



# ABSTRACTS BOOK

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2022



**1<sup>st</sup> International Conference**  
**Contemporary World:**  
**Challenges and Transformations**  
**13<sup>th</sup> October, 2022**

**EDITOR IN CHIEF**  
Prof. Dr. Anila Kamal  
Vice Chancellor  
Rawalpindi Women University

**FACULTY OF HUMANITIES AND SOCIAL SCIENCES**  
**RAWALPINDI WOMEN UNIVERSITY**

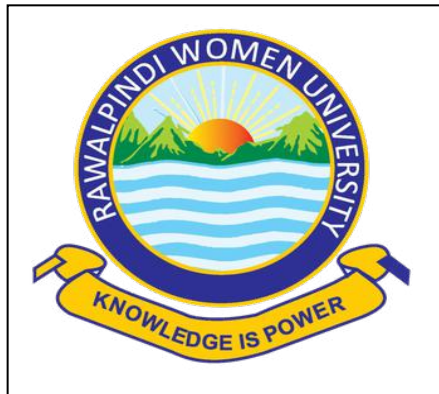
6<sup>th</sup> Road Satellite Town, Rawalpindi, Pakistan





**1<sup>st</sup> International Conference on  
Contemporary World: Challenges and Transformations**

**October 13<sup>th</sup>, 2022**



**Organized by**

**Rawalpindi Women University, Rawalpindi  
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## About the Conference

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Modern Era has brought revolutionary changes in the lives of the inhabitants of the earth-globe. Material progress is so fast that future of mankind is unpredictable. Apart from the scientific progress the role of social scientists is a bit questionable, whether they too are seeking solutions of the challenges of the modern developments or are confused with the upcoming situations.

Rawalpindi Women University, is hosting an International Conference 2022, titled: Contemporary World: Challenges and Transformations to initiate discussion on the core social issues, lying dormant in the era of rapid progress. It is a multi-disciplinary conference, aims to cover multiple themes placed under the umbrella of Humanities and Social Sciences. It will provide a premier platform for researchers, practitioners and scholars, across the disciplines, to share their lived experiences, observations and reflections in the fields of Fine Arts, Political Science, English Literature and Language, and Psychology. It is intended to maneuver discourses on the innovations, trends, and concerns along with practical challenges encountered and solutions adopted in the Contemporary World. Abstracts of the papers on original and unpublished research work were invited covering diverse themes of all these disciplines, to be presented in the conference. These abstracts were submitted after blind review by the scientific committee and will be published in the Abstract Bok of the conference.

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## About Rawalpindi Women University

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Rawalpindi Women University (RWU) was upgraded from Government Post Graduate College, established in 1951, Satellite Town, Rawalpindi, as University on August 26th, 2019. RWU was established under the Rawalpindi Women University Act XXIX of 2019 dated 13th December, 2019. RWU has a glorious tradition of academic excellence from the time of its inception as a college. RWU aims to produce young professionals in leading fields of Arts and Humanities, Sciences, Social Sciences, Information Technology / Computer Science and Business and Administrative Sciences. It is also the house of one of the oldest Schools of Art and Design in Pakistan. RWU promises a robust and diverse learning culture, skilled based / hands-on experience with equally vital training in Sports and Co-curricular activities. RWU envisions the empowerment and grooming of young girls of the region. Currently, our student population is around 4500 females, majority of the students come from the city of Rawalpindi and others from adjacent areas of the city. The aim is to provide them with an environment which will support their academic growth for their future professional development with the ever living national consciousness and deep-rooted love for moral and human values. Women are the most important human resource of our country and only the right decisions at the right moment will play a vital role in raising Pakistan to new heights.

Under the dynamic leadership of the Vice Chancellor, the faculties and the young staff members are motivated the vision of providing quality education to the women of twin cities. RWU has achieved its endeavors landmarks to function as a university by recruiting University management and highly qualified faculty. RWU awed at the responsibility and simultaneously excited to work with the ambitious young and experienced faculty of RWU, with a shared vision and mission to raise the stature of this budding university as a significant actor in this digitally networked and knowledge-based economy. In continuation of its long-standing history, RWU has 15 undergraduate disciplines and soon we will launch post graduate programs in the coming years.

RWU is passing through unprecedented times and face multidimensional challenges in the period of transition and seeks to redefine its relationship with the broader community of Pakistani Universities, open new vistas of knowledge and advanced skills, and promote a research culture which is productive, progressive and aligned with national and international benchmarks. Through this conference, RWU is reaching out to other academic institutes to build a harmonious research culture.

Welcome to RWU and enjoy the conference.

## Message from the Vice Chancellor



The world is currently recovering and coping with the unprecedented challenges of the COVID-19 Pandemic. We all are now, more than ever, aware of our contribution to the community. As a social scientist and a psychologist, I have always been an advocate of a cohesive society. However, modern day challenges require extraordinary and un-conventional approaches to transform our society into a safe haven for ourselves and for our next generations. This initiative of humanities and social science multidisciplinary conference is Rawalpindi Women University's effort to work together to resolve common issues. As the Chief Organizer and Vice Chancellor of Rawalpindi Women University, with immense pleasure and gratitude I welcome you all to the 1<sup>st</sup> International Conference on Contemporary World: Challenges and Transformations.

As a host, Rawalpindi Women University, is proud to provide a platform for discussions on how best to harness our diversity towards building a confident, harmonious, and economically successful society. I fervently believe that these debates and discussion on the academic research outputs will ultimately put us on the road to recovery from the numerous challenges posed by the modern world.

As a first Vice Chancellor of this newly established university, I joined back in 2021 with a mission to inculcate research culture to enhance educational standards. I am proud to announce through this platform that our efforts of networking and collaborating with both national and international reputed institutions have borne fruit in the form this conference. I believe that these collaborations will enhance academic and research exposure to our budding researchers what standards we are aspiring to achieve particularly indigenous topics. Through this platform, I would like to encourage our scholars, researchers and students to actively participate and discuss views and opinions, answer and debate policy-relevant issues and produce academic research outputs.

I would like to take this opportunity to acknowledge and highlight the approximately seventy years history of Rawalpindi Women University. It is, without doubt, a rising star among the universities in Pakistan. Originally the institution was established in 1951 as a college which was selected as the topmost college of Punjab for the commencement of BS honors classes. In just three years since its inception in December 2019, RWU has strived to achieve top placements for its graduating students. This institute has a long tradition of scholars achieving high professional standards in the society, this university is an alma mater of numerous accomplished scholars and admirably productive members of society who are serving in prestigious positions in multiple fields. I have the honor to be one of the alumni of this university. Having said that, I am pleased to announce that Rawalpindi Women University is going to launch its Alumni Association and this association will be serve as a reconnecting platform for our esteemed alumna.

With its long-standing history of producing remarkable academicians, scholars, scientists, and researchers I can say it with utmost certainty that RWU will continue play its trailblazing role that will make long-term impactful contributions in Pakistan and abroad! This conference is going to prove a steppingstone in this venture.

*Good luck to all presenters and enjoy the conference!*

*Thank you.*

**Prof. Dr. Anila Kamal**  
**Vice Chancellor / Chief Organizer**  
**Rawalpindi Women University**

## Message



On behalf of the Department of English, I warmly welcome you to 1st International Conference on Contemporary World: Challenges and Transformations on 13th October, in the newly emerging University – Rawalpindi Women University.

The year 2022 is very special to Rawalpindi Women University. In this year we got an opportunity to bring together domain experts, researchers, scientists, Professors, industry representatives, postdoctoral fellows, and students from around the country, providing them with all the ammunition to develop the scientific research further in the field of social sciences. The conference themes for the English department - Literature in the Contemporary World, Emerging Trends in Contemporary Linguistics, Pedagogy and Andragogy in the Transformed Contemporary World, and Discourse Analysis have been chosen carefully to mark a milestone in the world of academia. We are privileged to be hosts of this important conference.

Over the last 25 years, various higher educational institutions in the twin cities have made tremendous contributions in research, teaching and practice, resulting in impacts in many sectors of society. At this conference let us celebrate that Rawalpindi Women university along with its budding scholars and dedicated faculty members is determined to play its part in the coming years. Additionally, our future vision is to create even greater value to all corners of the field of social sciences. This conference will be one for us to share our thoughts and exchange ideas on how to chart our journey forward to reach new heights.

We have an exciting program at this conference from the platform of English department that will allow members to reflect upon and celebrate our past accomplishments, renew friendships, and extend our networks, and jointly explore current and future research directions. We hope that you will have a productive and fun-filled time at this very special conference.

To put a conference of this magnitude together is not a small task. To that end, we owe special gratitude to Prof. Dr. Munaza Yaqoob, and Prof. Dr. Raja Naseem Akhtar to be with us as worthy keynote speakers. We are also thankful to Prof. Dr. Shaheena Ayub Bhatti, Prof. Dr. Sarwet Rasul, Prof. Dr. M. Umar Farooq, and Dr. Akifa Imtiaz for providing their wisdom and guidance as session chairs and co-chairs. We are thankful to judges of poster competition who made their presence possible by stretching their busy schedules. I would like to thank all of the sponsoring organizations for providing their generous financial support. The event would not have been possible without the administrative support of the faculty of English department. Lastly, we would like to thank all the conference participants for their contributions which are the foundation of this conference.

***Dr. Asma Zahoor***  
***Head of the Department***  
***English***



## Message

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On behalf of the Faculty and students of the Department of Fine arts, I want to extend my warmest greetings to all our worthy guests and all those attending the 2022 International conference on Contemporary World: Challenges and Transformations. We are honoured to be hosting you.

I hope that in addition to attending the conference, you are able to experience the cultural and recreational activities which our university will be offering. I, being part of the organizing committee believe that everyone involved in organizing the conference will ensure that your time with us and in the Historic City of Rawalpindi will be special.

Once again, welcome to Rawalpindi Women University, and I hope you enjoy the Conference.

***Ms. Shaheena Mir***  
***Head of the Department***  
***Fine Arts***

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## Message

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On behalf of program board, I welcome you to the 1<sup>st</sup> International Conference on Contemporary World: Challenges and Transformations organized by Rawalpindi Women University. I am thankful to Allah Almighty for giving us the courage and spirit to arrange this glorified event. We hope that with His blessings the success of this event will be a turning page for Rawalpindi Women University.

I would like to thank all the esteemed scholars and researchers for taking interest in the conference and sending us their papers.

Among the themes of the conference, the submitted and accepted papers highlighted two major themes (I) pluralism and ethnic conflict resolution, and (II) conventional and non-conventional security dynamics. Both themes emphasized issues faced by developing countries like Pakistan and are endangering human race in this era of globalization. The natural haphazard like phenomenon of climate change and other political, social and domestic issues like civil wars which are pushing many countries to fabricate the policies of co-existence as the need of the hour. Hence, we need to talk on these issues to be settled for a smooth run of state affairs. This event is just a piece of this effort.

I hope this institute will bring a positive change in our society and help to develop humanity on true basis. I am certain that this institute will make success be leaps and bounds. I want to thank all the people who put their efforts to develop this institute.

I pay special thanks to the session chairs, Prof. Dr. Nazeer Hussain and Prof. Dr. Amna Mahmood and session co-chair Prof. Dr. Syed Qandil Abbas. I also pay special gratitude to our key note speakers Prof. Dr. Zafar Iqbal and Prof. Dr. Muhammad Khan for sharing a part from their expertise and knowledge. I would like to express my thanks to all authors for their outstanding contributions and in particular the members of the program board for their competent evaluation of the large number of submissions. Likewise I would also like to express my appreciation to the program and awards committee, as well as to the invited chairs for their careful preparation of the invited sessions.

I am looking forward to meeting you in 1st International Conference of Rawalpindi Women University and to sharing a most pleasant, interesting and fruitful event.

***Dr. Fatima Gill***  
***Head of the Department***  
***Political Science***

## Message

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It is an immense pleasure to be one of the organizers of the 1<sup>st</sup> International Conference on “Contemporary World: Challenges and Transformations”. This conference will create a general platform at global level for sharing research ideas, strategies, best practices and innovation to cater the indigenous needs. The researchers from psychology has been conducting various studies to explore the current situation in family, social, educational and occupational settings. This conference will be a great opportunity to get feedback on current research practices and modifications needed to cater the changing scenario. Furthermore, it will also assist in discussing troublesome issues across a range of disciplines.

I hope this conference will create an opportunity to interact with different professionals and explore different research techniques. This will enhance the professional networking with diverse disciplines and career opportunities for students and faculty.

***Dr. Remona Salik***  
***Head of the Department***  
***Psychology***

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## PREFACE

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In the current scenario of increased population and industrialization, there is a dire need to address the issues of modern world through research. Towards expanding its engagements related to Research and Development, Rawalpindi Women University, Rawalpindi is going to organize 1<sup>st</sup> International conference on “Contemporary World: Challenges and Transformations” (CWCT-21<sup>st</sup> Century) on 13<sup>th</sup> October, 2022. The systematically designed conference themes will provide a wide array of professionals and students to come together with their visions for a better world. The diverse conference themes ranging from clinical psychology to adornment in Muslim and European art to beauty of aesthetic judgement, sought collaborative efforts of all stakeholders at both national and international level. In this spirit, the conference organizers aim to brainstorm ideas and come up with solutions to minimize the adverse impact of various challenges of the modern world.



Our chief organizer, worthy Vice Chancellor of Rawalpindi Women University; Prof. Dr. Anila Kamal envisioned to organize multidisciplinary conferences and gathering great minds at one place to discuss their latest research findings and collaborate to solve the trials of the modern world together. The connections between researchers and academicians through this conference will open new avenues of research and development fostering benefit of mankind. We welcome all the participants and dignitaries to Rawalpindi Women University. We are also thankful to our sponsors specially PHEC, PASTIC, PSF, RaysTech, Alpha-genomics and Bestway cement for their support in making this event successful.

**Dr. Motsim Billah**

*Conference Secretary (CWCT-21<sup>st</sup> Century)*

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## ACKNOWLEDGMENT

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Over the time, as a nation, we have realized that our resilience has no match and we can come out of the calamities and disasters stronger than ever. Earth quakes, floods, and the recent pandemic is a proof to our resilience. However, our resilience (God given or herd immunity) is of no excuse to not take care of our mental health. The stigmas associated with mental health are drowning us and we are un aware of its impacts. Mental health issues emerge post calamities and we should be embrace ourselves for both post COVID-19 and the recent unprecedented floods impact.

This conference provides us a very fortunate opportunity to align ourselves on a page where together we can advocate the importance of mental health and how as academicians, researchers, scholars, and policy makers we can play our role. Scholarly papers who will be discussing the major themes of the conference, show a very promising future for mental health and interdisciplinary research. It is with this spirit; I encourage all participants to elaborate their discussions from methodological point to views to solution focused approaches. Rawalpindi Women University envisions this conference as a stepping stone for future policy driven researches on indigenous topics.

I would like to thank all the members of the scientific community who have shown interest in this conference and sent their papers. I am glad to be provided with an opportunity to witness the visionary leadership of our worthy Vice Chancellor, Rawalpindi Women University and success of this conference in the form of interest of our esteemed members of the academic fraternity, speaks volume of her cadre and accolades as a psychologist, social scientist, and the first Vice Chancellor of Rawalpindi Women University.

I, along with my team of the conference, is looking forward to welcoming our speakers and scholars to this conference.

**Dr. Rayna Sadia**  
*Conference Secretary*

## Conference Schedule

08:00 - 08:30	<b>Registrations (confirmation)</b>
08:30 - 08:45	Guests to be seated
08:45 - 09:00	Arrival of Chief Guest
09:00 - 10:30	<b>Inaugural session</b>
09:00 - 09:05	Recitation from Holy Quran
09:05 - 09:10	National Anthem
09:10 - 09:20	<b>Welcome Address by:</b> Prof. Dr. Anila Kamal Vice Chancellor, Rawalpindi Women University, Rawalpindi
09:20 - 09:30	<b>Address by:</b> Dr. Neils Hegewisch, Country Director, Friedrich Ebert Stiftung Pakistan
09:30 - 09:40	<b>Keynote Address:</b> Prof. Dr. Jahanzeb Khan Vice Chancellor, FATA University
09:40 - 09:50	<b>Keynote Address:</b> Prof. Dr. Anis Ahmed (SI) Vice Chancellor, Riphah International University, Islamabad
09:50 - 10:00	<b>Remarks by Chief Guest:</b> Prof. Dr. Shahid Munir Chairman Punjab Higher Education Commission (PHEC)
10:00 - 10:15	Shield Distribution to the Chief Guest & Keynote Speakers by Prof. Dr. Anila Kamal Vice Chancellor, Rawalpindi Women University, Rawalpindi
10:15 - 10:25	Group Photo
10:25 - 11:00	<b>Tea Break</b>
11:00- 01:00	<b>Parallel Sessions</b>
	Session Ia: Psychology (Fatima Hall)
	Session Ib: Psychology (CR201-Block A)
	Session Ic: Fine Arts (Webinar Room-Sheikh Rasheed Block)
	Session Id: Political Science (Room 303-Sheikh Rasheed Block)
	Session Ie: English (Room 403-Sheikh Rasheed Block)
11:00 - 12:30	<b>Posters Display</b>
	English (Gallery 4 <sup>th</sup> Floor- Sheikh Rasheed Block)
	Psychology (CR201-Block A)
01:00 - 02:00	<b>Lunch &amp; Namaz Break</b>
02:00 - 04:00	<b>Parallel Sessions</b>
	Session IIa: Psychology (Fatima Hall)
	Session IIb: Fine Arts (Webinar Room-Sheikh Rasheed Block)
	Session IIc: English (Room 403-Sheikh Rasheed Block)
04:00 - 04:30	<b>Concluding Ceremony</b>
04:00 - 04:10	Concluding remarks by Prof. Dr. Muhammad. Ali Vice Chancellor, Quaid-i-Azam University, Islamabad
04:10 - 04:20	Note of thanks by Prof. Dr. Anila Kamal Vice Chancellor, Rawalpindi Women University, Rawalpindi
04:20 - 04:30	Shields Distribution
04:30 - 05:00	Tea for distinguished guests

**Session Ia Psychology (Fatima Hall)**

**11:00 am – 01:00 pm**

**Themes:** Traumatic Experiences and Psychological Wellbeing  
Feminism: Current Challenges

**Chair:** Prof. Dr. Tahir Khalily

*Shifa Tameer-i-Millat University, Islamabad*

**Co-Chair:** Prof. Dr. Anis-ul-Haque

*Department of Psychology*

*National University of Modern Languages, Islamabad*

Time	Keynote Talk
11:00 am – 11:10 am	<b>Climate Change and Psychological Reactions: An Indigenous Framework for Dealing the Challenges</b> Prof. Dr. Rubina Hanif. ( <i>Director, NIP, Quaid-i-Azam University, Islamabad</i> )

Time	Oral Presentations
11:10 am - 11:18 am	<b>Psychological Distress and Sexual Dysfunction Among Women: Dynamics Across Pre-, Peri-, and Post menopause</b> Altaf, F., Naqvi, I., & Sahar, N. ( <i>Quaid-i-Azam University, Islamabad</i> )
11:18 am - 11:26 am	<b>Impact of Self Efficacy and Emotional Regulation on Mental Health Among Women Suffering from Breast Cancer</b> Parveen, M., & Iqbal, N. ( <i>International Islamic University, Islamabad</i> )
11:26 am- 11:34 am	<b>Dancing the Gaslight Tango: Personality Traits and Broken Mirror Image Syndrome among Married Individuals</b> Hassan, A., Iqbal, N., & Hassan, B. ( <i>International Islamic University, Islamabad</i> )
11:34 am - 11:42 am	<b>The Relationship of Stress Appraisal, Health Anxiety and Psychological Health Among University Students During Covid 19 Pandemic</b> Nawaz, A., Kausar, M., & Shafique, F. ( <i>International Islamic University, Islamabad</i> )
11:42 am - 11:50 pm	<b>Moderating Role of Self-esteem between Traumatic Events and Internalized Shame among Retired Army Officers</b> Shehzad, G., & Ahsan, S. ( <i>Foundation University School of Science and Technology, Islamabad</i> )
11:50 pm - 11:58 pm	<b>Phenomenon of Touch among Female youth of Pakistan: An Exploratory Study</b> Khattak, N. S., Sohail, A., & Arooj, N. ( <i>National University of Medical Sciences, Islamabad</i> )
11:58 pm - 12:06 pm	<b>Childhood Traumas; A Leading Cause of Substance Use Among Young Adults in Pakistan</b> Sikandar, Z., Hanif, R., & Sadia, R. ( <i>Riphah International University, Islamabad</i> )
12:06 pm - 12:14 pm	<b>Qualitative Exploration of Attitude Towards Online Feminist Discourse in Pakistan</b> Khalid, Z., Naqvi, I., & Sabir, S. ( <i>Quaid-i-Azam University, Islamabad</i> )
12:14 pm - 12:22 pm	<b>Perceived Similarity with Victims of Sexual Harassment, Empathy and Victim Blaming in Young Women</b> Younus, T., & Malik, F. ( <i>University of the Punjab, Lahore</i> )
12:22 pm -	<b>Associations between Cyberchondria, Psychological Distress, Self-esteem,</b>

12:30 pm	<b>Fear of COVID-19, Age and Gender: A Moderation Analysis</b> Mustafa, N., Kiani, S., & Javed, S. ( <i>GHQ, Rawalpindi</i> )
12:30 pm – 12:38 pm	<b>Impact of Adverse Childhood Experiences on Mental Health of Young Adults</b> Raheem, F., Masood, S., & Mazhar, S. ( <i>Quaid-i-Azam University, Islamabad</i> )
12:38 pm – 01:00 pm	Q & A Session Session Concluding Remarks by <i>Session Chair and Co-Chair</i> Shield and Certificates Distributions

**Session Ib Psychology (CR201-Block A)**

**11:00 am – 01:00 pm**

**Themes:** Family Dynamics Roles, Communications and Adjustment  
Parenting Practices with Modern Gadgets  
Educational Transformations and Challenges

**Chair:** Brig. Prof. Dr. Tanvir Akhtar

*Department of Psychology  
Foundation University School of Science and Technology  
Rawalpindi*

**Co-Chair:** Dr. Sobia Masood

*National Institute of Psychology  
Quaid-i-Azam University  
Islamabad*

Time	Keynote Talk
11:00 am – 11:10 am	<b>The School Bullying Research Program: How and why has it Developed?</b> Prof. Dr. Peter K. Smith. ( <i>Goldsmith, University of London, UK</i> )

Time	Oral Presentations
11:10 am – 11:18 am	<b>Spillover of Marital Satisfaction into Mother-Child Relationship among Menopausal Women</b> Riaz, N., Iqbal, N., & Iram, H. ( <i>Rawalpindi Women University, Rawalpindi</i> )
11:18 am – 11:26 am	<b>Posttraumatic Growth, Coping and Psychological Distress among Bereaved Parents</b> Bibi, M., & Kazmi, F. ( <i>Hazara University, Mansehra</i> )
11:26 am – 11:34 am	<b>Perceived Parenting Styles and Marital Adjustment in Married Women: Intervening Role of Self- Silencing</b> Arif, A., Kalsoom, S., Faran, M., & Arif, F. ( <i>University of Management and Technology, Lahore</i> )
11:34 am – 11:42 am	<b>Parenting Styles, Academic Motivation and Future Orientation among University Students</b> Jan, F., & Salik, R. ( <i>Rawalpindi Women University, Rawalpindi</i> )
11:42 am – 11:50 am	<b>Factors affecting Infertility-related Stress, Marital Satisfaction, and Family and Social Support among Infertile Individuals</b> Tabassum, A., Sadia, R., Khan, S., & Fatima, Z. ( <i>Riphah International University, Islamabad</i> )



11:50 am - 11:58 am	<b>Perceived Parental Conflict and Psychological Needs among Children and Adolescents</b> Ishaq, I., & Kausar, N. ( <i>University of Gujrat, Gujrat</i> )
11:58 am - 12:06 pm	<b>Role of Technology Use and Technoference in Family Functioning</b> Imtiaz, A., & Jami, H. ( <i>Quaid-i-Azam University, Islamabad</i> )
12:06 pm - 12:14 pm	<b>Gaming Addiction as predictor of Aggression and Academic Performance among Young Adolescents.</b> Amir, E., Khan, A., Adil, A., & Niazi, S. ( <i>University of Sargodha, Sargodha</i> )
12:14 pm - 12:22 pm	<b>Exploring Cyberchondria and Health Anxiety among University Students: Mediating Role of Metacognitive Beliefs</b> Sabir, S., Naqvi, I., & Khalid, Z. ( <i>Quaid-i-Azam University, Islamabad</i> )
12:22 pm - 12:30 pm	<b>Effects of Online Learning Experience, Cognitive Presence and Psychological Well-Being Among University and College Students During Pandemic</b> Riaz, A., Zaman, K. ( <i>National University of Modern Languages, Islamabad</i> )
12:30 pm - 12:38 pm	<b>A Study on Marital Satisfaction Among Pakistani Women; Role of Dowry and Demographics</b> Habiba, U., & Kamal, A. ( <i>Quaid-i-Azam University, Islamabad</i> )
12:38 pm - 12:46 pm	<b>Impact of Internet Addiction on Aggression among University Students: Moderating Role of Self Control</b> Akbar, F., & Ahsan, S. ( <i>Foundation University School of Science and Technology, Islamabad</i> )
12:46 pm - 12:54 pm	<b>Stress Management Competencies of Principals in Public Sector Colleges: An Analytical Study</b> Riaz, M. ( <i>Rawalpindi Women University, Rawalpindi</i> )
12:54 pm - 01:02 pm	<b>Sports Anxiety, Emotional Intelligence and Quality of Life Among University Athletes</b> Parveen, A., Khan, J. M., & Fazaldad, G. ( <i>International Islamic University, Islamabad</i> )
01:02 pm - 01:10 pm	<b>Impact of Suppressed Thoughts and Emotional Regulation on Body Focused Repetitive Behaviors in Young Adults</b> Siddique, B., Bashir, R., Kazmi, F., & Khattak, S. ( <i>Hazara University, Mansehra</i> )
01:10 pm - 01:20 pm	Q & A Session Session Concluding Remarks by <i>Session Chair and Co-Chair</i> Shield and Certificates Distributions

**Session Ic Fine Arts (Webinar Room-Sheikh Rasheed Block)**

**11:00 am – 01:00 pm**

**Themes: Adornment in Muslim Art & Architecture**  
**European Art**

**Chair:** Prof. Dr. Mamoona Khan

Chairperson Department of Fine Arts,  
Fatima Jinnah Women University, Rawalpindi

**Co-Chair:** Prof. Dr. Kanwal Khalid

Punjab Archives and Libraries, Lahore

Time		Keynote Talk
11:00 am – 11:15 am		<b>Contemporary World: Design Trends and Future Planning for an Inclusive Built Environment</b> Prof. Dr. Asiah Abdul Rahim. ( <i>International Islamic University, Malaysia</i> )
Time		Oral Presentations
11:15 am - 11:25 am		<b>Transformation of Ornamentation: In the context of High Court Lahore</b> Abdullah F., & Tahir, R. ( <i>University of Home Economics, Lahore</i> )
11:25 am - 11:35 am		<b>Fourth Industrial Revolution, Gen Z And Cutting-Edge Art</b> Rashid, M. ( <i>University of Home Economics, Lahore</i> )
11:35 am - 11:45 am		<b>Architectural Depiction and Decorative Arts on the Shrine of the Hazrat Sultan Bahoo</b> Raza, H. ( <i>Quaid-i-Azam University, Islamabad</i> )
11:45 am - 11:55 am		<b>Mural Design Varities on the Gateway of JahĀngĪr’s Tomb (East of SarĀ’i)</b> Khan, S., & Mehmood, S. ( <i>The Women University, Multan</i> )
11:55 am - 12:05 pm		<b>Image of Buraq in Islamic Art: Fact or Fantasy</b> Mehmood, A. ( <i>College of Art &amp; Design, University of the Punjab, Lahore.</i> )
12:05 pm - 12:15 pm		<b>The Impact of Indigenous Influences on Contemporary Fine Art Practice in Pakistan</b> Zaheer, S. ( <i>GCTW Lytton Road, Lahore</i> )
12:15 pm - 12:25 pm		<b>Contemporary Climate Crisis and the Way Forward with a Focus on Modern Planning Issues</b> Yaseen, A. ( <i>COMSATS University, Islamabad</i> )
12:25 pm - 12:35 pm		<b>Impact of Social-Media on Art and Present Pakistani Art Scene</b> Jawad, S. ( <i>College of Art and Design, University of the Punjab, Lahore</i> )
12:35 pm - 12:45 pm		<b>“Green footprint challenges and Eco Art studio”</b> Mansoor, S. ( <i>COMSATS University, Islamabad.</i> )
12:45 pm - 01:00 pm		Q & A Session Session Concluding Remarks by <i>Session Chair and Co-Chair</i> Shield and Certificates Distributions

**Session Id Political Science (Room 303-Sheikh Rasheed Block)**

**11:00 am – 01:00 pm**

**Themes: A Pluralism and Ethnic Conflicts Regulations  
Conventional and Non-Conventional Security Dynamics**

**Chair:** Prof. Dr. Nazeer Hussain

Dean  
Faculty of Social Sciences  
University of Wah, Wah

**Chair:** Prof. Dr. Amna Mehmood  
Department of Pakistan Studies  
International Islamic University  
Islamabad

**Co-Chair:** Prof. Dr. Syed Qandil Abbas  
School of Politics and IR  
Quaid-i-Azam University

Islamabad

Time	Keynote Talks
11:00 am – 11:15 am	<b>Significance of Social Sciences</b> Prof. Dr. Zafar Iqbal ( <i>International Islamic University, Islamabad</i> )
11:15 am - 11:30 am	<b>Climate Change: A Contemporary Security Challenge for Humankind</b> Prof. Dr. Muhammad Khan ( <i>International Islamic University, Islamabad</i> )

Time	Oral Presentations
11:30 am - 11:40 am	<b>The Vision of Peace and Stability in South Asia and Indian Increasing Reliance on Modern Warfare Technology</b> Rehman, A. ( <i>National University of Modern Languages, Islamabad</i> ).
11:40 am - 11:50 am	<b>The Disintegration of Cultural Pluralism in Myanmar: Human Rights and Plights of Rohingya Muslims</b> Khan, R., Abbas, Z., & Muhammad, N. ( <i>Gomal University, D. I. Khan</i> )
11:50 am - 12:00 pm	<b>Hybrid Warfare: A Dilemma for National Security Of Pakistan</b> Afridi, S. H. ( <i>International Islamic University, Islamabad</i> )
12:00 pm - 12:10 pm	<b>Role of Political leadership in Ethnonationalism and National Integration: Telescoping Pakistan</b> Ghani, F. ( <i>Government College University, Lahore</i> )
12:10 pm - 12:20 pm	<b>National Security Policy of Pakistan 2022-2026: A Critical Appraisal of Non-Traditional Security Policies</b> Abbas, Q., & Cheema, M. ( <i>Quaid-i-Azam University, Islamabad</i> )
12:20 pm - 12:30 pm	<b>Shifting World Order: China on its Way to Lead the World</b> Abbas, Z., & Afridi, M. K. ( <i>International Islamic University, Islamabad</i> )
12:30 pm - 12:40 pm	<b>Indo-Pakistan Water Dispute: A Challenge to the Security of Pakistan</b> Bhatti, N. M. ( <i>University of Sargodha, Sargodha</i> )
12:40 pm - 12:50 pm	<b>China's Belt and Road Initiative: A Critical Analysis of Globalization and Democracy</b> Afridi, M., & Anjum, N. ( <i>International Islamic University, Islamabad</i> )
12:50 pm - 01:00 pm	Q & A Session Session Concluding Remarks by <i>Session Chair and Co-Chair</i> Shield and Certificates Distributions

**Session Ie English (Room 403-Sheikh Rasheed Block)**

**11:00 am – 01:00 pm**

**Themes: Emerging Trends in Contemporary Linguistics and Discourse Analysis**

**Chair:** Prof. Dr. Sarwet Rasul

Chairperson Department of English, Faculty Advisor Social Sciences and Oriental Learning  
Fatima Jinnah Women University, Rawalpindi

**Co-Chair:** Dr. Akifa Imtiaz

Associate Professor, Department of English  
Fatima Jinnah Women University, Rawalpindi

Time		Keynote Talk
11:00 am – 11:15 am		<b>Classrooms for Social Transformation: Cultivating Critical and Creative Thinking</b> Prof. Dr. Munazza Yaqoob ( <i>International Islamic University, Islamabad</i> )
Time		Oral Presentations
11:15 am – 11:25 am		<b>Modal Trends in Pakistani Academic Research Discourse of Social Sciences: A Case Study of Economics as a Discipline</b> Obaid, M. ( <i>Air University, Islamabad</i> )
11:25 am – 11:35 am		<b>A Semantico-Stylistic Analysis of The Selected Op-Ed Published in the Washington Post</b> Mohiud Din, H. ( <i>Fazaia Bilquis College of Education for Women, PAF Nur Khan</i> )
11:35 am – 11:45 am		<b>New Linguoculturology in Urdu Language: A Cognitive-Cultural Perspective</b> Jamshaid, S. ( <i>University of Gujrat, Gujraat</i> )
11:45 am – 11:55 am		<b>Achieving Learner Autonomy through Blended (EFL) Learning in Pakistan</b> Ayesha, A. ( <i>National University Science and Technology, Islamabad</i> )
12:05 am – 12:15 pm		<b>Interplay of Words and Images: Meaning Making in Graphic Adaptation of Traditional Novel</b> Kalsoom, U. ( <i>University of Haripur</i> )
12:15 pm – 12:25 pm		<b>Cognitive Mapping and Class Consciousness: A Comparative Analysis of Karachi, You're Killing Me! and Kartography</b> Kamran, A., & Rukh, H. ( <i>National University of Modern Languages, Rawalpindi</i> )
12:25 pm – 12:35 pm		<b>Social Exclusion and Anxiety in Bowman's Starfish</b> Nadeem, M., & Imtiaz, U. ( <i>Fatima Jinnah Women University, Rawalpindi</i> )
12:35 pm – 12:45 pm		<b>Textual Analysis of Guriras Play Eclipsed from the Lens of Simone de Beauvoir's Existentialist Feminist Theory</b> Rizvi, R. S. ( <i>National University of Modern Languages, Rawalpindi</i> )
12:45 pm – 01:00 pm		Q & A Session Session Concluding Remarks by <i>Session Chair and Co-Chair</i> Shield and Certificates Distributions

**Session IIa Psychology (Fatima Hall)**

**02:00 pm – 04:00 pm**

**Themes: Organizational Challenges and Wellbeing**

**Chair:** Brig. Dr. Shoaib Kiani

Chief Psychologist, GHQ  
Rawalpindi

**Co-Chair:** Dr. Jamil A. Malik

Associate Professor,  
National Institute of Psychology  
Quaid-i-Azam University  
Islamabad

Time	Oral Presentations
02:00 pm – 02:10 pm	<b>Relationship between Leadership Styles, Organizational Politics and Job Satisfaction among Telecom Employees</b> Shafqat, H., & Yusuf, S. ( <i>Bahria University, Islamabad</i> )
02:10 pm – 02:20 pm	<b>Emotional Intelligence and Gender Role Attitudes of Married Individuals: Work Status as Moderator</b> Kalsoom, S., & Kamal, A. ( <i>Bahria University, Islamabad</i> )
02:20 pm – 02:30 pm	<b>Subjective Vitality and Level of Confidence as Predictors of Perfectionism among Doctors and Nurses</b> Ayaz, L., Bashir, R., Naz, S. & Khattak, S. ( <i>Bahria University, Islamabad</i> )
02:30 pm – 02:40 pm	<b>Work Motivation and Burnout of Corporate Sector Employees: Emotional Regulation as Mediator</b> Mehmood, L. T., Kalsoom, S., & Bukhari, S. ( <i>Bahria University, Islamabad</i> )
02:40 pm – 02:50 pm	<b>Impact of Love of Money on Emotional Labour and Hedonic Behaviour among Live Video Call Streamers</b> Ramzan, I., Khan, A., Adil, A., & Yousaf, A. ( <i>Universoty of Sargodha, Sargodha</i> )
02:50 pm – 03:00 pm	<b>Job Crafting and Job Performance of Teachers: Mediating Role of Burnout</b> Ahmed, F., & Sadia, R. ( <i>Riphah International University, Islamabad</i> )
03:00 pm – 03:10 pm	<b>Locus of Control and Coping, a Bliss or Agony; It's the Way You Compose the Melody</b> Fatima, S., Malik, J. A., & Hanif, R. ( <i>Quaid-i-Azam University, Islamabad</i> )
03:10 pm – 03:20 pm	<b>Impact of Cyber Loafing on Job Satisfaction and Sleep Quality: Mediating Role of Smartphone Addiction and Moderating Role of Work Neglect</b> Iqbal, L., & Iqbal, N. ( <i>International Islamic University, Islamabad</i> )
03:20 pm – 03:30 pm	<b>Biospheric Values and Green Consumerism Among Millennials: Moderating Role of Perceived Consumer Effectiveness and Price Sensitivity</b> Yasin, T., & Zubair, A. ( <i>Quaid-i-Azam University, Islamabad</i> )
03:30 pm – 03:40pm	<b>Mediating Role of Forgiveness and Vengeance between Religiosity, Personality Traits and Psychological Wellbeing Among Working and Non-Working Adults</b> Khan, N. A., & Loona, I. M. ( <i>International Islamic University, Islamabad</i> )
03:40 pm – 04:00 pm	Q & A Session Session Concluding Remarks by <i>Session Chair and Co-Chair</i> Shield and Certificates Distributions

**Session IIb Fine Arts (Webinar Room-Sheikh Rasheed Block)**

**02:00 pm – 04:00 pm**

**Themes: Aesthetics of South Asian Art,  
Beauty of Aesthetic Judgment**

**Chair:** *Dr. Asiah Abdul Rahim*

*International Islamic University  
Malaysia*

**Co-Chair:** *Prof. Dr. Sumera Jawad*

*Principal  
College of Art & Design  
University of the Punjab, Lahore*

Time		Keynote Talk
02:00 pm -		<b>Eschatology of Art Education</b>
02:15 pm		Prof. Dr. Shaukat Mehmood ( <i>University of the Punjab Lahore, Pakistan</i> )
Time		Oral Presentations
02:15 pm -		<b>Contemporary Art of Pakistan: Aesthetics of a Decolonizing Society</b>
02:25 pm		Kamran, S. P. ( <i>Director, RumāN Art Initiative, Laahore</i> )
02:25 pm -		<b>Avant-Garde and Pedagogy of Aesthetics in Post-Colonial Art Education in Pakistan</b>
02:35 pm		Asim, R. ( <i>National College of Arts, Lahore</i> )
02:35 pm -		<b>Evolution of Landscape and Cityscape Painting in Pakistan Modern-realism, Conceptual Approach and Contemporary Trends</b>
02:45 pm		Alam, N. ( <i>University of the Punjab, Lahore.</i> )
02:45 pm -		<b>“A Journey of Fine Muslin from Harappa civilization to Modern World”</b>
02:55 pm		<b>“Tana Banna”</b>
		Sarfraz, S. ( <i>University of Management and Technology, Lahore</i> )
02:55 pm -		<b>Artists as Social Scientists; The Art Field of Pakistan</b>
03:05 pm		Khan, M. ( <i>Fatima Jinnah Women University, Rawalpindi.</i> )
03:05 pm -		<b>Semiotics of female attire in paintings of Punjab, Pakistan</b>
03:15 pm		Ali, A. H. ( <i>Pakistan Institute of Fashion Design</i> )
03:15 pm -		<b>The Fundamental Evolution of Surma in Tradition</b>
03:25 pm		Muzzafar, N. ( <i>Rawalpindi Women University, Rawalpindi</i> )
03:25 pm -		<b>The debate of High art vs Low art in cultural studies and the its implications for Truck Art as a Popular Art form in Pakistan</b>
03:35 pm		Gul, Z. ( <i>Fatima Jinnah Women University, Rawalpindi</i> )
03:35 pm -		<b>An Aesthetic Encounter between Traditional Art and Modernity: Ideas, Challenges and Way Forward</b>
03:45 pm		Khalid, K. ( <i>Punjab Archives and Libraries, Lahore</i> )
03:45 pm -		Q & A Session
04:00 pm		Session Concluding Remarks by <i>Session Chair and Co-Chair</i> Shield and Certificates Distributions

**Session IIc English (Room 403-Sheikh Rasheed Block)**

**02:00 pm – 04:00 pm**

**Themes: Literature in the Contemporary World**

**Chair:** Prof. Dr. Shaheena Ayub Bhatti

*Director Women Research Resource Center*

*Fatima Jinnah Women University*

*Rawalpindi*

**Co-Chair:** Dr. Umar Farooq

*Head, Department of English*

*Capital University of Science and Technology*

*Islamabad*

Time	Keynote Talk
02:00 pm - 02:15 pm	<b>Incorporating Cultural Outlook in Language Study</b> Prof. Dr. Naseem Akhtar ( <i>Abasyn University, Islamabad</i> )

Time	Oral Presentations
02:15 pm – 02:25 pm	<b>A Miserable Maniac, a Salacious Saracen, or a Distressed Demirep – Fighting Erasure of Enlightened Muslim Woman</b> Khan, R., & Khan, A. ( <i>Wapda Degree College, Tarbela Dam, KPK</i> )
02:25 pm – 02:35 pm	<b>Rosemarie Tong’s Ecofeminist Perspective of Woman and Nature: The Roaring Inside Her</b> Batool, N. ( <i>National University of Modern Languages, Islamabad</i> )
02:35 pm – 02:45 pm	<b>Ethical Learning and Knowledge Generation through Poetic Language: A Quintilian Engagement with Charlie Hebdo in Charlie Hebdo and Other Poems by Ejaz Rahim</b> Bokhari, S. ( <i>National University of Modern Languages, Islamabad</i> )
02:45 pm – 02:55 pm	<b>The Wasteland, Modern Man’s Moral Disillusionment, Transformation and Restoration</b> Ali, M. ( <i>University of Chakwal</i> )
02:55 pm – 03:05 pm	<b>Oppression and Resistance in Poetry from Kashmir</b> Jabeen, T., & Anwar, A. ( <i>The University of Azad Jammu &amp; Kashmir</i> )
03:05 pm – 03:15 pm	<b>Displacement and Radicalization as Radical Impetus: A Psychosocial Study of Radicalization in Fatima Bhutto’s The Runaway</b> Ishtiaq, F. ( <i>National University of Modern Languages, Islamabad</i> )
03:15 pm – 03:25 pm	<b>A Heteroglossic Study of Irfan Hussain’s Fatal Faultline: Pakistan, Islam and West</b> Rehmat, M. ( <i>Rawalpindi Women University, Rawalpindi</i> )
03:25 pm – 03:35 pm	<b>Feminist Discourse Ideologies and Hegemony: A Study in the Context of Post-Covid Pakistani Media</b> Ayaz, S. ( <i>Kinnaird College for Women University, Lahore</i> )
03:35 pm – 04:00 pm	Q & A Session Session Concluding Remarks by <i>Session Chair and Co-Chair</i> Shield and Certificates Distributions

**Posters English-3rd Floor Gallery-Sheikh Rasheed Block**

11:00 am – 12:30 pm

**Themes: Literature in the Contemporary World**

Code	Title
P.ENG:01	<b>Palimpsest: A Powerful Tool for Analyzing Discourses Embedded in Istanbul: Memories and the City</b> Kalsoom, A. ( <i>National University of Modern Languages, Rawalpindi</i> )
P.ENG:02	<b>Exploring the Concept of Flânerie in Mistry’s ‘A Fine Balance’</b> Laraib, A. ( <i>National University of Modern Languages, Rawalpindi</i> )
P.ENG:03	<b>Anthropomorphizing the Cultural Life World: A Narrative Analysis of Rifat Abbas’s Selected Poems</b> Tagi, J. Z. ( <i>National University of Modern Languages, Islamabad</i> )

P.ENG:04	<b>The Illustrated Tale of Two Jets: Semiotic Analysis of Animated Film Operation Swift Resort</b> Gulzar, S., & Ahmed, E. ( <i>Fatima Jinnah Women University, Rawalpindi</i> )
P.ENG:05	<b>Auto and Hetero-Stereotypes in Travelogues on Pakistan: A Lingvoimagological Study</b> Zafar, R. ( <i>National University of Modern Languages, Islamabad</i> )
P.ENG:06	<b>Between Home and Refugee Camps: Tracing Gendered Violence in Maria Von Welsler's No Refuge for Women</b> Javed, S. ( <i>National University of Modern Languages, Rawalpindi</i> )

**Posters Psychology- Gallery Block A**

**11:00 am – 12:30 pm**

<b>Code</b>	<b>Title</b>
PSY-01	<b>Role of Emotional Intelligence in Marital Adjustment: A Gender Based Study</b> Rehman, Z., & Masroor, U. ( <i>Air University, Islamabad Campus</i> )
PSY-02	<b>Role of Motivation on Academic Achievement among Medical Students: Mediating Role of Self-Efficacy</b> Habib, A., Hanif, R., & Sadia, R. ( <i>Riphah International University, Islamabad</i> )
PSY-03	<b>Family Planning as a Predictor of Sexual Satisfaction and Marital Satisfaction in Pakistani Women.</b> Noreen, J., Khan, A., & Ghayas, S. ( <i>University of Sargodha, Sargodha</i> )
PSY-04	<b>Predictors of Seeking Psychological Help Among Patients with Common Mental Disorders</b> Liaqat, A., & Loona, I. M. ( <i>Benazir Bhutto Hospital, Rawalpindi</i> )
PSY-05	<b>Perfectionism &amp; Work Family Conflict as A Predictor of Frustration and Mental Health Among Nurses</b> Shahzadi, A., & Loona, I. M. ( <i>International Islamic University, Islamabad</i> )
PSY-06	<b>Prevalence of Distress and Suicidal Ideation among Teenagers in District Khurram</b> Ali, M., Dil, S., Khattak, S., & Ali, A. ( <i>Hazara University, Mansehra</i> )
PSY-07	<b>Self-Efficacy in Relation to neuroticism among female University Student</b> Loona, I. M., & Khurshid, M. ( <i>International Islamic University, Islamabad</i> )
PSY-08	<b>Traumatic Experiences in Contemporary Times of COVID-19 and Psychological Distress among Young Adults</b> Sohail, S. ( <i>Fatima Jinnah Women University, Rawalpindi</i> )
PSY-09	<b>Cyber Victimization and Mental Health of Students during COVID-19: Mediating Role of Difficulties in Emotion Regulation</b> Iram, H., Riaz, N., & Hassan, B. ( <i>International Islamic University, Islamabad</i> )
PSY-10	<b>Parental burnout and Marital Satisfaction during COVID-19: Role of Demographic Variables</b> Naeem, N., Sadia, R., Khan, S., & Fatima, Z. ( <i>Riphah International University, Islamabad</i> )
PSY-11	<b>Impact of Gratitude and Kindness on Self- Esteem, Subjective Well-Being and Family Relationships among University Students</b> Majeed, R., & Kamal, A. ( <i>Quaid-i-Azam University, Islamabad</i> )



# INVITED TALKS

# English

## Classrooms for Social Transformation: Cultivating Critical and Creative Thinking

Munazza Yaqoob

*International Islamic University, Islamabad*

*e-mail: [munazza.yaqoob@iiu.edu.pk](mailto:munazza.yaqoob@iiu.edu.pk)*

**Abstract** - Globalized capital, neoliberalism, digital technology, and the new media revolution have made the globe hugely complex. As a result of deterritorialization and the transformation of the world into a global village, global societies now have a more decisive influence on one another. As a result, wars for economic resources, racial and ethnic conflicts, industrial growth, and the resulting environmental degradation are no longer confined to a few nations or communities but have become global challenges. The world has brought new complexities and issues, which necessitate innovative strategies and creative ideas for overcoming obstacles. We must recognize that the new reality cannot be effectively managed with traditional methods and solutions and that socioeconomic progress for a better and more peaceful world is not conceivable with conventional tools and systems. It is necessary to restructure social systems and economic policies to deconstruct structures, norms, and systems and apply novel concepts. We can no longer rely on old-fashioned ways of thinking for solutions. And to alter our habitual thought processes and responses, we must cultivate creative and critical thinking in young people. Today, we all live in a different world and reality; thus, our classrooms and educational techniques must be updated to embrace new tools and strategies. My presentation is based on current research on education, which recommends transforming classrooms into workshops where students are encouraged to develop and practice creative and critical approaches to understanding texts, perceive reality in multiple dimensions, and thus acquire the skills necessary to establish a meaningful connection between the classroom and the real world. Teaching practices based on research in critical pedagogy and critical literacy can encourage students to interact, engage in dialogue, express their personal opinions and share their perspectives, learn to disagree and accept opposing views, and be flexible in their beliefs to appreciate the importance of tolerance and diversity. Students learn to deconstruct ideas and look for alternatives to generate creative solutions for problems.

**Keywords:** critical pedagogy, critical literacy, innovative educational techniques, transforming classrooms.



## Incorporating Cultural Outlook in Language Study

Raja Nasim Akhtar

*Abasyn University, Islamabad*

*e-mail: [nasim.akhtar@abasynisb.edu.pk](mailto:nasim.akhtar@abasynisb.edu.pk)*

**Abstract** - Language studies over the last half century have mainly focused on descriptive, cognitive, and analytical aspects of language. The major thrust has been to discover the underlying principles that enable the surface structures possible. Chomskyan school of thought, essentially a generative approach, is one representative of this philosophy. Similarly, the functional view of language centers on tracing the relationship between the language form and the meaning it conveys. In brief, these approaches are descriptive and cognitive in their character.

More recently, however, the linguistic studies are attempting to incorporate the cultural aspect in accounting for the phenomenon of language. This approach is occupying the central position in the recent linguistic studies as it instead of *what* of the forms, it looks at how the language patterns are primarily formed. In other words, this field of study highlights what roles cultural concepts play in creating forms at lexical and higher structure levels. More importantly, this aspect of language offers an account of how languages differ from each other, for instance, why one language cannot be translated into another straightaway. The cultural aspect unfolds interesting facts which provide a principle account of language evolutions and patterning.

Given the above, this paper attempts to highlight the role of culture in formation of new lexical items in selected languages of Pakistan exhibiting similar structures. The paper hopes to show that the view adopted incorporating cultural dimension can be further extended to other languages. The paper essentially attempts to capture the generalizations which underlie the formation of various forms, thus, trying to answer the *how* question of language.

**Keywords:** Chomskyan school, lexical structures, language evolutions, languages of Pakistan, cultural concepts



# FINE ARTS

## Contemporary World: Design Trends and Future Planning For an Inclusive Built Environment

Asiah Abdul Rahim

*Department of Architecture/KAED Universal Design Unit (KUDU), Kulliyah of Architecture & Environmental Design, International Islamic University, Malaysia.*

*e-mail: [arasiah@iium.edu.my](mailto:arasiah@iium.edu.my)*

**Abstract-** Briefly, the introduction of universal design and accessibility in Malaysia was established since the 1990s where two Malaysian Standards regarding design for disability access to and from buildings was initiated. Coping with the demands of providing accessibility for Persons with Disabilities (PwDs) and the elderly, it has been a challenge in terms of spreading awareness, understanding and implementing universal design for these past three decades. Moreover, living in a contemporary world despite the technology evolution and advanced health care; the poverty, overpopulation, and illiteracy are among the social challenges of the twenty-first century. The ability to access information and technology for PwDs is pivotal for them to cope with the demands of the contemporary advanced world. As succeeding to the SDGs related in adhering to reduced inequalities, sustainable cities and promote peaceful inclusive sustainable development. The intention is to distinguish the prevalent universal design trends and the elevated public and professional awareness towards inclusive development. Noting that the local government author plays a significant role in response to implementing accessibility into the built environment for the social construct sustainability of our future generations lifestyle. Methodologically, an exploration of cities that integrates inclusive development initiatives and implementation in the built environment, are through the discovery of accessible local case study cities. Those local case study cities consisting of local authorities of Putrajaya Corporation, Petaling Jaya City Council, and Kuala Lumpur City Hall were investigated. A thematic analysis elicited data creates listings of accessible city's inclusive strategies that categorizes legislation, perception, and action response. To conclude, in providing the design for the diversity of age and ability is esteemed in recommending or innovating design solutions to accommodate access design that complements in accessibility. Keyword: Universal Design, accessibility, Contemporary world, inclusive development and access design solution



## Eschatology of Art Education

Shaukat Mahmood

*Former Coordinator Research Centre at College of Art and Design,*

*University of the Punjab Lahore, Pakistan.*

*e-mail: [drshaukatmahmood@gmail.com](mailto:drshaukatmahmood@gmail.com)*

**Abstract-** Education in Pakistan as a whole and Art Education in particular is a sad narration of eschatology of knowledge. While this may seem a bit melodramatic, there are serious shifts underway that are undermining and changing the status quo of art education. My intentions are to discuss advocacy strategies and how art teachers can take a stance in the face of shifting paradigms to champion art programs, whether these programs are more traditional or new and more inclusive to the world outside art. There are teachers that have been teaching for twenty plus years, they would argue that art education isn't shifting, it is not progressing, though they know there's so many new paragon and charges out there. To make situation worse there are state and national educational policies that favor drill and kill tactics and standardized testing instead of true, creative endeavors and real learning. It's easy to understand why so many art teachers are feeling besieged though some are trapped by and trapped in their own lethargy. As the world around us changes in the face of technology and the new need for creative problem solvers, the system of art education has to be changed whether one wants it to or not. Now it's time to think about our stance and our advocacy in the face of this shifting reality.



# **POLITICAL SCIENCE**



## Significance of Social Sciences

Professor. Dr. Zafar Iqbal  
*International Islamic University, Islamabad*  
e-mail: [drzafar.iqbal@iiu.edu.pk](mailto:drzafar.iqbal@iiu.edu.pk)

**Abstract**-Generally speaking, social sciences concern themselves with a history of ideas. They give birth to ideas; they transform ideas; they mutate, modulate and mobilize ideas; above all, they crystallize ideas and put them in an order of subordination and super-ordination. They deal with the endless panorama of ideas; they record the evolution of ideas in all the annals of mankind, from pre-historic times to the present one. Simultaneously, while accumulating ideas over the centuries in their ever expanding corpus, social sciences are all the time engaged in processing ideas, sharpening and streamlining them, establishing linkages between them, and setting up new paradigms and theories, to explain past or present social phenomena. Thus, they help in developing, enhancing and accelerating analytical thinking and critical approach, and research methodologies for various subjects within their canopy. And without an in-depth familiarity with the social sciences' approach, no one can possibly have a firm grasp or grip over his subject



## Climate Change: A Contemporary Security Challenge for Humankind

Professor. Dr. Muhammad Khan  
*International Islamic University, Islamabad*  
e-mail: [drmkedu@gmail.com](mailto:drmkedu@gmail.com)

**Abstract**-Alongside scores of contemporary international challenges; climate change is graded as the most hazardous and devastating. The developed world is well aware of the implications of the climate change; nevertheless they have economic compulsions to take effective and long-terms measures to control the harmful effects of this endless phenomenon. In the developing world there still exists a misperception whether there is a climate change and environmental degradation, taking place. In the absence of an effective know how, the developing states suffer more than the developed world. The year 2022 has proved to be very outrageous from the perspective of climate change and its destructive impacts. Besides Asia, the European, African and American continents are passing through worst impacts of the climate change. In south Asia, almost all countries are have undergone massive destruction, droughts and losses to humans and property. This paper will debate three salient aspects of the climate change: a) climate change is taking place for the past many decades and in the absence of sustainable measures to control it, the process is accelerating with the passage of day, b) Apart from natural phenomenon, the climate change is mainly caused by human activities while disturbing the natural cycle and its related developments and c) the climate change threatens the national security of developed states like Pakistan as a threat multiplier. Owing to massive losses during flooding process of July-August 2022, Pakistan will be taken as case study for this research.



# PSYCHOLOGY

## **Climate Change and Psychological Reactions: An Indigenous Framework for Dealing the Challenges**

Prof. Dr. Rubina Hanif

*Director National Institute of Psychology, Quaid-i-Azam University, Islamabad*

*e-mail: [drrubinahanif@nip.edu.pk](mailto:drrubinahanif@nip.edu.pk)*

**Abstract-** Climate change is a globally emerged issue now a days and it has devastating impacts not only on physical health but as well on mental health and well-being of human beings. The human behaviors are rapidly changing due to this fluctuated climate (Cohen et al., 2021). Mental Health professionals are considering it as an “creeping phenomenon” that is playing havoc with workplace and everyday functioning. This is high time that developing countries need to focus on remedial actions on urgent basis. World Health Organization has launched a new policy and highlighted the climate change as a major risk factor for mental health issues. WHO has emphasized that mental health should be at priority for action on climate change (WHO, 2022).

Like other developing countries Pakistan is also one of the most vulnerable country due to its geographical region. We are facing rapid change in weather conditions due to which high rains, floods, heat waves, earthquakes, hurricanes, heavy storms, and novel conditions like cloud bursts. Moreover, droughts, scarcity of water resources, Dams, Water reservoir are diminishing quality of life, elevating stress, producing psychological distress, and may elevating interpersonal and intergroup conflicts. As a result, our lifestyles and recreational opportunities are compromised. This is high time to plan action research by social scientists for providing solutions and remedies. The public may also need climate change literacy programs for their awareness and sensitization to this prevailing issue. Current keynote is proposing an indigenous model for combating psychological reactions within our own cultural and social systems. Model proposes that due to climate change psychological reactions i.e., Eco anxiety, anger, mood disorders, distress etc are very common. These reactions may be elevated with certain demographics such as gender, age, residential area, or any kind of physical or psychological disability. Literature has well established that media literacy can help in mitigation of negative consequences of climate change on human behaviors.



## **The School Bullying Research Program: How and why has it Developed?**

Prof. Dr. Peter, K Smith

*Goldsmiths, University of London, United Kingdom*

*e-mail: [p.smith@gold.ac.uk](mailto:p.smith@gold.ac.uk)*

Research on school bullying has grown enormously; this has been especially marked since the 1990s, with articles now appearing on a daily basis. Thus, one can talk of an international research program, with a very considerable amount of scientific effort going into it. This presentation will consider (A) the background (definition of bullying), (B) four phases in the development of the research program, (C) the growth in research and publications, (D) probable reasons for the rapid growth, (E) the content of the research, (F) achievements, including the ecological perspective and cultural differences, (G) the kinds of interventions used to reduce school bullying, and (H) some issues and challenges.



# ORAL PRESENTATIONS

# ENGLISH

## Modal Trends in Pakistani Academic Research Discourse of Social Sciences: Study of Economics as a Discipline

Misbah Obaid

*Department of English, Air University, Islamabad*

*e-mail: [misbahobaid@gmail.com](mailto:misbahobaid@gmail.com)*

**Abstract** - Modal verbs are used to reflect speaker's perspective about anything obvious, tentative, or reasonable. It improves language expressions to form accurate opinion, obligations, purposes and understanding of certain notions (Leech, 1987). This feature of language is marked as modality. In academic discourse modality is considered as one of the fundamentals of grammar associated with possibility, necessity, permission, prohibition, subjective or speaker orientation. It is divided into two sub-categories, Epistemic that deals with probability of affairs and Deontic which states moral desirability of action (Nuyts, 2005). Economic discourse operates at two levels; with field specialists and at non-technical level catering the needs of its beneficiaries. The linguistic structure of economic discourse includes metaphorical dimension facilitating purchasers, selection of products determining corporate communication in the field (Bielenia-Grajewska, 2016). Academic discourse is also linked with such vast range of thinking and communicating ideas in academic setups. All academic genres including thesis writing as selected for this study are persuasive and structured to accommodate reader's idea and agreement to the stated idea (Bunton, 2002). Incorporating Systemic Functional Linguistic modal of contextual analysis (Halliday & Matthiessen, 2014), this study also focuses on these similar trends of locating the possibility and likelihood of commencement of events or ideas through the use of modal verbs by using Halliday's (1985) model of modality choices incorporating a third category of orientation by Lyons (1977) and Coates (1983) known as inter-subjectivity which makes the modalities more neutral and closely connecting writer with its audience. Five PhD thesis of Economics are selected to analyze the modal trends in Pakistani academic research discourse of social sciences exploring four major chapters of Introduction, Literature Review, Methodology and Discussion unveiling a intersubjective trend of discourse.

**Keywords:** Modality, Epistemic modality, Deontic modality, Subjectivity, Objectivity and Inter-subjectivity



## A Semantico-Stylistic Analysis of the Selected Op-Ed Published in the Washington Post

Hafsa Mohi ud Din

*English Department, Fazaia Bilquis College of Education for Women, PAF Nur Khan.*

*e-mail: [hafsamohiuddin619@gmail.com](mailto:hafsamohiuddin619@gmail.com)*

**Abstract** - Celebrities in general and Hollywood celebrities are followed by millions around the globe. A commoner is always interested in what is going on in the lives of celebrities. The high-profile case of Ms. Amber Heard and Mr. Johny Depp attracted limelight and sparked the interest of countless people. Ms. Heard's Op-Ed was published on December 18, 2018 in the Washington Post. This Op-Ed instigated the legal investigation of the accusations that were leveled against Mr. Depp. The paper therefore analyzes the language of this Op-Ed. The

theoretical underpinning for the present research is based on the work of Leech and Short (2001). The stylistic analysis of the selected piece is being done at one level i.e. Semantics. The Op-Ed has been selected by keeping purposive sampling in mind. The research findings are a testimony to the fact that certain linguistic choices, sentence structure and the semantic field which were part of this Op-Ed had the tendency of causing defamation to Mr. Johny Depp.

**Keywords:** Op-Ed, Semantico-Stylistic analysis, Semantic Field, stylistic analysis, linguistic choices.



## **New Linguoculturology in Urdu Language: A Cognitive-Cultural Perspective**

Saima Jamshaid

*Department of English, University of Gujrat*

*e-mail: [saima.jamshaid@uog.edu.pk](mailto:saima.jamshaid@uog.edu.pk)*

**Abstract** - Over the last half century languages have been studied with reference to description, morphology and syntax. Now the scenario has changed, and the linguists have started to look at the changes caused by the space-media and technology in the linguoculturology of languages. Keeping in view this perspective the study aims at the latest dynamic developments in the lexical stock of Urdu language. In all the spheres of life including linguoculturology the Globalization and technical progress has brought great changes. The space-media is serving as a reflection of a specific modern reality, new type of socio-political discourse and neologisms. The basic purpose of the study is to analyze the most popular neologisms in Urdu language in recent years and compare them with the old linguoculturology used to understand what sort of social changes these have brought. Thus, to achieve the desired goal cognitive and cultural approaches are used as methodology. The results show that most of the neologisms are the borrowed words from English and Hindi languages. Furthermore, the results show that new media-space is helping not only in bringing changes in cultural characteristics but also helping in adding neologisms in Urdu language too and a new picture of the modern language is being shown to the world.

**Keywords:** Neologism; Urdu language; Linguoculturology; Modern media-space, Cultural characteristics



## Achieving Learner Autonomy through Blended (EFL) Learning in Pakistan

Abida Ayesha

*National University of Sciences & Technology (NUST), Islamabad*

*e-mail: [abida.ayesha@smme.nust.edu.pk](mailto:abida.ayesha@smme.nust.edu.pk)*

**Abstract** - This presentation aims to demonstrate the relevance and application of Learner Autonomy which, at one time, was considered irrelevant in developing countries' contexts where teacher-centred classes are usually the norm in ELT classrooms. While globalization and its technologies are providing new means of learning and accessing knowledge, formal language syllabi and pedagogies often remain largely unchanged in developing countries. However, with the ever-increasing accessibility and affordability of digital technologies, language learning practices are undergoing a significant change in developing countries as well. Language learners in such contexts are enabled by technology to become autonomous learners who can exploit out-of-class resources. Drawing on the theories of autonomy by Dearden (1972), Holec (1981), Little (1991, 1999) and Benson (1997, 2013) this study focuses on the role of digital technology with regard to the development and exercise of learner autonomy at a Pakistani university. Following a mixed-method case study approach, the data were collected through 150 student questionnaires and 30 (21 students and 9 teachers) semi-structured interviews. The findings show that learners of a blended English language course are taking control of their learning by reflecting on their learning experiences, choosing their learning strategies and digital resources based on individual reasons and expressing a wish to be involved in course-related decisions without being aware of the learner autonomy theory. However, awareness of the potential of digital technologies for language learning, digital facilities at the university, (in)effective use of the VLE and teacher training in Blended Learning pedagogies may facilitate or hinder learner autonomy.

**Key Words:** Blended Learning, Autonomy, Digital Technology,



## Interplay of Words and Images: Meaning Making in Graphic Adaptation of Traditional Novel

Ume Kalsoom

*Department of Linguistic, University of Haripur*

*e-mail: [ukalsoom1975@gmail.com](mailto:ukalsoom1975@gmail.com)*

**Abstract** - Graphic novel has quickly made a prestigious place for itself as a literary genre since the turn of this century. This study explores the idea that what happens to meaning when a traditional novel is changed to a graphic novel. In the traditional version, the meaning is contained in the language only but in the adapted version, meaning is conveyed through the interplay of Images and words. A comparison of the traditional text of George Orwell's 1984 with its graphic counterpart has provided profound insight into significant lingual changes taking place in graphic illustrations. The focus of the research is on the lingual elements such as visual language, secret language and sequential art as explained by Scott McCloud. Findings of the research revealed significant differences between the meaning-making of the two versions of 1984. Comparative analysis found that words and



pictures supplement each other and interdependent in different situations of the narrative. Despite its economy of words, the visual representation was more expressive and comprehensive than the traditional text at several occasions but still graphic artist owed to the author of original text for his catchy words and phrases. The graphic artist was found preferring graphic layout therefore converted extensive paragraphs into scenes, thought bubbles, speech bubbles and news strips along with panels and gutters between panels to make reader's involvement in the story. This research is expected to open new venues for the future researchers in understanding the meaning making in the graphic novel which is a newly emerging genre of postmodern literature.

**Keywords:** Graphic novel, literary adaptation, secret language, sequential art and visual language



## **Cognitive Mapping and Class Consciousness: A Comparative Analysis of Karachi, You're Killing Me! And Kartography**

Amber Kamran, Harmain Rukh\*

*English Department, National University of Modern Languages, Rawalpindi*

\*e-mail: [harmain.rukh@numl.edu.pk](mailto:harmain.rukh@numl.edu.pk)

**Abstract** - Delving in the notion of cognitive mapping, this article highlights the dilemma of class consciousness and its ramifications on the mental maps formed. Nuanced with subjective mappings, literature has been lacking holistic representations of space lived and traversed. Exploring two Pakistani novels in the theoretical framework of cognitive mapping, as propounded by Frederick Jameson, this study showcases the implications of the social standings of the protagonists of both novels. It brings into limelight the way in which different class structures map the same space and place differently, according to their own social milieu. It also discusses the subjectivity of the representations and the faulty nature of city maps painted in works of literature.

**Keywords:** cognitive mapping, class consciousness, subjective mappings, ramifications on the mental maps



## **Social Exclusion and Anxiety in Bowman's Starfish**

Minahil Nadeem\*, Uzma Imtiaz

*Fatima Jinnah Women University, Rawalpindi*

\*e-mail: [minahilnadeem101@gmail.com](mailto:minahilnadeem101@gmail.com)

**Abstract** - Social anxiety is a common yet treatable mental illness that affects approximately seven percent of the world's population. This research aims to reveal a neglected etiology of social anxiety i.e., social exclusion, and determine protective factors that foster resilience in socially anxious individuals. To achieve this purpose, I have used McKee's textual analysis model to study Dawn Akemi Bowman's Starfish. In light of Baumeister & Tice's Social Exclusion Theory of Anxiety and Emmy Werner's Resilience Theory, the analysis was done. Upon examination of the text it was found that Starfish's protagonist, Kiko, developed social anxiety as a result of being excluded due to her incompetence and physical appearance. Her mother and peers exclude her from family and

school groups due to her physical appearance. Further, she is excluded from the group of artists due to incompetence. But, Kiko benefited from a few protective factors at the individual and community level that fostered resilience to her social anxiety. At the individual level, her communication and problem-solving skills, strong achievement motivation, hobby (drawing/painting), and self-concept paved the way for her to manage her social anxiety. At the community level, Kiko's supportive friends and encouraging mentor also helped her to combat her mental illness. So, the results predict that an individual's personality and support network help overcome social anxiety. Hence, I intend to expose a neglected cause of social anxiety while also offering coping methods that do not require a mental health professional.

**Keywords:** Social Exclusion, Social Anxiety, Resilience, starfish, mental illness.



## **Textual Analysis of Guriras play Eclipsed from the lens of Simone de Beauvoir's Existentialist Feminist Theory**

Syeda Rija Rizvi

*Department of English, National University of Modern Languages, Rawalpindi*

*e-mail: [rijarizvi50@gmail.com](mailto:rijarizvi50@gmail.com)*

**Abstract** - The purpose of this research is to discover how women suffer from marginalization and oppression during the war times. In order to explore this issue, the play Eclipsed by Danai Gurira has been selected. The novel examines the basic rights that the women are being deprived of, how they are abused and how they are forcefully accustomed to do things without their will. In order to conduct the research, the theory of Existentialist Feminism by Simone de Beauvoir has been applied and the principles are taken specifically from Beauvoir's book, The Second Sex. The theory talks about the gender inequalities that prevail in the society and how men, in several instances from history, have acted superior to women and have considered them as "Others". It has been applied to different aspects of the play and the results show all those aspects where women rights are neglected and where the women are treated as material objects for benefits. The research will play an important role in the field of studies because it will help to understand a Zimbabwean writer's perspective of Women's rights, which shows how the patriarchal society has engraved the fear of growth into the women. Moreover, the research will bring forward the sufferings of the neglected women of the society that is, the Liberian women. Blacks suffer due to their color and not much light is shed upon their lives. Therefore, this research aims to put the black women in focus.

**Keywords:** Existentialism, feminism, marginalization, oppression, other, subjugation.



## A Miserable Maniac, A Salacious Saracen, or A Distressed Demirep – Fighting Erasure of An Enlightened Muslim Woman

Ramsha Khan\*<sup>1</sup>, Azka Khan<sup>2</sup>

<sup>1</sup> Wapda Degree College, Tarbela, KPK

<sup>2</sup> Rawalpindi Women University, Rawalpindi

\*e-mail: [ramshaakhanramsha@hotmail.com](mailto:ramshaakhanramsha@hotmail.com)

**Abstract** - This article is an addition to the existing literature on the representation of Muslim women in fictional world. It is distinctive in its approach that it explores the cliched representation of Muslim woman by anglophone writers who claim to have a better access to reality because of their ethnic background. The fragmentary representation is deficient in many respects, but the focus of this paper is on radical exclusion of two main categories; firstly, the radical exclusion of an enlightened, inspiring religious Muslim woman, and secondly the medievalists' resonance of charming white Saracen and repulsive black Saracen woman in Pakistani anglophone fiction. We merged the theory of social actor (henceforth SA) representation by Van Leeuwen (2008) with corpus methodology to analyse Aslam's - *Maps for lost Lovers* (2004). The research concludes that the basic plot of has only three types of Muslim women - a miserable maniac resonating a black warrior Saracen, a salacious Saracen, or a distressed demirep. The latter two categories are an amalgamation of a medieval fantasy woman known as white Saracen. This research calls for attention to this specific type of oppressive writing practice targeting Muslim women by erasing the category of enlightened Muslim women from all types of discourses.

**Keywords:** Anglophone literature, corpus methodology, cliched representation, radical exclusion, social actor.



## Rosemarie Tong's Ecofeminist Perspective of Woman and Nature: The Roaring inside Her

Nida Batool

*National University of Modern Languages, Islamabad*

e-mail: [batool7800@gmail.com](mailto:batool7800@gmail.com)

**Abstract** - The history of exploitation of women and nature is as old as the history of the universe and it is as relevant to the contemporary world as any other matter of critical importance. Ecofeminists have been highlighting and criticizing environmental injustice and gender inequality since the 1970s as these are afflicting our planet as a whole. This article explores Susan Griffin's *Woman and Nature: The Roaring Inside Her* from Rosemarie Tong's Ecofeminist Perspective. The article identifies women with the earth as both are sustenance for humanity and victims of male fury. Starting from Plato's disastrous division of the world into spirit and matter, the patriarchal Western philosophy and religion have exploited language and science to strengthen their power over both women and nature. Women and the land are both sustenance for humanity and victims of masculine fury. Patriarchal Western philosophy and religion have exploited language and science to bolster their dominance over both women and nature. Women have been naturalized and nature has been feminized in patriarchal civilizations. What man does to nature, he also do to women. The oppression of nature and the enslavement of women are inextricably linked, and the freedom of one requires the liberation of the other. Although, the environment and women issues

are debated internationally yet there is a dire need to execute the plans as seriously as they are highlighted in theory.

**Keywords:** Ecofeminism, women, earth, victims of male fury, enslavement.



## **Ethical Learning and Knowledge Generation through Poetic Language: A Quintilian Engagement with Charlie Hebdo in Charlie Hebdo and Other Poems by Ejaz Rahim**

Sonia Bukhari

*National University of Modern Languages, Islamabad*

*e-mail: [sbeng@f.rwu.edu.pk](mailto:sbeng@f.rwu.edu.pk)*

**Abstract** - Poet today is supposed to be well-informed and crafty enough to gaze at contemporary issues through poetic language in order “to enlighten dogma dulled minds” (Rahim). Poetry is not a static entity. It is an art form that can bring the margins to space and has the potential to enlarge or diminish the extent of possibilities.

Taking the case of poetry as means to effective knowledge generation, this study would explore the poem Charlie Hebdo by Ejaz Rahim in Charlie Hebdo and Other Poems, (2022) as a sample poem that can speak through history and social context to create the environment of a shared humanity. Written in an epic style, comprising a little over three hundred lines that span XVI short length sections, the poem explores one of the major contemporary issues of the world today i.e., religious phobia and the consequent resentment associated with it. As an effective poetic composition, the poem does not stop at problem hinting alone. Rather, an exploration of the realm of contemporary issue is coupled with developing new perspective awareness as well as the ability of perspective taking by the reader. The poem shall be read through Quintilian lens with reference to Quintillion Theory of Rhetoric that defines what it means when “Good man speaks well” that enables him to ensure the practice of effective communication in argument and in persuasion. Roman Philosopher, Marcos Fabius Quintilianus, author of *Institutio Oratoria* expostulated this theory in order to define the prerequisites a speaker must have before he involves himself in the act of writing. This principle informs that the poet is supposed to be morally upright, fully knowledgeable, enjoying in-depth understanding of a subject with an aim to stress the importance of ethical appeal to the reader and to create the environment of a shared humanity. Genius artistic expressions arise when the unique voice of a singular self, works upon the principle of universal truth. The study would thereby establish the need to fully exploit the need for a comprehensive institutionalized activity to fully exploit the capacity of English poetry that can meet the challenges of the rapidly advancing world. It is also the need of the hour that the status of English poetry in our part of the world be expanded to match its contemporary status with the rest of the world. The realm of English poetry has the capacity to fully comprehend the complexity of modern times and to catalyze the generation of new knowledge based on aesthetic and ethical potential that it should claim to have.

The nature of this study is qualitative and will be based on the close textual analysis of the poem. It is a narrative research and textual references are given to substantiate the argument of this research.

**Keywords:** Contemporary poetry, knowledge generation, perspective awareness, social context, rhetoric



## The Wasteland, Modern Man's Moral Disillusionment, Transformation and Restoration

Mumtaz Ali

*Department of English, University of Chakwal, Chakwal*

*e-mail: [alimumtaz0405@gmail.com](mailto:alimumtaz0405@gmail.com)*

**Abstract** - Literature always holds mirror up to nature. It is truly the manuscript of society. Social, political, moral, cultural, and historical background of any nation can be well known and understood by reading the literature written in the age. Predicament of modern man's moral values is best voiced by T.S Eliot in 'Wasteland'. Modern man is hollow from within. Like a robot, he follows the same routine daily. Scientific progress is very much a source of pleasure and entertainment for the modern man, but his land is a wasteland, he has no values. He has become a living creature of the barren wasteland. Inner rottenness of modern man is reflected by T.S Eliot. Moral rules and values are molested by modern man just to get worldly pleasures. Sexual perversion, gambling, false love, and religious waywardness are the reason behind modern man's destruction. Through this poem Eliot suggests that religion can save the modern man of wasteland. Through religion mortal man can become immortal like the Jesus Christ. Mean moral values of mankind are the main issue of the wasteland. Spiritual, social, moral, and religiously decayed and degraded awareness of the mental barrenness of modern man is at the center of the poem. The paper is an attempt to show hollow and demoralized images of the modern man.

**Keywords:** Demoralization, Disillusionment, Hollowness, Materialism, Modern man, Restoration, Spiritual, Transformation, Wasteland.



## Oppression and Resistance in Poetry from Kashmir

Tahira Jabeen\*, Abida Anwar

*The University of Azad Jammu & Kashmir*

*\*e-mail: [wcc4t@yahoo.com](mailto:wcc4t@yahoo.com)*

**Abstract** - Kashmir has been onslaught of military oppression from a long time. Kashmir has become a metaphor of oppression and tumult. The continuous oppression is being resisted in different ways including literary writings; especially poetry. Poets clamour silently through their words—words which not only carry the weight but also pour out the pain, anguish and nuisance which is felt to everyone to whom these words reach out. These poets reflect the unexpressed facets of their homeland. The present study is an analysis of oppression and resistance reflected in contemporary Kashmiri poetry with help of Foucault theory of power. According to Foucault resistance and power coexist, "Where there is power, there is resistance and yet, or rather consequently, this resistance is never in a position of exteriority in relation to power" (Foucault, 1978, p. 95). The study investigates

selected poems by Agha Shahid Ali, peace journalism Shafaie, Amin Kamil, and Ghulam Muhammad Batt. The study finds out that the use of nature imagery is one of the prominent features of resistance poetry. These poets seem mourning on the flames of barbarities and atrocities in their heaven like homeland. The study finds out that these poets not only expose and counter the dominance discourse and hegemony imposed on them but also generate a hope for segregated and emotionally traumatized people.

**Keywords:** Oppression; Resistant; Poetry; Nature Imagery; Hope



## **Displacement and Radicalization as radical impetus: A Psychosocial study of Radicalization in Fatima Bhutto's *The Runaways***

Fatymah Ishtiaq

*National University of Modern Languages, Islamabad*

*e-mail:* [fatymahishtiaq@gmail.com](mailto:fatymahishtiaq@gmail.com)

**Abstract** - An individual's psychology plays an essential role in defining who he is as a person. It is unjust to view our deeds in isolation. It is our psychology that dictates our actions and deeds. This psychology, in turn, is an amalgam of various socio-political conditions surrounding a person's life. In simple words, psychology and sociology go hand in hand. Fatima Bhutto's novel *The Runaways* deals with the life of 3 characters that end up being a terrorist. In today's world, when the world is heading towards the third world war and when there exists an obsession for nuclearization and the development of weapons of mass destruction, it is important to study the root causes of such trends. The incident of 9/11 and mass killing in the Christchurch incident reveal the dangerous inclinations of humankind. Many times, the social and political factors responsible for radicalization and extremism are studied. However, this study aims to explore the psychological factors in relation to sociological factors responsible for radicalization. This research uses Clark McCauley and Sophia Moskalkenko's concept of individual radicalization, in conjunction with diaspora displacement, urban displacement, and repression given by Angelica Bammer, Susane Soedenberg and Jacques Lacan, respectively. Thus, the study proves that radicalism is a socio-psychological phenomenon instead of a religious one.

**Keywords:** Displacement, Radicalization, radical impetus, socio-psychological phenomenon, weapons of mass destruction



## **A Heteroglossic Study of Irfan Hussain's *Fatal Faultline: Pakistan, Islam and West***

Maryam Rehmat

*Rawalpindi Women University, Rawalpindi*

*e-mail:* [maryam.sulehri@gmail.com](mailto:maryam.sulehri@gmail.com)

**Abstract** - This thesis is an epistemological endeavour to unearth the underlying dynamics in the

Islam and West relationship. It uses Bakhtin's concept of heteroglossia and dialogism to explain the asymmetric relationship between the Islam and West as discussed in Hussain's text, *Fatal Faultlines*, arguing that a dialogical relationship is required between the two conflicting and warring religio-political groups. The study addresses one of the most vexing questions facing analysts of relations between the Islamic world and the West in general and Hussain's text in particular; that how we can speak about deeply divisive cultural and political issues in ways that foster conflict transformation rather than an intensification of conflict. The "stories" of intercultural confrontation and of intercultural compatibility are analyzed in this research. After noting that both Western and Muslim narrators of these stories make a number of strikingly similar claims, this research concludes by suggesting that a "new story" emphasizing intercultural complementarity can help agents of conflict transformation reframe differences and advance the cause of peaceful coexistence.

**Keywords:** Dialogic Heteroglossia, Conflict, terrorism, Inter-cultural dialogue,



## **Feminist Discourse Ideologies and Hegemony: A Study in the Context of Post-Covid Pakistani Media**

Shazia Ayaz

*Kinnaird College for Women University, Lahore*

*e-mail:* [drshaziaayaz@gmail.com](mailto:drshaziaayaz@gmail.com)

**Abstract:** Feminist discourse is formed and shaped in popular culture through different forms of media. The post-pandemic world allowed media to dominate the lives of the masses like never before. Pandemic has changed the world to establish a new normal in every field of life while the media reflected it. The restricted life routines influenced the socio-economic realities globally which allowed the restructuring of ideologies and discourses. The role of media is crucial in incorporating discourse within the dominant ideology in specific socio-economic contexts and it is expected to contribute to constructing the post-pandemic feminist discourse. The research sought to identify the ways in which feminist discourse is generated and assimilated to the dominant ideology in the media content in the backdrop of post-Covid Pakistani media. The study is based on the concepts of Fairclough and van Dijk about media discourse and hegemony. The study finds that media content most of the time favors stereotypical female characters, however, sometimes accepts changing gender roles as current socio-cultural trends.

**Keywords:** Feminist discourse; media; hegemony; ideologies; post-Covid



# FINE ARTS



## Transformation of Ornamentation: In the Context of High Court Lahore

Faryal Abdullah\*, Rafya Tahir

*University of Home Economics, Lahore.*

\*e-mail: [faryalabdullahkhan7@gmail.com](mailto:faryalabdullahkhan7@gmail.com).

**Abstract-** The city of Lahore endures a past that highlighted it artistically as the hub of cultural exchange in the South Asian region. The British were the last to take over the design amalgamation. The focus of this paper is on the transformation of design motifs used by Mughals in their architecture and later transformed by the British architects. The paper will also focus on the ornamentation designs explored in various buildings built during 19<sup>th</sup> century Lahore. The building of High Court Lahore is selected for this study. Historical research design is applied to study the design patterns. Ornamentation in the contemporary era can find its derivatives in the local artistic context. The paper aims to bring into light various motifs used and how they were designed in different mediums. Variations of motifs were identified in the building. The existence of these motifs in other built structures was also noticed. The subject of ornamentation has been neglected in past, especially in certain buildings whose patterns never surfaced in the design world. Bringing into light the legacy of our past design patterns can be a source of great learning for art historians, Visual art students, and designers.

**Keywords:** Design, architecture, ornamentation, British, Lahore



## Fourth Industrial Revolution, Gen Z and Cutting-Edge Art

Munazza Rashid

*University of Home Economics, Lahore.*

e-mail: [dr.munazzarashid.ad@uhe.edu.pk](mailto:dr.munazzarashid.ad@uhe.edu.pk)

**Abstract-** “Art helps us identify with one another and expands our notion of we – from the local to the global”. Olafur Eliasson Artist. We are living in a world, where there is an assault of information. It is as intricate as having less information. It is the transformation which has grounded on technology and has started with the beginning of 21<sup>st</sup> century, when we were hearing the word of global village. Now the world has truly become a global village where we are connected and isolated to each other. Past always seems simple and less complex. Technology occurs for the progression of human life. To make it easy and comfortable. Whereas modern day advancement is making it more challenging during this transformation. It is always important to keep an eye on the advancement and make it applicable. In this paper Fourth industrial revolution, generation Z and Y2K are in focus with upcoming trends and challenges in art. I believe that frequent discourses and work of art can make us more tolerant of differences and one another to bring us together. This can help us encounter individual engagement in the world that has actual consequences. In the future, I hope art will be invited to take part in discussions of social, political, and ecological issues. Moreover, the artists will be included while considering solutions to the challenges that face us in the world today at the local and global level.

**Keyword:** Generation Z, Industrial Revolution, and Y2K.



## Architectural Depiction and Decorative Arts on the Shrine of The Hazrat Sultan Bahoo

Hassan Raza

*Taxila Institute of Asian Civilizations, Quaid-i-Azam University, Islamabad*

*e-mail:* [hassanraza0422@gmail.com](mailto:hassanraza0422@gmail.com)

**Abstract-** Hazrat Sultan Bahoo belongs to the famous mystics of the subcontinent in the seventeenth century while his holy shrine was built in the town of Garh Maharaja of Jhang after three relocations. Architecture of Hazrat Sultan Bahoo reflects Mughal style of construction where local culture and Islamic decorative arts are noticeably depicted in its exterior and interior. The current study is focused on an elaborated illustrative representation of the arts used in shrine. Various studies have been carried out on mosques and shrines in Pakistan, but so far, there has been no research or literature on the architecture and decorative arts of the shrine of Hazrat Sultan Bahoo. This study will not only revolve around the architecture of the shrine and other decorative arts performed on it, but it will also explore the impact of the Islamic world and local culture on it, both of which can be seen prominently on the exterior and interior of the shrine. Moreover, a descriptive and comparative research will focus on the architecture style, decorative arts such as fresco work, stone carving and wood inlay decorations, mosaic art (kashi kari), calligraphy, geometric patterns, floral and vegetational decorations. This study will also describe the significance of this heritage building at the national and international levels. The findings of this study will be useful for the preserving the decorative arts on Sultan Bahoo's shrine.

**Keywords:** Islamic architecture, decorative arts, cultural heritage



## Mural Design Varieties on the Gateway of Jahāngīr's Tomb (East of SarĀ'i)

Sonia Nasir Khan\*, Dr. Shaukat Mahmood

*The Women University, Multan.*

*\*e-mail:* [sonia\\_khan\\_723@yahoo.com](mailto:sonia_khan_723@yahoo.com),

**Abstract-** Ornament is something that adds beauty within the architecture. Mughal architecture attracts the viewer due to its rich decorative designs. Mughals like their tradition of building the huge monumental gateways for their monuments. Jahāngīr's Tomb Gateway in Lahore is one such example of the Shāhjahān period. Its mural decoration contains a variety of patterns and designs. This article highlights the mural design varieties of the Jahāngīr's Tomb Gateway. Different types of decorative elements were used that are the mixture of simple and complex patterns and create visual rhythm in its overall design. This paper attempts to find unique patterns, style, design varieties and techniques that are present in Gateway of Jahangir's Tomb and such varieties enhance its beauty. From externally inlay work motifs to internally buon frescos motifs such designs have varieties of painted style within panels and in recessed areas. These designs have motifs that range from floral to geometric and

simplified still life varieties in colors. Such varieties have naturalistic to linear execution but stylized forms. The comparison with other monuments also explains the importance of these patterns that are used here with a unique style and difference in execution. The delicate shapes and more naturalistic approach towards nature study used here in gateway became trend setters in Lahore. In the end of the result it will be clear that this monument contains the elements of Jahāngīr period that further added and provided base in the design vocabulary of mural decoration during Shāhjahān reign and used in other monuments of Shāhjahān period in Lahore.

**Keywords:** design, varieties, techniques, mural, style.



## Image of Buraq in Islamic Art: Fact or Fantasy

Afshan Mahmood

*College of Art and Design, University of the Punjab, Lahore*

*e-mail: [afshanart@gmail.com](mailto:afshanart@gmail.com)*

**Abstract-** Buraq is believed to have transported the prophets towards heavens. It is further proclaimed that the holy prophet Muhammad (saw) travelled on Buraq from Masjid-al Haram to Masjid-al Aqsa and the various heavens during the miraculous night journey Isra and Meraj. This travelling journey is also authenticated in the verse number one of the holy Quran's Sorah-al Isra. However, the further explanation of Buraq can only be traced through some Ahadees of Sahih Bukhari and Sahih Muslim. It was described as "a white beast" and "bigger than a donkey and smaller than a mule". Now the question arises whether the representation of Buraq in visual and literal form is based on reality or imagination? So, this research is an endeavor to explore the historical significance of the appearance of Buraq. It has also been examined the evolution of Buraq from early to contemporary times in visual art and literature. It further examines the different influences upon the image of Buraq with the passage of time. It is a comparative and analytical research. Non-believers used to misinterpret the journey and miraculous stride Whereas in the contemporary times Science has also proved the stance of the believers. Einstein's Theory of Relativity has also authenticated this miraculous journey. Latest studies also give the concept of time dilation and consider Black holes as a gateway to other worlds. So in a way it's validating the journey of Isra and Miraj. The research revealed that the visual interpretation of the image of Buraq is a mixture of reality and fiction, which is a result of socio-cultural amalgamation. From 8<sup>th</sup> century onwards, Buraq is being visualized on the basis of ancient depictions of winged-beings and as female since 14<sup>th</sup> century. In every region, Buraq has been represented and still being visualized according to the local taste of the artists.

**Keywords:** Buraq; Isra; Miraj; Miraculous; Representation; Visual interpretation.



## The Impact of Indigenous Influences on Contemporary Fine Art Practice in Pakistan

Samina Zaheer

*GCTW Lytton Road, Lahore*

*e-mail: [saminazaheer.ier@pu.edu.pk](mailto:saminazaheer.ier@pu.edu.pk)*

**Abstract-** This research is an attempt to gather and analyze the indigenous and transcultural influences in terms of certain symbolic forms that appear in my own work and in the visual art of the contemporary Pakistani artists. Particularly emphasized symbols are of five types, Burrāq, (the steed that carried the Prophet Muhammad on his Night Journey to the Seven Heavens) the rose, the formats and scripts of ancient texts, hand and foot prints; and a group of simple geometrical shapes such as circle, square, triangle, spiral, and Swastika. Importantly, their usage into the twenty-first century in Pakistan fine arts practices. Appearance of these metaphoric forms induced a probe into indigenous (within Pakistan) and transcultural (ancient civilizations of the Sub-Continent, the Middle East, and etc.) The Persian and Turkish manuscripts do not depict the Burrāq as a female winged-headed animal. My study establishes the fact that the perception of gender for the Burrāq is only evident in the art of Pakistan – the local posters and Truck Art. In Pakistani visual art the Rose with multifarious meanings appears as a single entity both for earthly and spiritual meanings. In Truck Art it caters solely the decorative purposes without any spiritual text along with it. Religious contemporary posters have both sacred and decorative purposes for displaying the Rose. The most outstanding discovery is the use of an ancient trend of pictographs coined by the Mesopotamians, can still be seen in this region, serving the same facility of communication and recording the facts. Most of the times artists inter relate their affinity with the surrounding visual culture influenced by the economic, socio-political, religious environment or based on individual concepts and personal experiences, diversified confrontations.

**Keywords:** Visual culture, Contemporary Art of Pakistan, Text Imagery, Foot Print, Rose, Burrāq, geometrical shapes.



## Contemporary Climate Crisis and the Way Forward with a Focus on Modern Planning Issues

Aneela Yaseen

*COMSATS University, Islamabad.*

*e-mail: [aneela.yaseen@comsats.edu.pk](mailto:aneela.yaseen@comsats.edu.pk)*

**Abstract-** The relationship of climate change with the built environment is a complex phenomenon that involves understanding knowledge extending from single building design to overall urban planning and designing. Climate crises, such as global warming, forest fires, flash floods, and pandemics, to name a few, have afflicted not only high-income countries but developing countries, too. This contemporary chaotic situation requires an urgent exploration of comfortable alternatives that lead to decreased environmental degradation. This research focuses

on the pandemic, SARS-CoV-19, based on the theory that both climatic crises and pandemics can be addressed concurrently. This research argues that COVID-19 provided an opportunity for urban planning of a city, particularly at the neighborhood level, to be revisited. The goal is to uncover the planning-related, socio-cultural problems faced by citizens during the pandemic by taking Islamabad as a case study. A thorough literature review is used to articulate the theoretical foundation. The field survey is carried out to gather factual information for case study purposes, including pictures and floor plans of homes and street scenes designed based on modern planning principles. Programs like Auto Cad, Adobe Photoshop, and Space Syntax are employed to examine the current situation. The research discloses three main issues; vehicle dependency even for a walking distance, narrow street width next to the tiny residential plots, and multiple ownership of the same residence. It is concluded that despite Post Modern Criticism, the countries like Pakistan stuck to modernization as the only way to urban planning and design. It recommended generating alternative planning ways to help in climatic crises and pandemics.

**Keywords:** Climatic change, Covid 19, modernization, socio-cultural issues, planning



## Impact of Social-Media on Art and Present Pakistani Art Scene

Sumera Jawad

*College of Art and Design, University of the Punjab, Lahore.*

*e-mail: [sumerajd@gmail.com](mailto:sumerajd@gmail.com)*

**Abstract-** As the entire world is under the sway of social media, absorbing its impacts mutely, analogous are the conditions in Pakistan. The paper discusses contemporary art scene of Pakistan, generating a discourse that this land has always been influenced by various social and political factors, arousing either from the national or from international fronts. Present situation is alarming, as the torrent of internet and its excessive use by people is molding things drastically. It led to generate a dialogue about the social media that has intervened in the r lives of our people, strongly influencing the contemporary art works. It is functioning in a two-fold manner; as the exposure of international media resulted into evolving some contemporary artists with phenomenal successes, initiating space for them in the international art market, further reinforcing a new artistic discourse. This paper aims to trace factors that how and why social media had strongly influenced Pakistani art over the years, by examining art of that region, in its historical context that led to the new phase of contemporary practices. This paper will further seek to argue that how the recent phenomenon of internet has influenced imageries produced by Pakistani artists. Art has become globalized and prior to the age of social media, it required a long way to experience art, either by visiting physically an art gallery or a museum but now it's on a single-click. On the other hand, regional individuality is getting extinct which is the major concern of this discourse.

**Keywords:** Pakistani art, contemporary art, socio media



## “Green footprint challenges and Eco Art studio”

Shahida Mansoor

*COMSATS University, Islamabad.*

*e-mail: [shahida.mansoor@comsats.edu.pk](mailto:shahida.mansoor@comsats.edu.pk)*

**Abstract-** As For a modernist artist, who seeks the relationship between Art and Everyday life, sense making in art often leads beyond a desire to conform or to invent superficially new forms and meaning which can be illusional or merely an egotistic move in visual arts. Such an artist turns personal action of art making, in to a collective action, where all stake holders of art, inclusive viewer and buyer have a participatory role. Using art for Raising awareness about eco concerns is not a new idea though, important stake holders of art which is the audience does not have green choices when it comes to buying art, owning art and collecting art In Pakistan. Studio EN-SO is self-declared Eco Art studio which addresses the issue of eco foot print in Art Production. This paper high lights its efforts as a precursor for a paradigm shift in the making and offering its audience green choice in printmaking and in other mediums of Art and Aesthetics. Studio EN-SO promotes organic and water based Japanese technique of printmaking as well as Green Art as a unique nature loving lifestyle of indoor gardening in Pakistan. Its sensitive intervention to use ecological assets wisely and celebrate the irregular, intimate, and modest forms of nature i.e. Moss, Grass and other wild growth which goes unattended in our day to day indoor life, is introduced in this paper.

Through imagination, creativity, and critical thinking we learn a new way of joy of place making for a mood boosting, healthy, low cost, sustainable, joyful, plant-styling lifestyle.

**Key words:** Everyday life, Traditions and Modernity, conformity, modernity, Japanese woodblock print, Nature, Moss, grass



## Contemporary Art of Pakistan: Aesthetics of a Decolonizing Society

Sadia Pasha Kamran

*Director, RumāN Art Initiative*

*e-mail: [sadiapashakamran@gmail.com](mailto:sadiapashakamran@gmail.com)*

**Abstract-** Be it the post-colonial ordeals, events like 9/11, the notions of globalization or technological advancements, 21<sup>st</sup> century presents a marked difference in our approach towards various cultural factors. In this socio-political and economic context, the case of contemporary Pakistan is presented here. The study while rethinking ‘contemporary’ in art imparts an up-to-date overview of how artists have coped with the developing visual culture and issues of image production in a critical way at the dawn of 21<sup>st</sup> century. Processes of art making, state and status of art institutions and the role of art educationists who helped art maintain its relevant countenance in Pakistan are also probed. This contextual, theoretical analysis finds ‘multiple modernities’ of the ‘global world’ as the most important integer of a ‘decolonizing’ Pakistan. The diversifying effects of global- modern (transformative, differentiated, individualizing, worldwide, and increasingly market- oriented) character of

Pakistani art is traced through the works of selected artists. The important questions remain: What changed the often-contested narratives about art in contemporary Pakistan? Which aesthetic theories can best rationalize the artistic concerns and processes of art making, here? What socio-political and economic features impact on contemporary Pakistani art? How best can this newly augmented field be employed in achieving the common good?

**Keywords:** Decolonization, Globalization, Visual culture



## Avant-Garde and Pedagogy of Aesthetics in Post-Colonial Art Education in Pakistan

Rabiya Asim

*National College of Arts, Lahore*

*e-mail: [rabiyaasim@nca.edu.pk](mailto:rabiyaasim@nca.edu.pk)*

**Abstract-** The development of art education since and before the inception of Pakistan forms the conceptual backdrop for this study. This research is an art based historical inquiry and draws synergistically from the trajectory of colonial art education and its repercussions in the post-colonial transitional times. The author argues that the current neoliberal art educational-industrial matrix, traces its roots to the pedagogical practices of the contradictory interplay between the colonialism and nationalism of the art schools in the nineteenth century. The stages of evolution in aesthetics, forms and shift in practice from craft to art, is analyzed and discussed through the multi-angled framework of art-education, culture, socio-political structure, technology and canonization of art-education in the contemporary times. The colonizers focused on indigenous craft industry for monetary benefits. This assimilation of tradition formed the basis of art education policy of the British and they enforced their curriculum, aesthetics and methods of instructions as teaching tools to improve and preserve the traditional art industry. The post-colonial art schools have been stripped of their Industrial entitlement but the pedagogical methodologies remain the same where industry informs the foundational basis. This article explores the ways in which this shift in art-education from the second half of the nineteenth century to these recent times has shaped the current academic and cultural landscape in Pakistan, with a focus on the institutional art practice and education.

**Keywords:** Aesthetics, Art-Education, Avant-Garde, Aesthetics, Colonial, Post-Colonial, Pedagogy



## Evolution of Landscape and Cityscape Painting in Pakistan Modern-realism, Conceptual Approach and Contemporary Trends

Nadeem Alam

*College of Art and Design, University of the Punjab, Lahore.*

*e-mail* [nadeem.cad@pu.edu.pk](mailto:nadeem.cad@pu.edu.pk)

**Abstract-** This paper, with its analytical and comparative approach, aims at the evolution of Landscape and Cityscape painting, the most popular and well accepted genre in Pakistan. In 1947, Pakistan inherited two major art institutions of Lahore; Mayo School of Arts (NCA), and Fine Arts Department (College of Art and Design), of the Punjab University. These institutions cradle Landscape and Cityscape painting at the academic level, but in accordance with the western style which, has already been introduced to the subcontinent by the 19th Century Colonial artists and later by Company Painters. Academically, Oil-colour, watercolour and printmaking were in fashion when Pakistan came into existence, with exceptions like Allah Bakhsh, who was a self-taught artist of the same genre and style. However, the master of landscape painting, Khalid Iqbal, after being educated and skilled under the scholarship of William Coldstream at the Slade School of Art London, brought Modern-realism to Pakistan as early as in 1956, to enhance this painting style. This paper also investigates the unique style by Zubaida Javed, introduced in 1965, contrary to the Modern-realistic style which, was labelled as Conceptual approach in this very genre, based upon the intentional imagination. Both these artists enhanced the school of Landscape painting at Lahore, where many generations followed them in a diversified manner, to amalgamate contemporary trends of the twenty-first century. The research covers the wide-ranging techniques and styles of this painting style; linked to the traditional, Modern-realist and Conceptual approach, one way or the other. It also encompasses the evolution of Landscape and Cityscape painting, concerning its practitioners in Pakistan and adopted techniques. Moreover, the possibility of this genre, as the backdrop in miniature painting has also been discussed partially, in connection with traditional and contemporary miniature painting.

**Keywords:** Landscape Painting, Modern Realism, Conceptual Approach, Contemporary Trends



## “A Journey of Fine Muslin from Harappa Civilization to Modern World” “Tana Banna”

Sumbal Sarfraz

*University of Management and Technology, Lahore.*

*e-mail:* [Sumbal.sarfraz@umt.edu.pk](mailto:Sumbal.sarfraz@umt.edu.pk)

**Abstract-** South Asia is blessed with the large number of ancient sites, rich traditions, values and culture. The history of clothing can be traced back to Harappa Civilization and people at that time knew the art of grown, spun and woven. Pakistan’s journey in the field of textile is long and chequered and obviously there is no doubt the cotton cloth were used in Harappa civilization.



Moreover, due to its comfort and versatility make it the most demandable fabric not just in Pakistan but the entire world as well. So, this paper intends to shed light on some samples of cotton materials unearthed during excavation at Harappa civilization and also to collect the Muslin references described in early literature.

This paper will provide the summery of the most important Muslin cotton fiber and fabric from the site of Harappa in the Punjab. New insight on the past will be highlighted in this research, as well as to see the contributions from the past that are adopted by the modern people of the Punjab. The way of growing, spinning and weaving at Harappa still practice in Pakistan and India with little advancement that clearly evident the continuity of the culture from Harappa civilization to modern world.

To explore this study qualitative research method will be utilize which is based on observation and surveys. This study will not only explore the old ancient art of *Tana Banna* but also help to analyze how artistic textile evolved with extended influences in other regions and embedded in the contemporary world.

**Keywords:** Muslin, Tana Banna, Weaving, Journey, Adaptation



## “Artists as Social Scientists; The Art Field of Pakistan”

Mamoona Khan

*Fatima Jinnah University, Rawalpindi*

*e-mail:* [mamoonakhan@gmail.com](mailto:mamoonakhan@gmail.com)

**Abstract-** Artefacts and art works are byproducts of their times, reflecting environs, casts and creeds of their creators. One can peep deep into history through creative endeavours of its people. Hence, Modern era is the age of globalization, where one can get connected with the entire globe at a single click, thereby, coming under relevant or incompatible, and both types of sways. To maintain individuality in the global culture is the dilemma being faced by the Pakistani art field too. Many artists became blind followers of the occident, while a few retained globalism. They maintained distinctive character while remaining at par with the global culture. The paper will be an analytical study, focusing a few artists of Pakistan, who analysed their times like social scientists by adopting symbolic mode of expression. Although they are not mimetic in their expression but connotate empirically. It will be an exploratory analytical study based upon extrinsic and intrinsic analysis of the artworks produced by Anna Molka Ahmed, Sadequain, A.R. Nagori, and Rahat Naveed Masood, etc. Analytical power of the aestheticians is so strong that some blatant truths of the decades are emphatically but amicably articulated by way of line and colour, never communicated by anyone through any other mode.



## Semiotics of Female Attire in Paintings of Punjab, Pakistan

Aalia Hadi Ali

*Pakistan Institute of Fashion Design, Lahore*

*e-mail: [alia.hadi@pifd.edu.pk](mailto:alia.hadi@pifd.edu.pk)*

**Abstract-** This research paper sheds light on the traditional attire of the women and examines its allegorical representation in the paintings of Punjab from post Indo-Pak partition to contemporary times. Women continue to be an integral part of art and artistic expression throughout the human history from prehistoric to modern times. This paper studies the cultural and traditional portrayal of the women and their attire through the artworks of the early and contemporary painters of Punjab. The selected paintings focus on the traditional depiction of the women of Punjab, interprets the themes and styles of representing them in its allegorical transformation with time. Such paintings are very expressive and ideally formalized with great delicacy and devotion, giving importance to womanhood through artistic metaphors, which enhances the role of females and their aesthetic interpretation in Pakistani art.

The trends in the transformation of female attire are studied in the paintings through the content analysis of the paintings starting from post-partition to contemporary times. The research links with traditional clothing of Pakistani females and traces various styles present in the paintings. Artists are selected on the stylistic features of the artwork based on the depiction of females in a specific atmosphere of Punjab and traces the allegory of culture and socio-political influences in Art, occurred with the passage of time.

**Key words:** Female attire, visual communication, Semeiotics.



## The Fundamental Evolution of *Surma* in Tradition

Nabiha Muzzafar

*Rawalpindi Women University, Rawalpindi*

*e-mail: [nabiha.muzzafar@f.rwu.edu.pk](mailto:nabiha.muzzafar@f.rwu.edu.pk)*

**Abstract-** The study discusses the course of a relationship of *kohl* and its linking with the eyes in the context of cultural tradition. In history *Surma* powder used as a medical remedy for the eye ailments and healing of the eyes. This practice became an important tradition and now commonly used for the cosmetic reasons, for stylizing and beautifying the eyes. The aim of this study was to explain the concept of the making of *kohl* and *Kharral* (کھرل), which is now shattered due to modifications. This research discovers the ingredients of the making process of *Surma* and helps to find out the origin that how people became used to apply *Surma* from the ancient time and also follow the Sunnah of Holy Prophet Muhammad (ﷺ). The significant investigation of *Surma* in cultural perspective find to literary, poetic, wedding rituals, myths and superstitious.

**Keywords:** *kohl*, *Kharral*, tradition



## The Debate of High art vs Low Art in Cultural studies and its Implications for *Truck Art* as a Popular art form in Pakistan

Zarin Gul

*Fatima Jinnah Women University, Rawalpindi*

*e-mail: [zaringul@fjwu.edu.pk](mailto:zaringul@fjwu.edu.pk)*

**Abstract-** By drawing upon cultural theory this paper raises questions about the pre-conceived notions about high vs low art and its implications for popular art forms in Pakistan. *Truck Art*, which is acknowledged, both nationally and internationally, as an indigenous popular art form of Pakistan, is used in this paper as a base material for shedding light on high vs low art debate and its implications for popular art forms in Pakistan. This paper aims to highlight that Art and Aesthetics are ideological concepts which play a role in maintaining a social difference among elite and working class by defining their art practice as high art vs low or popular art. In order to counter the hierarchical notions of culture and its associated ideological and hierarchical conceptions of art and aesthetics, Raymond Williams, a renowned cultural theorist, presents a social definition of culture and advocates for a democratic account of culture by defining culture as a particular way of life. For him culture the work of cultural analysis should be the “Clarification of the meanings and values implicit and explicit in a particular way of life, a particular culture”. *Truck art*, mainly draws on nature, and therefore, is defined as low or popular art form for its simplistic appearance. In the light of Raymond Williams’ approach this paper endeavors to highlight how Truck art is imbued with symbolism regardless of its apparently naïve imagery. Furthermore, this paper employs Raymond Williams’s democratic conception of culture to highlight the importance of Truck art as a cultural activity which goes beyond the high Vs low art debate in Pakistan.

**Keywords:** High vs Low Art, Popular Art, Truck Art



## An Aesthetic Encounter Between Traditional Art and Modernity: Ideas, Challenges and Way Forward

Kanwal Khalid

*Punjab Archives and Libraries Wing*

*e-mail: [kkamb5@hotmail.com](mailto:kkamb5@hotmail.com)*

**Abstract-**The world of today is the product of recent as well as distant past. We can see the traces of old in the modern. Contemporary is incomplete without the previous eras. With this reality in mind, a comparative study has been conducted between the art of 20th century and the Turkish miniature of previous centuries that seem to be collaborating each other. Common elements are explored and shared by the artists of both sides, keeping in mind the human desire of exploring the unknown realms. The conquest to reach out to the Supreme Power and the concept of Infinity explored and implemented in the arts of two regions, which are far apart in time and space, yet philosophically, in so much close proximity of each other. During the study of Turkish miniatures, the eye of

a graphic designer, found rhythmic design quality dominating in most of them. There is a stylization of figures and their surroundings with an abstract formal expression, which is very contemporary in spirit. This intellection in the ideas, figures, landscapes or even in the architectural backgrounds gives a way to the same value as in carpets, ceramics or motifs on the domes of the mosques. Similar thought process was explored by the artists of 20th c. when painters were at the threshold of abstraction in contemporary art. This study was a challenge to knot the two together i.e. the transformation of past into contemporary. The focus of the research is more on transformation rather than challenges.

**Key Words:** Turkish Miniature, 20th c. Art, Transformation, Intellection, Infinity, Contemporary



# POLITICAL SCIENCE

## The Vision of Peace and Stability in South Asia and Indian Increasing Reliance on Modern Warfare Technology

Attiq Ur Rehman

*National University of Modern Languages, Islamabad*

*e-mail: [arehman@numl.edu.pk](mailto:arehman@numl.edu.pk)*

**Abstract-**The vision of peace and stability has always remained an unachievable task in the South Asian hostile regional political order, where the Indian quest for hegemonizing the territorial and maritime affairs of its home region is the primary factor intensifying the security environment of South Asia. The Indian ambitions for dominating nuclearized subcontinent and Pakistan's plans for counterbalancing New Delhi's regional aggression have generated a security dilemma in South Asia in which the Indian government always preferred to adopt various offensive policies to fulfill its strategic thirst, whereas the government of Pakistan decided to remain defensive and peaceful in the persistently degrading security environment of its home region. In response to Pakistan's consistent efforts to counterbalance Indian anti-neighborhood policies against the territorially adjoining nation, Indian leaders have started introducing different levels of weapon modernizing techniques while broadly relying on modern warfare technologies. New Delhi has formally recognized the role of weapon modernizing technologies in the Indian defense industry without considering the impacts of these strategic quests on the neighboring nations. Therefore, the central theme of the paper revolves around the threats to the scope of peace and stability in the intense regional security environment of South Asia under the nuclear shadows. The paper is an academic endeavor to investigate the factors hindering the role of peace and stability in the nuclearized subcontinent, where the perpetual India-Pakistan conflict is constantly upsetting the regional political order of the South Asian region.

**Keywords:** Peace, Stability, South Asia, Warfare, Technology



## The Disintegration of Cultural Pluralism in Myanmar: Human Rights and Plights of Rohingya Muslims

Robina Khan<sup>1\*</sup>, Zafar Abbas<sup>2</sup>, Niaz Muhammad<sup>3</sup>

<sup>1</sup>*Gomal University, D. I. Khan Khyber Pakhtunkhwa,*

<sup>2</sup>*Government College No.1 D. I. Khan, Khyber Pakhtunkhwa*

<sup>3</sup>*National Defense University, Islamabad*

*\*e-mail: [dr.robina@gu.edu.pk](mailto:dr.robina@gu.edu.pk)*

**Abstract-** Aristotle coined the term "politeia." He is also credited for stating that the objective of a state is to create a society in which all humans are equal. Today, cultural pluralism satisfies the need of society's diverse cultural components to articulate them. There is perhaps no country in the world today that does not have minorities. Ethnic diversity is a pervasive feature of life in nation-states everywhere. When it comes to ethnic diversity, Myanmar is one of the most diverse nations in Asia. The Rohingya have been living in Myanmar for centuries, but their status as an ethnic minority has not been recognized. Rohingya Muslims are confronted with issues of identity and citizenship, as well as serious international human rights violations. Large numbers of Rohingya

Muslims are residing in Bangladesh, making it the country with the world's largest refugee population. Rohingya Muslims' hardships were exacerbated by the military takeover, which also made it harder for refugees to return home. Myanmar is involved in the ethnic genocide of Rohingya Muslims. Under Myanmar's domestic legal system, the Rohingya gradually lost their identity and finally became stateless. A large number of Muslim ethnic minorities is unable to exercise their fundamental human rights because of political restrictions. It is argued that not only are their human rights severely threatened by their current situation of statelessness, but they are also at risk of being subjected to ethnic cleansing, genocide, and crimes against humanity.

**Keywords:** Pluralism, Myanmar, Human Rights, Rohingya, Muslims



## Hybrid Warfare: A Dilemma for National Security of Pakistan

Hikmat Shah Afridi

*International Islamic University, Islamabad*

*e-mail: [midan\\_5@yahoo.co.uk](mailto:midan_5@yahoo.co.uk)*

**Abstract-**As an instrument of state policy in settling disputes, the lethality of modern military hardware has made less relevant the total war between nations. On the other hand, military force remains a useful tool for deterrence rather than compellence and chastisement between the nuclear-armed states. This philosophical hypothesis has given impetus to employ sub-conventional conflicts and hybrid warfare as a means to bleed the adversary, especially the nuclear-armed country like Pakistan. Hybrid war is a full-spectrum of war without any limitation of just war theory through which both physical and psychological vulnerability of the competitor are exploited. To destabilize Pakistan internally, India and its like-minded states are making the best use of hybrid warfare tools in the exploitation of domestic fault line including politics, religion, economics and similar lines. Interestingly, they have been effectively employing diplomatic and economic pressures to malign Pakistan's image. Efforts are made to analyse the dynamics of Hybrid Warfare to envisage its impact upon peace and conflict situation and its effects by the application of Hybrid Warfare in Pakistan. Nonetheless, Pakistan is facing multi-dimensional and multidirectional challenges where the dominant threat stems from Eastern neighbour, but the involvement of other state and non-actors further complicates the situation.

**Keywords:** Military hardware, Nuclear-armed, Hybrid Warfare, Fault-lines, Physical and Psychological Vulnerabilities



## Role of Political leadership in Ethnonationalism and National Integration: Telescoping Pakistan

Fauzia Ghani

*Government College University, Lahore*

*e-mail: [fauziaghani@gcu.edu.pk](mailto:fauziaghani@gcu.edu.pk)*

**Abstract**-This research paper is primarily concerned with the analysis of the role of political leadership in ethno-nationalism and how nationalistic affiliations on the basis of ethnicity can impede the process of national integration? Both the developed and developing states have been confronting with the issue of ethnic polarization from unprecedented time period. In particular, Pakistan is not an exception in this regard. Since its inception, the ethnic heterogeneity has been an apple of discord in its nation building process. In this regard, the researcher has opted two major ethnic groups (Balochi and Sindhi) in order to understand that why these ethnicities hoist the banner of separatism against Pakistan and on which basis the Sindhi's and Baluchi's launched ethno-national movements. Further, main question; what role played by the political leadership to manage /regulate these ethnonational movements is undertaken. For this research paper, the theoretical framework of social constructivism has also been applied to unveil the high headedness of state elites in endorsing a unified concept of national identity on the alienated ethnic groups without taking in to consideration their due ethnic demands. It is pertinent to mention here that the leadership should bring about fundamental in its political structure in order to maintain a national harmony in an ethnically diverse society. Through qualitative approach it has been inferred that a pluralistic cum consocio-federalism is the panacea for resolving the ongoing ethnic antagonism.

**Keywords:** Ethno-nationalism, Political Leadership, National Integration, Social Constructivism



## National Security Policy of Pakistan 2022-2026: A Critical Appraisal of Non-Traditional Security Policies

Qandil Abbas, Maheen Cheema\*

*Quaid-i-Azam University, Islamabad*

*\*e-mail: [cheema\\_mc@hotmail.com](mailto:cheema_mc@hotmail.com)*

**Abstract**-Pakistan since independence in August 1947 viewed India as the biggest threat to the national security of Pakistan, hence the security policy of our country solely focused on them. After 1979, situation in Afghanistan became a concern for Pakistan's security too and later after 9/11, terrorism was added into Pakistan's security policies as well along with the Indian centric security policies that had been adopted by Pakistan. Despite these security concerns, Pakistan never documented an official national security policy for the country. Recently Pakistani government brought forward Pakistan's first ever document on national security titled as 'National Security Policy of Pakistan 2022-2026' that includes non-traditional security challenges along with the traditional security threats which had been missing from the security policies of Pakistan for a long time and had been some of the biggest challenges to the country's security. This document through a focus on the people of Pakistan and on geo-economics, places economic security at the core of the comprehensive national security of Pakistan and



emphasizes on the relationship between economic, human, and traditional security aspects. But this document has certain shortcomings that need to be addressed. This article tends to give a critical analysis of the National Security Policy of Pakistan 2022-2026 and will also highlight the non-traditional security challenges faced by Pakistan that have been overlooked in this document. This article will also explain that how the non-traditional security narrative in Pakistan can be implemented through the provision of required institutions and what more can be done to improve the National Security Policy document to make this a truly comprehensive national security policy of Pakistan.

**Keywords:** National Security Policy 2022-2026, Non-Traditional security Policy, Pakistan, India, 9/11



## Shifting World Order: China on its Way to Lead the World

Zaheer Abbas\*, Manzoor Afridi  
International Islamic University, Islamabad  
\*e-mail: [zaheer.phdir44@iiu.edu.pk](mailto:zaheer.phdir44@iiu.edu.pk)

**Abstract-**After disintegration of the USSR, the US became world hegemon until the 9/11 and economic crisis of the first decade of 21<sup>st</sup> century which helped it launching a new world order. At that time, the US was the only state in the contemporary world having enough power to alter the system. But now, the situation is quite different. China, a sleeping giant of the East, has started projecting its power to the world; launch of BRI in 2013 is a prime example of it. However, China has a totally different *modus operandi*. It wants to influence the world through economic connectivity and creating long-term deep-rooted interdependence. The kind of dependence on each other is making nations like-minded and helping them have a say on the international arena. On the other side, the Russia-Ukraine war has diverted the world's attention towards resurgence of Russia, however, it does not possess the soft power required to rule the world in the era of globalization. Though Russia and China have been jointly leading a progressive regional organization in terms of economics and security; the Shanghai Cooperation Organization (SCO). China is capable of leading the world with all the prerequisites. The projections have predicted that China will be the economic world leader by 2030 which has further contracted to 2028 after the impacts of COVID-19. The focus of my study is to explore the dynamics of the shifting world order where China is taking the decisive position by using the SCO platform or taking the solo flight.

**Keywords:** World Order, BRI, Globalization, COVID-19, Shangai Cooperation Organization



## Indo-Pakistan Water Dispute: A Challenge to the Security of Pakistan

Muhammad Nawaz Bhatti  
*University of Sargodha, Sargodha*  
e-mail: [shakeebnawaz@gmail.com](mailto:shakeebnawaz@gmail.com)

**Abstract-** Having an agrarian economy, Pakistan highly depends on surface freshwater. About 70 percent of its surface freshwater, Pakistan receives from various tributaries of the Indus Rivers System. Most important among those are the River Jhelum, the Chenab, the Ravi, the Sutlej and the Beas. In August 1947, the Radcliffe Award drew the line of demarcation in a manner that barrages at Madhopur and Ferozpur were remained in India and irrigated land in Pakistan. Being an upper riparian state, India stopped water to all canals flowing into Pakistan on April 1, 1948 and consequently a conflict over the use of waters of the Indus River System emerged. After a decade long hectic negotiations under the good offices of the World Bank dispute was resolved by signing the Indus Waters Treaty (IWT) on 19th December 1960. The IWT was based on the theory of "Limited Territorial Sovereignty and Integrity" which advocates the reasonable and equitable distribution of water among all the riparian. Under the Treaty, exclusive rights of utilization of Western Rivers (the Indus, Jhelum and Chenab) with minor exceptions were assigned to Pakistan and water rights over the Eastern Rivers (the Sutlej, Ravi and Beas) were given to India. After the implementation of the Treaty, India is not only violating the various provisions of the Treaty by constructing various reservoirs on Western Rivers but also the International law on non-navigational uses of the international watercourses. This paper is an attempt to analyze the position both countries on the construction of Indian dams on Western Rivers under the IWT and the principle of equitable and reasonable apportionment of water. It also highlights the challenges which Pakistan will have to face due to the Indian dams. Both primary and secondary sources have been used to find out the solution.

**Keywords:** India, Pakistan, water conflict, Indus Waters Treaty, Challenges to Pakistan's Security



## China's Belt and Road Initiative: A Critical Analysis of Globalization and Democracy

Manzoor Afridi, Naveed Anjum\*  
*International Islamic University, Islamabad*  
\*e-mail: [naveed.phdir42@iiu.edu.pk](mailto:naveed.phdir42@iiu.edu.pk)

**Abstract-**In 2013, China's President Xi Jinping launched Belt and Road Initiative (BRI), an innovative idea and transcontinental investment and policy program. The project aims to strengthen China's connectivity, economic integration, cultural ties and soft infrastructure with the world. BRI is to execute a new type of "collaborative globalization" above and beyond the US-led globalization. In China, globalization had a very mixed history but the process accelerated in 1978 when President Deng Xiaoping adopted an open-door policy after improving its relations with the United States of America. In this period, China transformed itself from a sleeping giant into a powerhouse of the world economy. In 2001, the US supported China's entry into the World Trade Organization (WTO) with the assumption that free trade will lead it to democracy and will move away from the communist system. On the other hand, China being a civilized country, having a large population and complex issues

remained a communist country and adopted free trade and democracy according to its traditions. In current circumstances, for China, democracy has a different meaning and is not an ornament but is used to solve the problems that the people need to solve. Since globalization is rising due to BRI, democratic norms are prospering in its society but the road to western-style democracy is still too far away. In future, the success of the BRI will strengthen globalization which can open the window for China to adopt western-style democracy. If unfortunately, BRI failed due to foreign conspiracies, it will slow down China's movement toward democracy which would be a great setback to the proponent of democracy in China.

**Keywords:** BRI, China, Democracy, Globalization



# PSYCHOLOGY

## Psychological Distress and Sexual Dysfunction among Women: Dynamics Across Pre-, Peri-, and Postmenopause

Fatima Altaf, Irum Naqvi, & Namood-e-Sahar\*

*National Institute of Psychology, Quaid-i-Azam University Islamabad*

\*e-mail: [namood.sahar@nip.edu.pk](mailto:namood.sahar@nip.edu.pk)

**Abstract**—Menopause is an unavoidable transformation affecting the reproductive life of a woman. Literature demonstrates high sexual dysfunction among menopausal women (Eftekhar et al., 2016). High degree of depression and anxiety exist in menopausal women that strongly impact their quality of life (Masood et al., 2016). The depression, anxiety, and stress contribute to psychological distress (Lovibond & Lovibond, 1995). Menopause related psychological issues have great significance but least addressed by researchers of Pakistan because of associated taboo. Present study aimed to explore the relationship between psychological distress and sexual dysfunction among pre-, peri-, and postmenopausal women. The sample of adult women ( $N = 150$ ) was obtained through convenient sampling technique. It includes all three groups of menopausal women that are, premenopausal ( $n = 46$ ), perimenopausal ( $n = 65$ ), and postmenopausal ( $n = 30$ ). The assessment was made using Menopause Rating Scale (Heinemann, 1996), Female Sexual Function Index (Rosen, 1990), and Depression Anxiety Stress Scale (Lovibond, 1995). Correlation estimates demonstrated a significant positive relationship ( $p < .05$ ) of psychological distress and sexual dysfunction with menopause. It was also found that women in postmenopausal phase experience more distress and higher sexual dysfunction than the pre- and perimenopausal women ( $p < .01$ ). Regression analysis demonstrated that depression, anxiety, and stress accounts for 33% in sexual dysfunction among menopausal women such that anxiety is the strongest predictor. Research findings highlighted the significance of awareness related to sex education and menopause.

**Keywords:** Psychological distress, sexual dysfunction, postmenopause, women, anxiety



## Impact of Self Efficacy and Emotional Regulation on Mental Health among Women Suffering from Breast Cancer

Musarrat Parveen & Nazia Iqbal\*

*Department of Psychology, International Islamic University Islamabad*

\*e-mail: [musarratkhan80@gmail.com](mailto:musarratkhan80@gmail.com)

**Abstract**—Mental health has been considered one of the most serious issues among people, especially in women suffering from breast cancer. A plethora of research has been carried out to find out the determinants of mental health, however, the influence of self-efficacy and emotional regulation on mental health in Pakistani women suffering from breast cancer has been untouched. Researchers have used the following instruments i-e; the Urdu translated version (Jabeen, 2015) of Mental Health Inventory (Viet & Ware, 1983) was consisted of 38 items with 6-point Likert-type response format, the Urdu translated version (Tabassum, 2003) of Self-Efficacy Scale (Schwarzer & Jerusalem, 1995) and the Urdu translated version (Malik, 2014) of Emotion Regulation Scale (Gross & John, 2003) were used to measure the constructs of present study. Survey included 150 women suffering from breast cancer from different hospitals of Lahore, Peshawar, and Rawalpindi through a structured questionnaires

and used SPSS for data analysis. The results indicate that self-efficacy has a positive significant ( $p < .05$ ) while emotional regulation has significant negative impact on mental health in women suffering from breast cancer. This research has several implications for women and health minister. Given the fact that females suffering from breast cancer have mental health concerns, there is a dire need of socially acceptable and appropriate awareness programs initiated by the government for health care professionals.

**Keywords:** Breast cancer, emotional regulation, mental health, self-efficacy



## Dancing the Gaslight Tango: Personality Traits and Broken Mirror Image Syndrome among Married Individuals

Amna Hassan\*, Nazia Iqbal, Bushra Hassan

*International Islamic University, Islamabad*

\*e-mail: [amna\\_wah@hotmail.com](mailto:amna_wah@hotmail.com)

**Abstract**—Gaslighting is covert emotional and mental exploitation or abuse, used to destabilize an envisioned target person’s mental stability (Welch, 2008). Gaslighting may lead to Broken Mirror Image syndrome (BMIS) that is a set of emotional and psychological symptoms that occur in a person with psychological and emotional trauma, such as broken introspective mirror with distorted picture about oneself, internalization of abuser’s negative emotions and thoughts, knots of negative emotions and thoughts about oneself, destructive self-criticism that leads to depression, anxiety, low self-esteem, inferiority complex, somatization of emotional pain, tension headaches and increased suggestibility (Petric, 2018). Present study assumed that personality traits of an individual may also contribute in onset of BMIS. Purpose of this study is to determine the role of gaslighting and personality traits on the mental health of married Pakistani individuals. The data was collected through snowball sampling technique by using cross sectional research design from married individuals ( $N = 316$ ; male = 104, female = 212), age ranged from 25 to 64 years from different cities of Pakistan. Urdu Versions of Gaslight Questionnaire ( $\alpha = .90$ ) (Hassan & Iqbal, 2022), Investment Model Scale ( $\alpha = .78$ ) (Hassan & Iqbal, 2022), Big Five Personality Inventory ( $\alpha = .77$ ) (Sadia, 2020) and Broken Mirror Image Syndrome Scale ( $\alpha = .94$ ) (Hassan & Iqbal, 2022) were used. Results indicated that there is a significant positive relationship between Gaslighting and Broken mirror image syndrome ( $r = .42, p < .01$ ). Analyses showed that there is a significant negative relationship between extraversion, agreeableness, conscientiousness, openness personality traits and Broken Mirror Image Syndrome ( $r = -.50; p < .01, r = -.61; p < .01, r = -.59; p < .01, r = -.43; p < .01$ ) respectively, however, individuals having neuroticism personality traits are more likely to be the sufferers of broken mirror image syndrome ( $r = .39, p < .01$ ). Moderation analysis indicated that the relationship between personality traits and broken mirror image is significantly conditional on Gaslighting phenomenon ( $\beta = .02, t = 6.58, p < .001$ ).

**Keywords:** Gaslight tango, broken mirror image syndrome, personality traits, emotional abuse, mental health



## The Relationship of Stress Appraisal, Health Anxiety and Psychological Health among University Students During COVID-19 Pandemic

Allah Nawaz\*, Maryam Kausar, Farwa Shafique

*International Islamic University, Islamabad*

\*e-mail: [drazaad143@gmail.com](mailto:drazaad143@gmail.com)

**Abstract**— Covid 19 pandemic has dramatically altered everyday life across the globe. It has resulted in the psychological distress and has affected many aspects of individual's lives. The current study examined the relationship of stress appraisal, health anxiety and psychological health among university students. Data was collected through online survey for a four-month period. Participants voluntarily answered the Perceived Stress Scale (Cohen, 1994), Health Anxiety Scale and Mental Wellbeing Scale (Tennant, 2007). It was hypothesized that stress appraisal, which is the evaluating the event/stressor as threatening, will have significantly positive correlation with health anxiety symptoms and mental wellbeing. The results indicated that Pearson correlation among all the study variables was statistically significant ( $p < .001$ ). Stress appraisal was positively correlated with health anxiety and mental wellbeing. Cronbach alpha of the scales Health Anxiety Scale, Mental Wellbeing Scale and Perceived Stress Scale, were found to have acceptable values ( $\alpha = .84, .85$  &  $.72$ ). MANOVA analysis indicated that strong relationship exists among stress appraisal, health anxiety and mental wellbeing. Further exploration of the results and practical implications were discussed as well.

**Keywords:** COVID-19, health anxiety, mental wellbeing, stress appraisal.



## Moderating Role of Self-esteem between Traumatic Events and Internalized Shame among Retired Army Officers

Gulyana Shehzad\*, Sadaf Ahsan

*Department of Psychology, Foundation University, Islamabad*

\*e-mail: [gulyanashehzad@yahoo.com](mailto:gulyanashehzad@yahoo.com)

**Abstract**— This study was designed to investigate the moderating role of self-esteem between traumatic events and internalized shame. A sample of 198 retired male army officers between age range of 45-75 years ( $M = 54.9$ ,  $SD = 5.56$ ) was selected through the purposive sampling technique from Rawalpindi and Islamabad. All the participants had at least 14 years of formal education. Self-reported questionnaires, i.e., the Trauma History Questionnaire (THQ; Green, 2011) and Internalized Shame Scale (ISS; Cook, 1991) and Rosenberg's Self-Esteem Scale (RSES; 1965), were administered for data collection. Results revealed a significant positive association between traumatic events and internalized shame ( $p < .05$ ). Findings also yielded traumatic events as a significant positive predictor of internalized shame. Self-esteem turned out to be a significant moderator and weakened the relationship between traumatic events and internalized shame among retired army officers. The current study helped us to identify diverse kinds of traumatic events experienced by retired army officers, which led to a higher prevalence of internalized shame. The research findings also revealed the importance of self-esteem and the need to develop interventions to elevate the level of self-esteem of individuals especially those facing traumatic events or internalizing shame in order to minimize the negative outcomes.

**Keywords:** Internalized shame, retired army officers, and traumatic events.



## Phenomenon of Touch among Female youth of Pakistan: An Exploratory Study

Salma Naz Khattak\*, Amjad Sohail, Nimra Arooj  
*National University of Medical Sciences (NUMS), Islamabad*  
\*e-mail: [salmaayaz17@yahoo.com](mailto:salmaayaz17@yahoo.com)

**Abstract-Touch** used as a means of nonverbal communication, carries much more in itself. It is visceral, and paramount for emotional connection and living beings cannot live without it, especially in a social context. Hence the present study is conducted to explore qualitatively understanding of human touch and experiences through semi-structured interviews from Pakistani Female youth (Age:18-24 years). Applying Thematic Analysis, six major themes are identified: The Meanings of Human Touch; Touch Need; Factors affecting Touch; Accessibility, Touch Influencers; and Impact on Performance. The analysis of the study supports earlier findings showing that the understanding of touch and its experience, involves a network of several different considerations regarding the possible understanding of touch. It reveals that the cultural traditions and religious narrative in Pakistan have wired/programmed the females in such a way that they do not realize or comprehend their touch needs. Moreover, the present findings would be useful for healthcare professionals to root out the causes of many psychological and cognitive challenges faced by youth of Pakistani society due to lack of appropriate amount of touch. It will also prove helpful in education policymaking for inclusion of awareness about touch needs in course books for adolescents. It also suggests to create general public awareness of the touch needs of young women in Pakistan.

**Keywords:** Human touch; understanding of touch; touch influencers; touch need; Pakistani female youth; thematic analysis.



## Childhood Traumas; A Leading Cause of Substance Use Among Young Adults in Pakistan

Zara Sikandar<sup>1</sup>, Rabia Hanif\*<sup>2</sup>, Rayna Sadia<sup>3</sup>  
<sup>1,2</sup>*Riphah International University*  
<sup>3</sup>*Rawalpindi Women University*  
\*e-mail: [drabiahhanif@riphah.edu.pk](mailto:drabiahhanif@riphah.edu.pk)

**Abstract**—Traumatic events have been barging into people's lives and increasing the risk of substance use from the beginning. An association between childhood trauma and substance use has been found in different studies. The current study aimed to evaluate the relationship between childhood trauma and substance use. It also aimed to investigate the gender differences across childhood trauma and substance use among young adults in Pakistan. Young adults ( $N = 270$ ), men ( $n = 140$ ), and women ( $n = 130$ ), from different institutions in Lahore, Islamabad, and Peshawar, through a convenience sampling technique, were asked to fill Childhood Trauma Questionnaire-



short form (Bernstein et al., 2003), and Tobacco, Alcohol, Prescription medications, and other Substances (McNeelley et al., 2016). Results from the data analysis showed that childhood trauma has a significant positive correlation with substance use ( $p < .01$ ), and men exhibited higher scores on substance use as compared to women ( $p < .05$ ).

**Keywords:** Childhood trauma, substance use, risk



## Qualitative Exploration of Attitude towards Online Feminist Discourse in Pakistan

Zerafshan Khalid\*, Irum Naqvi, Sabeen Sabir

*National Institution of Psychology, Quaid-i-Azam University, Islamabad*

\*e-mail: [zerafshankhalid437@gmail.com](mailto:zerafshankhalid437@gmail.com)

**Abstract**— Pakistan’s online spaces have become critical modes of feminist self-expression, as the internet offers a more democratized, accessible and publicly visible place for ongoing feminist debates. Digital spaces serve as an ongoing archive of community voices, and demonstrate the relevance of feminist demands in Pakistani society. An exploratory study was done through eight focus group discussions with social media users ( $N = 48$ ) and five in-depth interviews with feminist activists to identify the attitudes towards online feminist discourse in Pakistan. Through content analysis five major themes were evolved i.e., knowledge about online feminist activism, online feminist practices, positive attitudes and negative attitudes about online feminist activism and fifth one was myths related to online feminist discourse in Pakistan that were prevailing. Domain of Knowledge constitute experiences and awareness about online feminist movements. Online feminist practices involve the liking and sharing of posts related to feminism on social media. Platform of awareness about women rights, safe place to share opinions, Providing justice to victim of harassment and oppression were positive attitudes towards online feminist movements. Negative attitudes includes, deviation from culture and religion, promoting vulgarity and westernization, anti-men, Limited to elite class, Misuse for personal benefits. Online movements are funded by western agencies and promoting homosexuality in our society were the most common myths. Present study have given qualitative insight of the attitudes towards feminist movements in Pakistan Awareness and ongoing women marches across the country is an evidence of fruitful use of digital feminist activism to change the narratives about feminism in Pakistan

**Keywords:** Social media, online feminist activism, feminist practices, movements



## Perceived Similarity with Victims of Sexual Harassment, Empathy and Victim Blaming in Young Women

Tayaba Younus\* & Farah Malik  
University of the Punjab, Lahore  
\*e-mail: [taybayounus22@gmail.com](mailto:taybayounus22@gmail.com)

**Abstract**—It is a correlational study which aims to investigate the relationship between perceived similarity with victims of sexual harassment, empathy and victim blaming in young women. It determined how empathy would moderate the relationship between victim blaming and perceived similarity in young women. A sample of 204 educated young adult women of age range 18 to 25 years ( $M = 21.52$ ,  $SD = 1.34$ ) student (93.6%) or working lady (6.4%) had been recruited by non-probability convenient sampling technique due to lockdown conditions during COVID-19 pandemic. A comparable sample of women with (51.5%) and without (48.5%) sexual harassment experience was identified. Perceived Similarity Questionnaire (PSQ) and Victim Blaming Questionnaire (VBQ) by Bevens (2018) and The Toronto Empathy Questionnaire by Spreng et. al., (2009) was used to assess variables. Result findings revealed that Victim blaming had significant negative correlation with perceived similarity with victims of sexual harassment and empathy in young women ( $p < .05$ ). Empathy with victim of sexual harassment was a significant negative predictor of victim blaming in young women. Empathy significantly moderated the relationship between perceived similarity with victim of sexual harassment and victim blaming in young women. Moreover, analysis with demographic variables revealed that young women without sexual harassment experience blame the victims of sexual harassment more than those women with sexual harassment experience ( $p < .01$ ). There was significant difference in urban and rural residents in blaming victims of sexual harassment ( $p < .05$ ). There was no significant age, education and profession difference on victim blaming ( $p > .05$ ). This study highlighted the importance of perceived similarity and empathy with victims of sexual harassment. It implied that better investigation process should be made to identify the culprits and no blame should be attributed to such victims.

**Keywords:** Sexual harassment, sexual harassment experience, empathy, perceived similarity, victim blaming, young women, victims of sexual harassment



## Associations between Cyberchondria, Psychological Distress, Self-esteem, Fear of COVI-19, Age and Gender: A Moderation Analysis

Nazia Mustafa\*, Shoaib Kiani, Saira Javed  
GHQ, Rawalpindi  
\*e-mail: [captnaziaafimh@gmail.com](mailto:captnaziaafimh@gmail.com)

**Abstract**—Present study was carried out to determine the moderating role of Self-esteem, Fear of COVID-19, age and gender between Cyberchondria and psychological distress. Sample of the study was recruited from different cities of Pakistan through convenient sampling. For this purpose, an online Google form comprised of Informed Consent, Socio-demographic form, Urdu versions of Cyberchondria Severity Scale-12 (CSS-12) (McElroy & Shevlin, 2020), Depression-Anxiety-Stress Scale-21(DASS-21) (Lovibond & Lovibond, 1995),

Rosenberg Self-Esteem Scale (RSES)(Rosenberg, 1965) and Fear of COVID-19 Scale (FCV-19S)(Ahorsu et al., 2020) was generated and participants were invited to take part in the study through social media. They were informed about the research purpose and their consent was obtained. Total 377 participants with age range of 17 to 68years old ( $33.42 \pm 9.6$ ); including males ( $n = 144$ ) and females ( $n = 233$ ) participated in the study. Descriptive analysis revealed that all the scales had acceptable Cronbach's alpha reliabilities ( $\alpha > .70$ ). Findings revealed that 158 (41.9%) of individuals have Cyberchondria 166 (44%) have Excessiveness, 176 (46.7%) have Distress, 108 (28.6%)have Compulsion, 143 (37.9%) have Reassurance symptoms. Correlation coefficients between various Study/Demographic variables showed that age was significantly positively correlated with Fear of COVID-19( $p < .05$ ), Cyberchondria was significantly positively correlated with Psychological Distress and significantly negatively correlated with self-esteem( $p < .01$ ), Self-esteem and Psychological Distress were also positively correlated( $p < .01$ ) whereas relationships among other study variables were not significant. Further moderation analysis depicted that Self-esteem and Age act as significant moderator in relationship between Cyberchondria and Psychological Distress ( $\beta = -.02***$ ,  $\beta = -.01***$ ), by explaining the 1% of variance in outcome variable whereas Fear of COVID-19 and Gender did not moderate the relationship between Cyberchondria and Psychological Distress ( $\beta = -.0059$ ,  $\beta = -.0275$ ). But mean differences of men and women were significant where women were more vulnerable for Cyberchondria, psychological distress and fear of COVID-19 with poor self-esteem as compared to males. The present study is the preliminary attempt in the process of understanding cyberchondria and its connotations with significant psychosocial variables (Psychological distress, Self-esteem, Fear of COVI-19, Age and Gender) in Pakistani context. It has multiple practical implications for policy makers, clinicians, researchers and healthcare systems in general.

**Keywords:** Cyberchondria, fear of COVID-19, psychological distress, moderation analysis



## Impact of Adverse Childhood Experiences on Mental Health of Young Adults: Role of Self-Compassion

Fatima Raheem, Sobia Masood\*, Sania Mazher

*National Institute of Psychology, Quaid-i-Azam University, Islamabad*

\*e-mail: [s.masood@nip.edu.pk](mailto:s.masood@nip.edu.pk)

**Abstract-**The short and long-term consequences of exposure to adversity in childhood are of great public health importance. The present study investigated the effect of adverse childhood experiences on the mental health of young adults. The study also explored the role of self-compassion in relationship between adverse childhood experiences and mental health. To measure the study variables, Urdu version of Childhood Exposure to Domestic Violence (Edleson, 2008), Mental Health Inventory (Veit & Ware, 1983) and Self-compassion Scale-Short Form (Neff, 2003) were used. The sample consisted of 619 young adults (Men = 193, Women = 426). Results of correlation analysis showed significant negative relationship of adverse childhood experiences with mental health and self-compassion ( $p < .05$ ). The indirect effect of self-compassion was also observed through adverse childhood experiences on mental health of young adults. Creating awareness regarding adverse childhood experiences may help to reduce adversity. Community, school, and after-school based interventions can reduce the effects of traumatic events among children, adolescents and adults living in adverse circumstances.

## Spillover of Marital Satisfaction into Mother-Child Relationship among Menopausal Women

Nida Riaz<sup>1</sup>, Nazia Iqbal<sup>2</sup> & Hina Iram<sup>3</sup>

<sup>1,3</sup>Rawalpindi Women University, Islamabad

<sup>2</sup>International Islamic University, Islamabad

\*e-mail: [nidariaz228@gmail.com](mailto:nidariaz228@gmail.com)

**Abstract**—The present research studied association between marital satisfaction and mother-child relationship among menopausal women. Mean differences in marital satisfaction and mother-child relationship among pre-, peri-, and post-menopausal women were also explored. Data was collected from menopausal women ( $N = 315$ ). Marital Satisfaction was assessed using Marital Satisfaction Scale (Iqbal, 2013), Child Parent Relationship Scale (Pianta, 1998) translated and adapted by Riaz (2018) was used to assess mother-child relationship. There is a spill over of marital satisfaction in mother-child relationship. Hierarchical multiple regression analysis indicated significant predictive relationship of marital satisfaction and mother-child relationship among menopausal women (conflicted mother-child relationship  $B = -.76, p = .000$  and closeness in mother-child relationship  $B = .91, p = .000$ ). There is mean difference in marital satisfaction and mother-child relationship among pre-, peri- and post-menopausal women. Results revealed that perimenopausal women experienced less marital satisfaction ( $F = 71.79, p = .000$ ), less closeness in mother-child relationship ( $F = 72.4, p = .001$ ) and more conflict in mother-child relationship ( $F = 131.8, p = .001$ ) than pre and postmenopausal women.

**Keywords:** Marital satisfaction, menopause, mother-child relationship



## Posttraumatic Growth, Coping and Psychological Distress among Bereaved Parents

Maira Bibi\* & Farhana Kazmi

Department of Psychology, Hazara University, Mansehra

\*e-mail: [mairamehboob55@gmail.com](mailto:mairamehboob55@gmail.com)

**Abstract**—Bereavement is the experience of a person after losing someone close due to death which may results adversely on an individual's life. This study aims to investigate the relationship among coping, posttraumatic growth and psychological distress among bereaved parents as well as to find out the mediating relationship of coping and posttraumatic growth between bereavement and psychological distress. The sample of 200 bereaved parents (male parents = 100, female parents = 100) who had experienced the death of their children (age of child  $\geq 12$  years) has been selected. The sample was taken from different cities of Hazara division, KP, Pakistan through Snow-ball sampling. This research was quantitative in nature in which participants have been examined through questionnaires, named as CABLE (Crunk, 2017), PTGI-SF (Qandeel et al., 2014), K-10 (Kessler et al., 2002), and CBI (Burnett et al., 1997) in which three scales were adapted into Urdu language by the researcher for the ease of the participants. Results of the present study demonstrated significant positive correlation of coping with posttraumatic growth and psychological distress while psychological distress was negatively correlated with posttraumatic growth ( $p < .01$ ). Study also concluded that coping and posttraumatic growth partially mediates between the association of bereavement and psychological distress. The results also disclosed among male bereaved parents, working bereaved parents, educated bereaved parents, parents in early years of bereavement

and parents with higher level of socioeconomic status revealed more coping and posttraumatic growth ( $p < .01$ ). However, among female bereaved parents, nonworking bereaved parents, uneducated bereaved parents, later years of bereavement and lower level of socioeconomic status were found more psychologically distressed ( $p < .01$ ). Moreover, those bereaved parents who have experienced sudden death of their child, were found high on coping, posttraumatic growth and psychological distress ( $p < .01$ ) than those who experienced natural death of their child.

**Keywords:** Bereavement, coping, posttraumatic growth, psychological distress



## Perceived Parenting Styles and Marital Adjustment in Married Women: Intervening Role of Self- Silencing

Areej Arif<sup>1</sup>, Saima Kalsoom<sup>2</sup>, Muhammad Faran\*<sup>3</sup>, Farwa Arif<sup>4</sup>

<sup>1,3</sup> *University of Management and Technology, Lahore*

<sup>2,4</sup> *Bahria University, Islamabad*

\*e-mail: [mfaran.buic@bahria.edu.pk](mailto:mfaran.buic@bahria.edu.pk)

**Abstract**—The current study aimed to investigate the parenting style, self- silencing and marital adjustment in married women. A correlational study with, 300 married women, with age range from 25-35 years with ( $M = 28$ ,  $SD = 3.31$ ) from three cities of Pakistan was conducted. A non-probability purposive sampling technique was used to draw a sample. Urdu versions of Parenting Styles Scale by (Gelsma et al., 1991), The Silencing of Self-Scale by (Jack, 2017) and Marital Adjustment Scale were used for assessment. The results of showed that authoritative mother and authoritative father was found to be significant ( $p < .05$ ) positive predictors of self-silencing and marital adjustment. Whereas authoritarian mother and authoritarian father was found to be significant negative predictors ( $p < .05$ ) of self-silencing and marital adjustment. While permissive mother and father were found to be non-significant predictor ( $p = n.s$ ) of self-silencing and marital adjustment. Moreover, self-silencing was found to be significant positive predictor ( $p < .01$ ) of marital adjustment. However self-silencing was found to be significant mediator ( $p < .01$ ) between parenting styles and marital adjustment among married women. The study help to understand the maladaptive parenting practices which disrupts the marital adjustment by inculcating unhealthy coping i.e., self-silencing

**Keywords:** Perceive parenting styles, self-silencing, marital adjustment, married women



## Parenting Styles, Academic Motivation and Future Orientation among University Students

Farhat Jan\* & Remona Salik

*Rawalpindi Women University, Raawalpindi*

\*e-mail: [farhatjan528391@gmail.com](mailto:farhatjan528391@gmail.com)

**Abstract**— The present research was designed and conducted to study the impact of parenting styles on academic motivation and future orientation. Data based on purposive sampling was collected from universities of

Rawalpindi and Islamabad. Sample was consisted of 400 university students both men ( $n = 200$ ) and women ( $n = 200$ ) of age ranging from 18-27 years who's both parents were alive. Current study consisted of two phases. Pilot study ( $N = 50$ ) was conducted in first phase to establish the psychometric properties of instruments. Results of pilot study gave satisfactory results and paved way for main study. Main study included 350 university students. Parenting style scale (Dornbusch & Darling, 1992) , Academic Motivation Scale (Vallerand, Pelletier, Blais, Brière, Senécal, & Vallières, 1992) and Future Time Perspective (Carstensen & Lang, 1996) were used as instrument to investigate the impact of parenting styles, academic motivation and future orientation. Among four parenting styles, it was concluded through one-way ANOVA analysis that authoritative parenting leads to high academic motivation ( $p < .05$ ) and future orientation ( $p < .05$ ). It was also concluded that academic motivation and future orientation has significant positive relationship with each other ( $p < .05$ ). Results of independent sample  $t$ -test analyses the existence of gender differences for academic motivation and future orientation which reveals that female students have high academic motivation ( $p < .01$ ) than male students and females were found to be more oriented towards future than male students ( $p < .01$ ). One-way ANOVA help to reveal that students from high family income have high academic motivation and future orientation ( $p < .01$ ).

**Keywords:** Parenting style, academic motivation, future orientation



## Factors affecting Infertility-related Stress, Marital Satisfaction, and Family and Social Support among Infertile Individuals

Anoosha Tabassum<sup>1</sup>, Rayna Sadia<sup>2</sup>, Saira Khan<sup>3</sup>, Zaryab Fatima<sup>4</sup>

<sup>1, 4</sup>*Riphah International University, Islamabad*

<sup>2</sup>*Rawalpindi Women University, Rawalpindi*

<sup>3</sup>*National Institute of Psychology, Quaid-i-Azam University, Islamabad*

\*e-mail: [anooshatabassum29@gmail.com](mailto:anooshatabassum29@gmail.com)

**Abstract**—Infertility-related stress is known to be the most common psychological repercussion of infertility among both infertile men and women (Rooney, 2018). Women are believed to experience higher infertility-related stress whereas the literature does not provide enough information about infertile men and their sufferings in this regard. Among many psychological consequences, declined marital satisfaction of infertile individuals is one of the most observed phenomena (Amiri, 2016). The negative impact of infertility-related stress on marital satisfaction can be countered by a support system provided by family and society (Gana, 2016). To investigate the effect of demographic variables on presented concerns, the present study was carried out on infertile individuals ( $N = 150$ ) with either primary or secondary infertility. The data was collected from infertility centers, hospitals, and general offices. The results of group differences were non-significant ( $p = n.s$ ) between gender across infertility-related stress, marital satisfaction, and family and social support. Similarly, non-significant ( $p = n.s$ ) differences were observed among employed and unemployed infertile individuals. Results of ANOVA indicated significant differences ( $p < .05$ ) for education level of infertile individuals across one of the subscale of family and social support i.e. support from significant others. Individuals with intermediate education indicated higher support from their significant others as compared to the rest of the group of education ( $p < .05$ ). The findings of the present study will be a contribution in indigenous literature as the findings are quite contradictory to the already established findings of the study. However, the findings could further be examined in association

with indigenous socio-psychological variables. Moreover, these findings will pave way for awareness to the masses about the sufferings of infertile men along with women.

**Keywords:** Infertility-related stress, marital satisfaction, family and social support, gender, employment status, education level



## Perceived Parental Conflict and Psychological Needs among Children and Adolescents

Amna Ishaq \* & Noreena Kausar

*University of Gujrat, Gujrat*

\*e-mail: [amnaishaq2@gmail.com](mailto:amnaishaq2@gmail.com)

**Abstract**—Current study intended to explore the relationship among perceived parental conflict and psychological needs among children and adolescents. Further, it also measured the differences among perceived parental conflict and psychological needs in relation to demographic variables. To draw a sample of the study simple random sampling technique was applied and  $N=1000$  children and adolescents (age range 9-14 years) were included from Gujranwala, Punjab, Pakistan. Perceived parental conflict was measured by using Children's Perception of Interpersonal Conflict Scale (Grych et al., 1992) and psychological needs was measured by using Basic Psychological Need Satisfaction and Frustration Scale-Child Version (Van et al., 2015). Data were examined by using descriptive statistics, correlation, regression analysis, Mann Whitney U test. Findings highlighted that there is significant negative correlation between perceived parental conflict (intensity, frequency, resolution) and psychological needs (autonomy, relatedness, competence) ( $p < .001$ ). Furthermore, regressions analysis revealed a significant predictive relationship between perceived parental conflict and psychological needs ( $R^2 = .936, p < .001$ ). Whereas, the results of Mann Whitney U test revealed that demographic features like age, gender and family system have no substantial role in perceived parental conflict and psychological needs. Our study concluded that children and adolescents who perceived parental conflict have worse effect on their basic psychological needs. Findings would be helpful to raise awareness about critical effects of perceived parental conflict and psychological needs among children and adolescents.

**Keywords:** Perceived parental conflict, psychological needs, adolescents and adults



## Role of Technology Use and Technoference in Family Functioning

Aliya Imtiaz\* & Humaira Jami

*National Institute of Psychology, Quaid-i-Azam University, Islamabad*

\*e-mail: [aliya.ahmadzai@gmail.com](mailto:aliya.ahmadzai@gmail.com)

**Abstract**— Enormous technology use has completely changed virtually every aspect of human society over the past couple of decades including family both positively and negatively. Family life is now permeated with technology devices. Many adults now rate that they cannot live without technology (such as cell phones, the Internet). Many individuals experience discomfort when they have to temporarily disconnect (i.e., turn their phone off for a period of time). This study examines the role of technology use and technoference in family functioning.

Families ( $n = 10$ ) with children between ages 4-8 years completed 7-day daily diaries and then they were interviewed to understand how technoference has employed changes in their current family life. Daily diaries revealed that parents and their children were avid users of screen media devices. they used screen media devices for multiple purposes while co-viewing it or using it independently sometimes. Children used different tactics to get screen devices for an extended period of time and even used them during meal and study time. Technoference occurred at all family members' ends, that is mother, father, and the child. Different causes of technoference were identified. Moreover, themes and categories related to effects of technoference, behavioral and psychological reaction to perceived technoference, and strategies to avoid or manage instances of technoference were also found. It is suggested that further studies should investigate the emerging phenomenon of technoference with a larger sample size. Also, this study has important policy and intervention implications for the complex role of the latest technologies in the homes of young children.

**Keywords:** Screen exposure, screen media technologies, technoference.



## Gaming Addiction as predictor of Aggression and Academic Performance among Young Adolescents.

Esha Amir\*<sup>1</sup>, Anam Khan<sup>2</sup>, Adnan Adil<sup>3</sup>, Sadia Niazi<sup>4</sup>

<sup>1, 3, 4</sup> *University of Sargodha, Sargodha*

<sup>2</sup> *Rawalpindi Women University, Rawalpindi*

\*e-mail: [eshaamir0012@gmail.com](mailto:eshaamir0012@gmail.com)

**Abstract**— The study was designed to investigate that gaming addiction is predictor of aggression and academic performance. The study was based on cross-sectional survey research design. Purposive sampling techniques was used for collecting data. Participants comprised of ( $N = 300$ ) girls ( $n = 150$ ) and boys ( $n = 150$ ) from different schools and colleges of Sargodha. Two self-report measures including Game Addiction scale (Lemmens et al., 2009), The Aggression Scale (Pamela & Ralph, 2001) were used in the study. The outcomes disclosed satisfactory alpha reliabilities of the instruments applied in research. Academic performance was measured by percentages of students in final examination. Result showed gaming addiction was significantly positively correlated with aggression ( $r = .34, p < .05$ ), negatively correlated with academic performance ( $r = -.41, p < .05$ ), among adolescents. Results of Independent t-test revealed that boys exhibited significantly ( $p < .05$ ) higher scores ( $M = 11.32, SD = 3.2$ ) on gaming addiction as compared to girls ( $M = 9.71, SD = 2.9$ ) and girls exhibited significantly ( $p < .05$ ) higher score ( $M = 59.33, SD = 6.2$ ) on academic performance as compared to boys ( $M = 47.54, SD = 7.1$ ).

**Keywords:** Gaming addiction, aggression, academic performance, adolescents





## Exploring Cyberchondria and Health Anxiety among University Students: Mediating Role of Metacognitive Beliefs

Sabeen Sabir\*, Irum Naqvi, Zerafshan Khalid

*National Institute of Psychology, Quaid-i-Azam University, Islamabad*

\*e-mail: [sabeensabir@yahoo.com](mailto:sabeensabir@yahoo.com)

**Abstract**— investigate the role of cyberchondria and health anxiety among university students and to investigate the mediating role of metacognitive beliefs in the relationship between health anxiety and cyberchondria among university students. The survey-based, cross-sectional study was conducted in different cities of Pakistan. Participants were approached through purposive sampling and were asked about the access to internet and reporting use of the internet to search for health related concerns. The self-reporting Cyberchondria Severity Scale, Whitley Index Scale, and Metacognitions Questionnaire–Health Anxiety were used to operationalize the present study variables along with a demographic sheet. SPSS 26 was used for data analysis of the 500 subjects, 248(49.6%) were men and 252 (50.4%) were women. Mean scores of women on total cyberchondria severity scale were slightly higher than those of men ( $p < .05$ ). Similarly, women score higher on health anxiety scale and metacognitive beliefs scale. In addition to this, the Pearson correlation showed that all variables of the present study have a significant positive correlation with each other ( $p < .01$ ). Further results revealed that metacognitive beliefs mediate the relationship between health anxiety and cyberchondria. Doctors / health professionals may benefit from the findings by focusing on their patients who use internet as a major source of medical information ( $p < .01$ ). In order to fully comprehend cyberchondria and its constructs, researchers and psychologists can benefit from the findings of current study by developing psychosocial intervention to help individuals cope with the challenges associated with cyberchondria in the wake of infodemic.

**Keywords:** Cyberchondria, health worry, metacognitive beliefs



## Effects of Online Learning Experience, Cognitive Presence and Psychological Well-Being among University and College Students During Pandemic

Anmol Riaz & Kashmala Zaman\*

*National University of Modern Languages, Islamabad.*

\*e-mail: [kashmala.zaman@hotmail.com](mailto:kashmala.zaman@hotmail.com)

**Abstract**—The present study was conducted to study the relationship between online learning experience, cognitive presence and psychological well-being among university and college students during covid-19 pandemic. Online Learning Scale (Bernard et al., 2004), Community of Inquiry (Arbaugh et al., 2008) and Psychological Well-Being Scale (Ryff, 1989) were used for the collection of data from students including both males and females. The target population was students with the age range of 17-27 years. The study was conducted by using purposive-convenient sampling technique ( $N = 283$ ). The results of the present study showed that online learning experience has a positive relationship with community of inquiry ( $p < .01$ ). Teaching presence, social presence and cognitive presence are significantly positively correlated with each other ( $p < .01$ ). Community of

inquiry shows significant positive relation with online learning experience and they both shows significant negative relation with psychological well-being ( $p < .01$ ). Additionally, boys scored higher on online learning experience and teaching, social, and cognitive presence as compared to girls. However, there is no gender difference on psychological wellbeing ( $p = n.s$ ). The association between these variables holds importance in the life of students in online learning and helps them to deal with the problems and difficulties regarding their learning experience, cognitive presence and psychological well-being.

**Keywords:** Online learning experience, cognitive presence, psychological well-being, covid-19 pandemic, community of inquiry



## **A Study on Marital Satisfaction among Pakistani Women; Role of Dowry and Demographics**

Umme Habiba\* & Anila Kamal

*National Institute of Psychology, Quaid-i-Azam University, Islamabad*

\*e-mail: [habibabutt762@gmail.com](mailto:habibabutt762@gmail.com)

**Abstract**—The study examined the effect of dowry demanded, dowry given, occupational status, family system, marriage type, educational attainment, marriage duration, and number of children on marital satisfaction. 486 working and non-working married women within or maximum 7 years duration of their marriage completed the Enrich Marital Satisfaction Scale (EMS) (Fowers & Olson, 1993). Sample inclusion criteria was women with at least one child. Sample was conducted through purposive convenient sampling technique. The results indicated a statistically significant difference between the marital satisfaction of those who were demanded by dowry and those who are not being demanded dowry from their in-laws at time of marriage ( $p < .01$ ). Non-significant difference revealed between the marital satisfaction of dowry given and without dowry given at time of marriage ( $p = n.s$ ). Among the demographic variables, the effect of occupational status and family system was highly significant with marital satisfaction ( $p < .01$ ). In a separate analysis, we found that the effect of marriage type, educational attainment, marriage duration, and number of children had a statistically non-significant effect on the marital satisfaction. Accordingly, we found that age at marriage, personal income and spousal income non-significantly correlated with marital satisfaction but age difference from spouse had significantly negative correlation with marital satisfaction

**Keywords:** Dowry demanded, dowry given, marital satisfaction, married women



## Impact of Internet Addiction on Aggression among University Students: Moderating Role of Self Control

Faiza Akbar\* & Sadaf Ahsan

*Department of Psychology, Foundation University, Islamabad*

\*e-mail: [faizaakbar444@gmail.com](mailto:faizaakbar444@gmail.com)

**Abstract**—Now a days, family dynamics are changing because internet has become an integral part of our lives. People especially students are spending most of their time in online activities. There are around 1.5 million regular internet users reported in Pakistan (Suhail & Bargees, 2006). Although, several studies are related to adolescent's involvement in online activities but few studies have examined the impact of excessive internet use on young adults (Ghulami et al., 2018). We investigated the relationship between internet addiction and aggression among university students with the moderating role of self-control. A sample of 300 university students both boys ( $n = 150$ ) and girls ( $n = 150$ ) with ages between 18 to 35 years ( $M = 29.09$ ,  $SD = 11.32$ ) were selected. Internet Addiction Test- 20 (Young, 1998), Aggression Questionnaire (Buss & Perry, 1992) and Brief Self Control Scale (Tangney et al., 2004) were used to collect data. Results showed that internet addiction had significant positive relationship with aggression ( $r = .88$ ,  $p < .01$ ) and significant negative relationship with self-control ( $r = -.74$ ,  $p < .01$ ). Similarly, aggression and self-control were negatively associated ( $r = -0.84$ ,  $p < .01$ ) with each other. Regression analysis indicated internet addiction as significant predictor of aggression ( $p < .01$ ). Results indicated that significant difference was not found between boys and girls on internet addiction and aggression ( $p = n.s$ ). Moderation analyses revealed that self-control reversed the relationship between internet addiction and aggression among university students ( $p < .01$ ). The study will be helpful in highlighting the role of self-control in minimizing the negative effects of excessive internet use in a person's life especially students.

**Keywords:** Aggression, internet addiction and self-control.



## Stress Management Competencies of Principals in Public Sector Colleges: An Analytical Study

Musarrat Riaz

*Rawalpindi Women University, Rawalpindi*

\*e-mail: [riazmusarrat@gmail.com](mailto:riazmusarrat@gmail.com)

**Abstract**— The study aimed to identify stress management competencies of college principals in public sector colleges of Rawalpindi district. Work stress is a real challenge. As organizations and their working environment keep changing, so do the stressors employees may face. The major objectives of the study were to identify stress management competencies of principals and also check the causes of the stress among principals in public sector colleges. Population of this study was principals of colleges ( $N = 30$ ) and questionnaire is used to collect the data. As well open ended questions were also included to know about challenges of the stress management in college sector. Stress is an important part of every day and every one's life. In this study the stress is analyzed in the field of education. In profession of teaching stress is very common and stress management is also very important for the smooth working of the system. College sector is the major contributor towards higher education. Stress management is also very important for college principals to make their work effective. The study was conducted

to highlight the stress management competencies the college principals in public sector. Findings shows that long working hours ,frequent meetings ,unexpected decision making ,lack of financial and other resources ,pressure from top management, anxiety about being accountable, non-conducive working environment ,political influence these are major causes of stress and can influence the stress level of the principals.

**Keywords:** Competencies, higher education, public sector, stress management



## Sports Anxiety, Emotional Intelligence and Quality of Life among University Athletes

Amina Parveen, Mussarat Jabeen Khan\*, Ghazala Fazaldad

*International Islamic University, Islamabad*

\*e-mail: [mussarat.jabeen@iiu.edu.pk](mailto:mussarat.jabeen@iiu.edu.pk)

**Abstract—** The present study was conducted to investigate the relationship among sports anxiety, emotional intelligence and quality of life among university athletes. The sample comprised of ( $N = 200$ ) university athletes including males and females. Sports Anxiety Scale-2 (2006), Wong and Law Emotional Intelligence Scale (2002) and Athlete Quality of Life Scale (2004) were used to measure sports anxiety, emotional intelligence and quality of life of university athletes. Results showed that sports anxiety negatively effects quality of life ( $p < .01$ ) and emotional intelligence positively effects quality of life ( $p < .01$ ). Emotional intelligence significantly predicts quality of life ( $p < .01$ ) and sports anxiety inversely predicts quality of life among university athletes ( $p < .01$ ). Emotional intelligence moderated the relationship between sports anxiety and quality of life ( $p < .01$ ). Athletes with higher emotional intelligence being associated with increased quality of life and decreased sports anxiety. A significant gender difference indicates that male athletes have lower sports anxiety ( $p < .01$ ) and higher quality of life ( $p < .01$ ) as compared to female athletes. This study also indicates that non-significant differences were found between sports anxiety and emotional intelligence on individual and team sports ( $p = n.s$ ). Results also showed that beginners/young athletes have higher sports anxiety as compared to professionals/adult athletes ( $p < .01$ ). The findings of the study will serve as platform for improving the emotional intelligence in university athletes to better cope with sports anxiety and to improve quality of life.

**Keywords:** Sports anxiety, emotional intelligence, athlete quality of life, university athletes.



## Impact of Suppressed Thoughts and Emotional Regulation on Body Focused Repetitive Behaviors in Young Adults

Bushra Siddique<sup>1</sup>, Rabia Bashir<sup>2</sup>, Farhana Kazmi<sup>3</sup>, Saad Ullah Khattak\*<sup>4</sup>

<sup>1,2,3</sup> *Department of Psychology, Hazara University, Mansehra*

<sup>4</sup> *Hazara University, Sub-Campus, Battagram*

\*e-mail: [saadkhattak577@gmail.com](mailto:saadkhattak577@gmail.com)

**Abstract**— Objectives of current study were (i) to examine the impact of suppressed thoughts (ST) and emotional regulation (ER) on body focused repetitive behaviors (BFRBs) in young adults (ii) to find out moderating role of Cognitive Reappraisal (CR) and Expressive Suppression (ES) on ST and BFRBs (iii) to examine the role of demographic variables (age, gender, socioeconomic status, education) on BFRBs in young adults. In the present study survey method was used for collection of data. Purposive sample include 230 (males = 127, females = 103) with age range 18-25 years from non-clinical population. Three scales; Habit Questionnaire, White Bear Suppression Inventory (Wegner & Sanakos, 1995) and Emotional Regulation Questionnaire (Gross & John, 2003) along with demographic sheet were used for data collection. Findings revealed significant negative correlation between ST and CR whereas significant positive correlation between ST and ES. Research also revealed significant positive correlation between ST and BFRBs in young adults. Research concluded that subscale of Emotional Regulation (CR) negatively predicted BFRBs in young adults whereas subscale of emotional regulation (ES) and ST positively predicted BFRBs. Results also revealed that ES as significant moderator in the relationship between ST and BFRBs. Significant demographic differences of age, gender and education were also revealed on BFRBs.

**Keywords:** Body focused repetitive behaviors, Suppressed Thoughts, Emotional regulation

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## Relationship between Leadership Styles, Organizational Politics and Job Satisfaction among Telecom Employees

Hiba Shafqat & Shazia Yusuf \*

*Department of Professional Psychology, Bahria University, Islamabad*

\*e-mail: [shazia\\_yusuf@yahoo.com](mailto:shazia_yusuf@yahoo.com)

**Abstract**— Leaders not only responsible for their followers but also leave an impact on the organization's performance (Malik et al., 2016). The present study was seeking to explore the relationship between leadership styles, organizational politics, and job satisfaction among telecom employees. 153 participants were taken based on G-Power, comprising of 42 employees of Government sector, 84 employees from Private sector and 27 employees from Semi-Government sector were obtained. It was hypothesized that perception of organizational politics and leadership styles predicted job satisfaction among telecom employees. Also, it was hypothesized that there is a positive relationship between organizational politics, leadership styles and job satisfaction among telecom employees. Moreover, it was also hypothesized a negative relationship between organizational politics, leadership styles and job satisfaction among telecom employees. Perceptions of Organizational Politics Scale (Kacman, 1991) Job Satisfaction Scale (Spector, 1997), Job Satisfaction Survey (Spector, 2020) Leadership Style Questionnaire (LSQ) (Opoku, 2015) were used to measure the variables of study. Results of the study indicated

that there is a significant positive relationship between Leadership Styles (transformational leadership style, democratic leadership style, autocratic leadership style, transactional leadership style, laissez fair leadership style, and strategic leadership style) and Organizational Politics, which acted as the predictor of job satisfaction among telecom employees ( $p < .01$ ). It was seen that Job Satisfaction was significantly negatively correlated with perception of organizational politics (general political behavior, go along to get ahead) autocratic, transactional, laissez fair and strategic leadership styles ( $p < .01$ ). Perception of politics was significantly positively correlated with democratic, autocratic, transactional and laissez fair leadership styles ( $p < .05$ ). Democratic, autocratic, transactional, laissez fair and strategic leadership styles significantly predicted job satisfaction while general political behavior and go along to get ahead significantly predicted job satisfaction as well ( $p < .01$ ). However, the outcomes of present study have important implications in organizational settings by devising a system for the psychological consultancy and support to the telecom employees for their better productivity.

**Keywords:** Organizational politics, leadership styles, job satisfaction, telecom employees



## **Emotional Intelligence and Gender Role Attitudes of Married Individuals: Work Status as Moderator**

Saima Kalsoom\*<sup>1</sup> & Anila Kamal<sup>2</sup>

<sup>1</sup>*Bahria University, Islamabad*

<sup>2</sup>*Rawalpindi Women University, Rawalpindi*

\*e-mail: [skalsoom.buic@bahria.edu.pk](mailto:skalsoom.buic@bahria.edu.pk)

**Abstract-**This study examined the association between emotional intelligence and gender role attitudes of married individuals. Another aim of this study was to test the moderating role of work status for predicting gender role attitudes from emotional intelligence. A sample of ( $N = 500$ ) married working men and women was approached through convenience sampling technique. The data was collected employing cross sectional research design. The indigenous versions of Gender Role Attitudes Scale (Kamal & Saqib, 2008) and perceived Emotional Intelligence Scale (Khan & Kamal, 2015) were used. The results of alpha coefficients for all the scales used in this study designated satisfactory evidences for the internal consistency and reliability. Assessment of correlation coefficients showed significant positive correlation of gender role attitudes and emotional intelligence, subfactors of emotional intelligence i.e., emotional self-regulation, emotional self-awareness, and interpersonal with gender role attitudes ( $p < .01$ ). Results of model testing revealed work status of the married individuals significantly moderated the relationship between emotional intelligence and gender role attitudes. Further, it was also found that work status also moderated the relationship between emotional self-regulation (as sub factor of emotional intelligence) and gender role attitudes in a positive direction. In conclusion, these findings are vital in context to the evolving social and gender roles in relation to the emotional regulation of married individuals living in Pakistan.



## Subjective Vitality and Level of Confidence as Predictors of Perfectionism among Doctors and Nurses

Laiba Ayaz<sup>1</sup>, Rabia Bashir<sup>2</sup>, Summaira Naz<sup>3</sup>, Saad Ullah Khaattak\*<sup>4</sup>

<sup>1, 2, 3</sup>*Department of Psychology, Hazara University Mansehra, KPK*

<sup>4</sup>*Hazara University, Sub-Campus Battagram, KPK*

\*e-mail: [saadkhattak577@gmail.com](mailto:saadkhattak577@gmail.com)

**Abstract**—The current study was designed to find out the predictive role of Subjective Vitality and Level of Confidence in determining perfectionism among doctors and nurses. It was also aimed to examine the demographic differences (age, gender, city, experience and occupation) on perfectionism. In this study three questionnaire were used: Subjective vitality scale (SVS) (Ryan & Frederick, 1997, Self- confidence scale (SCS) (Jones, 2001) and Big three perfectionism scale (BTPS) (Smith, 2016) to collect data. The sample of 400 doctors and nurses were selected by using purposive sampling. The findings of study indicated that subjective vitality has significant positive correlation with self-confidence and perfectionism ( $p < .01$ ). Current study also revealed that subjective vitality and self-confidence are significant predictors of perfectionism. Findings showed age, gender and occupation act as significant predictors of perfectionism.

**Keywords:** Subjective Vitality, confidence, perfectionism, occupation



## Work Motivation and Burnout of Corporate Sector Employees: Emotional Regulation as Mediator

Laiba Tariq Mehmood, Saima Kalsoom\*, Shiza Bukhari

*Department of Professional Psychology, Bahria University, Islamabad.*

\*e-mail: [saimaphd14@nip.edu.pk](mailto:saimaphd14@nip.edu.pk)

**Abstract**—This research study aims to investigate the relationship between work motivation and burnout: exploring the mediating role of emotional regulation among corporate sector employees. Around a sample (N = 350) of corporate sector employees participated in the study among which there were males (n = 230) and females (n = 120) out of whom (n = 222) were married and (n = 125) were unmarried. The three measures used in this current study are Work Extrinsic and Intrinsic Motivation Scale (Tremblay, 2009), Burnout Assessment Tool (Schaufeli, 2020), and Emotional Regulation Questionnaire (Gross & John, 2003). The result findings show that there is a significant positive relationship between work motivation and emotional regulation (cognitive reappraisal) Moreover, the findings depicted that there is a significant negative relationship between work motivation and emotional regulation (expressive suppression) ( $p < .01$ ). Furthermore, the findings depicted that there is a significant negative relationship between work motivation and burnout ( $p < .01$ ). However, while exploring the mediational role of cognitive reappraisal and expressive suppression, it was observed that cognitive reappraisal emerged as a more impactful mediator for the relationship between work motivation and burnout as compared to expressive suppression. The findings of this study are important in context to Pakistani corporate sector employees, especially for their emotional health and motivation.

**Keywords:** Burnout, work motivation, emotional regulation, corporate sector employees



## Impact of Love of Money on Emotional Labour and Hedonic Behavior among Live Video Call Streamers

Iqra Ramzan\*<sup>1</sup>, Anam Khan<sup>2</sup>, Adnan Adil<sup>3</sup>, Anam Yousaf<sup>4</sup>

<sup>1, 3, 4</sup>University of Sargodha, Sargodha

<sup>2</sup>Rawalpindi Women University, Rawalpindi

\*e-mail: [storiesiqra@gmail.com](mailto:storiesiqra@gmail.com)

**Abstract**—This study was designed to investigate the impact of love of money on emotional labour and hedonic behaviour among live video call streamers. Data was collected online from ( $N = 100$ ) Pakistani Muslim live video call streamers. Age groups of sample were adolescence, early adulthood and middle adulthood. All streamers participated in study had at least 3 months experience in streaming. Love of Money Urdu Scale (Tang & Chiu, 2003), Emotional Labour Urdu Scale (Yang et al., 2019), and Hedonic Behaviour Urdu Scale (Babin et al., 1994), were administered to measure constructs of the study. Correlational survey research method was used to study the variables. Results showed significant negative correlation of love of money with emotional labour ( $r = -.53, p < .01$ ), and hedonic behaviour among live video call streamers ( $r = -.61, p < .01$ ). *t*-test revealed that men streamers score significantly ( $p < .05$ ) high on love of money ( $M = 28.35, SD = 4.1$ ) as compared to women(), while women live video call streamer's high score on emotional labour ( $M = 45.64, SD = 6.1$ ) and hedonic behaviour ( $M = 61.32, SD = 7.2$ ) than men live video call streamers. *t*-test also showed non-significant mean differences of extended and nuclear family structures on the constructs of the study ( $p > .05$ ). Limitations, suggestions and practical implications are also added in the study to pave road for future research.

**Keywords:** Love of money, emotional labour, hedonic behavior, live video call streamers

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## Job Crafting and Job Performance of Teachers: Mediating Role of Burnout

Faiza Ahmed<sup>1</sup> & Rayna Sadia<sup>2</sup>

<sup>1</sup>Riphah International University, Islamabad

<sup>2</sup>Rawalpindi Women University

\*e-mail: [faahmedjan33@gmail.com](mailto:faahmedjan33@gmail.com)

**Abstract**— Teaching is known to be a difficult and stressful job than other occupations. Excessive job demands and heavy workload has led to decreased job performance among them. However, job performance, an act of doing a job, can be increased by designing and reshaping the work which ultimately diminishes burnout and enhances job performance. In light of this, teachers ( $N = 300$ ) with an age range of 20-66 years ( $M = 14.70, SD = 1.74$ ) were asked to respond on Job Crafting Questionnaire (Wrzesniewski & Dutton, 2001) Burnout Assessment Tool (Schaufeli, 2020) and The Individual Work Performance Questionnaire (Koopmans et al., 2013). The findings revealed significant positive association between job crafting and job performance  $p < .01$ . Moreover,



the findings highlighted that proactive teachers are more likely to lessen burnout to enhance their job performance  $p < .01$ . Mediation analysis further confirmed this association as burnout mediated the association between job design and performance of the teachers. The finding of this could be helpful for educational institutes in both public and private sector. Management of educational institutes could create and organize conditions in which teachers can be encouraged to design their work tasks so that they can deliver their best. Moreover, educational institutions can train and guide their teachers by equipping them with skills and fostering information to realize the opportunities for job craft.

**Keywords:** Job crafting, burnout, job performance, educational institutions, teachers



## Locus of Control and Coping, a Bliss or Agony; It's the Way You Compose the Melody

Sara Fatima\*, Jamil A. Malik, Rubina Hanif

*National Institute of Psychology (NIP), Quaid-i-Azam University, Islamabad*

\*-email: [sara.fatima@nip.edu.pk](mailto:sara.fatima@nip.edu.pk)

**Abstract**—Locus of control influences the way you respond to a particular event. It's the belief to compose the melody of your fate that allows individual to work at their own pace and have a strong sense of self-efficacy. On the contrary, the belief that someone else is holding the key to your fate leads an individual to experience learned helplessness and influences the way one deals with environmental events. The objective of the present study was to examine the role of emotion-focused coping as a moderator in the association between locus of control and stress. Journalists with less than one year of experience and those working with the fashion industry were not included in the study. The sample of the study consisted of both gender (Male = 440, and Female = 185), age ranging from 20 to 61 years (Mean  $\pm$  SD = 34.21  $\pm$  8.21). The study constituted the journalist working "in fields" (24%), "on desk" (55.8%), and those covering assignment on both "on desk and in field" (19.7%) of the sample. Along with a detailed demographic sheet, data was collected on the Locus of Control-Revised (Alvarez et al., 2010), Coping Style Scale (Zaman, 2015), and Depression, Anxiety, Stress Scale (Lovibond & Lovibond, 1995). The results postulated that external locus of control has positive association with stress ( $r = .69, p < .01$ ), whereas internal locus of control has negative association with stress ( $r = -.66, p < .01$ ). Findings of the moderation analysis showed that the association between Locus of control was moderated by problem focused coping ( $B$  interaction = .01,  $p < .01$  for internal locus of control, &  $B$  interaction = -.01,  $p < .01$  for external locus of control). It may be concluded that the substantial task is not to control the wind, but to direct the movements of the ship to keep it on course.

**Keywords:** Locus of control, coping styles, stress, journalists



## Impact of Cyber Loafing on Job Satisfaction and Sleep Quality: Mediating Role of Smartphone Addiction and Moderating Role of Work Neglect

Laraib Iqbal\* & Nazia Iqbal

*Department of Psychology, International Islamic University, Islamabad*

\*e-mail: [lareb.iqbal7@gmail.com](mailto:lareb.iqbal7@gmail.com)

**Abstract**—The present study aimed to investigate the effect of cyber loafing on job satisfaction and sleep quality among bank employees of Pakistan. The data was collected from different banks of Attock City, Wah Cantt, Rawalpindi, and Islamabad. The data was collected from the bankers age range 22-65 years. The instruments used for the present study were Cyber-loafing Scale (Lim, 2002; extended by Henle & Blanchard, 2008), The Generic Job Satisfaction Scale (Scott Macdonald & Peter MacIntyre, 1997), The Pittsburgh Sleep Quality Index (Buysse et al, 1989), The Smartphone Addiction Scale- Short Version (Kwon et al., 2013), Work Neglect Scale (Lee, 2015) for assessing cyber loafing, job satisfaction, sleep quality, smartphone addiction, and work neglect among bank employees in Pakistan. The model projected that cyber loafing will distort the sleep quality and it will also reduce the job satisfaction of employees. Second purpose was to check whether smartphone addiction will act as mediator between the relationship of cyber loafing, job satisfaction and sleep quality. Third purpose was to analyze the impact of work neglect as a moderator between cyber loafing and job satisfaction. The sample size consisted of ( $N = 150$ ) participants selected from different banks of Pakistan. The results showed that there is a significant negative relationship between cyber loafing and job satisfaction ( $p < .05$ ) and significant positive relationship between cyber loafing and sleep deprivation. Findings also indicated that smartphone addiction acted as a mediator between cyber loafing, job satisfaction and sleep deprivation ( $p < .01$ ). This study also showed the distinctive role of work neglect as a moderator between cyber loafing and job satisfaction. The findings of this study can be utilized in different organizations to reduce the usage of smartphone in order to improve sleep hygiene.

**Keywords:** Bank Employees, Cyber loafing, Job Satisfaction, Sleep Quality, Smartphone Addiction, Work Neglect



## Biospheric Values and Green Consumerism Among Millennials: Moderating Role of Perceived Consumer Effectiveness and Price Sensitivity

Tayyaba Yasin & Aisha Zubair\*

*National Institute of Psychology, Quaid-i-Azam University, Islamabad*

\*e-mail: [aishazubair@nip.edu.pk](mailto:aishazubair@nip.edu.pk)

**Abstract**—The present study aimed at studying direct and indirect effects of biospheric values and green consumerism along with moderating role of perceived consumer effectiveness and price sensitivity in millennials. It is the generation born between 1981 and 1996 and are so named as they were born near, or came of age during, the dawn of the 21st century that is the new millennium (Rosanwo, 2021). Measures used to assess the major constructs of the study were Biospheric Values Questionnaire Subscale (Bouman et al., 2018), Perceived Consumer Effectiveness Scale (Kautish et al., 2019), Price Sensitivity Scale (Yue et al., 2020) and Green

Consumer Behavior Scale (Bhatia & Jain, 2017). A purposive sample was collected from 405 millennials approached from different institutions and organizations including both men ( $n = 188$ ) and women ( $n = 217$ ). Age range of the sample varied between 26-41 years of age ( $M = 30.98$ ,  $SD = 3.68$ ). Results showed that biospheric values, perceived consumer effectiveness and price sensitivity positively predicted green consumerism ( $p < .01$ ). Findings also revealed that perceived consumer effectiveness and price sensitivity significantly moderated the relationship of biospheric values with green consumerism ( $p < .001$ ). Multivariate analysis indicated significant group differences thereby revealing that women being highly educated and belonged to upper income groups displayed higher biospheric values, more perceived consumer effectiveness along with augmented levels of green consumerism ( $p < .05$ ). Theoretical and practical implications of the present study and future recommendations were also discussed.

**Keywords:** Biospheric values and green consumerism among millennials



## **Mediating Role of Forgiveness and Vengeance between Religiosity, Personality Traits and Psychological Wellbeing among Working and Non-Working Adults**

Noor ul Ain Khan\* & Memoona Ismail Loona

*Department of Psychology, International Islamic University, Islamabad*

\*e-mail: [noor.msep298@iiu.edu.pk](mailto:noor.msep298@iiu.edu.pk)

**Abstract**— This study aimed to investigate the mediating role of forgiveness between religiosity, personality traits and psychological wellbeing among working and non working adults because this category of adults has not been studied extensively in regards to religiosity, psychological well-being, personality trait, vengeance and forgiveness. The target sample of 250 working and non working adults which comprises of one hundred and twenty five males (125) and one hundred and twenty five females were selected randomly from different areas of Islamabad, Rawalpindi, Rwalakot and Swat. English version of Arabic scale of intrinsic Religiosity (Khalek, 2017), The Mini-IPIP Scales (Donellan, 2006), Psychological Wellbeing (Ryff et al., 2007), Heartland Forgiveness Scale (Thompson, 2005) and Vengeance scales (Stuckless & goranson, 1992) were used to collect data from working and non working adults. The SPSS was used to analysis the data. Mediation, Alpha reliability analysis, Correlation and Regression were used to measure the variables. Results indicated significant positive relationship between religiosity, forgiveness, psychological well being and personality traits i.e. extraversion, agreeableness, conscientiousness and openness and it was also found that religiosity, forgiveness, psychological wellbeing and personality traits i.e. extraversion, agreeableness, conscientiousness and openness are negatively related to vengeance and neuroticism ( $p < .01$ ). Results showed that forgiveness and vengeance mediate the effect of religiosity and personality traits on psychological wellbeing among working and non working adults. Moreover females were found to have significant high score on religiosity, agreeableness, psychological wellbeing and forgiveness as compared to males. Male were seen to have significant high score on vengeance and neuroticism as compare to Female ( $p < .01$ ). Finding also revealed working and non working young adults were seen to have significant high score on extraversion, openness and conscientiousness as compared to older working and non working adults ( $p < .05$ ). It was also concluded that older working and non working adults were seen to have

significant high score on religiosity, forgiveness and agreeableness as compare to young working and non working adults ( $p < .05$ ). Result also shown that working adults are more religious, forgiving and had high psychological wellbeing and were more conscientious as compare to non working adults and non working adults were high on vengeance and neuroticism as compare to working adults ( $p < .01$ ). The findings can help researchers and psychological health professionals to consider the effect of forgiveness and vengeance on the psychological wellbeing of working and non working adults so that they may design forgiveness interventions in order to improve their psychological wellbeing ( $p < .01$ ). The research findings would provide ground for practitioners and researchers to work more elaborately on the selected variables in Pakistan in future.

**Keywords:** Religiosity, personality traits, forgiveness, vengeance, psychological wellbeing.



**POSTER  
PRESENTATIONS  
(11:00 am – 12:30 pm)**

# English

## Palimpsest: A Powerful Tool for Analyzing Discourses Embedded in Istanbul: Memories and the City

Ayesha Kalsoom

*National University of Modern Languages, Rawalpindi*

*e-mail: [ayeshakalsoom02@gmail.com](mailto:ayeshakalsoom02@gmail.com)*

**Abstract** - In recent years, there has been a growing interest in the subjective and communal recollections of city residents in the area of city literature. Using a single work of urban literature, this study examines how the city depicted cannot keep a certain shape and the existing structure is the consequence of successive civilizations. In this sense, every structure or city described in the book is in a perpetual state of change, and its surrounding environment (including people) is likewise in the grip of vestiges of the past. Using the method of textual analysis, the subjective and collective memories in this fictional book allow for the examination of the structure of Istanbul as a palimpsest is not limited to architectural or historical layers, but also includes the juxtaposition of social, cultural, economic, and traditional artefacts. The mourning inhabitants are in a liminal mental and bodily state. The desire to perpetuate a historical practice and the need to modernize generate subjective and communal memories. By exploring current Istanbul via the remnants of the past, it is evident that the book revises and rewrites Turkish memory and history, which are generated by the communal and personal recollections of individuals and are ingrained in the city.

**Keywords:** Communal recollections, mourning inhabitants, mourning inhabitants, palimpsest, historical layers.



## Exploring the concept of Flânerie in Mistry's 'A Fine Balance'

Amna Laraib

*Department of English, National University of Modern Languages, Rawalpindi*

*e-mail: [amna.minhasoo7@gmail.com](mailto:amna.minhasoo7@gmail.com)*

**Abstract** - Flânerie is the act of walking down the streets with the intention to observe. Initially this act was carried out solely by the man of the crowd who was known as the flaneur and denied female existence on the streets. With the passage of time, the female existence on the streets was accepted but with certain limitations and a term 'flaneuse – female wanderer' was coined for them. This research article proposes that literature, whether belonging to past or the contemporary times, offers textual flânerie to its readers, turning them into wanderers of places and spaces within the confined walls of their exposure. Walter Benjamins's concept of flânerie is used as the theoretical framework for this study and textual analysis is adopted as the research tool to analyze the four main characters of the selected text: A Fine Balance by Mistry. The purpose of writing this article is to seek the practical application of the theory in the contemporary literature.

**Keywords:** Flânerie, Flaneur, Flaneuse, Wandering, City Landscapes, Contemporary Literature



## Anthropomorphizing the Cultural Lifeworld: A Narrative Analysis of Rifat Abbas's Selected Poems

Zoha Jan Tagi

*National University of Modern Languages, Islamabad*

*e-mail: [izoha98@gmail.com](mailto:izoha98@gmail.com)*

**Abstract** - The study explores the anthropomorphic elements in Rifat Abbas's selected poetry and incorporates the theoretical underpinnings of Habermas' colonization of the lifeworld. It ventures into the domain of regional poetry from Pakistan translated into English and extends the literary debate about social criticism through poetry. The study explores both the poetic technique of anthropomorphism and its implications in articulating the transformation of modern societies. It foregrounds the resistive undertones of anthropomorphic elements in the selected poems and aims to highlight the diverse themes and techniques in contemporary regional poetry, which is mostly confined to the spiritual aspect. It aims to analyze the construction of identity through material experiences and their representation in literature as a tool to explore the subjectivity of transformation of cities as depicted in regional poetry. For this purpose, the research will engage with "The City Clocks" and "Postman" through the critical lens of life-world theory by Habermas as a starting point and will extend on the premise with emphasis on anthropomorphism

**Keywords:** Anthropomorphizing, subjectivity of transformation, colonization of the lifeworld,



## The illustrated Tale of two jets: Semiotic analysis of Animated Film Operation Swift Resort

Sumera Gulzar\*, Erum Ahmed

*Fatima Jinnah Women University, The Mall, Rawalpindi*

*\*e-mail: [sumerafarooq@fjwu.edu.pk](mailto:sumerafarooq@fjwu.edu.pk)*

**Abstract** - As Pakistani animation industry makes its way from amateur to professional and more serious animation productions, this research studies the Pakistani animation Operation Swift Resort (2019) under the conventional research lens of medium and message. Animation being a new media in Pakistan gains more attention when utilized a serious topic of national interest. The study aims to explore the significance and role of this animation production in portraying the narrative of Pakistan to the international media. What were the verbal and non-verbal clues in the film that are significant for a political communication researcher or an animation professional? This is a qualitative research which employs semiotic analysis under the theoretical framework of Laswell's propaganda theory to bring out in-depth semiotics that are collectively helping Kamal Mustafa in conveying the message. This detailed discourse analysis is a scene by scene breakdown which critically evaluates the use of animation techniques. It was found that the production can be improved in terms of quality and technique of animation and sound Production. As far as the dissemination of message is concerned, the movie plays a vital role in bringing out the voice of Pakistan to the world. Moreover, graphical representation leaves a very strong impact on the viewer and proves to be a strong storyteller and provides the experience of "being



there". The script of the film was largely based on facts and research which helps the producer in gaining credibility for future productions.

**Keywords:** Animations; Pakistan Air force; Indian Air force; Operation Swift Resort; propaganda; Semiotic analysis.



## **Auto and Hetero-Stereotypes in Travelogues on Pakistan: A Lingvoimagological Study**

Rafia Zafar

*National University of Modern Languages, Islamabad*

*e-mail: [rafiamalik73@gmail.com](mailto:rafiamalik73@gmail.com)*

**Abstract** - The language used in tourist travelogues are sites of national stereotypes formed against the character of a country. Travelogues on Pakistan are discourses of representation that reveal such national stereotypes through which international tourists build an image of the Pakistani nation and her national character. These discourses are informed by a writer's political ideology as they are replete with stereotypes about the destination country (hetero-stereotypes). What is described in a travelogue is always a difference; in what aspects a target nation is different from your own. As travelogues are written for a worldwide audience, so it becomes significant to find out what are the images that are presented internationally of a particular nation. The present study aims at identifying auto and hetero-stereotypes in travelogues on Pakistan by different foreign writers. The research also draws comparisons among the perceptions of the three writers regarding Pakistan and its people. Three travelogues written by an American, Australian, and Scottish writer have been selected. The data was approached through an online store named Amazon, Inc. by employing purposive sampling. The study has used qualitative approach to conduct analyses of the travelogues. Van Dyk's ideological square model (1998) has been employed to carry out discourse analysis of the selected sections of the travelogues in the light of Leerssen's Imagological framework. Findings reveal that travelogues about Pakistan frequently stereotype and exoticize Pakistan and its people. There is consensus among foreign writers about Pakistan regarding the absence of women in Pakistan, a sense of fear for one's life, views about landscape/cityscape, self vs. other and religion. The authors lack an awareness and an acknowledgement of cultural divergence. It is important to understand that such discourses as travelogues evolve into the sources of disinformation and strengthen the already existing stereotypes about the character of a nation.

**Keywords:** imagology; discourse; stereotypes, Imagological framework, travelogues



## Between Home and Refugees Camps: Tracing Gendered Violence in Maria Von Welser's No Refuge for Women

Sobia Javed

*National University of Modern Languages, Islamabad*

*e-mail: [sobiajavedbutt34@gmail.com](mailto:sobiajavedbutt34@gmail.com)*

**Abstract** - The purpose of this research paper is to analyze Maria Von Welser's book "No Refugee for Women" for the exploration of the status of the Syrian refugee women in the backdrop of the theoretical underpinning propounded by Jane Freedman in her book. Maria Von Welser in her book attempts to validate Syrian women's miseries not only in their territorial boundaries but also across the borders. They are matter of no concern in asylums because they are discriminated in the camps based on gender. The current research also investigates her book as a representative voice of marginalized section of Syrian refugees and it vividly articulates its focus on the evidence from the text to trace that there is no room for this suppressed group. Jane Freedman's theoretical concept of asylum and refugees has been applied for the evaluation of the selected text. Freedman examines the foreign oppressive influence on colonized countries especially with reference to the double marginalization of women. This study is qualitative and textual analysis is used as a research method.

**Keywords:** Syrian refugees, asylums, marginalized section, qualitative analysis, textual analysis.



# Psychology

## Role of Emotional Intelligence in Marital Adjustment: A Gender Based Study

Zainab Rehman\* & Uzma Masroor

*Air University, Islamabad*

\*e-mail: [zrehman360@gmail.com](mailto:zrehman360@gmail.com)

**Abstract**—The present study focused on the elaborating the role of emotional intelligence in marital adjustment among males and females. The main objective of the study was to determine the relationship between emotional intelligence and marital adjustment among Pakistani married couple. Also, to study the demographic variable with respect to emotional intelligence, and marital adjustment among Pakistani married couple i.e., gender. The sample of 35 married couples was selected by employing purposive convenience sampling. The instruments used to collect data in this study were “The Revised Dyadic Adjustment (Busby, Christensen, Crane, & Larson, 1995), and Schutte Self-Report Emotional Intelligence Test (Schutte, Malouff & Bhullar, 2009). Results indicate there is a significant relationship ( $r = .22$ ) between emotional intelligence and marital adjustment. Moreover, Gender differences on Schutte Self-Report Emotional Intelligence Test reveals that females have high emotional intelligence as compare to males. Whereas, on marital adjustment women scored higher than men which depicts that females are more satisfied and well-adjusted as compare to males. The results of study also depict that duration of marriage has a significant relationship with Marital Adjustment among Pakistani married couples.

**Keywords:** Emotional Intelligence, Marital adjustment, Gender differences



## Role of Motivation on Academic Achievement among Medical Students: Mediating Role of Self-Efficacy

Atiqa Habib<sup>1</sup>, Rabia Hanif<sup>2</sup>, Rayna Sadia<sup>3</sup>

<sup>1, 2</sup>*Riphah International University*

<sup>3</sup>*Rawalpindi Women University*

\*e-mail: [drabiahhanif@riphah.edu.pk](mailto:drabiahhanif@riphah.edu.pk)

**Abstract**—Motivation acts as a major factor for making sound decisions and actions. The following study aims to investigate the relationship between motivation and academic achievement among medical students, along with exploring the mediating role of self-efficacy. The postulates formed on the basis of literature review include 1) there will be a positive relationship between general self-efficacy and motivation among medical students 2) There will be a positive relationship between motivation and academic achievement among medical students. To test the hypothesis, questionnaires used for accessing motivation and academic achievement were SMMS-R and percentages whereas self-efficacy was measured via General Self-efficacy and Academic Self-efficacy scale. The study sample includes females ( $n = 183$ ) and males ( $n = 115$ ) medical students from a number of medical colleges of Pakistan through convenience sampling technique. Results were analyzed through Statistical Package for Social Sciences (SPSS) using Pearson Correlation to see the relationship between variables and independent

sample t-test to see gender differences. By using this study, we will be able to understand the role of motivation and self-efficacy on academic achievement among medical students and how it varies across gender. This research highlights the importance of the motivation and self-efficacy for the academic achievement among medical students as researches related to the medical students and factors affecting their academic achievement are not very common in Pakistan, it is essential to raise the point and to bring attention of both the students and the Universities and bring awareness of the possible factors that motivate and enhance the academic performance of medical students. Results showed Academic achievement was positively correlated with the motivation. A significant positive correlation of motivation with General self-efficacy and a strong negative correlation was found between Academic Self-efficacy and strength of motivation among medical students.

**Keywords:** Motivation, academic achievement, self-efficacy, medical students



## **Family Planning as a Predictor of Sexual Satisfaction and Marital Satisfaction in Pakistani Women.**

Jamila Noreen<sup>1</sup>, Anam Khan<sup>2</sup>, Saba Ghayas<sup>3</sup>

<sup>1,3</sup>*University of Sargodha, Sargodha*

<sup>2</sup>*Rawalpindi Women University, Rawalpindi*

\*e-mail: [jamila-noreen@yahoo.com](mailto:jamila-noreen@yahoo.com)

**Abstract**—The present study intended to explore the family planning as a predictor of sexual satisfaction and marital satisfaction among married women. The sample of current research consisted of married women ( $N = 300$ ). Purposive sampling technique was used to collect data. The Family Planning Supplement Scale (Thomas, 2001), Sexual Satisfaction Questionnaire (Plopa, 2020) and Enrich Marital Satisfaction Scale (Fower & Olson, 1993) were used to measure the constructs of present study. Correlation method verified the significant positive relationship between family planning and marital satisfaction and non-significant positive relationship between family planning and sexual satisfaction. Moreover, additional analysis revealed the women having love marriages scored high on sexual satisfaction and women having arrange marriages scored high on marital satisfaction.

**Keywords:** Family planning, sexual satisfaction, marital satisfaction.



## Predictors of Seeking Psychological Help among Patients with Common Mental Disorders

Amna Liaqat\*<sup>1</sup> & Mamoona Ismail Loona <sup>2</sup>

<sup>1</sup>*Clinical Psychologist (Benazir Bhutto Hospital RWP)*

<sup>2</sup>*International Islamic University, Islamabad*

\*e-mail: [dhillon.86.al@gmail.com](mailto:dhillon.86.al@gmail.com)

**Abstract**—The purpose of the study was to examine the predictors of seeking professional psychological help among patients of common mental disorders. Specifically, the study investigated whether, Self-Stigma, perceived social support (family, friends and significant others) and Health locus of control (internal, external and chance) predicts attitudes towards seeking professional psychological help (need for psychological help, Confidence on health provider, interpersonal openness and stigma tolerance). Three hundred (male & female) outdoor psychiatric patients were selected ( $N = 300$ , males  $n = 117$  and females  $n = 183$ ) from Government hospital of Rawalpindi district through purposive sampling. Symptom checklist, Mini mental state examination, Self-stigma of seeking help scale, Multidimensional health locus of control scale, Multidimensional Perceived social support scale and Attitudes towards seeking professional psychological help scale were used for data collection. Permission from original authors were also taken for the translation of the Self-Stigma, Health locus of Control and Perceived Social Support scale. The findings of the study revealed that Self- Stigma, positively predict (Need, Confidence, interpersonal and Stigma tolerance) attitudes. Perceived social support from friends, family and significant others dose not significantly predict (need) attitudes. It was also found that perceived social from others significantly and social support from family negatively predicts (openness) attitudes, internal and chance health locus of control positively predicts (openness) attitudes of seeking professional psychological help. Further, perceived social support from family negatively predict (stigma tolerance) and social support from significant others positively predicts (stigma tolerance attitudes) towards seeking professional psychological help. Implications and recommendations of the findings are made for the clinician, academia and mental health professionals.

**Keywords:** Self-Stigma, social support, help-seeking attitudes



## Perfectionism and Work Family Conflict as a Predictor of Frustration and Mental Health Among Nurses

Anum Shahzadi\* & Mamoona Ismail Loona

*Department of Psychology, International Islamic University, Islamabad*

\*e-mail: [anum.mscp353@iiu.edu.pk](mailto:anum.mscp353@iiu.edu.pk)

**Abstract**—The present study aims to study the impact of Perfectionism and Work-Family conflict on Frustration discomfort and Mental health. The sample consists of 200 male and female nurses from Pediatric, Emergency, Psychiatric, & Intensive Care Unit departments of Fauji Foundation Hospital Rawalpindi, Central Medical Hospital Attock and Pakistan Ordinance Factory Hospital Wah Cantt. Scales used were the Short almost perfect

scale, SAPS (Rice et al., 2014), Work-family conflict scale, WFCS (Haslam et al., 2015), Frustration discomfort scale, FDS (Harington, 2005), and Mental health inventory, MHI-18 (Veit & Ware, 1983). Multiple regression analysis showed that adaptive perfectionism negatively predicts psychological wellbeing and frustration discomfort, whereas work-family conflict positively predicts psychological wellbeing and work-family conflict, maladaptive perfectionism positively predicts frustration discomfort and psychological discomfort. The result concluded that nurses who are going through work-family conflict, had maladaptive perfectionism are more frustrated and their mental health was disturbed while nurses with adaptive perfectionism are less frustrated. This study will contribute to existing literature and nurses and organizations will take benefit from this research to work on the mental health issues of nurses.

**Keywords:** Perfectionism, work-family conflict, mental health, frustration, emotional regulation.



## Prevalence of Distress and Suicidal Ideation among Teenagers in District Khurram

Majeed Ali<sup>1</sup>, Sher Dil<sup>2</sup>, Saad Ullah Khattak<sup>3</sup>, Arshad Ali<sup>4</sup>

<sup>1,2</sup>Hazara University Mansehra

<sup>3</sup>Hazara University, Sub-Campus Battagram

<sup>4</sup>Foundation University, Islamabad

\*e-mail: [majeedalipcr3@gmail.com](mailto:majeedalipcr3@gmail.com)

**Abstract**—The present study aimed to investigate the prevalence of distress and suicidal ideation among teenagers in District Khurram; and to determine the effect of demographic variables (age, gender, education, family income, and family system) on these variables. The sample of 140 teenagers with age range 13-19 years ( $M = 17.24$ ,  $SD = 1.36$ ) was taken from District Khurram through convenient sampling technique. Depression, Anxiety, Stress Scale and Suicidal Risk Scale were used to collect data. Results showed that suicidal risk scale is significantly positively correlated with depression, anxiety, and stress. Moreover, depression, anxiety, and stress are positively associated with one another. Significant gender differences were observed on DASS-S (stress). It means that female adolescents are more stressful than male. Significant educational differences were noted on Stress.

**Keywords:** Suicidal ideation, DASS, demographics, teenage



## Self-Efficacy in Relation to neuroticism among female University Students

Mamoona Ismail & Maryum Khurshid\*

*International Islamic University, Islamabad*

\*e-mail: [mmaryamkhurshid@gmail.com](mailto:mmaryamkhurshid@gmail.com)

**Abstract**—Present study was aimed to investigate Self-Efficacy in Relation to neuroticism among female university students. The sample was consisted of 170 university students from faculties of social (n =90) and natural (n =80) sciences. Two scales were used for data collection, Urdu translation of the General Self-Efficacy Scale, Adjective checklist. Two scales, Urdu translation of the General Self-Efficacy Scale and Adjective checklist were used for data collection. Age range of the students was between 20 to 25years. Correlation coefficient reveals that Self-Efficacy is negatively correlated with neuroticism among female university students. Students of social sciences have lower level of self-efficacy as compared to the students of the natural sciences. Students of natural sciences have higher level of neuroticism as compared to the students of the social sciences. Neuroticism have no significant effect on natural and social sciences students.

**Keywords:** Neuroticism, self-efficacy



## Traumatic Experiences in Contemporary Times of COVID-19 and Psychological Distress among Young Adults

Sadia Sohail\*

*, Fatima Jinnah Women University, Rawalpindi*

\*e-mail: [sadiasohail86@gmail.com](mailto:sadiasohail86@gmail.com)

**Abstract**—In the contemporary times of the spread of COVID-19, there has been a growing interest in understanding the mental health, traumatic experiences and psychological distress of young adults and students in particular. A major traumatic experience for most, was, suffering from the infection themselves or seeing their loved ones suffer and even die of the disease. The research aimed to investigate the levels of psychological distress in young adults who had suffered from the COVID-19 infection over the last one year and had their immediate family members lose their lives after exposure to the fatal disease. A sample of 406 students, from the universities of Rawalpindi/Islamabad, completed a survey that comprised of demographic questions, COVID-19 related questions for assessment of trauma and the Depression, Anxiety and Stress Scale-21 items (DASS-21; Lovibond & Lovibond, 1995), for the assessment of psychological distress. Students ( $N = 114$ ) (43% boys and 57% girls) had suffered from COVID-19 infection and also lost a close relative to the infection. 9.7% of these suffered from severe stress, 37.7 % suffered from extremely severe anxiety while 48.6 % suffered from extremely severe depression. Overall 18.7% had extremely severe Psychological Distress. The results indicate that young adults, during contemporary times are suffering a great deal of mental distress associated with increased anxiety, stress and depression symptomatology. There is a need to develop programs and enhance the counseling services for the same, in educational institutes in order to mitigate the effects of the poor mental health consequences of the pandemic.



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**Keywords:** COVID-19; young adults; psychological distress



## **Cyber Victimization and Mental Health of Students during COVID-19: Mediating Role of Difficulties in Emotion Regulation**

Hina Iram<sup>1</sup>, Nida Riaz\*<sup>2</sup>, Bushra Hassan<sup>3</sup>

<sup>1, 2</sup>*Rawalpindi Women University, Rawalpindi*

<sup>3</sup>*International Islamic University, Islamabad*

\*e-mail: [nidariaz228@gmail.com](mailto:nidariaz228@gmail.com)

**Abstract**—Cyber space is a new realm of technology dwelling society into various mental health issues. Cyber victimization is often been associated with mental health problems but this problem increased significantly during COVID-19. Major objective of the present study is to examine the association between cyber victimization and mental health during COVID period and to test the role of difficulties in emotion regulation as a mediator. Sample was comprised of 320 adolescents and emerging adults from different colleges and universities of Rawalpindi Islamabad including males ( $n = 140$ ) and females ( $n = 180$ ). Age range of the participants was between 15 - 25 years. Research participants completed a Cyber Victimization Scale [CVS; (Riaz et al., 2018)], Difficulties in Emotion Regulation Scale – 18. [DERS-18; (Victor & Klonsky, 2016)] and Mental Health continuum Short Form [MHC-SF; (Karas et al., 2014)]. Results indicate that cyber victimization is negatively associated with mental health while positively with difficulties in emotion regulation. Difficulties in emotion regulation partially mediated the relationship between cyber victimization and mental health. This study has important implications for students, teachers and parents to learn about the negative impact of cyber victimization and to help them in providing support to effectively regulate their emotions.

**Keywords:** Mental health, cyber victimization, covid-19, difficulties in emotion regulation



## Parental burnout and Marital Satisfaction during COVID-19: Role of Demographic Variables

Nimra Naeem\*<sup>1</sup>, Rayna Sadia<sup>2</sup>, Saira Khan<sup>3</sup>, Zaryab Fatima<sup>4</sup>

<sup>1,4</sup> Riphah International University, Islamabad

<sup>2</sup> Rawalpindi Women Univeristy, Rawalpindi

National Institute of Psychology, Quaid-i-Azam University, Islamabad

\*e-mail: [nimra198@gmail.com](mailto:nimra198@gmail.com)

**Abstract-** With the pervasive spread of COVID-19, the parental burnout alarmingly increased owing to the conflicting parental responsibilities accompanied by deteriorating interpersonal relations among married individuals. Thus, considering the increased possibility of negative evaluation of their marital union among married individuals the present study aimed to investigate the association between parental burnout and marital satisfaction. The study further studied the role of and how gender and family system across the proposed association. Therefore, to achieve the objectives of the study, married individuals ( $N = 350$ ) with age ranging between 25-65 ( $M = 35.42$ ,  $SD = 9.29$ ) were approached through purposive and convenient sampling method in this cross-sectional study. Results yielded negative association between parental burnout and marital satisfaction. Further, females reported higher parental burnout and marital satisfaction as compared to male. Additionally, parental burnout was higher among married individuals living in nuclear family systems and who were laid off from their jobs during pandemic. Taken together, the findings provide a thorough insight into deteriorating relations and severing mental health of married individuals which needs to be reframed by modelling and introducing coping strategies and interventions to cater the socio-economic stress.

**Keywords:** Parental Burnout, Marital Satisfaction, COVID-19 Pandemic.



## Impact of Gratitude and Kindness on Self- Esteem, Subjective Well-Being and Family Relationships among University Students

Rukhshanda Majeed\* & Anila Kamal

e-mail: [rukshandamajeed@gmail.com](mailto:rukshandamajeed@gmail.com)

**Abstract-** Positive Psychology based intervention are known to improve and instill positive emotions. In this study impact of gratitude based intervention and kindness based intervention on self-esteem, subjective well-being and family relations among university student was studied. It was a within and between group quasi-experimental research design study. Positive Affect and Negative Affect Schedule (PANAS) (Watson et al., 1988) was used to measure subjective well-being. Rosenberg Self-esteem Scale (Rosenberg, 1965; Rizwan et al., 2012) was used to measure self-esteem and family relationships was measured by using Family system Apgar scale (Smilkstein, 1978). Sample consisted of university students ( $N = 88$ ) of age range (18-27) with mean age ( $M = 21.01$ ,  $SD = 2.08$ ). Participants were divided into three groups i.e. experimental group I- gratitude group ( $n = 27$ ), experimental group II-kindness group ( $n = 33$ ) and control group ( $n = 28$ ). A pilot study was performed to assess internal consistency of the measures. For all scales and subscales value of Cronbach's Alpha reliability was in acceptable

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range  $\alpha = .7$  to  $.8$ . After conducting pilot testing it was decided that cases with below median score in pre-test will be analyzed separately to see how these interventions impact the individuals with already low score in target variables. This study was carried out in three phases. In pre-testing baseline value of dependent variables was measured after that intervention was provided in phase II and in phase III post testing was performed. Paired sample t-test and ANOVA was performed for within and between group analysis. Other than that paired sample t-test was also performed on the cases with below median score and results revealed that for experimental group II-kindness based group family relation improved and negative affect decreased. While no change was observed in control group. Qualitative analysis i.e. thematic analysis was performed on gratitude based journals and kindness based journals and frequencies were calculated. Qualitative results revealed that participants in both experimental groups reported feeling more positive after performing kindness based and gratitude based activities. Participants in kindness based group reported improvement in their family environment and relations. This research has implications for therapists and psychologists working with young people.

**Keywords:** Positive Psychology based Interventions (PPIs), Gratitude, Kindness, Self Esteem

