



**CHILDHOOD EMOTIONAL NEGLECT, LONELINESS, AND
MALADAPTIVE DAYDREAMING IN UNIVERSITY
STUDENTS**

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BS Psychology

By

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**SCHOOL OF PROFESSIONAL PSYCHOLOGY BAHRIA
UNIVERSITY - ISLAMABAD CAMPUS (E-8)**

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DECLARATION OF AUTHENTICATION

We certify that the research work presented in this research project, to the best of my knowledge, is our own. All the sources used, and any help received in the preparation of this thesis have been acknowledged. We hereby declare that we have not submitted this material, either in whole or in part, for any other degree at this or any institution.

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Dedication

This thesis is dedicated to our mothers and all the women in our lives and our fathers, whose steadfast support ensured that we faced no obstacles and remained wholly committed to our academic journey.

Acknowledgement

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Abbreviations

ADHD	Attention Deficit Hyperactivity Disorder
ASD	Autism Spectrum Disorder
CTQ-SF	Childhood Trauma Questionnaire-Short Form
GAD	Generalized Anxiety Disorder
GPA	Grade Point Average
MDS-16	Maladaptive Daydreaming Scale-16 items
OCD	Obsessive Compulsive Disorder
R-SUD	Recovering from Substance Use Disorder
RULS-6	Revised UCLA Loneliness Scale-6 items

ABSTRACT

Maladaptive daydreaming is characterized by immersive, excessive daydreaming that often serves as a means of fulfilling unmet emotional needs. The present study aimed to investigate the impact of childhood emotional neglect and loneliness on maladaptive daydreaming among university students. Emotional neglect during childhood has been associated with various psychological difficulties in adulthood, including heightened vulnerability to maladaptive coping mechanisms such as excessive daydreaming. Similarly, loneliness has been identified as a significant factor contributing to the development of such behaviors. A sample of 300 undergraduate and graduate university students, aged 18 to 36 years, were recruited using a convenient sampling method. Data collection involved the use of three standardized measures: the Emotional Neglect subscale of the Childhood Trauma Questionnaire-Short Form (Bernstein et al., 2003), the Revised UCLA Loneliness Scale (Wongpakaran et al., 2020), and the Maladaptive Daydreaming Scale (Somer et al., 2016c). Correlational analysis revealed significant positive relationships between childhood emotional neglect, loneliness, and maladaptive daydreaming. Regression analysis indicated that both childhood emotional neglect and loneliness were significant positive predictors of maladaptive daydreaming. These findings underscore the importance of addressing unresolved emotional needs and loneliness in interventions aimed at reducing maladaptive daydreaming. For future research, it is recommended that researchers evaluate the impact of maladaptive daydreaming on academic achievement to better understand maladaptive daydreaming in a university setting.

Keywords: *Childhood Emotional Neglect, Loneliness, Maladaptive Daydreaming, University Students*