

VULNERABILITY TO PSYCHOLOGICAL SYMPTOMS AMONG
ADOLESCENT BOARDERS AND NON-BOARDERS

By

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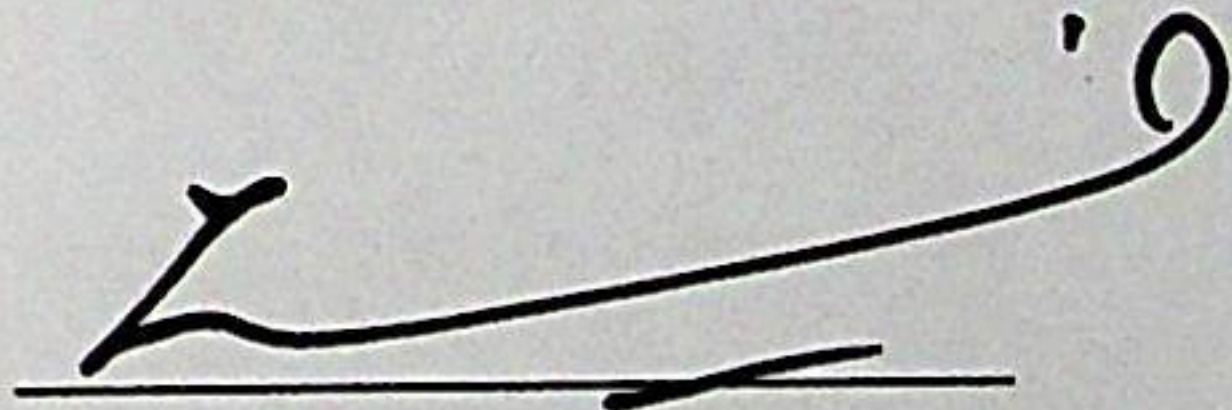
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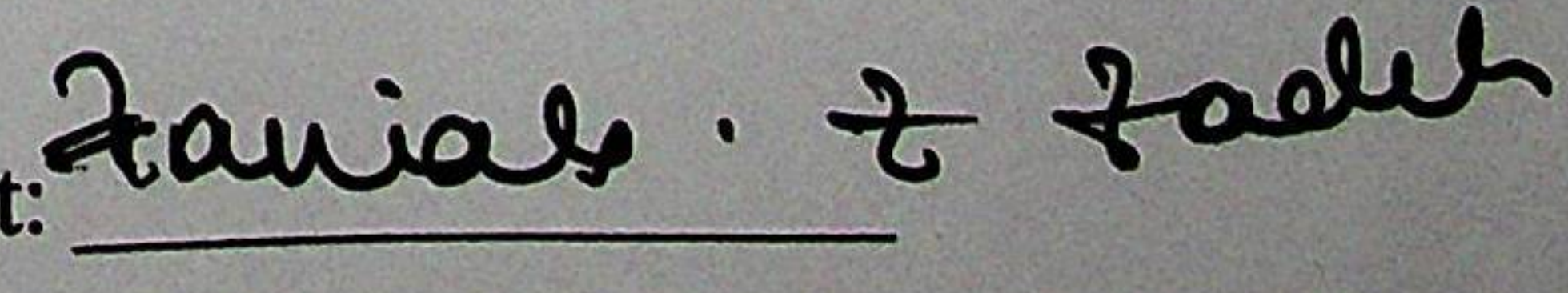
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TABLE OF CONTENTS

| | |
|------------------------|------|
| COPYRIGHT----- | i |
| APPROVAL SHEET----- | ii |
| AUTHENTICATION----- | iii |
| ACKNOWLEDGMENT----- | iv |
| DEDICATION----- | vii |
| TABLE OF CONTENTS----- | viii |
| ABSTRACT----- | xvi |

CHAPTERS

1. INTRODUCTION

| | |
|-------------------------------------|----|
| 1.1 Background of the Research----- | 1 |
| 1.2 Problem Statement----- | 8 |
| 1.3 Research Objectives----- | 8 |
| 1.4 Research Questions----- | 9 |
| 1.5 Significance of the Study----- | 9 |
| 1.6 Structure of the Thesis----- | 11 |
| 1.7 Definitions of Key Terms----- | 13 |
| 1.8 Summary----- | 15 |

2. LITERATURE REVIEW

| | |
|---|----|
| 2.1 Types of Schooling in Pakistan----- | 16 |
| 2.2 Types of Private Schooling----- | 18 |

| | | |
|---------|--|----|
| 2.2.1 | Definition of Boarding School----- | 18 |
| 2.2.1.1 | Typical Characteristics of Boarding School--- | 18 |
| 2.2.2 | Definition of Non-boarding School----- | 20 |
| 2.3 | Effects of Non-boarding School on Students ----- | 20 |
| 2.3.1 | Positive Effects of Non-boarding School on Students | 20 |
| 2.3.2 | Negative Effects of Non-boarding School on Students | 23 |
| 2.4 | Historical Overview of Boarding Schools----- | 24 |
| 2.5 | Effect of Boarding School Effects of Non-boarding School on Students----- | 25 |
| 2.5.1 | Positive Effects of Boarding School on Children----- | 27 |
| 2.5.2 | Negative Effects of Boarding School on Children----- | 29 |
| 2.6 | Issues of Being a Boarding Student----- | 32 |
| 2.6.1 | Enculturation of Role Control----- | 32 |
| 2.6.2 | Psychological Well-Being----- | 33 |
| 2.6.3 | Boarding School, a Total Institution----- | 34 |
| 2.6.4 | Homesickness----- | 35 |
| 2.7 | The Long-Term Impact of Boarding School----- | 38 |
| 2.8 | Psychological Events leads to the Boarding School Syndrome-- | 41 |
| 2.8.1 | Hidden Trauma----- | 41 |
| 2.8.2 | Bereavement----- | 42 |
| 2.8.3 | Captivity----- | 44 |
| 2.9 | Summary----- | 45 |

3. THEORETICAL FRAMEWORK

| | |
|--------------------------------|----|
| 3.1 Attachment Theories----- | 46 |
| 3.2 Contemporary Theories----- | 47 |
| 3.3 Hypotheses----- | 50 |
| 3.4 Summary----- | 51 |

4. METHODOLOGY

| | |
|--|----|
| 4.1 Research Design----- | 52 |
| 4.2 Participants----- | 52 |
| 4.3 Measures----- | 53 |
| 4.3.1 Consent Form----- | 53 |
| 4.3.2 Demographic Form----- | 53 |
| 4.3.3 Depression, Anxiety and Stress Scale (DASS)----- | 54 |
| 4.4 Procedure----- | 54 |
| 4.5 Ethical Consideration----- | 55 |
| 4.6 Summary----- | 56 |

5. RESULTS

| | |
|---|----|
| 5.1 Demographics of the Participants----- | 57 |
| 5.2 Reliability Analysis----- | 59 |
| 5.3 Independent Sample t-test----- | 60 |
| 5.4 Summary----- | 67 |

6. DISCUSSION

| | |
|-----------------------|----|
| 6.1 Conclusion----- | 74 |
| 6.2 Implications----- | 75 |

6.3 Limitations and Recommendations----- 76

REFERENCES----- 77

APPENDIXES

| | |
|---|----|
| A. Research Permission Letter----- | 88 |
| B. Permission from the Author of the Test----- | 89 |
| C. Consent Form----- | 90 |
| D. Demographic Form----- | 92 |
| E. Depression, Anxiety and Stress scale (Urdu Version)----- | 94 |
| F. Turnitin Originality Report----- | 95 |

LIST OF TABLES

| | |
|---|----|
| Table 1 – Demographics of the Sample Population for Total Number of Participant (n=100) ----- | 57 |
| Table 2 – Descriptive Statistics and Cronbach’s Alpha of Depression, Anxiety and Stress Scale (n=100) ----- | 59 |
| Table 3 – Independent Sample t-test for the Difference in the Symptoms of Depression among Adolescents Male Boarders and Adolescents Male Non-Boarders-- ----- | 60 |
| Table 4 – Independent Sample t-test for the Difference in the Symptoms of Anxiety among Adolescents Male Boarders and Adolescents Male Non-Boarders----- | 61 |
| Table 5 – Independent Sample t-test for the Difference in the Symptoms of Stress among Adolescents Male Boarders and Adolescents Male Non-Boarders- ----- | 62 |
| Table 6 – Independent Sample t-test for the Difference in the symptoms of Depression among Adolescents Female Boarders and Adolescents Female Non- Boarders----- | 63 |
| Table 7 – Independent Sample t-test for the Difference in the Symptoms of Anxiety among Adolescents Female Boarders and Adolescents Female Non-Boarders----- | 64 |
| Table 8 – Independent Sample t-test for the Difference in the Symptoms of Stress among Adolescents Female Boarders and Adolescents Female Non-Boarders----- | 65 |

Table 9 – Independent Sample t-test for the Difference in the Symptoms of Depression, Anxiety and Stress among the Adolescents Female Boarders and Adolescents Male Boarders----- 66

ABSTRACT

The purpose of the study was to examine the vulnerability to the symptoms of depression, anxiety and stress among adolescent boarders and non-boarders. It was hypothesized that male adolescents who receive education from boarding schools will be more vulnerable to the psychological symptoms than male adolescents who receive education from non-boarding schools. The second hypothesis was that female adolescents who receive education from boarding schools will be more vulnerable to the psychological symptoms than female adolescents who receive education from non-boarding schools. Moreover, it was also hypothesized that female adolescents who receive education from boarding schools will be more vulnerable to the psychological symptoms than the male adolescents who receive boarding education.

The purposive sampling was used to select the total sample of 100 male and female participants which further divided into boarders (n=50) and non-boarders (n=50) from different schools of boarding and non-boarding education system. The age group of participants was between 13-18 years, belonging to ninth standard to intermediate. Depression, anxiety and stress scale (DASS) was administered after administering the informed consent and demographic form. The obtained result was analyzed using Statistical Package for Social Sciences – 20 (SPSS-20).

The statistical analysis of the results showed a significant difference at $P=0.00$ level, which indicates highly significant results that both male and female adolescents at boarding schools are more vulnerable to the psychological symptoms which includes depression, anxiety and stress as compared to non-boarding students.

Moreover, the result indicates that vulnerability to symptoms of depression, anxiety and stress is equal in the adolescent male boarders and adolescent female boarders. Hence, it can be concluded that there is significant difference in vulnerability to psychological symptoms among adolescent boarders and non-boarders. Overall the findings of the present study are significant and for the future researches implications, limitations and recommendations are also provided.