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Discipline: Clinical Psychology (M.S.)

Faculty/Department: Institute of Professional Psychology

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Principal Supervisor: _Fauzia F. Tauheed_

Date: _29|5|2018_

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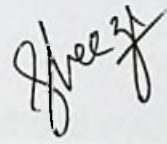
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DECLARATION OF AUTHENTICATION

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

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DEDICATION

This study is dedicated to my Parents, my elder brother Muhammad Saad and my inspirational mentor in this field of Psychology Professor. Dr. Zainab Zadeh, without them none of this would be possible. Their unconditional support and undying love for me led to the completion of this thesis.

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ABSTARCT

Forgiveness and gratitude are positive psychology characteristics that are associated with psychological wellbeing. The present study examined the relationship of forgiveness and gratitude with psychological wellbeing among institutionalized Females with domestic violence. It also studied the effectiveness of these variables in predicting psychological wellbeing. The participants of the study were selected on the basis of purposive sampling. A semi structured demographic form was used to select the sample for study. A total sample of 50 female participants, between the ages ranges of 21 to 30 were taken from Sarim Burney Trust. The participants completed three self report questionnaires; The Gratitude Questionnaire (GQ-6; McCullough e al., 2002), The Heartland Forgiveness Scale (HFS; Thompson, 2005) and Ryff's scale of Psychological Well Being (1989). The results obtained from all the participants were then quantitatively analyzed by using (SPSS, Version 22).Finding revealed that gratitude and forgiveness were both positively related with psychological well being (r=.696, p<0.01), (r=.574, p<0.01) respectively. The correlation between forgiveness and gratitude were also found significantly positive (r=.537, p<0.01). In addition, Regression coefficient indicated that both variables increase psychological wellbeing to a moderate level. The result imply that forgiveness and gratitude can be effectively used in psychotherapy and counseling among female with domestic violence to enhance their well being.