RUMINATION, EMOTIONAL EXHAUSTION AND LIFE SATISFACTION AMONG WOMEN WITH EARLY MARRIAGES AND LATE MARRIAGES IN SWAT

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

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OCTOBER 2024

APPROVAL OF RESEARCH

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Dear Student,

I am pleased to inform you that your research proposal "Rumination, Emotional Exhaustion and Life Satisfaction among Women with Early Marriages and Late Marriages in Swat" has been approved. You may, therefore, continue your research on this theme and produce a quality thesis, as per the HEC requirements.

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I wish you success

Date: October, 2024

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DEDICATED TO

My Father

Whose constant support, love and faith helped me reach where I am today

Thank You

My Mother

Whose love and prayers have always been a guiding light for me

My Siblings

Who believed in me

ACKNOWLEDGEMENT

First and foremost, I would like to praise and thank Allah Almighty, the most gracious and merciful, who enable me to complete this thesis with his blessings and guidance. I extend my deepest gratitude to my family, particularly my father, Muhammad Zarin, whose unwavering love, care and support have served as an enduring source of strength and inspiration throughout my endeavors. I am equally thankful to my mother, Haleema Zarin, whose prayers and encouragement have been a constant source of motivation. I would like to express my profound gratitude to my supervisor, Ms. Saima Bano, and for his invaluable advice, encouragement and support throughout this research. He has been a mentor and a role model for me. I appreciate his insightful feedback and constructive suggestions that helped me enhance the quality of my work. I am also thankful for the Department of Psychology Bahria University Lahore for providing me with the necessary facilities and resources to conduct this study. I am indebted to all the faculty members and staff for their cooperation and assistance. Additionally, I would like to express my sincere gratitude to my brother, Ejaz Ahmad, whose consistent support has motivated me to pursue my goals without hesitation. Her demonstration of affection, dedication and joy has been a source of guidance. It is with immense gratitude and affection that I dedicate this thesis to my parents and my siblings. Thank you, for everything.

Abstract

The aim of the current study is to examine the relationship between rumination, emotional exhaustion, and life satisfaction among women with early and late marriages in Swat. The study purpose was to study whether rumination and emotional exhaustion play the role of predictors for life satisfaction. To fulfill the aim the data was collected from a sample of 300 married women *M* = 3.80, *SD* = 1.53, which were divided equally in groups of 150 women with early marriages (14-19) and 150 women with late marriages (marry after age 25), (*M* = 1.50, *SD* = .50). The data was collected by using the Ruminative Response Scale (RRS), Burnout Scale for Adults (BSA), and Satisfaction with Scale (SWLS) through purposive sampling method. The data was analyze through SPSS.27 by using Pearson correlation, to see the relationship between variables, T-test was carried to compare groups of early and late married women and hierarchical Regression Analysis was carried out to analyze rumination and emotional exhaustion as a predictors to life satisfaction. The findings reveal that women with early marriages have significantly higher levels of rumination and emotional exhaustion, which negatively predict life satisfaction, as compared to women with late marriages. According to hierarchical regression analyses, rumination and emotional exhaustion are the strong predictors of life satisfaction accounting for 71% of variance. The findings highlight the negative mental health effects of early marriage on women, notably in terms of emotional exhaustion and low level of life satisfaction. This study highlights the importance of culturally relevant therapies aimed to reduced rumination and improving mental health among women with early marriages in Swat.

Keywords: Emotional exhaustion, rumination, life satisfaction, early marriages, late marriages, Swat

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LIST OF ABBREVIATIONS

Abbreviations	Full Forms
RRS	Ruminative Response Scale
R	Rumination
EE	Emotional Exhaustion
SWL	Life satisfaction
SPSS	Statistical Package for the Social Sciences
LL	Lower limit
UL	Upper limit

LIST OF SYMBOLS

Symbols	Full Forms
A	Alpha Cronbach's index of Internal Consistency
β	Standardize Coefficient
F	Frequency
M	Mean
SD	Standard Deviation
%	Percentage
R	Correlation Coefficient
P	Significance
R^2	Coefficient of Determination
SE	Standard Errors

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