

**LIFE SATISFACTION; PREDICTOR OF COMMON MENTAL
DISORDERS IN MARRIED INDIVIDUALS OF HUNZA**



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submission to the department of Professional Psychology, Bahria University,
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DEDICATION

*I dedicate my thesis to my mother for making me who I am and my family and friends
for supporting me all the way!*

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List of Abbreviations

| Abbreviation | Meaning |
|---------------------|---|
| EI | Emotional Intelligence |
| MSPSS | Multidimensional Scale and perceived Social Support |
| LSS | Life Satisfaction Scale |
| SCL-R | Symptom Checklist-R |
| OCD | Obsessive Compulsive Disorder |
| LFT | Level of Frustration Tolerance |

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Abstract

The present study aims at exploring the life satisfaction among the individuals of Hunza as a predictor of common mental health disorders. The purpose for the study was to highlight the issues regarding mental health among the people of Hunza Valley. The sample selected (N=200) comprised of 64 males and 136 females with age range 18-50 years living in Hunza. The sampling technique used was stratified random sampling. The scale utilized in the study were Multi-Dimensional Scale of Perceived Social Support Scale (MSPSS) with alpha reliability of 0.94, Life satisfaction Scale(LSS) with reliability of 0.87 and Symptom Checklist-R which comprised of subscales Depression, Somatization, Anxiety, OCD, LFT and Schizophrenia with alpha reliability of 0.92, 0.90, 0.93, 0.83, 0.90 respectively. The results of the study indicate that social support will play a role of moderator in the relationship between life satisfaction and two of the mental disorders i.e. anxiety and somatization. Results also depicted that decrease in life satisfaction is a significant predictor of common mental disorders. Results showed that people with joint family system had more social support and less mental disorders as compared to nuclear family. A limitation of the study was that sample belonged to a particular region of the country i.e. Hunza and the future researchers can extend it to country level with more sample. It is suggested that more variables can be added like stress, coping skills and marital adjustment to enhance the study.