MENTAL TOUGHNESS, QUALITY OF LIFE AND MARITAL SATISFACTION IN UNSKILLED LABOR CLASS IN CHITRAL

Madeeha Noor

03-275231-013

Supervisor: Dr. Usman Rasheed Choudary

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Approval for Examination

Scholar's Name: Madeeha Noor

Registration No: **03-275231-013**

Program of the Study: Master of Clinical Psychology

Thesis Title: MENTAL TOUGHNESS, QUALITY OF LIFE AND MARITAL SATISFACTION IN UNSKILLED LABOR CLASS IN CHITRAL

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Dedication

To my beloved husband, whose unwavering support, encouragement, and faith have been my strength throughout this journey.

To my dear parents, whose love and prayers have always been a guiding light in my life.

Thank you.

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Special thanks to my husband, and my parents, were so empathetic and supportive during this whole time. My husband encouraged me when I was at point of exhaustion. Without him, my achievements are incomplete.

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Abstract

This quantitative correlational study examined the relationships between mental toughness, quality of life, and marital satisfaction among unskilled laborers in Chitral, Pakistan, a population significantly impacted by socioeconomic challenges. A correlational research design with mediation analysis was employed, and the sample consisted of 200 unskilled laborers (n = 100 males, n = 100 females), with (n = 50 males, n = 50 females) from Upper Chitral and (n = 50 males, n = 50 females) from Lower Chitral. The sample was collected using a non-random purposive sampling technique. Data were collected using validated scales Mental Toughness Questionnaire, the World health Organization Quality of Life WHOQOL-BREF, and the ENRICH Marital Satisfaction Scale (EMS). The Pearson correlation used to find relationships among variables, while regression assessed mental toughness as a predictor of quality of life and marital satisfaction. ANOVA examined demographic differences, and a t-test assessed gender differences. Mediation analysis tested the indirect effect of mental toughness on marital satisfaction via quality of life. The findings revealed that mental toughness significantly predicted quality of life ($\beta = .598$, $p < .001$) and marital satisfaction ($\beta = .485$, $p < .001$), with quality of life partially played a role of mediation in the relationship. ANOVA showed no significant differences across job types, while the t-test found no significant gender differences. Pearson correlation revealed a strong positive relationship between mental toughness and quality of life." ($r = .59$), as well as between mental toughness and marital satisfaction($r = .48$). These findings suggest that individuals with higher mental toughness are better suited to foster supportive and satisfying marital relationships despite socioeconomic hardships.

Keywords: Mental toughness, quality of life, marital satisfaction, unskilled laborers, mediation analysis, MTQ, Pearson correlation, regression analysis, ANOVA, gender differences. WHOQOL-BREF, EMS.

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List Of Abbreviations

Abbreviation	Full Forms
MTQ	Mental Toughness Questionnaire
MT	Mental Toughness
MTT	Mental Toughness Total
QOL	Quality of life
OQOL	Overall Quality of life
EMS	Enrich Marital satisfaction
MS	Marital Satisfaction
SPSS	Statistical Package for the Social Sciences

List Of Symbols

Symbols	Full forms
A	Alpha Cronbach's index of Internal Consistency
B	Standardize Coefficient
F	Frequency
M	Mean
SD	Standard Deviation
%	Percentage
R	Correlation Coefficient
P	Significance
R^2	Coefficient of Determination
SE	Standard Errors
F	F Static(From Anova)
MD	Mean Difference
d	Cohen’s d
t	t-statistic
LLCI	Lower limit Confidence Interval
ULCI	Upper limit Confidence Interval
η^2	*Eta squared (effect size)*

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