BELIEFS, DEFENSE STYLES, FRIENDSHIP QUALITY AND COMPARTMENTALIZATION-DETACHMENT AMONG YOUNG ADULTS.

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Dedication

This work is dedicated to all the health care professionals whose compassion and steadfast dedication to alleviating the suffering of the world inspire me to practice on the path of unconditional positive regard and empathy as a human being. I also hold my father in the highest regard, who is a living example of a devoted physician and humanitarian, and my mother, whose resilience and passion towards her work shaped my own path.

This work stands as my small contribution and gesture of gratitude to the professionals who once helped my mother when she was going through severe health issues. To all who serve humanity with empathy, integrity, and selflessness, this is for you.

Noor Ul Ain

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Abstract

This study examined the associations between Beliefs, Defense Styles, Friendship Quality and Compartmentalization-detachment among young adults. Supported by frameworks such as cognitive-behavioural and psychodynamic theories, the study aimed to investigate how beliefs (Rational and Irrational beliefs) , defense styles(mature and neurotic styles), friendship quality contribute to compartmentalization-detachment. A correlational research design was used with a sample size of 529 (N=529) young adults recruited through convenience sampling. The questionnaire included a consent form, demographic sheet, Attitudes and Beliefs Scale-2- Short Form (ABS-2-SF), Defense Styles Questionnaire-40 (DSQ-40), McGill's Friendship Questionnaire, and the Detachment and compartmentalization inventory (DCI). Descriptive statistics, Pearson's correlation, Regression, t-test and Reliability analysis were run on the collected data using SPSS-27. The results revealed that neurotic defense styles, friendship quality, and irrational beliefs were positively associated with compartmentalization-detachment, while mature defense styles, and rational beliefs were negatively associated with compartmentalization-detachment. The findings provided insight into the psychological mechanisms underlying compartmentalization-detachment among young adults.

Keywords: Compartmentalization-Detachment, Beliefs, Defense Styles, Friendship Quality and Young adults.

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List of abbreviations

Abbreviations	Full Form
APA	American Psychological Association
DSM	Diagnostic and Statistical Manual of Mental Disorder
SPSS	Statistical Package for the Social Sciences
COVID-19	Corona Virus Disease of 2019
CD	Compartmentalization-Detachment
DS	Defense Styles
REBT	Rational Emotive Behavioral Therapy

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