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

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**ALL THE PROCEDURES FOLLOWED AND MATERIAL**

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# CERTIFICATE

It is certified that dissertation titled as "**LIFE SATISFACTION; PREDICTOR OF COMMON MENTAL DISORDERS IN MARRIED INDIVIDUALS OF HUNZA" by SHAHIDA AHMED** has been approved for submission to the department of Professional Psychology, Bahria University, Islamabad.

**Ms. AMIRA AMJAD**

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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!*

# ACKNOWLEDGMENT

*First and above all, I praise God, the almighty for providing me this opportunity and granting me the capability to proceed successfully. The path toward this dissertation has been circuitous. Its completion is thanks in large part to the special people who challenged, supported and stuck with me along the way. This journey would not have been possible without the support of my family, mentors and friends. To my family, thank you for encouraging me in all of my pursuits, who supported me emotionally and financially. I always knew that you believed in me and wanted the best for me. My gratitude goes to Dr. Uzma Masroor, Head of Department for allowing me the space and freedom I needed to work and for continued support and guidance from day one. I would like to thanks my supervisor Ms. Amira Amjad for the patient guidance, encouragement and advice she has provided throughout my time as her student. I have been extremely lucky to have a supervisor who cared so much about my work and who responded to my questions and queries so promptly. I am thankful to all the authors for permitting me to use instruments. I am particularly thankful for the help and advice of Dr. Noshi Iram Zaman and Ms. Shazia Yusuf, without whom the learning curve would have been very much steeper.*

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**SHAHIDA AHMED**

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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 |

# LIST OF ANNEXURES

**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.