PERSONALITY TYPES, COPING STRATEGIES AND PSYCHOLOGICAL ADJUSTMENT IN INDIVIDUALS WITH PSYCHOLOGICAL DISTRESS

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03-275202-001

A thesis submitted in fulfillment of the
requirement for the award of the degree of
Masters of Science (Clinical Psychology)

Department of Professional Psychology

BAHRIA UNIVERSITY LAHORE CAMPUS

AUGUST 2023

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Acknowledgements

In the name of Allah, the most gracious and the most merciful. First and foremost, I am thankful to the Almighty Allah for giving me the opportunity, strength, and knowledge to undertake and complete this study.

Secondly, I would like to thank my respected teacher and supervisor, Dr. Khawer Bilal Baig, Head of Department of Professional Psychology, Bahria University Lahore Campus, whose knowledge of the subject matter, worthy supervision and professional attitude is appreciable in completing this dissertation. I would also like to thank Dr. Urooj Sadiq, Associate Professor, Bahria University Lahore Campus, for her insightful comments that allowed my study to go the extra mile. I also acknowledge the brilliant suggestions, knowledgeable recommendations, and guidance of my respected teachers Ms. Lubna Kanwal Dar, Ms. Sabiha Dar, Ms. Noreen Fatima, and Ms. Nayyab Ashraf.

I thankfully acknowledge the unwavering moral support and prayers of my beloved parents, Major (retd) Muhammad Manzoor and Mrs. Samina Manzoor. I would also like to give special thanks to my dear husband, Mr. Qasim Munir, for his patience, moral support, and encouragement without which the completion of this dissertation would not have been possible. Finally, I am sincerely grateful to my friends and colleagues for their help in data collection and the people who agreed to participate in the study.

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FATIMA MANZOOR

Abstract

For each individual, making adjustment to their environment is a critical matter and therefore psychological adjustment and its contributing factors become pertinent to study. The current study is aimed to explore the role of Personality Types (Introversion, Extraversion, Sensing, Intuition, Thinking, Feeling, Judging, and Perceiving) and Coping Strategies (Engagement Coping and Disengagement Coping) in predicting Psychological Adjustment (through Resilience and Self-efficacy). The sample consisted of 153 individuals (Distressed=70 and Non-distressed=83). It was hypothesized that there would be a predictive relationship between personality types and psychological adjustment. It was also hypothesized that coping strategies would have a predictive relationship with psychological adjustment. Moreover, it was also hypothesized that there would be a significant difference between distressed and non-distressed individuals in Personality Types as well as Coping Strategies. Convenience sampling was employed. The data was collected with the help of self-report measures. Depression Anxiety Stress Scale 21 (DASS-21) was utilized to identify the level of distress among the participants. Personal Styles Inventory (PSI) was used to evaluate Personality Types, Coping Strategies Inventory – Short Form (CSI-SF) was used to identify Coping Strategies, General Self efficacy Scale (GSES), and Brief Resilience Scale (BRS) were used to measure Psychological Adjustment of the participants. The results showed that Introversion, Thinking, and Feeling are significant predictors of Psychological Adjustment, whereas, Extroversion, Sensing, Intuition, Judging and Perceiving are insignificant predictors of Psychological Adjustment. Engagement Coping and Disengagement Coping were revealed as significant predictors of Psychological

Adjustment. No significant difference was revealed between distressed and non-distressed individuals in Personality Types (Introversion, Extroversion, Sensing, Intuition, Thinking, Feeling, Judging, and Perceiving). Furthermore, there was a significant difference in coping strategies used by distressed and non-distressed individuals. The distressed population predominantly used Disengagement Coping whereas the non-distressed population predominantly used Engagement Coping. The findings of the study reveal that therapists should encourage their clients to use Engagement Coping more and discourage the use of Disengagement Coping in order to enhance Psychological Adjustment.

Keywords: Personality Types, Coping Strategies, Psychological Adjustment, Resilience, Self-efficacy, Psychological Distress

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