RELEGIOUS COPING STRATEGIES AS CORRELATE OF MARITAL SATISFACTION AMONG WOMEN FROM LOW INCOME GROUP

By:

SANA MEHBOOB

A Thesis

Presented to Bahria University, Islamabad In partial fulfillment of the requirements for the degree of Masters of science

Clinical Psychology

i

BAHRIA UNIVERSITY, KARACHI

APPROVAL SHEET

SUBMISSION OF HIGHER RESEARCH DEGREE THESIS

Candidates Name: Sana Mehboob

Discipline: Clinical Psychology (MS)

Faculty/ Department: Institute of Professional Psychology (IPP)

I hereby certify that the above candidates' work, including the thesis, has been completed to my satisfaction and that the thesis is in a format of an editorial standard recognized by the faculty/department as appropriate for examination.

Signature:

Supervisor: <u>ferrals.</u> & facelet Date: <u>30-09-2016.</u>

The undersigned certifies that:

1. The candidate presented at a pre-completion seminar, an overview and synthesis of major findings of the thesis, and that the research is of a standard and extent appropriate for submission as a thesis.

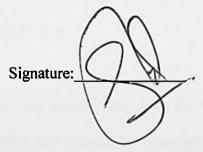
2. I have checked the candidate's thesis and its scope. Format and editorial standards are recognized by the faculty/department as appropriate.

Signature:

Dean/Head of Faculty/Department: <u>Jourials 7 Jorder</u> Date: <u>30 - 07 - 2016</u>.

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 has been acknowledged. I hereby declare that I have not submitted this material, either in whole or in part, for any other degree at this or any other institution.



ACKNOWLEGDEMENT

In the name of Allah the most Mercifuland Beneficent First and Foremost is to ALLAH, the Almighty, and the greatest of all, on whom ultimately we depend for substance and guidance. I Am gratified to the Supreme entity of Allah without whose command, not even a leaflet grows. He has been more beneficent towards me than I ever imagined.

This thesis appears in its current form due to the assistance and guidance of several people. I therefore like to offer my sincere thanks to all of them.

I am very grateful of my director, supervisor, my mentor, Dr.Zainab Zadeh. She has worked as hard on this thesis as I have, and I am positive that without her precious efforts this would not have been accomplished. She has been a beacon of inspiration and strength for me, thank you for the trust, and your support during the whole period of the study, and especially for your patience and guidance during writing process.

I'd also like to express utmost thankfulness to my parents, and appreciate my parents for their material and spiritual support in all aspects of my life specially my father who stood by me through the course of this research and my siblings they supported me morally and mentally, whenever I needed it.

I would also like to thank my friends who have been an unflinching support and help for me.

DEDICATION

I owe everything to my family who encouraged me at every stage of my life and long to see achievement come true. Hence, I dedicate this work to my sincere and generous father, MEHBOOB SHAH for support words aren't enough to express the wisdom, love and support that you've given me. You have always been there for every decision I have made and helped me make my dreams come to a reality. I hope I make you proud one day. I would also like to dedicate this work to my mother.

TABLE OF CONTENTS

COPYRIGHT	ii
APPROVAL SHEET	iii
AUTHENTICATION	iv
ACKNOWLEDGEMENT	v
DEDICATION	vi
TABLE OF CONTENTS	vii
LIST OF TABLES	x
ABSTRACT	xi

CHAPTERS

ODUCTION

1.1 Background of the Research	
1.2 Problem statement	
1.3 Objectives of research	14
1.4Outline of thesis	14
1.5 Definition of key terms	15

2.LITERATURE REVIEW	 6

LIST OF TABLES

Page

Table

1. Descriptive Statistics	32
2. Demographic Table: Age	34
3. Demographic Table: Education	35
4.Demographic Table: Monthly Income	36
5. Demographic Table: Year of being Married	37
6. Correlation	38
7. Summary	39

ABSTRACT

The aim of this research was to investigate the effect of religious coping strategy as a correlate of marital satisfaction in women of low income group. This survey based research shed some light on how religious coping strategy can play an important role in marital satisfaction. It was hypothesized that positive religious coping will be positively related to marital satisfaction and negative religious coping will be inversely related to marital satisfaction in women in a low income group. The participants in this research were women of Karachi belonging to the low income group who have been married for atleast five years. A total of 105 participants were selected for present study, and 25 females were selected from a psychiatric hospital while other 80 women were approached in a village of Karachi by applying method of convenient sampling. Kansas Marital satisfaction scale (Schumm, Nichols, Schectman, and Grigsby, 1983) was used to investigate the level of satisfaction amongst the participants while their religious coping level was assessed through the B-RCOPE scale by Khan and Watson, 2006. Pearson correlation coefficient was used analysis data by implementing SPSS for performing better statistics. Results suggested a positive relationship in positive religious coping and marital satisfaction.