PSYCHOLOGICAL ABUSE, SOCIAL INTELLIGENCE, SELF-CONCEPT, AND EMOTIONAL AND BEHAVIOR PROBLEMS IN ADOLESCENTS

Husna Javed

032-75232021

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

Department of Professional Psychology

BAHRIA UNIVERSITY LAHORE

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PSYCHOLOGICAL ABUSE, SOCIAL INTELLIGENCE, SELF-CONCEPT, AND EMOTIONAL AND BEHAVIOR PROBLEMS IN ADOLESCENTS



Husna Javed

03-275232-021

Supervisor Name: Dr Rehana Mushtaq

A thesis submitted in fulfillment of the

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BAHRIA UNIVERSITY LAHORE CAMPUS

APPROVAL OF RESEARCH PAPER

Name: Husna Javed

Enrollment No: 03-275232-021

Session: 2023-2025

Department: Professional Psychology Dear Student,

I am pleased to inform you that your research proposal on psychological abuse, social intelligence, self-concept, and emotional and behavior problems in adolescents has been approved. You may, therefore, continue your research on this theme and produce a quality thesis, as per the HEC requirements.

I take this opportunity to remind you that you must complete your thesis and defend it successfully by summer 2025; this is the date that marks the end of the duration of your program. I wish you success.

Date:

Supervisor: Dr. Rehana Mushtaq

_____

DECLARATION

I, Husna Javed, hereby state that my MS thesis is titled "Psychological Abuse, Social Intelligence, Self-Concept, and Emotional and Behavior Problems in Adolescents." Is my own work and has not been submitted previously by me for taking any degree from this university or anywhere else in the country/world. At any time if my statement is found to be incorrect, even after I graduate, the university has the right to withdraw/cancel my MS degree.

Name of student: Husna Javed

Date: August 2025

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DEDICATION

My Parents

I am immensely grateful to my family, especially my beloved father and mother, whose unwavering love, encouragement, and prayers have been my greatest source of motivation throughout my academic journey. Without their endless support, I would not have been able to achieve this milestone. To my dearest mother, whose unconditional love, endless prayers, and constant encouragement have been the backbone of my success. My Siblings, your belief in me, even when I doubted myself, has been my greatest source of strength. Thank you for your unwavering support and sacrifices.

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Abstract

The intent of this research was to investigate the association between psychological abuse, social intelligence, self-concept, and emotional behavior problems in adolescents. A quantitative, correlational design was utilized with a sample of 235 students (49% boys and 51% girls), aged 12 to 18 years and enrolled in grades 6 to 10, selected through convenience sampling technique. In addition to gathering demographic data, conventional measures such as the School Children Problems Scale (SCP), Perceived Psychological Maltreatment Scale (PPMS), Social Intelligence Scale (SISC), and Self-Concept Scale (SCS) were employed. According to the findings of the Pearson product moment correlation, emotional behavior problems were significantly positively correlated with psychological maltreatment, but emotional and behavioral difficulties were negatively correlated with positive self-concept. Social intelligence was positively related to self-concept but negatively correlated with certain dimensions of psychological abuse. Regression analysis revealed that psychological abuse, social intelligence, and self-concept significantly anticipated emotional and behavioral issues in adolescents, with social intelligence and self-concept contributing the most to the explained variance. It was determined that psychological maltreatment in adolescence negatively impacts emotional functioning, while increased social intelligence and positive self-concept play protective roles. These findings highlight the importance of preventative interventions and psychoeducational programs aimed at decreasing psychological abuse and increasing social intelligence and self-concept among adolescents to promote better emotional and behavioral adjustment.