



**RELATIONSHIP BETWEEN PERCEIVED INTER-PARENTAL CONFLICTS,  
PSYCHOLOGICAL DISTRESS, AND LIFE SATISFACTION AMONG UNIVERSITY  
STUDENTS**

A thesis

Presented to Department of Professional Psychology,  
Bahria University, Islamabad Campus

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In Partial Fulfillment  
of the Requirement for the  
Degree of Bachelor of Sciences  
(BS) Psychology

By  
**Rabia Shakoor**  
**Rimsha Kamran**  
**Saba Batool**  
**Abida Hayat**  
&  
**Fatima Omer**

Supervised by  
**Ms. Sana Shaheen**

June, 2021

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Approved By

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External Examiner

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Internal Examiner

---

(Ms. Sana Shaheen)  
Supervisor

---

(Dr. Noshi Iram Zaman)  
Head of Department, PP-BUIC

## **DEDICATION**

*This study is fondly dedicated to our respective parents who have been our continuous source of encouragement. They have given us the drive and discipline to tackle this task with eagerness and willpower. Without their love and support this thesis would not have been made possible.*

## **Acknowledgment**

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**Rabia Shakoor, Abida Hayat, Fatima Omer, Saba Batool, Rimsha Kamran**

**TABLE OF CONTENTS**

	Page no
DEDICATION	i
ACKNOWLEDGEMENTS	ii
LIST OF TABLES	v
LIST OF ANEXURES	vi
LIST OF FIGURES	vii
LIST OF ABBEVIATION	viii
ABSTRACT	ix
CHAPTER ONE: INTRODUCTION	1
Perceived Inter-parental Conflict	2
Psychological Distress	5
Life Satisfaction	7
Literature Review	10
Conceptual Framework	23
Problem Statement	24
Rationale & Significances	25
Research Objectives	26
Research Questions	26
Hypothesis	27
CHAPTER TWO: METHOD	28
Research Design	28
Sample	28

Operational Definitions	28
Instruments	29
Procedure	31
Ethical Consideration	32
Statistical Analysis	32
CHAPTER THREE: RESULTS	33
CHAPTER FOUR: DISCUSSION	46
Conclusion	49
Limitations	50
Future Suggestions	51
Implications	52
REFERENCES	54
ANNEXURES	65

**LIST OF TABLES**

		Page no
Table- 1	Socio Demographics Characteristic of Sample (n=250)	34
Table-2	Psychometric properties of study variable (n=250)	39
Table -3	Pearson Moment Correlation between Perceived Inter-parental conflict, psychological distress, and Life satisfaction (n=250)	41
Table-4	Nonparametric test showing Difference between Female and male on psychological distress among university students (n=250)	43
Table -5	Multiple regressions with dependent variable; Life satisfaction. (n =250)	44
Table -6	Linear regression with dependent variable; Psychological Distress. (n =250)	45



**LIST OF ANEXURES**

	Page no.	
Annexure – A	Permission mails of Kessler Psychological Distress	66
Annexure – B	Permission mails of Children’s Perception of inter-parental conflict scale	68
Annexure – C	Permission mails of Riverside life satisfaction scale	70
Annexure – D	Informed Consent Form	72
Annexure – E	Demographic Data Sheet	74
Annexure – F	Children’s Perception of inter-parental conflict scale	78
Annexure – G	Kessler Psychological distress scale	81
Annexure – H	Riverside life satisfaction scale	83
Annexure – I	Plagiarism Report	85

**LIST OF FIGURES**

	Pages
Figure: 1	
The inter-linked relation between perceived Inter-parental conflict, psychological distress, and Life satisfaction.	24
Figure: 2	
Cause and effect between the three variables: psychological distress, perceived Inter-parental conflict and life satisfaction.	24

**ABBREVIATIONS**

**CPIC:** Children's perception of inter-parental conflict

**KPD:** Kessler Psychological distress scale

**RLSS:** Riverside life satisfaction scale

**PTSD:** Post-traumatic stress disorder

## ABSTRACT

*The current study aimed to examine the relationship between perceived Inter-parental Conflict, life satisfaction and psychological distress among university students. The data was collected from 250 university students from different university of Pakistan. Convenience sampling was used for data collection. Three instruments were used to measure the study variables i.e.: Children Perception of inter-parental Conflict (CPIC) - this was used to check the perceived inter-parental conflict among students. Kessler Psychological Distress (KPD) was used to check the psychological distress. Riverside Life Satisfaction scale (RSLs) was used to check the life satisfaction of university students. Results of the study revealed that there was a significant positive co-relationship between psychological distress and perceived inter-parental conflict. In addition to this, results depicted that there was a negative co-relationship between psychological distress and perceived inter-parental conflict with life satisfaction. Also, it indicated that Perceived Interparental conflict and psychological distress negatively predicted life satisfaction. The results also implies that there was a significant gender difference, suggesting that females have higher psychological distress as compared to males The study had several implications, especially with reference to therapeutic work. For instance, therapies can be designed, focusing primarily on life satisfaction with the aim of decreasing psychological distress among individuals.*

**Keywords:** Inter-parental Conflict, Psychological Distress, Life Satisfaction