



INTERNATIONAL CONFERENCE ON WELLBEING:

AN INTERDISCIPLINARY PERSPECTIVE

#ICW2022

Contents



Session one: Media, Communication and Wellbeing

- | | | |
|----|---|----|
| 1. | Self-Management of Mental Health Concerns through Online Information Seeking in Young Adults: Maheen Muzammil, Afifa Anjum | 25 |
| 2. | Role of Electronic and Print Media in Political Socialization in Pakistan: Post 2018: Ayesha Ali | 26 |
| 3. | Journalistic Practices in the Field of Health Reporting: Dania Sohail | 27 |
| 4. | The Role of Sexual Harassment News Exposure to cultivate Knowledge, Attitude, and Behavior among Pakistani students: Hilal Fatima, Muhammad Irshad | 28 |
| 5. | Reducing Islamophobia and Promoting Inclusion through Virtual Contact: Maryam Hussain | 29 |
| 6. | Clothing proximity and Self-Consciousness among Bloggers and Actors: A Comparative Study: Namira Mehmood, Shazia Yusuf | 30 |
| 7. | Impact of service-learning and civil engagement on Psychological well-being of University students in Pakistan: Shamyle Rizwan Khan, Rubeena Kidwai | 31 |

Session two: Organizational and Individual Workplace Wellbeing (Group A)

- | | | |
|----|--|----|
| 1. | Employee well-being, mental health and performance during the pandemic outbreak: Exploring the moderating role of training and development: Ifrah Laiq | 32 |
| 2. | Career barriers faced and coping strategies used by epileptic employees: A qualitative study: Kainat Bangash, Henna A. Qureshi | 33 |
| 3. | Impact of Job Embeddedness on Employee Well-being: The Roles of Career Adaptability and Learning Commitment: Aqsa Jaleel and Muhammad Qaiser Shafi | 34 |
| 4. | Role of Psychological Capital in Teacher's Burnout and Mental Health in Quarantine: Rubina Kauser | 35 |
| 5. | Achieving Sustainable Happiness among Lecturers: Does it Matters?: Abdul Rashid Abdul Aziz | 36 |

Contents



Session three: Organizational and Individual Workplace Wellbeing (Group B)

- | | | |
|----|---|----|
| 1. | Using Motivating Language for fostering employee well- being through work engagement during COVID-19 Pandemic: Sara Sabir, Omair Majeed | 37 |
| 2. | Factors associated with Psychological Well-being in Bank Employees of Pakistan: A PRISMA systematic Review: Safia Rashid, Fatima Khurram Bukhari | 38 |
| 3. | Alleviating occupational stress through Psychological Capital (PsyCap) Interventions (PCI) – Group Counseling: Wakqas Khalid Ally, Armaghan Butt MBBS, Khuram Shahzad, Sadaf Rehan, Shakir Ullah Khalid & Yousaf Khan | 39 |
| 4. | Linking Ethical Leadership to the Wellbeing of Higher Education Teachers in Pakistan: The Mediating role of Employee Engagement: Sehrish Amin Khan | 40 |
| 5. | The Effects of Supply Chain Management Practices on Supply Chain Performance with The Moderating Role of Human Resource Management Glitches: Empirical Evidence from Pakistan: Muhammad Saeed Shahbaz, Iffat Rasool | 41 |

Session four: Crisis and Disaster Management

- | | | |
|----|---|----|
| 1. | Evidence-Based Health Communication: The Impact of Mental Health Campaign on Youth in Sierra Leone: Rosaline Katimu Amara, Dr. Najma Sadiq | 42 |
| 2. | Analyzing Existing Cyber Security Responses in Pakistan: Proposing Effective Legislation & Criminal Justice System in Socio-Legal Perspective: Rana Saifullah Hassan, Dr. Naeem Ahmed | 43 |
| 3. | Institutional Complexities in Participatory Development: Analysis of Crises Effected Communities of Northwest Pakistan: Dr. Noor Elahi | 44 |
| 4. | Mainstreaming Pakistan’s Tribal Areas and Socio-Political Transformation: Countering Violent Extremism Among the Tribal Youth: Dr. Muhammad Irfan Mahsud | 45 |

Contents



Session five: Global Health (Group A)

1.	Cultural Adaptation of mindfulness-based intervention for reducing stress & enhancing psychological well-being in university students: Anum Sarfraz and Salma Siddiqui	46
2.	Psychosocial Determinants of Cognitive Functioning among Older Adults: Hajra Akbar, Dr. Sumara Masood Ul Hassan	47
3.	Integrating Mental Health Services in Existing Healthcare System in Pakistan: A Public Mental Health Approach: Sumbal Gilani	48
4.	Women’s Reproductive Health: Coping with Infertility: Dr. Sehr un Nisa	49

Session six: Global Health (Group B)

1.	Stigma, caregiver burden and expressed emotion among caregivers of individuals with drug addiction: Iqra Sageer, Alia Asmat, Ayesha Sarfaraz	50
2.	Cognitive Distortions, Fear of Pain, Hyper-Vigilance and Psychological Distress in Chronic Back Pain Patients: Ms Aasma Yousaf, Noor e Saher	51
3.	Intimacy and Emotional Well-Being in Partners Living With PCOS Women: Rubina Kauser and Hifza Imran	52
4.	Development And Psychometric Properties Of Muslim Moral Emotions Inventory (Mmei) In Youth: Rezki Perdani Sawai, Joki Perdani Sawai, Abdul Rashid Abdul Aziz	53

Contents

Session seven: Social Integration and Community Wellbeing

1.	Enhancement of Psychological Functioning through Support for Student Exposed to Trauma among School Children: A Pilot Randomized Controlled Trial from Democratic Republic of Congo: Nazia Mustafa ¹ , Azza Warraitch ² & Dr. Rizwana Amin	5
2.	Problematizing Definition of Social Resilience: A Scoping Review of Popular Definitions: Azher Hameed Qamar	55
3.	Gender Based Discrimination and Wellbeing of Girls with Child Marriages: Aneela Aziz, Prof. Dr. Anila Kamal	56
4.	A self-help approach to treat Depression: A study on housemaids: Warda Safdar	57
5.	Usability of GIFTED Psychoeducational Module Among Gifted and Talented Students Psychometric Assessment Using USE instrument: Amnah Zanariah Abd Razak, Shahlan Surat, Rosadah Abd Majid, Rezki Perdani Sawai, Nor Hamizah Abd Razak	58

Session Eight: Child and Adolescence Wellbeing (Group A)

1.	Fear of Childbirth, Emotion Regulation and Psychosocial Wellbeing in Young Pregnant Women:	59
2.	Psychosocial Challenges for Domestic Child Labour in Pakistan: Prof. Dr. Anila Kamal, Dr. Irum Naqvi, Namood-e-Sahar and Aneela Aziz	60
3.	Mental Health Problems Faced by Adolescents Living in Boarding Schools: Aisha Saleem, Dr. Salma Siddiqui	61
4.	Fostering Art Therapy: A Qualitative Study On Its Challenges In Pakistan: Yamna Abrar & Asma Majeed	62
5.	The predictors of academic procrastination among undergraduates: Sarvarubini Nainee, Chong Jia Min, Chong Xin Yi and Tee Zhi Yuan	63

Contents

Session Nine: Child and Adolescence Wellbeing (Group B)

1.	Risk and Protective Factors of Suicidal Ideation among Eastern and Western Countries: A Systematic Review of Quantitative Studies: Noor Ul Ain Muneeb and Sumara Masood Ul Hassan	64
2.	The Influence of Friendship Quality On Psychological Well -Being Among Universiti Malaysia Sabah Students: Dicknos Dulang, Joki Perdani Sawai, Rezki Perdani Sawai, Abdul Rashid Abdul Aziz	65
3.	Factors of Antisocial Behavior Questionnaire: Shaista Majid, Ph.D., Hina Noor, Ph.D., Saima Shaheen, ShamailaHamid, Rukhsana Ashiq	66
4.	Development of an indigenous measure on maternal tolerance of children with autism (educated mothers): Mehak Shahzadi , Aasma Yousaf	67
5.	Assessing the Status of Mental Health Legislation in Pakistan: Nazil Danish, Ayesha Zaman and Syeda Javeria Idrees	68

Session Ten: Socio-economic 'well-being' in the (post-)conflict settings

1.	Post-conflict rehabilitation: A critical evaluation of Civil-Military Cooperation for the assessment of vulnerabilities and establishment of Child Welfare Units in erstwhile FATA: Aleena Khalid Sandhu and Muhammad Makki	69
2.	Exploring the Role of Sabaoon in Improving the Wellbeing of former Juvenile Militants in Swat Valley of Pakistan: Lateef Hakim Zai Khyber, Shahida Aman, Syed Rashid Ali	70
3.	Is Peacekeeper's Stress Syndrome real? A Cross-Sectional Study of Soldiers at UN Mission: Nazia Mustafa, Fahad Haleem, Hina Iqbal, Najm Us Saqib Khan, Umair Ali, Zakir Hussain	71
4.	The Socio-Economic Wellbeing of Academics: Prospects of Alternative Homegrown Knowledge Production in International Relations in Pakistan: Mahnoor Hayat Malik and Dr. Ahmed Waqas Waheed	72

Contents



Session Eleven: Family and Interpersonal Relationships (Group A)

- | | | |
|----|---|----|
| 1. | Pain, Social Support, Self-Concealment and Quality of Life among Patients of Rheumatoid Arthritis: Tayyaba Arshad, Uzma Ilyas | 73 |
| 2. | Role of Cognitive Emotion Regulation and Humor Style in Marital Satisfaction of men and women seeking infertility treatment: Saira Ijaz and Dr. Rabia Farooqi | 74 |
| 3. | Perceived Social Support and Psychological Well-being Among Parents of Children with hearing impairment: Bisma Gulzar | 75 |
| 4. | Impact of Relational Humor on Perceived Stress, Happiness, and Psychological Well-Being among Married Couples: Asma Nisa, Rubina Hanif | 76 |
| 5. | Social Stigmatization and Post Abortion Syndrome in Women after Abortion: Asma Yousaf, Maria Rafique, Nimra Mellaha, Maheen Asif | 77 |

Session Twelve: Family and Interpersonal Relationships (Group B)

- | | | |
|----|---|----|
| 1. | Remembrance of Childhood Parental Rejection and Current Levels of Intimacy in Young Adults: Role of Psychological Mal-Adjustment: Sadia Ahmad and Dr. Asia Mushtaq | 78 |
| 2. | The Impact Of Covid-19 Pandemic To Parent-Child Relationship: Dewi Rochmah Yuniar | 79 |
| 3. | Constructive communication and compatibility in the relationship between dominating husband and marital happiness of wife: A moderation mediation model: Hifza Imran and Jamil A. Malik | 80 |
| 4. | Gratitude and subjective happiness among parents of individuals with Down syndrome: Role of demographics: Fatima Rooh-e-Zainab, Shazia Yusuf | 81 |
| 5. | The Impact of Surah Al Rehman on Mental and Physical Health of Autistic Clients and their Parents: Maimoona Muhammed Boota, Sarah Shaikh, Sana Amir, Dr. Shahnila Tariq | 82 |
| 6. | Parental Verbal Abuse and Its Impact On Psychological Health And Educational Attainment: Saba Iqbal, MS. Fariha Tahir | 83 |

Background

Living through a pandemic has revealed our vulnerabilities as well as the need to converge sciences to better answer questions pertinent to our well-being. To understand the health beliefs of epidemiologists studying virus spread and biochemists working in labs to develop vaccines, policymakers making plans to manage and contain the spread of infection require the insight of social scientists. The ongoing wars and conflicts in various parts of the world necessitate that social scientist break out of their silos in order to provide a coherent understanding of our issues by integrating various perspectives. The Sustainable Development Goals (SDGs) necessitate that we have creative solutions to our problems based on a multidisciplinary approach. The disciplinary bias in the universalization of well-being may undermine the interdisciplinary nature of human well-being and the realization of socially constructed realities. As a result, there is an urgent need to recognize the holistic and coherent integration of various disciplines in social sciences.

Consequently, the proposed conference seeks to provide a venue for showcasing interdisciplinary research on well-being, with a focus on integrated solutions to SDGs specifically related to health and wellbeing. This conference will bridge research gaps by providing a framework to connect challenges and solutions on social interdisciplinary theoretical and methodological traditions. Furthermore, this conference will be organized in collaboration with international universities, providing researchers with the opportunity to share their work with a global audience.



**Dr. Ashfaq
Hassan Khan**

**Principal
School of Social Sciences
and Humanities (S3H)**

International Conference on Well-being: An Interdisciplinary Perspective ICW-22 (9-10 February 2022)
School of Social Sciences and Humanities (S3H), NUST

It gives me immense pride to note that The International Conference on Wellbeing is S3H first flagship Conference. I would extend my gratitude to the Department of Behavioral Sciences for taking the lead in organizing this conference and that too on a pertinent topic of Wellbeing. The Covid-19 pandemic induced environment has no doubt created new challenges for state, organizations, and individuals. The pandemic has also exposed varied socio-economic fault lines that must be addressed for the world to heal and for the organization and the individual to flourish. I appreciate the focus on wellbeing whilst taking an Interdisciplinary Perspective in this Conference. About 57 researchers from 17 Universities will be presenting their papers over the course of the conference. I would appreciate the contribution of the scientific committee as they diligently scrutinized over 100 abstracts, submitted for the conference in order to ensure quality and research integrity. I would thank the organizers and cohosts of the conference, Michigan State University, NUST Business School (NBS), and Centre for International Peace and Stability (CIPS). I would express my gratitude to the honorable Chief Guest, Keynote Speakers, Panelists, and distinguished guests for taking out time to be part of this conference. I am extremely grateful to the Rector, NUST for his encouragement and consistent support in organizing this International Conference. Last but not the least, I would commend the entire organizing team who have worked tirelessly in making this Conference a success.

03



**Dr. Salma
Siddiqui**

Dean

**School of Social Sciences
and Humanities (S3H)**

International Conference on Well-being: An Interdisciplinary Perspective ICW-22 (9-10 February 2022)
School of Social Sciences and Humanities (S3H), NUST

I welcome you all to the international conference on Wellbeing: An Interdisciplinary perspective which is jointly organized by three schools of NUST , namely, School of Social Sciences & Humanities, NUST business School , Center for International Peace & Stability and Michigan State University. We all became acutely aware of the importance of Wellbeing as we struggled to cope with the challenges of Pandemic, irrespective of the fact that we reside in a developed country or in a country that is trying to attain economic and political stability. It is, therefore, very pertinent that from the platform of this conference we exchange ideas to explore strategies that can ensure the wellbeing of people in various context. The interdisciplinary approach is the key to arrive at solutions that are both grounded in the given context and social and cultural factors. Pakistan has already made commitment to achieve the Sustainable Development Goals (SDGs) with an aspiration to join the league of upper middle-class countries by 2030. The SDGs are closely linked with the wellbeing of the citizen; therefore, it is my hope that this conference would help spark ideas to work collaboratively, breaking the barriers of discipline, to expand the understanding of wellbeing. I believe that whether it is an engineer building a robotic arm to facilitate a surgeon in cutting a cancer tissue from sensitive part of the body or a scientist creating smart health technologies to diagnose and treat the Covid infection, they are concerned with the wellbeing of the individual and community. The social and cultural aspect of wellbeing needs to be understood with clarity to develop policies which result in a healthy and thriving society.

NUST and MSU have this honor to host this conference to expand the understanding of wellbeing from an interdisciplinary perspective. I am grateful to all the keynote speakers and experts who are chairing the sessions. My best wishes to the presenters that they continue to expand the horizon of knowledge through their work.

I also want to thank the Rector NUST, Prorector Academics and Research Internationalization & Innovation for their support and encouragement to organize this conference.



Dr. Naukhez Sarwar

Principal and Dean

NUST BUSINESS SCHOOL(NBS)

**National University of Science and Technology
(NUST), Islamabad**

Addressing the tools of 'well-being' could not have been more pertinent at any time before than it is today. The COVID-19 pandemic has necessitated an increased focus on the mental, emotional, and physical well-being of individuals and communities. No stakeholder can be exonerated from the responsibility of playing in role of contributing towards the betterment of individuals and societies. On a community level, no community can aspire to progress economically or socially if the individual links are not paid attention to or strengthened. For policy makers, it is evident that success cannot be guaranteed without giving due thought towards improving the lives of all the stakeholders involved. For businesses across the globe, this global pandemic has led to the realization that support for employees is equally important, if not more, than crafting the goals and strategic direction of the companies. An organization's success goes hand in hand with the wellness of its employees. Therefore, no organization today can compete and succeed while neglecting its workforce.

All these factors and many more make it the responsibility of people in positions of authority to ask questions and find answers. How can we promote well-being?

How can the corporate sector craft and implement policies that not only improve?

the lives of their employees, but of the communities in general? What is the role of academia in researching and advancing practices to promote well-being? We

believe that universities need to take this responsibility and be at the forefront of cutting-edge research to find answers to these and other relevant questions.

NUST School of Social Sciences and Humanities with NUST Business School and CIPS have taken this initiative to open the debate on these crucial questions. We are confident that this conference will address not only these aspects of well-being, but also open avenues for further brainstorming debates that will eventually contribute towards a healthy and prosperous society.

Large Number of papers received are fair indicator of the interest of the researcher as well as significance of the topic of this conference

I will like to extend my best wishes to Dr Ashfauq Hasan Khan Principal S3h and Dr Salma Siddiqui Dean S3h for organizing this wonderful conference



Dr. Tughral Yamin

Associate Dean CIPS

**National University of Science and Technology
(NUST), Islamabad**

From the perspective of Peace and Conflict Studies, the spirit and philosophy of wellbeing is of prime importance in ensuring national and international peace and stability. Wellbeing is interpreted as a sign of mental and physical health. This sense has a significant place not only in the lives of people but also nations. Healthy and prosperous nations led by mentally alert and well-meaning national leaders avoid situations of conflict. Wars and tensions can only cause harm to life and property and disrupt internal and external peace and harmony. History is witness to the fact that absolute rulers with megalomaniac tendencies have often embarked on disastrous wars with other nations, often to merely satisfy their own base egos. Wellbeing springs from subliminal values based on innate sense of humanity. The essence of this feeling produces serenity and calm. Saner minds work towards protecting the best interest of nations.

The founding father of Pakistan Quaid-i-Azam Muhammad Ali Jinnah had set the guiding principles for the foreign policy of his new country by declaring: "Our object should be peace within, and peace without. We want to live peacefully and maintain cordial and friendly relations with our immediate neighbours and with the world at large."

I am certain this conference will provide a good opportunity to speakers and participants to explore the subject of wellbeing, not only in the lives of individuals but also when applied to relations between countries and how this sense of wellbeing can be instrumental in bringing about international peace and stability.

I wish all those associated with this project all the luck and may your endeavours that produce results that would increase our collective wellbeing.



Farha Abbasi
M.D

Assistant. Professor
Psychiatry
Michigan State University

The Covid -19 pandemic has just brought us to the brim of mental health catastrophe engulfing the whole wide world. I congratulate the School of Social Sciences and Humanities, National University of Sciences and Technology (NUST), for this timely and vital conference. At Michigan State University, the Department of Psychiatry is very proud to co-sponsor it. The concept of wellbeing is that being comfortable, healthy, or happy has been threatened by the pandemic, political chaos, and socioeconomic meltdowns. We must have an interdisciplinary and multifaceted approach to find the solutions. I am very excited that this conference is bringing scholars and thinkers from all over the world. Mental health and wellness have been sidelined for too long and cannot be ignored anymore. We need to approach things from mind over body approach and look at solutions from social justice lens. At Michigan State University, we are committed to this growing global mental health movement and are eager to augment and implement it. An individual's wellbeing directly contributes to the wellness of society and the world. It is an interdependent journey that has to be nurtured using empathy, ethics, resilience, and respect. Let's start this process today and commit to a better tomorrow.

I wish a successful conference to all the planning committee, volunteers, and everyone who contributed to this vision.

Keynote Speaker



Dr Jed Magen

Professor
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Jed Magen, DO, MS, is associate professor and chair in the Department of Psychiatry at Michigan State University.

Dr. Jed Magen graduated from the College of Osteopathic Medicine and Surgery in Des Moines, Iowa, and did a rotating internship at Botsford General Hospital in Farmington Hills, Michigan.

Dr. Magen was a commissioned officer in the United States Public Health Service serving with the Indian Health Service for three years.

He is board certified in general and child and adolescent psychiatry by the American Board of Psychiatry and Neurology and the American Osteopathic Board of Neurology and Psychiatry.

He is a past president of the American Osteopathic College of Neurologists and Psychiatrists and of the Michigan Psychiatric Society. He was a member of the Executive Council of the American Association of Directors of Psychiatry Residency Training and is an appointed member of the Council of Academic Societies of the Association of American Medical Colleges. He completed a Master of Science degree in Medical Management at the University of Texas, Dallas School of Management in 2003. He is an expert in the area of funding of graduate medical education in the United States. He is a part of a research group studying neuropsychiatric outcomes of cerebral malaria in children in Africa. He also works with other faculty members to improve mental health treatment in Muslim communities in Michigan.



Dr Marie Breen-Smyth

Professor
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Marie Breen Smyth (born 26 January 1953) is an academic author, teacher and researcher from Northern Ireland. She has published on topics such as the Northern Ireland conflict, particularly the human impact, trauma, victim politics, children and armed conflict, research ethics and methods, religion and conflict, and issues to do with political violence in Southern Africa, Israel/Palestine and Northern Ireland. From February 2011 to August 2015 she was Chair in International Relations at the University of Surrey, England, UK.

She was previously Reader in International Politics and Director of the Centre for the Study of Radicalisation and Contemporary Political Violence at Aberystwyth University, Wales, UK. Between 2002–2003 she was Jennings Randolph Senior Fellow at the United States Institute of Peace in Washington DC.

Breen-Smyth is currently involved in "Healing Through Remembering," [1] a project established to consider how Northern Ireland might deal with its past, which involves people from all sides of the conflict. Her latest book *Truth Recovery and Justice After Conflict: Managing Violent Pasts*. (Abingdon: Routledge) deals with the subject of truth recovery. In the 1980s, Breen-Smyth co-founded "Derry Well Woman", a free health and support service for women based in the North West of Ireland.

With Richard Jackson (University of Otago), Jeroen Gunning (Durham University), Piers Robinson (Manchester University) and George Kassimeris (Wolverhampton University) Breen Smyth currently edits the Routledge journal *Critical Studies on Terrorism*.

She has also made two films with Northern Visions about the impact of political violence, *And then there was silence* (2000) and *Injured* (2011).

Keynote Speaker



Dr. Jawad Syed

Professor

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Dr. Syed obtained his PhD in Business from Macquarie University, Australia in 2008 and completed a Postgraduate Certificate in Higher Education at the University of Kent, UK. He also attended Institute for Management and Leadership in Education (MLE) at the Harvard University Graduate School of Education. Prior to this, he also received a Masters of International Business degree from the Western Sydney University, Australia.

Dr. Syed is an Academic Fellow of the Chartered Institute of Personnel and Development (CIPD), UK and Programme Chair of European Academy of Management's (EURAM) Gender, Race and Diversity in Organisations (GRDO) Special Interest Group. He is a director of the Global Centre for Equality and Human Rights (GCEHR) and coordinator of the South Asian Academy of Management (SAAM).

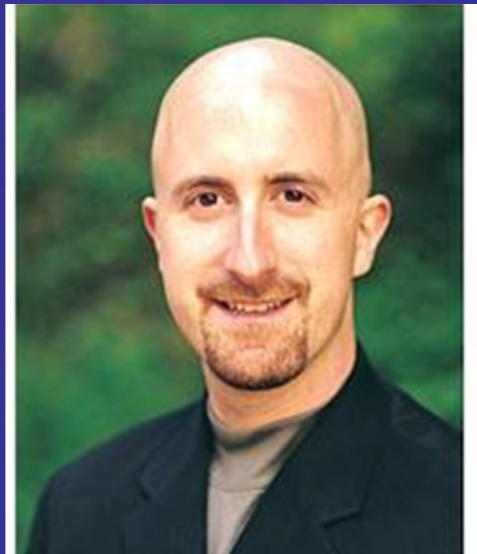
Dr. Syed was conferred the Sitara-e-Imtiaz on August 14, 2011 by the President of Pakistan for his contributions and public service in the field of equality and diversity management.

Dr. Syed currently serves as a member of several editorial boards. Dr. Syed has an extensive publishing record, having published in scholarly journals.

His research interests include:

- Diversity Management
- International Human Resource Management
- Business Ethics
- Knowledge Management

Keynote Speaker



Raun Kaufman

Author-Lecture-Educator

Mr. Raun K. Kaufman living beacon of miracle, formerly known as the CEO of the Autism Treatment Center of America®, conducts lectures and seminars worldwide. In addition to his work with families and professionals over the past 15 years, Raun has a unique history. As a child, Kaufman was diagnosed with severe Autism. Owing to that his parents developed The Son-Rise Program®, which enabled Raun to completely recover from his Autism with no trace of his preceding condition. His story was recounted in the book, Son-Rise: The Miracle Continues, and the NBC-TV movie, Son-Rise: A Miracle of Love. A graduate of the Ivy League's Brown University with a degree in Biomedical Ethics, Kaufman has written articles featured in a host of journals and books and has been interviewed by media such as National Public Radio, BBC Television, Fox News Channel, and People Magazine. He is currently serving as the Director of Global Education for the Autism Treatment Center of America. In 1983, they founded the Autism Treatment Center of America, part of a nonprofit, charitable organization. The ATCA serves as the worldwide teaching center for The Son-Rise Program, helping families from across the globe to enable their children to defy their seemingly limited prognoses.



Dr. Brig. Fiaz Hussain Shah (Retd) SI (M)

Resilience Advisor | Consultant | Life Coach

He is the CEO of Integrated Resilience Network. He has been working as a resilience advisor, consultant and life coach.

Keynote Speaker

10

International Conference on Well-being: An Interdisciplinary Perspective ICW-22 (9-10 February 2022)
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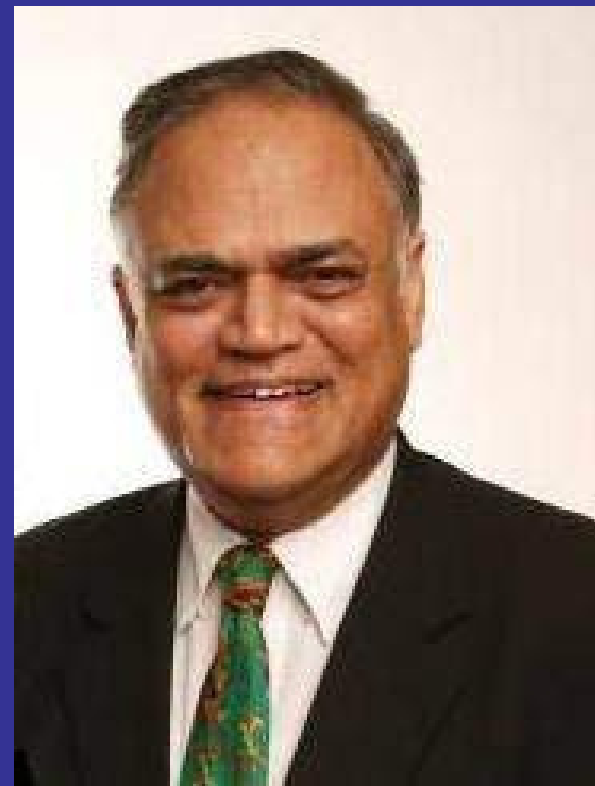
Dr. Bruce D. Friedman

Bruce D. Friedman is the Orville Edward Egbert Endowed Professor in Health Sciences at the University of Texas at El Paso. He received his Ph.D. in social welfare from the Mandel School at Case Western Reserve University. His MSW with a dual specialization in families and substance abuse is from the Brown School of Social Work at Washington University. Dr. Friedman has double bachelors' degrees Religion and Sociology from Case Western Reserve University. He has a number of years of practice experience in the areas of social service management; program development; work with individuals, families, and groups; marriage and family counseling; homelessness; substance abuse treatment; and spirituality. He is the author of ten books including: Community-Based Participatory Action Research (2021); The Research Tool Kit: Problem-Solving Processes for the Social Services (2017); and Public Health, Social Work and Health Inequalities (2015). Dr. Friedman has published numerous articles and book chapters, including his highly read chapter on Systems Theory. As a researcher and scholar, Dr. Friedman has been very involved in looking at issues of health inequalities and how the role of community can play an important part in addressing those inequalities. As such, the focus is clearly an ecological systems approach and involves multiple layers of interventions. Each intervention is truly unique to the population and the community but there are some generalizations that can be applied for everyone. The session will take an Ecological Systems Perspective at community wellbeing and how it relates to social integration.

Keynote Speaker

11

International Conference on Well-being: An Interdisciplinary Perspective ICW-22 (9-10 February 2022)
School of Social Sciences and Humanities (SSH), NUST



Javed Jabbar

Senator (r) Javed Jabbar has distinctions in diverse fields which include writing, film-making, environment, grass-roots volunteer work and education. He is a public intellectual who makes contributions to leading think tanks, research centres, public forums on a range of subjects. He has received numerous international and national honours for his contributions and achievements. He was elected global Vice President of the International Union for Conservation of Nature (IUCN) for 2 consecutive terms, 2004-2012.

His 15th book "Pathways" received the UBL Literary Award for the Best English non-fiction book at the 9th Karachi Literature Festival. His 16th book in 2018 titled "What is Pakistaniat?" is prescribed in leading education and training institutions. His most recent book titled "But, Prime Minister" published by Paramount Books in Pakistan in June 2021 topped the best-seller list in Amazon, UK in July this year.

In December 2021, he launched as writer and executive producer of a new documentary film "Separation of East Pakistan: the Untold Story" for global and national media. In February 2020, the All Pakistan Newspapers' Society presented him with its Lifetime Achievement Award. In 2015, the Pakistan Society of Advertisers presented its first Lifetime Achievement Award to him. Cinema, documentary, advertising films written, produced or directed by him have won major national and international awards. He devotes substantial working time for the past 40 years to voluntary work for several public service organizations.

The Human Rights Society of Pakistan presented him with a Gold Medal for outstanding public service. He is a former Senator and has served in 3 Federal Cabinets as Minister for Information and Broadcasting, Science and Technology, Petroleum and Natural Resources, and Adviser to the Chief Executive of Pakistan on National Affairs. He has represented Pakistan at major UN conferences. New laws and policies initiated by him have introduced major reforms in different sectors, particularly the inception of private TV and radio channels and freedom of information.

Keynote Speaker

12

International Conference on Well-being: An Interdisciplinary Perspective ICW-22 (9-10 February 2022)
School of Social Sciences and Humanities (S3H), NUST



Yasmeen Khan
Psychologist

Dr. Yasmin Khan has been working in the field of mental health over 20 years and she has been practicing in Chicago. She is the founder and president of Self-Empowerment center Pakistan. She established this Centre to start a mental health movement in Pakistan which covers three main initiatives, transfer of knowledge, access and quality of mental health services and community outreach.

Objectives of the Conference

The concept of organizing an International Conference on Wellbeing: An Interdisciplinary Perspective is based on showcasing research conducted in Pakistan and other parts of the world that investigates wellbeing from a variety of perspectives.

Main objectives of the conference are:

- To examine the influence of sociocultural, organizational, and geopolitical factors on health and well-being through qualitative, quantitative, and mixed method research in the social sciences.
- To demonstrate the impact of social dynamics on individuals.
- To provide integrated and sustainable solutions for human wellbeing and a secure society.

NUST has already established the NUST Interdisciplinary Center for Higher Education (NICHE). We aspire that this conference will help NUST to establish itself as a leader in promoting interdisciplinary research on wellbeing in relation to the SDGs and integrated solutions in Pakistan. The International Conference on Wellbeing: An Interdisciplinary Perspective (ICW-2022) will be organized by the distinguished NUST platform in collaboration with other international universities. This will bring in local and foreign researchers from various disciplines and professions, as well as the research institutes to co-organize this conference each year.

Sub-Themes

- Social Integration and Community Wellbeing
- Media, Communication, and Wellbeing
- Child and Adolescent Wellbeing
- Crisis and Disaster Management

Sub-Themes



Family and Interpersonal
Relationships

Organizational and Individual
Workplace Wellbeing

Global Health

Socio-economic 'well-being' in the
(post-)conflict settings

Important Dates

Deadline Abstract Submission: 1 st October 2021

Acceptance Notification: December, 2021

Registration: 13 th December 2021

Collaborators

Department of Psychiatry- Michigan State University, US (MSU)

Co-Hosts

NUST business School (NBS)

Centre for International Peace and Stability (CIPS)

Organizing Team

Chief Organizer:

Dr. Salma Siddiqui
Dean
Department of Behavioral Sciences,
School of Social Sciences &
Humanities (S 3 H), NUST

Organizer:

Siddrah Irfan, Ph.D.
Assistant Professor
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Pre-conference Events

Pre-conference Workshops

Workshops

Meta-analysis

Recourse Person

Dr. Tamkeen

Dates

3-4 Jan 2022

Pre-conference Seminars/Talks.

Seminars	Speaker	Dates	Timings
Mental Health and Hyper Colonialism	Dr. Syed Akhtar Ali	Nov 16 2021	9am-5 pm
Listening with your heart: Mastering empathy, compassion, and kindness	Dr. Muhammad Zeeshan	Dec 2, 2021	10am -12:00
Sustainable Supply Chain	Dr. Waqas	Dec 17, 2021	10:30-11:00am
Humanitarian Supply Chain Management	Dr. Imran	Dec 17, 2021	11:30 am - 12:30pm

Session one: Media, Communication and Wellbeing
Self-Management of Mental Health Concerns through Online Information Seeking in Young Adults
Maheen Muzammil, Afifa Anjum

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Abstract

The widespread availability of health information websites has enabled people to play an active role in health management. With the easy access to health information online, people are turning to the internet to find out about symptoms, diagnosis of health problems, or determine treatment procedures. This trend has been studied in context of physical health but there has been little research into its use in relation to mental health. This study aimed to examine the patterns of online mental health information seeking behaviors and the association of mental health concerns with online mental health information seeking behavior and self-management in young adults. Convenient sampling strategy was used for recruitment of sample through social media sites. The sample consisted of 150 young adults with age range of 18 to 24 years. Health Education Impact Questionnaire scale (Osborne, Elsworth & Whitfield, 2007), Self-Management Scale (Mezo, 2009), DSM-5 Self-Rated Level 1 Cross-Cutting Symptom Measure were completed by participants through online forms. . the study found important information related to the patterns of the internet use, prevalence, contents, sources and reasons for mental health related information seeking through descriptive statistics. Overall, a high prevalence of online mental health related information seeking behavior was found in young adults. Greater the concerns about mental health, higher was the use of online mental health related information seeking behavior. Online mental health related information seeking was a strong positive predictor of self-management domains. The study has important implications related to availability of mental health related information through internet, their authenticity and young adults behaviors related to the management of mental health concerns. The study also discusses pros and cons of self-management through internet for decisions about professional help seeking. It was suggested that there is a need to promote proper internet usage for mental health decisions as well as to explore in depth the cognitions and beliefs and decision making factors involved in mental health related decisions.

Keywords: online information seeking, mental health, self-management, young adults

Ayesha Ali

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Abstract

The present study was aimed to explore the relationship between electronic and print media and its subscales with political socialization along with the role of different demographics such as gender, socio-economic status, and education. The sample of present study was comprised of 150 adolescents, 75 males and 75 females from Rawalpindi and Islamabad. Purposive convenient sampling technique was used for gathering data. Pearson correlation, t-test were used to test the hypotheses. Findings indicate that there is positive relationship between role of electronic and print media in political socialization there is no significant difference is present between males and females on role of media on political socialization. Study limitation includes small sample size and use of self report measures i.e. there could be an element of biasness. Practical implications of the study were discussed and suggestions for further research were made.

1. Fatima Jinnah Women University (danasohail17.ds@gmail.com)

Abstract

This research is about exploring the practices of journalists in the field of health reporting. This qualitative study is completed by conducted semi structured, in-depth interviews of fifteen health reporters from Rawalpindi and Islamabad, both from print and electronic media organization. This research is designed around five main themes such as process of public health reporting, strengths and weakness of health reporters, safety mechanisms used by health journalists, use of technology for news preparation and dissemination and available organizational support for health reporting. It is found that mostly health reporters are doing more reporting regarding health political news such as health crisis, managerial issues in hospitals and less health journalism which could enhance the knowledge of general public about improving their health. The health reporters are dependent on human sources for covering health news and they are well connected with health practioner's. Health reporters are trying their best to do their job but organization's environment is not supportive and science news is not their organization priority. Comparatively, larger media organizations are more supportive for reporters in terms of training and equipment provision during health crisis. Health reporters informed that during health reporting they go through emotional and mental trauma as well and no organizational support is available to coup up with this. Journalists are using mobile phones and latest communication tools for health communication.

Keywords: Health Journalists, Practices, Challenges, Reporting, Technological usage

**The Role of Sexual Harassment News Exposure to cultivate Knowledge, Attitude, and Behavior
among Pakistani students
Hilal Fatima, Muhammad Irshad**

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Abstract

The purpose of this research paper is to demonstrate the role of sexual harassment news exposure (SHNE), knowledge and the cultivation of correct attitude and behavior against sexual harassment among Pakistani students. A survey analysis method was applied to analyze the level of sexual harassment news exposure, knowledge, degree of intolerant attitude towards sexual harassment and behavior among university students. Drawing on cultivation theory, it was hypothesized the relationship among sexual harassment news exposure, sexual harassment knowledge, intolerant attitude and propensity to act against sexual harassment. The survey instrument was adapted and approved by University Research Ethics Committee. In the results, computed and analyzed by SPSS, majority of Pakistani students had moderate level of sexual harassment news exposure, sexual harassment knowledge, intolerant attitude, and propensity to act. The regression analysis revealed that sexual harassment news exposure has no significant relationship with attitude and behavior and had a positive significant relationship with sexual harassment knowledge. As results showed that high sexual harassment news exposure, knowledge, attitude and behavior against sexual harassment are cultural dependent that integrated the path to spread awareness in society to amplify practices in culture. This study provides direction to enhance the level of sexual harassment exposure and spread awareness to clean society from sexual harassment crime.

Keywords: sexual harassment, sexual harassment news, sexual harassment news exposure, intolerant attitude, propensity to act against sexual harassment

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Abstract

Numerous instances of faith-based prejudice against Muslims aka Islamophobia leading to mass killings and fascistic beliefs of some governments resulting in genocide around the world have taken place in the last year alone. Social psychologists have been vehemently introducing interventions to fight race, sexuality and gender based prejudice but few studies have explored the efficacy of these psychological interventions in the wake of new types of prejudices, such as one discussed above. The present study seeks to fill the gap in the literature by adding a therapeutic framework to faith-based prejudice and discrimination; this framework will be readily available to people outside laboratory setting. Where contact hypothesis has only largely been replicated in experimental settings under observation of a mental health practitioner, this study will aim at filling another gap in the literature by using it in virtual context for faith-based prejudice and making it more accessible to real world. Therefore, anyone willing enough to change their prejudiced perspective can do that without directly getting into mainstream face-to-face session with a therapist. The solution will be just a few clicks away. The idea is to introduce virtual simulation of social interaction to lessen the alienation between two opposing groups and make it accessible to the masses in more real world settings. The latter will be done by developing a mobile application based on the premise of contact theory and perspective taking (Study 1), at two different levels: (1) perspective-taking from the viewpoint of the non-dominant group and having them re-experience the real life instances of Islamophobia, with the sole purpose of developing empathy, and (2) customizing avatars to look like the self /virtual embodiment of the self and introducing positive virtual intergroup contact. The details about scenarios to be added in the mobile application and how to virtually implement the technique will be explained in detail to the application developer by a qualified clinical psychologist. Self- Presence Scale (Behm-Morawitz, 2013) will be used to assess the level of presence an individual feels with the virtual self. In study 2, the efficacy of the mobile application will be assessed by employing the following measures: Bogardus Social Distance Scale (Bogardus, 1947), and Intergroup Anxiety towards Muslims Scale (Hopkins, 2017).

Keywords: Islamophobia, faith-based prejudice, discrimination

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Abstract

People from media specifically the actors and bloggers they are part of life of general public. Clothing and other aspects of their lives are consistently followed by people from general public (Hahn & Lee, 2014). The purpose of the study was to explore the differences between clothing proximity and self-consciousness among bloggers and actors. Self-Determination Theory (SDT) views the human motivation and personality in the light of psychological forces i.e., competence, relatedness, and autonomy (Ryan et al., 2009). It was a comparative study. Sample consisted of 130 participants (bloggers = 76, Actor/ actress = 54). Snow ball sampling was used to collect data. For assessment, proximity of clothing to self – scale (Sontag & Lee, 2004) and self - consciousness scale – revised (Scheier & Carver, 1985) were used. It was hypothesized that there will be a significant relationship between self – consciousness, and clothing proximity among bloggers and actors. It was also hypothesized that clothing proximity would be predicted by self – consciousness among bloggers and actors. Results revealed that the self-consciousness (social anxiety) is significantly high among bloggers as compared to actors. Regression analysis indicates that the self-consciousness significantly predicts the clothing proximity among bloggers and actors. Furthermore, the results revealed that the age is significantly positively associated with the clothing proximity, whereas social anxiety is significantly negatively correlated with the age among actors and bloggers. The study results can be used to help bloggers and actors understand their self-consciousness. Secondly the counseling can be provided to them if required.

Keywords: clothing proximity, self- consciousness, bloggers, actors

Employee well-being, mental health and performance during the pandemic outbreak: Exploring the moderating role of training and development

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Abstract

The purpose of the study is to examine training and development role in reducing the negative effects of perceived pandemic stress on the well-being of employees, their mental health, and performance. With the spread of COVID-19, companies face new challenges as their employees' well-being and mental health have deteriorated as a result of unforeseen changes, their physical, psychological and financial concerns, confusion and negative emotions as well as their performance due to technical issues when working from home. During the challenging times of the COVID-19 pandemic, training and development remain an integral part of ensuring that the workforce has the skills and knowledge needed to complete the job while working from home (Dimoff, 2020). Considering the scope of the research problem at hand, the investigation was thus designed as a causal study, using a quantitative research approach to examine the relationship between study variables. The study participants were employed in the five main service sectors of Pakistan i.e. financial services, computer/IT, education, health care, and real estate. The study collected the data from 520 participants through the distribution of questionnaires using online tools, followed by tests of validity and reliability. The study analyzed the data through variance-based statistical software, namely SmartPLS. The findings of the study show that perceived pandemic stress have significant negative effects on the well-being of employees, their mental health, and performance but with the application of training and development practices, the negative effects of pandemic stress would be minimized. It illustrates that training and development practice during the pandemic may be effective in enhancing the well-being, mental health, and performance of employees. The organizations with the support of training professionals in a new scenario, can manage the work of employees and deal with the stress of the pandemic as well as their responses. Having an effective performance and well-being improvement strategy that helps organizations achieve better outcomes while keeping their employees engaged and in excellent mental health is paramount during the pandemic.

Keywords: perceived pandemic stress, training and development, COVID-19, mental health, organizational and individual workplace wellbeing

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Abstract

Epilepsy is a chronic illness with a wide variety of physical symptoms and restrictions, social and emotional restrictions, and obstacles. There is a strong research base for impact of epilepsy on employment, employment rate of people with epilepsy, workplace discrimination and the stigma associated with epilepsy worldwide. However, in Pakistan, epilepsy is understudied with reference to economic needs or support provided to epileptics. This research has explored the career barriers faced by people with epilepsy, influence of epilepsy on their work experiences, and strategies used to deal with career barriers. Data for the study was collected by conducting semi-structured interviews with 13 individuals with epilepsy who are working. The study utilized phenomenological qualitative research design. Data is analysed through inductive Thematic Analysis. The results show that career barriers come from multiple sources, i.e., barriers because of side effects of medicines, because of symptoms, because of other's reaction towards epileptics, because of lack of awareness, transportation barriers, low self-efficacy and career goals. Epileptics use different coping strategies to deal with these barriers. Self-acceptance, self-management, avoidance, setting boundaries, and seeking professional help are the strategies which strengthen epileptics to cope up with the barriers they face. The findings help in distinguishing career experiences of epileptics and career barriers faced by them in order to help other epileptics and their employers in developing effective strategies to cope with the barriers.

Keywords: Career Barriers; Epilepsy; Coping Strategies; Thematic Analysis; Qualitative.

Impact of Job Embeddedness on Employee Well-being: The Roles of Career Adaptability and Learning Commitment

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This study extends theory and research on job embeddedness, aggregated with employee well-being. It also discloses the mediating mechanism of career adaptability by linking job embeddedness to employee well-being with the help of conservation of resource theory. This study collected data through two-time lags from 206 subordinates who work in Pakistan's electrical/electronic industry technological sector to avoid self-service bias. The quantitative research method under the deductive approach was applied. The data was analyzed through the SMART-PLS. As hypothesized, regression analyses showed that job embeddedness was significantly predictive of its subsequent "career adaptability." Also, as hypothesized, job embeddedness was significantly predictive of employee well-being. In addition, learning commitment not moderated the effects of career adaptability. This study addresses the research gap by providing empirical evidence for a relationship between job embeddedness and employee well-being under a psychological mediating mechanism of career adaptability. Additionally, the moderating role of learning commitment is not established under the application of the COR in the unique context of an underdeveloped country, Pakistan. Particle implications are also discussed

Abstract

Keywords: job embeddedness, career adaptability, learning commitment Employee Well-being

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Abstract

The current research was aimed to ascertain the relationship of psychological capital with burnout and mental health in teachers working in higher education domain of Pakistan. In a brief period, Covid-19 has changed the global picture. People are forced to live in quarantine and operating their job activities from the confinements of their homes. It sounds luxurious to work from home and earn a reasonable salary. But this is different from "quarantine working", where you have to deal with not only your job pressure but your family too. So living in quarantine is causing a lot of problems anxiety, depression, financial instability, and fears which are deteriorating mental health and teachers are not immune to it. A lot of researchers around the world are exploring how quarantine is affecting the mental health of the individuals. In present study, the focus is on how quarantine is affecting teachers. This pandemic has lockdown the whole world but teachers are working hard to congregate the educational requirements of their students. In this scenario, it was of fundamental importance to study how teachers' mental health is affected by this overwhelming situation. How psychological capital buffers against burnout in teachers? How burnout is related to teachers' mental health? The objectives of the present study were to explore the impact of psychological capital on the relationship between burnout and depression. A convenient sampling technique was used to collect data from teachers working in universities with the help of Google form. Psychological Capital Questionnaire (Luthans et al, 2007), Maslach Burnout Inventory for Educators (Maslach et al, 1981), and Patient Health Questionnaire (Kroenke et al, 1999) were used to collect data. Data was collected through online surveys due to nationwide lockdown in the country. Correlational analysis results revealed that there is a significant negative correlation between psychological capital and teacher burnout ($\alpha = -.52^{**}$). There is also a significant negative relationship between psychological capital and depression ($\alpha = -.64^{**}$). The results also revealed a significant positive correlation between teacher's burnout and depression ($\alpha = .66^{**}$). Mediation results indicated that burnout was found to be negative significant predictor of psychological capital and positive significant predictor of depression, whereas, psychological capital was found to be significant negative predictor of depression. So, mediation was found to be significant with indirect effect (effect= .07 boot strap Interval), however, the indirect effect of psychological capital was found to be negatively significant between burnout and depression. Psychological capital based intervention can be used in educational settings with teachers and other administrative co-workers that would help handle stressful situations without exhaustion and burnout. These interventions will also have an indirect effect on enhancing the mental health of the teachers and workers.

Keywords: Teachers, Burnout, Psychological Capital, Mental Health, Education.

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Abstract

Lecturers in Malaysia Higher Learning Institution are expected to fulfil the job requirement including teaching, student supervision, research, consultancy, publication, administration and service to society. Without realizing, indeed all the listed job requirements putting the lecturers into stressful condition which may lead to mental health problem. Therefore, this study was conducted to observe the level of happiness and to identify the factors that affect the happiness in order to obtain the sustainability. There is a model called “Sustainable Happiness Model” which had been introduced by Lyubomirsky, Sheldon, and Schkade (2005) and it is used as the theoretical basis of the study to understand the influence of happiness. This is a quantitative study using a survey research design involving four local research universities in Malaysia. The respondents were identified using stratified sampling, also known as layered sampling. 645 lecturers involved in this study which comprise lecturers, senior lecturers, associate professors and professors. Descriptive analysis is used to describe the distribution of the mean level of happiness among lecturers, while inference analysis of multiple regressions is used to determine the most dominant factors in influencing sustainable happiness. Most of the lecturers record the high score in their happiness level which include a total number of 616 lecturers, or 95.5 percent of the overall sample. Multiple regression analysis (stepwise) found that all the predictive factors show significant correlation and a strong relationship except for the intentional activities at behavioral component demonstrates the power of simple correlation ($r = .67$), while the other components of the intentional activities record a strong and positive relationship towards happiness. The results from all three components of intentional activities which include the components of cognitive, motivational and religion act as predictive factors which contribute as much as 86 percent of happiness. R^2 shows that 82.9 percent changes in happiness variables are caused by the intentional activities which is related to cognitive component. In conclusion, majority of the lecturer in Malaysia Higher Learning Institution are happy with the practice of intentional activities. Indeed, lecturer’s happiness is crucial and vital in order to ensure the lecturer’s performance is at the optimum level in producing a quality student.

Keywords: Sustainable happiness, lecturers, intentional activities, well-being, mental health

Impact of Service-Learning and Civic Engagement on Psychological Wellbeing of University students in Pakistan.

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Abstract

Traditions of Eudaimonism and Altruism advocate helping behavior and community engagement as sources of psychological and social wellness. Previous literature concludes inconsistent impact of the altruistic phenomena of Service-Learning and Civic Engagement in predicting Psychological Wellbeing in the student sample. Little is known about their impact in Pakistan where the phenomena of Service-Learning and Civic Engagement are being prioritized alongside higher education, with 70 universities participating as members in Pakistan Chapter of Talloires Network (PCTN). This research is aimed at studying the impact of Service-Learning and Civic Engagement on the Psychological Wellbeing and its components among students. National University of Science and Technology (NUST) was identified as the only university in Pakistan, at the time of this study, with a formally operational Service-Learning course with established curriculum and allocated credit hours as a mandatory requirement for all undergraduate degree programs. For the present research, final year undergraduate students from NUST participated as a non-probability sample in the cross-sectional self-report survey design of present research. 276 undergraduates in Service-Learning (n=119) and Non Service-Learning (n=157) group consented and completed Ryff's Psychological Wellbeing (PWBS) Scale (Ryff, 1996) and Civic Engagement (CES) Scale (Doolittle & Faul, 2013). Results revealed both Civic Attitude and Civic Behavior components of Civic Engagement as significantly predicting increase in Psychological Wellbeing and its components, except Autonomy, for the student sample. Service-Learning remained non significant in predicting increase in Psychological Wellbeing and its components; rather completing the course predicted significant decrease in Personal Growth of students. Striking gender differences in Psychological Wellbeing across Service-Learning and Non Service-Learning group are discussed in context of traditional gender role socialization in the region. Limitations and recommendations for practice and research are also discussed. These findings emphasize the need to evaluate the Service-Learning curriculum design in place and practice to foster Psychological Wellbeing in students, and informs future research in Service-Learning and role of cultural norms in dictating Psychological Wellbeing of the two genders in Pakistani context.

Keywords: service-learning, civic engagement, psychological wellbeing, community engagement.

Session three: Organizational and Individual Workplace Wellbeing (Group B)
Using Motivating Language for fostering employee well- being through work engagement during COVID-19
Pandemic
Sara Sabir Omair Majeed

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Abstract

COVID-19 has led to unprecedented consequences for employee wellbeing, creating challenges for organizations so that their performance is not compromised. Leader is to play vital role in this context through communication. Hence, this study aims to examine how supervisor leadership communication during pandemic may foster employee well- being by drawing insight from the motivating language theory. Rationale of study is that supervisor support through verbal communication improves employee work-engagement and their well- being in turbulent times of pandemic. Uniqueness of study in context of COVID – 19 make it necessary and potential research gap. Motivating language theory is a comprehensive framework for examining and understanding everyday communication words used by leaders for motivating their followers and explains dyadic communication process between leader and followers through its three dimensions, namely meaning- making, empathetic, and direction- giving language. Data collection instrument is developed as an online survey administered to the nursing staff working in various hospitals looking after COVID- 19 patients in the Punjab province of Pakistan. Mediating effect of work engagement is assessed through the four step Barron and Kenny approach using Hierarchical Regression Analysis. Moreover, the impact of each dimension of motivating language is assessed for its predictability on work engagement and employee well- being using Regression technique. One- way ANOVA is used to examine any possible difference among the ages of nurses on their workplace well- being. Study confirms positive impact of leader motivating language on employee engagement and workplace well- being of nursing staff in pandemic times. Findings have theoretically advanced leadership communication literature in pandemic and contributed significantly to explanatory power of Motivating Language theory in terms of proposing a unique model of motivating language, work engagement and employee well- being, which has not been tested before to the best of authors' knowledge. Secondly, results can present practical suggestions for managerial implementations for organizational leaders and communication practitioners, however, the study has limited demographical makeup as the study participants belong to Punjab and Federal regions and those nurses were included in sample who worked only in COVID- 19 wards. The study elucidates role of leader communication for motivation of nurses in stressful times, such as COVID-19 pandemic in enhancing their work engagement and well- being.

Keywords: Motivating language, Employee engagement, Individual workplace well- being.

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Abstract

To conduct a systematic literature review this paper carried out number of studies available on the contributory factors to psychological wellbeing in Pakistani banking sector organizational setup employees. Design chosen was a systematic review from data sources. In review method, by using the latest procedure Preferred Reporting Items for Systematic Reviews and Meta Analysis (PRISMA) guidelines were followed. The inclusion criteria were (a) studies included were published from 2012 to 2021 (b) written in English (c) not any review article (d) published full-text scholarly articles (e) cross-sectional studies (f) factors related to psychological well-being in banking employees. Keywords searched on four databases, i.e. Science Direct, Google Scholar, Pub Med and Research Gate. Age range of the population is between 25-45 years. Total 264 studies were found in which 19 (7%) were from Pakistan. Following this strict inclusion criteria for this review of available literature, 10 (52%) articles were included. 3307 participants take part in these studies. Overall, the synthesis of the studies concluded that four categories, i.e., personal, psychological, social and risk factors are related to psychological wellbeing in Pakistani banking sector employees either public or private. Managerial implications provide better system to enhance workplace wellbeing in banking sector employees.

Keywords: Psychological well-being, systematic review, banking employees, organizational workplace wellbeing

Alleviating occupational stress through Psychological Capital (PsyCap) Interventions (PCI) – Group Counseling
Waqas Khalid Ally, Armaghan Butt MBBS, Khuram Shahzad, Sadaf Rehan, Shakir Ullah Khalid & Yousaf Khan

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Abstract

The focus of the study was to examine the role of Psychological Capital (PsyCap) Interventions (PCI) in alleviating occupational stress. A group of 8 health professionals (MBBS Doctors) working in different public sector hospitals of Islamabad/ Rawalpindi, identified with stress were administered Psychological Capital (PsyCap) Interventions (PCI) with a view to mitigate stress. In view of the theoretical background / literature review, it was hypothesized that there would be a significant relationship between Psychological Capital (PsyCap) Interventions (PCI) and occupational stress and that PCI would facilitate in reducing the stress symptoms. The study was experimental in nature, wherein; occupational stress of clients was assessed by applying Depression Anxiety and Stress Scale (DASS21, 1995); pre and post Psychological Capital (PsyCap) Interventions (PCI) developed by Luthans, Avey, Avolio, Norman and Combs (2006). The format was a 04 weeks counseling session, 75-90 minutes per session/ per week. A positive shift in mental health of the group was observed with respect to presenting problems and behavioral management through these effective interventions. Post intervention results confirmed significant reduction in stress symptoms.

Keywords: Psychological Capital (PsyCap), Psychological Capital Intervention (PCI), Occupational Stress, Group Counseling

**Linking Ethical Leadership to the Wellbeing of Higher Education Teachers in Pakistan: The
Mediating role of Employee Engagement
Sehrish Amin Khan**

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For organizations, increased stress rate among employees has always been a biggest dilemma. This increased stress rate not only effect working procedures of institutions but also on the highly educated and talented employee's wellbeing. If the academicians are not motivated, satisfied and engaged, the working procedures and standard will fall, resulting in failure of organizations. Ethical leadership is perceived as vital construct to flourish the wellbeing. The purpose of this study is to find how to improve the wellbeing of higher education teachers in Pakistan through ethical leadership with the mediation of employee engagement. Correlation and linear regression tests were used to test the model. Data were gathered from teachers of 316, working in public sector universities of Pakistan. Results indicated that ethical leadership is significantly positive associated with the wellbeing of employees. And regression results also indicated that employee engagement fully mediates the relationship between ethical leadership and employee wellbeing. Theoretical, practical implications and future recommendations and limitations are also discussed in this article.

Abstract

Keywords: Ethical leadership, Psychological wellbeing, Employee Engagement, Public and private higher education institutions, Mediation.

The Effects of Supply Chain Management Practices on Supply Chain Performance with The Moderating Role of Human Resource Management Glitches: Empirical Evidence from Pakistan
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Abstract

The under discussion research has conducted an inquiry to investigate that how the supply chain management practices effect on supply chain performance through the moderating role of human resource management. Quantitative technique was applied and data was collected through survey from textile mills of Pakistan. The questionnaires were sent to 200 respondents whereas 156 responses were received. The data was regressed through SPSS software. All four hypotheses were proved positive and accepted. The main objective of research was to help Pakistani textile firms to improve their supply chain performance by implicating supply chain management practices in an appropriate manner. In addition, the moderating role played by HR glitches in relationship between supply chain management practices and supply chain has proved the significance of HRM on supply chain performance of textile industry of Pakistan. This study will help the managers to understand the importance of information sharing, outsourcing, customer relationships and supplier relationships management as risk mitigation strategy for human resource risks.

Keywords: Supply Chain Management Practices; Supply chain Performance; Human Resource

Evidence-Based Health Communication: The Impact of Mental Health Campaign on Youth in Sierra Leone

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Abstract

Health communication is one of the key tools used by people to tackle societal issues and it seeks to effect change in people's behaviour. Practicing good mental and physical health is a behaviour that health professionals are seeking people to do, through health communication campaigns. This study looks at how evidence-based health communication through mental health campaigns has impacted the youths of Sierra Leone. The mental health issue is becoming prevalent with youth suffering the most, as most of them had gone through depressive situations. In Sierra Leone, the 11 years Civil War and Ebola outbreak, has left many people mentally destabilized, more so adolescent, and young people, who have lost their loved ones and the current economic situation in the country has made the situation worsen. The issues of mental health in the country range from depression, substance abuse, epilepsy, and others. The study focuses on the impact mental health campaign has created among the youths, with regards to their level of awareness, support from family and friends and their traditional beliefs. This study employs the quantitative design of surveys that targeted youth (ages 15-35) to know how evidence-based health campaign on mental health has impacted youth with regards to their level of awareness. The study targeted 335 youths through purposive sampling. The sample size was calculated using Cochran (1963) formula with a 96% confidence level and 0.5% margin of error. Our result shows that, effective awareness raising about mental health issues through the campaign impact the lives of youth. However, youths still held on to the belief that mental health illness is connected to evil spirit. Health Communication is integral in the promotion of health through media campaigns. Both health promoters and researchers have accepted HC as a tool in raising awareness. The awareness can be the effect of positive behaviour change and advocacy drive.

Keywords: Health Communication Campaign, Evidence-Based Health Communication, Mental Health, Depression, Substance Abuse, Epilepsy.

Analyzing Existing Cyber Security Responses in Pakistan: Proposing Effective Legislation and Criminal Justice System in Socio-Legal Perspective
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Abstract

The study aims to comprehensively evaluate the existing legislation and cyber-security responses in Pakistan available for individuals specifically university students, faculty and other members of the society. The research initially analyzes how an adverse cyber activity or breach of privacy in cyber space affects socio-psychological state and well-being of individuals and what are the remedies available under the law. Subsequently, the efficacy of the present legislation as to Prevention of Electronic Crimes Act (PECA) 2016 and National Cyber Security Policy 2021 are analyzed and access to the concerned law enforcement agency is discussed along with the socio-psychological and legal barriers one might experience. The Global Strategies Index and Global Security Index in its report published in 2018, ranked Pakistan as seventh worst cyber-secure state in the world. Pakistan also holds a poor record on cyber security, ranking 79th by Global Cyber Security Index. With an ever increasing number of cyber space users in Pakistan and heavy influx of online business activity in the country, the markets and Pakistani citizens are vulnerable to criminal activities including more sophisticated types of crimes such as crimes involving ICT. Parallely, cyber bullying and other illegal activities on social media are undeniably affecting the psychological wellbeing. It is a sad reality that a university professor is recently convicted of committing a cyber-crime against his own female colleague. Theories such as Post Traumatic Stress Disorder (PTSD) and Shattered Assumptions Theory are discussed in the backdrop of individual's experiences in this study while the study follows Protection Motivation Theory (PMT) being highly relevant in the modern day context of cyber security. The research is based on mixed methodology. Quantitative analysis is conducted on the data collected through questionnaires from the sample of 200 individuals including university/college students and faculty whereas interviews are conducted to obtain qualitative data FIA officials, public prosecutors, lawyers and members of a civil society. The study identifies serious legislative and procedural defects, delay in the enactment of laws, laws falling behind in context and time, technical and legal heterogeneity, conflicts of laws and basic principles, limitations on the scope of application and individual experiences and hence, proposes indigenous legislation involving socio-psychological factors in law making process which powered by effective criminal justice system in Pakistan.

Keywords: Cyber Security, Media and Communications, National Cyber Security Policy 2021, PECA 2016, Cybercrime, CPEC, ICT.

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Abstract

Participatory development has in fact claimed a better way for socio-economic development and empowerment of marginalized people particularly in developing countries. Since last one and half decade Pakistan is facing a number of crises (conflict and natural disasters), which highly effected not only the development perspectives of communities but also derailed the functioning of government institutions. Although government of Pakistan including Pakistan Army and non-governmental organizations (NGOs, national/international) simultaneously implementing the international aid and government funds for the relief, rehabilitation and reconstruction of the crises effected population. This research following participatory development approaches, investigates the complexities and issues arise among government institutions, donors' agencies and NGOs in the process of application of participatory development and delivering social services particularly in post crisis development of northwestern Pakistan. Through qualitative methods, including formal and informal interviews, participant observation, and focus group discussions, the research reveals a number of political, cultural, bureaucratic and organizational complexities in post crises development interventions. The main challenges identified in post crises aid and development are lack of coordination between government and NGOs or civil society organizations regarding collective action planning for the selection of specific areas and affected communities, and cultural and political perspectives of effected communities to maintain the development. Moreover, the issues of no objection certificate to international organizations for direct implementation of development interventions in crisis affected communities has further hampered the capacity of the local implementing partners as they have low capacity and experiences in participatory development. Although the government of Pakistan has established a full fledged disaster management department to coordinate between the government and nongovernment organizations for better utilization of the development aid through participatory processes. Nevertheless, we found that, in spite of wide range of difficulties in implementation of development aid, the process of collective actions has still some good results on rehabilitation and reconstruction activities, and improving the socio-economic conditions of marginalized classes including ethnic and religious minorities. The research suggests that complexities may be overwhelmed through capacity building of the government institutions and local organizations in term of participatory development, and developing collaboration strategies between government, NGOs and local communities.

Key words: Participatory development, Institutional complexities, Post crisis development

Mainstreaming Pakistan's Tribal Areas and Socio-Political Transformation: Countering Violent Extremism Among the Tribal Youth
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Abstract

It is estimated that Pakistan has one of the largest youth bulge, 64 percent of the population is under 30 years of age. Youth bulge is considered to be a ticking bomb in a country like Pakistan where extremist elements are widespread, poverty and unemployment ratio is high. The situation is worse in tribal areas in this context. In the 21st century, approximately 15000 youngsters have joined violent extremist organizations in the tribal belt of Pakistan.[1] The paper argues that the displacement to urban areas has greatly influenced the socio-political institutions of the tribesmen. In urban areas, direct access to communication networks such as mobile phones, internet and social media has played key role in the empowerment of the tribal youth. Participation in various socio-political activities/situations such as political campaigning, approval of demands through peaceful protests has provided alternate/important platform to approve long standing demands. Findings suggest that awareness and socio-political transformation triggered by the displacement has halted the enrollment of the tribal youth in the violent-religious, religious political and nonpolitical organizations. The study emphasizes that since FATA-KP merger, relatively low extremist tendencies have been noted among the tribal youth. The study employs ethnographic based data collection tools, such as semi-structured interviews, informal discussions and personal observations to reach its findings.

Keywords: CVE, Tribal Youth, FATA-KP Merger, Socio-Political Transformation, Extremism, Militancy.

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Abstract

Stress in university students is a significant global issue that frequently results in serious mental health problems like depression, anxiety and suicide. In low-and-middle-income countries, with reduced resources and a multitude of economic and political instabilities such as Pakistan, it is important to use low-cost, effective interventions. Although, mindfulness-based interventions have shown considerable effectiveness in improving physical and psychological health, there is a paucity of methodologically sound research in low-and-middle-income countries. The objectives of this study were to culturally adapt a mindfulness-based intervention for university students using a transparent systematic approach and study the pre and post training changes in outcome measures for future trials. It also aimed at pilot testing of outcome measures. There is a growing impetus for indigenous evidence-based practices which requires a plausible fit with practice-based research to increase the effectiveness of any intervention. Many frameworks have been proposed for the systematic adaptation of interventions. This study culturally adapts the eight week “Finding Peace in a Frantic World” course for Pakistani University students, using Medical Research Council framework, along with the Heuristic framework for cultural adaptation of interventions. Following the MRC and Heuristic framework the study was carried out in four steps: First, information gathering, which included synthesizing findings from a systematic review, experiences of local and international mindfulness practitioners, researchers, teachers, and students to identify required adaptations to be made. Second, preliminary adaptation design was prepared based on first step. Third, a preliminary adaptation test was delivered to n=8 students. Outcome measures for stress (Clinical Outcomes Routine Evaluation-Outcome Measure), mindfulness (Five Facet Mindfulness Questionnaire) and psychological well-being (Ryff’s Psychological well-being scale) were used to study pre and post intervention changes. Interviews were conducted with participants about the content, structure, usefulness, and cultural appropriateness of the adapted mindfulness training. In-depth analysis was done to gain cultural equivalence. Finally, adaptation refinement was carried out. Pilot testing of outcome measures was also conducted for future effectiveness trial of the adapted mindfulness-based-intervention. The feedback of participants and stakeholders on the course content indicated universality in the core principles of the components. However, surface structure changes included, language, mode of presentation of the reading material, culturally equivalent metaphorical expressions, culturally relevant examples, weekly sessions with mindfulness instructor, cultural equivalence of concepts, length of reading material and an additional orientation audio recording. There was a mean difference between the baseline and post assessments with a suggested reduction in stress scores and indicated increase in mindfulness and psychological well-being scores. The pilot testing of outcome measures showed strong internal consistency. The systematic adaptation process provides the groundwork for future feasibility and large scale RCTs to explore the effectiveness of the adapted Mindfulness training for university students in Pakistan.

Keywords

Mindfulness, cultural adaptation, well-being, stress, students

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Abstract

The persistent increase in cognitive dysfunctions due to upsurge in greying population has impelled social gerontologist to study potential psychosocial determinants of elderly cognitive functioning. Much attention has been paid to biological determinants however systematic reviews on psychosocial determinants are overlooked. Although the cognitive decline is typical with the aging process yet, evidence suggests that cognitive functioning among elderly is possibly affected by modifiable risk and protective factors. The current review aims to summarize the evidence for psychosocial factors as well as the underlying factors which may affect the association between psychosocial determinants and cognitive functioning. We also aim to find out the theoretical and literature gaps in work done on psychosocial factors of cognitive functioning among older adults. After searching potentially relevant articles published between 2000 and 2021 on Web of Science, PubMed and Science direct, 163743 studies were obtained. Rayyan software was used to remove duplicate cases. The quality and internal validity of the studies was estimated using STROBE and SIGN checklists. Twenty out of 372 full-text articles met the inclusion criteria and were critically appraised. Total 9 (45%) studies identified risk factors; 10 (50%) focused on corroborating protective factors, while one (5 %) studies examined both risk and protective factors. Results showed that demographics (age, education, ethnicity, smoking as well as drinking status and weight), psychological factors (psychological disorders and personality traits), and social factors (occupations status, social isolation, involvement in stimulating and religious activities) emerged as potential determinants of cognitive functioning in older adults. Literature revealed that activity (social, leisure, religious or physical) is one of the noticeable protective social determinants whereas neuroticism is a distinguishable psychological risk factor. There seem to be a lack of studies on effect of demographic determinants on cognitive functioning. This review suggests that more studies regarding psychosocial determinants might be helpful in devising strategies to delay early cognitive dysfunctions. In addition, there are certain underlying factors which effect the association between cognitive functioning and psychosocial determinants. This review provides a concise summary of the current literature about the psychosocial determinants of cognitive dysfunction therefore, it would aid clinicians to understand the origin of cognitive decline in absence of any organic cause by taking into account the potential psychosocial factors while clients' assessment.

Abstract

Adolescence is a critical period for rapid psychophysical and socio-cognitive changes that have long-term health and happiness implications¹. In this perspective, the development of lifestyle choices and problematic behaviours may indicate a change in wellbeing that requires attention and swift intervention. The aim of this study was to investigate whether changes in subjective wellbeing could be predicted by lifestyle behaviours and coping strategies among our local teenagers, particularly in COVID-19 epidemic. Between July 1 and September 1, 2021, adolescents aged 14 to 22 filled out a questionnaire with 33 questions assessing socio-demographic factors, lifestyle behaviours, subjective wellbeing and several coping methods. There were 315 people for whom information was available. Descriptive statistics were used to evaluate sociodemographic and lifestyle parameters of students, behaviours, coping strategies, and subjective well-being. To enhance interpretability and simplicity, multiple response options were built into our questionnaire to micro analyze our variables. The results of the study show a wide range of "active" and "planning" adaptive coping strategies. A number of factors showed a substantial change when evaluating the effect of adolescents' daily habits and coping mechanisms on their psychological health and wellbeing. Physical activity and engaging in positive approaches were two of the "active" and "planned" adaptive coping strategies related to a noteworthy increase in wellbeing. Physical activity and engaging in positive approaches were two of the "active" and "planned" adaptive coping strategies related to a noteworthy increase in wellbeing. Our findings have significant implications for possible risk factors, such as the development of viable early detection and preventive programmes for adolescents with health and mental problems.”

Keywords: Mental health; School; Resilience; Adolescence; Coping strategy

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Abstract

Infertility is a major reproductive health problem with psychological repercussions. This study assessed coping mechanism adopted by women with infertility stress in relation to emotional health. FertiQol and the COPE Inventory assessed the infertility experiences and coping mechanisms, respectively. Pearson correlation to assess the relationship between coping and emotional health. t-test and ANOVA were applied to assess the significance of mean differences. Infertility has significant negative impacts on women's emotional health (M=57.7; 95% CI – 56.9 – 58.2). Religious coping was the most dominant way of coping (M=14.8; 95%CI – 14.7 – 14.9) followed by use of instrumental social support (M=12.7; 95% CI – 12.5 – 12.8. Active coping ($r=-.11$; $p<.01$) and acceptance ($r=-.15$; $p<.01$) negatively associate with emotional impacts of infertility. Venting of emotions ($r=.13$; $p<.01$) and religious coping ($r=.12$; $p<.01$) have significant positive correlation with emotional impacts of infertility. Findings suggest women should be guided to seek psychological guidance and support to relieve infertility distress in addition to religious coping. The instrumental social support found to be most effective in coping thus women support groups should be established to enhance women's access to more accurate information regarding infertility treatments and resources to seek psychological guidance.

Keywords: Women health, Religious coping, Social support, Emotional health, Well-being

Stigma, caregiver burden and expressed emotion among caregivers of individuals with drug addiction
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Abstract

The present study explored the impact of stigma and caregiver burden on expressed emotions and the role of self-compassion in caregivers of drug addicts. The sample included N= 300 caregivers. The following scales were used to assess stigma, caregiver burden, self-compassion and expressed emotions: Affiliate Stigma Scale (Mak & Cheung, 2008), Burden Scale for Family Caregivers-s (Graessel et al., 2014), Self-Compassion Scale (Neff, 2003), and Family Questionnaire (Wiedemann et al., 2002). Pearson product-moment correlation was used to examine the relationship between stigma, caregiver burden, and expressed emotion. Multiple linear regression analysis was used to examine how stigma and caregiver burden predict expressed emotion. A moderation analysis was conducted to examine the role of self-compassion as a moderator between stigma, caregiver burden, and expressed emotion. Results showed that there was a significant positive correlation between stigma, caregiver burden, and expressed emotions. Stigma and caregiver burden positively predicted expressed emotions. In addition, self-compassion moderated the relationship between stigma, caregiver burden, and expressed emotions in caregivers. It is concluded that due to internalized stigma, caregivers feel the burden of caregiving and show strong emotions toward patients. Therefore, the expressed emotions of the family may play a role in the failure of the patient's recovery. In the relationship between these variables, self-compassion acts as a moderator, with an increase in self-compassion reducing the effects of stigma and caregiver burden on expressed emotions toward the patient.

Keywords: stigma, caregiver burden, self-compassion, expressed emotions

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Abstract

Low back pain is a phenomenon that is experienced by all human beings at any point in their life. Some negative cognition create fear in the individual related to pain that in return make the person vigilant to pain and create more distress consequently experiencing intensive pain. Undoubtedly, health professionals are identifying and dealing with the biological factors of low back pain but little attention is being paid towards psychological and environmental factors such as negative thinking pattern, negative emotions and other intrinsic factors specifically fear that typically leads towards the intensive pain experience and psychological distress. The current research aimed to study the relationship in cognitive distortions, pain related fear, hyper-vigilance and psychological distress in patients with chronic low back pain. Correlation research design (within) was used. It was hypothesized that 1) there would be a significant relationship in cognitive distortions, pain related fear, hyper-vigilance and psychological distress in patients with chronic low back pain. 2) Cognitive distortions, pain related fear, hyper-vigilance and psychological distress are likely to differ in men and women. 3) Cognitive distortions, fear related to pain and hyper-vigilance will likely to predict psychological distress, in patients with chronic low back pain. A sample of 100 participants with chronic back pain were selected for data collection, through non-probability purposive sampling strategy. The Demographic Information Questionnaire, The Pain Catastrophizing Scale (Sullivan, 2009), The Fear of Pain Questionnaire-III (McNeil, 2006), The Pain Vigilance and Awareness Questionnaire (Roelofs, Peters, McCracken & Vlaeyen, 2003), Psychological Distress Scale (Kessler, Barker, Colpe, Epstein, Gfroerer, Hiripi, et al., 2003) is used to assess the relationship between study variables. The results of the study showed that Gender was significantly positively related to fear of pain, showing that fear of pain is more in women as compared to men. Education showed significant negative relationship with pain catastrophizing, while significant negative relationship with fear of pain. Satisfaction with treatment showed significant positive relationship with cognitive distortion (magnification). Pain catastrophizing (rumination, magnification and helplessness) was significantly positively related to pain related fear at all the three levels of pain, i.e. minor, severe and medical pain, pain vigilance and awareness, and psychological distress. Fear of pain had positive relationship with the pain awareness and psychological distress. Pain awareness and vigilance showed significant positive relationship with psychological distress. Helplessness and magnification emerged as the positive predictors of psychological distress in patients with chronic low back pain. Two groups of men and women significantly differ in the fear of minor, severe and medical pain. The study concluded that patients can weaken the psychological distress produced by pain, through avoiding faulty thinking patterns, the associated fear and the phase of superfluous awareness and vigilance of pain.

Keywords: Cognitive Distortions, Fear of pain, Psychological Distress, Chronic Lower Back Pain Patients, Adolescents wellbeing.

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Abstract

This study was aimed to find out the relationship between emotional intimacy, social intimacy and emotional well-being in partners living with PCOS women. The study used a correlational cross-sectional research design. The sample consisted of N=76 couples of PCOS women and their husbands. Emotional Intimacy Scale (Sinclair & Dowdy, 2005), Miller Social Intimacy Scale (Miller & Lefcourt, 1982), and Warwick-Edinburgh Mental Well-Being Scale (Tennant et al, 2007) were used for data collection from men and PCOSQOL Scale (Williams, Sheffield, & Knibb, 2018) was used for assessment of HRQOL from women. Pearson product-moment correlation analysis revealed that HRQOL of women is significantly positively correlated with emotional intimacy, social intimacy and emotional wellbeing of partners living with PCOS women. Furthermore it was revealed that Emotional intimacy and social intimacy are significantly positively correlated with emotional wellbeing. Hierarchal regression analysis found emotional intimacy and social intimacy as significant positive predictors of emotional well-being. It was a unique contribution in the field of health, family, and counseling psychology. It can help in understanding problems associated with management and adherence in PCOS women. It also highlights the impact of these types of metabolic chronic illnesses on the family members and their spouses. It is a very initial study that could act as a groundwork which could help health care providers to raise awareness about the psychological well-being of couples where women are suffering from PCOS, and to design and create couple-based interventions for PCOS women and their partners.

Keywords: Marital Quality, Emotional Intimacy, Social Intimacy, HRQOL, Emotional Well Being.

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Abstract

In recent years, there is an increased number of criminal offenses statistics among adolescents in Malaysia. This is believed to be rooted from the reduce of moral emotions which include lack of shame (haya') and guilt in themselves. Therefore, there is a need of instruments which is useful in measuring moral emotions in improving individual awareness. This article presents a self-report measure of moral emotions known as Muslims Moral Emotions Inventory (MMEI). This study employed the quantitative approach through the application of the DeVellis (2012) and Miller et al. (2013) models. In this study, researcher administered an initial pool of 135 items to a Muslim youth sample (n=1147) from three institutions, i.e., Tahfiz, higher educational institution students and inmates of rehabilitation centres in Klang Valley, Malaysia. An exploratory factor analysis supported five factors of MMEI that constitute shame: positive speech, sensitivity to others' judgments, lowering one's gaze, preserving one's purity/dignity and modest self-presentation. The results of this study also found four basic dimensions of MMEI that build on guilt which include fear of punishment, concern for others, God consciousness and forgiveness. Researcher then verified these factors structure in a confirmatory factor analysis (CFA) using AMOS 22 noted that the compatibility value for shame was $p = .000$, RMSEA = .041, GFI = .957, CFI = .973, RFI = .926 and Chisq/df = 1.815. On the other hand, for the guilt construct it is $p = .000$, RMSEA = .051, GFI = .963, CFI = .974, RFI = .935 and Chisq/df = 2.296. The findings of this study provide the initial evidence for the scale's internal reliability, test-retest reliability, and validity, and we suggest future directions for research.

Keywords: Moral emotions, shame (haya'), guilt, youth, structural equation modeling

Enhancement of Psychological Functioning through Support for Student Exposed to Trauma among School Children: A Pilot Randomized Controlled Trial from Democratic Republic of Congo

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Abstract

In Congo, 10-12% of children have been reported to experience severe mental health difficulties. To address the prevalent mental health treatment gap in Congo, the current study aimed to explore the feasibility and preliminary effect of the Support for Students Exposed to Trauma (SSET) program in improving psychological wellbeing of students experiencing trauma. A pilot randomized controlled trial design was used to explore the feasibility of SSET program in school settings of Democratic Republic of Congo. 40 children aged 11-16 years were enrolled from four public schools and randomized into intervention arm receiving the Support for Students Exposed to Trauma (SSET) program and control arm receiving routine care. Students in both arms were assessed using the Depression, Anxiety and Stress Scale (DASS-21) at baseline and were provided with 5 weeks of SSET intervention sessions in the intervention arm and routine care in control arm. In addition to immediate post-intervention assessment of psychological wellbeing, change in student's psychological wellbeing was assessed at the primary endpoint of three months after completing intervention delivery. Findings from mixed between-within subjects' analysis of variance indicated significant interaction of group wise differences across time on depression, stress and anxiety scores of participants. This finding illustrates effectiveness of the intervention in reducing symptoms of depression, stress and anxiety among adolescents over time in the intervention arm as compared to the control arm. This study highlighted the effectiveness SSET in reducing depression, anxiety and stress among school going children in low-resource settings of Democratic Republic of Congo with limited health care resources.

Keywords: Psychological wellbeing, school settings, task-shifting, Democratic Republic of Congo, Support for Students Exposed to Trauma (SSET)

Problematizing Definition of Social Resilience: A Scoping Review of Popular Definitions

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55

Abstract

Social resilience is relatively new rarely explored concept. In 21st century, it is becoming significant in sustainability studies in the context of social wellbeing and its impact on quality of life. The concept of social resilience is frequently associated with predominant conceptualization of resilience in Psychology. However, it goes beyond the narrow definition of resilience by assessing individual's traits and psychological fitness to 'calculate' social resilience. Cultural adherence, informal social networking, local knowledge and belief practices, the social value of relationships and community members, and interdependence, all contribute to a complex and cohesive whole of social resilience. The primary objective of this scoping review of popular definitions of social resilience is to problematize the concept to highlight its process-oriented interdisciplinary characteristics that are rarely addressed in definitions. Academic literature was searched using electronic academic databases (Scopus, Pubmed and google scholar) for articles published in English between since 2000. The relevant literature was searched using the keywords 'Resilience, Community Resilience, Social Resilience'. The articles that include 'Social Resilience' in their titles were included and screened for the definition of social resilience. A search (using given keywords) produced 1473 article. However, only 401 (after excluding duplicates) articles include the word 'Social Resilience' in their titles. 273 articles provided a definition of social resilience in their texts. Removing duplicate definitions, I could find 68 definitions of social resilience that were 'anyhow' similar in several ways. I did a content analysis of these definitions to see how the social resilience is portrayed in defining the concept. Almost all the definitions describe social resilience as ability or capacity referring to withstand, recover and maintain. I placed the words used to describe the ability or capacity in four interconnected categories, i.e. adaptation, adjustment, continuity, recovery. These four categories lead to flexibility and stability that is translated into the capacity or ability of social resilience. A description of social resilience with reference to these definitions leads to the understanding of social resilience into a 'measurable' construct that can be generalized on the basis of the individual characteristics. That is how the notion of 'ability' or 'capacity' limits the scope of social resilience to be conceptualized and investigated as a phenomenon that is an interdisciplinary construct expanding its scope to community dynamics, flexibility and several other environmental factors (such as political, social, cultural, economic and ecological). The experience of a person or a social group to sustain is ingrained in how the resilience is socially and culturally shaped, internalized and translated into adaptation and transformation. This makes the concept of social resilience an interdisciplinary construct expanding its scope to community dynamics and flexibility. A decontextualization of the concept 'social resilience' and an attempt to the universalization of the resilience theories dominated by top-down psychological approaches may undermine the broader socio-cultural context, indigenous understanding, and wider/deeper scope of resilience studies. Hence, rethinking resilience with a ground-up interdisciplinary approach is required.

Keywords: social resilience, resilience, interdisciplinary, qualitative, phenomenon

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Abstract

The attitude of society towards girl child marriages and the effect of gender classification on the development of education, well-being, and employment of a girl child in Pakistan is very uncommonly studied during recent era. The present study highlights the issue of gender-based classification and the norms associated with the education, well-being, and employment related programs offered for a girl child. Therefore, the role of social dominance orientation in determining the attitude towards girl child marriages is studied using quantitative methodological approach under the theoretical context of social dominance theory. The Social Dominance Orientation Scale (Ho et al., 2012), and Attitude towards Girl Child Marriages Scale (Kaynak & Hasta, 2016) were used to derive results for the hypothetical relationships. The convenient purposive sampling was used to collect data from N = 250 male and female adolescents. The results have shown that there is a role of dominance in determining the positive attitude towards girl child marriages. The dominance promotes the positive attitude towards girl child marriages as compared to egalitarianism. The present study can contribute to reduce the gender stereotypical misconceptions and biasedness in thinking patterns of adolescents supporting the idea of girl child marriages.

Keywords: Social dominance orientation, wellbeing, attitude towards girl child marriages, social dominance theory, gender classification.

A self-help approach to treat Depression: A study on housemaids

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Abstract

Psychological health of housemaids in Pakistan is one of the problems that hasn't been worked upon much. This intervention based study aims to improve the quality of life of female housemaids by teaching them coping skills to deal with their depression. Depression of housemaids was addressed using the self-help manual "khushi aur khatoon". The hypothesis of this study is that CBT would cause a significant decline in depression of housemaids. A sample of 10 participants was collected through convenient sampling. Data collection was carried out during the lockdown time period due to Covid-19 outbreak. Participants completed the pre-intervention phase in which their level of depression was measured through PHQ-9 Urdu version followed by the 8 week intervention phase in which CBT self-help manual was used based on the caliber and convenience of participants. Post-intervention phase then measured the level of depression of participants again through Patient Health Questionnaire-9 Urdu. Analysis of the data done using SPSS-22 showed that there was a significant decrease (P .002) in symptoms of depression in participants as measured by pre and post intervention phases. Participants did report that they experienced improvement in their daily lives after receiving and incorporating the self-help approach in day to day life to deal with depression. This study would help future researchers to use CBT with population that is more vulnerable to psychological issues and unable to seek professional help and difficult to approach.

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Socio-emotional issues among gifted and talented students are growing daily. Based on the need’s analysis performed, the most common socio-emotional issues among the Muslim gifted and talented students studied were perfectionism, social anxiety, and overexcitability. Therefore, a module development study was attended on these three issues. The innovation product of this module was named GIFTED Psychoeducational Module. This module had a high level of validity and reliability. The employment of design and development research (DDR) methodology as the selected approach is justified in this study by its pragmatism in testing the theory and validating the practicality. For this module’s evaluation phase, the USE questionnaire was used in this research, which contained 30 items representing the three dimensions of usability assessment: usefulness, satisfaction, and ease of use, to examine this module’s usability level. The USE questionnaire was chosen because it has good quality to measure its usability and has been widely used. Next, this study concentrated on the study’s objectives to identify the GIFTED psychoeducation module’s usability among gifted and talented students. A sum of 30 users in gifted and talented schools in Negeri Sembilan, Malaysia, underwent this GIFTED psychoeducational module. The Cronbach’s Alpha reliability rating for this instrument was good. The USE instrument was relevant for measuring module usability among module users. Therefore, this study was only limited to usability studies in the development of GIFTED psychoeducational module. The conclusions of the study indicated that this GIFTED Psychoeducational Module had a medium-high usability value. Therefore, this GIFTED Psychoeducational Module has confirmed to help the socio-emotional issues of perfectionism, social anxiety and overexcitability among intelligent and talented students to develop physically and mentally good human beings. Generally, the USE instrument had good validity and reliability values and was established to determine the product’s usability for this GIFTED Psychoeducation Module among Muslim gifted and talented students.

Keywords: Usability, module, perfectionism, social anxiety, overexcitability, gifted and talented students.

Abstract

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Abstract

Pregnancy is considered to be a difficult time for expecting mothers and the experience is different for every woman as some have childbirth fear whereas others enjoy and welcome all phases of pregnancy (Escott et al., 2004). The present study was designed to investigate predictors of childbirth psychosocial wellbeing in pregnant women. Another objective of the study was to find out the moderating role of emotion regulation (cognitive reappraisal and expressive suppression) between fear of childbirth and psychosocial wellbeing. Every year 22 to 66 percent of pregnant women are affected by childbirth fear during pregnancy in Pakistan which needs to be managed to avoid adverse outcomes for mother as well as unborn child (Liberto, 2012). The findings will help devise management plans to combat childbirth fear for expecting mothers. Self-determination theory by Deci and Ryan (2000) put forth the set of psychological needs (autonomy, competence and relatedness) which are considered necessary for healthy human functioning and offers an understanding into the fear of childbirth and emotion regulation in pregnant women and how their psychological wellbeing can be increased by regulating their negative emotions such as fear and stress. It was hypothesized that fear of childbirth is likely to have negative relationship with psychosocial wellbeing. Similarly it was hypothesized that emotion regulation is likely to moderate the relationship between fear of child birth and psychosocial wellbeing. Moreover it was hypothesized that there is likely to be a difference in fear of child birth, emotion regulation and psychosocial wellbeing in pregnant women with first, second and third trimesters. Correlational research design was used and a sample of (N= 141) pregnant women, with age range between 18 to 24 years was approached through purposive sampling technique. The Demographic Information Sheet, Wijma Delivery Expectancy/ Experience Questionnaire (Klaas & Wijma, 1998), Emotion Regulation Questionnaire (Gross & John, 2003) and Mental Health Continuum Short Form (Keyes, 2005) were used to assess the study variables. Results identified a significant positive relationship between fear of childbirth and psychosocial wellbeing. Moreover Regression through PROCESS indicated moderating role of expressive suppression on relationship between fear of child birth and psychosocial wellbeing. Similarly, second trimester pregnant women had high level of psychosocial wellbeing as well as cognitive reappraisal than pregnant women in their first and third trimester. This study will help pregnant women in improving their psychosocial wellbeing by learning to effectively regulating their emotions. The study has strong implications for psychologists and gynecologists. However, major limitation of the study lies in the sample selection as divorced, widowed and separated pregnant women were excluded along with those with a history of miscarriage or comorbid medical conditions which should be addressed in future studies. The study highlighted that pregnant women with more childbirth fear have low psychosocial (psychological, emotional as well as social) wellbeing and the relationship was significantly moderated by expressive suppression.

Key words: Fear of childbirth, Emotion regulations, Psychosocial wellbeing, Child and Adolescence Wellbeing

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Abstract

Child labor hampers a child's normal developmental milestones (Latif et al., 2018). In Pakistan about 3.1 million children below age of 15 years are active in labor market (Azhar & Khalil, 2020), of which domestic child labor is an exploitative and widespread one. Present research thus aimed at exploring psychological risk factors and challenges for children in domestic labor. Focus group discussions and interviews were conducted with professionals (N=20); comprising of social workers, lawyers, doctors, and clinical psychologists. 18 in-depth semi-structured interviews were conducted with victims of domestic child labor and their parent/guardians. They were approached through Child Welfare and Protection Bureau and Society for Protection of the Rights of Child (SPARC). Thematic analysis was used to generate themes and respective categories. The data obtained demonstrate that the main reason for children to work as domestic labor include economic constraints (i.e., poverty, and unemployment) and community norms (norms at labor community, and acceptance of society). Domestic child labor also was highlighted by participants to associate with delinquency/crime, exploitation (i.e., employers' maltreatment, parental mistreatment, overburden of work, and low salaries for work), vulnerability to abuse, the impact of domestic labor on a child (i.e., compromise on health and safety, psychological impact, personality changes, attitude changes, and behavioral changes), interest in education, benefits/gains in labor, and gender differences (i.e., preference for domestic labor, treatment with domestic labor, and reactivity towards abuse). Reporting of child labor has also mentioned to change since previous times. Suggestions for policy makers regarding law, health and development, education, vocational training, and community awareness were also mentioned by the participants. Findings will help increase awareness to general public and stakeholders about the psychosocial risk factors and challenges of domestic child labor. It would also contribute towards the policy-making for domestic child labor.

Keywords: Domestic child labor, psychosocial challenges, developmental milestones, policy-making, awareness

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Abstract

Living in boarding brings many challenges for adolescents as they live away from home, in an environment with disciplinary setup. Adolescents, while going through the stressors of age related changes, when put in a situation where adjustment is required away from home, develop social, emotional and behavioural problems (Herrero, 2006). Adolescents subjectively experience and cope with this experience of boarding, which in turn determines their wellbeing (Skinner & Zimmer-Gembeck, 2007). It is evident from recent events related to boarding school experiences that students face problems, and at times give in to the situational circumstances (Express Tribune, 2012). Prolonged experience of stress adversely affects mental and physical well-being as well as academics of the students (Hamre & Pianta, 2001). The present correlational study is focused on exploring the problems faced by students living in boarding schools, contributing factors and their way of coping. It was hypothesized that students living in boarding face social, emotional and behavioural problems, and there is a greater level of depressive symptoms in boarders. Sample for the study (N=245) was boarders (N=157) and day scholars (N=88), taken from five major boarding schools of Abbottabad city. Three assessment measures were used along with a demographics sheet, i.e. Strength and Difficulties Questionnaire (Goodman, 1997), Brief Cope Inventory (Carver, 1997) and Depression Scale for Adolescents (Naz, 2010). Findings suggest that students living in boarding face social, emotional, behavioural problems and higher level of depressive symptoms as compared to day scholars. Coping style appear to predict social, emotional, behavioural problems and depressive symptoms. The findings highlight the need of intervention and in depth study of the subjective experience of students living in boarding.

Keywords: Living in Boarding, Adolescence, Depression, Coping Styles, Social Problems

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Abstract

The aim of the study is to establish the effectiveness of art therapy and the challenges that are being faced in Pakistan. It will initiate awareness with respect to the importance and scope of art therapies in Pakistan. Some therapies are not yet thriving as a profession in the field of psychology in Pakistan, and its importance must be acknowledged in the society as well as in our educational institutes. Such fields have been trending up internationally around the globe. The main objective was to investigate the boundaries those are hindering to cultivate therapy in Pakistan. And to determine the need of therapy for specific psychological disorders. Interpretive research design was used for this study to examine the topic. The researcher used the purposive sampling method for the data collection also known as nonprobability sampling or expert sampling. A purposive sample of Participants were recruited from social media i.e., Facebook, Instagram. In-depth interviews were led as a method for gathering information. Findings indicated that a major challenge in fostering therapeutic intervention in Pakistan is the lack of awareness and practice. Three themes were extracted from the interview, those are challenges, effectiveness, and strategies. This study will help in understanding the barriers that are hindering art therapy. As well as in understanding its miraculous effects on the individual to create awareness about art therapy on institutional and professional level. Moreover, what strategies must be taken to promote art therapy.

Keywords: art therapy, therapist, effectiveness, barriers, therapeutic intervention.

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Abstract

Procrastination occurs when people tend to delay in doing tiring or hard tasks although it is urgent. Compared to the past, students nowadays face more stress while pursuing their studies due to the higher expectations that come from the society and parents (Constantin et al., 2018). Although some may take the pressure as a motivation to keep going on to achieve good academic performance, but most of the times it will only slow them down due to demotivation. Procrastination brings a lot of negative impacts such as lower academic performance and higher depression which indirectly affect the wellbeing of an individual (Yerdelen et al., 2016). Therefore, it is important to determine the factors that contribute to procrastination and this study was done to find the impact of social media addiction, self-efficacy and anxiety on procrastination level among undergraduates in Malaysia. The hypothesis was that there is a significant relationship between social media addiction, self-efficacy level, anxiety level and procrastination level of undergraduates in Malaysia. The hypothesis was made in line with studies stated in the literature review whereby most studies found that there was a significant relationship between social media addiction, self-efficacy level, anxiety level and procrastination (Andangsari et al., 2018; Visser et al., 2018). In this study, lower levels of self-efficacy, higher levels of anxiety and social media addiction are expected to correlate or cause a higher level of procrastination in an individual. Assuming that the participants are truthful while answering the surveys, it can be said that the relationship of the above-mentioned variables could be studied in this research. The participants consist of 194 undergraduates from Universiti Tunku Abdul Rahman, Kampar aged 20 to 25 and they were recruited through convenience sampling. The survey consists of few validated scales namely Procrastination Scale, the New General Self-Efficacy Scale, the Social Media Addiction Scale and the Generalized Anxiety Disorder Scale. The results of the survey were evaluated via SPSS. The results show a positive relationship among social media addiction and procrastination with the dependent variable, procrastination. Self-efficacy was found that it had a negative relationship with procrastination level of undergraduates. The Pearson correlation test was conducted and it was found that social media addiction and anxiety level have a significant positive relationship with the procrastination level of an individual. Self-efficacy level was found to have a significant negative relationship with the procrastination level of an individual. The results can also be explained by using the cognitive model. When an individual has more self-efficacy or confidence to succeed while facing a task, they tend to complete the task faster in order to obtain the pleasurable feeling of success earlier, thus they tend to have a lower procrastination level.

Keywords: social media addiction, self-efficacy, procrastination, undergraduates

Risk and Protective Factors of Suicidal Ideation among Eastern and Western Countries: A Systematic Review of Quantitative Studies

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Abstract

Suicide ranks second in consuming life of youth aged 15 to 29. Despite preventive measures, suicidal rates are increasing across the globe. Most studies have focused on psycho-social determinants of suicidal behavior, ignoring the preceding aspect i.e. suicidal ideation. There is a dearth in the literature regarding synthesized evidence about determinants of suicidal ideation in Eastern and Western countries. The main objective of the study was to deliver a thorough, updated, and methodical review of the available literature on risk and protective factors of suicidal ideation in Eastern and Western countries. Secondly, to carry out critical appraisal and assessment of methodological precision of selected studies. PubMed, Embase, and ScienceDirect were used to access the research material including relevant articles, conference papers, books published from January 2015 to May 2020. A total of 41 out of 273 full-text articles were included as per PRISMA guidelines. The included studies were critically evaluated and gauged for methodological quality and internal validity using the AXIS and SIGN checklists. The findings of the current review highlighted consistent risk factors of suicidal ideation in both Eastern and Western countries like psychological disorders, personality traits, childhood and adult maltreatment, familial conflicts, anhedonia, psychological strain, sleep disturbances, stress, emotional reactivity, rumination and negative coping. Physical risk elements like allergic diseases and defecation disorders were identified in Eastern countries. Hardiness, resilience, social support, sociotropy, autonomy, and extraversion were identified as protective elements against suicidal ideation. More similarities than differences were found in both Eastern and Western countries. Despite the abundant literature on suicide, this review highlights a lack of evidence regarding protective elements of suicidal ideation. Policymakers should take into account the modifiable risk factors and plan interventions for the young population. Using protective elements, risk should be managed at the ideation level before its progression to complete suicides.

Keywords: Suicidal ideation, risk factors, protective factors, Eastern and Western countries, systematic review.

The Influence of Friendship Quality On Psychological Well -Being Among Universiti Malaysia Sabah Students

65

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Abstract

Nowadays, there is a growing trend of mental illness among youth in Malaysia. The quality of friendships is believed to be one of the factors contributing to psychological well-being. Hence, this study was conducted to determine the relationship between the quality of friendship with the psychological well-being of students at Universiti Malaysia Sabah. In addition, it was conducted to look whether there were differences in the quality of friendships between the genders of students in the university and to examine whether there were differences in the psychological well-being of students between the genders of university students. This is a quantitative study using a survey method design. The instruments used were the Friendship Quality Scale (FQS) and the Psychological Well Being Scale (PWBS). The questionnaire were created using the Google Form platform and distributed using a social media application called WhatsApp. The total number of respondents in the study was 170 people, which was 68 male students and 102 female students. The results of the study showed that there is a relationship between the quality of friendship and psychological well-being among students of Universiti Malaysia Sabah. Meanwhile, there was no differences in the quality of friendship and psychological well-being between male and female students in this study. In conclusion, the quality of friendship plays a major role in maintaining the psychological well-being of students in the university. This will further help students achieve better performance in their academic life at the university.

Keyword: Friendship quality, Psychological well-being, University student

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Abstract

Measurement techniques and methods used for people with normal IQ cannot be utilized for individuals with intellectual disabilities owing to their pre-existing cognitive challenges. For addressing this issue development of informant-based scale to measure factors associated with antisocial behavior was obligatory. For this purpose an Informant-based scale to measure the factors i.e., family, school and child individual factors contributing to antisocial behavior among mild intellectually disabled adolescents (FASBQ) was developed and validated to fulfill the purpose of the present study. FASBQ comprised of 33 items on 5-point Like scale ranging from 1 (never) to 5 (always). Face, content, construct validity and alpha reliability were assessed. Teachers and parents of 254 mild intellectually disabled adolescents studying in 29 Govt. special schools/centers of D.G. Khan and Multan division of Punjab province were taken as sample. Items analysis of questionnaire was conducted and items having corrected item values range from 0.3 to 0.7 were retained. Exploratory factor analysis was computed and any item having a factor loading less than 0.4 was removed. Three sections were constructed i.e., Family Factors, Child individual factors and School factors. Subscales of family factors extracted were Parental stress & interaction (6 items), siblings' interaction (3 items) and home environment (4 items). Moreover, School Factors subscales were peer influence (3 items) and school environment (4 items). Child individual Factors contained subscales disability involvement (3 items), exposure to media (2 items), sexual interest (2 items) and psychosocial involvement (6 items). Results revealed FASBQ a reliable (0.93) and valid scale to be used for mild intellectually disabled adolescents in Pakistan. Further researches may be conducted to investigate more factors, causes that lead to ASB in Mild Intellectual Disabled Adolescents.

**Development of an indigenous measure on maternal tolerance of children with autism (educated mothers).
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Abstract

Present study aims to develop an indigenous measure which measures the tolerance of mothers having children with autism. Tolerance is a common phenomenon that occurs whenever there is diversity or difference, whether it is diversity of norms, tradition, ethnicity, culture or diversity of neurological conditions i.e., neurodevelopmental disorders (intellectual disability, autism), Down syndrome and many other such conditions. Autism is the second most prevalent disorder and it not only effected the individual rather all other individuals related to him/her as well. Autism indeed is very distressing condition for family as well especially mothers, because they are responsible for teaching child how to behave. Community sample of 108 mothers was selected who have their child in the age range of 3-12 and have education qualification above matric. Single parents or divorced mothers were excluded and mothers having any psychological condition were also excluded from the study. Measures used in the present study was Mental Health Screening Questionnaire. 5 mothers were interviewed first and interviews were transcribed. Based on the transcriptions four themes were emerged i.e., Irritability/annoyance, Beliefs and thoughts underlying tolerance, Tolerance of child' disruptive behavior and Tolerance of other' opinions. Item pool of 32 items was generated which was sent to 5 experts having at least 5 years of experience in the relevant field. Based on the suggestions and feedback from reviewers Questionnaire of 25 items was used for further analysis. Data was collected from the sample and Exploratory factor analysis was run on the data. Factor analysis was run on the data. Principle Component Analysis with varimax rotation and a suppression of .4 was used. 3 factors were emerged i.e., Beliefs and thoughts about tolerance, Irritability/Annoyance, and Tolerance of child's disruptive behavior. Questionnaire of 19 items with 3 factors was finalized in the study. A measure of maternal tolerance of mothers having children with ASD was developed and it can be used in family interventions and will be helpful for family therapists, mental health professional working in the area of child psychiatry.

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Abstract

According to WHO AIMS Report 2008, mental health disorders affect almost 50 million people in Pakistan (WHO, 2008). The purpose of the study is to evaluate the enactment of mental health legislation in the country, and the role of various civil society institutions in the promotion of mental health care in Pakistan. The research also identifies the gap in the policymaking and provincial governmental action, taken after the 18th Amendment, and analyzes the extent to which Pakistan meets the standards set by the WHO Mental Health Action Plan 2013-2020. Furthermore, it questions the extent to which intersectoral action can aid in the effective development of mental health care within the country. The conceptual framework utilized theories of Functionalism, Social Constructionism and Symbolic Interactionism (Erving Goffman's Theory of Stigma). Its aim was to identify and evaluate the policy implications of the social construction of mental illnesses, assess the significance of collaborative approaches through the functionalist perspective and set guidelines for policy interventions and relevant research in social constructionist practice. It implied that for smooth functioning of the society, health is an integral part and there ought to be collaboration between relevant stakeholders i.e., social institutions involved in the provision of health services. The objectives set by WHO Mental Health Action Plan 2013-2020, were also set as target tools of assessment. Primary and secondary research was utilized, and primary data was collected through qualitative, open-ended interviews with mental health professionals and policymakers. The questions were asked under the theme of importance of mental health for the social development of the country and the means through which it can be brought towards the policy agenda. Every participant and research reiterated that Pakistan lacks the epidemiological data on prevalence of mental health disorders within the population and the existing mental health legislation and services, is not up to the standards set by WHO Mental Health Action Plan. Every province lacks resource allocation, autonomy and prioritization towards mental health services, and there is a lack of awareness on the subject, in every civil society institution. The high incidence of poverty, terrorism and gender discrimination, as well as the prevailing stigma surrounding mental health, also prevents people from seeking treatment services. The findings further revealed that the media plays a significant role in spreading mental health awareness to the public and bringing the subject on the policy agenda. Moreover, if civil society institutions work together to provide and promote mental health care, then intersectoral action can be successfully enacted in Pakistan. Thus, the study shed light on Pakistan's inadequate mental health provisions available within society, and its failure to meet global mental health standards. Thus, resulting in discriminatory treatment of mentally ill people and social exclusion. Moving forward, the study proposes cost-effective, community-based mental health care provisions, as solutions to the crisis. This can be achieved through collaborative intersectoral efforts as well as social development schemes and legislative reformation.

Key Words: Mental Health, Mental Disorders, Intersectoral Action, Social Development.

Post-conflict rehabilitation: A critical evaluation of Civil-Military Cooperation for the assessment of vulnerabilities and establishment of Child Welfare Units in erstwhile FATA

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Abstract

Several scholars have examined the humanitarian nature of Civil-Military Cooperation (CIMIC) in post-conflict environments. However, there has been a limited focus on the establishment and availability of institutional set-up for child welfare, in post-conflict rehabilitation phase, developed by harnessing CIMIC experiences. This paper aims to address the said gap in erstwhile Federally Administered Tribal Area---FATA (Pakistan) where the entire former agencies have witnessed series of crises in the form of violent-extremism, terrorism, and the consequent military operations and conflict-induced (internal) displacement; thus making children, in particular, extremely vulnerable. With regards, this paper outlines highly underreported vulnerabilities related to the children of erstwhile FATA and identifies the related dynamics of CIMIC in the immediate post-conflict environment. The paper validates its argument through in-depth semi-structured interviews of CIMIC actors having diverse work experience in erstwhile FATA. This paper argues that resultant of the erstwhile FATA merger with KP in 2018, and formation of Newly Merged Tribal Districts---NMTDs the child protection and welfare responsibilities reside with the Social Welfare, Special Education & Women Empowerment Department, KP. However, an understanding of the needs and risks assessment is mandatory before any institutional arrangement can be provided in order to ensure its viability and sustainability. Provincial Disaster Management Authority (PDMA), through its Gender and Child Cell, working under Complex Emergencies Wing (CEW), has the mandate of registering and describing such needs and risks. Therefore, in the light of the experiences of CIMIC actors, the crucial role of PDMA, KP in identifying exact needs and risks of the children of the said area is emphasized. And, this paper suggests that this Cell shall act as the key advisor for policy recommendations to the Social Welfare Department before further Child Protection Units (CPUs) can be established.

Keywords: Civil-Military Cooperation (CIMIC), vulnerabilities, child welfare, institutional arrangement, Newly Merged Tribal Districts (NMTDs).

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Abstract

Society is constituted of different parts and segments, some of which are strong enough that can cope up and deal with any crisis in the society and can accommodate themselves. While some of the segments of the society are weak and vulnerable and thus unable to cope up with the crisis properly. Among these weak segments of the society includes children, women, poor, less or un-educated, physically and mentally impaired people. In the Swat valley of Pakistan, some crisis emerged after 9/11 in the form of the rise of Taliban, which shook the whole society. The people, who were strong enough, either migrated from Swat or ensured their safety within the valley during the crisis. While the weak and vulnerable people, including children, were faced with a number of challenges. The crisis and challenges pushed these children towards extremism which resulted in making them militants. After the crisis some of these children were either surrendered or arrested or were turned in by their families. In order to address the social and ideological problems that had driven the children towards extremism, the government formulated a proper setup in the shape of Sabaoon De-Radicalization and Emancipation Program (DREP) for the improvement of the wellbeing of these children. This paper attempts to investigate how much Sabaoon was successful in its efforts in improving the wellbeing of these children through its de-radicalization and rehabilitation model. Sabaoon adopted different theoretical approaches in its de-radicalization program such as identity theory and community based approach. Identity theory was a key element in Sabaoon and was adopted to reconstruct their identities and to create a long-term sustainable change within these children. Different factions of the community and experts in different fields were involved in Sabaoon to enhance the capacity of the community and promote alternative activities to radicalization. This research attempted to use qualitative method for collecting data including a number of formal and informal open-ended interviews from the former staff members of Sabaoon to explore various aspects of the program such as various methods and techniques used at Sabaoon. This study finds that Sabaoon not only de-radicalized and rehabilitated the former militants but also improved their wellbeing in their educational, social and professional life. It transformed those extremist and violent children into nonviolent, peaceful, and tolerant individuals. They were trained to get back a sense of responsibility, self-worth, respect and value of life and were helped in becoming responsible, useful, productive and law-abiding citizens of the society.

Keywords: Wellbeing, Child/Juvenile Militants, Sabaoon, De-Radicalization, Rehabilitation, Swat, Pakistan

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Abstract

To study the Peacekeeping Stress syndrome and see its relationship with various demographic variables (age, years of service and marital status). Study Design: Cross -Sectional study. Study was carried out on Pakistani Peacekeepers who were deployed in Democratic Republic of Congo in June 2019. About 536 Pakistani male peacekeepers with mean age of 33years, deployed in Democratic Republic of Congo were taken as study sample. By group testing method, all participants were assessed through Depression, Anxiety and Stress Scale (DASS-21), Urdu version and demographic form consisted of age, marital status, education, years of service and rank. Results revealed that DASS-21 has good reliability($\alpha=0.71$) for the present sample and prevalence of depression, anxiety and stress among Pakistani peacekeepers was low (2.9%, 4% and 4% respectively). Further to it, there was significant negative correlation of depression and stress with the age and years of service whereas relationship of anxiety with these variables (age and years of service) was non-significant. There were significant mean differences between the married and unmarried peacekeepers on Anxiety and Stress and non-significant on depression. Present study provided useful information regarding the mental health of peacekeepers and highlighted the fact that Pakistani peacekeepers are resilient enough to handle the challenges of international environment.

Keywords: Peacekeeping stress syndrome, Anxiety, Depression, Stress

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Abstract

The socio-economic conditions that academics face in Pakistan lead to the stiffening of the Western intellectual stranglehold in the field of social sciences and in particular, the discipline of International Relations in the country. By considering academics as ‘social beings’, this research pays heed to the environment in which the socialization and professional practices of Pakistani IR academics take place. Ostensibly, this entails a process that involves research agenda setting, a struggle for social institutional embeddedness in the country, and a search for a social environment that is conducive to research and critical thinking. Resultantly, the social identity of Pakistani IR academics is essentially based on their adoption of state-centric visions in conceiving world politics. This explains why most of these academics are ‘realists’ when it comes to understanding and explaining Pakistan’s realities and/or security predicaments. Certain economic conditions further compel these intellectuals to fulfill their basic necessities on a priority basis. With this being the case, these academics become more interested in what ensures them their professional progression. This further denotes the intermingling of the economic and social aspects where the functioning of the latter appears as a guarantor of the professional end goals that the former contains. It is within this socio-economic context that the research culture in the discipline of International Relations in Pakistan is defined. Overall, this explains ‘how’ academic creativity is impeded in the national academy of Pakistani International Relations. As a consequence of all of this, International Relations in Pakistan continues to be an ethnocentric field of study in that it primarily makes use of the Eurocentric lens in conceiving world politics. This paper explains ‘how’ the Eurocentric worldview continues to dominate the discipline of International Relations in Pakistan by providing an introspective point of view on the disciplinary limitation by underscoring its link with the socio-economic wellbeing of IR academics in the country. To unravel the dominating disciplinary arrangement and the underlying hyper-agency of the West in world politics, this research navigates within the ambit of the notion of ‘Eurocentrism’. Based on the qualitative semi-structured interviews conducted with doctoral IR academics in Pakistan and their interpretive analysis, it is found that in securing their socio-economic wellbeing, for Pakistani IR academics, where Eurocentrism in the discipline is ‘externally imposed’ due to the structural barriers that are actively working at the international level of knowledge production and marginalizing Pakistani contributions from the field’s center, it is to a great extent also ‘self-imposed’ in the form of the continuing ‘intellectual dependency’ on the existing nature and state of the discipline. With this being so, the development of alternative homegrown thinking in International Relations, drawn from Pakistan’s indigenous context, so far, remains a pipe dream.

Keywords: socio-economic wellbeing, socio-economic conditions, Eurocentric, International Relations

Pain, Social Support, Self-Concealment and Quality of Life among Patients of Rheumatoid Arthritis

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Abstract

With prevalent cases of Rheumatoid Arthritis current study tried to explore self-concealment and quality of life. The study investigates the relationship among Pain, Self-concealment, Social support and Quality of life among patients of Rheumatoid Arthritis. Pakistan has collectivistic culture and patients mostly reported that they received healthy support from their families, friends and significant members in society. Individual receiving social support assume to cope better on managing pain. Social supports exist at several levels of society, ranging from immediate relationships to social networking. RA is an autoimmune disease, in which patients suffers from chronic and excruciating pain. Pain is considered as a factor that led individuals towards compromised quality of life and how social support interplays with them. Correlational research design was used for this study and sample of (n=150) was employed from RA diagnosed patients. The scales used in this study were West Haven Multidimensional Pain Inventory Scale, Self-concealment Scale, Multidimensional Scale of Perceived Social Support, and WHOQOL-BREF scale. Participants seeking treatment were approached to fill the questionnaires. Result reveals that self-concealment had inverse relationship with social support and quality of life. The increase in Pain leads towards poor Quality of Life whereas social support was significantly predicting pain among patients of RA. The current study concluded that high support received by patients leads to better quality of life. Results of this research laid emphasis on the family members of RA patients, particularly those who live in joint system. Families should provide psycho-education on RA and how to deal with them with chronicity of pain.

Keywords: pain, self-concealment, rheumatoid arthritis, family, psychological.

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Abstract

The current study is designed to investigate the role of cognitive emotion regulation and humor style in the marital satisfaction of men and women seeking infertility treatment. The main objective of this study were to investigate the relationship between cognitive emotion regulation and marital satisfaction along with the impact humor style have on the relationship between cognitive emotion regulation and marital satisfaction. Moreover, determine the gender differences in cognitive emotion regulation, humor style and marital satisfaction. This research was conceptualized according to Beck's (1964) cognitive model, any situational event creates automatic thoughts which leads to behavioral, emotional, and physiological reactions. In, the current study infertility is a situational event that affect the regulation of the negative emotions. Suppression of these negative emotions influence the marital satisfaction and humor work as a coping mechanism moderating the impact of cognitive emotion regulation on the marital satisfaction. A cross-sectional research design was used and data was collected through snowball and purposive sampling techniques from the OPD's of Public Hospitals and Private Clinics. Sample size was determined via G-power. Participants (N= 114; men= 57, women= 57) currently seeking infertility treatment between the age range of 25 to 40 ($M = 34.3$, $SD = 3.67$) and in wedlock for 3 to 15 years were selected. The assessment measures were used; Cognitive Emotion Regulation Questionnaire (CERQ; Garnefski et al., 2001), Humor Style Questionnaire (HSQ; Martin et al., 2003), and Enrich Marital Satisfaction Scale (ENRICHMSS; Fower & Olson, 1993). Data analysis was done by using Pearson Correlation, Linear Regression, Hyes Moderation Analysis, and Independent sample t-test on SPSS Statistics 21. Results indicated that there is a significant relationship between the subscales of cognitive emotion regulation, marital satisfaction, and humor style of men and women seeking infertility treatment. And cognitive emotion regulation significantly predicts ($F(1,112) = 4.1$, $p = 0.04$) the marital satisfaction of men and women seeking infertility treatment. Results also indicated that humor style significantly moderate ($F(3,110) = 5.2$, $p = 0.00$) the relationship between cognitive emotion regulation and marital satisfaction of men and women. Significant gender difference was observed in cognitive emotion regulation ($t(112) = 4.6$, $p = 0.0$) and marital satisfaction ($t(112) = -2.2$, $p = 0.02$) of men and women seeking infertility treatment. These findings will help to understand the cognitive emotion regulation of men and women seeking infertility treatment and its impact on their marital satisfaction. This research also highlights the importance of humor style as a coping mechanism in order to moderate the relationship between cognitive emotion regulation and marital satisfaction.

Keywords: Cognitive Emotion Regulation, Humor Style, Marital Satisfaction, Infertility, Family and Interpersonal relationships, Global Health

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The aim of the current study was to examine whether perceived social support is a mediating factor in improving psychological wellbeing in parents of children with hearing impairment. It was hypothesized that there will be significant relationship between perceived social support and psychological wellbeing in parents with hearing impaired children. It was also hypothesized that there will be differences in the psychological wellbeing of the parents of female and male children with hearing impairment. In order to statistically and empirically test the variables, the Urdu version of 12-item Multidimensional Scale of Perceived Social Support (PSS) by Tonsing & Zimet (2012) and the 54-item Urdu version of Ryff's Psychological Well-Being Scales (PWB), translated by Jibeen & Khalid (2012), were employed for measuring perceived social support and psychological wellbeing respectively. The targeted population were parents whose children are hearing impaired and are using a hearing device, either Cochlear implanted or on Hearing Aids. A sample of 110 were contacted out of which the data was successfully acquired from a sample of N=70. The Pearson co-relation and sample t-test were utilized to analyze the hypotheses, while internal consistency of data was analyzed using Cronbach's alpha using Statistical Package for Social Sciences, version 22 (SPSS V.22). The findings suggested that while the PSS and PWB of parents with hearing-impaired children were found to be low, there was no significant relationship between the two. While results also indicated that only slight discrepancy existed in the PWB of parents based on the child's gender, where parents of male children had higher PWB in comparison to the parents of female children. The findings highlighted the importance of family settings, socioeconomic status, male domination within the Pakistani culture that contributes to one's perception of social Support and psychological wellbeing. Implications and suggestions for future studies are also discussed

Abstract

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Abstract

Humor is a highly appreciated trait in various social settings including; interpersonal, group and cultural settings. In interpersonal communication, humor is valued as the most appreciated quality people desired in others (Butzer & Kuiper, 2008), and spouses rate humor and laughter among many other positive things that contribute to the success of marital lives (Lauer, Lauer, & Kerr, 1990). Humor has several types including positive, negative and instrumental humor and these types serves different functions on the nature of relationships (De Koning & Weiss, 2002). Understanding these types of humor can provide a deeper picture of the functions of humor in interpersonal relationships. Therefore, the present study is aimed to investigate the impact of relational humor on perceived stress, happiness, and psychological well-being among married couples. The research also explored the role of positive humor, negative humor, and instrumental humor in perceived stress, happiness, and psychological wellbeing among married couples. Additionally, the role of perceived stress is also explored as a mediator between the types of humor and psychological well-being. Lastly, all these objectives are explored separately on males and females. The present study used a correlational design that consisted of two phases. Phase-I was carried out to test the psychometric properties of the Relational Humor Inventory (De Koning & Weiss, 2002), Perceived Stress Scale (Cohen, 1983), Subjective Happiness Scale (Lyubomirsky & Tucker, 1998), and Warwick-Edinburgh Mental Well-being Scale (Parkinson 2006). The results reveal that instruments have satisfactory alpha reliabilities. In phase-II, the sample of 102 married couples (102 females; 102 males) was taken from Rawalpindi and Islamabad. The results reveal that well-being and happiness are significantly positively correlated ($p < .01$) with types of humor (positive humor, instrumental humor, partner positive humor, partner instrumental humor, and couple humor) and significantly negatively correlated with (negative humor and partner negative humor), while perceived stress is significantly negatively correlated with the types humor (positive humor, instrumental humor, partner positive humor, partner instrumental humor, and couple humor) and significantly positively correlated with (negative humor and partner negative humor) among the whole sample and also across gender. Perceived stress also mediated the relationship between types of humor and psychological well-being. Lastly, no gender differences were found for the use of humor among married couples. This study helps to identify the different functions that humor serves in the relationship of married couples, from sharing laughter to avoiding difficult issues. Helping them identify the different consequences of their use of humor could provide them with an awareness and understanding of their communication patterns. If they can monitor when humor is constructive or destructive, it would aid them in improving their communication skills.

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Abstract

The aim of the present study was to examine relationship between social stigmatization and post abortion syndrome in women after abortion. It was hypothesized that (1) there is likely to be a positive relationship of social stigmatization (abortion stigma) and post abortion syndrome in women after abortion (2) social stigmatization will likely to predict post abortion syndrome in women after abortion. The correlational study was conducted and within group design was used. Convenient sampling strategy was used to recruit the sample. The total sample size of the present study was 107 women (M=28.48 & S.D=2.68). Demographic questionnaire, Individual Level Abortion Stigma Scale (Cockrill et al., 2013), Symptom Checklist- Revised for Depression and Anxiety (Rahman et al., 2001) and Duke University Religious Index (Keonig & Bussing, 2010) were administered. Pearson product moment correlation revealed positive correlations between social stigmatization (stigmatization of isolation, worries about judgment, community condemnation and self-judgment) with post abortion syndrome (depression and anxiety). Hierarchal multiple regression showed social stigmatization as strong predictor of post abortion syndrome (anxiety & depression) in women after abortion. This study on abortion stigma allows the understanding of the problem as matter of women health, which requires special care and special attention to minimize the physical, emotional and social complication arising from it and to give rise to community wellbeing.

Keywords: Social Stigmatization, Post Abortion Syndrome, Abortion Stigma, Community wellbeing.

Remembrance of Childhood Parental Rejection and Current Levels of Intimacy in Young Adults: Role of Psychological Mal-Adjustment

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Abstract

This research investigates the relationship of remembrance of perceived parental rejection in childhood and fear of intimacy mediated by psychological mal-adjustment among young adults. Initially, the cultural appropriateness and language comprehension of the scale in English was carried out and the Fear of Intimacy Scale (FIS; Descutner & Thelen, 1991) was translated in Urdu in order to measure fear of intimacy among young adults. The study comprised of a sample of 409 young adults approached using convenient sampling technique within the age range 19 to 40 years ($M = 27.15$; $SD = 5.58$) from various cities of Pakistan. The remaining variables were assessed by using Parental Acceptance Rejection Questionnaire (Father/Mother; PARQ-F/M; Malik & Musaffa in 2012) and Personality Assessment Questionnaire (PAQ; Munaf, Hussain, & Kamrani, 2012). The results obtained revealed that the proposed model for the research was validated, as the association of the remembrance of perceived parental rejection childhood from both father and mother and fear of intimacy were significantly positively related. The interaction of psychological mal-adjustment with the remembrance of being neglected by caregivers in young age also revealed to be a significant contributor in the association of this remembrance and fear of intimacy among young adults. The influence of demographic characteristics such as gender, marital status, and dating relationship too revealed significant interaction effects on the research variables. This research is of immense significance for parents, health care workers, and professionals working with young adults in indigenous context.

Keywords: Remembrance of perceived parental rejection; Psychological mal-adjustment; Family and interpersonal relationships

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Abstract

The current pandemic has implications that go far beyond direct impacts on human health. It is causing wider problems such as the quality of attachment in the family especially parent-child relationship. The main objective of the case study is to assess the impact of Covid-19 to the parent-child relationship by measuring the level of parent-child relationship during Covid-19 pandemic and the level of Coronavirus impact on financial scale, resources scale and psychological scale of the family. The methods of this study is sequential explanatory design. This method entails gathering and analyzing quantitative data first, then gathering and analyzing qualitative data. The quantitative data is prioritized, and the findings are incorporated during the study's interpretation phase. An online survey was sent randomly followed by online interviews with the family to learn more about attachments in the family to prove the premise that the higher the influence of covid-19 in the family, the lower the level of connection in the family. Data survey adopted The Coronavirus Questionnaire (Conway, et.al: 2020) and interview guideline adapted The Parent-Child Relationship Inventory (PCRI) by Pianta (1992). Then the data analysis descriptive mean and frequency was performed. During conducting interviews and writing interview reports related to the relationship between children and parents during the pandemic, the authors found several factors that made the relationship between parents and children positive. The first factor is the age of the child. Out of the three age groups the author chose, the family group with children under the age of seven experienced significant difficulties in parenting at home during the pandemic. Secondly, in terms of the relationship between children and parents during the pandemic, all groups showed a positive relationship. Thirdly, conflict is not always negative; although there is an increase in the number of conflicts with age, conflict can have a positive impact if constructive conflicts occur. As a conclusion from observations during interviews with these families, the author knows for sure how tough challenges such as pandemics can be passed more lightly if all parties in the family are involved together and maintain communication.

Keywords: covid-19 impact, parent-child attachment, parent-child relationship

Constructive communication and compatibility in the relationship between dominating husband and marital happiness of wife: A moderation mediation model

Hifza Imran and Jamil A. Malik

Abstract

The purpose of the present study was to explore the effect of dominance in relationship of husband on marital happiness of wife. Further it was aimed to explore the role of constructive communication as a mediator and compatibility quotient as a moderator between the said relationship. Data were collected from 300 married couples belonging from different cities of Pakistan. Dominance in relationship scale (Hamby, 1996), Communication Pattern Questionnaire (Christensen & Sullaway, 1983), Marital happiness scale (Johnson et al., 1986), and Compatibility Quotient scale (Wilson & Cousins, 2003) were used to assess the study variables. The results of the study showed that dominance in relationship of husband is negatively related with marital happiness of wife suggesting that a dominating husband could be a reason of unsuccessful marital relationships. Furthermore, results showed that the indirect association of constructive communication in relationship between dominance of husband and marital happiness of wife was moderated by compatibility quotient. Conditional indirect effect through constructive communication was significant at all levels of compatibility quotient yet it decreased with an increase of compatibility quotient suggesting that constructive communication is a way to deal with lack of compatibility particularly caused by dominating role of husbands. It is concluded that in a men dominated culture it is though difficult to challenge the husband attitude yet corrective measures can be taken by providing counseling for enhancing constructive communication among couples. Further it is concluded that couples with high incompatibility may benefit more with such type of interventions.

Key words: Dominance in relationship, Constructive communication, Compatibility quotient, marital happiness

Gratitude and subjective happiness among parents of individuals with Down syndrome: Role of demographics

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Abstract

The present study aimed at exploring the relationship between gratitude and subjective happiness among parents of individuals with Down syndrome. The sample of the study comprised of 130 parents (65 mothers & 65 fathers). Gratitude was assessed through The Gratitude Questionnaire-Five Item Version (McCullough et al., 2002) and happiness was assessed using Subjective Happiness Scale (Lyubomirsky & Lepper, 1999). The main purpose of the study was to examine the relationship between gratitude and subjective happiness among parents of individuals with Down syndrome. It was hypothesized that there will be a significant relationship between the gratitude and subjective happiness. In addition to this it was also hypothesized that father and mother of individuals with Down syndrome would differ on the level of gratitude. The results revealed that there is a significant positive relationship between gratitude and subjective happiness among parents of individuals with Down syndrome. Regression analysis revealed that gratitude is significantly predicting the subjective happiness among parents of individuals with Down syndrome. T-test analysis revealed that the gratitude is significantly high among mothers as compared to fathers of individuals with Down syndrome. Results further indicate that there is a significant positive relationship between the monthly income and gratitude among parents of individuals with Down syndrome. Findings of present study helps in devising a psycho-education program for the parents of individuals with Down syndrome.

Key words: Gratitude, subjective happiness, parents, Down syndrome, demographics

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Abstract

Introduction and Background: Prevalence of Autism Spectrum Disorder is increasing, which is causing problem for the caregivers. Autism spectrum disorder affects one out of every 59 children (Harris, 2019). The aim of this research was to explore the impact and effectiveness of Surah Al- Rehman on Mental and Physical Health of clients with Autism and their Parents. Many therapeutic disciplines in music therapy, including ASD, use developmentally oriented theories. In addition to being music-based, they also encapsulate the key elements of music therapy. When it comes to the musical and psychological, Stern explains it in terms of affect attunement and vitality affects (Dimitriadis, 2011; Smeijsters, 2003, 2005). Whether Surah Al Rehman and Qaseedah Burda is effective intervention for children with autism and their parents? Through purposive sampling technique data from (N=5) autistic clients under 12 years (M=4.80, SD=2.05) was collected from a private special education institute of Lahore. Clients were observed before the supplication and therapy given to them and to their parents, then they were observed during the supplication and after the supplication by the observers and follow up after 07 days of therapy and after a month was also recorded as observations as this was a longitudinal study. Significant effects of Surah Al-Rehman and Qaseedah Burdah Shareef were found as the outcomes. Delay in speech, hyperactivity, impulsive behaviors of clients were declining after the therapy given to the autistic clients. Second finding was as mothers were feeling change in their behavior as well as in their depressive moods, they found changes in their children as well. Socialization, affection, decrease in hyperactivity were also observed after the therapy. Findings have practical implications for other mental and physical illnesses like ADHD, Depression etc. This intervention was applied only on children with autism; therefore, findings cannot be generalized. Our research empirically backs up the claim of Mr. Bukhari, 2020. He proposed that "Every alphabet of the Quran radiates, it generates light and energy in the heart and intellect, if it is listened to with greater focus."

Keywords: Surah Al-Rehman, Qaseedah Burdah Shareef, Autism, hyperactivity, delay in speech, impulsive behaviors, music therapy, radiations, Qari Abdul Basit.

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Abstract

Family should be the foundation on which a child should build itself but when the foundation is not strong, the child will not be strong. Parents are the first friends and guides a child has when they enter into this world, they are supposed to be the arms that will cover you from the cruelty of the world but when those arms start to abuse you verbally, then things take a different turn and scenarios can change. Parental verbal abuse is a taboo topic that is hardly discussed as it is hard for people to believe that parents can be abusive, there have been many studies conducted that prove otherwise. Verbal abuse was not recognized as an actual abuse for a very long time due to which there is not much awareness regarding it. For this study, 105 interviews were conducted through snowball sampling from public and private universities and a focus group discussion was conducted with 4 parents. Themes are extracted from the interviews using thematic analysis which shows that parental abuse does affect the psychological health and the ability to attain education. The people who have been abused are changed for their entire lives and don't live normally, they develop suicidal tendencies, mental health disorders such as depression, feelings of hate towards society, post-traumatic stress disorder and feelings of hate towards the opposite sex. Many individuals are bullied by professionals and end up harming themselves or blaming themselves for what has happened to them in their lives therefore it is necessary to not only recognize that parental abuse exists but it is crucial to take serious measures regarding it. The government and the non-governmental organizations need to take this matter seriously or it can be a stern threat to human development.

Keyword: Parental verbal abuse, education, psychological health, individuals and family.

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