

## RELATIONSHIP BETWEEN EMOTIONAL INTELLIGENCE AND DELINQUENT BEHAVIOR AMONG STREET CHILDREN

Ramsha Arshad and Sana Mukhtar

### ABSTRACT

The present study aimed to investigate the relationship between emotional intelligence and delinquency behavior among street children. It was hypothesized that street children have low emotional intelligence, which contributes to their engagement in delinquent behavior. The study utilized a correlational survey research design, with a sample consisting of both boys (N=100, 50%) and girls (N=100, 50%) aged between 12 to 18 years, who were street children located in Rawalpindi and Islamabad. Participants were randomly selected from various places, workshops, and streets. Self-reported measures, including the Emotional Intelligence Scale (Schutte, 1998) and the Self-Reported Delinquency Scale (Naqvi and Kamal, 2007), were used for data collection. Pearson correlation and linear regression analyses were conducted to test the hypothesis. The findings supported the hypothesis, revealing a negative correlation between emotional intelligence and delinquency behavior among street children. Street children with low emotional intelligence exhibited higher levels of delinquency behavior. The study empirically demonstrated the significant impact of emotional intelligence on delinquency. The findings contribute to the existing body of knowledge on the relationship between emotional intelligence and delinquency behavior among street children.

**Keywords:** Emotional Intelligence, Delinquent Behavior, Street Children.

## THE PSYCHOLOGICAL EFFECTS OF VIDEOGAMES ON THE COGNITIVE DEVELOPMENT IN CHILDREN

Samia Mustafa and Dr. Abdur Rashid

### ABSTRACT

The present research aimed to propose and empirically test the antecedents of individuals' support for change. Two independent data sets were collected, including 350 university students (Study I) and 507 employees from telecommunication organizations in Pakistan (Study II). Structural equation modeling was utilized to analyze the data in both studies. Study I revealed that only one antecedent (creativity) had a significant association with support for change. Study II demonstrated that all four antecedents (emotional intelligence, creativity, transformational leadership perceptions, and change commitment) were significantly associated with support for change. The research also investigated the moderating effects of dissatisfaction with the status quo on the relationships in the proposed model. While dissatisfaction with the status quo did not moderate any relationships in Study I, it moderated three relationships in Study II. The findings can be valuable for providing training among employees to enhance support for change. Additionally, the results have implications for academia in preparing and training future managers (students). The cross-sectional design and the one-dimensional approach for each variable are limitations of the present research. Future studies are recommended to replicate the research in different cultures and organizations, addressing these limitations.

**Keywords:** Psychological Effects, Videogames, Cognitive Development, Children.

**ADAPTATION AND TESTING OF AUTISM SCREENING QUESTIONNAIRE****Seerat Fatima** and Dr. Syeda Razia Bukhari**ABSTRACT**

The current study was carried out to translate, adapt and validate Autism Spectrum Screening Questionnaire in Urdu language and in Pakistani culture. The current translation was aimed to produce a more user friendly and clinically applied version of ASSQ. The systematic procedure involved in translation focused on maximizing levels of semantic and conceptual equivalence. A test re-test pilot study was conducted on 30 participants to analyze the translated version initially, the results of which determined a significant positive correlation between original and translated versions. The main study involved 100 conveniently selected Autistic population. The findings revealed that the translated version was highly reliable and valid in Pakistani culture. The present study has 2 main objectives the first objective is to translate and adapt the Autism spectrum screening questionnaire and the second basic objective of the study is to validation of autism screening questionnaire. This 27-items scale was based on the data of 100 male and female of age ranges 06 to 16, sample of adequacy is 0.802 and the value of  $\alpha$  is 0.901, and factor analysis is run to prove our findings, the value of CFA after translation of the scale the value of Confirmatory fit index is 0.785 which support our first result. The foremost step of this study is tester-test analysis. Inter item correlation was also concluded in this research and it was average correlation between the items. All these findings may have implication in the future to measure Autism.

**Keywords:** Adaptation, Autism Screening Questionnaire, Validation, Pakistani Culture, User-Friendly, Clinically Applied, Semantic Equivalence, Conceptual Equivalence.

## DETERMINING THE IMPACT OF RESILIENCE ON PSYCHOSOCIAL DISTRESS GENERAL HEALTH AND COPING STRATEGIES OF SHELTER WOMEN

Syeda Zahra Gillai and Dr. Syeda Razia Bukhari

### ABSTRACT

The aim of this study was to examine the impact of resilience on the psychological distress, general health, and coping strategies of women living in shelters. The researchers sought to understand the level of resilience in shelter women and its influence on their psychological and general health. Additionally, they aimed to explore the relationship between coping, resilience, psychological distress, and general health. The study sample included 100 participants from shelters in Islamabad and Rawalpindi, Pakistan. Data were collected using the Brief Resilience Scale, Psychological Stress Scale, brief coping scale, and general health questionnaire. The study utilized a quantitative correlational research design and employed regression analysis in SPSS for data analysis. The results indicated that higher levels of resilience were associated with better general health, while there was a negative correlation between psychological distress and resilience. The analysis also revealed a positive relationship between resilience and positive coping styles, and a negative relationship between resilience and negative coping styles. Demographic variables did not significantly impact resilience, coping styles, psychological health, or general health. Coping was found to play a crucial role in utilizing resilience during distressing situations, acting as a mediator for psychological distress but not for general health. Further research on shelter women's resilience is needed to better understand their strengths and responses to trauma, and leveraging resilience can aid in their recovery from traumatic experiences.

**Keywords:** Psychological Distress, General Health, Coping Strategies, Shelter Women, Psychological Health, Trauma, Mental Health.

## PSYCHOSOCIAL MORBIDITY, QUALITY OF LIFE, WAYS OF COPING AMONG CANCER PATIENTS

Komal Raiz and Dr. Syeda Razia Bukhari

### ABSTRACT

The study aimed to assess the frequency of psychosocial morbidity (perceived social support and psychological distress) and its impact on personal satisfaction, quality of life, and coping strategies among cancer patients. It employed a cross-sectional research design with a sample of 100 cancer patients, aged 18 and above. Data collection utilized purposive sampling, and measurement instruments included the Depression Anxiety and Stress Scale, Multidimensional Scale of Perceived Social Support, Quality of Life questionnaire, and Brief Cope. The study objectives were to establish the prevalence of psychosocial morbidity, examine its impact on quality of life, explore the relationship between psychosocial morbidity and coping strategies, and analyze demographic differences. Mediation analysis was conducted to determine if coping styles mediated the relationship between psychological distress and quality of life. The results indicated a high prevalence of psychosocial morbidity among cancer patients, with a negative impact on quality of life. Correlation analysis showed associations between coping, perceived social support, psychological distress, and quality of life. Demographic differences were significant based on gender but not family structure or socioeconomic status. Mediation analysis indicated that coping styles did not mediate the relationship between psychological distress and quality of life. The findings suggest the need for improved psychological care for cancer patients and their caregivers, focusing on healthier coping strategies and self-image. Community-based support groups or convention centers are recommended to address the psychosocial needs of cancer patients in Pakistan. Implementing these measures could lead to a better quality of life for cancer patients.

**Keywords:** Psychosocial Morbidity, Perceived Social Support, Psychological Distress, Personal Satisfaction, Quality of Life, Coping Techniques, Cancer Patients.

## THE ROLE OF SELF-ESTEEM AND EARNING IN LIFE ON WORK PERFORMANCE OF PUBLIC AND PRIVATE SECTOR EMPLOYEE

Shaheer Sher Afzal and Ms. Sana Mukhtar

### ABSTRACT

The aim of conducting this research was to determine the influence of self-esteem and meaning in life on employees' work performance associated with the public and private sector organizations in Pakistan. The present research has utilized a cross sectional design of research while the data has been collected from primary sources. The surveys were conducted to determine the influence of self-esteem and meaning in life on the work performance of employees associated with the public and private sector organizations in Pakistan. The research sample size was 220 with age range between 25-40 years. The research had developed four hypotheses among which two hypotheses has been accepted i.e., Meaning in life is positively correlated with individual work performance. It has been found that the self-esteem of individual is largely correlated with the working performance. Regression analysis shows that meaning in life in private employees has a positive influence on the individual work performance with the value of 0.242, while meaning in life in public employees has a negative influence on the individual work performance with the value of -0.164. Conclusively, it can be deduced that an effective work performance does not solely depend on having a purpose or meaning in life alone, but is also driven by self-esteem. Furthermore, meaning in life is positively linked with the individual work performance in private employees and negatively linked in public employees.

**Keywords:** Self-Esteem, Work Performance, Private and Public Employees, Meaning in Life.

## EFFECT OF ETHICAL LEADERSHIP ON WORK ENGAGEMENT AND EMOTIONAL EXHAUSTION: THE MEDIATING ROLE OF PSYCHOLOGICAL EMPOWERMENT

Sidra Arshad and Ms. Aliya Abdul Hayee

### ABSTRACT

Leaders who promote ethical behavior are believed to affect their employees' well-being. Perceptions of psychological empowerment play a vital role in the way an individual perceives things at workplace. This study was conducted to examine psychological empowerment as the intervening variable that connects ethical leadership to employees' well-being, work engagement, and emotional exhaustion. By using a mail survey, we distributed questionnaires to 200 employees from 100 public sector and 100 private sector in Islamabad. All the hypotheses in this study were supported. Ethical leadership has a positive effect on psychological empowerment. Thus, psychological empowerment positively relates to work engagement and negatively relates to emotional exhaustion. The result demonstrated that psychological empowerment partially mediates the effect of ethical leadership on work engagement and fully mediates the effect on ethical leadership and emotional exhaustion. The findings reveal that ethical leadership stimulates the psychological empowerment of the employee, thus, it enhances work engagement and also minimizes emotional exhaustion. These results help to a better understanding of the association between these variables and demonstrate that high trait Ethical Leadership may improve occupational wellbeing from emotional perspectives.

**Keywords:** Ethical Leadership, Work Engagement, Emotional Exhaustion, Psychological Empowerment.

## ROLE OF CONFLICT AND MARITAL SATISFACTION AMONG SINGLE AND DUAL CAREER COUPLES

Ammara Saeed and Ms. Aliya Abdul Hayee

### ABSTRACT

Current study explores the role conflict and marital satisfaction among single and dual career couples. To measure couples marital satisfaction the Enrich Marital Satisfaction Scale (Fowers & Olson, 1993) was used. It has 15 items including the Idealistic Distortion (ID) 5 questions and Marital Satisfaction (10) questions. The Work and Family Conflict Scale (Haslam, 2010) was used to evaluate work to family conflict and family to work conflict in single and dual career couples. It has 10 items including work and family conflict (WFC) 5 items. Significant quantitative results were determined. First an independent sample t-test found there are significant differences between single career and dual career couples related to variables role conflict and marital satisfaction. Second a Pearson Bivariate correlation determined that role conflict negatively significantly correlated to marital satisfaction, thirdly ANOVA shows that there are mean differences on five categories of education intermediate, bachelor, master, M.Phil and PhD.

**Keywords:** Role Conflict, Marital Satisfaction, Single Career Couples, Dual Career Couples, Idealistic Distortion, Work and Family Conflict Scale, Work to Family Conflict, Family to Work Conflict, Education.



## **EFFECT OF NIGHT SHIFT WORK SCHEDULE ON MARITAL ADJUSTMENT AND GENERAL HEALTH OF MALE AND FEMALE DOCTORS**

**Maryam Riaz** and Maryam Riaz

### **ABSTRACT**

The role of night shift work schedule has got attention of researchers because of its great importance in marital adjustment which ultimately has strong association with general health of individuals. The aim is to explore the effect of night shift work schedule on the marital adjustment and general health of the male and female doctors. Likewise, in addition, this study will provide preventive strategies to improve the marital life and general health of doctors by managing their shift work schedules. The participants were selected by using non randomized purposive sampling technique. This study used survey method to collect data from respondents. The sample is composed of 200 doctors in which 100 will be males and 100 will be females with in the age range 25-55 from District Headquarter Hospitals (DHQ) and Mardan Medical Complex (MMC) will be main areas of data collection. It is concluded from the results that there is not a significant relationship between night shift work schedule and marital adjustment and mental health. As the hypothesis is not supported by the study as there is strong sociocultural effect on the individuals as people living specially in KPK are highly defensive which effects the results. It is also concluded that if an individual having night shiftwork schedule have strong socioeconomic status then this will have less impact on their general health and marital satisfaction.

**Keywords:** Night Shift Work Schedule, General Health, Marital Satisfaction.

## **ROLE OF PERCEIVED SOCIAL SUPPORT AND ANXIETY SYMPTOMS N LIFE SATISFACTIONS OF PREGNANT WORKING WOMEN**

**Sabahat Batool** and Ms. Aliya Abdul Hayee

### **ABSTRACT**

The aim of this study was to fine out the relationship between anxiety symptoms, perceived social support in life satisfaction among working pregnant women during three trimesters of pregnancy. This study aim to understand the level of anxiety symptom and perceived social support and life satisfaction of pregnant working women during three trimester of pregnancy. Pervious literature shows that there has been no study which considered pregnant working women to examine the relationship between anxiety symptom symptoms perceived social support and life satisfaction during three trimesters. Data was collected using self-reporting questionnaire from pregnant working women across Pakistan. A total of 101 complete responses were received. Results of the study showed that perceived social support was positively related to life satisfaction. The result further showed that working pregnant women with pervious miscarriage history had low social support during first trimester then women without miscarriage history and women with pervious history had higher anxiety symptoms during third trimester then women without miscarriage history. This result also revealed that middle adult pregnant working women had low life satisfaction as compare to young adult pregnant working women. Moreover pregnant working women in first trimester showed less anxiety symptoms then women in second trimester and women in third trimester showed less anxiety symptoms then women in second trimester. This research study provides empirical evidence of relationship among anxiety symptoms, perceived social support and life satisfaction in working pregnant women. The results of this research study are useful for better understanding about the social requirement of pregnant women and or the industry in Pakistan. Theoretical contribution, particle implication and limitation are discussed.

**Keywords:** Perceived Social Support, Anxiety Symptoms, Life Satisfaction.

2022

## **COGNITIVE DISTORTION, PSYCHOLOGICAL AND PHYSICAL WELL-BEING IN ADOLESCENTS WITH EATING DISORDER**

**Ayesha Saeed Siddiqui** and Dr. Syeda Razia Bukhari

### **ABSTRACT**

This quantitative research investigated the impact of cognitive distortion, psychological and physical well-being in adolescents with eating disorder. Eating is one of the necessities for existence and is frequently taken for granted by people. Nevertheless, eating disorders are among the greatest of all psychiatric diseases. However, previous researches show that although therapies for eating disorders are developed, crude death rates continue to be high. Research has also shown considerable rebounds in eating problems. The study intended to find the nexus between cognitive distortion, psychological and physical well-being and eating disorder. The study aim is (I) to investigate relationship between cognitive distortion and physical wellbeing among adolescents with an eating disorder. (II) to investigate relationship between cognitive distortion and psychological well-being among adolescents with an eating disorder. (III) to investigate the impact of cognitive distortion and eating disorders among adolescents. (IV) to investigate the impact of psychological well-being and eating disorder among adolescents. (V) to investigate the impact of physical well-being and eating disorder among adolescents. (VI) to investigate the predictive role of cognitive distortion, in eating disorder, physical and psychological well-being. (VII) to investigate gender difference in cognitive distortion, psychological and physical well-being in adolescents with an eating disorder. The target population of this research study was of student community residing in the study area which included around 300 members of student community. From 300 participants 108 participants were ruled out with eating disorder. These 108 participants were used in study. Inventory of cognitive distortions, the eating disorder examination questionnaire, psychological wellbeing scale, physical health questionnaire was used to collect the data. The data was analyzed using the regression analysis in SPSS. The results indicated that there is a positive relationship between cognitive distortion and physical wellbeing among adolescents with an eating disorder. The study shows that there exists a relationship between eating disorder

and psychological wellbeing. There was a positive predictive role of eating disorders on cognitive distortion. The coping strategies used for the purpose of this research indicated a negative relationship with countering the adverse effects of discrimination on mental health and life quality of transgender which call for more in-depth study of coping mediators and their role in overcoming discrimination among vulnerable sections of society including the transgender. The results of the study indicate that there is significant relationship between cognitive distortion and psychological well-being among adolescents with an eating disorder. The results also indicate that eating disorder is positively correlated with cognitive distortion, psychological wellbeing and physical health.

**Keywords:** Cognitive Distortion, Psychological Well-Being, Physical Well-Being, Adolescents, Eating Disorder, Mental Health.

2022

## **PSYCHOLOGICAL DISTRESS AND LIFE SATISFACTION AMONG CHILDREN OF OVERSEAS EMPLOYEES**

Asra Kabir and Dr. Abdur Rashid

### **ABSTRACT**

The present research proposed and tested Psychological Distress and Life Satisfaction among children of overseas employees. To examine the variables for current research about 120 children from age 14 onwards were taken from different families, only those children were taken whose parents usually father went abroad for minimum 1 year for employment which was their inclusion criteria for this research. Purposive sampling technique was used to select the sample for research. Children whose parent (father) were overseas employees for less than 1 year or were not overseas were not the part of research, which was the exclusion criteria of this research. Based on quantitative analysis done by SPSS Psychological Distress predicts the life satisfaction in children of overseas employees and both these variables are negatively correlated with each other. Which reflects that child with high psychological distress in their life due to absence of father are less satisfied with their lives. Results of the research concluded that there are significant gender differences in participants in terms of psychological distress but no differences in accordance with life satisfaction. Results of the current study further revealed that there are significant mean differences in different groups of Father's durations in abroad which shows that how the father's duration affects life satisfaction and psychological distress among children of overseas employees. Cross sectional design of the study is one of the limitations of the present research.

**Keywords:** Psychological Distress, Life Satisfaction, Children, Oversees Employees.

2022

**IMPACT OF SOCIAL DISCONNECTION AND SOCIAL SUPPORT ON THE WELL-BEING OF THE COVID-19 PATIENTS IN RAWALAKOT AJK**

**Kainate Nafeez** and Dr. Muhammad Abo-ul-Hussan Rashid

**ABSTRACT**

The global COVID-19 pandemic has had a significant impact on human daily life, affecting both private lives and mental and physical health. This cross-sectional quantitative survey conducted in Rawalakot involved 367 respondents selected through simple random sampling. Data analysis was performed using SPSS v.20, including descriptive statistics such as frequencies and percentages, t-tests, one-way ANOVA, and regression coefficients. While previous studies focused on the well-being of COVID-19 patients and explored the effects of social support on emotional well-being, this research specifically examines the impact of social disconnection and social support on the overall well-being of COVID-19 patients in Rawalakot, AJK. The study analyzes how social disconnection and support affect general well-being, including physical and mental aspects, using original data obtained from hospitals and the local community during the pandemic. The researcher explores the learning behavior of affected individuals and how these factors influence their general well-being. The study highlights the negative effects of social disconnection on respondents' well-being and aims to determine the impact of social support on their well-being. Additionally, the study reveals the significant impact on students' mental health due to issues with distance education and online learning. The researchers found that patients require support as they experience feelings of sadness, difficulty concentrating, memory problems, and decision-making challenges. Isolation

also leads to fatigue and low energy levels. This study provides valuable insights for guiding future emergency circumstances, such as pandemics, and strongly recommends proactive measures by the government to promote health and well-being.

Keywords: Social Disconnection, Social Support, Covid-19, Patients, AJK, Pakistan.

2022

## **CAREGIVER BURDEN, PSYCHOLOGICAL WELL-BEING AND COPING STRATEGIES OF PARENTS HAVING CHILDREN WITH THALASSEMIA**

**Naveed Alam Khan** and Dr.Abdur Rashid

### **ABSTRACT**

Thalassemia is a chronic genetic disease that disrupts the normal functioning of a child's body, affecting their physical, emotional, and cognitive well-being, as well as that of their families. These children require frequent hospital visits for blood transfusions, placing a psychological burden on their parents who face financial expenses, stress, and fear of loss. The study selected 100 subjects through convenient sampling and used descriptive statistics to analyze the data and determine frequencies and percentages of basic variables. The research aimed to explore the relationship between caregiver burden, coping mechanisms, and psychological well-being among parents of thalassemic children in Khyber Pakhtunkhwa, Pakistan. The study employed the Zarit Burden Interview Scale, Jalowiec Coping Scale A and B, and the Warwick-Edinburgh Mental Well-being Scale (WEMWBS). These scales exhibited good reliability in the studied population. The findings revealed a significant negative correlation between monthly income and caregiver burden among parents of thalassemic children in Khyber Pakhtunkhwa. Additionally, a significant negative correlation was found between caregiver burden and the psychological well-being of these parents.

**Keywords:** Caregiver, Psychological Well-Being, Coping strategies, Thalassemic Children, Parents.

2022

## **IMPACT OF FEAR OF CHILDBIRTH PSYCHOLOGICAL AND GENERAL WELL-BEING AMONG PREGNANT WOMEN**

**Sumiaya Sultan** and Dr.Syeda Razia Bukhari

### **ABSTRACT**

The objective of this study was to investigate the impact of fear of childbirth (FOC) on psychological and general well-being (mental, physical, and spiritual) among pregnant women. The first objective was to examine the influence of FOC on psychological and general well-being. The second objective was to compare the level of FOC between pregnant women with and without prior miscarriage(s). The third objective was to explore the association between FOC and psychological and general well-being among pregnant women. Lastly, the study aimed to investigate demographic differences in FOC and general well-being among pregnant women. The participants completed a questionnaire that included items on demographic characteristics, socioeconomic status, family systems, the Fear of Childbirth Questionnaire (FCQ) measuring FOC, and the general well-being scale (MPS) assessing mental, physical, and spiritual well-being. The study included a sample of 200 participants from Rawalpindi and Islamabad, selected through purposive sampling. Descriptive statistics were employed for data analysis, and multiple linear regression was used to explore the impact of FOC on general well-being. The findings revealed a correlation between FOC and MPS subscales. FOC was negatively correlated with mental and physical well-being and positively correlated with spiritual well-being. Based on the study's findings, it can be concluded that FOC exists among pregnant women, and it has a negative impact on general well-being. Providing mental support to pregnant women and utilizing strategies to reduce their fear of childbirth during pregnancy is highly recommended.

**Keywords:** Fear, Childbirth, Psychological Well-Being, General Well-Being, Pregnancy, Pregnant Women.

2022

## ISOLATION EXPERIENCES OF COVID-19 PAKISTAN DURING QUARANTINE PERIODS

Kashmala Jami and Dr. Abo ul Hassan Rashid

### ABSTRACT

The objective of this study is to explore the experiences of individuals during their quarantine period at home after being affected by the novel pandemic Covid-19. The study aims to understand the physical, psychological, and emotional challenges faced by infected individuals during their encounter with Covid-19. A cross-sectional qualitative approach was adopted, using purposive and snowball sampling methods to recruit young adults as research participants. Semi-structured questionnaires were used to collect data through face-to-face interviews, with verbatim recordings and transcriptions conducted in Roman English and later translated into English. Thematic analysis was employed to analyze the collected data. The findings revealed that the isolation and quarantine period had psychological, emotional, and physical effects on individuals affected by Covid-19. The impact varied among individuals due to different reasons. The study emphasizes the need for increased government awareness regarding the potential consequences of isolation and quarantine at home after Covid-19 infection, focusing not only on preventive measures but also on the challenges individuals may face during this period.

**Keywords:** Quarantine, Isolation Experiences, Covid-19, Psychological Health, Physical Health, Mental Health.



2022

**PERCEPTION, PREVENTIVE PRACTICES AND ATTITUDE TOWARDS COVID-19  
VACCINE AMONG HEALTH CARE PROFESSIONALS IN PAKISTAN**

**Bushra Khalid** and Dr. Abo ul Hassan Rashid

**ABSTRACT**

The aim of this study is to assess the perception of preventive practices and attitudes towards the COVID-19 vaccine among healthcare professionals in Pakistan. The study seeks to understand the understanding and perspectives of healthcare professionals regarding COVID-19 vaccination. This quantitative research utilizes simple random sampling to select healthcare professionals as research participants. Close-ended questionnaires are used as the primary data collection tool. Quantitative research techniques, such as t-tests, ANOVA, correlations, and regression, are applied to analyze the collected data, exploring differences and relationships between independent and dependent variables. The findings reveal that knowledge and attitude significantly predict preventive practices associated with COVID-19 vaccination among healthcare professionals.

**Keywords:** Perception, Preventive Practices, Attitude, Healthcare Professionals.

2022

## MYTHS AND REALITY OF WOMAN EMPOWERMENT IN CHITRAL: A SOCIOLOGICAL ANALYSIS

Shabana Mehtab and Dr. Abo ul Hassan Rashid

### ABSTRACT

Women's empowerment is a process that aims to cultivate self-reliance in women and enable them to reach their full potential and strength in all areas of life. It involves breaking free from male dominance and striving for equality with men on social, economic, and political levels (Kumar and Rani, 2001). Women's empowerment entails organizing themselves to enhance their self-reliance and assert their rights to choose and control resources, challenging their subordinate status and striving for its elimination (Varghese, 2011). The current study focuses on exploring the myths and realities surrounding women's empowerment in Chitral. It adopts a qualitative research approach, as qualitative methods are better suited to deep exploration. The research was conducted in both rural and urban areas of lower Chitral. In-depth interviews were conducted with 15 selected women, using purposive sampling to ensure representation of the entire population. Thematic analysis was applied to the interview responses to extract major themes. The study identifies the status of women's decision-making, participation, and freedom of mobility as significant themes in the context of women's empowerment in Chitral.

**Keywords:** Myths, Reality, Women Empowerment, Sociological Analysis, Chitral, Pakistan.

**ADJUSTMENT PROBLEMS FACED BY NON-LOCALS AT THE UNIVERSITIES OF ISLAMABAD: A CASE STUDY OF QUAID-E-AZAM UNIVERSITY AND SZABIST**

**Sohail Ismail** and Dr. Abo ul Hassan Rashid

**ABSTRACT**

In the age of globalization, education has become an indispensable aspect of society. Educational institutions are considered the torchbearers of enlightenment and the custodians of the future. However, literature highlights numerous issues faced by educational institutions, even in post-industrial societies. In countries like Pakistan, where there is a scarcity of educational institutions coupled with a large population, higher education institutions encounter various challenges. The problems related to students' adjustment to higher educational institutions in metropolitan cities of Pakistan are serious challenges that are often neglected in contemporary scientific literature. This research addresses the problems faced by students from different parts of the country who are currently residing in Islamabad for higher education. The study adopts a qualitative research methodology, utilizing ten focus group discussions (FGDs), and the data analysis was performed manually. The findings of the study indicate that students encounter significant challenges, including bullying, homesickness, alienation, lack of interest in their studies, language barriers, difficulties in being accepted by the native community of the host institution's city, and adjustment problems, among others. The researcher also provides recommendations for policymakers to alleviate these issues and enhance the overall well-being of students, ultimately leading to successful outcomes in higher education.

**Keywords:** Adjustment Problems, Non-Locals, Universities in Islamabad, Case Study, Quaid-e-Azam University, SZABIST, Pakistan.

2021

## **PSYCHOLOGICAL DISTRESS AMONG THE ADOLESCENTS OF INTACT AND BROKEN FAMILIES**

**Yawar Husaain** and Dr. Abdur Rashid

### **ABSTRACT**

Psychological distress on adolescents of broken and intact family is an important topic in literature on the family. Thesis was conducted to compare the psychological distress of adolescents of broken families with adolescents of intact family. A total of 54 adolescents 27 from broken family background while 27 with intact family background have participated in this research. Depression, anxiety and stress scale was used to measure adolescent's psychological distress. According to findings adolescents with broken background have higher level of stress as compared to adolescents with intact family background. There were no differences in depression and anxiety in adolescents between intact and broken family background. Additionally, analyses were also performed to check any possible gender differences in psychological distress but results are insignificant. It implies that adolescents with broken family background experience higher level of stress as compared to adolescents with intact family background.

**Keywords:** Broken Family, Intact Family, Adolescents, Psychological Distress, Depression, Anxiety, Stress.

2021

**PSYCHIATRIC MORBIDITY, PERCEIVED SOCIAL SUPPORT AND COPING STRATEGIES AMONG INSTITUTIONALIZED AND NON-INSTITUTIONALIZED ORPHANS OF GILGIT**

Azra Batool and Dr. Syeda Razia Bukhari

**ABSTRACT**

Psychiatric Morbidity, Perceived Social Support and Coping Strategies among Institutionalized and non-Institutionalized orphans of Gilgit is an important topic in literature on the orphans. Thesis was conducted to compare and find the relationship among various variables that were psychiatric Morbidity, Perceived Social Support and Coping Strategies. A total of 100 orphans 55 from non-institutionalized and 45 from different institutions had been participated in this research. The scales used to measure psychiatric morbidity was depression, anxiety and stress scale (DASS-21) item, and to measure perceived social support multi-dimensional perceived social support scale (MSPSS-12) was used, also coping strategies was measured to used Brief Cope scale 28items. According to our findings institutionalized orphans had high depression and stress level, but there was no difference found in anxiety between institutionalized and non-institutionalized orphans. Additionally, there was statistical difference were found in problem focused coping between two groups of orphans on the basis of gender and orphans' residence, it was found that problem focused was higher in female orphans than male orphans. While there was no difference between active avoidance, religious denial and positive coping. Analysis was also performed to assess any possible gender difference in psychiatric Morbidity, Perceived Social Support and Coping Strategies of orphans, but results show gender differences found among two groups of orphans. It implied that institutionalized orphans showed severe depression, somatic symptoms and insomnia and less Perceived Social Support from significant others than non-institutionalized orphans.

**Keywords:** Psychiatric Morbidity, Perceived Social Support, Coping Strategies, Orphans, Institutionalized, Non-Institutionalized.

## IMPACT OF PARENTING STYLES AND ATTACHMENT STYLES ON COMMITMENT IN ROMANTIC RELATIONSHIP AND SELF ESTEEM IN YOUNG ADULTS

Palwasha Khan and Dr. Abdur Rashid

### ABSTRACT

The present study determined the impact of parenting and attachment styles on the level of romantic commitment and self-esteem in university students. In the present study, psychological tools such as Parental Authority Questionnaire (PAQ) developed by Buri (1991) and later validated in 2010 (Buri, 2010) and Attachment styles Questionnaire (ASQ) was originally developed by Van Oudenhoven, Hofstra and Bakker (2003) in Dutch and Polek (2003) studied underlying factors. In this study final 22-item version of ASQ (Polek, 2003) was used for study purpose. The Sternberg Love triangular scale was also used which was developed by Robert J. Sternberg in (1980). Out of three factors of intimacy, passion and commitment with Chronbach's alphas respectively 0.86, 0.87 and 0.91, only commitment subscale was used and love overall scale was satisfactory (Askarpour & Mohammadipour, 2016). Moreover, Rosenberg Self-Esteem Scale was used, initially developed by Rosenberg, M. (1965). Fernandez et al. (2006) studied the psychometric properties of the instrument and the results showed a good internal consistency of the scale, with Chronbach's alpha coefficient 0.81. Schmitt and Allik (2005) found that Rosenberg Self-esteem Scale was a reliable instrument for measuring self-esteem across different languages and cultures by studying its validity. Scales were administered on university students sample of 250 (Male=112, Female=138). Family system difference between categories of nuclear and joint was also analyzed through independent t-test. The mean difference among male and female groups for all scales and subscales was also found.. The analysis of One Way Anova was also run to find the difference among different levels of education system for mother and father. The results showed that poor parenting and attachment styles cause the lack of commitment and self-esteem. And further studies could be carried out on the basis of implications of these findings of the present study.

**Keywords:** Attachment Styles, Commitment, Parenting Styles, Self Esteem.

## **IMPACT OF PERSONALITY FACTORS ON QUALITY OF LIFE AMONG PREGNANT WOMEN WITH AND WITHOUT PRIOR MISCARRIAGE**

**Naveeda Khattak** and Dr. Syeda Razia Bukhari

### **ABSTRACT**

The present research aims to examine the impact of personality factors on the quality of life among pregnant women with and without prior miscarriage. Goals of the research were 1) To investigate the impact of Personality factors (Extraversion, Agreeableness, Conscientiousness, Neuroticism and Openness to experience) on quality of life (Physical health, psychological health, social relationship and environmental health) among pregnant women with and without prior miscarriage. 2) To investigate the differences in quality of life among pregnant women with prior miscarriage and compare with women who didn't had no prior miscarriage. Hundred pregnant women (50 pregnant women with prior miscarriage and 50 pregnant women without prior miscarriage) recruited purposively from Islamabad, Rawalpindi and KPK. Participants have been evaluated through two questionnaires, Big Five Inventory (BFI) developed by John and Srivastava and World Health Organization Quality of Life Scale (WHOQOL). These scales were standardized, valid and reliable. Descriptive statistics, independent sample t-test and Multiple Linear Regression analysis was applied for research data analysis on SPSS (V 23.0). This is across-sectional study. The results showed significant impact of personality factors on quality of life on Big Five Inventory (BFI) and World Health Organization Quality of Life Scale (WHOQOL). It also revealed that prior miscarriage significantly affects the quality of life of pregnant women. This study hold significance with reference to health policy making and policy implementation loopholes existing in Pakistan in reference to ignoring the impact of prior miscarriage on women and mediating roles to improve the quality of life of these women.

**Keywords:** Personality Factors, Quality of Life, Pregnant Women, Prior Miscarriage.

**DETERMINING THE IMPACT OF DISCRIMINATION ON MENTAL HEALTH AND LIFE SATISFACTION MEDIATING ROLE OF COPING AMONG TRANSGENDER****Shafiq Tabassum** and Dr. Syeda Razia Bukhari**ABSTRACT**

This quantitative research investigated the impact of discrimination on mental health and life satisfaction, and mediating role of coping strategies among transgender. In Pakistan socially-excluded people or groups of people like transgender community had been subject of discrimination and faced exclusion from social mainstream system. The study intended to find the nexus between discrimination and mental health. The study aim is (I) to investigate the impact of Discrimination on mental health of transgender. (I)To investigate the impact of discrimination on life satisfaction of transgender. (II)Mediating role of coping strategies(problem focused coping, active avoidance coping, religious denial coping, positive coping)between discrimination and mental health among transgender. (IV)Mediating role of coping strategies (problem focused coping, active avoidance coping, religious denial coping, positive coping) between discrimination and life satisfaction among transgender. The target population of this research study was of transgender community residing in the study area which included 100 members of transgender community. Mental Health Scale, Discrimination Scale, Religion scale and coping scale were used to collect the data. The data was analyzed using the regression analysis in SPSS. The results indicated that there is negative impact of discrimination on mental health and life quality of transgender. The study shows that there exists a relationship between discrimination, life satisfaction and mental health. The coping strategies used for the purpose of this research indicated a negative relationship with countering the adverse effects of discrimination on mental health and life quality of transgender which call for more in-depth study of coping mediators and their role in overcoming discrimination among vulnerable sections of society including the transgender. The results of the study indicate that there is significant impact of discrimination on mental health and insignificant impact on life satisfaction. The results also indicate that discrimination is positively correlated with mental health and negatively correlated with life satisfaction. The result of current study indicates that coping (problem focused coping, active avoidance coping, religious denial coping, positive coping) is not a mediator between discrimination and mental health and discrimination and life satisfaction.



## CAREGIVERS BURDEN AND TREATMENT SEEKING APPROACHES AMONG NEUROTIC AND PSYCHOTIC PATIENTS

Hira Kiani and Dr. Abdur Rashid

### ABSTRACT

The present study determines the caregivers' burden and treatment seeking behavior among caregivers of neurotic and psychotic patients of Rawalpindi/Islamabad. Quantitative approach was used in the present study. Psychological tools (Zarit Burden Interview Questionnaire Revised (ZBI) scale established by Zarit, Reever and Bach- Peterson (1980s). The Revised version of this scale was developed in 1980. Translations of ZBI have been studied as well including versions in Chinese, French, Japanese, Korean and Hindi and Attitude towards professional psychological help seeking scale (ATPPHS) scale developed by (Fichtner and Farina) The new version of this scale was used translated by (Pan Chen and Zhongchun Liu, 2017 Scales were administered on caregivers of neurotic and psychotic patients from Rawalpindi/Islamabad Pakistan (N=100) ,males (N= 50),females (N=50), Residence (rural=36,urban =64),time spent (less than 3 hours (N=54, more than 3 hours (N=46) type of illness (neurotic N=63) psychotic (N =37) from different hospitals, clinics and by visiting households through purposive convenient sampling technique. Correlation between the caregivers burden and treatment seeking behavior we reanalyzed with respect to cohorts .Correlational analysis of caregivers burden and attitude towards professional psychological help among shows negative correlation between (-A749). Socio demographic factors, Gender, Residence, time spent, and type of illness and differences were also analyzed through Independent t test. Mean differences reflect that, males tend to have relatively higher caregiver burden. Results show that there is also a significant difference in caregivers than females One-way ANOVA analysis of for caregivers' burden and attitude towards professional; psychological help services with treatment styles. There is a significant difference found between the traditional treatment approaches higher than the General medical and professional psychological treatment approaches. Future studies could be carried out on the basis of implications of these findings of caregivers' burden and treatment seeking behavior among caregivers of neurotic and psychotic

**Keywords:** Caregivers Burden, Treatment Seeking Behavior, Attitude, Neurotic, Psychotic, Psychological, Patients.

2021

## VULNERABILITY TO PERIPARTUM DEPRESSION AND ANXIETY AMONG EXPECTING MOTHERS IN GHAIZER BILGIT BALTISTAN

Shakeel Ahmed Jan and Dr. ABdur Rasheed

### ABSTRACT

The present study determines the vulnerability to peripartum depression and anxiety among expecting mothers of tehsil Gupis, Ghizer district, Gilgit Baltistan. Quantitative approach was used in the present study. Psychological tools (Personal Health Questionnaire (PHQ -9) scale established by Drs. Development Spitzer (R.L. Spitzer) Williams, K. Kroenke and colleagues (1990s). The Urdu type of this scale was used translated by Ahmad et al., 2018, Generalized Anxiety Disorder (GAD-7) scale developed by (Spitzer, 2006) The Urdu version of this scale was used translated by (Ahmad et al., 2017), and Multidimensional Scale for Perceived Social Support (MSPSS) developed by Zimet, Dahlem, Zimet and Farley. The Urdu version of this scale was used translated by Akhtar, 2010. Scales were administered on expecting mothers from Gupis Ghizer (N=100) working (N= 55), non-working (N=45), family structure (nuclear=52, joint =48), from different hospitals, clinics and by visiting households through purposive convenient sampling technique. Correlation of prevalence of depression and anxiety were analyzed with respect to three cohorts (first trimester, second trimester and third trimester). Correlational analysis of depression and social support in first trimester shows negative correlation between depression and family support (-.36<sup>\*</sup>). Furthermore, negative correlation between measured depression and friends support was reported (-.34<sup>\*</sup>) in the third trimester of pregnancy. Results from correlational analysis of anxiety and social support showed negative correlation between anxiety and family support (-.47<sup>\*</sup>) in the third trimester of pregnancy. Profession, family systems and income differences were also analyzed through Independent t test. Mean differences reflect that women who do not have routine check-ups show relatively higher depression and anxiety. Results show that non-working mothers have relatively higher level of anxiety as compared to working mothers. One-way ANOVA analysis of monthly income showed that women belonging to high-income families reported high social support as compared to those who belong to low socioeconomic class. Results shows that expecting mothers having low monthly income had high rate of anxiety. Future studies could be carried out on the basis of the implications of these findings of vulnerability to peripartum depression and anxiety among expecting mothers in Ghizer.

**Keywords:** Expecting Mothers, Ghizer, Peripartum Anxiety Peripartum Depression, Social Support.

2021

## PERCEIVED SOCIAL SUPPORT, PLSYCHOLOGICAL DISTRESS AND LIFE SATISFACTION AMONG SUBSTANCE ABUSERS

**Basit Ali** and Dr. Syeda Razia Bukhari

### **ABSTRACT**

The current study is aimed to investigate the role of perceived social support, psychological distress and life satisfaction among substance abusers. A cross-sectional correlational study was conducted by using Non-probability sampling technique known as purposive sampling for the data collection of this study. A sample of 100 participants with age ranges from 18 to 60 years, while the educational level ranges from primary to bachelors were used to represent the whole population. The data was collected from adult substance abusers of different areas of Islamabad and Rawalpindi. Three standardized questionnaires were used for data collection of the current study. Satisfaction with life scale (Urdu version) translated by Butt, Ghani, and Khan (2014) was used for measuring life satisfaction among substance addicts. Depression, anxiety and stress scale (DASS-21) Urdu version translated by Aslam and Kamal (2016) developed by Lovibond and Lovibond (1995) administered to measure the psychological distress among substance abusers. Multidimensional Scale of Perceived Social Support (MSPSS) Urdu version translated by Jabeen (2010) administered to measure perceived social support. This study statistically examined the correlation of psychological distress with perceived social support and found that these variables are highly negatively correlated. While satisfaction with life was highly positively correlated with perceived social support, meanwhile it was highly negatively correlated with psychological distress. Through survey analysis of participants, it was concluded that perceived social support is the most important factor determining the extent of substance addiction among the users. Meanwhile, satisfaction with life is a factor that reduces the probability and intensity of substance abuse.

**Keywords:** Substance Abusers, Social Support, Psychological Distress, Life Satisfaction, Islamabad, Rawalpindi, Pakistan.

**2021**

### **TUBERCULOSIS: A RISK FACTOR OF DEPRESSION AND ANXIETY IN GILGIT BALTISTAN**

**Sharafat Ali** and Dr. Rashida Qureshi

## ABSTRACT

Tuberculosis patients are more prone to suffer mental health problems, the major health problem associated with tuberculosis patients are anxiety and depression and psychological distress with other non-communicable problems. The main objective is to explore the level of mental health problems among the tuberculosis patients in Gilgit. This study was conducted in the region of Gilgit. A total of 296 tuberculosis patients were assessed by using GAD7 and PHQ9. GAD7 was used to measure the level of anxiety in tuberculosis patients and PHQ9 was used to measure the level of depression among tuberculosis patients in Gilgit. Results indicated that 34% tuberculosis patients reported minimal/none level of depression, 35% patients reported mild level of depression, 26% patients reported moderate level of depression, 3% patients reported moderately severe level of depression and 0.3% patients reported severe level of depression. Regarding anxiety, 37.8% patients of tuberculosis reported mild level of anxiety, 3% patients of tuberculosis reported moderate level of anxiety and 0.3% patients of tuberculosis reported severe level of anxiety. Female patients reported higher level of anxiety as compared to male patients but there was no significant difference in depression between male and female patients. Results show that significant mean differences were found in depression and anxiety among TB patients, with respect to their marital status, i.e. widowed were higher in anxiety and depression as compared to married and unmarried patients. On the basis of our results, it is recommended to provide mental health services for tuberculosis patients as an integral treatment approach along with other medications.

**Keywords:** Tuberculosis, Mental Health, Gender, Marital Status.

2021

## MENTAL HEALTH ISSUES IN HEALTH PROFESSIONALS DURING COVID-19 PANDEMIC

Rida Riaz and Dr. Abdur Rashid

## ABSTRACT

As COVID-19 pandemic is a health crisis and it has nasty effect upon the human beings all over the world. This infectious disease has so many physical concerns as well as mental concerns. In the present study the mental health issues in health professionals during COVID-19 pandemic has identified. Total 150 health professionals including doctors, nurses\paramedical staff working in isolation wards was included as research participants of the study. Purposive sampling technique is used to collect the data. Before participating in this research proper consent is taken from the participants. “DASS-21” and “Insomnia Severity Index” is used to collect the responses regarding mental health e.g. depression, anxiety, stress, and insomnia. Results are compiled and analyze through SPSS. By using independent sample t-Test applied to see the effect of working in isolation wards during COVID-19 on the mental health of health professionals including doctors and paramedical staff. Results showing that about 38 % health care professionals overall showed normal score, 42 % mild and 18 % severe depression score. About 36 % health professionals show normal score, 24.2 % mild, 32.7 % moderate and 6.6 % severe symptoms of anxiety. There 97.4 % health professionals score normal, 0.7 on mild, 0.7 moderate, 0.7 severe stress symptoms. Sleep issues reported by both genders and there are differences seen in same gender health professionals sleep issues as well. It's concluded that mental health issues in health professionals are associated with working in isolation wards of COVID-19 pandemic. It's suggested that there should be some measures to protect the mental health of health professionals.

**Keywords:** Mental Health, COVID-19, Pandemic, Health Professionals, DASS-21, Insomnia Severity Index, Depression, Anxiety, Stress.

2021

## **IMPACT OF WEALTH QUINTILES ON CONTRACEPTIVE USE, KNOWLEDGE OF CONTRACEPTIVE METHODS AND UNMEANT NEED FOR FAMILY PLANNING**

**Maisam Ali** and Dr. Rashida Qureshi

### **ABSTRACT**

**Background:** The disparity between the reproductive desires of women and their contraceptive practices leads to an unmet need for family planning. In the developed world, 225 million women

are having unmet need despite the rise in contraceptive use. In developed countries and Pakistan, maternal and reproductive health is also considered to be a significant public health issue. Although several studies have been undertaken in specific regions of Pakistan, there are still very few national studies linked to reproductive health due to the scarcity of data.

**Aims:** The goal of the study is to examine the unmet need for family planning and to explore the relationship between women's unmet needs and socio-economic status in Pakistan.

**Methods:** The analysis used cross-sectional data from Pakistan's nationally representative Population and Health Survey (2017-2018) data. The total number of currently married fecund women aged 15 to 49 years (n=15068) was used. Preacher and Hayes (2004) mediation approach explored the possibility of a correlation between the unmet need for family planning and predictor variable socioeconomic status.

**Findings:** The unmet need for family planning was 17%, of which 10% for spacing and 8% for limiting. The analysis showed unmet need was higher in 25-29 years age group (21%), women with no education (22%), women from Balochistan (23%), women from rural areas (21%) and women belonging to the poorest wealth quintiles (25%). The findings further indicate that the wealth index has a negative impact on the unmet need. It is found that when the socioeconomic status of households increases so do the contraceptive use and the knowledge of contraceptive methods. All these changes lead to a decline in the unmet need for family planning in Pakistan.

**Conclusion:** In conclusion, the present study showed there are significant socioeconomic inequalities in the prevalence of unmet need for family planning and contraceptive usage among married women of Pakistan. The findings of correlation, regression and mediation showed that socioeconomic status has a negative effect on unmet need. The findings reflected that when the socioeconomic status of women increased, unmet need is decreased; whereas the increase in socioeconomic status increases contraceptive use and knowledge of contraceptive methods. It is also found that the contraceptive use and knowledge of contraceptive method has a negative impact on unmet need.

**Keywords:** Contraceptive Use, Contraceptive Methods, Family Planning, Socio-Economic Status, Women's Needs, Pakistan.

2020

## THE IMPACT OF SECONDARY TRAUMA STRESS ON MENTAL WELL BEING OF PARAMEDICAL STAFF

Mariah Batool and Dr. Abdul Rasheed

### ABSTRACT

The present research examined the impact of secondary trauma stress on mental wellbeing of the paramedical staff. To examine the impact of secondary trauma stress on mental wellbeing 150 paramedical staff from different hospitals of Rawalpindi and Islamabad were randomly selected for the research. For the study correlational and regression analysis was used. The regression

analysis showed that the secondary trauma significantly predicted the decrease mental wellbeing of the paramedical staff. Moreover, it was also shown that the secondary trauma is negatively correlated with the mental wellbeing of the respondents. The research also examined the demographic characteristics such as gender, marital status, education, rank of the paramedical staff, years of experience in particular field and wards in which they are currently working. The results revealed that secondary trauma stress is higher in females as compared to the males and males have high levels of mental wellbeing as compared to the females. In addition to that it was also revealed that the paramedical staff working in emergency room has high levels of secondary trauma stress as compared to those working in wards. The results of the present research can be useful for paramedical staff to gain better understanding of the nature of the secondary trauma stress and how to overcome it.

**Keywords:** Secondary Trauma Stress, Paramedical Staff, Mental Wellbeing.

2020

## **ECONOMIC CONTRIBUTION OF WOMEN THROUGH THEIR SOCIAL REPRODUCTIVE WORK: A CASE STUDY OF ISLAMABAD**

**Sultana Ahmed** and Dr. Abdul Rasheed

### **ABSTRACT**

This study was undertaken in Islamabad on the economic contribution of women through their reproductive labor in Pakistan. The impetus for research stems from dissatisfaction with the social undervaluing of reproductive labor and care work, which is predominantly undertaken by women. This research had twofold purpose: to have an understanding of the nature of women's social

reproductive work and to obtain an approximate figure of the economic value of their work. The reproductive work in this research includes those tasks that are undertaken daily by Pakistani women, including cleaning, cooking, nurture of children and other activities for which they receive no pay. A secondary purpose of the study was to become familiar with women's perceptions of their reproductive labor. The research included one day diary and interview of women residing in rural zone and urban zone settings of Islamabad. It generated qualitative information that facilitated in achieving better understanding of women's perception of reproductive work and the daily schedule of their lives. The research also conducted a survey which allowed us to estimate the value of invisible work of women using market approach. In this research the terms "household work," "housework," and "reproductive work" are used interchangeably. These terms refer to a wide range of activities essential to maintain the homeland care for the family. The housewives spend an estimated 10 hours daily performing major social reproductive work. The tasks such as cooking, cleaning, washing, the care of children and other family members, management of household finances, & gardening and caring for small livestock are typically described as household work. The average economic value of work done by women is Pkr.31, 688 monthly. The appreciation and acknowledgment for the efforts of housewives are low and they have a feeble status in society, they are often considered a burden for not earning money.

**Keywords:** Economic Contribution, Women, Social Reproductive Work, Case Study, Islamabad, Pakistan.

2020

## THE PSYCHOLOGICAL CONSEQUENCES OF UNEMPLOYMENT AMONG UNIVERSITY GRADUATES

Hina Kainat and Dr. Abdul Rasheed

### ABSTRACT

The present research examines the effects of unemployment on the mental health of fresh graduates in Islamabad and Rawalpindi, Pakistan. It acknowledges the existing body of research worldwide that highlights the psychological impact of unemployment on individuals' mental well-being. Previous studies by researchers like Kelly Holland, Andreas Weber, and Margaret W. Linn have



established a connection between unemployment and mental health. This research adopts a survey method and utilizes questionnaires as the primary tool for data collection. The sample consists of 200 unemployed individuals aged between 20 and 33 from Islamabad. The gender distribution is balanced, with 50% males and 50% females. Descriptive statistics, Chi-square, Pearson correlation, and independent sample t-tests are employed for data analysis using SPSS. The results of the analysis indicate a significant association and correlation between the dependent variables (mental health) and independent variables (unemployment). It is evident that unemployment has negative effects on society, leading to poor mental health among fresh graduates. Individuals experience feelings of depression, anxiety, low self-esteem, and a decline in overall well-being when they are unemployed. Some individuals may resort to drugs or even attempt suicide. Furthermore, the research reveals that male graduates are more affected in terms of mental health compared to female graduates. Regression analysis demonstrates a significant relationship between the duration of unemployment and dependent variables related to psychological impacts, such as the level of depression, anxiety, and self-esteem. These findings highlight the detrimental effects of unemployment on mental health and emphasize the importance of addressing this issue. Policymakers and relevant stakeholders should consider implementing interventions and support mechanisms to mitigate the negative consequences of unemployment on individuals' mental well-being, especially among fresh graduates.

**Keywords:** Unemployment, Psychological Consequences, University Graduates, Pakistan.

2020

## **THE IMPACT OF INSTAGRAM ON SELF ESTEEM AND BODY IMAGE OF UNIVERSITY STUDENTS**

**Areena Arooj** and Dr. Abdul Rasheed

### **ABSTRACT**

The present research examined the impact of the Instagram use on the self-esteem and body image of the university sample. To examine the impact of Instagram 200 students from different universities of Rawalpindi and Islamabad were selected by using purposive sampling. For the study correlational and regression analysis was used. It was shown that the Instagram use is negatively correlated with the self-esteem and body image of the respondents. The regression

analysis showed that the Instagram use significantly predicted the decrease in self-esteem and dissatisfaction in body image of the university students. Moreover, the research also examined the demographic characteristics such as gender, marital status, education, no. of hours spent on Instagram, frequency of viewing models on Instagram, duration of Instagram use. The results revealed that dissatisfaction with body image is higher in female students as compared to the male students and males have high levels of self-esteem as compared to the females. In addition to that it was also revealed that the increase in the use of Instagram resulted in decrease of self-esteem and body image. More frequently viewing images on Instagram was associated with greater body image concerns. The results of the present research can be useful for the individuals to gain better understanding of the Instagram use and how it affects one's physical and mental health. It is aimed to promote awareness and concern about how Instagram has such a massive impact on self-esteem, body image and social anxiety in males and females, especially in females it has more effect to make them less satisfied with the physical appearances and how they are seen in a social.

**Keywords:** Instagram, Self-Esteem, Body Image, University Students.

2020

## **ANALYZING LINKAGE BETWEEN TECHNICAL VOCATIONAL EDUCATION AND YOUTH UNEMPLOYMENT IN PAKISTAN**

**Uzma Rubab** and Dr. Muhammad Arshad

### **ABSTRACT**

Pakistan is one of youngest country in the world but unfortunately most of youth belongs to unemployed. This youth bulge can be engaged into productive work by imparting technical and vocational education (T&VE).In Pakistan, the T&VE sector has produced numerous skilled people and contributed to fill skill gaps up to some extent but situation is not much trending in comparison to higher education and in context of engaging young students towards the sector. Though, for

Pakistan case much attention has been made in the literature to develop theoretical linkages between T&VE and youth unemployment but a little attempt is made to verify its empirical validation. The present study aims to investigate these linkages. The study exposed that there is negative relation between T&VE indicators and youth unemployment in case of Pakistan. The results are robust in various specifications. The study concluded that by supplying more inputs towards T&VE sector in shape of student enrollments, developing institutions and hiring teachers may be effective effort towards youth unemployment reduction.

**Keywords:** Technical and Vocational Education, Skill Development, Skilled Man Power, Youth Unemployment, Pakistan.

2020

## **DETERMINING THE FACTORS EFFECTING CAREER CHOICE OF FEMALE STUDENT**

**Mehwish Amanat** and Mr. Muhammad Abo-ul-Hassan

### **ABSTRACT**

Career choice is very complex and important decision for students as it leads towards professional life and it also affects the student's future life. Students face several problems before arriving at a destination in their career life and these problems are in the form of study pressure, profession choice, family burden, finance, society pressure etc. The objectives of the research were to

determine the factors effecting career choice of female students of Islamabad and Rawalpindi. The sample size of the students were 389. The quantitative approach was adopted in this research study, which involved one way analysis of variance, independent t-test and multinomial logistic regression used. The outcomes showed that micro, meso and macro factors have significant difference on the basis of demographic variables. The regression models showed that meso factors are more likely to influence female career choice like computer science, arts and secretary as compared to micro and macro factors. Furthermore, the study also showed that macro factors (culture religious, structural and mass media) are significant predictor of career choice. So, the findings of the study are benefit for stakeholders, including the educational planners, school administrators, parents, teachers and further researchers in the education industry by giving a detailed insight about significant factors influencing career choices among female students; specifically, in the higher education and further how these factors can be enhanced to benefit female students across the institutions. Future research should also include private universities of Islamabad and Rawalpindi because this study was conducted in a public universities of Islamabad and Rawalpindi.

**Keywords:** Micro Factors (Individual, Psycho-Emotional), Meso Factors (Socioeconomic, Situational, Institutional, Organizational, Familial, Societal Relational and Educational) and Macro Factors (Cultural, Religious, Structural and Mass Media), Career Choice of Female.

2020

## **EXTERNAL SECURITY CHALLENGES IN 21ST CENTURY: A CASE STUDY OF PAKISTAN**

Arslan Aziz and Dr. Taraq Waheed

### **ABSTRACT**

Pakistan's external and internal political situation has always been complex. External threats to any state can affect its internal workings, and since the creation of Pakistan, various strategies have been adopted by Pakistani opponents to target it in one way or another. Pakistan is facing security challenges from sub-regional, regional, and even cross-regional entities. Due to the importance of Pakistan's geographical location, its role in regional and international politics cannot be neglected.

This study will discuss external security challenges to Pakistan, especially focusing on India, Afghanistan, and the United States. India and Afghanistan are Pakistan's immediate neighbors, and both have been uncomfortable with the creation of Pakistan. Since day one, these two neighbors have tried to destabilize Pakistan. On the other hand, the United States has always approached Pakistan in times of need but has often turned its back on Pakistan after fulfilling its objectives. Pakistan and the United States have never had a smooth relationship, and both feel that they have been used by each other to achieve their personal interests. The United States is still concerned about the close relationship between China and Pakistan, while Pakistan is worried about the growing ties between the United States and India in the region. India is also making efforts to establish its influence in Afghanistan, which is a cause for concern for Pakistan. In this study, the hegemonic designs of the United States in South Asia will be discussed, along with its desire to dominate the region to monitor the role of China, Russia, and Central Asian states. The study will also examine how the instability in Afghanistan and the presence of terrorist organizations there are impacting Pakistan. The role of India in Afghan territory, its expanding footprint, and its support for separatist groups in Pakistan to destabilize the country and the China-Pakistan Economic Corridor (CPEC) project will also be explored. This research project, utilizing qualitative research techniques, aims to discuss the external security threats to Pakistan through the formulation of the Indo-U.S-Afghan axis in the region. The study consists of two parts. The first section investigates why and how India, Afghanistan, and the United States pose major external security challenges to Pakistan, using the theoretical approach of Classical realism to thoroughly explain the topic. In the second section, based on the current security dynamics, logical policy options will be provided for Pakistan to deal with existing external security threats.

**Keywords:** External Security, Challenges, Case Study, Pakistan.

**2019**

## **TEACHER'S ATTITUDE AND PERCEPTION TOWARD INCLUSIVE EDUCATION IN GENERAL SCHOOLS OF ISLAMABAD, PAKISTAN**

**Fatima Razzaq** and Dr. Rashida Qureshi

### **ABSTRACT**

The knowledge about teachers' perceptions and attitude toward inclusion of the children with disabilities in general schools is a prerequisite for successful implementation of inclusive education policy. This study described the perceptions and attitude of general school teachers toward inclusive education, from the government high schools of Islamabad, Pakistan. The data

were collected through administering the Multidimensional Attitude Towards Inclusive Education Scale (MATIES) which is a Likert type scale with six response categories ranging from 1 for 'strongly disagree' to 6 for 'strongly agree'. This scale has been used to measure the perceptions and attitude of school teachers by other researchers as well. The sample for the present study included twelve secondary schools with equal distribution of urban and rural schools, i.e., six each. The total number of teachers who were approached by the researcher was 120- male= 60 and female=60. The number of questionnaires that were returned was 107, giving the return rate of 89 % which was pretty good. The data were analyzed with descriptive statistics, T-Test and one-way ANOVA. The descriptive statistics for demographic variables show positive responses on Cognitive and behavior variables of MATIES but not on Affective variable which captures the feelings of confidence and competence of teachers while interacting with students with disabilities in schools or classrooms. Teachers in the study also shared their views and reservations in their informal discussions with the researcher, before and after completing the questionnaires. On one hand they believe in inclusive education and the right to access education of the children with disabilities; on the other they question their self-efficacy in dealing fairly and competently with children with disabilities when they will be sitting in the inclusive classrooms with other 'normal' children. The teachers are also reluctant to 'include' children in general schools as they realize that they are not 'trained' to cater to the 'special needs' of such children, Furthermore, there is a lack of supportive services, facilitative infrastructure as well as teaching material for such 'special needs' children. Therefore, while they believe in equal opportunities of education for children with disabilities, they are in favor of 'segregation' of such children for practical and moral reasons. The implications of these findings are that the inclusive education policy in Pakistan may be accepted by teachers in principle but on practical grounds, the policy of special schools may be more feasible.

**Keywords:** General Schools, Teachers' Perceptions and Attitude, Inclusive Education, Children with Disabilities, Teachers' Self-Efficacy Beliefs.