

Psychological Abstracts

2011-2013



Institute of Applied Psychology

University of the Punjab, Lahore-Pakistan.

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Editorial

The Institute of Applied Psychology is publishing the sixth issue of Psychological Abstracts. Effort is made to compile an empirical research work undertaken by the BS, M.Sc., M.Phil, Ph.D scholars and faculty members of the Institute. It involved practical efforts of a team which was involved in compilation, organization, rewriting in some cases, scanning in most of the cases and final formatting of the material. The abstracts have been categorized organized according to different areas of specialization.

The team comprised of the editor, Ms. Asma Khalid (Research Scholar), and Mr. Abbas Ali Aslam (Network Assistant). The credit goes to the team and researchers (students and teachers) whose work is being published. We are thankful to our faculty members for timely provision of abstracts of their students' theses. We aspire that in future publishing psychological abstracts remains a regular feature.

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

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Editor
Prof. Dr. Rukhsana Kausar

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Ph.D Theses

Parental Stress, Coping Strategies and Family Functioning of the Children with Autism

Dr. Afsheen Masood (Ph.D 2012)
Supervisor: Prof. Dr. Hamid Sheikh

Family functioning in relationship to autism is scarcely studied. Thus the current research is psychological study, designed with specific objective of exploring and assessing the magnitude of the impact stress and coping strategies as normally adopted by parents of children with autism on the overall family functioning. The demographic variables and their relationships with parental stress, type of coping strategy used by the parents and its impact on family functioning was also reviewed. The analytic approach in this research study involved a two step process. First step involved using those instruments to test the hypotheses about relationships among the variable in the structural model. It was hypothesized that stress dimensions including parental distress, difficult child and parent child-dysfunctional interaction relate to coping strategies and reduced family adaptability and cohesion in parents of children with autism and with normal development. It was hypothesized that the more positive coping strategies implemented by a family would predict greater satisfaction with their family functioning. It was also expected that mothers would rate their families as more cohesive and adaptable. It further hypothesized that there would be significant differences in family adaptability and cohesion in two groups of parents. Parents of children with autism and parents of children with normal development ($n = 100 + 100$) were matched on relevant demographic variables. After fulfilling all ethical considerations, the data was collected from special education institutes of Lahore city. A series of correlational analyses revealed positive association of problem focused coping with better family adaptability and cohesion and negative association with parental distress and symptom severity of the diagnosed child. A set of hierarchical regression analyses, conducted and revealed that emotion focused coping indicated higher parental distress and dysfunctional parent child interaction. The symptom severity predicted increased parental distress and more unbalanced family patterns like chaotic, rigid and enmeshed family patterns. The hypothetical relationship of the study variables was used to build a schematic model that was verified in the light of the direction of association between predictors and outcome variables. The verified and confirmed paths of the study variables showing direction of

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relationships that were presented in the empirically confirmed model. The findings revealed substantial implications for clinicians, mental health professionals and researchers.

Keywords: Parental stress, coping strategies, family functioning, children, autism.

Understanding Organizational Politics- an Integrated Model of Transformational Leadership Effectiveness

Naheed Atta (Ph.D 2011)

Supervisors: Prof. Dr. Muneer Ahmad and Prof. Dr. Daniel Farrell

Present dissertation is built on integrating two streams of research, organizational politics and transformational leadership. Organizational politics research has been receiving research attention since the last three decades. The literature has primarily focused on its negative consequences. Leadership plays a critical role in increasingly complex and political environment of the organizations. The dissertation is a correlational study designed to examine the influence of leadership behavior, on a chain of work place issues including psychological empowerment, organizational politics, and a series of work outcomes in both governmental and private organizations. The work outcomes include, work attitudes (organizational cynicism, job involvement, organizational commitment), and work behaviors (in-role performance, organizational citizenship behavior and counterproductive behaviors). A cross sectional survey based on questionnaire/interview is conducted on a sample of 709 employees including male/females, of age range (25 - 60) selected from public and private sector organizations. The overarching goal of this research is to test the linkage between transformational leadership, organizational politics and work outcome via structural equation modeling while taking into account the moderating and mediating role of leader political skill and employee psychological empowerment. It is assumed that transformational leadership is a predictor of reduced organizational politics and that transformational leadership through psychological empowerment moderates the adverse impacts of organizational politics on work attitudes, and work behaviors.

Analysis of casual relationships is based on structural equation modeling and path analysis, carried out to test the hypotheses in two

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different settings (private and public sector employees). The originality of this study concerns testing interactive relations among variables by examining the moderating and mediating influences through advance statistical procedures. Structural equation modeling is quite new approach to social sciences research. Empirical evidence for indirect effects and reactions to organizational politics tested through structural equation modeling (SEM) is scarce in the past.

The dissertation results provide support for the hypotheses set forth to test the direct relations among the constructs. However the mechanism proposed to explain the influence of leadership on organizational politics did not receive support from data. The data failed to provide support to some of the mediating and moderating hypotheses. Overall the assumption of the dissertation that transformational leadership influences organizational politics which in turn influences work outcomes is supported.

The implications of the findings for future research are that it will further extend empirical research and methodology on organizational politics, in general, and will initiate research in this area in Pakistan, in particular. The study has practical implications for the training and management development practitioners, to develop techniques and strategies to cope with detrimental effects of politics organizations by developing constructive climate through leaders' behavior.

Keywords: Organizational politics, transformational leadership effectiveness.

Psychological Risk Factors and Coping Strategies of Hypertension

Memoona Shahid (Ph.D 2012)
Supervisor: Prof. Dr. Najma Najam

Hypertension has extensively been investigated in association with numerous psychological, demographic and social factors. A comparatively currently identified associate of hypertension is coping. The current research aimed at finding how psychological variables like depression, anxiety, stress and anger relate to hypertension in participants suffering from hypertension. It further aimed to explore the coping strategies used by participants suffering from hypertension. In the 1st

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hypothesis the relationship between psychological variables and hypertension was explored. Moreover, coping strategies used by hypertensive patients were also found. It was also hypothesized that there is likely to be a difference in depression, anxiety, stress and anger between hypertensive patients and non hypertensive controls. It also aimed to explore the strongest predictors of hypertension. The study also investigated the impact of different demographic variables (age, gender, education, occupation, monthly income, monthly expenditure, number of children, number of dependents, and family history of hypertension, spouse job, hospital visits and marital status) on hypertension development. Test translation and validation was conducted to translate State Trait Anger Expression Inventory by Spielberger, (1988) in Urdu. Adapted protocol was then use to identify state anger, trait anger, anger in, anger out, anger control, anger expression and anger total in participants suffering from hypertension. Urdu translated versions of Depression Anxiety and Stress Scale (Lovibond, 1995) by Potangaroa (2005) and Brief Cope Scale (Carver, 1989) by Jibeen and Aftab (2008) were previously accessible. Translated Urdu and English versions of State Trait Anger Expression Inventory were administered on 50 bilinguals who were suffering from hypertension to confirm the equivalence of both versions. Psychometric properties of the translated Urdu version were identified. Initially a pilot study with sample of 50 participants hypertensive and 26 non-hypertensive was carried out. The basic aim of the pilot study was to observe the direction of hypotheses. In the main research participants suffering from hypertension and normal healthy controls ($n = 237$) were matched on age, monthly income, working hours and family history of hypertension. Urdu versions of all protocols were used to collect data from hospital settings. Mantel Haenzel Test of linear association revealed that there was relationship between psychological variables and hypertension. Logistic regression analysis was run in two stages. In the 1st stage of logistic regression depression, anxiety, stress, trait anger, anger-out, anger control and anger turned out to be the strongest psychological predictors for hypertension, whereas, occupation, monthly expenditures, weight, new in city, joint family system and working hours were found to be strongest demographic predictors of hypertension in the 2nd stage of analysis. Furthermore, independent samples *t*-test revealed that participants suffering from hypertension were different in the use of coping strategies and they used more active coping, substance use, instrumental social support, positive reframing, acceptance, and self blame coping strategies,

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while normal healthy controls used more planning, emotional support, denial, religion, etc. Independent sample *t*-test was also applied to find differences on psychological variables and statistically significant differences were found on depression, anxiety, stress and anger between hypertensive males and females. The conclusions support the role of psychological risk factors in developing hypertension. Participants use active coping, substance use, instrumental social support, positive reframing, acceptance, and self blame coping strategies to meet with stressful conditions of life. The findings of the present research have significant inferences for clinical psychologists and medical professionals.

Keywords: Psychological risk factors, coping strategies, hypertension.

Relationship between Workplace Harassment and Posttraumatic Stress Symptoms among Pakistani Female Healthcare Professionals

Sadia Malik (Ph.D 2013)

Supervisor: Prof. Dr. Yasmin Nilofer Farooqi

The current research was conducted to investigate relationship between workplace harassment and posttraumatic stress symptoms among Pakistani female healthcare professionals. Survey research design was used. The purposive sample was composed of 300 female healthcare professionals within age range from 20 to 59 years (100 doctors, 100 house-job doctors and 100 certified nurses). The sample was drawn from five different public hospitals (Mayo Hospital, Ganga Ram Hospital, Jinnah Hospital, Lady Willington Hospital and Sheikh Zayed Hospital) of Lahore city. Written consent was individually obtained from all the participants. Björkquist, Osterman and Hjelt-Beck's (1992) Work Harassment Scale (WHS), Kamal and Tariq's (1997) Sexual Harassment Experience Questionnaire (SHEQ) and Weathers, Litz, Hermean, Huska and Kaene's (1993) PTSD Civilian Checklist (PCL-C) were individually administered to the participants to determine their reported workplace harassment and posttraumatic stress symptoms. Written permission was granted by the authors to the researcher for use (WHS) (1992); SHEQ (1997); and PCL-C (1993) in the current research project. The SPSS (version 14.0) was used. Pearson Product-Moment Correlation Coefficient was performed to determine the relationship between workplace harassment and posttraumatic stress symptoms reported by the

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female healthcare professionals. The findings suggested significant positive relationship between general workplace harassment and posttraumatic stress symptoms ($r = .52$, $**p < .01$); and sexual harassment and posttraumatic stress symptoms ($r = .65$, $**p < .01$). Hierarchical Multiple Regression Analysis was performed to determine the impact of demographic variables (age, education, job status, job experience, monthly income, marital status) and workplace harassment on posttraumatic stress symptoms. The results indicated that workplace harassment and sexual harassment were the strongest predictors for posttraumatic stress symptoms, whereas, none of demographic variables accounted for variance. Furthermore, the results suggest statistically significant differences in posttraumatic stress symptoms reported by all the participants who were exposed to serious general and sexual workplace harassment, moderate workplace harassment and minimal workplace harassment. The findings of this research would promote our understanding of the relationship among workplace harassment, posttraumatic stress symptoms and the demographic variables; such as age, job status, education and marital status of the female doctors, house-job doctors and nurses in the Pakistani healthcare system. Furthermore, these findings have implications for the prevention of workplace harassment and posttraumatic stress symptoms as well as introduction of timely interventions for the mental health of the victims of workplace harassment in the Pakistani healthcare system.

Keywords: Workplace harassment, posttraumatic stress symptoms, healthcare professionals.

M.Phil Theses

Psychosocial Causes of Beggary and its Psychological Implications

Faiza Rasool (M.Phil 2010-2012)
Supervisor: Prof. Dr. Rukhsana Kausar

The current research is carried out in three studies. Study I intended to explore the psychosocial reasons of beggary using Interpretative Phenomenological Analysis (IPA). Exploratory research design was employed. The sample comprised of 15 (men = 6, women = 9) beggars. Data were collected through a self-constructed open ended questionnaire enquiring about the psychosocial reasons, effects of beggary as well as modes of begging behavior. Poverty, unemployment and lacks of professional skills were reported to be the major social causes. Old age, physical disability and serious diseases were reported to be the major biological causes of beggary. Psychological causes of beggary included feelings of worthless, lack of self-respect, and feelings of insecurity about their future. Modes of begging included the sentimental mode, religion mode, selling cheap goods, and group form mode. People attitude towards beggars included positive i.e. sympathy, kindness, support and negative i.e. hatred, disregard, and verbal abuses. The solutions of beggary offered by the beggars included: Government to take steps to eradicate poverty, children's responsibility towards their elderly parents and provision of financial.

The second study aimed to investigate the modes of begging. The non-participant observations of 20 beggars at different areas included parks, markets, traffic signals and bus stops of different areas of Lahore were conducted. Majority of the beggars used mode of group form, disease and physical handicap ($n = 5$). Other modes were religious appeals ($n = 3$) begging in disguise of selling cheap goods ($n = 3$), and some unusual gestures to get attracted ($n = 2$). It was observed that some beggars seemed satisfied as were given money while other seemed disappointed and cursed the people for not giving them money.

Study III aimed to investigate psychological implication of beggary. It was hypothesized that: beggars are likely to have low self image, low self-esteem, feelings of guilt and shame; beggars are likely to have gender difference in shame, guilt, self-image and self-esteem, shame, guilt and self-image will predict self-esteem of the beggars. Within group research design was used. The sample of 80 beggars (men

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= 42, women = 38) was drawn by using purposive sampling strategy. A demographic sheet, Personal State Shame and Guilt Scale (SGSS) (Marschall, Sanftner, Tangney, 1994), and Self Image Profile for Adults (SIP-Adult) (Butler & Gasson, 2004) was used for assessment. Scales were translated into Urdu language by using MAPI guidelines for translation. The analysis showed that majority of the male beggars reported physical reasons while majority of the female beggars reported it profession. It is revealed that majority of the male beggars had low self-image while they had high self-esteem. On the other hand majority of the female beggars reported low self-esteem as well low self-image. Contradictory no significant gender differences were found in all variable under study. Self-esteem had negative relationship with self-image it had significant positive relationship with shame and guilt. Moreover, consideration, moral, and social image, shame and guilt predicted self-esteem in a negative way while physical, outlook, and competence were predicted it in positive way. The findings hold implications for the policy makers, Government, mental health professionals and sociologist for minimizing beggary in the Pakistani Culture.

Keywords: Beggary, self-esteem, self-image, shame, guilt, psychosocial causes.

Age Related Cognitive and Physical Deficits, Social Support, Coping and Quality of Life among Elderly Living in Old Homes

Noor-ul-Ain (M.Phil 2010-2012)
Supervisor: Prof. Dr. Rukhsana Kausar

The purpose of the present research was to investigate age related cognitive and physical deficits, social support, coping and quality of life among elderly living in old homes. Sample of 84 elderly age ranging from 65 years to 80 years were taken from old homes of Lahore. It was hypothesized that there is likely to be a relationship between cognitive and physical deficits, social support, coping and quality of life; social support and coping likely to mediate the relationship between cognitive and physical deficits and quality of life. Dementia Rating Scale 2 (Mattis, Jurica & Leitten, 2001), Incapacity Status Scale (Kurtzke & Granger, 1981), Multidimensional Perceived Social Support Scale (Zimet, Dahlem, Zimet & Farkly, 1982), Coping Strategies Questionnaire (Kausar, 2001) and World Health Organization Quality of Life Scale

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BREF (WHO, 1996) were used for assessment. Results revealed that cognitive deficit have significant positive relationship with social support and quality of life. Physical deficits have significant positive relationship with coping and significant negative relationship with social support and quality of life. Coping has significant negative relationship with quality of life whereas social support has significant positive relationship with quality of life. Results of moderation regression analysis showed that social support and active distractive coping significantly moderated the relationship between cognitive and physical deficits and quality of life.

Keywords: Elderly, cognitive deficit, physical deficits, social support, coping, quality of life, old homes.

Personality, Motivation and Social Interaction in Relation to Use of Social Networking Sites

Waqas Hassan (M.Phil 2010-2012)

Supervisor: Prof. Dr. Rukhsana Kausar

The purpose of this study was to explore how personality, motivation and social interaction are related to use of social networking sites (SNS). Following hypotheses were formulated: H 1: There is likely to be relationship between personality traits, motivation, social interaction and use of SNS. H 2: Personality traits are likely to predict use of SNS. H 3: There are likely to be gender differences in motivation to use SNS. H 4: There are likely to be gender differences in use of SNS and motivation to use SNS. The sample comprised 241 university students (males = 105, females = 136). Personality was measured through NEO-FFI, motivation through Motivation Questionnaire and for assessing social interaction and use of SNS, Technology Use and Social Interaction Questionnaire, Facebook Questionnaire and Facebook Intensity Scales were used with authors' permissions. Correlation analysis was carried out to find correlation among study variables, stepwise regression was performed for assessing predictors of SNS use and series of *t*-test was performed to see gender differences in SNS use and motivation to use SNS. Results showed that among five personality factors, only extraversion significantly correlated with SNS use. However, Neuroticism was found positively correlated with non-social motivation to use SNS and Extraversion was found positively correlated with social motivation to

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use SNS. Stepwise regression showed that non-social motivation to use SNS appeared to be strongest predictor if SNS use followed by social interaction and extraversion. No gender differences were found in overall SNS use and motivation to use SNS. However few items showed that there were gender differences in some patterns of SNS use and motivation to use SNS. Males appeared to have more SNS friends than females. Males' motivation to use SNS was related to providing information about themselves and females were more motivated to use SNS for the sake of staying in touch with family and friends. Results suggest that SNS use patterns of Pakistani youth are a bit different from Western culture as revealed by past research. It is suggested that in future more in depth research should be done to unearth the patterns and causes of SNS use.

Keywords: Personality, motivation, social interaction, social networking sites.

Psychosocial and Personality Factors in Economic Decision Making

Ali Ajmal (M.Phil 2010-2012)

Supervisors: Prof. Dr. Rukhsana Kausar and Dr. Iram Fatima

The main objectives of the present research were to develop an indigenous self-report measure of psychosocial factors in economic decision making and to see how these factors were related to age, personality and gender of an individual. Two independent studies were conducted. Study I designed to develop an indigenous self-report scale to measure psychosocial factors in economic decision making. The sample comprised of 15 (men = 9, women = 6) business persons. Interviews were conducted through a self-constructed questionnaire. Items were derived from the transcripts of interviews. Thirty six items were subjected to principal component analysis using varimax rotation. A total of 30 items defining cognitive, emotional and social factors were retained. The main study aimed to examine relationship of age, gender, personality with psychosocial factors in economic decision making. The sample comprised of 150 business persons. Personality was assessed using Eysenck Personality Questionnaire (Urdu version translated by Amjad & Kausar, 2011). No significant gender differences were found in economic decision making. Age had significant negative relationship with emotional factor in economic decision making. Emotional and social

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factors had no relationship with personality dimensions while cognitive factor had significant negative relationship with psychoticism and neuroticism. Age and psychoticism negatively predicted cognitive factor while business experience positively predicted cognitive factor in economic decision making. The findings hold implications for behavioral economists, psychologists, business professionals and policy makers to get insights in and improve decision making.

Keywords: Psychosocial factors, personality factors, economic, decision making.

Psychosocial Implications of Early Father Separation for Adolescents and their Mothers

Nida Zafar (M.Phil 2011-2013)
Supervisor: Prof. Dr. Rukhsana Kausar

The present research investigated psychosocial implications of early father separation for adolescents and their mothers. It was hypothesized that (a) there are likely to be an effect of father separation and gender in emotional, social and behavioral problem of adolescents; (b) there are likely to be differences in emotional, social and behavioral problems in divorced and married mothers and (c) mother's psychosocial problems, parenting styles of mother, socioeconomic status and social support are likely to predict psychosocial problems in adolescents. Cohort sequential and between group research design was used. The sample comprised of 80 adolescents and 80 mothers with equal number of divorced families and intact families. Following measures Depression, Anxiety and Stress Scale (DASS), Attachment style Questionnaire (ASQ), Self-Image Profile (SIP), Social Competence Questionnaire (SCQ), Brief fear of Negative Evaluation (BFNE), Aggression Questionnaire (AQ), Brief Self Control Scale (BSCS) and Parental Authority Questionnaire (PAQ), UCLA loneliness Scale, Social Interaction Anxiety Scale (SIAS), State-Trait Anger Expression Inventory (STAXI) and Multi-dimensional Scale of Perceived Social Support (MSPSS) were used for assessment. Findings showed that adolescents with early father separation experience more depression, anxiety and stress, fear of negative evaluation and aggression and less score in social competence as compared to adolescents living with intact families. Divorced mothers experienced more depression, anxiety, stress, loneliness, social interaction anxiety and

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high level of state anger, anger out and total anger as compare to married mother. It was also revealed that mother's depression, anxiety, stress, feelings of loneliness, state anger; social interaction anxiety, social support and authoritative parenting style predict psychosocial problems in adolescents. Further suggestions along with implications are being discussed.

Keywords: Psychosocial problems, early father separation, adolescents, divorced mothers

Protective Factors and Depression in Young Drug Users

Saira Batool (M.Phil 2011-2013)

Supervisor: Prof. Dr. Rukhsana Kausar

The present study was conducted to investigate the relationship between protective factors, drug use and depression in young drug users. It was hypothesized that a) There is likely to be negative relationship between protective factors and drug use in young drug users; b) There is likely to be negative relationship between protective factors and depression in young drug users; c) Emotion focused coping is likely to have a positive relationship with drug use in young drug users; d) Problem focused coping is likely to have a negative relationship with drug use in young drug users; e) There is likely to be positive relationship between drug use and depression in young drug users; f) Protective factors are likely to predict drug use in young drug users. Total 200 of drug users were recruited from different hospitals and clinics of Lahore. The age range of sample was 18 to 25 years ($M = 23.20$, $SD = 1.99$). The Communities That Care Youth Survey (Arthur, Hawkins, Pollard, & Catalano, 2002), Drug Abuse Questionnaire (Kvist, Archer, & Mousavi, 2012) and Depression Scale (Jessor, Turbin & Costa, 1998) were used for assessment. Data was analyzed using descriptive statistics, Pearson Product-Moment Correlation Analysis and Structural Equation Modeling (SEM). The results revealed that protective factors had negative relationship with drug use and depression while drug use had positive relationship with depression. Self controlling coping was the only significant predictor of drug use. It was also found that drug use mediated the relationship between self controlling coping and depression. In the light of findings certain programs can be initiated to raise awareness

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among individuals, families and communities regarding the role of protective factors in the prevention of drug use.

Keywords: Protective factors, drug users, coping, depression.

Psychological Risk Factors of Suicidal Ideation in Adolescents

Anum Javed (M.Phil 2011-2013)

Supervisor: Prof. Dr. Rukhsana Kausar

The present research was conducted to find out psychosocial risk factors of suicidal ideation in adolescents. This research comprised of four studies. In study I, causes of suicidal ideation were investigated. Sample size was 25 (students = 6), (teacher = 6), (parents = 6) and (counselors = 5). Results found academic problems, interpersonal relationship problems, personal problems, financial problems, role of media, lack of religious teaching and societal problems as the causes of suicidal ideation in adolescents. In study II causes of Suicidal Ideation Scale were developed on the basis of results of study I. Psychometric properties of scale was determined through factor analysis. Study III identified adolescents with suicidal ideation proneness. Sample size was 400 adolescents (male = 200) and (female = 200) from public schools from Lahore. Through Suicidal Risk Scale (Tse, 2002) 90 participants were identified with suicidal ideation. Study IV aimed to examine the difference between suicidal ideation and non suicidal ideators on personality, anger impulsivity, depression, interpersonal relations, academic stress and intolerance in adolescents. Sample size was 180 (suicidal ideators = 90) and (non suicidal ideators = 90). For this purpose the Big Five Personality Inventory (Rammstein & John, 2007), Parental Acceptance Rejection Questionnaire (Rohner, 2002), Teacher Acceptance and Control-Teacher Acceptance-Rejection/ Control Questionnaire (Rohner, 2002), Inventory of Parent and Peer Attachment (Armsden & Greenberg, 1987), Educational Stress Scale for Adolescents (Sun, et al., 2011), Frustration Discomfort Scale (Harrington, 2005) were used. Independent sample *t*-test showed significant differences between two groups in all study variables. Correlation analysis showed significant relationship between study variables and suicidal ideation. Regression analysis showed class marks percentages; father's monthly income, depression, anger impulsivity and worry about grades were significant predictors of suicidal ideation. In light of findings of the present research

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the role of counselors in schools are very important so that they can identify students at risk and control suicidal ideation.

Keywords: Psychological risk factors, suicidal ideation, adolescents.

Positive Affect, Optimism and Posttraumatic Growth in the Victims of Domestic Violence Living in Dar-ul-Aman

Noor-ul-Huda (M.Phil 2011-2013)

Supervisor: Prof. Dr. Rukhsana Kausar)

The present study was conducted to investigate positive affect, optimism and posttraumatic growth in the victims of domestic violence living in Dar-ul-Aman. It was hypothesized that there is likely to be a relationship between positive affect, optimism and posttraumatic growth in the victims of domestic violence living in Dar-ul-Aman. It was hypothesized that positive affect and optimism are likely to predict posttraumatic growth in the victims of domestic violence living in Dar-ul-Aman. The sample of ($N = 100$) women was recruited from Dastak, Dar-ul-Aman Lahore, Dar-ul-Aman Bahawalpur and Dar-ul-Aman, Lodhran. In this study Positive and Negative Affect Schedule (Panas; Watson et al. 1988, translated by Rasheed 2012), Life Orientation Test (LOT-R; Scheier, Carver & Bridges 1994) and Posttraumatic Growth Inventory (PTGI; Tedeschi & Calhoun 1996, translated by Kausar & Rasool 2010) were used. To test the hypotheses, Pearson Product-Moment Correlation and Hierarchical Regression were carried out. The study found significant positive relationship between positive affect, optimism and posttraumatic growth. Similarly, it was found that positive affect significantly predicted posttraumatic growth in the victims of domestic violence living in Dar-ul-Aman but optimism did not significantly predict posttraumatic growth in the victims of domestic violence living in Dar-ul-Aman. Findings of research have implications for counselors.

Keywords: Positive affect, optimism, posttraumatic growth, domestic violence.

Personality, Emotional Empathy, Tolerance for Disagreement and Aggression among Students of Madrassah, Public and Private Schools

Maryam Naeem (M.Phil 2011-2013)
Supervisor: Prof. Dr. Rukhsana Kausar

The present study was designed to compare madrassahs, public and private school students on personality, emotional empathy, tolerance for disagreement and aggression. Hypotheses of the study were: Children from three school systems are likely to differ on personality traits, emotional empathy, tolerance for disagreement and aggression; Personality traits, emotional empathy, tolerance for disagreement and aggression have significant relationship with each other; Schools systems are likely to moderate relationship between Personality traits, emotional empathy, tolerance for disagreement and aggression in children. Sample of total 300 students were recruited from various schools and madrassahs of Lahore. Measuring Personality in One Minute or Less (Rammstedt & John, 2007), Multi-Dimensional Emotional Empathy Scale (Caruso & Mayer, 1998), Tolerance for Disagreement Scale (McCroskey & Teven, 1998) and Aggression Scale (Orpinas & Frankowski, 2001) were used for assessment purposes. Series of one way ANOVA, Correlation analysis, and Hierarchal regression analysis were run in order to test the hypotheses. Results showed that madrassah students were more aggressive as compared to other two school systems. Moreover, private school students scored more on tolerance and empathy. Results also showed that there are positive relations among agreeableness, openness, tolerance and empathy whereas neuroticism had negative relation with tolerance and empathy. Moderate regression analysis showed that school systems act as a moderator between personality, emotional empathy, tolerance for disagreement and aggression.

Keywords: Personality, emotional empathy, tolerance, disagreement, aggression, students.

An Exploratory Study of Experiences of Adoptive Parents

Afifa Tayyab (M.Phil 2010-2012)

Supervisor: Dr. Naumana Amjad

The purpose of this research was to explore the perceptions of general population in relation to adoption. The study aimed to investigate and understand the experiences and problems of adoptive parents about their adopted children and the challenges they face to bring up adopted children. Two studies were conducted using qualitative method. In study I, a focus group was conducted to discern the views of general population about adoption and issues they perceive related to adopted families. Eight participants from University of the Punjab, Lahore ($M = 3$, $F = 5$) were included in this focus group. In study II, semi structured interviews were conducted from twelve parents who had adopted children in their family. Snowball sampling was used to select the sample. Interpretative Phenomenological Analysis (IPA) was used to interpret the results. Themes that emerged were categorized in main themes and sub-ordinate themes. Main themes of study I included emotional and behavioral effects, relational and adjustment problems, parenting style and social and economic effects on children. Effects on parents included grief due to infertility, feeling of insecurity, differential treatment by others and depression. These were the problems perceived by general population who participated in focus group. In this study themes found from narrations of interviews from study II were feeling of insecurity, depression, issues of paternal name, adjustment problems, over protection of children, shyness and introversion of children. It was concluded that in Pakistani context adoption may have adverse effects the personality of adoptee due to discriminatory treatment by other members of society adoptive parents have to face different challenges in bringing up adopted children.

Keywords: Adoptive parents, relational problems, adjustment problems, parenting style, emotional effects, behavioral effects, adoption.

Conflict Management Styles in Relation to Personality and Religiosity

Kashmala Saher (M.Phil 2010-2012)

Supervisor: Dr. Iram Fatima

The present research was conducted to explore the role of personality and religiosity in conflict management styles. The sample for the current research consisted of 180 professionals including doctors ($n = 60$), university teachers ($n = 60$) and engineers ($n = 60$), (128 males & 52 females) between the ages of 22 and 52. The data was collected through standardized questionnaires along with demographic sheet. Organizational Conflict Management Inventory (OCMI; Annis-ul-haque, 2003) was used to measure conflict management styles. Neo Five Factor Inventory by (Costa & McCrae, 1992) was used to assess personality. Along with these standardized questionnaires, four questions related to Salat, Quran, Zakat and Siyam were asked in order to evaluate religiosity. A set of hierarchical regression analyses revealed that neuroticism was negatively related to integrating, obliging and dominating style of conflict management. Extraversion was found to be positively related to integrating and obliging style of conflict management. Agreeableness was positively related to integrating style and negatively related to the dominating style of conflict management. Conscientiousness and religiosity were found to be positively related to the all styles of conflict management except the dominating style with which both were found to have a negative relationship.

Keywords: Management styles, personality, religiosity.

Predictors of Persistence in High School Children

Ammarah Qureshi (M.Phil 2011-2013)

Supervisor: Dr. Iram Fatima

The present research aimed to explore the predictors of persistence for long term and short term goals in high school children. Two studies were conducted. In study I, perfectionism, attributional styles and self-efficacy were studied as possible predictors of persistence for long term goals. The Almost Perfect Scale (Slaney, Rice, Mobley, Trippi, & Ashby, 2001), Attribution of Problem Cause and Solution Scale (Stepleman,

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Darcy, & Tracey, 2005), General Self-efficacy Scale (Schwarzer, & Jerusalem, 1995) were used for assessment of predictor variables and Grit Scale: Perseverance and Passion for Long-Term Goals (Duckworth, Peterson, Matthews, & Kelly 2007) was used to measure persistence for long term goals. Results showed none of the dimensions of perfectionism predicted persistence for long term goals (consistency of interest and perseverance of effort) both in boys and girls. Among attributional styles only internal problem cause was found to be positive predictor of consistency of interest in boys. Self-efficacy negatively predicted only one aspect of persistence for long term goals, perseverance of effort. Second study was experimental study in which persistence for short term goals was assessed through an experiment and effect of feedback was examined. Relationship was assessed between perfectionism, attributional styles, and self-efficacy with persistence for short term goals. Results showed that feedback had no effect on persistence in both boys and girls. Neither any dimension of perfectionism nor self-efficacy predicted persistence for short term goals both in girls and boys. Among attributional styles, internal and external problem cause positively predicted persistence in girls, while in boys, external problem solution negatively predicted persistence. Study has implications for teachers and parents of the students to help children develop the factors that enhance persistence.

Keywords: Persistence, feedback, attributional styles, perfectionism, self-efficacy.

Beliefs about Addiction, Locus of Control and Relapse Proneness in Person with Substance Use Disorders

Qudsia Nashee (M.Phil 2011-2013)

Supervisor: Dr. Rafia Rafique

The present study explored the relationship between beliefs about addiction of treatment providers, beliefs about addiction of persons with substance use disorders (PSUD's), drug related locus of control of PSUD's and relapse proneness of PSUD's. The sample ($N = 120$) of PSUD's was selected by using non probability purposive sampling technique from government and private Rehabilitation Centers and hospital of Lahore. Treatment providers sample ($N = 17$) was contingent upon presence and availability of treatment providers of respective

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Rehabilitation Centers and hospitals. Study variables; beliefs about addiction of treatment providers, beliefs about addiction of PSUD's, drug related locus of control of PSUD's, relapse proneness in PSUD's and demographic information were measured by using Addiction Belief Scale (ABS) (Schaler, 1995), Addiction Belief Inventory (ABI) (Luke, Ribisl, Walton, & Davidson, 2002), Drug Related Locus of Control Scale (DRLOC) (Hall, 2001), and Advance Warning of Relapse Questionnaire (AWARE) (Miller and Harris, 2000) along with demographic information sheet. A series of partial correlations were conducted but initially a zero-order (bi-variate) correlation was conducted in order to interpret a partial correlation between variables. The results revealed that beliefs about addiction of treatment providers on disease model was associated with beliefs about addiction of PSUD's on inability to control aspect of disease model, when controlling for education of treatment providers and education of PSUD's. Moreover results depicted that beliefs about addiction of treatment providers on choice model was not associated with beliefs about addiction of PSUD's on moral weakness aspect of choice model, when controlling for education of treatment providers and education of PSUD's. Beliefs about addiction of treatment providers on disease and choice model were not associated with beliefs about addiction of PSUD's on inability to control and moral weakness aspect of disease model and choice model respectively, when controlling for number of relapses of PSUD's, history of drug use by any significant member of treatment provider's family and personal drug use history of treatment providers. Beliefs about addiction of treatment providers on disease model and choice model were not associated with high relapse proneness and low relapse proneness of PSUD's respectively, when controlling for beliefs about addiction of PSUD's and drug related locus of control of PSUD's. Moreover the beliefs about addiction of PSUD's on inability to control and genetic basis aspect of disease model was associated with high relapse proneness after controlling for the drug related locus of control of PSUD's, whereas beliefs about addiction of PSUD's on responsibility for action and coping aspect of choice model was related to low relapse proneness, when controlling for drug related locus of control of PSUD's. The results of the hierarchical regression analysis revealed that beliefs about addiction of the treatment providers were statistically significant and changed to non significant for entering the beliefs about addiction of PSUD's. Inability to control, responsibility for action, responsibility for recovery and genetic basis were statistically significant and the relationship between beliefs about addiction of

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treatment providers and relapse proneness of PSUD's was fully mediated by inability to control, responsibility for action, responsibility for recovery and genetic basis aspect of the beliefs about addiction of PSUD's. Moreover the relationship between beliefs about addiction of PSUD's and relapse proneness of PSUD's was moderated by drug related locus of control of PSUD's. The present study suggests multiple predictors for relapse prevention. This study can help set an obstinate ground for planning of relevant relapse prevention strategies. Therefore, a relapse prevention model based on the identified predictors of relapse was proneness.

Keywords: Beliefs about addiction, locus of control, relapse proneness, substance use disorders.

Dietary Habits, Self-Esteem and Body Image Perception of Active and Sedentary Obese Women

Zainab Javed (M.Phil 2011-2013)

Supervisor: Dr. Rafia Rafique

The present research examined differences in dietary habits, self-esteem and body image perception among active obese, sedentary obese, active non obese and sedentary non obese women. It was hypothesized that a) Sedentary obese will have higher body image perception than active obese. b) Active non obese will have higher Body Image Perception than sedentary non obese. c) Sedentary obese will have higher self-esteem than active obese. d) Active non obese will have higher self-esteem than sedentary non obese. e) Non obese women will have higher body image perception and self-esteem than obese women. f) There will be a positive relationship between self-esteem and Body Image Perception amongst active obese, sedentary obese, active non obese and sedentary non obese. g) Non obese women will have healthier dietary habits than obese women. h) Active obese women will have healthier dietary habits than sedentary obese women. i) Active non obese women will have healthier dietary habits than sedentary non obese women. j) There will be a positive relationship between BMI of women and their parents. 2*2 factorial research design was employed. Sample comprised of 200 participants (50 active obese, 50 sedentary obese, 50 active non obese and 50 sedentary non obese) who were recruited through purposive sampling technique. Food Frequency Questionnaire by Nishtar (2006)

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and Self-Image Profile for Adults (SIP-AD) by Butler and Green (1998) were employed to assess dietary habits, self-esteem and body image perception. Multivariate analysis of variance, Pearson Product-Moment Correlation and Mann Whitney test were used to analyze the proposed differences. It was found that Obesity had significant main effect on Body Image Perception and self-esteem, however activity level had no significant main effect on Body Image Perception and self-esteem. Interactive effect of activity and obesity were found on Body Image Perception but not on self-esteem. Sedentary obese have higher Body Image Perception than active obese. Active non obese have higher body image perception than sedentary non obese. Non obese women reported higher Body Image Perception and self-esteem than obese women. Highly significant positive correlation was found between Body Image Perception and self-esteem. Non obese women had higher intake of healthy foods like fresh fruits and fresh fruit juices and salads where as obese people reported greater use of foods like eggs in winters, paratha, halwa poori, milk with cream and balai, cream and balai, sweet things made from milk, ice cream, yogurt, sweat lassi, goat meat, cow meat, fish in both seasons, organ meat, food purchased from market, including pizza burger etc, biryani, bakery, mithaye and halwa and tea. Sedentary obese scored higher on eggs in summer and biryani/palao where as active people had higher scores on paratha and fresh fruit's juice. Sedentary non obese scored higher than active non obese women on intake of mithaye and halwa, and potatoes. Positive correlation between BMI of women and their parents was found. Findings of the study will provide quite useful information to people from different disciplines. Future studies should also include male sample and assess gender differences, furthermore they should keep an eye on activity level of people so that there are less chances of faking good. Nutritionist can gather rich information about healthy diets (fruit juices, uncooked vegetables). Apart from this media can play a vital role by introducing obesity prevention programs.

Keywords: Obesity, activity, self-esteem, body image perception, dietary habits.

Parenting Styles, Personal Growth Initiative and Perceived Social Barriers in Career Decision Making

Fatima Liaquat (M.Phil 2011-2013)

Supervisor: Dr. Rafia Rafique

The present study was aimed to investigate the role of parenting styles, personal growth initiative and perceived social barriers in career decision making among Christian minority students. The sample ($N = 150$) of the study was consisted of Christian minority college students. Relationship of parenting styles, personal growth initiative and perceived social barriers with career decision making difficulties was assessed. It was hypothesized that parenting styles (permissive, authoritarian, authoritative), personal growth initiative and perceived social barriers will predict career decision making difficulties (lack of readiness, lack of information, inconsistent information). Parental Authority Questionnaire (PAQ) developed by Buri (1991), Personal Growth Initiative Scale-II (PGIS-II) by Robitschek et al., 2012, Perception of Barriers Scale (POB) by Luzzo and McWhirter's (2001) and Career Decision Making Difficulties Questionnaire (CDMDQ) by Gati and Saka (2001) were used in present study. Results revealed that authoritarian fathers significantly predicted career decision making difficulties (lack of readiness, lack of information and inconsistent information) in Christian minority students. However, authoritarian mothers predicted only inconsistent information (CDMD). Contrary to hypotheses, perceived social barriers negatively predicted lack of readiness (CDMD) and personal growth initiative positively predicted career decision making difficulties (lack of readiness, lack of information, inconsistent information). Gender also found to be a significant predictor of career decision making difficulties (lack of readiness, lack of information, inconsistent information) in Christian minority students. Findings of the study will help parents, college counselors and college faculty to assist students in the process of change and growth to prepare them for perceived challenges and barriers associated with their career decision making.

Keywords: Parenting styles, personal growth initiative, perceived social barriers, career decision making difficulties.

Job Satisfaction, Organizational Commitment and Turnover Intentions in Relation to Perceived Organizational Politics

Sadia Ishaq (M.Phil 2010-2012)

Supervisor: Ms. Shazia Khalid

The present research purported to study job satisfaction, organizational commitment and turnover intentions in relation to perceived organizational politics through correlational research design. Sample of 353 teachers (professors, associate professors, assistant professors and lecturers) was selected from University of the Punjab, Lahore. Four scales were used to measure above relationships. Perception of organizational politics was measured by Perception of Organizational politics Scale of Kacmar and Carlson (1997), for job satisfaction Generic Job Satisfaction Scale by Macdonald and MacIntyr (1997) was used, for organizational commitment Organizational Commitment Questionnaire by Porter and Smith (1979) was used. The Turnover Intention Scale developed by Camman, Fichman, Jenkins and Klesh (1979) was used to measure turnover intentions. The Cronbach alpha of all the above scales was estimated to check the reliability. A hypothetical model was tested. Findings of the study showed a negative correlation of perceived organizational politics with job satisfaction and organizational commitment. Further, it also indicated that perceived organizational politics positively predicted turnover intentions. Further analysis revealed that organizational commitment has greater influence on turnover intentions than other variables. Furthermore the results showed there was no significant difference of perceived organizational politics, job satisfaction and turnover intentions among four ranks of university teachers except organizational commitment. Level of organizational commitment of associate professors was higher and it was lower among lecturers. Additionally results were discussed in terms of their implications and theoretical significance. This study will helpful for University teachers and administration. It will help to make future plans and to improve the quality of work and productivity of employees. It will be practically beneficial to gain better skills and individual performance.

Keywords: Job satisfaction, organizational commitment, organizational politics, turnover intentions.

Negative Acts at Work Place, Work Motivation, Physical Symptoms of Job Stress, Job Satisfaction and Turnover Intentions in Teachers of Private Sector Universities

Hafsa Tufail (2011-2013)
Supervisor: Ms. Shazia Khalid

The present research was conducted to study the negative acts at work place, work motivation, physical symptoms of job stress, job satisfaction and turnover intentions in the employees of private sector universities through within group research design. Sample of 134 teachers was selected from different private universities of Lahore. Five scales were used to measure above relationship. Negative Act Questionnaire by Einarsen and Hoel (2001) was used to measure negative acts, for work motivation Work Motivation Scale by Sjoberg and Lind's (1994) was used, The Physical Symptom Inventory developed by Spector and Jex (1997) was used to measure physical symptoms of job stress, for job satisfaction, The Generic Job Satisfaction Scale by Macdonald and MacIntyre (1997) was used whereas The Turnover Intention Scale developed by Camman, Fichman, Jenkins and Klesh (1979) was used to measure turnover intentions. The cronbach alpha of all the above scales was estimated to check the reliability. A hypothetical model was tested. Findings of the study indicated a negative relation of workplace negative acts with work motivation and job satisfaction and positive relation with physical symptoms of job stress and turnover intentions. Further it also indicated that work motivation and workplace negative acts significantly predicted job satisfaction, and job satisfaction and workplace negative acts significantly predicted turnover intentions. Furthermore the results showed there was no significant difference between male and female teachers working on contract and permanent basis on workplace negative acts, physical symptoms of job stress, job satisfaction and turnover intentions whereas, there was significant difference of work motivation between male and female teachers. Work motivation was higher in male teachers. This study will helpful for the teachers and administration of private universities. It will help to make future plans and to improve the quality of work and productivity of employees. It will be practically beneficial to gain better skills and individual performance.

Keywords: Work place negative acts, work motivation, physical symptoms of job stress, job satisfaction, turnover intentions.

BS (2009-2013), M.Sc (2011-2013)
Theses
Abnormal and Clinical Psychology

Social Support, Coping Strategies and Perceived Stigmatization in Drug Addicts

Muzammal Mushtaq (M.Sc 2011-2013)

Supervisors: Prof. Dr. Rukhsana Kausar and Ms. Amna Aijaz

The present exploratory research was designed to investigate social support, coping strategies and perceived stigmatization in drug addict patients. It was hypothesized that a) there is likely to be a relationship between perceived social support, coping strategy and perceived stigmatization in drug addict patients, and b) Perceived social support and coping strategies are likely to predict perceived stigmatization in drug addict patients. The research design of the present study was within subject design. The sample ($N = 100$), extracted through purposive sampling, comprised of 100 males with drug addiction between the age range of 20 – 45 years. The participants were taken from the Silver Lining Rehabilitation and Psychiatric Clinic Lahore, Pakistan Institute of Mental Health Lahore, Bridge Rehabilitation and Psychiatric Services, Blessing Rehabilitation Centre Lahore and Pak Rehabilitation and Psychiatric Clinic. Demographic Information Questionnaire, Perceived Stigma of Substance Abuse Scale (PSAS) (Luoma, O'Hair, Kohlenberg, Hayes, Fletcher, 2010), Multidimensional Perceived Social Support Scale (MSPSS) (Zimet et al., 1988), and Coping Strategies Questionnaire (CSQ) (Kausar, 2004) were administered. Correlation analysis indicated that there was a significant negative relationship between social support, active practical coping, religious focused coping and perceived stigmatization. Stepwise regression analyses indicated that friends support, significant others support, and religious focused coping were significant predictors of perceived stigma. These findings may contribute in the proper guidance towards utilizing effective coping strategies, increasing the quality of social support and removing the stigmatization in the drug addicts by counseling family members and providing support groups to patients.

Keywords: Social support, coping strategies, perceived stigmatization, drug addicts.

Quality of Sleep and Mood of Students

Neelam Nasim (M.Sc 2011-2013)

Supervisors: Dr. Naumana Amjad and Ms. Raisa Zubair

The present research aimed to investigate the relationship between quality of sleep and mood of students. It was hypothesized that there is likely to be a relationship between quality of sleep and mood of students. Moreover, it was hypothesized that there are gender differences on quality of sleep and mood of students. The sample comprised of 40 students (Male = 20, Female = 20). Sample was drawn through non probability convenient sampling from different departments of University of the Punjab, Lahore. Within group research design was used. A daily sleep diary was used to assess daily sleep patterns and mood of the students. Student kept diary for one week. At the end of the week, Pittsburg Sleep Quality Index (Buysse, Monk, Reynolds, Berman & Kupfer, 1998) for quality of sleep Brief Mood Introspection Scale (Mayer & Gasche, 1988) for mood was also administered for further assessment. Averages of the data of sleep diary were taken across seven days of the week and then their mean and standard deviation was calculated. Pearson Product-Moment Correlation was carried out to assess the relationship between quality of sleep and mood. Further independent sample *t*-test was also used to assess the gender differences on quality of sleep and mood. Results revealed that there is a significant positive relationship between quality of sleep and different dimensions of mood but no gender differences were found. Findings of the research have important implications for young adults, school's children and those whose sleep patterns can be disturbed due to work shifts such medical officers, truck drivers etc.

Keywords: Sleep patterns, mood, sleep diary.

Spiritual Needs, Coping Styles and Sense of Coherence in Drug Addicts during Rehabilitation

Madeeha Javed (M.Sc 2011-2013)

Supervisor: Ms. Afifa Anjum

The purpose of this study was to explore the relationship between spiritual needs, coping responses and sense of coherence in drug addicts

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during rehabilitation. Following hypotheses were formulated: H1: There is an association between spiritual needs and coping responses. H2: Spiritual needs arising in the addicts are likely to predict sense of coherence. H3: Coping responses employed by the addicts in dealing with stress caused by addiction and its related problems are likely to predict sense of coherence. Purposive sampling strategy was used to draw sample of 60 drug addicts from different rehabilitation centers of Lahore. Survey design was used. Relationship among variables was measured through assessing Patients Spiritual Needs Scale, Brief Cope Scale and Sense of Coherence Scale were used with authors permissions. Pearson Product-Moment Correlation was used to examine the relationship between spiritual needs and coping responses among drug addicts. Step wise regression analyses were carried out for assessing predictors of subscales of sense of coherence separately. Results showed that different predictor emerge for each subscale, among seven subscales of spiritual needs, three subscales predicted sense of coherence. However, in coping responses among fourteen subscales, nine subscales predicted senses of coherence. Stepwise regression showed that beauty appreciation, behavior disengagement and meaning and purpose highly predicted meaningfulness. Whereas beauty appreciation, self-blame, use of emotional support, substance use highly predicted comprehensibility and positive reframing, use of emotional support, venting, active coping, behavior disengagement, acceptance, self-distraction and planning highly predicted manageability.

Keywords: Spiritual needs, coping styles, coherence, drug addicts, rehabilitation.

Alexithymia and Marital Satisfaction in Married Men

Wajiha Saleem (M.Sc 2011-2013)

Supervisor: Ms. Shahnaila Tariq

The present research was conducted to investigate the relationship between alexithymia and marital satisfaction in married men. It was hypothesized that there is likely to be a relationship between alexithymia and marital satisfaction in married men. Correlational research design was used. Sample was taken by using convenient sampling technique. The sample consisted of married men ($N = 100$), who were graduate, and the maximum duration of marriage was 5 years. Self developed scale of

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alexithymia (based on Taylor, (1994) Toronto Alexithymia Scale and Marital Satisfaction Scale (MSS) (Ayub, 2010) was used to collect the data. Pearson Product-Moment Correlation and Independent Sample *t*-test was used for the analysis of data. The results showed that there is a significant negative relationship between alexithymia and marital satisfaction. Results further revealed that there is no significant difference in the scores of nuclear and joint family system on alexithymia and marital satisfaction.

Keywords: Alexithymia, marital satisfaction, marriage.

Use of Defense Mechanisms and Self-Image among University Students

Nafeesa Irfani (M.Sc 2011-2013)

Supervisor: Ms. Omama Tariq

The present research was conducted to explore the relationship between use of defense mechanisms and self-image among university students. It was hypothesized that there is likely to be a significant correlation between use of defense mechanisms and self-image among students of university likely a gender difference regarding types of defense mechanisms used. It was also hypothesized that there is likely a correlation between different facets of defense mechanisms and self-image. Purposive sampling technique was used to collect data. Correlational research design was used to examine the relationship between defense mechanisms and self-image. A sample of 100 students (50 males and 50 females) was taken from Government College University's different departments were taken. Self-Image Profile for Adults (SIP-AD) and Defense Style Questionnaire (DSQ) scale were used for the assessment. Pearson Product-Moment Correlation and Independent Sample *t*-test were used to analyze data. No significant correlation was found between four types of defense mechanisms; maladaptive actions, self-sacrificing, image-distortion and adaptive and self-image. A negative correlation was found among defense mechanisms facets; undoing and somatization with self-image. Gender differences were found in terms of types of defense mechanisms used. Females used more self-sacrificing and adaptive defenses than males did, this could be due to cultural factors. Also self-image is influenced by social factors. The implication of this study the research can give grounds to more

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studies in the future. The findings of this research can be applied to solve problems students face with low self-image and how to improve it. The self-reported measure of defense mechanisms can make individuals aware of the type of defense mechanisms they used and switch to healthy defenses. Also the students can reduce using defense mechanisms and improve themselves using self-affirmation theory.

Keywords: Defense mechanism, self-image, somatization, self-sacrificing.

Interpersonal Values and Interpersonal Problems in the Patients with Conversion Disorder

Zoha Tashfeen (M.Sc 2011-2013)

Supervisor: Ms. Omama Tariq

The current study aimed to investigate the interpersonal problems and interpersonal values in the patients with conversion disorder, interpersonal expectations and interpersonal values associated with conversion psychopathology, patients diagnosed with conversion disorder will experience more expectations and interpersonal problems as compared to patients diagnosed with general medical conditions. Between group research design and probability sampling technique was used. Fifty patients with diagnosed with conversion disorder and fifty (50) patients diagnosed with minor general medical conditions like flue, fever and other conditions were recruited from different government hospitals of Lahore. Urdu version of Inventory of Interpersonal Problems (IIP-32 Horowitz, Alden, Wiggins, & Pincus, 2000) and Circumplex Scales for Interpersonal Values (CSIVs Lock, 2000) were used for assessment. The results revealed that the patients with conversion disorder experienced more interpersonal values as compared to the medical group. Conversion patients were more agentic, separate, submissive, submissive and separate, communal and agentic and communal as compared to patients of the general medical conditions. It is in indicated that the patients with conversion disorder were more non assertive, overly accommodation, self-sacrificing and domineering as compared to patients having general medication. The results showed that overly accommodation and self-sacrificing had the strong relation with interpersonal value of uncommunal. Interpersonal values such as unagentic and communal had strong relations with most of subscale of

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interpersonal problems. It was also seen that agentic and communal had the strong relation with all subscales of interpersonal problems. Implications of the findings for the patients, health professionals and policy makers are discussed in the context of Pakistani culture.

Keywords: Interpersonal values, interpersonal problems, psychopathology, conversion disorder.

Self-Perception of Stigmatization in Educated and Un-Educated Psychiatric Patients

Jafar Ali (M.Sc 2011-2013)
Supervisor: Ms. Omama Tariq

The aim of the study was to investigate self-perception of stigmatization in educated and un-educated psychiatric patients. The research also examined gender differences in perception of stigmatization. It was hypothesized that there is a difference in perception of stigmatization in educated and un-educated psychiatric patients. A sample of 100 (50 males and 50 female) psychiatric patients was collected from different psychiatric wards of government hospitals. Urdu version of Discrimination and Stigma Scale (DISC, Thorn croft; 2006) was used for assessment. Data was analyzed through independent sample t-test and Pearson Product Moment Correlation. Results of the research showed significant differences in perception of stigma in educated and un-educated psychiatric patients. Un-educated psychiatric patients self-perceived more stigma as compared to educated psychiatric patients. No gender differences were seen in educated and uneducated psychiatric patients regarding self-perception of stigmatization.

Keywords: Self-perception, stigmatization, psychiatric.

Childhood Abuse, Neglect and Self-Harm in Major Depressive and Non-Depressive Individuals

Aleena Rubab (M.Sc 2011-2013)
Supervisor: Mr. Faiz Younas

The purpose of this research was to investigate relationship among childhood abuse and neglect and self-harm in major-depressive and non-

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depressive individuals. It was hypothesized that there is positive relationship between Childhood Abuse, Neglect with Self-Harm and Major Depressive Disorder. Correlational research design was used to recruit a sample of ($N = 100$) which included ($n = 50$) major depressive chosen through purposive sampling while ($n = 50$) non-depressive participants were recruited by convenient sampling. The sample of depressive participants was taken from various hospitals of Lahore. Childhood Trauma Questionnaire (Bernstein & Fink, 1998) and Inventory of Statements about Self-Injury (Klonsky & Glenn, 2009) were used. Correlation independent sample t -test and Manova were applied to assess the results which showed significant positive relationship between childhood abuse, neglect and major depressive disorder and childhood abuse, and neglect with self-harm. It was concluded that childhood abuse, neglect leads to self-harm and major depressive disorder. This research can create awareness about childhood abuse and neglect and its consequences in later life.

Keywords: Childhood abuse, neglect, self-harm, major depressive disorder.

Type A/B Personality in Disordered Eating and Anxiety among Younger Adult

Attiya Munir (M.Sc 2011-2013)

Supervisor: Ms. Maha Khalid

The present research investigated disordered eating and anxiety among younger adults of type A/B personality. This research focuses on the disordered eating behavior among young adults ranges from age 19 to 25. Between research design was used. Sample was selected from University of the Punjab and purposive sampling technique was used. It was hypothesized that there is likely to be gender difference present in disorder eating and anxiety. It was also hypothesized that there is a relation between anxiety and disordered eating. Disordered Eating Behavior Scale and Hamilton Anxiety Scale were used. A/B Personality Behavior Pattern Scale was also used to assess personality type of the participants. Independent sample t -test, correlation and regression analysis were used to analyze the data. Results from correlation analysis showed that there is significant relationship between anxiety and disordered eating behavior. Finding of the study showed that disordered

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eating is a significant predictor of anxiety among females. The research will be helpful for future studies to deal with disordered eating behavior and understanding causes of disordered eating among youth of Pakistan. The research will also be helpful for studying risk factors that are increasing disordered eating among youth of Pakistan.

Keywords: Disordered eating, anxiety, personality, adults.

Childhood Trauma and Psychopathic Traits in Polysubstance Abusers

Ayesha Rasheed (M.Sc 2011-2013)

Supervisor: Ms. Maha Khalid

The present research aimed to find out the relationship of childhood trauma and psychopathic traits in polysubstance abusers. It was hypothesized that there is likely to be relationship between childhood trauma and psychopathic traits in polysubstance abusers than the general population. It was also hypothesized that there was difference between childhood trauma and psychopathic traits in general population and polysubstance abusers. It was further hypothesized that childhood trauma predicts psychopathic traits. Correlation research design was used. The sample size was 80 males which included 40 polysubstance abusers and 40 males from general population. For this, purposive sampling technique was used. To assess childhood trauma, the Childhood Trauma Questionnaire (CTQ) by Bernstein and Fink (1998) was used. For the assessment of psychopathic traits Levenson Self Report Psychopathy by Levenson, Kiehl and Fitzpatrick, (1995) was utilized. Pearson Product-Moment Correlation was used to analyze the relationship between childhood trauma and psychopathic traits. Independent sample *t*-test was used to investigate the difference and linear regression for assessing the prediction. The findings of this research revealed that there is a significant positive association between childhood trauma and psychopathic traits. The results also revealed that there is a significant difference in general population and polysubstance abusers related to childhood trauma and psychopathic traits.

Keywords: Childhood trauma, psychopathic traits, polysubstance abusers.

Self-Determination, Body Esteem, Stress and Body Dysmorphic Symptoms in University Students

Rida Arshad (M.Sc 2011-2013)

Supervisor: Dr. Fauzia Naz

The present research explored the relationship between self-determination, body esteem, stress and body dysmorphic symptoms among university students. It was assumed that relationship exists between self-determination, body esteem, stress and severity of body dysmorphic symptoms in students. Lack of self-determination, low body esteem and stress are likely to predict severity of body dysmorphic symptoms in students. 100 students (50 boys & 50 girls) were recruited from University of the Punjab. Their mean age was 18.64 years ($SD = .64$). The students were identified as under-weight and over-weight using Body Mass Index Chart. Self-determination was assessed by using self-determination Scale (Wehmeyer & Kelchner, 1995). Body Esteem Scale (Franzio & Shields, 1984) was used to assess body esteem of the students. Sub-Scale of Stress of Depression, Anxiety and Stress Scale (DASS) was used to assess stress in students. Body Dysmorphic Scale (Naz & Kausar, 2012) was used to assess body dysmorphic symptoms of students. Results revealed positive relationship between stress, low body esteem, autonomy (sub-scale of self-determination) and severity of body dysmorphic symptoms. There was negative relationship between self-regulation, psychological empowerment (sub-scales of self-determination) and severity of body dysmorphic symptoms in students. Stress, lack of psychological empowerment emerged as significant predictors of body dysmorphic symptoms in students.

Keywords: Body dysmorphic symptoms, body esteem, stress, self-determination, psychological empowerment.

Cognitive Emotion Regulation and Self-Esteem in Patients with Major Depression

Anam Pervaiz (M.Sc 2011-2013)

Supervisor: Dr. Fauzia Naz

The present research was conducted to explore the relationship between the cognitive emotion regulation and self-esteem in patients with major

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depression. It was hypothesized that (a) there is likely to be negative relationship between the cognitive emotion regulation and severity of depressive symptoms in patients with depression, (b) there is likely to be positive relationship between the cognitive emotion regulation and self-esteem in patients with major depression, (c) cognitive emotion deregulation and low self-esteem are likely to be the predictors of depressive symptoms (d) there are likely to be gender differences regarding cognitive emotion regulation, severity of depressive symptoms and self-esteem. Purposive sampling technique was used to collect data. A sample of 100 patients (50 men and 50 women) already diagnosed with major depression were recruited from the psychiatry units of different hospitals. Their age ranged between 20 to 50 years $M = 35.22$ (males), $M = 32.38$ (females). The Cognitive Emotion Regulation Questionnaire (CERQ; Garnefski & Kraaij, 2002) was used to assess cognitive emotion regulation in patients with depression. Rosenberg Self-Esteem Scale (RSE; Rosenberg, 1965) was used to assess self-esteem in patients with depression. Center for Epidemiological Studies Depression Scale (CES-D; Radloffs, 1977) was used to measure depression in adults. The results highlighted that there is significant positive correlation between cognitive emotion regulation and high self-esteem in men. There is significant negative relationship between self-esteem and depression in men. There is significant positive correlation with self-esteem and cognitive emotion regulation. Cognitive emotion regulation had negative correlation with depression in women. Results showed no significant gender differences regarding depression. Self-esteem emerged as significant predictor of cognitive emotion regulation.

Keywords: Cognitive emotional regulation, self-esteem, major depression disorder.

Developmental Psychology

Parenting Styles, Jealousy and Family Relations among Adolescents

Shahzad Jamil (M.Sc 2011-2013)

Supervisor: Dr. Iram Fatima

The present research sought to explore relationship among parenting styles, jealousy, and family relationships. It was hypothesized that authoritative parenting style was likely to relate negatively to jealousy and positively to family relations while authoritarian and permissive parenting styles were expected to relate positively to jealousy and negatively to family relations. Jealousy and family relations were expected to relate inversely. Mediation of jealousy between parenting styles and family relations was also assessed. A sample of 89 male students of 1st year ($M_{age} = 18$ years) was taken from different public sector colleges of Lahore. Parental Authority Questionnaire (Buri, 1991), Interpersonal Jealousy Scale (Farooq & Amjad, 2012), and Family Relations subscale of Family Environment Scale (Bhatia & Chadha, 1993) were used. Data were analyzed through Pearson Product Moment Correlation, Regression Analysis and Structural Equation Modeling. Results of the study revealed that authoritarian style of mother was negatively related to jealousy and negatively predicted family relations whereas all other parenting styles had no relationship with jealousy. Only authoritative style of mother predicted the family relations positively. Thereafter, it was found that jealousy was negatively related to the family relations as well as negatively predicted family relations in regression analysis. Finally, jealousy appeared to mediate the relationship between authoritarian style of mother and family relations.

Keywords: Parenting styles, authoritarian, permissive, jealousy, family relations.

Perceived Parental Involvement and Concept of Self in Adolescents

Summaya (M.Sc 2010-2012)

Supervisor: Dr. Afsheen Masood

The present research investigated the relationship between perceived parental involvement and the concept of self in adolescents. The research was laid through cross sectional research design. The sample was drawn by using non-probability purposive sampling strategy, was taken from different schools of Lahore. The sample ($N = 160$) comprised of ($n = 80$

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girls, $n = 80$ boys), contacted from the private sector schools and government sector schools. It was hypothesized that the concept of self is significantly associated with level of parental involvement. A self constructed demographic questionnaire was administered was administered to the participants in order to acquire the demographic information of the sample. The Urdu translation of Perception of Parent Scale (POPS) by Grolnick, Deci and Ryan, (1997) was administered on each participant to measure the perceived parental involvement. The measure of Self Concept by Haldley, Hair and Moore (2008) after translation was used to measure the self concept. Statistical Package for Social Sciences (SPSS) version 16 was used to analyze the data. The results revealed that there was significant positive relationship between perceived parental involvement and concept of self in adolescents. It was further revealed that time spent by parents with children and the sharing of experiences were strong predictors for self-concept in adolescents. The findings carry strong implications for educationists and parents alike, stressing the need to inculcate the apt time sharing in their child-rearing practices.

Keywords: Perceived parental involvement, perception, concept of self.

Perceived Inter-Parental Conflict and Aggression in Adolescents

Farah Jamil (M.Sc 2010-2012)
Supervisor: Ms. Tahira Mubashir

The present research aimed to investigate perceived inter-parental conflicts and aggression in adolescents. It was hypothesized that (a) there is likely to be a relationship between perceived inter-parental conflicts and aggression in adolescents (b) aggression in adolescents is predicted by perceived inter-parental conflicts and (c) there are likely to be gender differences in perception of inter-parental conflicts and expression of aggression in adolescents. Correlational research design was used. The sample was composed of ($N = 200$) adolescents (girls = 100, boys = 100) between the age range of 14-16 years from different government schools of Mandi Baha Uddin and it was drawn by using purposive sampling technique. Child Perception of Inter-parental Conflicts Scale (Grych, Seid & Fincham, 1992) was used to assess perception of inter-parental conflicts and Aggression Questionnaire (Buss & Perry, 1992) was used to assess aggression in adolescents. Findings revealed significant positive correlation between child perception of inter-parental conflict and aggression in adolescents. Conflict properties and child perception of

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inter-parental conflicts emerged as significant predictors of aggression. Results also showed that there are significant gender difference in both perception of inter parental conflicts and expression of aggression. Mean scores shows that boys perceive more inter parental conflicts in terms of intensity, threat and self-blame as compared to girls. While girls express high level of verbal aggression as compared to boys. Present research findings would help educating parents about the factors associated with aggression in adolescents and also showed that there are significant gender differences in perception of inter-parental conflicts and expression of aggression.

Keywords: Inter-parental conflict, aggression, perception.

Family System, Perceived Stress and Expression of Aggression among Adolescents

Maryam Zulfiqar (M.Sc 2011-2013)

Supervisor: Dr. Shamaila Asad

This research aimed at examining the possible difference in expression of aggression and perceived stress in adolescents with nuclear and joint family system. It was hypothesized that there is likely to be a difference in expressions of aggression and perceived stress in adolescents with nuclear and joint family system. It was also hypothesized that there is likely to be a relationship between perceived stress and expression of aggression and there is likely to be a gender difference in perceived stress and expression of aggression. Sample of 100 adolescents which include both male ($n = 50$) and female ($n = 50$) was selected. Convenient sampling strategy was used. Aggression was measured by Aggression Scale developed by Mathur and Bhatnagar, (2004) and Perceived stress was assessed by Perceived Stress Scale developed by (Cohen et al, 1983). Reliability values of the scales are (PSS $\alpha = .60$, AGG $\alpha = .70$) Independent sample t -test was used to explore differences. The results revealed no significant difference in expression of aggression and perceived stress in adolescents with nuclear and joint family system (t -value of PSS is $-.10$ and AGG is $.67$). No significant relationship is found between expression of aggression and perceived stress ($r = -.16$). The results suggest no significant gender difference in perceived stress and expression of aggression t -value for Perceived Stress was 1.38 and t -value for Aggression was -3.0 .

Keywords: Family system, stress, aggression.

Educational Psychology/School Psychology

Academic Stress and Psychological Well-Being of School Students

Komal Ali Hussain (M.Sc 2011-2013)

Supervisor: Prof. Dr. Rukhsana Kausar

The present research was conducted to investigate the relationship between academic stress and psychological well-being of high school students. It was hypothesized that there is a relationship between academic stress and psychological well-being in school students. For this purpose a sample of 100 school students from two Government schools of Lahore was taken. Educational Stress Scale for Adolescent (Sun, Dune, Hou, & Xu, 2011) and Stirling Children Well-Being Scale (Liddle & Carter, 2010) were used as tools for the individual assessment of the students academic stress and psychological well-being. Permission to use the tool was taken from the authors through e-mail. Data was analyzed using Pearson Product-Moment Correlation, stepwise regression analysis and independent sample *t*-test. Result of the analysis showed that there is a significant positive relationship between academic stress and psychological well-being in school students. Regression analysis showed that academic stress significantly predicts psychological well-being of school students. Result of the independent samples *t*-test show that there is a significant gender differences in academic stress of school students. Girls experience more academic stress than boys. Findings of the research can help in understanding awareness of educational stress and mental health among school students. Research would help teachers, authorities and educational institution in reducing the adverse effects of academic stress on students' well-being.

Keywords: Academic stress, psychological well-being, children.

Vocabulary, Comprehension of Children and Mothers' Learning Practices

Zahra Asad Bukhari (M.Sc 2010-2012)

Supervisor: Dr. Naumana Amjad

The present research aimed to investigate mothers' learning practices and children's vocabulary and comprehension. Mothers' learning practices which are related to mothers' education, books reading, stories telling to children, encouraging reading and providing books to children that are

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related to children cognitive and intellectual development. It was hypothesized that there is likely to be a positive relationship in vocabulary and comprehension of children and mothers' learning practices. The sample was comprised of 240 participants from different cities of Pakistan (120 = students of 9th grade (60 = private school and from public schools) and 120 their mothers). Self-made questionnaire was used to assess mothers' learning practices. Children were assessed by their vocabulary and their comprehension. Two subscales of WISC III which assess verbal IQ were used. Pearson Product- Moment Correlation was used to assess data. Study revealed that there is a positive significant relationship between vocabulary score and comprehension score. Independent sample *t*-test was used to compare private and public school children on vocabulary and comprehension. No significant difference was found between vocabulary and comprehension of public and private school children. Independent sample *t*-test was used to compare those children who listen to stories and those who do not listen to stories. Significant differences are found in the vocabulary and comprehension of story listeners and those who do not listen to stories by their mothers. The implication of the study is that to expose of reading material and books reading provide stimulus to children for their intellectual growth which helps to determine of vocabulary and comprehension.

Keywords: Vocabulary, comprehension, learning practices.

Intervention for Relational Victimization among Young Adults

Ayesha Younas (M.Sc 2011-2013)

Supervisor: Dr. Naumana Amjad

The present research aimed to investigate whether normative beliefs about aggression and justification of indirect aggression can be changed through educational intervention and whether there are gender differences on normative beliefs and justifications. It was hypothesized that normative beliefs and justifications would be reduced after educational intervention among experimental groups, and there would be a significant difference in beliefs of experimental and control groups. A mixed (between and within group) experimental design was used. Sample consisted of 156 students from three departments of Punjab University, Lahore. It involved pre-test measurement of normative beliefs about aggression and justification of indirect aggression, an educational

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intervention lecture and a post-test measurement of beliefs. Experimental group received intervention and control group received lecture on an unrelated topic. An experimental post-test only group was included to discern the effect of demand characteristics. Normative Beliefs about Aggression (Huesmann & Guerra, 1997) and Justification of Aggressive Responding Questionnaire (Jameel, 2006) were administered on each participant. Independent sample *t*-test was carried out to compare experimental and control groups and males and females. Paired sample *t*-test was used to compare pre and post intervention beliefs of experimental group. Normative beliefs about aggression and justification of indirect aggression were significantly reduced after educational intervention and there was no gender difference on any measure.

Keywords: Relational victimization, normative beliefs, indirect aggression.

Social Problem Solving Skills, Normative Beliefs about Aggression and Aggressive Behavior among School Students

Samia Parveen (M.Sc 2011-2013)

Supervisor: Dr. Naumana Amjad

The present research studied the relationship between social problem solving skills, normative belief about aggression and aggressive behavior among school students. The aim of the study is a). Aggressive behavior related to normative beliefs about aggression, b). Difference in aggressive behavior, social problem solving skills and beliefs about aggression among boys and girls, c). Difference in aggressive behavior among girls and boys is due to their different beliefs about aggression and social problem solving skills. Sample comprised of 60 school students (30 boys and 30 girls; age range from 9 to 12). The data was collected by using Social Problem Solving Measure (Dodge, 1986), Normative Belief about Aggression Scale, NOBAGS (Huesmann & Guerra, 1997) and Direct and Indirect Aggression Scale (DIAS, Bjorkqvist, Osterman, & Kaukiainen, 1992) from different schools of Lahore. All scale was translated into Urdu by the researcher. The results indicate that there is significant relationship of retaliation (subscale of NOBAGS) with general belief about aggression, physical, verbal and indirect aggression but general belief about aggression have non-significant with verbal aggression. In social problem solving styles, boys have higher frequency in aggressive

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responses and on the other side girls have higher frequency in defensive responses. There is a significant mean difference in retaliation and general belief about aggression among boys and girls. There is significant difference in physical, verbal and indirect aggression among boys and girls. The mean differences of physical aggression and verbal aggression are higher in boys and mean difference of verbal and indirect aggression are higher in girls.

Keywords: Social problem solving skills, normative beliefs, aggressive behavior.

Persistence in High and low Achievers of First Year Intermediate Students

Ayesha Aslam (M.Sc 2011-2013)

Supervisor: Dr. Iram Fatima

A cross sectional study was conducted to compare high achievers and low achievers of first year intermediate students on two dimensions of persistence, i.e., perseverance and consistency. It was hypothesized that high achievers would be more persistent than low achievers and there would be gender differences in persistence. Grit Scale of Perseverance and Passion for Long Term Goals (2007) was used to assess persistence. High achievers ($n = 100$) were those who obtained more than 80% marks in higher secondary school, while low achievers ($n = 100$) were those who obtained less than 60% marks. Each group comprised of equal number of girls and boys with mean age of 17.9 years. The findings of the current study revealed that high achievers were more perseverant and consistent than low achievers. Moreover, it was also observed that there were no gender differences in perseverance. However, girls were more consistent than boys.

Keywords: Perseverance, consistency, high achievers, low achievers.

Academic Procrastination and Self-Efficacy in College Students

Mashel Fatima (BS 2009-2013)

Supervisor: Dr. Iram Fatima

Correlational study was conducted to find out the relationship between academic procrastination and self-efficacy in college students ($N = 200$; $M_{age} = 16.87$, $SD .85$) It was hypothesized that there was likely to be a negative relationship between procrastination and self-efficacy in college students. Second, there would be gender differences in academic procrastination and self-efficacy in college students. Third, the Self-efficacy would negatively predict academic procrastination. Active and Passive Procrastination Scale (Chu & Choi, 2005) and General Self-Efficacy Scale (Schwarzer & Jerusalem, 1995) were used to measure the constructs. Contrary to what was hypothesized, it was found that there was positive relationship between self-efficacy and academic procrastination. There were no gender differences in active and passive procrastination. However, boys had higher level of self-efficacy than girls. Results from regression analysis showed that unexpectedly, self-efficacy positively predicted passive procrastination but didn't predict active procrastination. Implications along with limitations are discussed.

Keywords: Academic procrastination, self-efficacy, predictors.

Self-Efficacy, Self-regulated Learning Strategies and Student's Academic Achievement

Naila Noreen (M.Sc 2011-2013)

Supervisor: Dr. Iram Fatima

The present research aimed to investigate the relationship of self-efficacy and self-regulated learning strategies with student's academic achievement through correlational research design. Data was collected from 100 Masters Students with age range of ($M = 21.56$, $SD = 1.16$) from different colleges of Lahore affiliated with Punjab university. It was hypothesized that there was likely to be positive relationship between self-efficacy and academic achievement of students. Second, there was likely to be relationship between self-regulated learning strategies and academic achievement of students. Third, the Self-efficacy and self-regulated learning strategies would predict academic achievement.

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Finally, there would be gender differences in self-efficacy, self-regulated learning strategies and student's academic achievement. Motivated Strategies for Learning Questionnaire (Pintrich, Smith, Garcia, & McKeachie, 1991) was used to measure self-regulated learning strategies and self-efficacy. Academic achievement of students was measured with percentage of marks obtained in last final exam. It was observed that there was positive relationship between self-efficacy and academic achievement in students. The findings revealed positive relationship of self-regulated learning strategies such as rehearsal, elaboration, organization, critical thinking, meta cognitive self-regulation, help seeking with academic achievement. Self-efficacy and help seeking positively predicted academic achievement. Gender differences were not found in self-efficacy and academic achievement. Among self-regulated learning strategies, gender differences were observed only in elaboration with women gaining higher score on elaboration than males.

Keywords: self-efficacy, self-regulated, learning, academic achievement.

Body Image and Depression among Female Students in Single Sex and Co-Education Universities

Sara Mubeen (M.Sc 2009-2013)

Supervisor: Dr. Iram Fatima

The present study was conducted to find out the relationship between body image and depression in female students of ages between 19-22 years ($M = 20.86$, $SD = 1.09$) in single sex ($n = 50$) and co-education university ($n = 50$). The correlational research design was used. It was hypothesized there would be relationship between body image and depression in female students. It was also hypothesized that there body image and depression of female students will differ in single sex and coeducation universities. Body Consciousness Scale (McKinley & Hyde, 1996) was used for body image and Beck Depression Inventory (Beck, 1998) was used for assessing depression. The findings of the results show that there was a positive relationship between body consciousness and depression. Results also show there was difference in body image and depression of female students in single sex and coeducation universities.

Keywords: Body image, depression, co-education.

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Academic Locus of Control, Self Efficacy and Academic Performance among Medical Students

Hira Muneer (M.Sc 2011-2013)

Supervisors: Dr. Rafia Rafique and Ms. Qudsia Nashee

The present study explored the relationship of academic locus of control, self-efficacy and academic performance among medical students. It was hypothesized that a) there is likely to be a relationship between academic locus of control, self-efficacy and academic performance among medical students and b) academic locus of control and self-efficacy are likely to predict academic performance among medical students. Within subject research design was used. The sample ($n = 200$) (100 male and 100 female) medical students were selected by using non probability purposive sampling technique from two public sector medical colleges of Lahore. College Student Self-Efficacy Scale (CSSES), Trice's Academic Locus of Control Scale and Academic performance scores along with demographic form were used to measure the variables. Correlational analysis indicated that there was a significant positive correlation between self-efficacy and performance, and a significant negative relationship between locus of control and performance. Regression analysis indicated that self-efficacy was a significant predictor of performance. The present study has added up in existing literature regarding correlates of academic performance.

Keywords: Locus of control, self-efficacy, academic performance.

Mathematics Anxiety, Self-Efficacy and Academic Performance of High School Students

Sadaf Fatima (M.Sc 2011-2013)

Supervisor: Dr. Afsheen Masood

The main objective of this research was to examine the relationship between mathematics anxiety, self-efficacy and academic performance in mathematics of high school students. It was hypothesized that there is likely to be relationship between Mathematics anxiety, academic performance and self-efficacy in high school students. A sample of 100 participants was included from different high schools, age ranging between 14-16 years. The measures were Mathematics Anxiety Rating

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Scale instrument developed by (Richardson & Suin 1972), Generalized Self-Efficacy Scale by (Schwarzer & Jerusalem 1995), Academic Performance Rating Scale (APRS) by (Paul, Rapport & Perreillo 1991), translated into Urdu and a self-constructed demographic questionnaire. The data was analyzed through Pearson Product-Moment Correlation. While gender differences were analyzed by using independent samples *t*-test. The result shows that there is significant negative relationship between mathematics anxiety and self-efficacy. It also revealed that there is no significant relationship between mathematics anxiety and academic performance, self-efficacy and academic performance. The result shows significant gender differences in mathematics anxiety, self-efficacy and non-significant gender differences in academic performance.

Keywords: Mathematics, self-efficacy, performance.

Parenting Styles, Family Environment and Academic Performance

Wardah Ayub (M.Sc 2011-2013)

Supervisor: Dr. Afsheen Masood

The objective of this research is to examine parenting styles, family environment and academic performance of college students. It is hypothesized that there is a significant relationship between parenting styles, home environment and academic performance of college students. The sample consisted of 100 participants $N = 100$ (girls = 50 and boys = 50). Age range was 17-22 years. The sample was taken from different colleges of Lahore. Following assessment measures were used in this research. Parenting Style Questionnaire by Robinson, Mandelco, Olsen et al., (1995) that measured three different parenting styles like authoritarian, authoritative and permissive style. Family Environment Scale given by Chadha and Bhatia, (1993) measured family relationships, personal growth and system maintenance. Academic performance was taken as the average percentage of marks obtained in the last college examinations. A self constructed demographic questionnaire and informed consent was taken from all participants. Permission from principals of the colleges was taken. Analysis was run by applying Pearson Product-Moment Correlation method. The findings show that there is no significant relationship between parenting style and academic performance, but there is a significant relationship between family environment and academic performance.

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Keywords: Parenting styles, family environment, academic performance.

Parenting Styles, Homesickness and Coping Strategies in University Students Living in Hostels

Zarnosh Sarwar (M.Sc 2011-2013)

Supervisor: Dr. Afsheen Masood

The present study examined the relationship between parenting styles experience of homesickness, and the way of coping with the feelings involved. A sample of 100 first-year female university students living in hostels, age ranging from 18 to 22 years was selected. It was hypothesized that, there is relationship between parenting styles, homesickness and coping strategies. The assessment measures used were Parenting Styles Questionnaire by (Robinson, Mandleco, Olsen & Hart, 1995), Homesickness Questionnaire by Archer (1998) and Adult Homesickness Coping Questionnaire (AHCQ) by (Tilburg, Heck & Vingerhoets). All of the questionnaires were translated in to Urdu. Analysis was done by using SPSS 16.0. Pearson Product-Moment Correlation was used to find the relationship among parenting styles, homesickness and coping strategies. The results showed that there was a significant relationship among parenting styles, homesickness and coping strategies. Independent sample *t*-test was used to find age differences in the chronicity of homesickness, dissatisfaction with university and attachment to home. There were no age differences found in chronicity of homesickness. One-way ANOVA was used to find the effect of different parenting styles on the use of coping strategies, significant coping means that emerged from analyses were social-support; positive thinking and mental escape. Multiple regression analysis was used to find the predictor of the coping strategies that revealed Parenting styles to be the highly significant predictor for the type of coping strategies being used.

Keywords: Parenting styles, homesickness, coping strategies.

Adaptive Learning in High and Low Achievers

Kiran Siddique (M.Sc 2011-2013)

Supervisor: Ms. Afifa Anjum

This study aimed to explore adaptive learning in high and low achiever students. It was hypothesized that high achievers will be more adaptive learners than low achievers, and this effect will remain significant even when gender and socioeconomic status (family income and urban vs. rural residential status) are entered in analysis. Patterns of Adaptive Learning Scale (Midgely, Maehr, Hruda, et al., 2000) were administered on 130 students from two universities of Lahore. Purposive sampling was employed. From each class selected, top 15% and bottom 15% from the end semester GPA list were recruited as high and low achievers respectively. Independent samples *t*-test was performed to find out differences in adaptive learning by achievement type (high versus low achievers). Findings revealed that high achievers scored significantly more than low achievers on overall adaptive learning. Further analysis revealed that both groups differ only on perception of classroom goal structure. Two way ANOVA were carried out to investigate the differences in adaptive learning by achievement type, gender, family income and residence to identify any interactional effect of these variables. Again main effect of achievement type was found significant. Gender and family income had no significant main effect as well as no interaction was found significant. Residence had significant main effect. Students from urban areas were more adaptive learners. Findings are discussed in light of characteristics of adaptive learners relating to achievement and environmental differences and pressures faced by students coming from a less privileged environment.

Keywords: Adaptive learning, high achievers, low achievers, achievement.

Perfectionism, Attributional Styles and Life Satisfaction in University Students

Asma Jabeen (BS 2009-2013)

Supervisor: Ms. Afifa Anjum

The present research aimed to investigate relationship between perfectionism, attributional styles and life satisfaction in university

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students. It was hypothesized that there is likely to be an association between perfectionism, attributional styles and life satisfaction. It was also hypothesized that there is likely to be an association between adaptive perfectionism and life satisfaction. Furthermore it was hypothesized that adaptive and maladaptive perfectionism are likely to be differently related with different dimensions of attributional styles for success and failure. The sample of ($N = 120$) students (both males and females) was selected from two public universities of Lahore by using purposive sampling. Perfectionism, attributional styles and life satisfaction were assessed by Frost Multidimensional Perfectionism Scale (Frost et al., 1990), Attributional Style Assessment Test (ASATI) Anderson (1999) and Satisfaction with Life Scale (Diener, Emmons, Larsen, & Griffin, 1985) respectively. Pearson Product-Moment Correlation and regression analysis were used to analyze the data. The findings revealed that maladaptive perfectionism has positive correlation with effort attributional style and negative correlation with attribution of other circumstances. Results showed that there is significant positive correlation between adaptive perfectionism and life satisfaction and adaptive perfectionism predicts life satisfaction. Moreover maladaptive perfectionism was positively correlated with attribution of effort and negatively with other circumstances for success; and in case of failure maladaptive perfectionism was negatively correlated with attributional style of other circumstances but no correlation was found with effort attributional style.

Keywords: Perfectionism, attributional styles, life satisfaction.

Motivation, Time management, Academic Stress and Academic Performance in University Sports Students

Faiza Sarfraz (M.Sc 2011-2013)

Supervisor: Ms. Afifa Anjum

The present study was conducted to examine the relationship between motivation, time management, academic stress and academic performance in university sports students. Survey research design was used to conduct this study. It was hypothesized that motivation predicts time management, academic stress and academic performance in university sports students. Sample ($N = 56$) was collected from sports hostel of Punjab University comprising of both women ($n = 28$), men (n

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= 28). Time Management Behavior Instrument, Educational Stress for Adolescence Scale and Students Athletes Motivation towards Academics and Athletics Scales were used to measure study variables. The findings revealed correlation between the sports related demographic characteristics of participants and study variables showed that there was positive relationship between academic motivation and years of participation in sports. Findings of correlation analysis showed that there is positive correlation between settings of goals, educational stress, and perceived control of time, athletic future motivation and academic motivation. Regression analysis showed that academic motivation significantly predicts the time management, academic stress. *t*-test showed significant difference in time management, academic motivation and academic stress between male and female students. Female sports students are more academically motivated, they have more ability to manage their time and they are more stress taker then male sports students.

Keywords: Motivation, time management, academic stress, academic performance.

Teaching Styles and Students' Academic Self Regulation

Fouzia Tahir (M.Sc 2011-2013)

Supervisor: Ms. Afifa Anjum

The present research aimed to investigate effects of teaching styles on students' academic self-regulation. Survey research design was used. It was hypothesized that teaching styles are likely to be predictors of academic self-regulation while controlling for parenting styles. It was further hypothesized that there is likely to be gender differences in academic self-regulation. Sample of the present research consisted of 50 boys and 50 girls, age range from 14 to 19, recruited by using non probability purposive sampling technique from government schools of Lahore. Students' academic self-regulation was measured by Motivated Strategies for Learning Questionnaire (MSLQ), (Pintrich, Smith, Gracia & McKeachie, 1991). The Parenting Style Inventory II (Darling, 1997) was used to measure participant perceived parenting styles of their parents. The Questionnaire on Teacher Interaction (QTI), (Wubbels & Leavy, 1993) was used to gather students' perception of their teachers teaching styles. The data/information was analyzed by using Pearson

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Product-Moment Correlation, *t*-test, and multiple hierarchical regressions. Findings revealed that leadership teaching is the only style which predicts academic self-regulation in students. Among demographics, parents' education was negatively related with academic self-regulation in their children. Significant gender differences in academic self regulation of students were also observed. Girls were more self-regulated than boys.

Keyword: Teaching styles, self regulation, parenting style.

Resilience, Empathy and Self-Efficacy in Medical and Clinical Psychology Students

Farheen Najam (M.Sc 2010-2012)
Supervisor: Ms. Afifa Anjum

The purpose of the present research was to investigate the differences in resilience, empathy and self-efficacy in medical and clinical psychology students. The sample of medical students was taken from Fatima Jinnah Medical College, Lahore and clinical psychology students from Institute of Applied Psychology, Punjab University, Lahore, using convenient sampling technique. Students who were in final semester of clinical psychology and final year of MBBS were recruited. Resilience Scale RS-14 (G. Wagnild 1987), Multi-Dimensional Scale for Emotional Empathy (John, Mayer and Caruso, 1998), General Self-Efficacy Scale (Ralf Schwarzer, 1995) were used for data collection. *t*-test revealed that clinical psychology students have greater overall resilience and self-efficacy and greater responsive sharing, emotional attention and feel for others (three subscales of empathy) than medical students. Significant correlation was found between resilience, empathy and self-efficacy in both samples.

Keywords: Resilience, empathy, self-efficacy.

Perfectionism and Moral Judgment Competence in Students

Maria Sadaf (M.Sc 2011-2013)

Supervisor: Ms. Shahnila Tariq

The present research was conducted to investigate the relationship between perfectionism and moral judgment competence in students. It was hypothesized that there is likely to be relationship between perfectionism and moral judgment competence. Correlational research design was used. The sample consisted of ($N = 80$) ($n = 40$ male and $n = 40$ female) students from different departments of the University of the Punjab. Self constructed demographic form Multidimensional Perfectionism Scale (MPS) by Frost, Marten, Lahart, and Rosenblate (1990) and Moral Judgment Test (MJT) by Lind (1977) were used for data collection. Research findings showed that there was not significant relationship between perfectionism and moral judgment competence but positive relationship was found in them. Different family systems like nuclear and joint had significant effect on these two variables. The perfectionism and moral judgment competence in low and high achievers was also not significantly different.

Keywords: Perfectionism, moral judgment, competence.

Teacher Acceptance-Rejection and Parental Involvement in Education and Academic Performance of School Children

Ephraim Dennis (M.Sc 2011-2013)

Supervisor: Ms. Omama Tariq

The present research was conducted to investigate the relationship between teacher acceptance-rejection and parental involvement in education and academic performance of school children. It was hypothesized that there is likely to be a relationship between perceived teacher acceptance-rejection and academic performance of school children. Another hypothesis was that parental involvement is likely to be related to academic performance of school children. It was also hypothesized that both perceived teacher acceptance-rejection and parental involvement are significant predictors of children's academic performance. Correlational research design was used to investigate the relationships between variables. A sample of 136 school children, (male

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= 54, female = 82) age range 10-13years was taken to test the hypotheses. Teacher Acceptance-Rejection Control Questionnaire and Parent-Teacher Involvement Questionnaire were used to collect the information. The results revealed that there was no significant relationship between perceived teacher acceptance-rejection and academic performance of school children and that perceived teacher acceptance-rejection did not predict the academic performance. Parental involvement and academic performance were found to be significantly related and hierarchical regression showed that parental involvement significantly predicted academic performance.

Keywords: Acceptance-rejection, parental involvement, academic performance.

Emotional Maturity and Social Adjustment in University Students

Gull Zuhra (M.Sc 2011-2013)

Supervisor: Ms. Omama Tariq

The present research was conducted to explore the relationship between emotional maturity and social adjustment in university students. It was hypothesized that there is likely to be relationship between emotional maturity and social adjustment in university students. Co-relational research design was used in the study. Purposive sampling strategy was used to select the sample. A sample of 100 students (50 male and 50 female) was collected from the two universities of Lahore. Emotional Maturity Scale (Singh & Singh, 1990) and Reynolds Adolescent Adjustment Screening Inventory (Reynolds, 2001) was used to examine the emotional maturity and social adjustment in the university students. Pearson Product-Moment Correlation, Hierarchical multiple regression analysis and *t*-test were used for the statistical analysis. Analysis revealed that positive relationship was found between emotional maturity and social adjustment. It was found that emotional maturity predicts the social adjustment. No gender differences were found in emotional maturity and social adjustment. The findings have important implication for the students who are facing different challenges of life and are confronted with emotional disturbances. It is beneficial for the teachers, parents and the counselors to protect the intellectual potential of the students by providing them support.

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Keywords: Emotional maturity, social adjustment disturbance, relationship.

Temperament and School Readiness in Kindergarten Students

Zainab Raza (BS 2009-2013)

Supervisor: Ms. Omama Tariq

The present study was conducted to find out relationship between temperament and school readiness in kindergarten students. It was hypothesized that there is relationship between temperament and its dimensions (surgency, negative affectivity, effortful control) and school readiness. It was also hypothesized that there is gender differences in school readiness and temperament in kindergarten students. Another hypothesis was that temperament and its dimensions (surgency, negative affectivity, effortful control) are more likely to predict school readiness in kindergarten students. Correlation research design was used. Purposive sampling had been used to collect sample. The sample comprised of ($N = 150$) kindergarten students was drawn from five private schools of Lahore. Kindergarten Readiness Checklist (Lyons, 2009) was used to assess school readiness in kindergarten students while Children Behavior Questionnaire Very Short Form Teacher Version (Rothbart, Ahadi, Hershey & Fisher, 2001) was used to assess temperament of kindergarten students. Pearson Product-Moment Correlation, regression, and t -test were used to assess relationship of temperament and school readiness, temperament as predictor of school readiness, and gender difference in school readiness and temperament respectively. Analyses revealed that there was relationship between temperament and school readiness. Effortful control and negative affectivity were strong predictors of school readiness. It was also revealed that there is no gender difference in school readiness and temperament in kindergarten students. The research can be helpful to change view of people about different temperament styles in children. Awareness can also be provided to help schools know about the importance of checking school readiness of children before giving admission in schools.

Keywords: Temperament, school readiness, surgency, negative affectivity, effortful control.

Parenting Style, Self Discipline and Social Competence in College Students

Beenish Mubeen (M.Sc 2010-2012)

Supervisor: Ms. Tahira Mubashir

The present research investigated relationship between parenting styles, self discipline and social competence in college students. It was hypothesized that (a) authoritative parenting style is positively related to self discipline and social competence, (b) authoritarian, permissive and neglectful parenting styles negatively related to self discipline and social competence (c) there are gender differences on self discipline and social competence in college students. The sample was composed of ($N = 200$) students taken from kips college, Lahore. Parental Bonding Instrument (PBI) of Parker, Tupling and Brown, (1979) was used to assess parenting styles and Brief Self Control Scale (BSCS) by Tangney et al., (2004) for self discipline. Findings of the research revealed no significant relationship between parenting styles (authoritative, authoritarian, permissive and neglectful) and self discipline. The Social Competence Questionnaire (SCQ) by Susan and Spence, (2002) was used to assess social competence in college students. The results also showed no significant relationship between parenting styles (authoritative, authoritarian, permissive and neglectful) and self competence in college students. Results revealed no significant gender differences in self discipline. Results also revealed no significant gender differences in social competence.

Keywords: Parenting style, self discipline, social competence.

Bullying Related Behaviors, Perceived Peer Support and Self-Esteem of Elementary and High School Students

Ayesha Gillani (BS 2009-2013)

Supervisor: Mr. Faiz Younas

The present research aimed to explore the difference and the relationship among bullying related behaviors, perceived peer support and self-esteem in elementary and high school students. It was hypothesized that perceived peer support, self-esteem and bully victimization would have significant difference between elementary and high school students.

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Employing a between subject design, a sample of ($N = 150$) of english medium boy students was recruited by purposive random sampling. School Survey (William, 2007) was used for assessment while independent sample t -test was used to analyze the data. Findings revealed that there is a significant difference among bully victims and perceived peer support of elementary and high school students. The research has implications in educational settings as it can provide student counseling to bully victims and perpetrators while enhancing the self-esteem.

Keywords: Bullying, perceived peer support, self-esteem.

Parenting Styles, Self-Esteem, and Achievement Motivation among University Students

Sehrish Javed (M.Sc 2010-2012)

Supervisor: Mr. Faiz Younas

The present study was designed to find out relationship between parenting styles, self esteem, and achievement motivation and which parenting style is the predictor of high self esteem and achievement motivation among university students. Cross sectional research design and purposive sampling technique was used. Sample comprised of 100 students (50 males and 50 females) from the University of the Punjab Lahore, Pakistan. The age range of participants was 18 - 25. Parental Authority Questionnaire (PAQ, Buri, 1991), Rosenberg Self-Esteem Scale (RSE, Rosenberg, 1965), and Achievement Motivation Questionnaire (Ray, 1979) were used for assessment. Data was analyzed by using SPSS. Pearson Product-Moment Correlation analysis and Regression analysis were conducted to find out the relationship between the variables and which parenting style is the predictor of high self esteem and achievement motivation among university students. The findings suggested that self esteem has negative significant relationship with permissive parenting style of mother among university students. Achievement motivation is positively correlated with authoritarian parenting style of mother among university students. Achievement motivation has positive significant relationship with authoritarian parenting style of father among university students. Only permissive parenting style predicts high self esteem among university students. Authoritarian parenting style predicts high level of achievement motivation among university students.

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Keywords: Parenting styles, self esteem, achievement, motivation.

Parents-Child Conflicts and Aggression Level in Secondary School Children

Shameem Sikandar (M.Sc 2009-2013)

Supervisor: Mr. Faiz Younas

The present research was conducted to investigate the parent-child conflicts and level of aggression in secondary school children. It was hypothesized that there was a positive relationship between parent-child conflict and aggression level. Through convenient sampling strategy, a sample of ($N = 100$) including ($n = 50$ girls, $n = 50$ boys) students was collected from public sectors schools of Lahore. Family Conflict Scale (Richard, 2000) and Aggression Scale (Mathur & Bhatnagar, 2004) were used to assess the problem while Pearson Product-Moment Correlation and independent sample t -test were employed to generate results which showed the significant positive correlation between parent-child conflict and negative form of aggression. Findings of the research can help in understanding and awareness of parent-child conflict and aggression among school students. Also, it will help teachers, authorities and educational institution in reducing the adverse effects of parent-child conflict on student's aggressive behavior.

Keywords: Parents-child conflicts, aggression, correlation.

Self-Image Profile and Level of Motivation of Students with Physical Disability

Sana Hamid (M.Sc 2011-2013)

Supervisor: Ms. Sadia Shahzeb

The aim of the present research was to compare the Self-Image Profile and the Level of Motivation of student's with physical disability. It was hypothesized that there was difference in self-image and level of motivation of students with physical disability. Purposive sampling technique was used to collect data. The sample of non-disabled students was taken from different Departments of Punjab University and the disabled students were taken from the Pakistan Society for the Rehabilitation of the Disabled (PSRD). Self-Image Profile for Adults

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SIP-AD (Butler, 2001) and Global Motivation Scale (Vallerand et al., 2003) was used for the assessment of students with physical disability and non-disabled students. Independent sample *t*-test was used to analyze the data. The findings show that disabled students have significant difference in the aspects of self-image in which outlook, physical, consideration and moral are included but have non-significant difference in the aspect of social. Results also revealed significant gender differences found in aspects of self-image such as outlook and level of motivation.

Keywords: Self-image, level of motivation, physical disability.

Teacher Punishment and Aggression in Adolescents

Farwa Munir (M.Sc 2010-2012)

Supervisor: Ms. Maha Khalid

The present research investigated the relationship between teacher punishment and aggression in adolescents. Sample consisted of 100 students (50 boys and 50 girls). Non probability purposive sampling was used to assess the relationship between teacher punishment and aggression among adolescents. It was hypothesized that there is relationship between teacher punishment and aggression in students. It was also hypothesized that there are gender differences in aggression. Buss and Perry Aggression Questionnaire (BPAQ) was used to measure aggression in students. It consisted of four subscales: physical aggression, verbal aggression, hostility and anger. A self-construct questionnaire was used to assess punishment. Correlation and Independent sample *t*-test were used to analyze the data. Findings of this study show that there is significant positive relationship between teacher punishment and aggression in students and boys are likely to be more aggressive than girls. Many previous studies are consistent with the finding of present research. The research will be helpful in educational institutions and classroom environment to deal with students and their issues as well as it can be a forecast for future studies.

Keywords: Teacher punishment, physical aggression, verbal aggression, hostility, anger

Geriatrics

Religiosity, Belief in Just World and Life Satisfaction in Elderly People Living in Old Age Homes and Those Living with Intact Families

Asma Amanatullah (BS 2009-2013)
Supervisor: Prof. Dr. Rukhsana Kausar

The present research was aimed to explore the relationship between religiosity, belief in just world, and life satisfaction in elderly people living in old age homes and those with intact families. It was hypothesized that there is likely to be significant correlation in religiosity, belief in just world and life satisfaction in elderly people of both groups. It was also hypothesized that religiosity and belief in just world may predict life satisfaction in elderly people. It was further hypothesized there is likely to be a significant gender difference in religiosity, belief in a just world, and life satisfaction and also difference in variables in both groups of elderly people. Between subject research design was used to carry out the research. Purposive sampling and snowball sampling techniques were used to select the sample from old age homes and from intact families respectively. Santa Clara Strength of Religious Faith Questionnaire, Belief in a Just World Questionnaire and Satisfaction with Life Scale were used to assess variables. Pearson Product-Moment Correlation, stepwise regression analysis, and two-way analysis of variance were used to analyze the data. Findings revealed that Religiosity had non-significant correlation with belief in just world and life satisfaction in both groups of elderly people. Belief in just world was positively correlated with life satisfaction in elderly people of both groups. It was further revealed from analyses that personal belief in just world predicted life satisfaction in elderly people. Elderly people living in old age homes had less strong religiosity, personal belief in a just world, a general belief in just world and life satisfaction than those living with intact families. Research has strong implications in gerontology and social psychology.

Keywords: Religiosity, belief in just world, life satisfaction.

Social Disconnectedness, Perceived Loneliness, and Quality of Life in Retired Individuals

Sidrah Ahmed (M.Sc 2011-2013)

Supervisors: Prof. Dr. Rukhsana Kausar and Ms. Anum Javed

The purpose of this research was to find out relationship between social disconnectedness, perceived loneliness, and quality of life among retired individuals. Further aim of this study was to find whether quality of life in retired individuals can be predicted by social disconnectedness and perceived loneliness. It was hypothesized that there is likely to be a relationship between social disconnectedness, perceived loneliness and quality of life in retired individuals. It is also hypothesized that social disconnectedness and perceived loneliness will predict quality of life in retired individuals. A sample of $N = 80$ retired individuals was drawn from different bank of Lahore, and willing participants were included in this study. A standardized questionnaire on social-disconnectedness by (Cornwell & Waite), (UCLA Loneliness Scale Version-3 Russell, 1996) were used, and WHOQOL-BREF (1996) developed by WHO was also used for the assessment of quality of life. Pearson Product-Moment Correlation and the multiple regression analysis were used to analyze data. The results indicated that there were significant positive relationship between loneliness and social disconnectedness and quality of life is negatively predicted by social disconnectedness and perceived loneliness in retired individuals.

Keywords: Social disconnectedness, perceived loneliness, quality of life.

Study of Humor and Stress in Retired People of Lahore

Amina wajahat (BS 2009-2013)

Supervisor: Dr. Iram Fatima

A correlational study was conducted to investigate relationship between humor and stress in retired people. It was hypothesized that humor and stress would negatively relate in retired people. Sample of male and female retired people ($N = 77$) with age range of 55 to 85 years was selected through snow ball sampling. Humor was assessed with Humor Styles Questionnaire (HSQ; Martin, Doris, Larsen, Gray & Weir, 2003)

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and stress was assessed with Perceived Stress Scale (Cohen, Karnarck & Mermelstein, 1994). Finding showed no relationship between humor and stress. Results are discussed in socio-cultural context.

Keywords: Humor, stress, retired people.

Functional Impairment and Religious Gratitude as Predictors of Life Satisfaction in Older Adults

Hafiza Wajeeha Mumtaz (M.Sc 2011-2013)

Supervisor: Dr. Rafia Rafique

The present research was conducted to investigate predictors of life satisfaction in older adults. It was hypothesized that functional impairment and religious gratitude are the predictors of life satisfaction in older adults. Correlational research design was used. The total sample consisted of 100 participants, aged between 60-90 years. Functional Impairment Scale (Weiss, 2000), Religious Gratitude Scale (Ahmed, 2010) and Satisfaction with Life Scale (Diner, 1985) were administered. Hierarchical regression analysis was carried. Findings revealed that religious gratitude and functional impairment are significant predictors of life satisfaction in older adults. Identified predictors of life satisfaction will help to formulate interventions for the promotion of religious gratitude that can eventually help improve life satisfaction.

Keywords: Functional impairment, religious gratitude, life satisfaction.

Life Satisfaction and Attitude towards Life (Optimistic and Pessimistic) among Retired People

Mutmaina Zainab (M.Sc 2011-2013)

Supervisor: Ms. Shazia Khalid

The present research purported to study life satisfaction and attitude towards life (optimistic and pessimistic) among retired people. The sample of the present research consisted of ($N = 200$) retired males; working after retirement ($n = 100$) and non-working ($n = 100$). It was hypothesized that there is likely to be a difference of life satisfaction and attitude towards life among working and non-working retired people. It was also hypothesized that there is likely to be a relationship between life

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satisfaction and attitude towards life. Satisfaction with Life Scale (SWLS) and attitude towards life was assessed by Life Orientation Test (LOT). Pearson Product-Moment Correlation was used and results indicated that there was significant positive relationship between the two variables. Independent sample *t*-test was used to compare life satisfaction and attitude towards life among working and non-working retired people. Results indicated that there were significant differences of life satisfaction and attitude towards life among working and non-working retired people.

Keywords: Life satisfaction, attitude, optimistic, pessimistic.

Functional Status, Inclination toward Religion and Psychological Well-Being in Elderly

Maira Ahmed (M.Sc 2011-2013)

Supervisor: Ms. Faiza Rasool

The Present research was aimed to explore the relationship in functional status, inclination toward religion and psychological well-being of elderly people living in old age homes and those with intact families. It was hypothesized that there is likely to be a significant correlation in functional status, inclination toward religion and psychological well-being of elderly. It was also hypothesized that there is likely to be a difference in the inclination toward religion and psychological well-being of elderly living in old age homes and those living with intact families. Further, it was hypothesized that inclination toward religion may be the predictor of psychological well-being in elderly. Between-subject research design was used. Sample of elderly people ($N = 60$) from old age homes ($n = 30$) and people from intact families ($n = 30$) was selected by using purposive sampling technique. COOP/WONCA (WONCA, 1991), Inclination toward Religion Scale (Rasool & Kausar, 2008), and Psychological Well-Being Scale (Ryff, 1989) were employed to assess the variables. Statistical analyses including Pearson Product-Moment Correlation, independent samples *t*-test and stepwise linear regression analysis were used. Findings revealed that there is a significant correlation in functional status, inclination toward religion and psychological well-being in elderly. No significant difference was found in the psychological well-being and inclination toward religion of the elderly of both groups. The findings further revealed no significant

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gender differences in psychological well-being. Findings revealed significant gender differences in the inclination toward religion. Analysis also revealed that psychological well-being is predicted by inclination toward religion and functional status. Research has strong implication over gerontology and social psychology.

Keywords: Religion, functional status, psychological well-being.

Health Psychology

Health Related Behavior and Body Mass Index of Rural and Urban Women

Humaira Iram (M.Sc 2011-2013)
Supervisor: Prof. Dr. Rukhsana Kausar

The current study was conducted to find out the relationship between health related behavior and body mass index among rural and urban women. It was hypothesized that there is likely to be relationship between health related behavior and body mass index among rural and urban women. It was also hypothesized that there are differences between health related behavior and body mass index among rural and urban women. The sample consists of ($N = 100$) ($n = 50$ rural) ($n = 50$ urban). Purposive sampling strategy was used to collect data from participants. Self designed questionnaire Health Related Behavior Questionnaire was used to measure the health related behaviors and the BMI was measured weight dividing in kilogram by height in meter squared and used the table of BMI. Pearson Product-Moment Correlation was used to find out relationship between health related behavior and body mass index among rural and urban women. The findings revealed that there is a non significant correlation between health related behavior and body mass index. Independent sample *t*-test was used to find out the difference. There were non-significant differences in the health related behavior and the body mass index of rural and urban women.

Keywords: Health related behavior, body mass index, social status.

Subjective Exercise Experience and Mood in Younger Adults

Maria Younas (M.Sc 2011-2013)
Supervisor: Prof. Dr. Rukhsana Kausar

The recent research investigates the correlation between subjective exercise experiences with mood into younger adults. It was hypothesized that subjective exercise experience and mood are likely to have relationship in younger adults; secondly, there is likely to be gender difference in younger adults in relation with subjective exercise experience and mood. Correlational research design was used in the present study. Sample consisted of 80 (men = 40 and women = 40), from different centers of shapes (gym). Sample was drawn through purposive

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sampling strategy. The Exercise-Induced Feeling Inventory and Subjective Exercise Experience scales were administered to each participant. Data was analyzed using Pearson Product-Moment Correlation and independent samples *t*-test. Results revealed to facilitate here is important relationship between subjective exercise experience and mood in younger adults. Results also revealed that there is no gender difference in subjective exercise experience and mood in younger adults.

Keywords: Subjective exercise experience, mood, feelings.

Self-Compassion and Positive Psychological Functioning in Women with Primary and Secondary Infertility

Juwaria Shaukat (M.Sc 2011-2013)

Supervisors: Prof. Dr. Rukhsana Kausar and Ms. Nida Zafar

The present research investigated relationship between self-compassion and positive psychological functioning (hope, gratitude and psychological well-being in women with infertility. It was hypothesized that there is a relationship between self-compassion and positive psychological functioning in women's with infertility. It was also hypothesized that self-compassion predicts positive psychological functioning in women's with infertility. Further it was hypothesized that there is difference in self-compassion and positive psychological functioning between women's with primary and secondary infertility. Correlational research design was used. A sample of 60 women with infertility was taken from Hameed Latif Hospital and Tariq Clinic. Neff Self Compassion Scale by Neff (2003), Hope Trait Scale by Snyder et al. (1991), Gratitude Scale by McCullough, Emmons, and Tsang (2002) and Psychological Well-Being Scale by Ryff (1989) were used. Pearson Product-Moment Correlation, hierarchical regression and independent sample *t*-test were used. Results indicated significant relationship of self-compassion subscale self-kindness with Hope (agency and pathway) and with psychological well-being (personal growth), self-judgment with Hope (agency), common humanity with psychological well-being (purpose in life), isolation with hope (agency and Pathway) and psychological well-being (autonomy and self-acceptance), mindfulness with hope (agency and pathway) and total self-compassion with all subscales of hope (agency, pathway and fillers). It was also found that income, husband education, husband intention to other marriage, and self

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compassion predicts positive psychological functioning in women with infertility. Results also showed significant differences in self-compassion (over identification and total self-compassion) and psychological well-being (environmental mastery) in women with primary and secondary infertility.

Keywords: Self-compassion, positive psychological functioning, infertility.

Social Support and Quality of Life in Patients with Asthma

Tahira Anwar (M.Sc 2011-2013)

Supervisors: Dr. Iram Fatima and Ms. Alishba Hafeez

The present research was conducted to investigate relationship between social support and quality of life in patients with asthma. It was hypothesized that there was a relationship between social support and quality of life. It was also hypothesized that social support predicts quality of life in patients with asthma. Non-probability purposive sampling was used for collection of data from sample. As per inclusion criteria, the sample was consisting of 120 outdoor patients with asthma (60 men & 60 women). Sample was taken from different public hospitals of Lahore. Age range of the sample was 18-25 years with ($M = 22.73$ & $SD = 2.42$). World Health Organization Quality of Life (WHOQOL)-BREF (WHO, 1998) and Multi Dimensional Scale of Perceived Social Support (Zimet, 2002) were used to find out the social support and quality of life in patients with asthma. Correlation analysis and regression analysis were used to find relationship between them and in which way social support predicts quality of life in patients with asthma. Results revealed that significant others had significant correlation with social relationships of patients. Friends and family had significantly correlated with environment and social relationships of patients. Regression analysis revealed that significant others predict psychological and family and friends strongly affects the psychological health, environment health and social relationships of patient with asthma. The current research will prove to be a starting point in exploring the relationship between social support and quality of life in patients with asthma.

Keywords: Social support, quality of life, asthma.

Role of Religiosity, Spiritual Well-Being and Health Locus of Control in Quality of Life among Cancer Patients

Mishal Niazi (M.Sc 2011-2013)

Supervisor: Dr. Rafia Rafique

The present research aimed to explore whether religiosity, spiritual well-being and health locus of control are predictors of quality of life in patients diagnosed with cancer. It was hypothesized that quality of life will be predicted by religiosity, spiritual well-being and health locus of control in patients diagnosed with cancer. Correlational research design was used for this purpose. The sample consisted of 70 patients diagnosed with breast cancer stage 1, taken from Hospital. Santa Clara Strength of Religious Faith Questionnaire (Plante & Boccaccini, 1997), Spiritual Transcendence Scale (STS) (Piedmont, 2004), Form C of Multidimensional Health Locus of Control (MHLC) Scale (Wallston, Stein, & Smith, 1994), European Organization for Research and Treatment of Cancer Quality of Life Questionnaire (EORTCQLQ-C30 of Version 3) (European Organization for Research and Treatment of Cancer [EORTC], (1993) were used to assess religiosity, spiritual well-being, health locus of control and quality of life respectively. Multiple regression analysis was conducted to confirm the proposed hypothesis. The results revealed that quality of life is predicted by spiritual well-being and health locus of control in patients diagnosed with cancer. These findings and further studies in this area point towards use of psychological interventions to help improve quality of life of patients diagnosed with cancer by enhancing their spiritual well-being and health locus of control.

Keywords: Religiosity, spiritual well-being, locus of control, quality of life.

Exploring the Profiles of Acid Burn Victims

Sara Ashfaq (M.Sc 2010-2012)

Supervisor: Dr. Afsheen Masood

The present study was conducted to explore the profiles of acid burn victims. The data was collected from a sample of 18 acid burn victims ($n = 18$) to determine their demographic characteristics and also to

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determine the possible and plausible cause of this brutal act of violence. The study also attempted to outline the possible perpetrator in the whole act. The victims of acid burning hailed from different cities of Punjab since very few hospitals are extending their services in rehabilitation of acid victims. The demographic characteristics of the data yielded the profiles of acid burn victims. The findings indicated that their age ranged between 15 to 45 years, while above teens were targeted the most (77.8%). Unmarried victims were 61.1%, married were 11.1% and divorced were 27.8%. 22.2% of the victims were illiterate, 44.4% were under matriculation and 33.3% were above matriculation. 44.4% of the victims were related to beautician by occupation, 5.6% were housewives and 50% were related to other occupations or were idle. 61.1% of the victims were having 10,000 monthly income and 38.9% having 10,000 of monthly income. 77.8% were from joint family system and 22.2% from nuclear family system. Descriptive cross sectional research design was used to analyze the data. This study depicts the national scenario of the socio-demographic characteristics of acid victims in Pakistan.

Keywords: Acid burn, violence, perpetrator, rehabilitation.

Quality of Life and Self-Esteem among the Patients Seeking Cosmetic Surgery

Siham Amjad (M.Sc 2010-2012)

Supervisor: Dr. Afsheen Masood

This study aimed to investigate whether cosmetic surgery influences an individual's self-esteem and quality of life. The sample consisted of 60 patients seeking cosmetic surgery for facial features dissatisfaction. It was hypothesized that the patients having high self-esteem and better quality of life have higher inclination to seek cosmetic surgery procedures. It was hypothesized that the patients having high self-esteem and better quality of life do not seek such procedure. Another hypothesis was that these patients who have high self-esteem have better quality of life. It was hypothesized that there is likely to be a relationship between cosmetic surgery, quality of life and self-esteem of the patients seeking cosmetic surgery treatment. Cross sectional design was used. The sample was drawn by using non probability purposive sampling strategy. Quality of life Scale by (world health organization, 1994) was used to measure

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the quality of life. Acceptance of cosmetic surgery scale was used to measure the acceptance level of cosmetic surgery by (Henderson-King & Henderson-King, 2005). While Self-Esteem Scale (Rosenberg, 1966) was used to measure self-esteem. The demographic questionnaire was used to get information about demographics. The data was collected from different private, non private hospitals and clinics that were extending their services in cosmetic surgery. The data was analyzed through SPSS (version 16). The findings of the study revealed that there is likely negative relationship between quality of life and acceptance of cosmetic surgery. Findings further revealed that there is no relationship between self-esteem and acceptance of cosmetic surgery whereas another finding there was evidence negative correlation between self-esteem and quality of life.

Keywords: Quality of life, self esteem, cosmetic surgery.

Body Image and Psychosocial Functioning in Patients with Acne Vulgaris

Durr-e-Najaf (BS 2009-2013)
Supervisor: Dr. Afsheen Masood

The present research was conducted to find out the relationship between body image and the psychosocial functioning of the patients suffering from acne vulgaris. The sample consisted of ($N = 80$) participants (both males and females) from different hospitals of Lahore. The age range of participants suffering from acne vulgaris was 16 to 30 years. It was hypothesized that there is likely to be a relationship between body image and psychosocial functioning in patients with acne vulgaris. Body image was assessed by Body Image Scale (BIS) by (Hopwood, Fletcher, Lee & Al- Ghazal, 2001) and the Psychosocial functioning was assessed by Psychosocial Functioning Scale Psychosocial Functioning Scale by (Knight, Holcom & Simpson, 1994) consists of two subscales that are psychological functioning and social functioning. The data was analyzed by using Statistical Package for Social Sciences (SPSS 16.0). The Pearson Product-Moment Correlation was used to analyze the data. The results revealed that there was correlation between body image and the psychosocial of the patients with acne vulgaris. The findings of this study reveal that psychological interventions to improve the functioning of the

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patients in daily life. Moreover these findings lay grounds for future research.

Keywords: Body image, psychosocial functioning, patients, acne vulgaris.

Illness Perception and Psychological Distress in Hypertensive Patients

Rabiya Sharif (BS 2009-2013)

Supervisor: Mr. Faiz Younas

The present research was conducted to find out association between illness perception and psychological distress in hypertensive patients. It was hypothesized that there will be a positive relationship and significant gender difference between illness perception and psychological distress in hypertensive patients. Through Correlational research design, a sample of ($N = 100$), including ($n = 50$ men) ($n = 50$ women) patients of hypertension, were recruited from two hospitals of Lahore while using purposive random sampling. Brief Illness Perception Questionnaire (Broadbent et al., 2006) and Kessler Psychological Distress Scale (Kessler et al., 2002) was used to measure the variables. Correlational and Independent sample t -test were applied to generate the results which showed a significant positive relationship between illness perception and psychological distress in hypertensive patients. Also, results indicated that there were significant gender differences in illness perception while no gender differences were found psychological distress in hypertensive patients. Thus it was concluded that gender differences present in illness perception but no gender differences present in psychological distress. Implications of present research are in hospital settings.

Keywords: Illness, perception, psychological distress, hypertension.

Positive and Negative Affects on Young Adults with Physically Active and Sedentary Life Style

Maryam Azmat (M.Sc 2011-2013)

Supervisor: Mr. Faiz Younas

The present study aimed to investigate the positive and negative affects among young adults with physically active and sedentary lifestyles. It

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was hypothesized that there is a significant difference in positive and negative affects on young adults with physically active and sedentary lifestyles. Through a cross-sectional research design, a sample of ($N = 100$) was randomly selected, including ($n = 50$ physically active and 50 sedentary lifestyle). PANAS (Watson & Clark, 1988) was administered and results were generated by applying Independent t -test, co-relation and simple linear regression. Results showed significant difference in positive and negative affects on young adults. The findings of the research implies that the physically active lifestyle is a healthy living style and the adults must have to adopt this as it helps them in their later life and prevent them from many of the earlier heart and cardiovascular diseases.

Keywords: Affects, young adults, sedentary life style, physical activity.

Cognitive Appraisal and Psychological Well-Being in Mothers of Thalassemic Children

Ayesha Adeel (M.Sc 2009-2013)

Supervisor: Ms. Maha Khalid

The present research aimed to investigate the cognitive appraisal and psychological well-being in mothers of thalassemic children. It was hypothesized that there is likely to be significant relationship between psychological well-being and cognitive appraisal in mothers of thalassemic children and psychological well-being is likely to predict cognitive appraisal in mothers of thalassemic children. Correlation research design was used. Sixty ($N = 60$) mothers of thalassemic children, selected through purposive sampling from Sundus Organization, Lahore, participated in the study. Ryff's Psychological Well-Being Scale and Stress Appraisal Measure were used to collect participant's responses. Pearson Product-Moment Correlation and regression analysis were used to test the hypotheses. Results indicated that there was a significant relationship between stressfulness and personal growth in mothers of children with thalassemia major. Outcomes of the present study also suggest that personal growth was a significant predictor of the cognitive appraisal in mothers of thalassemic children. It was concluded that cognitive appraisal was related to psychological well-being, and psychological well-being do predict cognitive appraisal.

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Keywords: Psychological well-being, cognitive appraisal, thalassemia.

Uncertainty in Illness and Perceived Stress in Cancer Patients

Juwairya Nawaz (M.Sc 2011-2013)

Supervisor: Ms. Bushra Naseem

The present research was conducted to find out the relationship between uncertainty in illness and perceived stress in cancer patients. It was hypothesized that there is likely to be a relationship between uncertainty in illness and perceived stress in cancer patients. It was also hypothesized that uncertainty in illness is likely to be a predictor of perceived stress. The sample was consist of 80 female cancer patients ($N = 80$) of age range between 25-50 years from INMOL hospital Lahore. In order to collect the data, non probability purposive sampling technique was used. The data was collected with the help of two scales named Mishel Uncertainty in Illness Scale (MUIS) by Mishel (1990) was used to access uncertainty in illness and Perceived Stress Scale (PSS) by Cohen, Kamarck, and Mermelstien (1983) was used to assess stress in cancer patients. Pearson Product-Moment Correlation was used to find out relationship between uncertainty in illness and perceived stress. The findings revealed the significant relationship between uncertainty in illness and perceived stress in cancer patients. Multiple Hierarchical Regression was used to find out the influence of uncertainty on perceived stress. The results were significant and revealed that there is a statically significant improvement in the relationship between the set of independent variables and dependent variable. We say that perceived stress can be predicted by uncertainty. This research has an important implication for the psychological wellbeing of cancer patients.

Keywords: Perceived stress, uncertainty, illness.

Marital and Family Relationships

Attributional Styles and Coping Strategies in the Women with Infertility and Miscarriages

Sarah Tahir (M.Sc 2011-2013)

Supervisors: Prof. Dr. Rukhsana Kausar and Ms. Uneeza Saeed Qureshi

The present research was conducted to investigate attributional styles and coping strategies in the women with infertility and miscarriages. Rate of infertility and miscarriages is growing day by day so it is important to explore how these women give attributions to both problems and how do they cope with them. It was hypothesized that there is likely to be significant differences of attributional styles (internal cause, internal solution, external cause, external Solution) and coping strategies in women with infertility and miscarriages and there is a relationship between attributional styles and coping strategies of them. Between group research design and purposive sampling technique was used. Sample comprised of 48 women (23 = Infertile women and 25 = women with miscarriages). Attributional Problem Cause and Solution Scale and Brief Cope Inventory were used for assessment. Independent sample *t*-test and Pearson Product-Moment Correlation were used to analyze the hypothesis. The results highlighted that there was no difference in attributional styles of women with miscarriages and infertility but the results showed that infertile women use more denial, behavioral disengagement and planning coping strategies as compare to those who have miscarriages. Counseling programs should be arranged for such women to help them deal with their feelings and emotions so that they could overcome such loss with developing better coping.

Keywords: Attributional styles, coping strategies, infertility, miscarriages.

Religiosity, Conflict Resolution Styles and Family Functioning in Married Couples

Farhat-ul-Ain (BS 2009-2013)

Supervisor: Dr. Afsheen Masood

The present research aimed to investigate the relationship between religiosity, conflict resolution styles and family functioning in married couples. The sample consisted of ($N = 41$) married couples. It was

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hypothesized that there is likely to be a relationship between religiosity, conflict resolution styles and family functioning in married couples. Religious Faith Questionnaire (Plante & Boccaccini, 1997) and Scale of Human Rights (Amjad & Khawaja, 2012) were used to measure religiosity. Kurdek Conflict Resolution Style Inventory (Kurdek, 1994) was used to measure marital conflict resolution styles. Family Adaptability and Cohesion Evaluation Scale (Olson, 2010) was used to measure family functioning. Religious Faith Questionnaire, Kurdek Conflict Resolution Style Inventory and Family Adaptability and Cohesion Evaluation Scale were translated into Urdu. Purposive sampling was done to collect data. Pearson Product-Moment Correlation, *t*-test and regression were used for data analysis. The results showed that there was significant relationship between religiosity and family functioning. Significant relationship was found between conflict resolution styles and family functioning. Result showed that females use more conflict withdrawal as compared to males.

Keywords: Religiosity, resolution styles, family functioning.

Perception about Wife Beating and Marital Satisfaction

Hafiza Munaza Hayat (M.Sc 2011-2013)

Supervisor: Ms. Shahnaila Tariq

The present research was conducted to investigate the perception about wife beating and marital satisfaction in women. It was hypothesized that there is likely to be a relationship between wife beating and marital satisfaction. For this purpose correlation as research design was used. The sample consisted of married women ($N = 100$) who are atleast once beaten women. The sample was selected conveniently from the 9 towns of Lahore. The Inventory of Beliefs about Wife Beating (IBWB) by Saunders, Lynch, Grayson and Linz (1997), was used to assess women's perception about battering and Couple Satisfaction Index (CSI) by Funk and Rogee (2007) was used to assess the marital satisfaction level in a battered relationship. The results of the study showed that there was no significant relationship between wife beating and marital satisfaction. There was no significant relationship between family income and marital satisfaction. There was a significant relationship between beliefs about wife beating and parental and in-laws wife beating. The results were

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discussed and compared with western researches as well as indigenous researches.

Keywords: Perception, wife beating, marital satisfaction.

Intergenerational Differences in Mate Selection Preferences

Syeda Sadia Waris (M.Sc 2011-2013)

Supervisor: Ms. Shahnila Tariq

The present research was conducted to find out the intergenerational differences in mate selection preferences. It was hypothesized that there were differences between parents and children (sons and daughters) in mate selection preferences. It was also hypothesized that there were gender differences in mate selection preferences. The sample consisted of 200 participants including 50 fathers, 50 mothers, 50 sons and 50 daughters. A self constructed scale was used to collect data. The scale had 59 items. The reliability (cronbach's alpha) of the scale was 0.93. MANOVA, ANOVA and independent sample *t*-test was used to analyze the data. The results revealed that there were significant differences in the preferences of parents and sons but there were no differences between parents and daughters in mate selection preferences. Gender differences were also present in mate selection preferences. Many western researches have consistent results with the present research. The research would be a base for further research and it would be used as preventive measure for the marital distress and conflicts in marriage.

Keywords: Intergenerational differences, mate selection, preferences.

Perceived Loneliness and Marital Satisfaction among Couples with Difference in Age

Sumbal Munir (M.Sc 2009-2013)

Supervisor: Ms. Shahnila Tariq

The present research aimed to investigate the relationship between perceived loneliness and marital satisfaction among couples with difference in age. It was hypothesized that there is a relationship between perceived loneliness and marital satisfaction. Convenient sampling technique was used. Sample size was ($N = 100$) (50 married couples)

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taken conveniently. Perceived Loneliness Scale (Jha, 1993) and Marital Satisfaction Scale (Enrich, 1997) was used to collect the data. Pearson Product-Moment Correlation was used to assess the relationship between perceived loneliness and marital satisfaction. Regression analysis was performed to investigate that income, age, and education are predictors of marital satisfaction and perceived loneliness. An independent sample *t*-test was used to find out the gender difference and differences due to other demographic variables. Results showed that there is significant negative correlation between perceived loneliness and marital satisfaction. Regression analysis showed that income is a strong predictor of marital satisfaction and perceived loneliness. There are significant gender differences in marital satisfaction and perceived loneliness. There is an effect of family system on perceived loneliness. The number of children has no effect on marital satisfaction.

Keywords: Perceived loneliness, marital satisfaction, age differences.

Interpersonal Communication and Marital Adjustment in Nuclear and Joint Family Couples

Ayesha Siddiqua (BS 2009-2013)
Supervisor: Ms. Omama Tariq

The present research was conducted to find out relationship between interpersonal communication and marital adjustment in couples living in nuclear and joint families. It was hypothesized that there is likely to be relationship between interpersonal communication and marital adjustment in couples living in nuclear and joint families. Between group design and purposive sampling technique was used. The sample comprised of ($N = 100$) couples (50 from nuclear and 50 from joint family). Relational Communication Scale (Burgoon & Hale, 1984) and Marital Adjustment Scale (Arshad, 2008) was used to assess interpersonal communication and marital adjustment in married couples. Pearson Product-Moment Correlation, Independent sample *t*-test, and hierarchical regression were used to analyze data. Significant correlation was found between interpersonal communication and marital adjustment in couples living in nuclear and joint families. Results showed significant relationship between facets of studied variables. It was also found that interpersonal communication predicts marital adjustment in couples living in nuclear and joint families. Findings revealed that facets of

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interpersonal communication i.e., intimacy and composure are significant predictors of marital adjustment. Significant differences were found in interpersonal communication and marital adjustment in couples living in nuclear and joint families. There were no significant gender differences in interpersonal communication and marital adjustment in couples. Findings of the study can be used by psychologists, counselors and future researchers.

Keywords: Interpersonal communication, marital adjustment, family system.

Parental Stress and Marital Satisfaction in Couples

Noor-ul-Ain (M.Sc 2011-2013)

Supervisor: Ms. Shazia Irfan

The present research was conducted to study the relationship between parental stress and marital satisfaction in couples. Marital satisfaction is defined as complexity of a lot of factors such as conflict, shared activities believed to be associated with the happiness or success of a given marriage (Hoult, 1969). Parental stress can be resulted from many factors such as low confidence in parenting abilities, low perceived attachment with child, health problems, role restrictions, depression, anxiety, and spouse involvement (Abidin, 1999). There were mainly four hypotheses formulated to assess these variables, a) there is likely to be relationship between parental stress and marital satisfaction in couples, b) couples with one child are likely to be less parental stress than couples having three children, c) couples living in nuclear family system are likely to be more stressed than couples living in joint family system, d) couples with love marriages are likely to be more satisfied than couples with arranged marriages. Correlation research method was used to assess these variables. Sample consisted of 50 couples (25 with one child, 25 with three children). The data was collected from three different cities of Pakistan i.e. Faisalabad, Lahore and Sheikhupura. KANSAS Marital Satisfaction Scale was used to measure marital satisfaction of couples and Parental Stress Scale was used to measure parental stress.

Keywords: Parental stress, marital satisfaction, health problem.

Organizational Psychology

Occupational Stress, Resilience and Life Satisfaction in Rescue 1122 Workers

Fatima Chohan (BS 2009-2013)
Supervisor: Prof. Dr. Rukhsana Kausar

The present research aimed to scrutinize the relationship between Occupational Stress, Resilience, and Life Satisfaction in Rescue 1122 Workers. It was hypothesized that a) there is likely to be a significant relationship between occupational stress, resilience and life satisfaction in rescue 1122 workers b) resilience is likely to predict occupational stress in rescue 1122 workers c) resilience and occupational stress is likely to predict life satisfaction. A purposive sample of 100 rescue 1122 workers was taken from the emergency center (Emergency Services Academy Ferozpur Road Lahore) in Lahore. The Workplace Stress Scale by American Institute of Stress (1999), State Trait Resilience Scale by Hiew (2007) and Satisfaction with Life Scale by Diener (1985) were used to measure occupational Stress, resilience and life satisfaction in rescue 1122 workers respectively. Pearson Product-Moment Correlation was used to find out the relationship between Occupational Stress, Resilience, and Life Satisfaction in Rescue 1122 workers. Stepwise Linear Regression analysis was used to find out the predictors of life satisfaction and occupational stress. Occupational stress had a significant negative relationship with resilience (Inter-State, Intra-State, Inter-Trait and Intra-Trait) and life satisfaction in rescue 1122 workers. Resilience (Inter-State, Intra-State, Inter-Trait and Intra-Trait) had significant positive correlation with life satisfaction. Resilience (Intra-Trait resilience) emerged as significant predictor of occupational stress; and occupational stress and resilience (Intra-Trait resilience) are significant predictors of life satisfaction. This research has important implications for rescue 1122 for better recruitment of workers and to improve quality of service provision.

Keywords: Occupational stress, resilience, life satisfaction, rescue 1122.

Driving Violation and stress in Traffic Warden

Hassan Azeem (BS 2009-2013)
Supervisor: Prof. Dr. Rukhsana Kausar

The present research was conducted to investigate the driving violations and stress in traffic wardens. The sample consisted of $N = 100$ participants ($n = 50$ drivers, $n = 50$ traffic wardens). It was hypothesized that: aggressive driving violations are likely to be more common; there is likely to be a relationship between traffic behaviors and stress in traffic wardens. Driving violations were assessed using Driving Behavior Questionnaire (Reason, 1990) and stress reaction in traffic wardens were assessed with Stress Reaction Questionnaire (Amanat & Malik, 2012). Data was analyzed using Pearson Product-Moment Correlation. It was revealed that the aggressive violation was committed by drivers more frequently. It was revealed that there was no relationship between traffic violations and stress in traffic wardens. There was a significant negative relationship between age of drivers and aggressive violations. The results revealed that duration of driving had a negative relationship with aggressive violations. Independent sample t -test showed a significant difference between low stressed traffic wardens on traffic violations. Aggressive violations were associated with stress in traffic wardens. The results of this study can be implicated as the basis of further research.

Keywords: Driving violation, stress, traffic wardens.

Spiritual Intelligence and Job Satisfaction in University Teachers

Amina Nawaz (M.Sc 2011-2013)
Supervisors: Dr. Naumana Amjad and Mr. Muhammad Khubaib Kayani

The present research was conducted to investigate the relationship between spiritual intelligence and job satisfaction in university teachers. It was hypothesized that (1) There is likely to be relationship between spiritual intelligence and job satisfaction in university teachers. (2) There is likely to be a gender difference in the overall job satisfaction and spiritual intelligence (including sub scales). (3) Spiritual intelligence likely to predict job satisfaction in teachers. For required information purposive sampling was done and a sample of teachers $N = 60$ (30 males and 30 females) participated from College of Information

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Sciences, Mass Communication, Chemical Engineering, Institute of Business and Information Technology, Sport Sciences, and Dept. of Economics of Punjab university. Spiritual Intelligence Scale King (2008) and Job Satisfaction Scale Spector (1994) were used. Pearson Product-Moment Correlation, regression analysis and *t*-test were carried out on data to obtain the results. The result revealed that there was no significant relationship between spiritual intelligence and job satisfaction in university teachers. It was also found that there is no gender difference between overall spiritual intelligence and job satisfaction. It was also found that job satisfaction was not predicted by spiritual intelligence.

Keywords: Spiritual intelligence, job satisfaction.

Emotional Intelligence and Decision Making Styles in Entrepreneurs

Maham Bint-Iqbal (M.Sc 2011-2013)

Supervisors: Dr. Iram Fatima and Ms. Gul-e-Sehar

The purpose of this study was to find out the role of emotional intelligence and decision making styles in entrepreneurs. It was hypothesized that different dimensions of emotional intelligence were positively correlated and were making positive contribution in predicting rational, intuitive, dependent and spontaneous decision making styles, negatively correlated and were making negative contribution in prediction with avoidant decision making styles. Purposive sampling strategy was used to access the role of emotional intelligence and decision making styles in entrepreneurs. The sample comprised of 100 entrepreneurs (Men = 43, Women = 57). Emotional intelligence was measured through Scale of Emotional Intelligence by Batool and Khalid (2009) and decision making styles were assessed by translated Urdu version of General Decision Making Styles Questionnaire by Batool (2003). Correlation analysis was carried out to find correlation among study variables, linear regression was performed for assessing predictors of decision making styles and further *t*-test was performed to see gender differences in emotional intelligence and decision making styles. The study findings concluded that different dimensions of emotional intelligence were positively as well as negatively correlated with decision making styles. Different dimensions of emotional intelligence were serving as positive and negative predictors of decision making styles in this study. Females showed high score in different dimension of

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emotional intelligence than males but there were no gender differences in decision making styles of Entrepreneurs. The findings of this work have important implications for students, managers, organizational leaders, entrepreneurs, business men and researchers

Keywords: Emotional intelligence, decision making styles, entrepreneurs.

Quality of Work Life, Job Embeddedness and Turnover Intention in Private Sector Nurses

Saba Ikhlas (M.Sc 2011-2013)

Supervisors: Dr. Iram Fatima and Ms. Guncha Naqvi

The present research was conducted to investigate quality of work life, job embeddedness and turnover intention in private sector nurses. It was hypothesized that a) there is likely to be a relationship between quality of work life, job embeddedness and turnover intention in nurses working in private hospitals b) quality of work life and job embeddedness are likely to predict turnover intention in Nurses and c) demographic variables are likely to predict turnover intention. Within group research design was used for this purpose. The sample consisted of ($N = 80$) nurses drawn from private hospitals of Lahore. Brook's Quality of Nursing Work Life Survey (Brook, 2005), Job Embeddedness Measure (Mitchell, Holtom, Lee, Sablinski & Erez, 2001) and Atwood Anticipated Turnover Scale (Hinshaw & Atwood, 1978) was used. Pearson Product-Moment Correlation was carried out to check the relationship between quality of work life, job embeddedness and turnover intention. The results revealed that there was a positive correlation between quality of work life and job embeddedness whereas no relationship was found with turnover intention. Simple multiple regression was carried out to check the prediction of quality of work life, job embeddedness and demographic variables on turnover intention. The results revealed that turnover intention was predicted by fit-organization, sacrifice-organization, income, professional experience, work teams and dependent co-workers. In the light of findings certain incentives can be introduced to improve quality of work life and job embeddedness to reduce turnover intentions in nurses. It will help to control the factors that lead to turnover intentions.

Keywords: Work life, job embeddedness, turnover intention.

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Social Support, Locus of Control and Burnout in University Teachers with Dual Role

Rakhshanda Younas (BS 2009-2013)

Supervisor: Dr. Iram Fatima

A Cross Sectional study was conducted to investigate relationship of locus of control and social support with burnout in lecturers with single role ($n = 38$) and lecturers with dual role ($n = 42$) from different departments of three Public sector Universities in Lahore. It was hypothesized that there would be higher level of burnout in lectures with dual role than lecturers with single role. Social support was expected to be negatively related to burnout in both groups of lecturers, Moreover, Higher level of external locus of control was assumed to be positively related to burnout. Assessment measures included demographic questionnaire, Adult Nowicki-Strickland Internal-External Control Scale (ANSIE) (Robinson, Shaver, & Wrightsman, 1991), Multidimensional Social Support Scale (Zimet, Dahlem, & Farely 1988) and Oldenburg Burnout Inventory (OLBI) (Demerouti, Mostert, & Bakker 2010). Results of present study showed that social support was negatively related to burnout, revealing that more the lecturers had social support less they experienced burnout. Locus of control was not related to burnout in both groups of lecturers. Moreover, lecturers with dual role went through more burnout than lecturers with single role.

Keywords: Social support, locus of control, burnout, teachers.

Work-Stress, Hardiness and General Health among Staff Nurses: A Comparative Analysis

Amna Aslam (M.Sc 2011-2013)

Supervisor: Dr. Rafia Rafique

The research aimed to investigate differences in work-stress, hardiness and general health among staff nurses working in Government hospitals. Cross-sectional research design was employed. The sample comprised of 80 staff nurses, 40 male and 40 female, within the age range of 30-50 years. Workplace Stress Scale (American Institute of Stress, 1998), Hardiness Dispositional Resilience Scale (Barton, 2009) and General Health Questionnaire (Goldberg, 1978) were used to assess the study

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variables. Independent Samples *t*-test revealed significant gender differences in general health and hardiness. However no significant gender differences in the level of work-stress was established. The results indicate that female nurses scored higher on hardiness as compared to male nurses. Moreover general health of female staff nurses is better as compared to male staff nurses. The results direct towards gender based psychological and medical interventions for improving components of hardiness (commitment, control) as well as general health among male staff nurses.

Keywords: Work-stress, hardiness, general Health.

Perceived Social Support and Work Motivation of Day and Night Shift Nurses

Amina Sarwar (M.Sc 2011-2013)

Supervisor: Ms. Shazia Khalid

The present research purported to study perceived social support and work motivation of day and night shift nurses. It was hypothesized that perceived social support and work motivation are correlated, further; there is a difference in perceived social support and work motivation of day and night shift nurses. Sample comprised of 150 nurses. Multidimensional Perceived Social Support Scale (Zimet, Dahlem, Zimet & Farley, 1988) and Motivation at Work Scale (Gagné, Forest, Gilbert, Aube, Morin & Malorni, 2010) were used to assess variables. Results indicated there was significant relationship between the perceived social support and work motivation, besides; there was a difference in perceived social support and work motivation in day and night shift nurses. In multiple regression analysis, duty hours and perceived social support emerged as the predictor of work motivation. Seminars can be arranged for the betterment of nurses to get better individual performance.

Keywords: Perceived social support, work motivation, performance.

Job Burnout in the Employees of Public, Private and Multinational Organizations

Maria Ishaq (BS 2009-2013)
Supervisor: Ms. Shazia Khalid

The present research purported to explore the level of burnout in the organizational setting. Three types of banking sectors; public, private, and multinational banks were selected. It was hypothesized that there is likely to be a difference of job burnout level among the employees of public, private and multinational organizations. A sample consisting of $N = 180$ bank employees (public, private and multinational banks) was carefully chosen for the present study. The scale “Are You Showing the Signs of Burnout” (Headington Institute, 2011) was used to assess burnout in the employees of different sectors. Psychometric properties of the scale were determined for the present sample. ANOVA was used to find out the level of burnout in employees and post-hoc analysis was applied to see the difference. Results revealed that there is a difference in the level of job burnout in the employees of public, private and multinational banks.

Keywords: Job burnout, multinational organizations, psychometric properties.

Personality Type and Work Family Conflict among Women Doctors

Mehreen Gulzar (BS 2009-2013)
Supervisor: Ms. Shazia Khalid

This research aimed to investigate the relationship between personality type and work-family conflict among 154 women doctors from different hospitals of Lahore, Pakistan. It was hypothesized that there was a relationship between personality type and work-family conflict. Correlational research design was used. Type A/B Behavior Pattern Scale (Dhair & Jain, 2001) and Work-Family Conflict Scale (Carlson, Kacmar & Williams, 2000) were administered. Cronbach alpha of all the above scales was estimated to retain its reliability. Correlation analysis showed that there was a positive significant relationship between personality type A and work inference with family plus family inference with work. Linear Regression analysis showed that personality type A was

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significant predictor of work inference to family and family inference to work. Implications are useful for career guidance in organization world as a result working efficiency of employees should be improved.

Keywords: Personality, work family conflict, relationship.

Perceived Organizational Support and Conflict Management Style in Organizational Setting

Tasneem Akhtar (M.Sc 2011-2013)

Supervisor: Ms. Shazia Khalid

The present research aimed to explore the relationship among perceived organizational support and conflict management styles use across the different professions in public organization. Correlational research design was used. It was hypothesized that there is a relationship between perceived organizational support and conflict management styles. It was also hypothesized that there is a difference in the use of conflict management styles among three profession of public sector. Sample of the present research consisted of 50 male doctors, 50 male bankers and 50 male teachers by using non probability purposive sampling technique from University of the Punjab, Jinnah hospital and the State bank of Lahore. The Thomas-Kilmann Conflict Mode Instrument (TKI) (Thomas & Kilmann, 1974) and Survey of Perceived Organizational Support (SPOS) (Eisenberger et al, 1986) was administered on the sample. The data was analyzed by using Pearson Product-Moment Correlation and ANOVA. The finding of the research showed that there was positive and significant relationship between perceived organizational support and compromising and accommodating conflict management styles. There was also difference in the use of conflict management styles among doctors, teachers and bankers of public sector.

Keywords: Organization, management style, public sector.

Principal's Creativity, Problem Solving Styles and Workplace Happiness in School Teachers

Sidra Saleem (BS 2009-2013)

Supervisor: Ms. Afifa Anjum

The present research aimed to find out whether principal's creativity and problem solving styles are related and predict workplace happiness in school teachers. It was hypothesized that perceived creativity and problem solving styles of principals are predictor's of workplace happiness in school teachers while controlling effect of demographic variables. Purposive sampling technique was used. Sample size was 100 (60 female and 40 male teachers) recruited from two schools of Lahore. Creative Personality Scale (CPS) Gough (1979), Problem Solving Style Questionnaire (PSSQ) (Duff, 2010) and self constructed Workplace Happiness Questionnaire (WHQ) was used to assess perceived principal's creativity and problem solving styles and workplace happiness of school teachers respectively. Initially correlation analysis showed that creativity was negatively associated with problem solving feeling style and non associated with workplace happiness. A positive significant correlation was found between problem solving thinking style and workplace happiness. Multiple hierarchical regression analysis revealed problem solving thinking style is the only significant predictor of workplace happiness. Independent sample *t*-test indicated non significant gender differences in workplace happiness, ANOVA showed significant differences between income and education group of the participants on workplace happiness.

Keywords: Creativity, problem solving styles, workplace happiness.

Work Autonomy, Job Satisfaction and Workplace Stress in Hostel Wardens

Sana Aslam (M.Sc 20110-2013)

Supervisor: Ms. Shahnaila Tariq

The present research was conducted to explore the relationship between work autonomy, job satisfaction and work place stress in hostels wardens. It was hypothesized that there is likely to be a relationship between work autonomy, job satisfaction and workplace stress.

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Correlational research design was used. The sample consisted of ($N = 50$) participants ($n = 25$ PU hostel wardens including 9 males and 16 females and $n = 25$ private hostel wardens including 13 males and 12 females). Self constructed demographic form, Work Autonomy Scale (WAS) by Breugh (1985), Job Satisfaction Scale (JSS) by Dubinsky (1986) and Workplace Stress Scale by American Institute of Stress and Merlin Company (2008) were used for data collection. Research finding showed that work autonomy and job satisfaction has positive relationship while job autonomy and workplace stress, and job satisfaction are negatively correlated. There were no significant gender differences and no significant differences due to any other demographic variable except prior work experience. Implications along with the limitations and results have been discussed and compared with the researches from the west and Pakistan.

Keywords: Work autonomy, job satisfaction, workplace stress.

Perceived Organizational Justice, Perceived Organizational Support and Employee Engagement in Rescue 1122

Zainab Javed (BS 2009-2013)
Supervisor: Ms. Shahnaila Tariq

This research aimed to investigate the relationship between perceived organizational justice (POJ), perceived organizational support (POS), and employee engagement in rescue 1122 employees. Correlational research design was used to carry out the research. It was hypothesized that perceived organizational support was likely to mediate the engagement in Rescue 1122 employees. A sample of ($N = 75$) operational rescue workers was selected with an age range of 20-40, using purposive random sampling. Organizational Justice Perception Questionnaire (Niehoff & Moorman, 1993), Survey of Perceived Organizational Support (Eisenberger, Huntington, Hutchinson, & Sowa, 1986) and Employee Engagement Scale (Saks, 2006) was used to measure Perceived Organizational Justice (POJ) Perceived Organizational Support (POS), and Employee Engagement, respectively. Correlation analysis, path analysis using AMOS, independent samples t -test, and ANOVA were carried out to analyze the data. Results revealed that there was a significant relationship between organizational justice (POJ), perceived organizational support (POS), and employee engagement. Moreover,

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perceived organizational support partially mediated the relationship between perceived organizational justice and employee engagement in rescue 1122 employees.

Keywords: Organizational justice, organizational support, employee engagement.

Sources of Job Stress in Non-Teaching and Administrative Staff of University

Afreen Komal (M.Sc 2009-2011)

Supervisor: Ms. Tahira Mubashir

The present research aimed to investigate the sources and symptoms of job stress in non-teaching and administrative staff of university. It was hypothesized that (a) there are likely to be differences in sources and symptoms of job stress among employees belonging to different cadres and (b) age, education, gender, family system and numbers of dependents and sources of job stress predict levels of stress in non-teaching and administrative staff of university. Cross sectional research design was used. The sample was consisted of ($N = 125$) employees taken from university of the Punjab, Lahore. Job Stress Inventory (Mroczek, 2010) was used for assessment. One way analysis of variance and multiple regression analysis were performed to analyze the data. The results divulged that there was non-significant difference in sources and symptoms of stress among employees belonging to different cadres. Results further showed that age, gender, sources of job stress (conflict and environment) emerged as significant predictors of symptoms of job stress. On the basis of findings, it is suggested that ongoing and continuous effort manage sources and symptoms of stress through planning and implementations of different programs by university administration can help employees in better coping of stress. Further implications along with limitations and suggestions are being discussed.

Keywords: Job stress, conflict, administrative staff.

Time Management Factors and Job Performance in Non-Teaching Employees of Public Sector Universities

Hira Sherwani (M.Sc 2011-2013)

Supervisor: Ms. Tahira Mubashir

The present research investigated relationship between time management factors (time management competencies and time management environment) and job performance in non-teaching employees of public sector universities. It was hypothesized that (a) there is likely to be positive relationship of time management competencies and time management environment with job performance in non-teaching employees of public sector universities (b) time management competencies and time management environment are likely to predict job performance and (c) there are gender differences in time management factors and job performance in non-teaching employees of public sector universities. Correlational research design was used. The sample was composed of ($N = 100$) employees from University of Punjab, University of Education and Lahore College for Women University. Time Management Behavioral Scale (Macan, 1994), Time Management Environment Scale (Burt, 2003) and Job Performance Scale were used for assessment purposes. Pearson Product-Moment Correlation, independent samples t-test and multiple regression analysis were carried out to analyze the data. Findings revealed significant positive relationship of time management competencies and environment with job performance. Results further showed that time management factors are not significant predictors of job performance. Results also showed non-significant gender differences in time management factors and job performance. On the basis of research findings, time management training programs are recommended to help employees improve their time management skills to improve their job performance. Further implications of the research along with limitation and suggestions are being discussed.

Keywords: Time management, job performance, employees, public sector.

Organizational Gender Diversity Management Practices and Gender Sensitization in Teaching and Non-Teaching Employees of the Public Sector Universities

Khadija Abbasi (M.Sc 2011-2013)

Supervisor: Ms. Tahira Mubashir

The present research was conducted to explore gender diversity management practices in public sector universities and investigate relationship between gender diversity management practices and gender sensitization in teaching and non-teaching staff. It was hypothesized that (a) there is likely to be relationship between organizational gender diversity management practices and gender sensitization (b) gender and position (teaching and non-teaching staff) have main effect on gender sensitization in university employees. Further it was hypothesized that gender sensitization is effected by interaction between gender and position (teaching and non-teaching staff). The sample was composed of $N = 100$ teaching and non-teaching employees from University of the Punjab and Lahore College for Women University, Lahore. Organizational gender diversity management practices Questionnaire (University of Stirling, 2007) and gender sensitization questionnaire (UNDP Macedonia University, 2012) were administered to each participant for assessment purposes. Pearson Product-Moment Correlation and two way analysis of variance were performed to analyze the data. The results indicated non-significant relationship between organizational gender diversity management practices and gender sensitization. Results further showed that there is no main effect for gender and position on gender sensitization and no interaction effect of gender and position on gender sensitization was found. Further implications of the research along with the limitations and suggestions are being discussed.

Keywords: Gender diversity, management practices, gender sensitization.

Communication Skills, Professional Grooming, Mannerism and Job Performance of Non-Teaching University Employees

Rabbiya Mir (M.Sc 2011-2013)
Supervisor: Ms. Tahira Mubashir

The present research investigated relationship between communication skills, professional grooming, mannerism and job performance in non-teaching university employees. It was hypothesized that (a) effective communication skills, professional grooming and mannerism positively relates with job performance (b) there are gender differences in communication skills, professional grooming, mannerism and job performance in university employees and (c) communication skills, professional grooming and mannerism are likely to predict job performance. The sample was composed of ($N = 100$) employees from University of the Punjab. Communication skills, professional grooming, mannerism and job performance questionnaire were used for assessment. Correlational research design was used to assess the relationship between communication skills, professional grooming, mannerism and job performance. Pearson Product-Moment Correlation and independent Samples t -test were carried out to analyze the data. Findings of the research revealed significant positive relationship between communication skills, mannerism and job performance while significant negative relationship between professional grooming and job performance. Results showed professional grooming and mannerism predict job performance. Results showed non-significant gender differences in communication skills, professional grooming, mannerism and job performance. Findings of the research suggested that workshops and training programs can improve employee's communication skills, professional grooming, and mannerism and can further improve their job performance.

Keywords: Communication skills, professional grooming, mannerism, job performance.

Social Competence, Social Capital and Psychological Well-Being in University Employees

Shanza Usman az Zahra (M.Sc 2011-2013)

Supervisor: Ms. Tahira Mubashir

The present research aimed to investigate relationship in social competence, social capital and psychological wellbeing in teaching and non-teaching university employees. It was hypothesized that there is likely to be relationship of social competence and social capital with psychological well-being. It was also hypothesized that there is likely to be difference in social competence, social capital and psychological wellbeing in university teaching and non-teaching employees. Correlational research design was used. The sample consisted of $N = 100$ employees, ($n = 50$ teaching employees and $n = 50$ non-teaching employees) from University of the Punjab and Government College University, Lahore. Social Competence Questionnaire (SCQ) by Susan and Spence (2002), Social capital questionnaire (SCQ) by Bullen and Onyx (1998), and psychological well-being scale by Ryff (1998) were used for assessment. Pearson Product-Moment Correlation, independent sample t -test and hierarchical regression analysis was performed to analyze data. Results showed significant positive relationship of social competence with psychological well-being (autonomy, environmental mastery, personal growth, positive relation, purpose in life and self-acceptance) and significant positive relationship of social capital with psychological well-being (autonomy, personal growth, positive relation and self-acceptance). The results divulged that there was non-significant difference in teaching and non-teaching staff in social capital, social competence and psychological well-being. Results further showed that age, experience in years, and sector predict autonomy, family system, designation and number of dependents predicts environmental mastery, and grade, income, social competence and social capital predict personal growth and purpose in life and social capital predicts self-acceptance. Implications suggested ongoing and continuous effort to enhance social skills of employees through planning and implementations of different programs by university administration at workplaces.

Keywords: Social competence, social capital, psychological well-being, employees.

Short Term Intervention of Bullying Behavior in Government School Students

Hafiza Seema Mujahid (BS 2009-2011)

Supervisor: Ms. Tahira Mubashir

The research aimed to test a short term intervention of bullying behavior in government school students. It was hypothesized that (a) there is likely to be a difference in bullying behavior of students before and after assessment intervention and (b) there is likely to be difference in post score of experimental or control group. Pretest-Posttest nonequivalent control group design was used. A sample consisting of $N = 40$ students ($n = 20$ experimental group; $n = 20$ control group), with an age range of 8-11, from 3 class to 5 class was selected from Model High School, University of the Punjab. Aggression Scale (Orpian & Frankowski) was used for pre and post assessment and it was completed by the teacher to rate bullying behavior of students. Paired sample t -test was carried out to find out differences in pre and post assessment of both experimental and control group. Independent samples t -test was used to compare post score of experimental and control group. Findings revealed that intervention was effective and there is significant difference in pre and post assessment of bullying behavior of experimental group of students, which was high in pre assessment but low in post assessment but bullying behavior of control group of students remained same as they did not receive any intervention. This research has strong implication in the educational setting to aware of teachers and staff to control behaviors and maintain discipline as students who are in a phase of understanding and analyzing complex behaviors.

Keywords: Intervention, bullying behavior, pre-post testing.

Mental Toughness and Competition Stress among Cricketers

Vicar Solomon (BS 2009-2011)

Supervisor: Ms. Tahira Mubashir

The present research aimed to investigate relationship between mental toughness and competition stress among cricketers. It was hypothesized (a) there is negative relationship between mental toughness (rebound ability, ability to handle pressure, concentration, confidence and

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motivation) and competition stress (b) There is main effect of playing levels (NCA, National and International) and different playing positions (opener, middle order, all-rounder and bowler) on mental toughness and competition stress among cricketers and (c) There are interaction effects of playing levels (NCA, National and International) and different playing positions (opener, middle order, all-rounder and bowler) for mental toughness and competition stress among cricketers. Correlational research design was used. The sample comprised of ($N = 60$) National Cricket Academy (NCA) Cricketers, National and International Cricket Players. For assessment purposes, Mental Toughness Questionnaire (Goldberg, 2012) and Sports Competition Anxiety Test (1990) were used. Pearson Product-Moment Correlation and two way analysis of variance were performed to analyze the data. Results revealed that there was non-significant relationship between mental toughness and competition stress among cricketers. Results further showed that National players have higher level of rebound ability than that of international players. It was also revealed that middle order players and all-rounder's have ability to handle pressure during match than that of openers and bowlers. This research would be helpful for Pakistan Cricket Board and National Cricket Academy to initiate mental toughness training programs for cricketers to enhance their performance by eliminating negativities in their minds and educational courses for academy players to improve players' psychological abilities during field along with physical fitness.

Keywords: Mental toughness, competition stress, cricketers.

Emotional Intelligence and Resilience among Rescue Workers, Nurses and Doctors

Idrat Fatima (M.Sc 2010-2012)

Supervisor: Dr. Muhammad Kashif Fida

The present research is trying to explore the emotional intelligence and resilience among rescue workers, nurses and doctors (in emergency unit). It was hypothesized that there is a different level of resilience and emotional intelligence among rescue workers, nurses and doctors (in emergency unit). Further, that there are high emotional intelligence among doctors (in emergency unit) than rescue workers and nurses. It is also hypothesized that there are high resilience among nurses than rescue workers and doctors (in emergency unit). It was also hypothesized that

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there are relationship between emotional intelligence and resilience. Survey research design was used to explore the research. Sample was drawn by using purposive sampling strategy. The sample was composed of (N = 100) participants from Jinnah Hospital, Services Hospital and Rescue Centre. Schutte Self-Report Emotional Intelligence Test (SSEIT) (Schutte, et al, 1998) and Resilience Self Assessment Scale (Straby, 2010) were administered to each participant. Descriptive and Inferential Statistics were used for data analysis. Relationship between emotional intelligence and resilience was assessed by using Pearson Product-Moment Correlation. Findings of the research revealed non-significant relationship between emotional intelligence and resilience. ANOVA was used to compare the level of emotional intelligence and resilience among rescue workers, nurses and doctors (in emergency unit). Results also showed that there were different level of EQ and resilience among rescue workers, nurses and doctors. Results also revealed that there are high level of EQ among doctors than nurses and rescue workers. Results also revealed that level of resilience high among nurses than doctors and doctors and rescue workers. Results showed that there were no significant between EQ and resilience.

Keywords: Emotional intelligence, resilience, emergency unit.

Life Satisfaction and Happiness among the Teaching and the Administrative Staff of University of the Punjab

Mahwish Saigol (M.Sc 2011-2013)

Supervisor: Dr. Shamaila Asad

This study examined the interrelationship among life satisfaction and happiness and found differences on life satisfaction and happiness among teaching and the administrative staff of University of the Punjab. Purposive sampling technique and survey research design was used to collect data from 100 university teachers and the administrative staff. To assess life satisfaction, Diener, Emmons, Larsen and Griffin (1985) Satisfaction with Life Scale (SWLS) was used and to assess happiness, Oxford Happiness Inventory by Martin and Crossland (1989) was used. Pearson Product-Moment Correlation was used to analyze the correlation between life satisfaction and happiness. Independent samples *t*-test was used to analyze the difference among the teaching staff and the

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administrative staff on life satisfaction and happiness. The reliability of the Life Satisfaction Scale was found to be ($\alpha = 0.84$) and reliability of Oxford Happiness Inventory was found to be ($\alpha = 0.73$). The findings revealed that there is a strong positive association among life satisfaction and happiness as indicated by the correlation value ($r = .46^{**}$). The t -value for life satisfaction was 8.01 and t -value for happiness was 5.95 at significance level ($p < 0.001$). The results also revealed that there is significant difference in teaching staff and the administrative staff on life satisfaction and happiness as the level of life satisfaction and happiness was found to be higher among the teaching staff which supports our hypotheses.

Keywords: Life satisfaction, happiness, administrative staff.

Personality Psychology

Parents' Personality, Family Environment and Adolescents' Personality

Iqra Waheed (M.Sc 2011-2013)

Supervisors: Prof. Dr. Rukhsana Kausar and Ms. Saira Batool

The present research aimed to investigate the relationship between parents' personality, family environment and adolescents' personality. It was hypothesized that a) there is likely to be a significant relationship between parents' personality and adolescents' personality, b) there is likely to be a significant relationship between family environment and adolescents' personality, c) parents' personality and family environment are likely to predict adolescent's personality. The sample consists of 80 adolescents. Big Five Personality Inventory 10 (Rammstein & John, 2007) was used to assess the personality of parents' and adolescents' and Family Environment Scale (Bhatia & Chadha, 1993) was used to assess family environment of adolescents'. Pearson Product-Moment Correlation analysis was used to find the relationship between parent's personality, family environment and adolescent's personality. Hierarchical regression analysis was used to find out the predictors of adolescents' personality. The findings revealed significant relationship between parents' personality and adolescents' personality. It was also found that family environment had significant relationship with adolescents' personality. Results revealed that fathers' extraversion and expressiveness, mothers' agreeableness, consciousness and openness to experience and cohesion were the significant predictors of adolescents' personality. The findings of the study can be shared with families, friends and relatives to provide them information about the importance of parents' personality traits and family environment that how these correlates with the adolescents' personality.

Keywords: Personality, family environment, five factor personality.

Personality and Creativity as Predictors of Psychological Well-Being in College Students

Samreen Arshad (BS 2009-2013)

Supervisor: Dr. Rafia Rafique

The present research was conducted to infer whether psychological well-being in college students can be predicted by personality and creativity. Correlational research design was employed. Multistage sampling was used to gather a sample of 125 students, aged 18 to 25. NEO Five Factor Inventory (NEO-FFI) (Costa & McCrae, 1992), Creative Behavior Inventory (CBI) (Hocevar, 1979) and Psychological Well-Being Scale (PWS) (Ryff, 1995) were administered along with demographic information sheet to assess the study variables. Hierarchical multiple regression analysis revealed that personality traits (neuroticism, extroversion and conscientiousness) predict psychological well-being in college students. However none of the control variables as well as creativity was found to be significant predictors of psychological well-being. Findings highlight that psychological interventions and positive parenting techniques can help enhance extroversion among students; this can ultimately help improve psychological well-being.

Keywords: Personality, creativity, psychological well-being.

Positive Psychology

Music Preferences, Emotional Regulation and Psychological Well-Being in Youth

Muhammad Faran (M.Sc 2011-2013)

Supervisors: Prof. Dr. Rukhsana Kausar and Mr. Waqas Hassan

The present research aimed to investigate the relationship among music preferences, emotional regulation and psychological well-being in youth. It was hypothesized that music preferences are likely to be significantly related with emotional regulation and psychological well-being. Also music preferences (genre) are likely to predict emotional regulation and psychological well-being; while time spent in listening music is related to emotional regulation and psychological well-being, significantly. Within group research design was used in the present study. The sample comprised of 100 participants ($N = 100$), 50 males and 50 females. Data was collected through non-probability purposive sampling technique. Short Test of Musical Preferences (STOMP), Emotional Regulation Questionnaire (ERQ) and Psychological Well-Being (PWB) were administered to each participant. Data was analyzed using Pearson Product-Moment Correlation and Multiple Regression. Result revealed high preference for folk, hip-hop, blues, jazz, disco, dance/bhangra and funk music were significant correlated with Cognitive Reappraisal only but, Country music was significantly correlated and predicted cognitive reappraisal and expressive suppression. While pop music was the only significant predictor of cognitive reappraisal. Yet music preferences for folk, hip-hop, rap, country, blues, jazz, disco dance/bhangra and funk were significantly related with psychological well-being. However jazz, folk, blues and dance/bhangra music were the significant predictors of positive relation, purpose in life, personal growth, self-acceptance, autonomy and environmental mastery. Results showed that the association mid time expanded in listening music and psychological well-being was also significant. The importance of this study lies in revealing significant relationships and predictions are helping in music therapy to employ technique corresponding to the preference of music and the regulation strategy.

Keywords: Music preference, emotion regulation, psychological well-being.

Self-Esteem, Subjective Well-Being and Autonomy among Married Women

Sunnyina Tufail (BS 2009-2013)

Supervisor: Dr. Naumana Amjad

The purpose of this study was to investigate the self-esteem, subjective well-being and autonomy among married women. In order to find out expected changes after marriage, an exploratory study (interviews) was conducted. Through content analyses, three most cited changes, happiness, subjective well-being self-esteem, and autonomy, were selected for further investigation through two studies. In study 1 ($N = 60$ married women 30 married for 6-8 months, 30 women married for 10-25 years) were assessed by Self-Esteem Scale given by (Glenn & Schiraldi, 2001), Happiness was assessed by The Oxford Happiness Questionnaire: a compact scale for the measurement of psychological well-being given by (Argyle & Hills, 2001) and autonomy was assessed by self constructed scale of autonomy by (Tufail & Amjad 2013). Findings showed that there was a significance difference in self esteem and subjective well-being in newly married and older married women. Newly married women had greater self-esteem and subjective well-being than older married women. In second study 15 girls were assessed on same variables before and after three months of their wedding. Findings revealed that there was a significant difference in self-esteem and subjective well-being before and after marriage, Self-esteem and subjective well-being increase after marriage in women. But no significant difference in autonomy was found in women after marriage. Hierarchical regression analysis revealed that no demographic variable predicted subjective well-being and results showed that autonomy predicted subjective well-being whereas self-esteem did not predict subjective wellbeing which means that females having more autonomy have more subjective well-being. Correlation analysis results showed that age has a significant negative relationship with subjective well-being. Further correlation analysis showed that there was no significant relationship between marriage duration and subjective well-being.

Keywords: Self-esteem, subjective well-being, autonomy.

Story Listening and Creative Writing Abilities of Children

Hamida Manzoor (M.Sc 2011-2013)

Supervisor: Dr. Naumana Amjad

The present research aims to investigate story listening and creative writing abilities of children. It is hypothesized that there is likely to be a positive relationship in creative writing abilities of children and overall parent's story telling habits. Sample of 200 children of class 6 from private and public schools of Lahore was selected with the consent of the school authorities. They were assessed on story listening and creative writing. Convenient sampling strategy was used. It was co-relational research design. For story listening, a questionnaire previously developed by Bukhari and Amjad (2012) was used. Children were asked to write creative stories and creative abilities of children were assessed through consensual assessment technique developed by amabile. Correlation analysis was applied to find relationship between story listening and creative writing abilities of children. The results revealed that there is a significant relationship between story listening and creative writing abilities of children. Independent sample *t*-test was conduct to find out the difference between creative writing abilities of girls and boys. The independent sample *t*-test showed statistically significant differences between male and female students in creative writing abilities. The study help to identify what practices by parents and educators can enhance creative writing abilities of children.

Keywords: Writing abilities, story telling habits, creativity.

Personality, Romantic Attitude and Happiness in Young Adults

Sana Saghir (M.Sc 2011-2013)

Supervisor: Dr. Naumana Amjad

The present research explored the relationship between five personality traits, romantic attitude and happiness in young adults. Correlational research design was used to explore the relationship between the variables. Multistage sampling technique (random and purposive sampling) was employed to collect sample of 150 from National College of Arts, Lahore University of Management Sciences and University of the Punjab. Neo Five factor Inventory by Costa and McCrae (1992) was

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used to assess personality, Romantic Attitude Scale (self constructed) was used to assess the romantic attitude and Oxford Happiness Questionnaire by Argyle and Hills (2002) was used to assess happiness in young adults. The relationship between the variables was assessed through Pearson Product-Moment Correlation Coefficient and Regression Analysis. The results revealed that extraversion, agreeableness, conscientiousness and openness to experience personality traits have significant positive relationship with happiness and neuroticism has no significant relationship with happiness. Neuroticism, extraversion and agreeableness are significantly positively correlated with romantic attitude. Romantic attitude has no significant relationship with openness to experience, conscientiousness and happiness. Neuroticism, openness to experience and extraversion significantly predict happiness.

Keywords: Personality, romantic attitude, happiness.

Self-Compassion and Positive Psychological Functioning in University Students

Shabana Luqman (M.Sc 2011-2013)

Supervisor: Dr. Iram Fatima

A correlational study was conducted to investigate the relationship between self compassion and positive psychological functioning in university students. Curiosity and optimism were studied as two dimensions of positive psychological functioning. It was hypothesized that there would be a positive relationship between self compassion, and two dimension of positive psychological functioning. The sample consisted of 100 M.Phill students (men = 50 and women = 50). Self-compassion was assessed through Self Compassion Scale (SCS; Neff, 2003). Curiosity was assessed through Curiosity And Exploration Inventory (CEI) (Kashdan, Rose & Fincham, 2004). Optimism was assessed through Revised Life Orientation Test (LOR-T; Scheier, Carver & Bridges, 1994). The results indicated that there was no significant relationship between self compassion and curiosity in both men and women, whereas, there was a positive relationship between self compassion and optimism in women.

Keywords: Self compassion, curiosity, optimism.

Emotional Maturity, Social Competence and Styles of Humor: A Comparative Analysis

Afsheen Kanwal (BS 2009-2013)

Supervisor: Dr. Rafia Rafique

The present research was conducted to investigate the difference between emotional maturity, social competence and style of humor in orphan and children living with their parents. The sample consisted of ($n = 70$) participants (both boys and girls). The children living with their parents were selected from Unique Higher Secondary school and children living in orphanages were selected from SOS Herman Gmeiner School. The age range of participants was 12 to 18 years. It was hypothesized that the children living with their parents have greater emotional maturity as compared to the children living in orphanages. It was also hypothesized that the children living with their parents have greater social competence as compared to the children living in orphan homes. Moreover it was hypothesized that the children living with their parents had a greater use of styles of humor as compared to the children living in orphan homes. It was further hypothesized that there is likely to be positive relationship between emotional maturity and social competence. It was also hypothesized that there is a positive relationship between emotional maturity and styles of humor; social competence and styles of humor. Emotional Maturity was assessed by Emotional Maturity Scale (EMS) by (Singh & Bhargava, 1971), social competence was assessed by Social Competence Scale (CPPRG, 1990) and styles of humor were assessed by Humor Style Questionnaire (Martin & Doris, 2003). Independent Sample *t*-test was conducted by using Statistical Package for Social Sciences (SPSS 16.1). The findings revealed that the children who lived with their parents showed greater emotional maturity and social competence as compared to the children who lived in orphan home. Moreover results showed no significant difference between styles of humor in children living in orphanages and children living with their parents. The findings also revealed that emotional maturity is positively correlated with social competence. However styles of humor showed no significant relationship with emotional maturity and social competence. Psychological interventions for enhancing emotional maturity and social competence of children living in orphan homes are hereby proposed.

Keywords: Emotional maturity, social competence, humor.

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Autonomy, Personality Types and Happiness among Urban and Rural Women

Kubra Qamar (M.Sc 2011-2012)

Supervisor: Dr. Rafia Rafique

The objective of this study was to find out difference in urban and rural women on autonomy, personality traits and happiness. It was hypothesized that women living in urban areas have greater autonomy compared to those living in rural areas. Moreover it was hypothesized that there will be significant differences between urban and rural women on personality traits. It was hypothesized that there will be significant difference on happiness between urban and rural women. Cross sectional research design was used. A sample ($N = 100$) 50 urban and 50 rural women were selected from Lahore, Jehlum city and their suburbs. The Do Re Mi's (2003) Personality Questionnaire, (Bekker & Van Assen, 1993) Autonomy Scale and Oxford Happiness Scale (Hills & Argyle, 2000) were employed to infer the proposed hypotheses. Results revealed that there were no significant differences between urban and rural women on autonomy. Rural women were found to be happier than urban women. And urban women were found to be more anxious and upset than rural women. This study sets directions for educating urban women to overcome anxiety by employing anxiety management techniques. Moreover a well-designed quantitative research design can help further infer the differences between urban and rural.

Keywords: Autonomy, personality types, happiness.

Time Management and Happiness in Working and Non-Working Women

Sidra Sana (M.Sc 2011-2013)

Supervisor: Ms. Shazia Irfan

The present research was conducted to investigate the time management and happiness in working and non-working women. The research aimed to explore the relationship between time management and happiness in working and non-working women and for this purpose correlational research design was used. Purposive sampling technique was used to collect data of working and non-working women. Sample composed of

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two groups. Sample size comprised of 50 married working women related to teaching and paramedical profession and 50 non-working women were house wives. Structured questionnaires were distributed among the population. Data was collected and analyzed by using Pearson Co-efficient Correlation and Independent Samples *t*-test. The results revealed that there was a correlation between time management and happiness in non-working women. Results further revealed that there was in significant difference between working and non-working women on time management. The findings of the present research were helpful for the society to deal with women's issues of time management in stress reduction and elevate the happiness in better way.

Keywords: Time management, happiness, women status.

Psychology of Gender

Psychological Distress and Social Interaction Anxiety in Women Living in Shelter Homes

Moonam Afzal (M.Sc 2011-2013)
Supervisor: Prof. Dr. Rukhsana Kausar

The present study was conducted to find out the level of psychological distress and social interaction anxiety in women living in shelter homes. It was hypothesized that there is significant relationship between level of psychological distress and social interaction anxiety in destitute women. The sample consisted of 80 destitute women selected from different shelter homes in Lahore. A Demographic Information Sheet, Kessler Psychological Distress Scale (K10, 1994) and Social Interaction Anxiety Scale (Mattick & Clarke, 1998) were used for assessment. Data was analyzed using correlation. The result revealed that there is significant positive relationship between psychological distress and social interaction anxiety in women living in shelter homes. The findings hold implications for families, NGOs and policy makers.

Keywords: Psychological distress, social interaction, anxiety, destitute women.

Experience of Harassment and Emotional Distress in Female University Students

Fatima Gull (M.Sc 2011-2013)
Supervisor: Prof. Dr. Rukhsana Kausar

The current study was conducted to find out the experience of harassment and emotional distress in female university students. It was hypothesized that a) there is likely to be a relationship between experience of harassment and emotional distress in female university students. It was also hypothesized that experience of harassment is the predictor of emotional distress. The sample consists of ($N = 100$) female university students with age range between 18-30 years. Purposive sampling strategy was used to collect data from one of the Public Sector University. Self-Constructed Scale EOH and ED were used to measure the experience of harassment and emotional distress. Pearson Product-Moment Correlation was used to find out relationship between experience of harassment and emotional distress in female university

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students. The findings revealed that there is a significant correlation experience of harassment and emotional distress. Regression analysis was used to find out the prediction. The findings revealed that experience of harassment is a significant predictor of emotional distress.

Keywords: Harassment, emotional distress.

Dominance and Self-Esteem in Working, Non-working and Married, Unmarried Women

Muzammal Ayesha (M.Sc 2011-2013)

Supervisor: Ms. Shazia Khalid

The present research purported to study dominance and self-esteem in working, non-working and married, unmarried women. The sample of the present research consisted of 200 working, non-working and married, unmarried women. It was hypothesized that there was a relationship between dominance and self-esteem of working, non-working and married, unmarried women. It was also hypothesized that there was a difference between dominance and self-esteem among working, non-working and married, unmarried women. Tool that used to assess dominance and self-esteem was General Population Dominance Scale (Ray, 1976) and Rosenberg Self-Esteem Scale (Rosenberg, 1965). Cronbach alpha of all above scales was estimated to check reliability. Correlation analysis was used to assess the relationship between dominance and self-esteem. Results indicated there was significant correlation between the two variables. Independent sample *t*-test was also used to assess the difference in dominance and self-esteem among working, non-working and married, unmarried women. Results showed that there was a difference in dominance among working, non-working and married, unmarried women. There was no significant difference in self-esteem among working, non-working and married, unmarried women.

Keywords: Dominance, self-esteem, marital status.

Self-Image and Life Satisfaction in Unmarried and Married Working and Non-Working Females

Sumbal Sahi (M.Sc 2011-2013)

Supervisor: Ms. Shazia Khalid

This research was conducted to check the self-image and life satisfaction in unmarried and married working and non-working females. It was hypothesized that is there relationship in self-image and life satisfaction in unmarried and married working and non-working females and difference in self-image and life satisfaction in them. Purposive sampling technique was used. Self-Image Profile for Adults Butler and Gasson (2004) was used to measure the self-image. Satisfaction with Life Scale (Diener & Pavot 1993) was used to measure the life satisfaction. Pearson Product-Moment Correlation was used to see the relationship between self-image and life satisfaction and *t*-test was used for comparison of unmarried and married working and non-working females. The results of correlation analysis revealed that there is a significant positive relationship between self-image and life satisfaction in unmarried and married working and non-working females. Further results of *t*-test analysis revealed that there is no difference in self-image and life satisfaction in unmarried and married working and non-working females.

Keywords: Self-image, life satisfaction, marital status.

Differences in Marital Forgiveness and Satisfaction in Men and Women

Nabila Kausar (M.Sc 2011-2013)

Supervisor: Mr. Faiz Younas

The purpose of this research was to find out relationship between marital forgiveness and satisfaction among married men and women. It was hypothesized that there was a positive relationship and significant gender differences between marital forgiveness and satisfaction. In a correlational research design, a sample of ($N = 80$) including ($n = 40$ men) ($n = 40$ women) were recruited through convenient sampling. The Marital Offence Specific Forgiveness Scale (MOFS) and Enrich Marital Satisfaction (EMS) Scale were used to collect data. Pearson Product-Moment Correlation and the independent sample *t*-test were used to

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generate results which showed a positive relationship and no gender difference between marital forgiveness and marital satisfaction. Thus, it was concluded that partners whom forgive each other, restore their marital relationship and gain satisfaction over the life span. Implication of the study was that it would be beneficial for married people to improve their marital lives in a positive mode.

Keywords: Gender differences, marital forgiveness, satisfaction.

Public Perception about Divorced Women

Somia Khalid (M.Sc 2010-2012)

Supervisor: Mr. Waqas Hassan

The present research was conducted to find out the public perception about divorced women. Survey research design was used. Present research involve two phases, generation of a set of responses about divorced women and rating of those responses by a separate sample. The research question asked to public was what is perception of public about divorced women? There was no right or wrong answers. Convenient sampling was used. A sample of 120 participant (Men = 60, Women = 60) were participated and participant age was above than 18 years. From first phase 46 responses were collected by content analysis and used for the second phase. Divorced women characteristics clusters were made. Result of qualitative data showed that in divorced women negative characteristics were rated more as compare to other characteristics. A sample of 140 participant (Men = 70, Women = 70) were participated in second phase. In this phase 46 responses were given to the participants. An independent sample *t*-test was conducted to compare gender differences on two aspects what happened to divorce women and characteristic of divorce women. Result show that there was significant gender differences are present on consequence in divorced women but there was not significant gender difference on personality characteristics in divorced women.

Keywords: Public perception, divorced women, content analysis.

Psychology of Religion

Exploring the Perception of God among Muslims and Christians

Rehana Mushtaq (M.Sc 2010-2012)

Supervisor: Dr. Naumana Amjad

The current research is primarily a qualitative exploration of the perception of divine being among a Pakistani sample. We explored what attributes of God are salient among Pakistani Muslims and Christians. The first study investigated the association of 50 Muslim adults for two words Allah and God. They were asked to write 10 words that came to their mind when they thought of Allah and God. Participants then ranked the top 25 words. Cluster analysis was used on ranking of the participants. The frequency of the words such as Merciful, Beneficent, Creator, Loving, Great, One, Helpful, Everlasting, Powerful, Protector, Forgiver, Beauty, Sovereignty, Guide, Almighty and Giver was greater for Allah than for God. The frequency of the words such as lord, worship, respectable and unseen was greater for God than for Allah. Second study explored similarities and differences in perception of God among 100 participants (50 Muslims and 50 Christian adults). Same method as first study was used. They wrote down 5 words which they associated with Allah and God. The common words for God (that were given by both Muslims and Christians) were: Merciful, One, Creator, Powerful, Beneficent, Loving, Almighty, Giver, Helper, Great, Holy, Lord, Everlasting, Protector, Faithful, Kind, and Forgiver. The words given only by Christians for God were: Caring, Pray, Superior, and Glorious. Words given only by Muslims were: Spirit, Wise and Listener. It seems from these results that there is overwhelming similarity in perception of God among Muslims and Christians in terms of attributes they associate with a Divine Being. For Muslims the Divine being is evoked by word Allah hence they associate the attributes greatly with Allah than with God. For Christians the Divine Being is evoked by word God. Social Psychologists can use this evidence to build interfaith harmony and Divine consciousness among larger Pakistani multi-faith community.

Keywords: God, Allah, perceptions, christians, interfaith.

Changing Prejudiced Beliefs against Jews among Young Muslims

Tasneem Iqbal (M.Sc2010-2012)

Supervisor: Dr. Naumana Amjad

The present research aimed to investigate whether prejudiced beliefs against Jews can be changed through educational intervention and whether intervention influences willingness to join an anti-Semitic hate group. Sample consisted of 103 students from two departments of Punjab University, Lahore. A mixed between with-in group experimental design was used. It involved a pre-test measurement of prejudiced beliefs about a certain religious group (Jews), an educational intervention lecture and a post-test measurement of beliefs as well as a behavioral measure of willingness to join. Experimental group received intervention and control group received lecture on an unrelated topic. Two other groups were also included: one group without any intervention, and their beliefs were assessed twice and joining consent was assessed once. An experimental post-test only group was included to discern the effect of demand characteristics. It was hypothesized that Anti-Semitic beliefs would be reduced after educational intervention among experimental groups, there will be a significant difference in beliefs of experimental and control groups, more people are likely to give consent to join extremist group among control groups than experimental groups. The Anti-Semitic Beliefs Scale (Amjad and Wood, 2009) and the behavioral measure (content to join Muslim Youth Force) were administered on each participant. Independent Samples *t*-test was carried out to compare experimental and control groups. Paired sample *t*-test was used to compare pre and post intervention beliefs of experimental group. Chi-square was used to examine which group was more likely to join the hate group. Results of the study were consistent to the hypothesis. Anti-Semitic beliefs among experimental group were significantly reduced after educational intervention and the participants in this group were less willing to join extremist group.

Keywords: Prejudiced beliefs, jews, young muslims.

Reason for Compliances and Deviances of Religious Injunctions

Zubia Munir (M.Sc 2011-2013)

Supervisor: Dr. Naumana Amjad

The present research was conducted to explore the reasons for compliance and deviance of religious injunctions. The research was conducted in two phases. In first phase focus groups were conducted. Thirty (30) participants were asked to list the religious obligations which they may do not fulfill and also forbidden behaviors or actions that they do. They were also asked to list the reasons for it. Religious Injunctions, Religious Practices and Reasons for Non Compliance Scales were constructed. In the second phase, a study was conducted to assess relationship between religious injunctions and religious practices. The sample was selected from cross section participants'. Correlation and descriptive analysis were conducted. There was a significant negative correlation between religious injunctions and practices of Muslims. The obligation that was most frequently ignored was ritual prayer and the reasons given for not praying were laziness, less time and low will power. The most frequently carried out forbidden actions were backbiting and lying. The most frequent reasons for committing the forbidden acts of backbiting and lying were 'pass time' 'for enjoyment' and 'fun' 'unconsciously' 'to get rid of unfavorable situations' and 'personal benefits'. The findings of research showed that Muslims have strong belief on their religious injunctions but do not practice as much as they believe. There is a gap between their beliefs and practices. People give different reasons, or justification for not practicing their religious obligatory duties and for doing forbidden activities

Keywords: Compliances, deviances, religious injunctions.

Social Psychology

Playing Violent Video Games, Social Isolation and Aggression among College Students

Iram Ghafoor (M.Sc 2011-2013)

Supervisors: Dr. Najma Najam and Ms. Sakina Gulzar

The present research investigated the effect of playing violent video games on social isolation and aggression among college students with the use of between groups research design. It was hypothesized that there will be significant differences in social isolation and aggression scores of college students on the basis of the intensity of violence of video games being played. There will be significant differences in social isolation and aggression scores of college students who play violent video games for 30 minutes, 1 hour, 2 hours and 3 or more hours per day. There will be significant interaction between intensity of violence in video game (less violent, moderate violent and intense violent video games) and hours of playing violent video games (30 minutes, 1 hour, 2 hours and 3 or more hours per day) on social isolation and aggression scores of college students. Sample consisted of 100 male students with age range from 15 to 20 obtained through non probability purposive sampling technique from Punjab group of colleges and Superior group of colleges Lahore. For the present research UCLA Loneliness Scale Version 3 by Russell (1996) was used to measure social isolation and the Aggression Questionnaire by Buzz and Perry (1992) was used to measure aggression. Two Way ANOVA was used to analyze the data. Finding of the research showed that there was no significant differences in social isolation and aggression scores of college students and the level of violence of video games played. There were no significant differences in social isolation and aggression scores of college students who play violent video games for 30 minutes, 1 hour, 2 hours and 3 or more hours per day. There also was no significant interaction between intensity of violence in video game (less violent, moderate violent and intense violent video games) and hours of playing violent video games (30 minutes, 1 hour, 2 hours and 3 or more hours per day) on social isolation and aggression scores of college students.

Keywords: Video games, social isolation, aggression.

Effect of Unconscious Thought Processes on Complex Decision Making

Faiza Khan (M.Sc 2011-2013)
Supervisor: Dr. Naumana Amjad

The purpose of this research was to find out the effect of unconscious thought processes on complex decision making. It was hypothesized that accuracy of decision is likely to be affected by unconscious and conscious thought processes. It was also hypothesized that quality of decision is likely to differ for unconscious and conscious thought processes. A mixed pre-post and experimental versus control group research design was used. A sample of ($N = 20$) ($M = 10$, $F = 10$) students was drawn from the Institute of Applied Psychology. An experiment using a judgment task involving four cars and a word-search puzzle as a distraction task was used to collect data. Paired and Independent samples t -tests were used to analyze data. The results showed that there was no significant effect of unconscious thought on accuracy of complex decision making. Also, no significant difference was found between accuracy of decision of unconscious versus conscious thought conditions.

Keywords: Unconscious versus conscious, thought processes, complex decision.

Egoistic Self-Esteem, Justification of Aggression and Relational Aggression among College Students

Sonia Mukhtar (BS 2009-2013)
Supervisor: Dr. Naumana Amjad

The present research aimed to investigate the relationship of relational aggression with egoistic self-esteem and justification of aggression among college students. The sample comprised of ($N = 200$) college students. Convenient sampling and correlational research design was used. The New Personal Fable Scale by Lapsley (1993) was used to measure the egoistic self-esteem; Justification of Aggressive Responding Questionnaire by Jameel and Amjad(2005) was used to measure the justification of aggression and Rational Aggression Measure by Rusby (2009) was used to measure relational aggression. The findings revealed

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that relational aggression has positive correlation with justification of aggression. Egoistic self-esteem was not significantly correlated with justification of aggression. The results also suggested no relationship between relational aggression and egoistic self-esteem. Independent sample *t*-test was carried out to investigate gender differences in three variables i.e., egoistic self-esteem, justification and relational aggression. Females have shown more score on justification of aggression and egoistic self esteem than male students. There was no gender difference in relational aggression.

Keywords: Egoistic self-esteem, justification of aggression, relational aggression.

Self Consciousness and Self-Image in Working and Non-Working Young Females after Rejection of Proposal

Khadija Ather Qazi (M.Sc 2011-2013)

Supervisors: Dr. Naumana Amjad and Ms. Sehrish Farooq

Rejection of marriage proposals of young females has become a major social and psychological problem for Pakistani females now a day. So this study aimed to explore this problem with the context of Pakistani culture. Present study aimed to explore the effect proposal rejection on self-consciousness and self image of young females. The sample of this study comprised of young females ($N = 65$) working ($n = 23$) and non-working ($n = 42$) after their proposal rejection. Sample recruited through non-probability snowball sampling from different areas of Lahore with the age of ($M = 25.42$; $SD = 4.21$). It was hypothesized that there is significant difference in self-consciousness and self image of young working and non-working females. It was also hypothesized that there is significant relationship between self-consciousness and self image of working and non-working females. Self-Consciousness Scale Revised Version by Fenigstein and Scheier (1985) and Self Image Profile for Adults by Butler and Gasson (2004) were used. *t*-test and Pearson Product-Moment Correlation analysis was used to analyze the difference and correlation among the variables, respectively. Findings of this study revealed that there is a significant difference among all three levels of self-consciousness of working and non-working females. This indicated that working females have high level of self-consciousness as compared to non-working. It is also concluded that there was no difference in self

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image of working and non-working females. Result indicates that there is a significant relationship among all three subscales of self-consciousness whereas the relationship between self-consciousness and self-image was not significant.

Keywords: Proposal rejection, self-consciousness, self-image.

Self-Esteem and Academic Adjustment in Adolescent Migrants from Rural Areas

Shazia Ilyas (BS 2009-2013)

Supervisor: Dr. Iram Fatima

A cross sectional study aimed to investigate self-esteem and academic adjustment in adolescent migrants from rural areas. It was hypothesized that there would be a positive relationship between self-esteem and academic adjustment in migrants and non-migrants. Moreover, it was also hypothesized that migrants would have lower self-esteem and poor academic adjustment than non-migrants. It was also hypothesized that males would have higher self-esteem and better academic adjustment in migrants and non-migrants. The sample was composed of 100 adolescent students, 50 migrants and 50 non-migrants with the age range of 16-18. To assess self-esteem, Self Image Profile was used (Butler & Gasson, 2004). Academic adjustment was measured by Adjustment Inventory for College Students (Sinha & Singh, 1980). Results showed that migrant and non-migrant students with high self-esteem had better academic adjustment. Migrants had lower self-esteem and poor academic adjustment than non-migrants. In migrants males and females had similar level of self-esteem. However, Females had lower academic adjustment as compared to males. In non-migrants males and females had similar level of academic adjustment as well as similar level of self-esteem. The findings of this work have important implication for migrants and non-migrants students, teachers and researchers.

Keywords: Self-esteem, academic adjustment, migrants.

Sibling Relationships, Family Environment and Socio-Emotional Adjustment among College Students

Syeda Fatima Haider (M.Sc 2011-2013)

Supervisor: Dr. Rafia Rafique

The present study was conducted to investigate the predictors of socio-emotional adjustment in college students. It was proposed that high level of affection and low level of rivalry and hostility with respect to sibling relationships and high level of cohesion, expressiveness, acceptance and caring, active recreational orientation, organization and low level of conflict and independence in accordance to family environment predict better socio-emotional adjustment. Correlational research design was used in which sample of 200 college students were taken through multistage sampling technique (random and purposive sampling). Sibling Relationship Inventory (SRI) by (Stocker & McHale, 1992), Family Environment Scale (FES) by (Bhatia & Chadha, 1993) and Adjustment Inventory for College Students (AICS) by (Patna & Sinha, 2002) were used to measure the study variables. Hierarchical regression analysis was used to infer the purposed hypotheses. Results revealed that rivalry, hostility, expressiveness and conflict predict social adjustment and however there was no significant predictor of emotional adjustment. The study holds implications for further researches and highlights importance of positive relationships and productive family environment for students so to enhance their socio-emotional adjustment.

Keywords: Sibling relationships, family environment, socio-emotional adjustment.

Perceived Inter-Parental Conflicts and Family Functioning as Predictor of Adjustment Problems in Late Adolescence

Sobia Sana (M.Sc 2011-2013)

Supervisor: Dr. Afsheen Masood

The present research investigated the relationship between inter-parental conflicts, family functioning and adjustment problems (antisocial behavior, anger control problems and emotional distress) in late adolescence. It was hypothesized that there is likely to be positive relationship between inter-parental conflicts and adjustment problems in

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late adolescence. It was also hypothesized that there is likely to be positive relationship between family functioning and adjustment problems of late adolescence. Cross-sectional research design was used. Non-probability purposive sampling was employed. The sample consisted of ($N = 90$) college first-year students (45 male students, 45 female students, age range between 17-21 year). The Children's Perception of Inter-Parental Conflict Scale (CPIC) was used to assess the perception of inter-parental conflicts. Family Adaptability and Cohesion Evaluation Scale (FACES-IV) and Reynolds Adolescence Adjustment Screening Inventory (RAASI) were also used to assess the family functioning and adjustment problems of late adolescence. The result showed that there is significant relationship in inter-parental conflict, family functioning and adjustment problems in late adolescence. The gender differences were analyzed by using the independent samples t -test. The finding revealed that there is no significant gender difference between inter-parental conflicts and adjustment problems in late adolescences. The result also indicated that there were significant gender differences in perception of family functioning in late adolescence. Present research findings would help to educate the parents about the factors that are associated with the adjustment of adolescence.

Keywords: Perceived inter-parental conflicts, family functioning, adjustment problems.

Driving-Related Anger and Risky Driving Behaviors among Young Drivers

Madiha Islam (M.Sc 2011-2013)
Supervisor: Dr. Afsheen Masood

The main objective of this research is to examine the relationship between driving related anger and risky driving behaviors among young drivers. It was hypothesized that there is positive relationship between factors of risky driving and driving related anger which may cause accidents. A sample of 100 participants was included, age range being 18-26 years from University of Punjab. The measures were Deffenbacher Driving Anger Scale (Deffenbacher, Oetting & Lynch, 1994) Short Form, Self-Constructed Risky Behavior Questionnaire based on statements which depicted` risky behaviors among young drivers; self-constructed checklist for determinants of driver's anger and self-constructed

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demographic questionnaire were also used. The tools were translated and adapted after seeking prior permission from authors of the questionnaire. The data was analyzed through Person Product-Moment Correlation to find relationship between the driving related anger and risky driving. The gender differences were sought through Independent sample *t*-test. The findings revealed that there is significant positive correlation between anger related driving and Risky driving behaviors. Findings also revealed that there is no significant difference between male and female drivers. There was no significant difference and more in experienced driver and less experienced driver. Findings also explored that there is no significant difference between frequencies of driving. Driving related anger predicted risky driving behaviors. This research provides strong ground to advance studies in future and provided basis for further research in Pakistan.

Keywords: Driving-related anger, risky driving, cause accident.

Social and Emotional Adjustment Problems and Problem Solving Skills among Young Adults With and Without fathers

Ayesha Yousaf (M.Sc 2011-2013)

Supervisor: Mr. Faiz Younas

The present research purported to study social and emotional adjustment problems and problem solving skills among young adults with and without fathers. It was aimed to make a comparison of variables among adults with and without father. It was hypothesized that there was a significant difference in adjustment problems and problem solving skills among young adults and there was a positive relationship between variables. Cross sectional research design was used and through non probability purposive sampling, a sample of ($N = 100$) adults was selected. The Adjustment Inventory (Bell, 1938) and How Good are You at Solving Problems (Mind tools, 2013) were used to assess the problem. Correlation and Independent sample *t*-test were used to assess the results which showed significant difference in variables among young adults with and without fathers. Also a positive relationship between variables was found. It was concluded that adults without father had more adjustment problems and lower problem solving skills as compare to adults with father. The findings of this research can pave a way for

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seminars to improve adults' problem solving skills and reduce adjustment problems.

Keywords: Adjustment problems, problem solving skills, social adjustment, emotional adjustment.

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