Self-Compassion, Female Sexual Distress and Menopausal Symptoms among Married Women

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A thesis submitted in fulfillment of the requirements

For the award of the degree of

Masters in Clinical Psychology

Institute Of Professional Psychology

BAHRIA UNIVERSITY LAHORE CAMPUS

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DEDICATION:

My dissertation is dedicated to my family and My Supervisor Dr.Urooj Sadiq.

ACKNOWLEDGEMENTS

In the name of Allah, the most merciful and generous. First and foremost, I am grateful to Almighty Allah for providing me with the strength, knowledge, skill, and chance to pursue and successfully complete this research.

Second, I'd like to thank my esteemed supervisor, Dr.Urooj, Associate Professor, Bahria University Lahore Campus, for her valuable guidance and professional attitude in finishing my dissertation.

Mr. Naseer Ahmed (Father) and Ms. Zareena (Mother) for their unwavering support, appreciation, encouragement, and strong interest in my academic achievements. The research wouldn’t be possible without my parent’s prayers.

I am grateful for the encouragement and motivation I received from my Supervisor. Dr Urooj. I'd want to convey my appreciation to Dr.Urooj for exposing me to the world of research.

I'd also want to thank Ms. Sabiha Dar and Ms. Lubna Kanwal for her assistance with statistical analysis.

My heartfelt gratitude goes to my friends Huda Afzal, Natalia Matloob, Quratul Ain Raja, Ilsa Batool, Mrs.Faiza Ijaz and Mrs.Sumaira as well as everyone who helped me throughout my research journey.

I would want to express my gratitude to my sisters Ms. Saba and Ms. Sana, as well as my brothers Mr waqar, Mr. Abbas and Mr. Waqas for their moral support during the study process. I would be unable to perform this assignment without their support and care.

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List of Symbols:

α …… Cronbach's alpha

K……No. of items

SD……Standard Deviation

≤……..Less than or Equal to

≥…….. greater than or Equal to

B……Unstandardized Coefficient

SE……Standardized Error

p……Significance Level

β ……...Beta

f.....Frequency

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Abstract

The present study was examined the relationship of Self-compassion and Female Sexual distress with menopausal symptoms among married women. It is hypothesized that (1) self-compassion would negatively predict the severity of menopausal symptoms (2) Female sexual distress would positively predict the severity of menopausal symptoms. The research method was correlational research design. A sample of 100 women with the age of 45-50 was selected through purposive sampling technique. Data was collected from married women with premenopausal symptoms. The Translated (Urdu) version scale of Menopausal Rating scale used to measure severity of symptoms of menopause and Self-compassion scale (Neff, 2003)was used to measure level of self-compassion, however the scale of female sexual distress was developed indigenously. Results showed that α=.907. Descriptive statistics was applied to check the normality of data and frequency of demographics. Simple Linear Regression was applied to assess the relationship between self-compassion and female sexual distress with severity of menopausal symptoms. Results indicated that self-compassion negatively predicted the severity of menopausal symptoms ($F=10.2$, df-1, 98, $p<.01$) and female sexual distress positively predicted the severity of menopausal symptoms ($F=33.3$, df=1, 98, $p<.01$).

Key words Self-compassion, Female sexual distress, severity of menopausal symptoms , Married women.