

BULLY VICTIMIZATION, EMOTIONAL REGULATION AND FORGIVENESS IN YOUNG ADULTS.

A Thesis Presented to

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By

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Ezzah Irfan: _____

DEDICATION

I Azka Sumbal dedicate this Thesis wholeheartedly to Parents, Siblings, Abbu-Bakkar, Abbu-Zaar, and myself. I am deeply grateful to my Parents, as I acknowledge that without their guidance and constant love, I would not have become the individuals I am today. They have played an instrumental role in shaping us into better versions of my-self. I would also like to express a special thanks to my Teachers and Supervisor, who has not only been a teacher but also a supportive friends throughout this journey. Their guidance and mentorship has been invaluable to me.

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List of Abbreviation and Acronyms

BV= Bully Victimization,

ER=Emotional Regulation

EVA =Equal variances assumed

EvnA=Equal variances not assumed

F=Forgiveness

ABSTRACT

We checked the Bully victimization, Emotional regulation and Forgiveness in Young Adults. The aim of the study was to see people become victims of bullying and how they regulate emotions and then forgive the person who bullied them. The hypotheses were made on the basis of previous research and also explore the relationship between bully victimization, emotional regulation and forgiveness in young adults. Some of the hypotheses are:

1.Bully victimization is likely to have a negative relationship with Emotional Regulation in young adults .2. Emotional regulation is like likely to have a positive relationship with Forgiveness in young adults. 3.Females are likely to have a higher level of Bully Victimization as compared to males.4. Females are likely to have lower level of Emotional Regulation and Forgiveness as compared to male.

Our study population was young adults of the age range 18 to 25 years. We used purposive sampling technique. The data was collected from different universities in Lahore. We used Bully Victimization Scale, Emotional Regulation Questionnaire and Rye forgiveness scale to collect data. The results showed that there is a relationship between bully victimization and emotional regulation of young adults ($r = 209^{**}$, $P \leq 0.001$) this correlational results support the hypothesis. Also, there is a meaningful relationship between bully victimization and forgiveness. The results showed that people who experience bullying will face problems in regulation of their emotions and when there is a problem in regulating their emotions, it will be difficult for them to forgive their bully.