

**PEER ATTACHMENT, ACADEMIC RESILIENCE AND
PSYCHOLOGICAL WELLBEING AMONG YOUNG ADULTS**



SUBMITTED BY

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**PEER ATTACHMENT, ACADEMIC RESILIENCE AND
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IS ACCEPTED BY THE BAHRIA UNIVERSITY ISLAMABAD IN

PARTIAL FULFILLMENT OF THE REQUIREMENT FOR THE

DEGREE OF MASTER OF SCIENCE IN CLINICAL PSYCHOLOGY

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**ALL THE PROCEDURES FOLLOWED AND MATERIAL USED
WERE REVIEWED AND APPROVED BY THE HIGHER EDUCATION
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DEDICATION

This thesis is dedicated to all those helpless lives who face discrimination, neglect, oppression and abuse the basis of their sex, religion and mental illness every day in Pakistan.

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Surely this has been made possible through the divine support of Allah above everything else. After that, I want to acknowledge my mother and father who had been working hard beyond their resources to make me complete my degree. Then I want to acknowledge myself for not giving up even in the times when my worst circumstances pulled me down.

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Abstract

The following study was conducted to examine the relationship between peer attachment, academic resilience, and psychological wellbeing among young adults. The research was carried out on a sample of N=165 (m=78) (f=87) young adults who were currently studying, aged 18-25 years. Convenient sampling was used. Questionnaires were dispatched through google forms. Data was collected online following the COVID-19 safety guidelines. McGraw Hill friendship function scale (MFQ-FF) was used to measure peer attachment, Academic resilience scale (ARS 30) was used to measure academic resilience and Flourishing scale was used to measure psychological wellbeing. Results revealed a positively significant relationship between academic resilience and psychological wellbeing. A significant relationship between the subscales of peer attachment and academic resilience was also found. Findings also reveal that academic resilience is a predictor of psychological wellbeing among young adults. Females and unemployed young adults reported higher peer attachment. The study will help in highlighting the importance of peers at young adulthood and can guide institutions in adopting programs that increase academic resilience in students and thus benefit their mental health.

Keywords: *Peer attachment, Academic resilience, Psychological wellbeing, Young adult*