# Emotional Intelligence, Spiritual Intelligence with Quality of Friendship and Psychological Distress among University Students

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A thesis submitted in fulfillment of the requirements for the award of the degree of Master of Science (Clinical Psychology)/ Master of Philosophy

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BAHRIA UNIVERSITY LAHORE

March 2024

## DEDICATION

With the blessing of Allah Almighty, I express immense gratitude to Allah for granting me strength, wisdom, and opportunity to undertake this journey of knowledge. This thesis is dedicated to my beloved parents because without their love, support, and encouragement I'm nothing. They always supported me throughout my academic journey. My best friends and siblings your presence in my life has been a constant source of strength and motivation, your trust and support made this thesis possible. Lastly, I also dedicate this thesis to myself, acknowledging my unwavering determination and commitment that carried me through the entire process.

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## ACKNOWLEDGMENT

In the name of Allah who is most Gracious and Merciful. Above all, I thank Allah (SWT) for blessing me in all the stages of the project and for helping me complete the project successfully. I begin by expressing my profound gratitude and thanks to the Almighty for granting me the strength, wisdom, and blessings to complete this thesis.

It is not possible to prepare a project report without the assistance and encouragement of other people. I would like to express my deep heartfelt gratitude supervisor, Dr. Khawar Bilal Baig and my co- supervisor Miss Nayab Ashraf for their valuable guidance, expertise. and constant support have been pivotal in shaping the outcome of this research. Their mentorship has been a guiding light throughout this journey, and I am deeply indebted for their encouragement and belief in my work.

I am also very thankful to the participants of my study for their cooperation and support, and also thankful to the Heads of departments of universities who gave me permission to collect data from their students. Without their coordination. I may not have been able to complete my thesis successfully.

To my beloved parents, I am forever thankful for your prayers, love, and belief in my abilities. I extend my sincere thanks to my parents, teachers and my friends who all have supported me throughout the time. I am grateful to each and every one who has given me guidance, encouragement, suggestions and constructive criticisms which has contributed immensely for this project

Lastly, I extend my appreciation to all those who have contributed, directly or indirectly, to this thesis. Your support and encouragement have been instrumental in making this endeavor possible.

Thanking you

Ayesha Noor

## Abstract

In this study researcher explored the relationship of Emotional Intelligence, Spiritual Intelligence with Quality of Friendship and Psychological Distress among University Students. In late adolescent's and early adulthood, friendship is very important tool an adolescence's development by providing approval, understanding, insight and social skills and it helps reducing psychological distress among university students. We studied that Emotional Intelligence; Spiritual Intelligence predicts the Quality of Friendship and Psychological Distress. It was hypothesized that there would be significant relationship between the Emotional Intelligence, Spiritual Intelligence and Quality of Friendship among University Students. Similarly, there would be significant relationship between the Emotional Intelligence, Spiritual Intelligence and Psychological Distress among university students. It was hypothesized that Emotional intelligence and Spiritual Intelligence would predict the Quality of Friendship among university students. Similarly, Emotional Intelligence and Spiritual Intelligence would predict the Psychological Distress among university students. Similarly, gender difference was expected in study variables. Correlational research design used with convenient sampling from 550 students. Data was collected from university students (male=225; female 325;550) at the age range 18-25. To collect data from the study participants a self-designed demographic sheet was used along with other research tools including Spiritual Intelligence Self Report Inventory SISRI-24 (D. King 2008), Emotional Intelligence Scale (WLEIS), Friendship Quality Scale (Thein, et al.,2012) and Psychological Distress Scale (Kessler and Mroczek, 1992). After data collection in order to analyze the data t test regression and correlation were used. The results showed that Emotional Intelligence

and Spiritual Intelligence positively significant relationship with Quality of Friendship further Emotional Intelligence and Spiritual Intelligence positively significant relationship with psychological distress. We further found that Emotional Intelligence and Spiritual Intelligence predict the Quality of Friendship but Emotional Intelligence and Spiritual intelligence does not predict the Psychological Distress. Moreover, non-significant difference was found between male and female upon study variables.

Keywords: Emotional Intelligence (EI), Spiritual Intelligence (SI), Quality of Friendship (QOF), Psychological Distress (PD)

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