjad, PhD

The present study aimed to investigate the relationship between social support and social adjustment among hearing impaired children. Correlational research design was used. It was hypothesized that social support would be positively correlated and a predictor of social adjustment in hearing impaired children. The sample comprised of 74 hearing impaired children ($N = 74$) including 45 boys and 29 girls having hearing impairment with age range of 5-18 years ($M = 13.78$, $SD = 2.741$). Child and Adolescent Social Support Scale (CASSS) and Children's Attention And Adjustment Inventory (CAAI) was used to assess social support and social adjustment respectively. Results indicated that there was a positive relationship between social support and social adjustment of hearing impaired children. The study can be used by counselors to educate parents and teachers about the ways of how to support the child.

Keywords: Child and adolescent social support scale, children's attention and adjustment survey.

Acculturative Stress, University Adjustment and Thriving in Foreigner Students

Arifa Nawaz (MSc 2014-2016)
Supervisor: Naumana Amjad, PhD

The present study aimed to investigate the relationship between acculturative stress, university adjustment and thriving in foreigner students who came to Pakistan to seek university education as well as the students from provinces and far off areas other than Punjab province. It was hypothesized that there is likely to be a relationship in acculturative stress and university adjustment and thriving in foreign and regional students. Correlational research design was used. The sample was comprised of ($N = 100$) foreigner students and students of Balochistan. KPK, Sindh and Northern areas i.e. Kashmir and Gilgit Baltistan including males and females with age range of 18 to 30 years from the University of Punjab Lahore, Pakistan. For assessment Acculturative

Stress Scale for International Students (Sandhu & Asrabadi, 1994), Students Perception of University Support and Structure Scale (Wintre al., 2009) and Flourishing Scale (Diener & Diener, 2009) were used. Descriptive statistics, Pearson product moment correlation, regression and independent sample t test were applied for analyses. Results highlighted significant positive relationship in acculturative stress and thriving in foreigner students. Results also showed that stress is a predictor of university adjustment. Moreover, significant difference was found in foreigner and regional students in terms of thriving. Regional students had more university adjustment as compared to foreign students. There was no significant difference in males and females in terms of thriving and university adjustment.

Keywords: Acculturative stress, university adjustment, thriving, foreigner students.

Self-Concept, Health Locus of Control and Quality of Life in Children with Asthma

Sameen Hasan (BS 2012-2016)
Supervisor: Afsheen Masood, PhD

The present study aimed to investigate the relationship between self-concept, health locus of control and quality of life in children with asthma. Case control research design was used in the present study. It was hypothesized that self-concept, health locus of control and quality of life would be different in children with asthma and children without asthma. The sample was comprised of 60 adolescents with asthma, ($N = 60$) including and 120 adolescents without asthma ($N = 120$) including 93 boys and 87 girls, with age range of 11-18 years. The Self-Concept Questionnaire (SCQ; Robson, 1989), Multidimensional Health Locus of Control (MHLC; Wallston, 2007) and Youth Quality of Life-Short Form (YQOL-S; Patrick, Edwards & Topolski, 2002) were used to assess the study variables. Independent sample *t*-test was used to identify the difference between children with and without asthma in terms of study variables. Pearson Product Moment Correlation was used to find the relationship in self-concept, health locus of control and quality of life. The role of self-concept and health locus of control as predictors of quality of life was investigated through hierarchal regression analysis. The current study highlighted that children without asthma have better self-concept, internal locus of control and quality of life as compared to

children without asthma while children with asthma have chance and powerful others locus of control and relationship is present among these variables. Moreover, quality of life is predicted by self-concept and internal locus of control. The study has important implications in the field of health psychology and can be used in improving quality of life of children with asthma by taking in consideration of results for devising asthma management programs.

Keywords: Self-concept, health locus of control, quality of life, asthma.

Perceived Parenting Styles and Leadership Traits in Adolescents

Shaista Riaz (MSc 2014-2016)
Supervisor: Saima Ghazal, PhD

The research was conducted to investigate the relationship between parenting styles and leadership traits in adolescents. It was hypothesized that there is likely to be a relationship between parenting styles (authoritative, authoritarian and permissive) and leadership traits in adolescents. It was assumed that different parenting styles will be the predictors of leadership traits in adolescents. The sample was comprised of $N = 132$ (66 girls and 66 boys) from different institutes (private and government) of Lahore. Parenting Practice Questionnaire of Robinson, Barbara, Olsen and Hart (2001) was used to assess parenting styles of parents and short version of this questionnaire was used for perceived parenting styles. To measure leadership traits in adolescents Roets Rating Scale for Leadership (Roets, 1997) was used. The results indicated that perceived authoritative parenting style had the positive relationship with the leadership traits. Whereas perceived authoritarian parenting styles and perceived permissive parenting styles had no relationship with the leadership traits in adolescents. Implications of the study are discussed in the light of Pakistani cultural context, where there is already a dearth of good leadership.

Keywords: Perceived parenting styles and leadership traits in adolescents.

Parental Acceptance Rejection, Sibling Relationship and Peer Attachment in Adolescents

Zifra Maratab (BS 2012-2016)
Supervisor: Afifa Anjum

The present research aimed to examine the relationship between parental acceptance rejection, sibling relationship and peer attachment in adolescents. It was hypothesized that parental acceptance-rejection and sibling relationship will predict peer attachment. It was also hypothesized that sibling relationship will act as a mediator between parental acceptance and peer attachment. The sample consisted of adolescents (N = 144) including 66 males and 78 females with age range 13 to 19 (M = 16.18, SD = 6.76) recruited from schools of Lahore through convenient sampling. Parental acceptance rejection was measured through Parental Acceptance Rejection Questionnaire (Rohner & Khaleaque, 2005), sibling relationship through Sibling Relationship Inventory (Stolker & McHale, 1992) and peer attachment was measured through Inventory of Peer Attachment (Armsden & Greenberg, 1987). Results showed that study variables were correlated in expected direction. Hierarchical regression analysis indicated that sibling relationships served as a mediator between parental acceptance rejection and peer attachment. Results on gender differences indicated that girls are more affectionate towards sibling and peers as compared to boys. Educational level of mother was negatively related with mother acceptance rejection. Further implications of study were discussed in the context of personal and educational settings.

Keywords: Parental acceptance rejection, sibling relationship, peer attachment, adolescents.

Developmental Psychology

Parenting Styles, Thinking Styles and Creativity in Adolescents

Saman Sarwar (MSc 2014-2016)
Supervisor: Afifa Anjum

The present research aimed to find out the relationship between parenting styles, thinking styles and creativity in adolescents. The sample ($N = 200$) was comprised of adolescents recruited from different schools and colleges of Lahore. It was hypothesized that parenting styles will predict creativity through mediation effect of thinking styles. A correlational research design was used and sample was collected through convenient sampling technique. Creativity Questionnaire (Smith, 2010) , Rumination Response Scale (Nolen-Hoeksema & Morrow, 1991) and Need for Cognition Scale (Cacioppo, Petty & Kao, 2013) were used to measure thinking styles in adolescents whereas Parenting Style Inventory II (Darling, 1997) was used to measure perceived parenting styles. Data was analyzed by using descriptive statistics, Pearson Product moment correlation and Hierarchical multiple regression. The findings showed that both parents responsiveness and autonomy appear to have a negative relationship with adolescents creativity, reflective pondering and need for cognition and a positive relationship with brooding. The results also revealed that mother autonomy predicted creativity through mediating role of brooding (type of rumination) and father responsiveness and mother autonomy predicted creativity through mediating role of need for cognition.

Keywords: Parenting styles, thinking styles, creativity, dolescents.

Educational/School Psychology

Occupational Aspiration, Perceived Career Barriers and Career Decision-Making Self- Efficacy in University Students

Ammara Pervaiz (MSc 2014-2016)
Supervisors: Faiza Mushtaq & Rukhsana Kausar, PhD

The present study was to investigate the relationship between occupational aspirations, perceived career barriers and career decision making self-efficacy in University Students. It was hypothesized that there is likely to be a significant relationship between occupational aspirations, perceived career barriers and career decision making self-efficacy. Perceived career barriers were used as moderators that predict the relationship between occupational aspirations and career decision making self-efficacy. The sample was consisted of 150 students (university students) including men and women from different universities of Lahore, with age range of (18 to 35) years ($M = 27.5$, $SD = 2.7$). Career Aspiration Scale (Gregor & O'Brien, 2013), Career Barriers Inventory-Revised (Byars-Winston, 1997) and Occupational Self-efficacy Scale (Schyns & Collani, 2002) was used for assessing aspirations and barriers related to the occupation and career decision making self-efficacy. Correlation analysis was used to examine the relationship between occupational aspirations, perceived career barriers and career decision making self-efficacy and regression analysis used to predict career decision making self-efficacy and t-test was also be used to find out the gender differences regarding study variables. The results revealed that there was significant relationship between occupational aspirations, perceived career barriers and career decision making self-efficacy. Occupational aspirations and perceived career barriers predict career decision making self-efficacy. Results also indicate that men show high occupational aspirations and career decision making self-efficacy and low perceived career barriers than women. This study laid the direction for future findings and information about the relationship and correlation of occupational aspirations, career decision making self-efficacy and perceives career barriers. This study may help career counselors and faculty advisors to guide their students in career decision-making.

Keywords: Occupational aspiration, perceived career barriers, career decision-making self-efficacy.

Academic Resilience and Goal-Orientation in High and Low Achieving Medical Students

Hafsa Dawood (MSc 2014-2016)
Supervisors: Syeda Fatima Hasnain & Farah Malik, PhD

The present research aimed to investigate academic resilience and goal orientation in high and low achieving medical students. It was hypothesized that there was likely to be relationship in academic resilience and goal orientation in high and low achieving medical students, and academic resilience would predict achievement goal-orientation, academic resilience and goal-orientation would be likely to differ in high and low achieving medical students. Cross-sectional research design was used and the sample was comprised of ($N = 150$) students from Medical colleges, Lahore, Pakistan. For assessment Urdu versions of Academic Resilience Questionnaire (Martin & Marsh, 2006), Achievement Goal Questionnaire (Elliot & Murayama, 2008) were used. Results of Pearson Product Moment Correlation revealed that academic resilience had no significant relationship with achievement goal orientation in high achievers. However, it had significant positive correlation with achievement goal-orientation in low achievers. The results of multiple linear regression analyses for high achieving medical students indicated that academic resilience was a significant positive predictor of mastery-avoidance approach only. For low achieving medical students academic resilience was a significant positive predictor of mastery avoidance approach and performance approach goals. Moreover, there were no significant differences for academic resilience between high and low achieving Medical students, but high achievers were more goal oriented as compared to low achievers. Gender differences revealed that academic resilience was higher in males as compared to females.

Keywords: Academic resilience, achievement goal-orientation.

Awareness and Beliefs of Teachers about Dyslexia among Government and Private Schools

Nighat Saeed (MSc 2014-2016)
Supervisor: Naumana Amjad, PhD

The aim of the present study was to explore the perception and knowledge of primary school teachers about dyslexia, the practices in school system for identifying and helping such children and compare these in some major school systems. A mixed research design and sampling technique was used to collect data. A sample of 80 teachers (40 from two government schools and 40 from two private schools were recruited. In first exploratory study semi-structured questionnaire was developed for obtaining qualitative responses of teachers regarding dyxlexia. These responses were content analysed and a five point likert scale Beliefs about Dyxlexia was developed. In second study a sample of 80 teachers a sample of 80 teachers (40 from two government schools and 40 from two private schools) were given Beliefs about Dyslexia Scale developed in first study, demographic information sheet and training related information sheet. The reliability of Beliefs about Dyslexia Scale was satisfactory ($\alpha = .90$). Independent samples *t*-test revealed that private schools' teachers level of awareness about dyslexia was higher than government school teachers. Further those who had training gave more accurate definitions of dyslexia than those teachers who had not gone through training. Trained teachers had more accurate beliefs than untrained teachers. A study had important implications for children with dyslexia.

Keywords: Awareness, beliefs, dyslexia, government-private schools.

Rumination, Academic Stress, Eating Behaviors, Sleep Habits and Sleep Quality of University Students

Bushra Iqbal (MSc 2014-2016)
Supervisor: Naumana Amjad, PhD

The present study was conducted to investigate rumination, academic stress, eating behaviors, sleep habits and sleep quality of university students. A correlational research design was used in which sample of 120 university students was selected from different universities of

Lahore. Data was collected through convenient sampling technique. A Ruminative Response Style scale (RRS) (Nolen-Hoeksema & Morrow, 1991), Educational Stress Scale for Adolescents (ESSA) (Dune, Sun, Nguyen, Truc, Loan & Dixon, 2010), Adult Eating Behavior Questionnaire (AEBQ) (Schlundt, 2003) and Pittsburgh Sleep Quality Index (PSQI) (Buysse, 1989) were used to measure the study variables. Inventory of Sleep Habits was developed based on earlier sleep research. Reliability of these measures was satisfactory ($\alpha = .80$, $\alpha = .77$, $\alpha = .76$) except for Sleep Quality Scale ($\alpha = .54$). The sleep habits inventory contained categorical as well as 4 point likert response style. The later part had satisfactory reliability ($\alpha = .70$) and correlated significantly and positively with sleep quality thereby indication it as a valid measure. Pearson Product Moment Correlation was conducted to assess the relationship between variables. The results revealed that rumination and academic stress as well as sleep habits have a significant positive relationship with sleep quality indicating those who experiencing more stress and rumination tend to have a poorer quality of sleep. There was a significant negative relationship between eating behaviors and sleep quality. A hierarchical regression analysis revealed that rumination, academic stress and eating behaviors were significant predictors of sleep quality. The study highlights the importance of peaceful thoughts, letting go of negative thoughts, stress management and healthy eating. It's good sleeping arrangements in families is beneficial for sleep quality.

Keywords: Rumination, academic stress, eating behaviors, sleep habits, sleep quality of university students.

Irrational Beliefs, Locus of Control and Procrastination in Science Students

Sabeen Khan (MSc 2014-2016)
Supervisors: Ayesha Abdul Khaliq & Iram Fatima, PhD

The present study aimed to investigate the relationship of irrational beliefs and locus of control with procrastination in science students. It was hypothesized that there is likely to be a positive relationship of irrational beliefs, powerful others and chance locus of control with procrastination, whereas internal locus of control would be negatively relatively related with procrastination. Further, irrational beliefs powerful others and chance locos of control would positively predict procrastination, while internal locus of control would negatively predict

procrastination. The sample consisted of 183 students (college students) including boys and girls from different government and private colleges of Lahore with age range of 17 to 21 years. ($M = 17.6$, $SD = .89$). Shortened General Attitude and Belief Scale (Lindner, Kirkby, Wertheim, & Birch, 1999) was used to assess irrational beliefs, Levenson Multidimensional Locus of Control Scale (Levenson, 1973) was used to assess locus of control and Active and Passive Procrastination Scale (Chu & Choi, 2005) was used for assessing procrastination. Correlation analysis was used to find out the relationship between irrational beliefs, locus of control and procrastination. Regression analysis was used to determine the extent to which procrastination is predicted by irrational beliefs and locus of control and t-test was also used to find out the gender differences. The analysis indicated that no relationship was found between irrational beliefs, locus of control and procrastination. Regression analysis revealed that irrational beliefs and locus of control did not predict procrastination. Gender differences were observed with boys procrastinating more than girls.

Keywords: Irrational beliefs, locus of control, procrastination, science students.

Psychosocial Predictors of Academic Motivation in College Students

Reema Iqbal (MSc 2014-2016)
Supervisors: Mehreen Gulzar & Fatima Kamran, PhD

The study aimed to find out how perceived autonomy support, self-competence and need for relatedness would affect the academic motivation in college students. It was hypothesized that there is likely to be a relationship between perceived autonomy support, self-competence, need for relatedness and academic motivation in college students. Perceived autonomy support, self-competence and need for relatedness are likely to be predicted by academic motivation in college students. Correlational research design was used. By using purposive sampling, 172 college students were taken from government and private colleges of Lahore. Perceived Autonomy Support: The Learning Climate Questionnaire (LCQ) (Deci & Ryan, 2010), Self Competence Scale (SCS) (Deci & Ryan, 2010), Need for Relatedness (Guiffrida, 2008) and Academic Motivation Scale (Vallerand, 1993) was used to collect data. Correlational and hierarchal regression analysis was used to analyze data. The result of this research result indicated that the perceived autonomy

support, self-competence and need for relatedness have significant positive relationship with academic motivation. Regression analysis showed that Perceived autonomy support, self-competence and need for relatedness are predicting academic motivation in college students.

Keywords: College student, perceived autonomy support, self-competence, need for relatedness, academic motivation.

Learning Engagement, Academic Motivation and Performance in Undergraduate Students

Fatima Khalid (MSc 2014-2016)
Supervisor: Shahnila Tariq

The objective of the present study was to determine the relationship between learning engagement, academic motivation and performance in undergraduate students. It was hypothesized that there is a relationship between learning engagement, academic motivation and performance in undergraduate students. Correlational research design and convenient sampling technique was used to collect data. A sample of 120 undergraduate students comprised of 60 males and 60 females were recruited. Engagement Verses Disaffection (Skinner et al, 1990) and Academic Motivation Scale (Vallerand, 1992) were administered for assessment. Academic performance was measured by the student's last semester CGPA. After the Pearson product moment correlation and hierarchal regression, the findings of this research revealed that learning engagement and academic motivation has significant relationship with academic performance while learning disaffection has negative relationship with academic performance.

Keywords: Learning engagement, academic motivation, performance.

Social Support, Academic Problems and Eating Behaviors in female University Students

Saima Nawaz (MSc 2014-2016)
Supervisor: Afifa Anjum

The purpose of this research was to find the predictive relationship of academic problems, social support and eating behaviors in academic problems of female university students. It was hypothesized that social

support and academic problems are the predictors of eating behaviors while controlling for demographic variables. Purposive sampling technique was used for data collection. Sample size was 150 (all female university students) taken from four different institutes/ departments of a large public university of Lahore. The participants were students of masters and graduation belonging to different field of studies. Adult Eating Behavior Questionnaire (Schlundt, 2003), Berlin Social Support Scale (Berlin, 2003), and Life Events Questionnaire (Norbeck, 1984) were used for data collection. Data was analyzed by using descriptive statistics, Pearson correlation and hierarchical multiple regression analysis. Age and mothers' education related significantly with eating behaviors and were entered as control variables in regression analysis. Findings suggest positive relationship between social support and eating behaviors and negative relationship between academic problems and eating behaviors. Furthermore, hierarchical regression indicated that need for support and support seeking were predictor of eating behaviors whereas academic problems were not significant predictor of eating behaviors.

Keywords: Social support, academic problems, eating behaviors.

Perceived Teaching Style, Classroom Learning Environment and Self-Regulated Learning among School Students

Syeda Samreen Zahra Zaidi (MSc 2014-2016)
Supervisor: Arooj Arshad

The present research was conducted to investigate students' perceptions of their teachers' teaching styles, classroom learning environment and the students' use of self-regulated learning (self-efficacy, intrinsic value, test anxiety, cognitive strategy use and self-regulation). It was hypothesized that self-regulated learning domains will be predicted by perceived teaching styles and classroom learning environment among school children. Correlation research was employed and sample of 190 school children within the age range of 10-13 years ($M = 11.52$, $SD = 1.14$) from 6th, 7th and 8th class were taken from different private and public schools of Lahore using purposive sampling technique. The students had completed the Urdu version of the Junior High School Teacher's teaching Style Questionnaire (Chen, 2008), Classroom Climate Inventory (Fraser, Treagust, & Dennis, 1986) and the Motivated Strategies for Learning Questionnaire (Pintrich, Smith, Gracia, & Mckeachie, 1991). Findings

revealed that laissez faire teaching styles significantly predicted self-efficacy while intrinsic value predicted by both laissez faire and democratic teaching style, indifference teaching style predicts the test anxiety, and democratic teaching style predicts the cognitive strategy use and self-regulation domains of self-regulatory learning. The findings have important implication for educators training so they can teach students according to their specific needs and situation that in turn inculcate the development of self-regulatory learning among their students.

Keywords: Perceived teaching styles, classroom learning environment, self-regulated learning.

Perfectionism, Academic Self-Concept, and Stress in Premedical Students

Humaira Akhtar (MSc 2014-2016)
Supervisor: Sara Asad

This study determined the relationship of perfectionism and academic self-concept with stress in premedical students. It examined gender differences in study variables and identified predictors of academic stress in premedical students. Following cross sectional research design, purposive sampling strategy was used to select 200 premedical students (100 = boys; 100 = girls) aged 16-19 years from different colleges of Lahore. Following measures were used in the present research: Demographic Questionnaire, Multidimensional Perfectionism Scale (Frost, Marten, Lahart, & Rosenblate, 1990) to assess dimensions of perfectionism, The Original Academic Self Concept Scale (Liu & Wang, 2005) to assess academic self-concept, and Educational Stress Scale for Adolescents to assess academic stress (Sun, Dune, Hou, & XU, 2011). Results revealed that different dimensions of perfectionism and academic self-concept had significant correlation with academic stress in boys and girls premedical students. Different dimensions of perfectionism and academic self-concept were serving as positive and negative predictors of academic stress in girls and boys premedical students. Gender differences existed between boys and girls premedical students on subscales of perfectionism (Concern over Mistakes; Parental Expectation; & Organization) and academic stress (Pressure from Study & Study Workload). The present findings are expected to provide insight to the parents and teachers so that they can take concrete action to minimize the

negative outcomes of maladaptive perfectionism and to enhance academic self-concept in students.

Keywords: Perfectionism, academic self-concept, stress, premedical students.

Forensic Psychology

Parental Acceptance-Rejection, Self-Regulatory Efficacy and Anti-Social Behavior in Juvenile Delinquents

Fatima Siddique (BS 2012-2016)
Supervisor: Farah Malik, PhD

The present study investigated the relationship between parental acceptance-rejection, self-regulatory efficacy and antisocial behavior in juvenile's delinquents. It was hypothesized that there would be a negative relationship between parental acceptance and antisocial behavior in juvenile delinquents. It was hypothesized that there is likely to be a positive relationship between parental rejection and antisocial behavior in juvenile delinquents. It was also hypothesized that there would be negative relationship between self-regulatory efficacy and antisocial behavior in juvenile delinquents. It was also hypothesized that parental acceptance-rejection and self-regulatory efficacy likely to be predictors of antisocial behavior in juvenile delinquents. Sample comprised of 50 (boys) juvenile delinquent with age range of 12 - 18 years (M = 15.82, SD = 1.60). Data were collected from child protection bureau and district jail Lahore. Subtypes of Antisocial Behavior (STAB) (Burt, 2009) and Self-regulatory efficacy (Bandura, Guide, 2006) were translated into Urdu. The results of person product moment correlation indicated negatively significant relationship between father rejection and antisocial behavior in juvenile delinquents. Self-regulatory efficacy has significant negative relationship with antisocial behavior. Education was significant negative predictor of antisocial behavior and self-regulatory efficacy was found negative significant predictor of antisocial behavior in juvenile delinquents. The results of the present study explained in Pakistani context. The finding of the study has implications in understanding the underlying mechanism of antisocial behavior.

Keywords: Parental acceptance-rejection, self-regulatory efficacy, anti-social behavior, juvenile delinquents.

Temperament, Sensation Seeking and Psychopathic Tendencies in Juvenile Delinquents

Marriyam Khalid (MSc 2014-2016)
Supervisor: Farah Malik, PhD

The present study investigated the relationship between aggressive temperament, sensation seeking and psychopathic tendencies in juvenile's delinquents and to explore the role of temperaments, sensation seeking as predictors of psychopathic tendencies in Juveniles. I) It was hypothesized that there would be a positive relationship between aggressive temperament, sensation seeking and psychopathic tendencies. ii). It was also hypothesized that aggressive temperament and sensation seeking will be predicting psychopathic tendencies in juvenile delinquents. iii. Moreover, aggressive temperaments will predict sensation seeking in juvenile delinquents. iv. Likewise, sensation seeking will predict psychopathic tendencies. Additionally, sensation seeking will mediate the relationship between aggressive temperament and psychopathic tendencies in Juvenile delinquents. Sample comprised of 50 (boys) juvenile delinquent with age range of 12 − 18 years *(M = 15.82, SD = 1.68).* Data were collected from child protection bureau and district jail Lahore. Early Adolescent Temperament Questionnaire (Ellis & Rothbart, 2001), Brief Sensation Seeking Scale (Stephen, 2007) and Child Psychopathic Scale (Lynam, 1997) were translated into Urdu. The results of person product moment correlation indicated positively significant relationship between aggressive temperament, sensation seeking and psychopathic tendencies in juvenile delinquents. Mediation though hierarchal regression indicated that aggressive temperament predicted psychopathic tendencies; aggressive temperament predicted sensation seeking and likewise, sensation seeking mediated the relationship aggressive temperament and psychopathic tendencies. The results are discussed in the Pakistani context and the findings of the current study have implication of providing the guiding principles for the counseling and rehabilitation of the juvenile delinquents for the mental health professionals as well as authorities.

Keywords: Temperament, sensation seeking, psychopathic tendencies, juvenile delinquents.

Spirituality, Altruism and Happiness in Young Adults

Nimra Riaz (MSc 2014-2016)
Supervisor: Aiman Javed

The present study was conducted to investigate spirituality, altruism and happiness in young adults. It was hypothesized that happiness will be positively related to spirituality and altruism; happiness will be predicted by spirituality and altruism; and there will be gender differences in spirituality, altruism and happiness. Using cross-sectional research design and purposive sampling technique, a sample of 200 participants (100 men and 100 women), within the age range of 18 to 24 years, were taken from different institutes of University of the Punjab, Lahore**.** The Spirituality Questionnaire: Core Dimensions of Spirituality (Hardt, Schultz, Xander, Becker & Deagan, 2012), Helping Attitudes Scale (Nickle, 1998) and Subjective Happiness Scale (Lyumbomirsky & Lepper, 1999) were used to assess spirituality, altruism and happiness, respectively. Results showed that spirituality was positively related to altruism and happiness in young adults. Moreover, happiness was predicted by spirituality. Furthermore, gender differences were found in spirituality with women being more spiritual than men. These findings highlight the importance of spirituality in the happiness of young adults, imply the need of spiritual counseling for this age group and also pave the way for future researchers to explore different psychosocial correlates and predictors of happiness in young adults.

Keywords: Spirituality, altruism, happiness, young adults.

Health Psychology

Migraine Severity, Cognitive Failures and Quality of Life

Farina Saleem (BS 2012-2016)
Supervisor: Iram Fatima, PhD

The present study intended to explore the relationship among migraine severity, cognitive failures and quality of life in migraine patients. Correlation research design was used for the study. Purposive sampling technique was used to collect a sample of 75 diagnosed migraine patients. It was hypothesized that there is likely to be a positive relationship among migraine severity, cognitive failures and impairment in quality of life. It was further hypothesized that migraine severity and cognitive failures would positively predict impairment in quality of life. Moreover, it was also expected that cognitive failures would mediate between migraine severity and impairment in quality of life. Cognitive Failure Questionnaire (Broadbent et al., 1982) was used to assess the cognitive failures. Migraine Disability Assessment Scale (Lipton et al., 1999) was used to assess the migraine severity and Quality of Life was assessed through Comprehensive Headache Related Quality of Life Questionnaire (Csaba et al., 2013). Results revealed migraine severity and cognitive failures positively predicted impairment in quality of life. Cognitive failures mediated between migraine severity and overall quality of life. Moreover, cognitive failures mediated between migraine severity and mental quality of life. The study has important implications in clinical settings where it can be used by clinicians while devising treatment plan for with migraine patients.

Keywords: Migraine severity, cognitive failures, headache-related quality of life.

Sensation Seeking, Emotion Regulation and Smoking Behavior in Young Adults

Maryum Arifeen (MSc 2014-2016)
Supervisor: Rafia Rafique, PhD

The present study investigated the relationship between sensation seeking, emotion regulation and smoking behavior in young adults. It was hypothesized that there would be a positive relationship of sensation-seeking with smoking behavior; while negative relationship was assumed between emotion regulation and smoking behavior. It was hypothesized

that emotion regulation will moderate the relationship between sensation seeking and smoking behavior. Sample comprised of 135 young adults with age range of 18-29 years. Data was collected from university students from Public Universities, by asking them to fill Arnett Inventory of Sensation Seeking (Arnett, 1994), Emotion Regulation Questionnaire (Gross & John, 2003) and Glover-Nilson Smoking Behavioral Questionnaire (Glover, Nilsson, Laflin & Westin, 2005). Pearson Product Moment Correlation generated results which indicated that sensation seeking was positively correlated with smoking behavior while emotion regulation negatively correlated with smoking behavior. Moderation through Hierarchical Regression analysis indicated that emotion regulation was moderating the relationship between sensation seeking and smoking behavior. Sensation seeking and emotion regulation were predicting smoking behavior in young adults. Peer pressure and family history of smoking were also positively and significantly correlated with smoking behavior. The present study has implication for developing plan for cessation of smoking and rehabilitation of smokers.

Keywords: Sensation seeking, emotion regulation, smoking behavior.

Illness Uncertainty, Perceived Social Support and Hope in Women with Breast Cancer

Atika Nazir (MSc 2014-2016)
Supervisors: Iqra Waheed & Saima Ghazal, PhD

The present study was conducted to explore the relationship between illness uncertainty, perceived social support and hope in breast cancer patients. It was hypothesized that Illness uncertainty and perceived social support are likely to predict hope in breast cancer patients. Correlational research design was used in the study. Non-probability purposive sampling technique was used to recruit sample of 60 ($M = 46.5$) breast cancer females from public hospitals of Lahore city. For assessing uncertainty, perceived social support and hope in the patients, Uncertainty Stress Scale (Hilton, 1994), Multidimensional Scale of Perceived Social Support (Zimet, Dalhem, Zimet & Farley, 1988) and Herth Hope Index (Herth, 1998) were used. The data were analyzed using Pearson Product Moment Correlation and Hierarchical Regression analysis. Findings revealed a significant negative relationship between perceived social support and illness uncertainty. Perceived social support was positively correlated with hope. Further, a negative correlation was

found between illness uncertainty and hope. Perceived social support and illness uncertainty also emerged as significant predictors of hope. Findings were discussed in the light of previous research and Pakistani socio-cultural context.

Keywords: Illness uncertainty, Perceived Social Support, Hope, Breast Cancer.

Homesickness, Religiosity and Mental Health in Hostelites

Ummall Baneen (MSc 2014-2016)
Supervisor: Zaeema Farooq

The present research was intended to investigate the relationship between homesickness, religiosity and mental health in hostelites. It was hypothesized that the homesickness is likely to be positive predictor of psychological distress and homesickness would be negative predictor of psychological well-being. Religiosity would likely to be positive predictor of psychological well-being and religiosity would likely to be negative predictor of psychological distress. A sample of 237 hostelites ($N = 237$)129 female students ($n = 129$) and 108 male students ($n = 108$) with age range 18-26 years ($M = 21.84$, $SD = 1.24$) was taken from different government universities' hostels. Homesickness Questionnaire (Archer, Ireland, Amos, Broad & Currind, 1998) Santa Clara Strength of Religious Faith Questionnaire (Plante Boccacini, 1997) and Mental Health Inventory (J. E. Ware, Jr, 1993) were used to assess home sickness, religiosity and mental health respectively. Data was analyzed through Pearson Product Moment Correlation and hierarchical regression analysis. Results revealed that homesickness emerged as a positive predictor of psychological distress. Religiosity emerged as a positive predictor of psychological well-being**.** The present study is beneficial in providing focus on religious counseling of new comers in universities.

Keywords: Homesickness, religiosity, mental health.

Marital & Family Relationships

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

Zahra Jaleel Quershi (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 relationship between temperamental surgency, perception of parents and social competence of early adolescents, temperamental surgency and perception of parents would predict the social competence and 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 2 English and 2 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 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 mother involvement, father autonomy support and father 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. 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. The present study has implication of developing management plans and counseling strategies in related field.

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

Attachment Styles and Love in Long Wed Individuals

Maria Khan (MSc 2014-2016)
Supervisors: Wafa Kamran & Farah Malik, PhD

The current research investigated the relationship between attachment styles and love in long-wed individuals. It was hypothesized that there would be a positive relationship between close and attachment dimension and love components; intimacy, passion and commitment in long wed individuals. Anxiety-attachment dimension would have a negative relationship with passion, commitment and intimacy in long-wed individuals. Moreover, there would be gender differences in levels of intimacy, passion and commitment. The sample for the current research comprised of 50 men and 50 women ($N = 100$), with duration of marriage of at least 10 years. Data were collected through convenient sampling strategy. Urdu version of Adult Attachment Scale (Collins, 1996) and Sternberg Love Scale (Sternberg, 1988) were used. Results showed that the close attachment dimension was significantly and positively related to intimacy; whereas anxious dimension was significantly and negatively correlated with intimacy, passion and commitment. The results also revealed that gender was significantly and positively related with passion. Hierarchical regression revealed that anxiety dimension significantly negatively predicted intimacy, passion and commitment. Moreover, results of independent sample *t*-test revealed significant gender differences in passion but not in intimacy and commitment. The results of the study were discussed in Pakistani socio-cultural context.
Keywords: Attachment styles, love, long wed individuals.

Personal and Parental Considerations in Spouse Selection

Nida Chaudhry (MSc 2014-2016)
Supervisor: Naumana Amjad, PhD

The present research was conducted to examine the desirable characteristics of ideal spouse, the traits of people who select their spouse, and the individual`s observation about ideal spouse for them as indicated by their parents. It was hypothesized that there were likely to be differences between ideal spouse, self, and individual`s observation about ideal spouse for them according to their parents. Furthermore there were likely to be gender differences in spouse selection. The sample consisted

of 100 participants including girls and boys. Mate Selection Scale (Waris & Tariq, 2013) was used to assess the link between ideal spouse and the traits of participants who select them. Another self-constructed scale was used to assess the opinion about the marriage of young adults. Paired sample *t*-test, and independent sample *t*-test was used to analyze the data. The paired sample *t*-test results revealed that there are significant differences between self traits, ideal spouse traits and the individual`s observation about ideal spouse traits for them as indicated by their parents. Gender differences were also present in mate selection. Many western researches have consistent results with the present research. The research would be based on further research and it would be used as preventive measures for the marital distress and conflicts in marriage.

Keywords: Personal and Parental Considerations, Spouse Selection.

Communal and Agentic Traits and Marital Adjustment in Married Men and Women

Seher Naveed (BS 2012-2016)
Supervisors: Saleha Younis & Iram Fatima, PhD

The current research focused on exploring the relationship between communal and agentic traits and marital adjustment among married working men and women. Correlation research design was used. The sample of bankers ($n = 65$) and university teachers ($n = 35$) with the age range of 23 to 53 years ($M = 32.23$, $SD = 4.33$) was conveniently selected from private banks and different departments of University of the Punjab, Lahore. Agentic and Communal Values Scale (Trapnell & Paulhas, 2012) was used to assess agentic and communal traits, and The Marital Adjustment Test (Locke & Wallace, 1959) was used to assess marital adjustment. It was hypothesized that men would have more agentic and women would have more communion traits. Further it was hypothesized that agentic traits would be positively related with marital adjustment in men and communal traits would be would be positively related to marital adjustment in women. Findings revealed that higher agentic traits were present in men as compared to women and more communion traits were present in women as compared to men. Findings also showed that high agentic traits in women lead to low marital adjustment. This study provides an idea that gender stereotyped role is not always necessary for marital adjustment.

Keywords: Agentic, communal traits, marital adjustment.

Relational Communication and Marital Satisfaction in Young Married Couples

Syeda Muqeet-ul-Wara (MSc 2014-2016)
Supervisor: Rafia Rafique, PhD

The present study was conducted to find out the relationship between relational communication and marital satisfaction in young married couples. Furthermore, it was proposed to investigate the predictors of marital satisfaction. Correlational research design was used in which sample of 50 couples were taken through convenient sampling technique. Relational Communication Scale (RCS) by (Burgoon & Hale, 1984) and The Couple Satisfaction Index (CSI) by (Funk & Rogge, 2007) were used to measure the study variables. Pearson Product Moment Correlation was conducted to assess the relationship between the study variables. Results revealed that relational communication and its dimensions have a significant positive relationship with marital satisfaction except the dimension of formality as it was found to have a significant negative relationship with marital satisfaction in young married couples. Hierarchical regression analysis was performed to find out the predictors of marital satisfaction. The results showed that relational communication, its two dimensions (trust and equality), demographic variables (age at marriage, family system and overall monthly income) are significant predictors of marital satisfaction in young married couples. The spousal differences were analyzed by using paired sample t-test. The findings revealed that there are no spousal differences between relational communication, its dimensions and marital satisfaction in young married couples except the dimension of similarity. The study holds implications for further researches in Pakistan and highlights the importance of relational communication styles for a better and satisfied marital relationship. The study holds implications for clinical psychologists and marital counselors.

Keywords: Relational communication, marital satisfaction, spousal differences.

Personality Traits and Spousal Preferences in Young Adults

Nida Manzoor (MSc 2014-2016)
Supervisors: Shaista Naheed & Fatima Kamran, PhD

The present study was conducted to investigate the relationship between personality traits and spousal preferences in young adults. Correlational research design was used in this study. Convenient sampling technique was used for the recruitment of the participants. The sample comprised of 182 young adults, 91 males with age range of 19-29 years ($M = 23.14$, $SD = 2.39$) and 91 females with age range of 19-28 years ($M = 22.85$, $SD = 1.96$). Data was collected from three universities in Lahore. Ten-Item Personality Inventory (Gosling, Rentfrow, & Swan, 2003) was used to assess the personality traits and Mate Selection Scale (Waris & Tariq, 2013) was used to assess the spousal preferences. Pearson Product Moment Correlation and Hierarchical Regression analysis were used for analysis. Findings of the study showed that there is a relationship between socio-demographic factors (i.e., gender, age, and education), personality traits (Extraversion, Conscientiousness, Emotional Stability and Openness to new experiences) and spousal preferences among young adults. Personality traits predicted spousal preferences after controlling for demographic factors. This study finding is helpful for the young adults for selecting future spouse possessing similar characteristics.

Keywords: Personality traits, spousal preferences, young adults.

Attachment Styles, Family Environment and Alexithymia in University Students

Kiran Afzal (MSc 2014-2016)
Supervisor: Afsheen Masood, PhD

The present research was conducted to investigate the relationship among attachment styles, family environment and alexithymia in university students. It was hypothesized that attachment styles (anxiety and avoidance) and family environment (cohesion, Expressiveness, Conflict, Active and recreational orientation, organization, independence, control, acceptance and caring) had relationship with alexithymia in university students. It was also hypothesized that attachment styles (anxiety and avoidance) and family environment (cohesion, Expressiveness, Conflict, Active and recreational orientation, organization, independence, control,

acceptance and caring) were likely to predict alexithymia in university students. The sample for current research comprised of 170 students, including ($n = 85$) girls and ($n = 85$) boys with age range of 18-25 years. The participants were recruited from public sector universities of Lahore. The assessment measures were Adult Attachment Scale (AAS; Collins, 1996), Family Environment Scale (FES; Bhatia & Chaddha, 1993) and Toronto Alexithymia Scale (TAS; Bagby, Parker & Taylor, 1994) to access attachment styles, family environment and alexithymia respectively. Pearson Product Moment Correlation and Multiple Regression (stepwise) analysis were used to analyze the data. The results revealed that there was a positive relationship between attachment styles (anxiety and avoidance) and alexithymia in university students. And there was negative relationship between family environment (expressiveness, conflict and active recreational orientation) and alexithymia in university students. Attachment anxiety and expressiveness were found to be significant predictors of alexithymia in university students. The results of the present research would help in understanding how early attachment and family environment contribute their role in development of an alexithymia.

Keywords: Attachment styles, alexithymia, family environment.

Future Orientation, Mood and Self-Improvement in Newly Married Men and Women

Sadaf Aftab (MSc 2014-2016)
Supervisor: Shahnila Tariq

The present study aimed to investigate the relationship between future orientation, mood and self-improvement in newly married men and women. It was hypothesized that future orientation and mood have significant relationship with self-improvement. Correlational research design was used to study the relationship between future orientation, mood and self-improvement. Convenient sampling technique was used to collect data from 100 newly married men and women. Brief Mood Introspection Scale (BMIS) by Mayer (2006), Need for Cognition Scale (Cacioppo, 2013), Consideration of Future Consequences-14 Scale (Joireman, 2006), were used as assessment measures. Results showed significant relationship between Future Orientation, Mood and Self-Improvement. The findings are helpful in resolving the problems of

newly married men and women and could enhance the marital satisfaction in couples.

Keywords: Future orientation, mood, self-improvement, newly married.

Perceived Over Protective Parenting, Perceived Parental Bonding and Self-Determination in College Students

Usman Ahmad Zaheer (MSc 2014-2016)
Supervisor: Shahnila Tariq

The present research aimed to investigate perceived over protective parenting, perceived parental bonding and self-determination in college students. It was hypothesized that there would be likely relationship between perceived over protective parenting, perceived parental bonding, and self-determination. Correlation research design and purposive sampling technique was used in the present study. The sample comprised of 150 college students (boys = 75 & girls = 75), age range between 15 to 20 years collected from private and government colleges of Lahore. Perceived Over Protective Parenting Scale (Nelson & Padilla-Walker, 2012), Parental Bonding Instrument (Parker, Tupling, & Brown, 1979) and Self-Determination Scale (Deci & Ryan, 2000) were used. No significant relationship was found in perceived over protective parenting and self-determination. Parental bonding emerged as a strong predictor of self-determination. Moreover, there was a positive relationship of mother care and father care with self-determination and mother over protection and father over protection have a negative relationship with self-determination.

Keywords: Perceived over protective parenting, perceived parental bonding, self-determination.

Trust, Possessiveness and Marital Relationship in Men and Women

Rabeea Khan Rao (MSc 2014-2016)
Supervisor: Shahnila Tariq

The research was conducted to investigate the relationship between trust, possessiveness and marital relationship in married men and women. It was hypothesized that Trust and Possessiveness are likely to be positively

correlated with marital relationship. Correlational research design and convenient sampling technique was used to collect the data. The sample for current research comprised of ($N = 120$), 60 married men and 60 married women. Trust in Close Relationships Scale by Rempel, Holmes and Zanna, M.P. (TICRS, 1985), Possessiveness in Intimate Relationship Scale by Rodger and James (PIIRS, 1984), and Couples Satisfaction Indexs by Funk and Rogge (CSI, 2007) were used as assessment measures. Results showed that there was positive relationship between trust and marital quality, and there was negative relationship between possessiveness and marital quality. It was concluded that trust from both the partners contribute towards the high marital quality and satisfaction.

Keywords: Trust, possessiveness, marital relationship.

Maternal Bonding, Spousal Romantic Relationship and Marital Satisfaction

Tabeer Sabri (BS 2012-2016)
Supervisor: Shahnila Tariq

The present study investigated the relationship between maternal bonding, spousal romantic relationship and martial satisfaction. It was hypothesized that there is likely to be a relationship between maternal bonding, spousal romantic relationship and martial satisfaction. Correlational research design and snowball sampling technique was used to collect data. Sample comprised of 80 couples. The Relationship Questionnaire (RQ; Bartholomew & Horowitz, 1993), Romantic Love Scale (Zubric, 1990) and Enrich Marital Satisfaction Scale (Fower & Oldson, 1991) were used as assessment measures. Linear regression analysis and paired sample *t*-test were used. The result revealed that there was a significant relationship between maternal bonding, spousal romantic relationship and martial satisfaction. There were significant differences in maternal bonding, spousal romantic relationship and martial satisfaction of husbands and wives. Wives were more romantic than husbands whereas husbands were more satisfied with marriage as compared to their wives. The findings were compared with the indigenous and researches from the west.

Keywords: Maternal bonding, spousal romantic relationship, martial satisfaction.

Organizational Psychology

Occupational Health, Safety Measures and Psychological Distress in Technical Staff of Industry

Misbah Munir (BS 2012-2016)
Supervisor: Farah Malik, PhD

The present study investigated the relationship among occupational health, safety measures and psychological distress in technical staff of an industry. It was hypothesized that there would be a negative relationship between occupational health and psychological distress in technical staff of an industry. It was hypothesized that there is likely to be a negative relationship between safety measures and psychological distress in technical staff. It was also hypothesized that occupational health measures and safety measures are likely to be significant predictors of psychological distress in technical staff of an industry. Sample comprised of 60 employees with age range of 22-55 years ($M = 31.30$, $SD = 5.51$). Data was collected through convenient sampling technique. Data was collected from a local industry of Lahore. Occupational Health Questionnaire (OHS) (Weel & Fortuin, 1998), Work Safety Scale (WSS) (Hayes, Perander, Smecko & Trask, 1998) and Work Stress Scale (American Institute of Stress, 1999) were translated into Urdu. The results of Pearson Product Moment Correlation indicated significant relationship between occupational health measures, safety measures and psychological distress. The results of the present study were explained in Pakistani context. The findings of the study have implications in understanding the underlying factors of psychological distress. The findings implicate that improvement in occupation and safety measures is likely to improve psychological well-being of work.

Keywords: Occupational health, safety measures, psychological distress.

Emotional Intelligence, Emotional Regulation and Job Satisfaction in School Teachers

Maria Idrees (BS 2012-2016)
Supervisor: Farah Malik, PhD

The present study investigated the relationship between emotional intelligence, emotion regulation and job satisfaction in school teachers. a) It was hypothesized that there is likely to be positive relationship

between emotional intelligence, emotional regulations and job satisfaction in school teachers, b) The emotional intelligence and emotion regulation is likely to predict the job satisfaction in school teachers, c) The emotional intelligence, emotion regulation and job satisfaction is likely to high in private school teachers as compared to government school teachers and d) There will be gender differences in emotional intelligence, emotion regulation and job satisfaction in school teachers of government and private school teachers. Sample comprised of 100 school teachers (50 men, 50 women) with age range 20-60 years (M = 32.92, SD = 9.82). Data were collected from 2 government and 2 private schools in Lahore. Urdu version of Self-report Emotional Intelligence Scale (SEIS) of Schutte, (1998), Emotion Regulation Questionnaire (ERQ) of Gross & John (2003) and Job Satisfaction Scale of War-Crook and Walls (1979), were used. The results indicated that only for government school teachers' emotion regulation patterns have significantly negative correlation with job satisfaction. Similarly emotional intelligence negatively predicted job satisfaction for private school teachers and there were significant difference in cognitive reappraisal due to difference of schools. The findings also indicated that there were significant differences between subscales of job satisfaction related to difference in schools and only extrinsic job satisfaction was different across two genders. The present study carries implication of highlighting the importance of emotional intelligence, emotion regulation and job satisfaction of school teachers in institutional settings.

Keywords: Emotional intelligence, emotional regulation, job satisfaction.

Self-Appraisal and Decision Making Styles in Judges

Muneeza Ansar (MSc 2014-2016)
Supervisors: Saleha Younis & Iram Fatima, PhD

The study aimed to find out the relationship between self-appraisal and decision making styles in judges. Correlation research design was used in the current study. Convenient sampling technique was used to collect the data from sample of 100 judges with age ranges of 28 to 53 years (M = 40.05, SD = 6.57). It was hypothesized that self-appraisal is likely to be positively correlated with rational and intuitive decision making styles and negatively correlated with the dependent and avoidant decision making styles. To assess self-appraisal, the Self-appraisal Questionnaire

(Franklin, 1993) was used. Decision making styles were assessed through the General Decision making style Survey (Scott & Bruce, 1995). Results indicated that self-appraisal was positively correlated with the rational, intuitive and avoidant decision making styles but it had no significant relationship with dependent decision making. Moreover self-appraisal positively predicted the decision making styles in judges.

Keywords: Self-Appraisal, Decision Making Styles, Judges.

Leadership Styles, Organization Politics and Work Productivity among Bank Employees

Safoora Anwar (BS 2012-2016)
Supervisor: Rafia Rafique, PhD

The present study aimed at investigates the relationship between leadership styles, organization politics and work productivity among bank employees. It was hypothesized that organizational politics mediates the relationship between leadership styles and work productivity. The sample ($N = 148$) consisted of bankers from different banks of Lahore. Purposive sampling technique was used. Transformational Leadership Scale developed by Callow (2009), Perception of Organizational Politics (POPS) by Kacmar & Carlson (1994) and Role Based Performance Scale (RBPS) by Jhonson (1997) were used. Pearson Product Moment Correlation was used to find out relationship between leadership styles, organizational politics and work productivity. Correlation and meditational analysis supported the mediating effect of organizational politics between leadership and work productivity. Leaders in organizations need to assert efforts to reduce organizational politics in organizations in order to enhance work productivity.

Keywords: Transformational leadership, transactional leadership style, organizational politics.

Supervisor's Support, Work Autonomy and Organizational Citizenship Behavior in Workers of Multinational Organizations

Nadia Ijaz (BS 2011-2015)
Supervisor: Afsheen Masood, PhD

This research investigated the supervisor's support, work autonomy and organizational citizenship behavior in employees of multinational organizations. It was hypothesized that there is likely to be relationship among supervisor's support, work autonomy, and organizational citizenship behavior. The sample consisted of 110 employees i.e. (N = 110) taken from different multinational organizations working in Lahore. Perceived Supervisor Support Scale (Hammer, 2009), Work Autonomy Scale (Breaugh, 1985) and Organizational Citizenship Behavior Scale (Spector & Fox, 2001) were used for assessment purposes. After seeking formal permissions from authors, tools were translated in Urdu language based on MAPI guidelines to ensure that all participants understand each item. Series of Correlation analysis, Hierarchical Regression analysis, t-test and one-way ANOVA were run in order to test the hypotheses. The results of the current study suggested that supervisor's support, method autonomy, schedule autonomy, criteria autonomy were related to organizational citizenship behavior. The differences in gender were found to be non-significant. Furthermore, education of employees was found to be significant for supervisors support, work autonomy and organizational citizenship behaviors while workplace experience was found to be significant only for criteria autonomy and organizational citizenship behavior. The limitations and results have been discussed and compared with the researches from the west and Pakistan.

Keywords: Supervisor's support, work autonomy, organizational citizenship behavior.

Brand Image, Consumer Satisfaction and Brand Loyalty in Smartphone Users

Nayyab Asad (BS 2012-2016)
Supervisor: Afsheen Masood, PhD

The present study investigates the relationship in brand image, consumer satisfaction and brand loyalty. It was hypothesized that brand image and consumer satisfaction are likely to predict brand loyalty. The sample

comprised of young consumers of smartphone. The assessment measures included Brand Image Scale (Asad & Masood, 2016), Consumer Satisfaction scale (Asad & Masood, 2016) and Brand Loyalty Scale (Asad & Masood, 2016) that were indigenously constructed. The measures were then tested through pilot testing. The data was collected by administering the questionnaire on 200 participants between the age ranges of 18 to 24 years. The results showed that brand image and consumer satisfaction have a significant positive relationship with brand loyalty. It was also revealed that consumer satisfaction positively predicted brand loyalty. The findings carry significant implications in the field of organizational psychology, consumer psychology and marketing.

Keywords: Brand image, consumer satisfaction, brand loyalty, smartphone users.

Self-Determination, Optimism and Self-Compassion in Nurses

Ridda Zainab (MSc 2014-2016)
Supervisor: Afsheen Masood, PhD

The aim of present study was to investigate the relationship among self-determination, optimism and self-compassion in nurses. It was hypothesized that there is likely to be a positive relationship of self-determination and optimism with self-compassion (common humanity, mindfulness, self-judgment, self-kindness, over-identified and isolation). Further, self-determination and optimism would positively predict self-compassion (common humanity, mindfulness, self-judgment, self-kindness, over-identified and isolation). The sample consisted of 150 nurses from different government and private hospitals of Lahore with age range of 22 to 40 years. *(M* = 27.50, *SD* = 4.86). Self-Determination Scale (Sheldon, 1996) was used to assess self-determination. Life Oriented Test-Revised (Scheier, 1994) was used to assess optimism and Self-Compassion Scale (Raes, 2011) was used for assessing self-compassion. Correlation analysis was used to find out the relationship between self-determination, optimism and self-compassion (common humanity, mindfulness, self-judgment, self-kindness, over-identified and isolation). Regression analysis was used to determine the extent to which self-compassion (common humanity, mindfulness, self-judgment, self-kindness, over-identified and isolation) is predicted by self-determination and optimism and independent samples *t*-test was used to find out the family system differences. The analysis indicated that there was positive

relationship between self-determination, optimism and self-compassion (common humanity, mindfulness, self-judgment, self-kindness, over-identified and isolation). Regression analysis revealed that self-determination and optimism significantly predict self-compassion (common humanity, mindfulness, self-judgment, self-kindness, over-identified and isolation). The findings carry significant implications in the field of medical studies in highlighting significance characteristics of nurses.

Keywords: Self-determination, optimism, self-compassion.

Leadership Styles, Organizational Culture and Employees' Work Ethics

Sara Ali (BS 2012-2016)
Supervisor: Saima Ghazal, PhD

Leadership styles have an impact on their subordinates' work ethics. This correlational study investigated the relationship among perceived leadership styles, organizational culture, employees' personality traits and their work ethics. The sample consisted of 180 participants ($N = 180$) including 30 heads of the departments ($n = 30$) and 150 employees of grade 11 or above ($n = 150$). Data were collected from University of The Punjab, Lahore. Employees were given with Organizational Culture Assessment Instrument, Ten Items Personality Inventory and Occupational Work Ethics Inventory. Transformational leadership Scale was given to the heads of the departments to assess their leadership styles. Data was analyzed by applying correlation and hierarchal regression. Result indicated that neither leadership styles nor organizational culture predicted employees' work ethics but personality traits (emotional stability and openness to experience). However, clan culture and transformational leadership were found to be significantly related to work ethics. Findings and implications of the study are discussed with reference to Pakistani culture.

Keywords: Leadership styles, organizational culture, employees' work ethics.

Personality Traits and Self-Objectification in Working and Non-Working Women

Hafsa Tanveer (BS 2012-2016)
Supervisor: Shazia Khalid, PhD

The present study aimed to investigate the relationship between personality traits and self-objectification in working and non-working women. Cross sectional and correlational research designs were used. It was hypothesized that conscientiousness would have positive relationship with self-objectification while extroversion and neuroticism traits would have negative relationship with self-objectification and self-objectification in working women would be more than non-working women. A sample comprised of 150 unmarried women ($N = 150$) including 75 working women and 75 non-working women, with age range 20-35 years ($M = 27.09$, $SD = 1.36$). The Big Five Personality Inventory-K (BFI-K; Rammstedt & John, 2006) and The Self-Objectification Scale (Fredickson, 1998) was used to assess personality traits and self-objectification respectively. Results indicated that there was a positive relationship between conscientiousness personality trait and self-objectification and extroversion and neuroticism negatively correlated with self-objectification. And conscientiousness was a positive self-objectification and extroversion and neuroticism was negative predictor of self-objectification. And there was no difference in self-objectification of both working and non-working women. The study has important as women now-a-days have more focus on their appearance than competency. Therefore, the women with such personality traits having relationship with self-objectification can be helped by increasing their self-enhancing traits.

Keywords: Personality traits, self-objectification, self-esteem, positive body image, negative body image, appearance, competence.

Dark Triad and Conflict Management Styles in Private and Public Sector Employees

Rida Tahir (BS 2012-2016)
Supervisor: Shazia Khalid, PhD

The present research was conducted to investigate the relationship between dark triad and conflict management styles. Correlational design was used in present study. It was hypothesized that dark triad would have a positive relationship with competing style and negative relationship with accommodating and collaborating style, Machiavellianism would have a positive relationship and psychopathy would have a negative relationship with compromising style, and psychopathy and narcissism would have a relationship with avoiding style. A sample of 150 employees (75 private sector employees & 75 public sector employees) between the ages of 20 and 45 was selected. The Short Dark Triad scale (SD3; Jones & Paulhus, 2014) and Rahim Organizational Conflict Inventory–II (ROCI–II; Rahim, 1983) were used to assess the study variables. Results indicated that there was a positive relationship between dark triad and competing style, negative relationship between dark triad and collaborating style, negative relationship between Machiavellianism, psychopathy and accommodating style, negative relationship among narcissism, psychopathy and avoiding style and a negative relationship between psychopathy and compromising style. Moreover, psychopathy was a negative predictor of collaborating, avoiding, and compromising style, narcissism was a positive predictor of accommodating style, and Machiavellianism was a positive predictor of competing and compromising style. Furthermore, dark triad traits were higher in public sector employees as compared to private sector employees. The study has important implications in the field of organizational psychology as it serves as a step in exploring the distinct personalities and styles of conflict management of private and public sector employees in different organizations.

Keywords: Dark triad, conflict management, employees.

Perceived Organizational Politics and Psychological Contract Breach and Violation in Pharmaceutical Employees

Aqsa Mukhtar (BS 2012-2016)
Supervisor: Shazia Khalid, PhD

The present study aimed to investigate the relationship between perceived organizational politics and psychological contract breach and violation in pharmaceutical employees. It was hypothesized that perceived organizational politics would have a positive relationship with psychological contract breach and violation. Moreover, perceived organizational politics would be a predictor of psychological contract breach and violation. Correlation research design was used in present study. The sample comprised of 150 employees (N = 150) including all males, with age range of 23- 49 years (M = 31.85, SD = 6.29). The Perception of Organizational Politics Scale (POPS; Kacmar & Carlson, 1997), Psychological Contract Breach Scale and Psychological Contract Violation Scale were used to assess the study variables (Morrison & Robinson, 2000). Results indicated that there was a positive relationship between perceived organizational politics and psychological contract breach. Moreover, both psychological contract breach and violation were positively predicted by perceived organizational politics. The study has important implications in the field of organizational psychology and can be used in improving organizational performance and organizational strategies.

Keywords: Perceived organizational politics, Psychological contract breach, psychological contract violation.

Work Stress, Time Management and Marital Adjustment in Health Sector Professionals

Urooj Malik (MSc 2014-2016)
Supervisor: Shazia Khalid, PhD

The present study aimed at exploring the relationship between work stress, time management and marital adjustment. It was hypothesized that there is likely to be a negative relationship between work stress and marital adjustment in doctors, there is likely to be a negative relationship between work stress and marital adjustment in nurses, there is likely to be a positive relationship between time management and marital adjustment

in doctors, there is likely to be a positive relationship between time management and marital adjustment in nurses and there is likely to be a difference between the work stress time management and marital adjustment of doctors and nurses. Sample of the study consisted of 150 health professionals married women. (Doctors = 75, Nurses = 75). Their age ranged between 28 to 45 years. Purposive sampling technique was used to collect data. Stress Scale Inventory (Gerard Hargreaves, 1998) Time Management Behavior Scale (Macan et al, 1990), Dayadic Adjustment Scale (Graham Spanier, 2000) were used for assessment. Descriptive statistics was calculated to assess means, standard deviations and frequencies of the variables. Correlation research design technique was used. Independent t- test was also used. The result indicated that there is significant correlation exists between work stress, and marital adjustment but no relationship were found with time management in doctors. The result also indicated that there is a partially significant relationship between work stress and marital adjustment in nurses but no relationship were found with time management. The differences were analyzed by using independent sample t-test. The result revealed that there is no difference between work stress, time management and marital adjustment in health professionals.

Keywords: Work stress, time management, marital adjustment, health sector professionals.

Work Environment, Justice Perception and Turnover Intention in the Employees of Public and Private Telecommunication Organizations

Saad Zaman Shah (MSc 2014-2016)
Supervisor: Shazia Khalid, PhD

The present study aimed to investigate the relationship between work environment, justice perception and turnover intentions in the employees of public and private telecommunication organizations. It was hypothesized that work environment was negatively correlated with the turnover intention. It was hypothesized that justice perception was negative relationship with turnover intention, and third hypothesis is that justice perception was the predictor of the turnover intention. Results show that the work environment and justice perception were negatively correlated with turnover intention and justice perception is the predictor of turnover intention so the hypotheses were approved. Better work

environment and justice perception decrease the turnover intention. The sample of current study comprised of $N = 150$ with 75 males 50% and 75 females 50 %.and as well as 75 employees taken from public telecom organizations and 75 employees taken from private telecom organizations. Data was collected from telecom organizations at Lahore and Faisalabad. Information on demographic sheet was inquired using demographic information questionnaire. The Work Environment Survey (WES) questionnaires (Public Service Secretariat (PSS) and Newfoundland and Labrador Statistics Agency., 2007), Justice perception scale (Neihoff & Moorman., 1993), Turnover intention Scale, (Fichman, et al., 1979) were used to assess work environment ,justice perception ,and turnover intention of telecom employees. The present study has important implication in understanding the effect of work environment and justice perception on turnover intention in the employees of telecom organizations.

Keywords: Work Environment, justice perception, turnover intention.

Personality Traits, Religiosity, Spirituality and Mental Health of Government Employees

Irum Imdad (MSc 2014-2016)
Supervisor: Shazia Khalid, PhD

The present study aims to investigate the relationship between personality traits, religiosity, spirituality and mental health of government sector employees. Correlational research design was used in the present study. It was hypothesized that there would be a relationship between personality traits, religiosity, spirituality and mental health of government sector employees. Moreover, it was also hypothesized that personality traits, religiosity and spirituality would be predictors of mental health in government sector employees. The sample comprised of 200 hundred government sector employees, ($N = 200$) including both males and females, with age range 30 to 50 years ($M = 34.16$, $SD = 8.76$). The Big Five Inventory BFI-K (Rammstedt & John, 2005), Private Religious Practices (Levin & John, 1999), Daily Spiritual Experiences (Underwood & John, 1999) and Mental Health Continuum (Keyes, 2009) scales were used to assess the relationship between study variables. The results indicated that Agreeableness positively correlated with religiosity, spirituality, emotional, social and psychological wellbeing, Religiosity is

positively correlated with psychological wellbeing and spirituality also correlated with and emotional, social and psychological wellbeing. Furthermore, agreeableness and spirituality significantly predict emotional and social wellbeing and religiosity was a significant predictor of psychological wellbeing. The study has important implications in the organizational psychology and can be used in improving government employees' performance.

Personality Traits, Empathy, Altruism and Life Satisfaction in Employees of NGOS

Ishrat Fatima (MSc 2014-2016)
Supervisor: Shazia Khalid, PhD

The present study was conducted to investigate the predictors of empathy and life satisfaction employees working in NGOs. The sample of current research study comprised of *N* = 160 with 93 males 57.7% and 65 females 40.4 %. Data was collected from social welfare organizations working at Lahore. Information on demographic sheet was inquired using demographic information questionnaire. It was hypothesized that there is likely to be positive relationship amon personality traits, empathy, altruism and life satisfaction as well as personality traits, empathy, altruism are likely to be predictor of life satisfaction. The Big Five inventory (BFI-K21) (Rammstedt & John, 2005), Toronto Empathy Questionnaire TEQ (Spreng, et al.,2009) , HAS Helping Atittude Scale , (Nickell, 1998), Satisfaction With Life Scale (SWLS) (Diener, et al., 1985) were used to assess personality, empathy, altruism and life satisfaction of employees of NGOs. Result indicated that personality has significant relationship with life satisfaction empathy and altruism. Well it was further found that extravert and consciousness from personality and empathy was positively and strongly predict life satisfaction. The study has important implication in understanding the effect of personality on life satisfaction with empathy and altruism in employees of NGOs.

Keywords: Personality traits, empathy, altruism, life satisfaction.

Perceived Job Insecurity and Work Family Conflict in Employees of Private Organization

Anam Arif (MSc 2014-2016)
Supervisor: Shazia Khalid, PhD

The present correlational study aimed to investigate the relationship between perceived job insecurity and work family conflicts in employees of private organization. It was hypothesized that there would be a relationship between perceived job insecurity and work family conflicts in employees of private organization. Moreover, It was hypothesized that there would likely to be a significant relationship between perceived job insecurity and work family conflict. The Purposive sampling technique comprised of 150 males, ($N = 150$) including 75 teacher and 75 doctor, with age range 32-45 years ($M = 32$, $SD = 9.59$). The Perceived Job Insecurity Scale (PJIS), Work Family Conflicts Scale (WFCS) were used to assess the study variables. Descriptive statistics was calculated to assess means, standard deviations and frequencies of the variables. Correlational research design was used. Independent t- test was also used. Results indicated that perceived job insecurity and work family conflicts would have positive relationship with teachers and doctor. Perceived Job insecurity was found to be positively related as well as positive predictor of work family conflict in teachers and doctors, employees of private organization. There would have significant difference between job insecurity and work family conflicts in teacher and doctor of private organization."

Keywords: Perceived job insecurity, work family conflicts, teachers, Doctor.

Informal Workplace Interactions, Person-Organization Fit and Organizational Citizenship Behaviours in Organizations

Nihan Iqbal (BS 2012-2016)
Supervisor: Afifa Anjum

The present study aimed to investigate the relationship between informal workplace interactions, person-organization fit (PO Fit) and organizational citizenship behaviors (OCB) in organizations. It was hypothesized there is a significant relationship between informal interactions, PO fit and OCB with PO fit playing a mediating role

between informal workplace interactions and OCB. Correlation research design was used. The sample comprised of 135 service sector employees ($N = 135$) including 85 males and 50 females, with age range 23-56 years ($M = 30.30$, $SD = 6.76$). The Workplace Friendship Scale (Nielsen, Jex & Adams, 2000), PO Fit Scale (Cable, 2002) and OCB-Checklist (Fox & Spector, 2011) was used to assess the study variables respectively. Results indicated that informal workplace interactions had a direct relationship with PO fit and OCB. Mediation through PO fit was not supported by data. Furthermore, it was seen that public sector employees engaged in more informal interactions as compared to private sector employees. The study has important implications in the field of organizational psychology that helps leadership management to encourage open communication and informal workplace interactions among employees for increased citizenship behaviors that reduce conflict and bring benefit to the organizations culture and atmosphere.

Keywords: Informal workplace interactions, person-organization fit, organizational citizenship behaviours.

Organizational Citizenship Behavior and Perceived Organizational Politics in College Teachers

Hafsa Tariq (BS 2011-2015)
Supervisor: Shahnila 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 is likely to be a relationship between the perceived organizational politics and organizational citizenship behavior in college teachers. In this study co relational research design was used. 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, Sheikhupura and Farooqabad. Organizational Citizenship Behavior was measured by Organizational Citizenship Behavior Scale (OCBS; McKacmar, 1991), Perceived Organizational Politics Scale (POPS; Podaskoff, 1997) was used to measure Perceived Organizational Politics. The findings indicated that there was a significant negative co-relation between the two variables and significant difference of scores on OCB Scale. The result showed that there is no significant difference 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 reveled 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: Organizational citizenship behavior, perceived organizational politics, teachers.

Communication Competence, Self-Control and Professional Excellence in Academic Heads of Universities

Ayesha Saddiqa (MSc 2014-2016)
Supervisor: Shahnila Tariq

The present study aimed to examine the relationship between communication competence, self-control and professional excellence in the academic heads of universities. It was hypothesized that communication competence and self-control are correlated with the professional excellence. The data was collected from heads of the departments, institutes and colleges of universities. The well-established measures were used to collect data, i.e., Self-Perceived Communication Competence Scale (SPCC) by McCroskery (1988), Desirability of Control Scale by Burger and Cooper (1979) and Professional Excellence Scale was self-developed (Saddiqa & Tariq, 2016). Results showed significant relationship between communication competence and professional excellence. Self-control has positive relationship with the professional excellence. It indicates that the Self-control is behind successful heads of departments. The results were discussed in comparison to the indigenous and western literature.

Keywords: Communication competence, self-control, professional excellence, academic heads of universities.

Personality, Machiavellianism and Cyberloafing in Employees

Maria Zafar (BS 2012-2016)
Supervisor: Tahira Mubashar

Internet Usage is increasing day by day all over the world. The internet has become an ever more espousal feature of today's work life at

individual and organization level. The present research was conducted to investigate relationship in personality, machiavellianism and cyberloafing in employees of information technology companies. It was hypothesized that there is likely to be a relationship in personality, machiavellianism and cyberloafing; personality and machiavellianism are likely to predict cyberloafing in employees. Correlational research design was used. The sample comprised of 200 employees from information technology companies of Lahore and Rawalpindi, Pakistan. For assessment, HEXACO-Personality Inventory-Revised (Lee & Ashton, 2004), Machiavellian Personality Scale (Dahling et al., 2009) and Cyberloafing Scale (Blau et al., 2006) were used. Pearson product moment correlation, hierarchal regression and independent samples *t*-test were applied for analyses. Results of correlational analysis showed that personality and machiavellianism are positively correlated with cyberloafing. Furthermore results showed that personality and machiavellianism are predictors of cyberloafing. Findings have shown that there is no significant difference in personality, machiavellianism and cyberloafing on the basis of gender. Results have important implications for IT companies, where internet is a basic necessity, to design policies and to block certain websites which lead to cyberloafing especially interactive cyberloafing and non-work e-mail related cyberloafing.

Keywords: Personality, Machiavellianism, cyberloafing.

Self-concept, Psychographics and Consumer Purchase Decision

Fizza Azam (BS 2012-2016)
Supervisor: Tahira Mubashar

The present research was conducted to investigate the relationship between self-concept, peer influence, psychographics and consumer purchase decision. It was hypothesized that there is likely to be relationship between self-concept, peer influence, psychographics and purchase decision in university students. It was also hypothesized that self-concept, peer influence, and psychographics are likely to predict consumer purchase decision. Correlational research design was used. The sample comprised of 200 university students, 176 females and 24 males from different departments. For assessment purposes, Adult sources of self-esteem inventory (Elovson & Fleming, 1989), Peer influence scale (Bearden et al., 1989), Values attitude Lifestyle scale II (Wongsiriwat, 2007) and Consumer style inventory (Sproles & Kendall, 1989) were

used. Results showed that there is significant positive relationship between self-concept, peer influence, psychographics and consumer purchase decision. It was also concluded that self-concept, peer influence and psychographics are strong predictors of consumer purchase decision.

Keywords: Self-concept, psychographics, consumer purchase decision.

Relationship between Growth, Fixed mindsets and Gender Stereotype Threats in Working Women

Najaf Batool (MSc 2014-2016)
Supervisor: Tahira Mubashar

Mindset holds well-connected understanding towards gender stereotype threats in working women. The incremental view of growth mindset believe that their most basic abilities can be developed through devotion as compare to fixed mindset believed that intelligence and talent, are simply fixed traits. The present study investigated the relation of growth and fixed mindset with gender stereotype threats in working women. It is hypothesized that there is likely to be negative relationship between growth mindset whereas fixed mindset has positive relationship with gender stereotype threats in working women. Correlational research design was used. The sample comprised of 150 working women from public and private sector. For assessment, implicit theory of intelligence questionnaire (Fattah &Yates, 2006) and stigma consciousness questionnaire (Pineal, 1999) were used. Pearson product moment correlation, simple linear regression, independent samples *t*-test were used. The results revealed that growth mindset has significant negative correlation with gender stereotype threats. The fixed mindset has significant positive correlation with gender stereotype threats. Husband encouragement and growth mindset emerged as negative predictors of gender stereotype threats while fixed mindset was emerged as positive predictor of gender stereotype threats. The findings have important implications for promoting growth mindset at workplace and reducing gender stereotype threats in working women.

Keywords: Relationship between growth, fixed mindsets, gender stereotype threats.

Personal Virtues and Organizational Culture as Predictors of Productive Work Behaviors

Bazma Ashraf (MSc 2014-2016)
Supervisors: Tayyeba Nusrat & Tahira Mubashar

Moral and monetary deceits emerging in recent years around the world call for reconsidering the role of virtuousness in organizational settings. This empirical study seeks to investigate relationship of personal virtues and organizational culture with productive work behaviors. It was hypothesized that personal virtues and organizational culture are likely to have relationship with productive work behaviors; personal virtues and organizational culture are likely to predict productive work behaviors. Correlational research design was employed. The sample consisted of 200 employees was selected from multinational super marts of Lahore using purposive sampling technique. Findings revealed that personal virtues have no significant relationship with productive work behaviors, while organizational culture has significant relationship with productive work behaviors. On the other hand productive work behaviors were predicted by both personal virtues and organizational culture. The findings have important implication in organizations for human resource department for understanding of culture and employee behaviors.

Keywords: Personal virtues, organizational culture, productive work behavior, employees.

Locus of Control and Decision Making Styles in Managers

Sobia Ghafoor (MSc 2014-2016)
Supervisor: Tahira Mubashar

Decisions are the essence of management and lie at the very heart of leadership. The performance of the manager or the success or failure of managerial activity is highly dependent on the quality of decisions made by managers. Locus of control can be considered as an important factor in making right and good decisions, particularly for the managers at all levels in any organization. The present study aimed to assess relationship in locus of control and decision making styles in managers. It was hypothesized that: there is likely to be relationship between locus of control and decision making in managers. Correlational research design was used. The sample comprised of 200 managers working in public and

private banks in Lahore. Work Locus of Control Scale (Spector, 1988) and Decision Style Questionnaire (Leykin & DeRubis, 2010) were used for assessment purposes. Pearson product moment correlation was used to assess relationship between locus of control and decision making styles. The finding revealed that internal locus of control was significantly negatively correlated with confidence, spontaneous, dependent and avoidant decision making styles whereas external locus of control was significantly positively correlated with spontaneous, brooding and avoidant decision making styles. The results showed that internal locus of control positively predicted avoidant decision making style and external locus of control positively predicted spontaneous, avoidant, brooding, intuitive and anxious decision making styles. Moreover, internal locus of control negatively predicted respected decision dependent, vigilant and brooding decision making style. The findings highlight the importance of locus of control in decision making.

Keywords: Locus of control, decision making style, bank managers.

Mindfulness Emotion Regulation and Resilience in Medical and Para Medical Trainees

Maria Naseem (MSc 2014-2016)
Supervisor: Tahira Mubashar

The present research was conducted to investigate relationship in mindfulness, emotion regulation and resilience among medical and para medical trainees. It was hypothesized that: there is likely to be a positive relationship in mindfulness, emotion regulation and resilience; there is likely to be difference in mindfulness, emotion regulation and resilience in men and women as well as medical and para medical trainees. Correlational research design was used. The sample comprised of 150 trainees (n = 75 medical, n = 75 para medical) from different hospitals in Lahore. Mindfulness Attention Awareness Scale (Rayan & Brown, 2003), Emotion Regulation Questionnaire (Gross & Johns, 2003) and Brief Resilience Scale (Smith, 2009) were used for assessment purposes. Pearson Product Moment Correlation, Hierarchical Regression and Independent Samples *t*-test were applied for analyses. Results of correlational analysis showed no significant relationship between mindfulness, emotion regulation and resilience. Results showed that mindfulness and emotion regulation are not significant predictors of

resilience. Results have important implications for doctors and nurses for developing trait mindfulness and regulate their emotions in a proper way and develop trait resilience.

Keywords: Mindfulness emotion regulation, resilience, medical-para medical trainees.

Performance Appraisal, Satisfaction and Employee Outcomes in Employees of Garment Industries

Khadija Mahrukh (BS 2012-2016)
Supervisor: Faiz Younas

The present study aimed to assess the relationship between performance appraisal satisfaction and employee outcomes in employees of garment industries. It was hypothesized that performance appraisal satisfaction has a significant positive relationship with work performance and affective organizational commitment; while a significantly negative relationship with turnover intentions. Co relational cross sectional research design and convenient sampling was used in the study. The sample consisted of employees ($N = 150$) including ($n = 75$ males, $n = 75$ females) with age range (25 to 60) years ($M = 35.56$, $SD = 7.95$). Performance Appraisal Satisfaction Questionnaire (Meyer & Smith, 2000), Affective Organizational Commitment Questionnaire (Meyer, Allen & Smith, 1993), Work Performance Questionnaire (Kuvaas, 2006) and Turnover Intentions Questionnaire (Meyer & Smith, 2000) were used to measure study variables. Results indicated that performance appraisal satisfaction had a significantly positive relationship with work performance and affective organizational commitment while a significantly negative relationship with turnover intentions. The present study laid grounds that conducting research on these kinds of variables is beneficial for organizations and have important repercussions on the organizations to improve their system of evaluating employees and reduce turnover intentions.

Keywords: Performance appraisal satisfaction, task performance, affective organizational commitment, intentions to leave.

Organizational Commitment and Intra role, Extra role Behavior in Employees of Pharmaceutical Companies

Momna Saba (BS 2012-2016)
Supervisor: Faiz Younas

The present study aimed to investigate the relationship between affective organizational commitment, normative organizational commitment and intra role/extra role behaviors in employees of pharmaceutical companies. It was hypothesized that affective organizational commitment and normative organizational commitment has positive relationship with intra role and extra role behaviors. Correlational cross sectional research design was used in the study. Convenient sampling was used. The sample consisted of pharmaceutical employees in ($n = 75$ males, $n = 75$ females) with age range (25 to 60) years ($M = 33.58$, $SD = 8.22$).Affective organizational commitment and normative organizational commitment were measured through Organizational Commitment Questionnaire (Allen & Meyer, 1997). Intra role and extra role behaviors were measured by Smith's Intra role and Extra role Dimensions (Smith, Organ & Near, 1983). The results showed that affective organizational commitment is positively related to intra role and extra role behaviors. Moreover, normative organizational commitment also has positive relation to intra role and extra role behaviors. Thus the findings are consistent with the hypothesis. The present study has brought this topic to further steps in its importance. It opens worthwhile opportunities to more understanding of this aspect as commitment towards the organization serves as success equation in one's life.

Keywords: Affective organizational commitment, normative organizational commitment, Intra role behavior, extra role behavior.

Perfectionism, Workholism and Job Burnout in Bank Managers

Shanza Shabir Khan (MSc 2014-2016)
Supervisor: Zaeema Farooq

The present research aims to investigate the relationship between perfectionism, workholism and job burnout in bank mangers. It was hypothesized that socially prescribed perfectionism would be a positive predictor of job burnout. Self-oriented perfectionism would be a negative predictor of Job burnout. Moreover, socially prescribed perfectionism would be negative predictor of workholism. Self-oriented perfectionism

would be positive predictor of workholism. Finally, workholism would be a positive predictor of job burnout, and workholism would mediate the relationship between socially prescribed, self-oriented with job burnout. A sample of 160 bank managers (N =160), 98 males (n = 98) and 62 females (n = 62), age range 25 to 50 years (M = 37.23, SD = 8.70) were taken from private banks of Lahore. Frost Multidimensional Perfectionism Scale (FMPS; Frost 1990), Dutch Work Addiction Scale (DUWAS; Schaufely, Taris & Bakker, 2006), and Are You Showing The Signs Of Burnout? (Headington Institute, 2011), were used to assess, perfectionism, work holism and job burnout respectively. Data were analyzed through Pearson Product Moment Correlation, mediation through a series of regression analysis was employed. Results revealed that self-oriented perfectionism positively predicted workholism. Mediation was not found significant. The present study is important in highlighting possible explanations for factors such as perfectionism contributing towards burnout in job.

Keywords: Self oriented perfectionism, socially prescribed perfectionism, workholism, job burnout.

Assertiveness, Self-Silencing and Psychological Well-Being of Working Women

Hafiza Iram (MSc 2014-2016)
Supervisor: Faiza Rasool

The present study aimed to investigate the relationship between assertiveness, self-silencing and psychological well-being of working women. It was hypothesized that there would likely to be a positive relationship between assertiveness, and psychological well-being; there would likely to be a negative relationship between self-silencing and psychological well-being. Moreover, It was hypothesized that assertiveness would likely to predict of psychological well-being whereas self-silencing would likely to be the predictor of psychological ill-being. Correlational research design was used. The sample comprised of 100 women, (N = 100) including 25 doctors and 25 nurses and 50 bankers, with age range 20-60 years (M = 33.34, SD = 8.36). Silencing The Self Scale (STSS) (Jack, 1992), Assertiveness Scale (Goldberget al., 2006) and Psychological Well-being Scale (Ryff, 1998) were used for assessment. Descriptive statistics, Pearson Product Moment Correlation. Simple Linear Regressions were performed for data analysis. Results indicated that assertiveness has significant negative relationship with

both autonomy and environmental mastery of psychological well-being. Self-silencing has significant positive relationship with both (autonomy and self-acceptance) of psychological well-being. Moreover, position in the house, family system, any other resources and self-silencing were the predictor of psychological wellbeing whereas assertiveness has not impact on psychological wellbeing. The implications of this research work are to construct the life of women who are playing dual role of married women and employee as well in improved and constructed way.
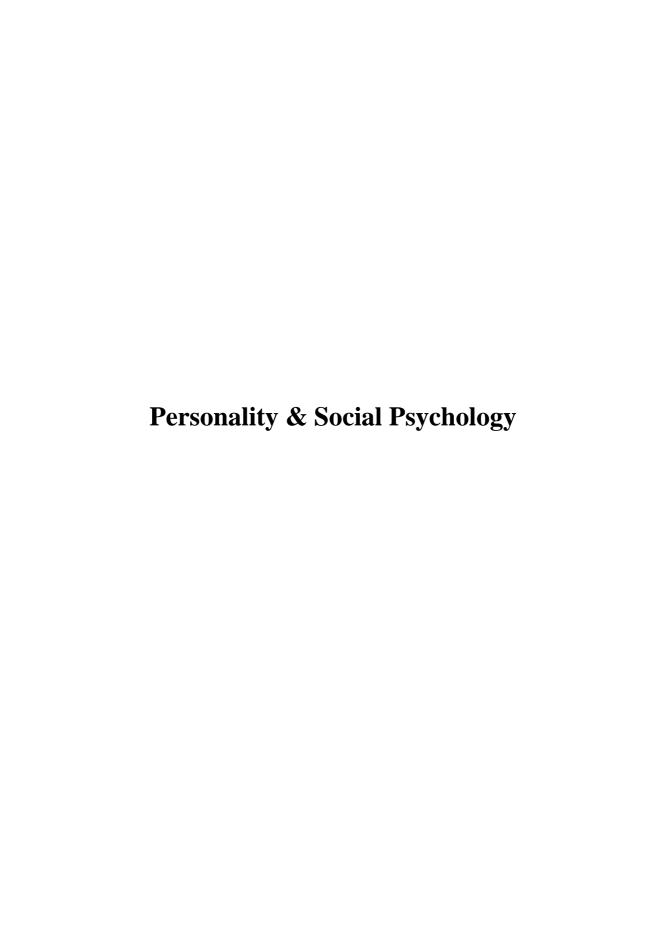
Personality Psychology

Narcissism and Materialism in Determining Life-Satisfaction among Physicians

Fatima Afzal (MSc 2014-2016)
Supervisor: Afsheen Masood, PhD

Life satisfaction judgments are based on a selected set of relevant information that is accessible at the time of life satisfaction judgment. The objective of current research was to establish relationship among study variables in physicians and to check their demographic importance and gender difference. Cross sectional design was used in the present study. The sample was comprised of 150 physicians ($N = 150$) including 75 males ($n = 75$) and 75 females ($n = 75$), with age range of 25-50 years. Narcissism Personality Inventory (NPI; Raskin & Terry, 1988), Scale of Materialism (Richinnis & Dawson, 1992) and Life Orientation Test-Revised (LOT-R; Scheier & Carver, 1992) were used to assess the study variables. The current study highlighted that physicians with high narcissism and materialism were more life satisfied and gender difference were present among these variables. Moreover, life satisfaction is predicted by marital status. Physicians with high narcissism and materialism were more life satisfied. Moreover, life satisfaction was predicted by marital status and gender difference was found among study variables. The study can be used in improving life satisfaction of physicians by taking in consideration of results for devising management plans for improving life satisfaction in physicians.

Keywords: Narcissism, materialism, life satisfaction.

Personality & Social Psychology

Self-Concept, Self-Determination and Academic Achievement in University Students with Physical Disability

Sumaira Ayub (BS 2011-2015)
Supervisor: Farah Malik, PhD

The present study investigated the relationship between self-concept, self-determination and academic achievement in university students with physical disability. It was hypothesized that there would be a positive relationship between self-concept, self-determination and academic achievement of university students with physical disability. It was also hypothesized that self-determination and self-concept would predict the academic achievement of university students with physical disability. The sample comprised of 80 university students (63 men and 17 women) with physical disability including 23 blinds, 16 partial blind and 41 limb disability. Sample age range was 18-37 years ($M = 22.28$, $SD = 2.70$). Data were collected from the BS (Hons) students of 2nd semester and 8th semester of two public universities in Lahore including GC University and Punjab University. Urdu versions of Self-image Profile for Adults (Butler & Gasson, 2001) and Self Determination Scale (Deci & Ryan, 2000) were used. Academic achievement was measured through their grade point average (GPA) of previous semester. The results of Pearson product correlation showed non-significant relationship between self-concept and academic achievement while significant relationship was found between self-determination and academic achievement. The results of hierarchal regression analysis indicated that self-determination was a predictor of the academic achievement while self-concept did not predict it. t-test indicated significant differences for level of education (semester) and self-concept. Gender differences were also found in consideration and moral subscales of self-concept, while no significant differences were found in self-determination for gender. The results of one way ANOVA indicated non-significant differences in type of disability for self-concept, self-determination and academic achievement. It also showed significant differences in faculty of student for self-concept, while non-significant differences were found in their self-determination and academic achievement. The results highlighted the importance of designing social skill training program for the university students with physical disability to enhance their self-determination that contributes in their academic achievement; also teachers should focus to promote positive self-concept in them.

Keywords: Self-concept, self-determination, academic achievement, physical disability.

Personality Traits, Resilience and Self Compassion in Eunuchs

Aqsa Mirza (MSc 2014-2016)
Supervisors: Saima Majeed & Farah Malik, PhD

The present study aimed to determine personality traits, resilience and self-compassion in eunuchs in order to figure out the factors that lead the eunuchs to deviate and then to minimize those factors so that the eunuchs become the productive part of the society. It was hypothesized that there would be a positive relationship between personality traits (extraversion, openness to new experiences, conscientiousness and agreeableness) with self-compassion and resilience, whereas the neuroticism will have negative relationship with self- compassion and resilience. Furthermore, it was hypothesized that personality traits and resilience will predict self-compassion in eunuchs. The sample consisted of ($N = 100$) eunuchs with age range 20-60 years, ($M = 35.5$, $SD = 8.22$). Sample was collected from Fountain House through purposive sampling technique. Big Five Inventory (Oliver, 1999), Self-Compassion Scale (Neff, 2003) and State-Trait Resilience Scale (Chowk, 2002) in Urdu version were used to assess study variables. Pearson Product Moment Correlational Analysis and Multiple Regression Analysis were used. Findings revealed that extraversion had a positive relationship with self-compassion, moreover openness to experience had a positive relationship with resilience and extraversion positively predicted self-compassion. The study has important implications for awareness of society to treat eunuchs in a way to bring a positive change in their lives, the organizations can play the role that can lead improve their functioning in order to make them compassionate about themselves and also help them by giving activities which later help them for their psychological health.

Keywords: Personality traits, resilience, self-compassion.

Personality, Stress and Creativity in Fine Arts and Science Students

Zainab Imran (MSc 2014-2016)
Supervisor: Iram Fatima, PhD

A cross sectional study aimed to find out the difference among personality traits, stress and creativity in fine arts and science students. The sample ($N = 160$) comprised of final year fine arts and science students. It was hypothesized that there is a difference in personality

traits, stress and creativity between science and arts group. Further it was hypothesized that openness, neuroticism and stress would predict creativity in both groups. Personality scale BFI-K 21 (Rammstedt, 1997), Perceived Stress Scale (Cohen et al., 1983) and Creativity Questionnaire (Smith, 2010) were used to assess personality traits, stress and creativity respectively in the present study. The results indicated that fine arts students were more neurotic, open and creative than science students. Also, it was found that in general, openness and stress positively predicted creativity.

Keywords: Personality, stress, creativity, science students.

Self-Consciousness, Need for Admiration and Narcissism as Predictors of Envy in University Students

Tooba Ashfaq (BS 2012-2016)
Supervisor: Rafia Rafique, PhD

The present study aimed to investigate self-consciousness, need for admiration and narcissism as predictors of envy in university students. It was hypothesized that, Self-consciousness, need for admiration and narcissism were predictors of envy. Sample of 150 students ($N = 150$) including males and females, with age range 18-24 years were recruited in the study. Correlational research design and convenient sampling technique were used. Self-Consciousness Scale (Fenigstein, Scheier, & Buss, 1975), Admiration Seeking Behavior Scale (Brown, 1998), Narcissistic Personality Inventory-16 (Ames, Rose, & Cameron, 2006) and Benign and Malicious Envy Scale (Lange, & Crusius, 2015) were used for assessment. Pearson product moment correlation was used to find relationship among self-consciousness, need for admiration, narcissism and envy and hierarchical regression analysis was used for prediction. Results indicated that there was positive relationship between self-consciousness and benign envy, positive relationship between need for admiration and malicious envy and that between narcissism and malicious envy were found. Self-consciousness significantly predicted benign envy and need for admiration significantly predicted malicious envy. The study has important implications in the field of social psychology and can be used to create awareness about sources of envy among people.

Keywords: Self-Consciousness, Need for Admiration, Narcissism, Envy, Benign Envy, Malicious Envy, University Students.

Personality as a Predictor of Internet Addiction and Psychological Well-being

Maria Jafar (BS 2012-2016)
Supervisor: Fatima Kamran, PhD

The present research was conducted to investigate the predictors of internet addiction and psychological well-being of young adults. The sample for the current research study comprised of $N = 176$ with 96 male (54.5 %) and 80female (45.5 %). Data was collected from the public and private sector universities of Lahore. Information on the demographic sheet was inquired using demographic information questionnaire, The Big Five Inventory (BFI-10) (Rammstedt & John, 2007), Young's Internet Addiction Test (IAT) (Young, 1998) and Psychological Well-Being Scale (PWB) (Ed Diener & Robert Biswas-Diener, January 2009) were used to assess the personality, internet addiction and psychological well-being of the participants. And through this the relationship was assessed. Results indicated that personality had non-significant relationship with internet addiction. There was no prediction of personality, internet addiction and psychological well-being. Furthermore results found that Internet addiction was negatively correlated with psychological well-being. The study had important implications in helpful in understanding the effect of internet addiction on the wellbeing of young adults.

Keywords: Personality, internet addiction, psychological well-being.

Parenting Styles, Socialization Skills as a Predictor of Depression in Adolescents

Hira Fatima (BS 2012- 2016)
Supervisor: Fatima Kamran, PhD

The present study was based on impact of parenting styles in developing depression in adolescents. The aim of the study was to identify the relationship between parenting styles, socialization skills and depression in adolescents. The sample consisted $N = 176$ adolescents with the age range of 14-16 years ($M = 15.22$, $SD = .89$). Sample was drawn by using Random Sampling Technique from Wapda School, Efa School, University laboratory school. Parenting Authority Questionnaire (PAQ),

Social Competence Questionnaire (SCQ), Depression Anxiety Stress Scale (DASS) were used to assess parenting styles, socialization skill and depression respectively. Correlational research design was used. The results showed that parenting styles (authoritarian and permissive) have a relationship with depression. Socialization skills had no relationship with depression. Moreover parenting styles (authoritarian and permissive) were predictor of depression while socialization skills do not predict depression.
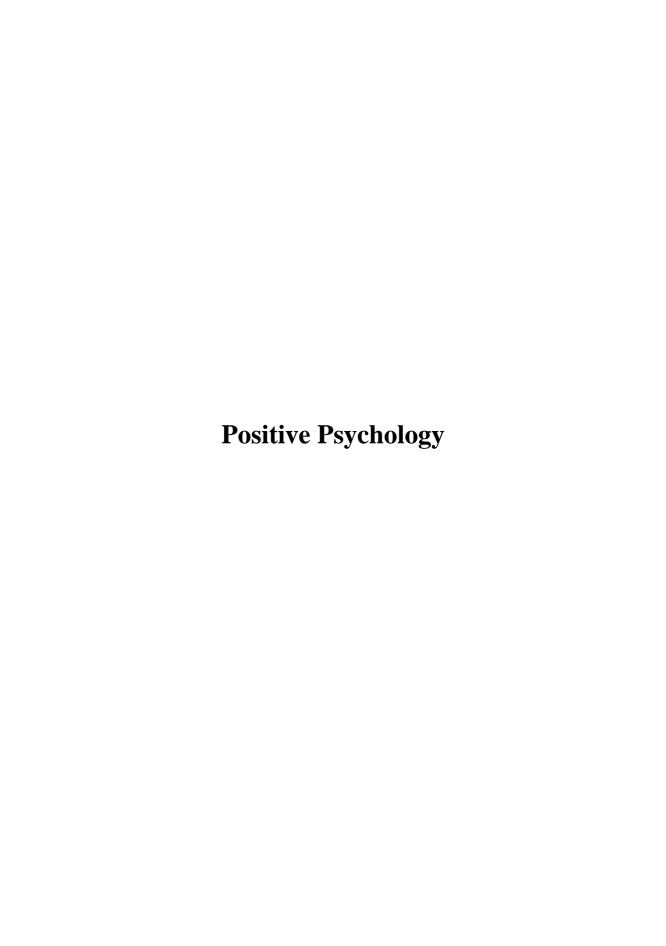
Keywords: Parenting styles, socialization skills, depression.

Personality and Social Skills as Predictors of Adjustment in Hostel Students

Nimra Asghar (MSc 2014-2016)
Supervisors: Shiza Sheerazi & Fatima Kamran, PhD

The present study was conducted to investigate the association between personality, social skills and adjustment in hostel students. The sample for the current research study comprised of $N = 175$ females with an age range of 18-24 years. Data was collected from the university hostels of Lahore. Information on the demographic factors was inquired using Demographic Information Questionnaire, Big Five Inventory was used to assess the personality, Social Competence Questionnaire was used to assess the social skills, and Satisfaction with Hostel Environment Scale was used to assess the adjustment of hostel. It was hypothesized that personality, social skills are likely to correlate with adjustment, and personality, social skills are likely to predict adjustment. Pearson Product Moment Correlation and Hierarchical Regression Analysis were used for analysis. There was no significant positive correlation was found with adjustment. Result showed that there was no prediction of demographic variables, personality and social skills with adjustment. Findings of the study showed that personality traits (extraversion and agreeableness) had association with adjustment but personality traits (openness, conscientiousness and neuroticism) and social skills did not influence adjustment of hostel students. The result showed that personality traits (extraversion and agreeableness, openness, conscientiousness and neuroticism) and social skills did not predict adjustment in hostel students.

Keywords: Personality, social skills, adjustment.

Positive Psychology

Trait Forgiveness, Friendship Quality and Forgiveness Granting Communication Styles among Same Sex Friends

Asma Naveed (MSc 2014-2016)
Supervisor: Iram Fatima, PhD

The present study aimed to investigate the relationship of trait forgiveness and friendship quality with forgiveness granting communication styles (indirect, direct and conditional) and the moderation effect of friendship quality on relationship between trait forgiveness and forgiveness granting communication styles. Correlational design was used in this study. It was hypothesized that there is likely to be a relationship of trait forgiveness and friendship quality with forgiveness granting communication styles. Then it was also hypothesized friendship quality is likely to moderate the link between trait forgiveness and forgiveness granting communication styles. The sample comprised of 200 students ($N = 200$), with age range of 20-25 ($M = 22.19$, $SD = 1.41$). The Trait Forgiveness Scale (TFS; Berry, Worthington, O'Connor, Parrott, & Wade, 2005), McGill Friendship Questionnaire (MFQ; Mendelson & Aboud, 2014) and the Forgiveness Granting Communication Scale (FGCS; Waldron & Kelley, 2005) were used to assess trait forgiveness, friendship quality and forgiveness granting communication styles, respectively. The results indicated trait forgiveness predicted conditional forgiveness granting communication style negatively while friendship quality predicted indirect and direct forgiveness granting communication styles positively and conditional forgiveness granting communication style negatively. The moderation effect of friendship quality on the relationship between trait forgiveness and indirect and conditional forgiveness granting communication styles was found to be significant. The results revealed that with better friendship quality, increase in trait forgiveness would cause an increase in the use of indirect forgiveness granting communication style and decrease in the use of conditional forgiveness granting communication style.

Keywords: Trait forgiveness, friendship quality, forgiveness granting communication styles.

Religious Beliefs, Moral Values and Forgiveness in University Students

Shaina Safdar (MSc 2014-2016)
Supervisor: Rafia Rafique, PhD

Religious supposition and moral values play an important role in forgiving. Religion Islam emphasizes on moral characters and values. The aim of the study was to find out the relationship among religious beliefs, moral values and forgiveness in university students. It was hypothesized there is likely to be a positive relationship between religious beliefs and forgiveness in university students. Moreover, there is likely to be a positive relationship between moral values and forgiveness in university students. Furthermore, religious beliefs and moral values are likely to predict forgiveness in university students. Correlational research design was used in which sample of 200 university students were taken through convenience sampling technique. The Heartland Forgiveness Scale (Thompson et., al. 2005), Santa Clara Strength of Religious Faith Questionnaire (Plante&Boccaccini,1997) and Islamic Moral Values (Bayrakci et al., 2000) were used to assess the study variables. Religious beliefs are positively related with moral values while moral values are positively associated with forgiveness. It was further found that religious beliefs and moral values predict forgiveness. The study has important implications for students, counselors and parents.
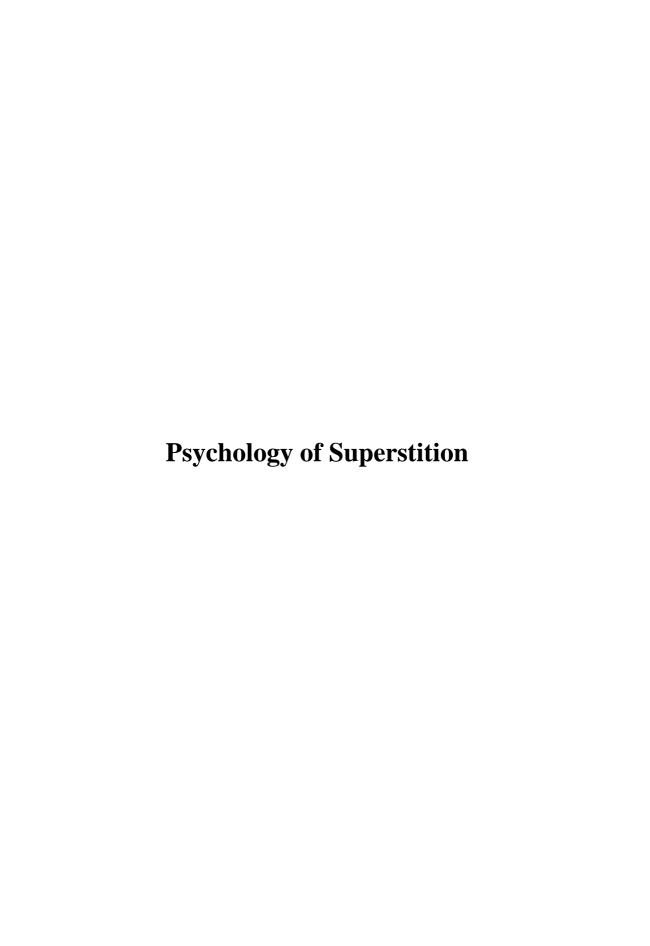*Keywords*: Forgiveness, moral values, religious beliefs.

Sexual Harassment, Resilience, and Psychological Wellbeing in Transgender

Zuhaib Akram (MSc 2014-2016)
Supervisor: Rafia Rafique, PhD

The aim of the current study was to seek and add to the sparse data regarding transgenders experience of sexual harassment and its effect on their psychological well-being while finding out about the role of resilience in moderating between these variables. Purpose of the current study was to examine the relationship between sexual harassment, resilience and psychological wellbeing in transgender. Sample comprised of 100 trans-genders. Correlational Research Design was used in the

present study. Snowball and purposive sampling technique was used for the data collection and sample was taken from different areas of Lahore, Pakistan. Street Harassment Questionnaire (Sullivan, 2011) was used to assess sexual harassment, State-Trait Resilience Scale (Hiew, 2002) for assessment of resilience and Ryff's Scale of Psychological Wellbeing (Ryff, 1989) was used to measure psychological wellbeing of transgenders. It was hypothesized that there is likely to be a negative relationship between sexual harassment and psychological wellbeing, and resilience will moderate the relationship between sexual harassment and psychological wellbeing in transgenders. Pearson Product Moment correlation revealed that there is negative relationship between sexual harassment and psychological wellbeing and positive relationship was found between age and psychological wellbeing in transgenders. Further, hierarchical regression exhibited that resilience moderated between sexual harassment and psychological wellbeing in transgenders. Findings have clear implications for emotional wellbeing of experts, counselors, psychologists, instructors and other people who connect with transgender.

Keywords: Sexual harassment, resilience, psychological wellbeing, transgender.

Psychology of Superstition

Locus of Control and Superstitious Beliefs in Young Adults

Sidra Iqbal (MSc 2014-2016)
Supervisors: Fareeha Arshad & Farah Malik, PhD

The present study aimed to investigate the relationship between locus of control and superstitious beliefs in young adults. It was hypothesized that Internal locus of control will be negatively predict superstitious beliefs in young adults, external locus of control will be positively predict superstitious beliefs in young adults. It was further hypothesized that there will be gender wise differences across locus of control and superstitious beliefs in young adults. Sample included of 100 young adults (50 men and 50 women) from university and some approaches at their places with age range from 18 to 25 years ($M = 21.67$, $SD = 1.84$). Men ranged in age from 18 to 25 years ($M = 22.16$, $SD = 1.92$). Women ranged in age from 19 to 25 years ($M = 21.18$, $SD = 1.63$). Urdu version of Locus of Control Scale (Mueller & Thomas, 2000) and indigenously developed Scale of Superstitious Beliefs (Riaz & Amjad, 2013) were used to measure study variables. The result of Pearson product moment correlation indicated that internal locus of control was negatively related to superstitious beliefs in young adults and external locus of control was positively related to superstitious beliefs in young adults. Locus of control significantly predicted the superstitious beliefs in young adults. There were significant gender differences for superstitious beliefs of young adults where women were higher superstitious as compared to men. But non-significant gender differences were found for locus of control in young adults. The results have been discussed in the light of previous research and Pakistani socio- cultural context in particular.
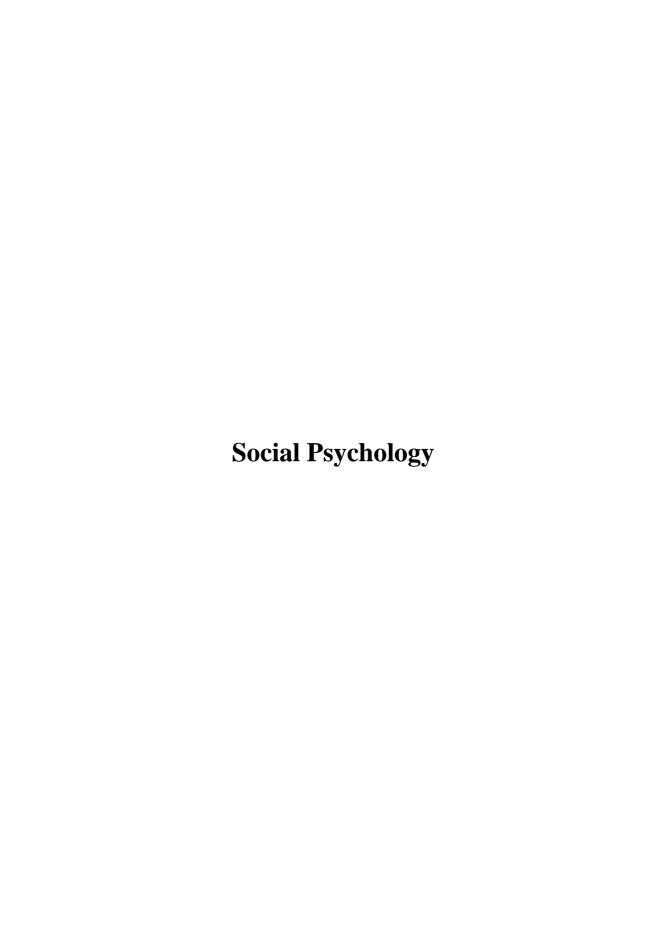
Keywords: Locus of control, superstitious beliefs, young adults.

Age, Education and Scientific Reasoning as Predictors of Superstitious Beliefs

Sabahat Ashraf (BS 2012-2016)
Supervisor: Naumana Amjad, PhD

The present study aimed to investigate the relationship between superstitious beliefs and scientific reasoning in early adults and older adults. It was hypothesized that there would be a relationship between scientific reasoning and superstitious belief. In this study the correlational design was used. The superstitious belief scale (Riaz, 2013) and general decision making questionnaire (Scott & Bruce, 1995) was used to collect data. The sample comprised of 100 participants, ($N = 100$) early adults ($n = 50$) with the age range of 18-25 and older adults with the age range of 50-80 in both genders. Results indicated that there was a negative relationship between scientific reasoning and superstitious beliefs indicating less the scientific reasoning that higher the superstitious beliefs. Moreover, scientific reasoning was a negative predictor of superstitious beliefs. Age and education as well as gender also predicted superstitious beliefs. Women, less educated adults and older adults had more superstitious beliefs. The study had important implications in improving irrational beliefs that inculcate superstitions.

Keywords: Superstitious beliefs, paranormal beliefs, scientific reasoning, rational thinking, logical thinking.

Social Psychology

Narcissistic Tendencies, Conspicuous Consumption on Brands and Self-image in Women

Saba Mumtaz (MSc 2014-2016)
Supervisors: Nida Zafar & Rukhsana Kausar, PhD

Consumption on brands is increasing day by day in Pakistan especially in women. The present research was conducted to investigate relationship in narcissistic tendencies, conspicuous consumption on brands and self-image in women. It was hypothesized that: conspicuous consumption on brands is likely to mediate relationship in narcissistic tendencies and self-image in women; there is likely to be a difference in working and non-working women in narcissistic tendencies, conspicuous consumption on brands and self-image. Correlational research design was used. The sample comprised of 240 women with equal number of working and non-working women from Lahore, Pakistan. For assessment, Narcissistic Personality Inventory (Raskin & Terry, 1988), Bergen Shopping Addiction Scale (Andreassen et al., 2015) and Self-Image Profile (Butler & Gasson, 2006) were used. Pearson Product moment correlation, mediation through regression and independent sample *t*-test were applied for analyses. Results of correlational analysis showed that narcissistic tendencies were positively correlated with compulsive consumption on brands and negatively correlated with self-image and conspicuous consumption was also negatively related with self-image. Results showed that conspicuous consumption on brands mediates the relationship between narcissistic tendencies and self-image in women. Non-working women have higher level of narcissistic tendencies and tendency to consume on brands as compared to working women. Furthermore, non-working women have low self-image as compared to working women. Results have important implications for working and non-working women to manage their shopping addiction in order to enhance their self-image.

   Keywords: Narcissistic tendencies, conspicuous consumption, brands, self-image.

Personal and Social Predictors of Attitudes towards Street Harassment among Men in Pakistan

Orooj Shaukat (BS 2012-2016)
Supervisor: Naumana Amjad, PhD

The study aimed to find out predictors of attitudes towards harassment among men. As the attitudes predict behavior, it is meaningful for interventions and behavior reform to investigate the factors that predict harassment. Personal factors investigated were Morality, Respect for women, libidinal impulses, Parents' and personal religiosity and Education. Social predictors were peer group attitudes, and media watching habits. Attitudes towards harassment scale, Respect for women scale, media watching habits and demographic questionnaire was developed the researcher and found to be reliable. Other measures were taken from previous researches. The findings suggest that attitudes towards street harassment are predicted by parents'religiosity, morality, Education, peer group and media watching habits. In order to bring about some change in harassment level in public places, researchers can contribute by assessing the correlates and predictors of harassing behavior. Behavior is often determined by attitudes and beliefs. Hence this study contributes to an understanding of factors that can serve as buffer for harassment among men.

Keywords: Personal-social predictors, attitudes towards street harassment, Pakistan.

Internet-Addiction, Psychopathy and Cyber Bullying Perpetration in College Students

Jassia Sheikh (MSc 2014-2016)
Supervisor: Iram Fatima, PhD

The present study was aim to investigate the relationship among excessive use of internet, psychopathy and cyber bullying perpetration. It was hypothesized that there is a positive relationship among cyber bullying internet addiction and psychopathology and predictors of cyber bullying perpetration were also assessed. The sample comprised of 191 college students ($N = 191$), including 94 girls and 97 boys. The Young's internet addiction test (Young, 1998), the short D3 (Paulhus & Jones, 2011) and Cyber Bullying Perpetration Questionnaire (Savage, 2012)

were used to assess the internet addiction, psychopathy and cyber bullying respectively. Pearson Product Moment Correlation was conducted to see the relationship of psychopathy and internet addiction with cyber Bullying perpetration. Results revealed that there was a significant positive relationship of internet addiction and psychopathy with cyber bullying perpetration. Further Hierarchical Regression Analysis was conducted to find out the predictors of cyber bullying perpetration. It was revealed that Internet addiction, psychopathy and age positively predicted cyber bullying perpetration whereas gender was not predictor of cyber bullying perpetration. It was concluded that excessive use of internet Addiction and psychopathic personality trait were related to cyber bullying perpetration. Further researches can be conducted to find out more indicators of cyber bulling perpetration and victimization.

Keywords: Internet-addiction, psychopathy, cyber bullying perpetration.

Ethnocultural Empathy and Attitudes of University Students towards International Students

Kimynur Hayit (BS 2012-2016)
Supervisor: Rafia Rafique, PhD

The current study aims to find out relationship between ethnocultural empathy and attitudes of university students towards international students. Correlation design was used to find relationship between ethnocultural empathy and attitudes of university students towards international students. The total sample consisted of 149 students from government and private universities. The non-probability convenience sampling technique was used. Research instruments included the Scale of Ethnocultural Empathy (Wang et al., 2003) and The Munroe Multicultural Attitude Scale Questionnaire (MASQUE) (Munroe & Pearson, 2006). Correlation and regression analysis revealed positive relationship between ethnocultural empathy and attitudes of university students towards international students. The female students' higher ethnocultural empathy and positive attitudes towards international students compared to male students. Low level of education was related with low ethnocultural empathy and negative attitudes towards university students. Ethnocultural empathy was a strong predictor of positive attitudes of university students towards international students. These findings will be helpful for school counselors and cross cultural

counsels in understanding students from coming from other cultures. The study findings can help counselors improve interactions and attitudes of students towards international students.

Keywords: Ethnocultural empathy, attitudes, university students, international students.

Facebook Addiction, Physical Activity and Social Functioning in Young Adults

Rabia Mushtaq (MSc 2014-2016)
Supervisors: Zainab Javed & Rafia Rafique, PhD

The objective of the present study was to determine the relationship between Facebook Addiction and Social Functioning, mediating physical activity in Young Adults. It was hypothesized that there is a relationship between Facebook Addiction, Physical Activity and Social Functioning. Cross-sectional research design was used. Samples of 200 university students were recruited through purposive sampling technique. Facebook Addiction Scale (Andreassen, Torsheim, Brunborg & Pallesen, 2012), International Physical Activity Questionnaire (Craig, Marshall, Stro ,Bauman, Booth, Ainsworth, Ekelund, Yngve, Sallis, & Oja, 2002) and Social Functioning Scale (Kinght, Holocom& Simpson,1994) were administered. The findings of this research revealed that Facebook addiction has significant relationship with risk taking while Physical Activity has negative significant relationship with risk taking. Physical activity did not mediate the relationship between facebook addiction and social functioning and its subscales (hostility, risk taking, social support, and social desirability). Facebook addiction significantly predicted social support. The study implications have been discussed in detail below.

Keywords: Facebook addiction, social functioning, physical activity, young adults.

Workplace Bullying, Attribution-of-Blame and Forgiveness among University Teachers

Arifa Siddiqui (BS 2011-2015)
Supervisor: Afsheen Masood, PhD

This research was conducted to investigate workplace bullying, attribution-of-blame and forgiveness among university teachers. This was hypothesized that there is likely to be a significant association between workplace bullying, attribution-of-blame and forgiveness among university teachers. It also further explored that workplace bullying predicted attribution-of-blame and forgiveness among university teachers when employed in workplace setting. The sample comprised of 100 male and female teachers, age ranging between 25-45 years of Lahore of different public and private sector universities. The questionnaires for collecting data included Workplace Bullying Risk Assessment Tool (WBRAT) (CIPD, 2005), Wade's Scale of Blame Attribution (Wade, 1989) and Wade's Forgiveness Scale (Wade, 1989) in addition to the indigenous demographic questionnaire. Pearson Product Correlation Moment was used for the relationship between workplace bullying, attribution of blame and forgiveness and demographics. The result showed that workplace bullying is significantly correlated with attribution of blame whereas no association of workplace bullying was reported with the forgiveness. On the other hand, the attribution of blame had significant negative correlation with the forgiveness. The results of hierarchical regression analyses showed that workplace bullying will only predict blame attribution towards the perpetrator, but not predicting the forgiveness level. Moreover, the demographics were predicting only 13% to the factor of workplace bullying. Moreover independent sample *t*-test and one-way ANOVA was performed to see the difference among study variables and demographics. The results of independent sample *t*-test showed that gender demographics have a difference with workplace bullying and forgiveness. Moreover, number of years working in the respective organization had significant difference with workplace bullying. Other demographic information had no significant differences with workplace bullying. The limitations were also given by considering the issues of the current study and further suggestions were also given to bring out better results for further studies. Implications were also given of the present study.

Keywords: Workplace bullying, attribution of blame, forgiveness.

Sensation Seeking, Peer Influences and Risk Taking Behavior in Adolescents

Rabia Siraj (MSc 2014-2016)
Supervisors: Beenish Najam & Saima Ghazal, PhD

The present study was conducted to investigate the relationship between sensation seeking, peer influences and risk taking behavior in adolescents. It was hypothesized that sensation seeking and peer influences would positively predict risk taking behavior. It was hypothesized that peer influence would moderate the relationship between sensation seeking and risk taking behavior in adolescents. Sample comprised of 200 adolescents with age range 10-18 years (M=17.57, SD = .98) The Resistance to Peer Influence Scale (Steinberg and Monahan,2007), Brief Sensation Seeking Scale (Micheal Stephenson, 2003) and Stimulating and Instrumental Risk questionnaire (Tomasz Zaleskiewicz,2001) were used. Findings of the study indicated that there was a positive correlation between sensation seeking and risk taking behavior in adolescents and there was a positive correlation between peer influences and risk taking behavior in adolescents. Sensation seeking positively predicted risk taking behavior and peer influences also positively predicted risk taking behavior in adolescents but no interaction effect was observed between sensation seeking, peer influences in predicting risk taking behavior. Moreover, interaction of disinhibition and peer influence was significant for overall risk taking behavior. Gender differences were found as boys scored higher than girls in sensation seeking, peer influences and risk taking behavior .Results were discussed in terms of their implications and theoretical significance.

   Keywords: Sensation seeking, peer influences, risk taking behavior, students.

Humor as a Predictor of Effectives of Teaching Methodology

Ifra Shahid (BS 2012-2016)
Supervisor: Saima Ghazal, PhD

The current study aimed to find out teacher's use of humor in classroom and its relationship with students' rating of teaching effectiveness in terms of motivation of students, creation of engaging lessons, anxiety reduction in students, stimulation of thought and interest in students, and

fostering of positive teacher-student relationship. Correlation design was used to find relationship between humor used by teachers and teaching effectiveness in terms of student performance. The total sample consisted in 100 (50 = men, 50 = women) students from 2 government and 2 private universities and 122 teachers. The non-probability convenience sampling technique was used. Research instruments included Students' Opinion of Teaching Scale (Elizabeth, Genga & Makewa, 2013) had subscales measuring humor production, students' motivation, class engagement, stimulation of thoughts and interest, anxiety reduction in students and fostering of student-teacher relationship. It was hypothesized humor used by teachers is likely to have a positive relationship with motivation of students, creation of engaging lessons, anxiety reduction in students, stimulation of thought and interest in students and fostering of positive teacher-student relationship. Similarly, humor used by teacher was the predictor of teaching effectiveness in terms of motivation of students, creation of engaging lessons, anxiety reduction in students, stimulation of thought and interest in students and fostering of positive teacher-student relationship. Results of correlation and regression analysis revealed positive relationship between teachers' sense of humor and student's motivation, reducing anxiety, class engagement, fostering teacher student relationship and overall teaching effectiveness. The humorous teachers scored more on motivating the students, reducing class anxiety, class engagement, and their overall teaching effectiveness were also higher as compared to non-humorous teachers. These findings will be helpful for institutions to make an intervention program which can make different strategies on how to deliver lecture in humorous way during classroom by instructors.

Keywords: Humor, motivation, anxiety, class engagement, stimulation of thoughts.

Support Seeking, Impression Management and Facebook Usage in University Students

Sabiha Ilyas (MSc 2014-2016)
Supervisor: Afifa Anjum

The present study was conducted to find out the relationship between support seeking, impression management and Facebook usage in students. Correlational research design was used and a sample of 150 university students was taken through convenience sampling technique.

Berline Social Support (BSSS; Berlin, 2000), Impression Management Scale (IM; Bolino &Turnley, 1999), Facebook Intensity Scale (FBI; Ellison, Steinflied and Lampe, 2007), and Motives of Facebook Usage Scale were used to measure the study variables. Results revealed that support seeking has positive relationship with impression management and motives of making new relations and self-presentation. Impression management had a positive relationship with Facebook intensity, motives of making new relations and self-presentation whereas Facebook intensity had positive relationship with all subscale of motives of Facebook usage. Men participants and those who had fewer numbers of siblings reported more Facebook usage. Hierarchical regression analyses were performed to find out the predictors of Facebook intensity and motives. Only impression management predicted intensity of Facebook usage intensity. In second analysis, impression management significantly predicted motives of self-presentation and making new relations whereas support seeking significant predicted motive of self-presentation on Facebook. The study holds implications for further researches on social networking sites as well as its relation with social variables like impression management and support seeking in Pakistan.

Keywords: Support seeking, impression management, facebook usage.

Moral Maturity, Social Value Orientation and Self- Regulation in Social Workers

Ayesha Rafique (MSc 2014-2016)
Supervisor: Shahnila Tariq

The research was conducted to investigate the relationship between moral maturity, social value orientation and self- regulation in social workers. It was hypothesized that there is likely to be a relationship between moral maturity, social value orientation and self- regulation in social workers. Correlation research design and purposive sampling technique was used to collect the data. The sample for current research comprised of $N = 150$ (77 male and 73 female) social workers from Lahore. Ethical position Questionnaire by Forsyth (EPQ, 1980), Social Values Orientation (SVO) questionnaires by Van Lange (SVO, 1999) and Behavioral Inhibition and Behavioral Activation (BIS/BAS) scales by Carver and White (BIS/BAS , 1994) was used as assessments measurement. The results revealed a positive relation between moral maturity, social value orientation and

self- regulation in social workers. It was assessed that moral maturity and social value orientation was found not to be the predictors of self-regulation. Hence, it was concluded that moral maturity, social value orientation had relation with self-regulation in social workers.

Keywords: Moral maturity, social value orientation, self-regulation.

Narcissiom, Sensation Seeking and Risk Perception in Youth

Alizay Ali (MSc 2014-2016)
Supervisor: Faiz Younas

The present study investigated the relationship between Narcissism, Sensation seeking and Risk perception in youth. It was hypothesized that (a) there will be a positive relationship between Narcissism, Sensation seeking and Risk perception. Moreover, (b) Sensation seeking will mediate between Narcissism and Risk perception. Correlational research design was used. Non-probability convenient sampling technique was used for data collection. Sample comprised of 150 (M = 75, F = 75) with age range of 18-25 years (Mean = 22.2, *SD* = 1.72). Data were collected from Punjab University, Government College University, Lahore, University of Management and Technology. Narcisstic Personality Inventory-16 (Daniel & Anderson, 2006), Brief Sensation Seeking Scale (Stephenson, 2007), Domain Specific Risk Perception Scale-50 (Weber, Blais & Nancy E 2002) were used to measure the concerned variables. Pearson Product Moment Correlation and Hierarchical regression analysis were employed through SPSS and results were generated which showed that there is a significant positive relationship between narcissism, sensation seeking and risk perception. Moreover, sensation seeking mediated the relationship between narcissism and risk perception. The implication providing the guiding principles for the counseling and behavior modification of the youth and helping them getting least susceptible towards risky behavior.

Keywords: Narcissism, sensation seeking, risk perception.

Locus of Control, Self-Handicapping and Academic Stress in Students

Ali Asghar (MSc 2012-2016)
Supervisor: Faiz Younas

The present study was conducted to investigate relationship between locus of control, self-handicapping and academic stress in students. The Sample comprised of the $N = 167$, (men = 80, women = 87) students and it was taken from the University of the Punjab and Government College University Lahore. In order to measure locus of control in students (Levenson Multidimensional Locus of Control Scale) and to assess the self-handicapping tendencies (Self Handicapping Scale) and to determine the academic stress (Educational Stress Scale for Adolescents) were utilized. It was hypothesized that the external dimension of locus of control, self-handicapping and academic stress were positively correlated while internal dimension inversely correlated with academic stress. It was also presumed that external dimension of control and self-handicapping predicted academic stress and the external locus of control was itself also a predictor of self-handicapping. Pearson Product Moment Correlation revealed that external control, self-handicapping and academic stress were positively correlated and internal control also showed a positive correlation. Further regression analysis yielded that external control and self-handicapping predicted academic stress and external dimension also predicted self-handicapping. Moreover, men and women differed significantly on locus of control, self-handicapping and academic stress. It is concluded that better perceptions of control can be developed by giving up self-sabotaging behaviors and with healthy coping styles.
Keywords: Locus of control, self-handicapping, academic.

Leisure Motivation and Mood as Predictors of Creativity in Fine Arts Students

Asma Majeed (MSc 2014-2016)
Supervisor: Faiz Younas

The present study aimed to examine the relationship among leisure motivation, mood and creativity in fine arts students. It was hypothesized that there are likely to be positive relationship among leisure motivation, mood and creativity. Furthermore, it was also hypothesized that leisure motivation and mood arelikely

to predict creativity. Correlation research design and convenient sampling technique was used. The sample comprised of 150 fine arts students ($N = 150$) including ($n = 76$ males, $n = 74$ females) with the age range from 18-25 years ($M = 21.52$, $SD = 1.75$) and was taken from the College of Arts and Design, University of the Punjab, Lahore. Leisure Motivation Scale (Beard and Ragheb, 1983), Positive and Negative Affect Schedule (Watson, Clark and Tellegen, 1988) and Kaufman Domains of Creativity Scale (Kaufman, 2012) were employed to measure research variables. Pearson Product Moment Correlation, Hierarchical Regression and Independent sample t-test were applied to check hypotheses. Results showed that leisure motivation and mood were significantly positively correlated with creativity. Leisure motivation and mood were found to be predict of creativityy. Males and females were equally creative as no gender differences were found in creativity. The findings suggested that high leisure motivation and positive mood increase creativity and innovation in fine arts students.

Keywords: Leisure motivation, mood, creativity.

Family Environment, Self Esteem and Social Anxiety among Adolescents

Mehvish Amjad (MSc 2014-2016)
Supervisor: Zaeema Farooq

The current study was intended to investigate family environment, self-esteem and social anxiety among adolescents. Co-relational research design was used for the study. It was hypothesized that family relationships, personal growth and system maintenance would negatively predict social anxiety in adolescents. Moreover, it was hypothesized that family relationships, personal growth and system maintenance would positively predict self-esteem in adolescents. It was furthermore, hypothesized that self-esteem would mediate the relationship between family relationships, personal growth, and system maintenance with social anxiety in adolescents. A sample comprised of 270 adolescents ($N = 270$), boys ($N = 110$) and girls ($N = 160$) of 9th and 10th grade was collected through convenient sampling technique. Family Environment Scale (Bhatia & Chadha, 1993), Rosenberg Self-esteem Scale (Rosenberg, 1965) and Social Anxiety Scale for Children and Adolescents (Matrix, 2012) were used to assess family environment, self-esteem and social anxiety respectively. Results revealed system maintenance negatively predicted social anxiety. Moreover, system

maintenance positively predicted self-esteem. Self-esteem did not mediate the relationship between family relationships, personal growth, and system maintenance with social anxiety in adolescents. The study has important implications in students home and school environment and play important role to improve their well-being. The future research suggestions are also discussed.

Keywords: Family environment, self-esteem, social anxiety.

Emotional Intelligence, Self-Efficacy and Coping Strategies in Rescue Workers

Mahnoor Shaukat (MSc 2014-2016)
Supervisor: Zaeema Farooq

Present research investigated the relationship between emotional intelligence, self-efficacy and coping strategies in rescue workers. It was hypothesized that emotional intelligence would positively predict problem focused coping and negatively predict emotion focused coping. Moreover emotional intelligence would positively predict the self-efficacy and self-efficacy would positively predict problem focused coping and would negatively predict emotion focused coping. Furthermore, self-efficacy would likely to mediate the relationship between emotional intelligence and coping strategies (problem focused and emotion focused). Correlational research design was used for the study. Convenient sampling technique was used to collect a sample of ($N = 110$) participants with age range of 24-44 years ($M = 31.98$, $SD = 4.29$). Emotional intelligence, self-efficacy and coping strategies were assessed through Emotional Intelligence Scale (EIS; Schutte et. al, 1998), General Self Efficacy Scale (GSE; Schwarzer & Jerusalem, 1995), Brief Cope (Craver, 1997) respectively. Emotional intelligence emerged as a positive predictor of self-efficacy. Moreover self-efficacy positively predicted problem focused coping. Mediation was not found significant. The present study would severe as intervention to deal with emotional intelligence, self-efficacy and coping strategies. The research is helpful especially in understanding of ones and others emotions and how it contributes to self-efficacy and coping strategies.

Keywords: Emotional intelligence, self-efficacy, emotion focused coping, problem focused copings.

Sports Psychology

Fear of Failure and Success, Resilience and Academic Motivation of Sports Students

Samra Ghafar (MSc 2014-2016)
Supervisor: Shahnila Tariq

The present study aimed to investigate the relationship between fear of failure, and success resilience and academic motivation of sport students It is hypothesized that fear of failure and success, resilience and academic motivation are positively correlated in sports students. The sample was comprised of ($N = 150$) boys and girls students. Correlational research design was used in this research. Convenience sampling technique was also used for data collection. The Performance Failure Appraisal Inventory by Conroy (PFAI, 2001), Fear of Success by Allison and Zuckerman (FOS, 1976) , Resilience Scale by Smith (BRS,2008) and Academic Motivation Scale developed by (Gravetter &Wallanau, 2007) was used to assess the relationship between fear of failure, and success, resilience and academic motivation of sport students. Pearson Product Moment correlation was used to analyze the data. On the other hand, T test and simple linear regression also was used to analyze the data. This study will have important implications on motivation level of sports students to achieve their goal. The results revealed that there was a positive correlation between fear of failure, and success, resilience and academic motivation of sport students.

Keywords: Fear of failure and success, resilience, academic motivation of sports students.

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