SELF - CONCEALMENT, FRIENDSHIP QUALITY AND SOCIAL ISOLATION AMONG UNIVERSITY STUDENTS; MEDIATING ROLE OF CONFLICT AVOIDANCE

Noor-ul-huda Akbar

03-275232-037

A thesis submitted in the fulfilment of the requirements for the award of the degree of Masters of Science (Clinical Psychology)

Supervisor

Dr. Muhammad Adeeb

Department of Professional Psychology

BAHRIA UNIVERSITY LAHORE CAMPUS

SEPTEMBER 2025

Approval for Examination

Table of Content

CHAPTER 1	**Pages No**
INTRODUCTION	1
1.1 Research Gap	13
1.2 Problem Statement	13
1.3 Research Questions	14
1.4 Objectives	15
1.5 Hypotheses	15
1.6 Study Significance	16
CHAPTER 2	18
LITERATURE REVIEW	18
2.1 Theoretical Framework	18
CHAPTER 3	38
METHODOLOGY	38
3.1 Research Epistemology	38
3.2 Research Design	38

3. 3Population and Sampling	38
3. 3.1 Inclusion Criteria	39
3. 3.2 Exclusion Criteria	39
3.4 Data Collection	39
3.4.1 *Operational Definitions of Measures*	40
(a)*Self Concealment Scale*	40
(b)*Friendship Quality Scale*	40
(c)Social Isolation Scale	40
(d) Conflict Avoidance Scale	41
3.4.1.1Informed Consent	42
3.4.1.2Demographic Information Sheet	42
3.5Procedure	43
3.6Data Analysis	43
3.7Research Ethics	44
CHAPTER 4	45
RESULTS	45
CHAPTER 5	52

DISCUSSION	52
5.1 Implications	56
5.2 Limitations of Study	56
5.3 Future Directions	57
5.4 Conclusion	59
REFERENCES	61
APPENDICES	68

List of Tables

Table No.		Page
Table 4.1	Demographic information of university students (N=300)	45
Table 4.2	Reliability Analysis and Descriptive Statistics of all scales (N=300)	47
Table 4.3	Means, Standard Deviations, and Inter correlations among Study Variables (N = 300)	48
Table 4.4	Simple Linear Regression Predicting Social Isolation from Friendship Quality (N = 300)	59
Table 4.5	Total and Direct Effects of Self-Concealment (SCS) and Friendship Quality (FQS) on Social Isolation (SIS) (N = 300	50
Table 4.6	Indirect Effects of Self-Concealment (SCS) and Friendship Quality (FQS) on Social Isolation (SIS) via Conflict Avoidance (CASC)	51

List of Abbreviations

Abbreviations	Full Form
APA	American Psychological Association
SPSS	Statistical Package for the Social Sciences
SCS	Self-Concealment Scale
FQS	Friendship Quality Scale
SIS	Social Isolation Scale
CAS	Conflict Avoidance Scale
SC	Self Concealment
FQ	Friendship Quality
SI	Social Isolation

List of Symbol

Symbol	Full Form
α	Alpha Cronbach's Index of Internal Consistency
β	Standardized Coefficient
f	Frequency
M	Mean
SD	Standard Deviation
%	Percentage
R	Correlation Coefficient

List of Appendices

Appendices	Title	Page
Appendix A	Permission from Authors	68
Appendix B	Permission Letter from Department of Professional Psychology	73
Appendix C	Consent Form	74
Appendix D	Questionnaire	76
Appendix E	Plagiarism Report	82

Scholar's Name: Noor-ul-huda Akbar

Registration No: 03-275232-037

Program of the study: Master of Clinical Psychology

Thesis Title: Self Concealment, Friendship Quality and Social Isolation among university students; Mediating role of Conflict Avoidance

I hereby confirm that I am satisfied with the completion of the scholar's thesis, and I believe it meets the appropriate standards for examination and submission. The Plagiarism test, conducted using the HEC prescribed software, returned a similarity index of 15%, which is within the permissible limit set by the HEC for MS degree thesis. Additionally, the thesis adheres to BU's recognized format for MS thesis.

Principal Supervisor Signature: _____

Date: _____

Name: _____

Author's Declaration

I, **Noor-ul-huda Akbar** hereby states that my MS/MPhil thesis titled "Self Concealment, Friendship Quality and Social Isolation among university students; Mediating role of Conflict Avoidance." is my own work and has not been submitted previously by me for taking degree from Bahria University Lahore Campus.

At any time, if my statement is found to be incorrect even after my Graduation the university has the right to withdraw/cancel my degree.

Name of scholar: Noor-ul-huda Akbar

Date: 10th September, 2025

Plagiarism Undertaking

I, solemnly declare that the research work presented in the thesis titled "**Self Concealment, Friendship Quality and Social Isolation among university students; Mediating role of Conflict Avoidance."** is solely my research work with no significant contribution from any other person. Small contribution/help wherever taken has been duly acknowledged and that complete thesis has been written by me.

I understand the zero tolerance policy of the HEC and Bahria University Lahore Campus towards plagiarism. Therefore, I as an author of the above titled thesis declare that no portion of my thesis has been plagiarized and any material used as reference is properly referred/cited.

I undertake that if I am found guilty of any formal plagiarism in the above titled thesis even after award of MS/MPHIL degree, the university reserves the right to withdraw/revoke my MS/MPHIL degree and that HEC and the University has the right to publish my name on the HEC/University website on which the names of the students are placed who submitted plagiarized thesis.

Author's Sign: __***Noor***_____

Name of Author: Noor-ul-huda Akbar

ACKNOWLEDGMENT

All praise to Allah, the Most Merciful, for granting me strength and wisdom to complete this research.

I am deeply grateful to my supervisor, Dr. Muhammad Adeeb, for his support, and to my institution.

My heart full thanks to my parents for their love and prayers, my siblings for their encouragement, and my extended family for their constant support.

A special thanks to my friends who have been like family. Taiba's immense support and meaningful conversations brought clarity and growth. Filza's encouragement, and guidance throughout made me able to complete my thesis. Kanwal's warmth, study plans, and care provided comfort. I really appreciate Rafia's help with data collection.

I am grateful to my soul for staying strong, trusting Allah, and holding onto its values despite challenges.

I would like to thanks everyone who stood beside me in my hard times.

May Allah grant Afiyah (blessings, safety, and peace) to all. Ameen

DEDICATION

I wholeheartedly dedicate this research to Allah, whose guidance; wisdom and mercy have empowered me throughout this journey. I also dedicate it to all those who aspire to foster morality in the world and seek knowledge with sincerity, hoping that this work contributes to their understanding and growth.

Abstract

This study aims to investigate Self concealment, Friendship quality and Social isolation among university students: Mediating role of conflict avoidance. Correlation research design was employed and a sample (N= 300) university students of aged 18-25 years old with friendship duration of at least 2-10 years were selected through purposive sampling. Self concealment scale (SCS) was employed to assess Self- concealment, Friendship Quality Scale was employed to assess Friendship Quality. The Social isolation scale was employed to measure Social isolation. It was hypothesized that there will be a significant positive relationship between self concealment and conflict avoidance among friend, There will be a significant negative relationship between conflict avoidance and friendship quality among friends, Friendship quality would be a significant predictor of social isolation Conflict avoidance mediates the relationship between self concealment, friendship quality and social isolation among young adults Inferential statistics like regression analysis were performed to explore the predictive influence of Friendship quality on social isolation among university students. Mediation analysis (Hayes PROCESS Macro) was performed to find out the mediation role of Conflict avoidance among the relationship between the self concealment, friendship quality and social isolation. Results shows that self concealment has a significant positive relationship with conflict avoidance and conflict avoidance has a significant negative relationship with friendship quality. Results indicated that friendship quality predicted the social isolation among university students. Results indicated that Conflict avoidance mediates between the relationship between self -concealment, friendship quality and social isolation.

Keywords: *Self-Concealment, Friendship Quality, Social Isolation, Conflict Avoidance*