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A COMPARATIVE STUDY OF STRESS LEVEL BETWEEN YOUNG ADULT PET OWNERS AND NON-PET OWNERS

A thesis
Presented to
The Institute Of Professional Psychology,
Bahria University, Karachi Campus

In Partial Fulfillment
Of the Requirements for the
Degree Bachelor of Science
(BS) Psychology

By

**ASHFAQ AHMED
FOZIA ABDUL WAHID
KHANSA BAKHTAWAR BATOOL
MAHVESH FATIMA
&
MARIA MUKHTIAR**

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INSTITUTE OF PROFESSIONAL PSYCHOLOGY
BAHRIA UNIVERSITY, KARACHI CAMPUS
APPROVAL SHEET
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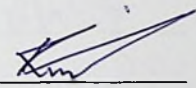
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ABSTRACT

The aim of this study was to compare the stress level of pet owners and non-pet owners. Perceived Stress Scale (PSS) (Cohen, 1994) was used to measure the level of perceived stress in individuals. The sample included 100 participants aged between 18 to 27 years, divided into two groups of 50 participants each, the pet owners and non-pet owners, selected through purposive sampling and from local colleges and universities. The results indicated a significant difference between the stress level of pet owners and non-pet owners. Furthermore, no significant difference was observed among the stress levels of pet owners on the basis of the type of pet and the amount of quality time they spent with the pet. The study has clinical implications for therapeutic and intervention strategies to be used with people suffering from stress disorders.