

**PERSONAL AND SOCIAL DETERMINANTS OF PSYCHOLOGICAL
WELL-BEING: MODERATING ROLE OF RESILIENCE AMONG
FLOOD VICTIMS**



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Submitted

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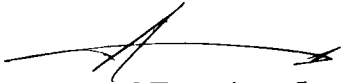
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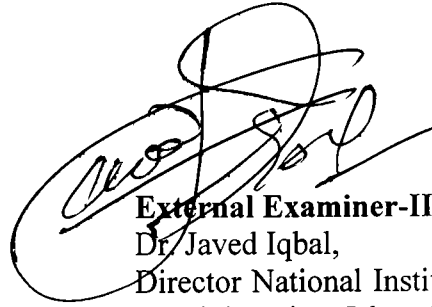
CERTIFICATION

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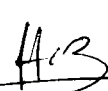

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Supervisor

DEDICATED

To

The Holy Prophet Muhammad (Peace Be Upon Him),

(The most perfect and the best among born on the surface of the earth)

My

Parents

&

Loving ,Caring

Teacher

Prof Dr Furrkh. Z. Ahmed

,

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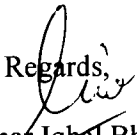
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Abstract

The study aims to examine the role of personal and social determinants in order to predict psychological well-being: moderating role of resilience among flood victims. For this purpose a sample of 400 individuals (male, $n = 200$, female, $n = 200$) who experienced flashy flood were selected through purposive sampling technique from the Province of the Punjab-Pakistan. The study was based on cross sectional survey design. For data collection five scales including Multidimensional Scale of Perceived Social Support, Meaning in Life Questionnaire, Religiosity Scale, Ego Resiliency Scale and Warwick-Edinburgh Mental Well-being Scale were utilized to examine the direct and indirect impact of social support, religiosity, and meaning in life on psychological well-being: moderating role of resilience among study population. Pearson correlation, Multiple Regression analysis and independent sample t -test were applied to test the hypotheses. Findings of the study revealed that social support, religiosity, and meaning in life significantly predicted psychological well-being: moderating role of resilience among the flood victims ($p < .01$). The study also confirmed the moderating role of resilience between the relationship of meaning in life, religiosity and social support with psychological well-being ($p < .01$) among flood victims. Gender differences revealed that female participants were significantly higher on social support, psychological well-being, ($p < .01$), meaning in life and religiosity ($p < .05$), whereas male participants were significantly higher on resilience ($p < .05$). The study explored the role of meaning in life, religiosity and social support in resilience and psychological well-being. The present nature of the study is very important to manage the problems of flood victims in the disaster areas of Pakistan and other developing of the countries as well. It will provide guideline to the policy makers, researchers, health practitioners and forthcoming students and may become the part of library. The similar nature of researchers should be conducted at large level to give recommendations to resolve the psychological stress

by counseling of the flood victims through clinical settings practically. This psychological and social support will enhance the resilience and well-being among the flood victims.

Keyword: Social support, meaning in life, religiosity, psychological well-being, resilience

INTRODUCTION

Chapter-I

Introduction

Every disaster is a high impact and harmful event which is deep-rooted in the natural processes of the earth; this reflects in terms of volcanic eruptions, earth quakes, tsunamis, flashy floods and many other geological phenomena (Bankoff, Frerks, & Hilhorst, 2003). Several studies have prove that such catastrophe or disaster does not affect the human beings in the short terms but have a much longer term effect on the psychological well-being of people (Hollifield *et al.*, 2008). Psychological well-being and moderating role of resilience are important factors among flood victims. Victims of these disasters experience the symptoms of low well-being and others psychological problems that impact negatively (Gilboa & Schmeidler, 2001). However some factors like belief in religion, meaning in life in general (Halama & Dedova, 2007), social networks facilitation, religiosity and social support (Taylor, 2011) increases psychological well-being and moderating role of resilience among the flood victims (Ehring, Razik, & Emmelkamp, 2011).

Disaster

Any disaster badly impacts the normal life pattern of communities and societies. The impacts that includes large scale losses e.g. human, material, infrastructural, economical, social, environmental and psychological. The impact is so huge that it seriously affects the ability of the effected ones to cope with using ordinary or routine practices (Ballesteros, 2010).

Flood is also a collective event, in which survivors share a massive experience and come across the world around them in new and different ways (Erikson, 1991).

Raphael (1986), states that the floods are devastating events as these tests the capacity of the community and individuals to respond and can temporarily lead to large scale disruption. The contemporary theorists and studies consider the flood as an outcome of the inability of the pretentious societies to properly manage these catastrophes. These results are the combination of floods and their vulnerability. The areas with low vulnerability ranking are not affected seriously by any such catastrophes or floods as compared to those regions which are un-inhabited (Quarantelli, 2008). The world regions particular those categorized 'developing' regions are seriously affected by these floods or catastrophes. In biosphere areas that come in the group of emerging is extremely affected through these floods or catastrophes. According to current statistics which states that forty percent of social life cycle damage by floods which occurs in non-developed nations of human planet. The ratio of the flood victims, are two hundred times larger in developing countries as compare to advanced countries, (Ballesteros, 2010).

For the last hundred years, catastrophes or floods are the main concern of researches. The researches have a mutual joining point, i.e. the entirely floods or catastrophes are extremely deep-seated in past which was the faults of human. People have been hardened through the nature triggering new floods or catastrophes which harmfully impacts the earth and peoples who are living on it. This shows that all floods are really human catastrophes to create and suitable practices for the handling of these catastrophes. Usually, the floods are identified as natural floods. In emerging nations, still floods or catastrophes occur due to multiple reasons instead of a single reason. It also

appears that, floods or catastrophic occurrence may cause a primary impact which may cumulate the magnitude of influence several times. A good example may be an order of dealings where an earthquake fallouts in a tsunami that reasons flashy flooding in coastal areas (Davis, 2004).

Definition of Flood

A temporary overflow of a normally dry area due to overflow of a body of water, unusual buildup, runoff of surface waters or abnormal erosion or undermining of shoreline. Floods can also be overflow of mud flow caused by buildup of water underground (Business dictionary, 2003).

Natural floods e.g., storms and flashy floods frequently change the climate. Floods become the reason in damage of presence, abolish source of revenue or especially agricultural lands as well as families or relocate individuals from their families. A large number of individuals temporarily displaced were a predictable result of higher current disruptions as well as strong insightful climate procedures moving further individuals to worldwide.

Flood can be explain as, an incident or disaster, determined in time and space that community or a comparatively independent part of a community undergo severe danger and arouse such victims to its members and physical appendix that the social arrangement is upset and the completion of every one necessary tasks of the community is prohibited (Fritz, 1961). Natural floods or catastrophe for instance flashy floods and earthquake can frequently come at the short predictable time. Others examples of heavy floods or catastrophes are, storm, typhoon, whirlwind and tropical storm are rising in severity and destruction. Naturally, the poor are the most severely affected, for they have the short

predictable time. Others, such as cyclones and hurricanes are increasing in severity and destruction. Generally, the poor are the worst hit, for they have less resource to cope and rebuild with these floods and calamities.

Impact of Human-Instigated Flood

Flood is one of several causes of damage to human lives. It destroys land, facilities and living creature's health. Its effects are inflicted on peoples, environment and completely disturbs the social functioning and financial material of the people. Each year, thousands of people die, huge number of compensations is ready to habitants plus asset sowing toward wonders similar mudslides and flashy floods, storms, typhoons, snowstorms and hurricanes, Raphael (1986).

The population of the world has been increasing day by day which has become the impact of natural flood in the circumstances that have intensified both the regularity and severity of flood. Hot weather and unbalanced land systems, together with deforestation, unintended development, and propagation which create the calamity lying zones most susceptible, low-priced distribution intended for floods or catastrophe prevention. Consequently, most emerging nations suffer relatively frequently of usual floods or catastrophes. In the list of natural floods or catastrophes, Asia is on top, (Erikson, 1991).

Floods are the main cause of forced displacement. Information on forced displacement has not been regularly gathered and examined. In the last twenty years, the frequency of natural floods has doubled increased 200 to more than 400 times. This ever increasing number of floods has affected a large population. At present no reliable

information are available to examine the degree in which human obstinacy might have to improve as an impact of this tendency. Whereas this space is the more appropriate in the circumstance of weather change, as information on existing tendency in floods associated involuntary movement should to be reasonably form the starting position of information gathering on possible variations in movement in the glow of upcoming weather modification impact. Floods also infest human thoughts, emotions, perceptions and beliefs of the sufferers (Cohen, 2006).

Most of the people would be living in the area of current settlement in floods level zones. This tendency might get worsen few years ago that the people of Pakistan are predictable to face the intensity and severity. In another incidence, rigorousness and strength of certain flood is increasing; e.g. deficiency, flooding, earth corrosion and earthquake, resulting from ecological repulsiveness and environmental change. From these situations it could be concluded that upcoming floods will be further being repeated and their impact of social, economic, ecological and mental fall-down high than previous,(NDMA,2010).

Psychological Impact of Flood on Human Being

Floods and catastrophes are frightful actions that are ruthless devastating or naturally a shocking. According to American Psychiatric Association (1994), the occurrence of any flood event which effect social, economic, infrastructural and human mental processes. These traumatic incidents are out of the range of common individual skills, they are obviously disturbed to everybody. Traumatic incident comprise on two elements: It connects real death or severe physical wounds to the individual or to

community; it also engages severe horror death of anyone and helplessness. Any flood is thus an overwhelming incident as huge destruction and frightful sight inducing deep feelings of terror, stressful and hopelessness, (Myers, 1985).

Most of humans became the victims of catastrophes or floods (Lystad, 1988). It is founded that 51% females and 60% males do experience at least one traumatic event. While as disturbing event could have an impact on one individual, the flood is a painful event which influences the entire group of people or a large part of a society. These different traumatic events impact on each individual or small group who are living in the society. Floods can overcome with the available community resources and further threaten individuals' and community's ability to cope up (Ursano, McCaughey, & Fullerton, 1994).

Floods become the main reason of enormous or massive destruction. The destruction is massive in part of the globe where deficiency, psychological illness, and social disturbances have already damaged the limited ability of people to cope with such situations. Latin American countries provide best examples for the paradigm of such circumstances (Cohen, 2006). The recent series of most important floods and deadly storms killed thousands human and left many times huge number of homeless and destitute. Similarly, one of the best examples can be found in the recent history of Venezuela. In 1999, Venezuela was overwhelmed with flashy floods and mudslides that killed over 30,000 people. The country since then has experienced a military junta, rioting, a disputed election, and extreme economic hardships (Blanco, Villalobos, & Carrillo, 2008).

In few years back, Pakistan has faced natural floods and man-made disasters i.e. the earthquake in 2005; floods in 2007, 2010 and 2013; and extended security issues like flood in Punjab, Sind, Baluchistan, Khyber Pakhtunkhwa and FATA. United Nation plays an important role and used their recourses in the recovery of the crisis related to internally displaced persons (IDP). UNDP has also given important information, scientific approaches and ability of structure support to the organization of main institutes, as well as the earthquake and floods management. These departments should be actively working for the rehabilitation of disturbed areas which were playing the supportive role to the Flood victims, (UNDP, 2010).

Furthermore, International donor agencies and UNDP's helps to Government and the United Nations carry on to be involved in managing early revival to take on complete requirements & judgment and organize to respond these floods and catastrophe. UNDP has also gathered together major assets and implement relevant rehabilitations programs to give financial support for the settlement, living opportunity, transportation remedy approach, income minutes reinstallation, calamity danger, decrease interference, psycho-social counseling strategies and ability to improve procedures with a center on men, women and helpless communities. Coordination between structure and growth in inflated flooding areas of Punjab and KPK, collective consistency and grouped base growth in region those crowds Afghan migrant are significant program, (NDMA, 2010).

Psychological Impact of Flood on Internally Displaced Persons

There are four main psychological symptoms which are seen in internally displaced persons are miserable, depressed, somatization, post-traumatic stress

disorder,(PTSD) and some other psychological problems, while in initial research the influence of internal displacement persons are overwhelmed by investigation of post-traumatic stress disorder or turmoil (Dohrenwend & Turner, 2007).

The latest researches reveal that psychological impacts of dislocation are more disturbing than dislocation itself. Dislocation is main cause of these havocs redefines recognition of social system and relations (Mertus, 2003). Emotional disorders similar to Post Traumatic Stress Disorder (PTSD) decreasing level of life contentment and destructions of emotional performance are having a few chronic results of dislocation (Morina & Ford, 2008).

Associated factors of anxiety and depression disorders among internally displaced persons in Northern Uganda (Roberts, Ocaka, Browne, Oyok, & Sondorp, 2009) exposed that 54% of respondents faced the symptoms criteria for post-traumatic stress disorder, among these 60% were women whereas, 67% of respondents had the symptom criteria for depression, among these 78% were women. Those factors which were particularly associated with depression and sever anxiety symptoms consisted masculinity, matrimonial issues, lack of involvement of dislocation and human being experience to traumatic events. Women were twice as likely as men to exhibit symptoms of depression and Post-Traumatic Stress Disorder, whereas, unmarried respondents were more likely to showed symptoms of Post-Traumatic Stress Disorder. The distance of displacement, (camp >5 mile from home village) was also associated with depression. The individual trauma exposures having the strongest relationship with post traumatic stress disorder were mental health problems without medicine, sexual abuse, rape, and lack of food or water. The individual trauma exposure has the strongest associations with anxiety and

depression also included unnatural death of family or friend along with mental health problems without medical care and lack of food or water.

The impact of forced displacement during World War II on the present-day mental health of the elderly (60 years & above) was explored (Kuwert, Brahler, Glaesmer, Freyberger, & Decker, 2009), among 1513 participants. 239 of the respondents were those who were displaced during World War II. Results indicated that displacement in World War II was significantly related to higher levels of anxiety, mild levels of resilience and life satisfaction. In regression analysis, forced displacement in World War -II significantly predicted current anxiety and life satisfaction.

The impacts of catastrophes and conflict disturbance on Kosovo civilian citizen was examined through discussion and evaluating life distressing incidents, post-traumatic stress disorder (PTSD), unwell-being, and problem of severe anxiety not then stated, (Morina & Ford, 2008). Results indicated that complete symptoms of severe anxiety not then stated somatization frequently emerge with an occurrence level of 2%, but, medically important (DESNOS) symptoms of *somatization*, new connection and different structures of association were described by 42% of the defendants. In addition to these symptoms were associated to post-traumatic stress disorder and related with lesser psychological symptoms, self-assessments, and life satisfaction, and normal situations, self-induced symptoms of post-traumatic stress disorder (PTSD).

Meta-analysis of several researches available in 2004, about influence of internally organized war and other catastrophes in Guatemala to evaluate the psychosomatic symptoms of internal consistent disturbances on the psychological well-being of Guatemalans showed the occurrence of psychological illnesses in different

peoples affected by armed fight. It was initiated that the episode of depression symptomatology choice was 38% to 41%, the episode of anxiety symptoms reached from 27.7% to 54.4% and post-traumatic stress disorder (PTSD) had a rate reaching between 32% and 52%, (Herrera, Mari, & Ferrarz, 2005).

Clinical researchers have also indicated that traumatic experiences, distress symptoms and other factors independently related with disturbance in internally displaced persons (IDP) in Nepal (Thapa & Hauff, 2005). Results indicated that 90% of female while 74% males showed symptoms of anxiety and depression. This begin the behavioral changing's occurs, e.g. females, males and peer category from 31 to 40 ages range, ignorance situation disturb subsequently whole the society. Three stressful reactions, abrupt withdrawal, increased symptoms of sadness and an innovative place, were meaningfully related with symptoms of anxiety. There were 80.3 % subjects with depression symptoms, among which women, gender, position subsequently shift, sudden elimination of the symptoms of sadness on way in at an innovative place were meaningfully related with symptoms of depression. There were 53.4% subjects with Post-traumatic stress disorder (PTSD) symptoms where higher than three disturbing reactions, mood swings, and symptoms of sadness.

The impact of extended displacement on psychological well being in Eritreans was explored (Almedom et al., 2005). Data was collected from three settings, which included three rural settlements, three internally displaced person's camps, and four urban or semi urban settlements. Result indicates that internally displaced persons (IDP) living in camps scored high on the psychological well being scale as compared to non-displaced persons. Those in rural but traditionally movable communities also scored

more or less the same as the urban non-displaced that is, they scored significantly higher than those in the camps. The negative impact of internal displacement on women as compared to men was considerable. Health needs of displaced and non-displaced populations in Bosnia and Herzegovina were assessed (Carballo, 2004) mainly focusing on the psychological consequences such as sense of belonging and loss of places. Sense of belonging was experienced as either one had a sense of powerfulness or one feels a lack of control over his or her life. The specific proportion of the study sample reporting feelings of stress, unwell-being and depression “more common” among displaced persons was more than twice than non-displaced persons.

Perceived family functioning and symptoms of depression were examined in Croatian (Grgic, Soldo-Butkovic, & Vidovic, 2005), displaced children, who had been banished from their families at the start of the floods. These children were psychological assessed for depression, trauma experiences and family relationships. Results indicated that the highest level regularly described conflict disturbance practices involved displacement from the families, divided from the homes, staying in housing because of gunfire, staying in shelter because of flood, or witnessing, through practice of vending or observing of assassination, and observing wounded or deceased people. Around 18% of the kids chop up in the clinical range and 20.5% described the significant problems facing their perception of family relationships. Family relationships and psychological traumatic experiences were considerably associated with children’s depression, anxiety and others psychological problem.

Emotional reactions of Greek Cypriots Forces exiled by Turkish Cypriots, they reported that the peoples of both the sides are living with each other. Significant

differences were explored among internally exiled and non-internally exiled people concerning flood-related difficulties. Disturbed people's testified significantly developed degrees of their families being disturbed (65.1%); family memberships being involuntary to relocate (77.6%) and occupied as convicts and disturbed (43.5%). Internally disturbed peoples scored significantly developed on anxiety and depression as associated to non-internally disturbed peoples. Therefore, it was also found that internally displaced women scored higher on anxiety disorder and depression as compared to internally displaced men (Ergun, Cakici, & Cakici, 2004).

World Health Organization (2001) had estimated that, flood victims throughout the world, 10% of the people who experience traumatic events develop serious mental health problems and another 10% develop behavior which hampers their ability to function effectively. The most frequent conditions are anxiety, depression, and psychological problems such as insomnia, and psychological problems. Emotional reaction of children exposed to different levels of flood related stresses in Croatia were studied (Zivcic, 1993). Result indicates that displaced individuals and local children shows excessive depressive symptoms in comparison to the children of same age assessed before in Croatia while, displaced children indicates more negative emotions (especially fear and sadness) as compared to their local peers. It was founded that flood related stress had a negative impact on children's emotional functioning, especially displaced children.

The assessment of war- dislocation and flash flood consist of more over around twenty million citizens. Global Displacement Center monitor the homeless people around more than 3.5 million citizens in present times due to domestic conflicts and

Pakistan is leading on top (Terminiski, 2013). A latest research has been done in India which shows that over sixty million citizens were displaced just because of flood management system for the period of 1950-2005, while, the World Banks approximation up to two hundred million citizens were become displaced worldwide because of the development of projects during,1980-2000. The growth rate is increasing phenomenon became the basic reason of displacement is important and vital component of the enormous and surrounding world.

The significant portion of internal dislocation is that it is not intentional, unexpected or abrupt (Boscarino, 2014) it was pragmatic that 51 million individuals were displaced internally in 2007 and 26 million individuals were displaced ensuring wars and 25 million because of the natural havocs. Alternatively, claimed by Internal Displacement Center, at the end of 2007, worldwide internally displaced people were 26 million in numbers. Internally displaced individuals, majority resolved human problems among the politically individual struggle by the world population (Cohen,1998).The term delineates that individuals who do not appear on any global border but they are enforced to go away their native spaces to get away from the militancy and flood impacts or individual reason of damage.

High commission of united nation for homeless people, (2004) indicated that people internally displaced ones who are forced to evacuate their homes-places but no one of them needs to cross any global border.

Social Support

Social support is a significant determinant of people's well-being and adjustment to stressful life events (Gerstel, Riessman, & Rosenfield, 1985; Mirowsky & Ross, 1986). Social support reflects the resources available to an individual from other people in their social network (Cohen, 1988). Generally social support can be defined as, services that would be offered to an individual in trouble or stress arousing situations. Social support has various shapes, containing emotional support, instrumental support, tangible assistance or physical help, evidence, and confirmation or response. According to Webster's New Collegiate Dictionary (1980, p. 843), can explain this word 'support' as: "action or practice that encourages, supports, reliefs". It can be safely stated into social prospective. Everywhere the term social is used; it means that it has many common orientations. Generally, "social support" conveys is to support the people were living in the society. Social support may contribute services, which sustain and helps human beings, especially during flood seasons.

According to Gerstel, Riessman, and Rosenfield (1985) social support is a contribution of someone to deliver their services to those people who had become the victim's of flood. Social support contains such similar ideas i.e. social incorporation, self-esteem, power and replacement or experimental variables, i.e. the practice of marital position as a sign of social support. It mentions that social relations and group communications which support and defend people after the influence of anxiety (Kessler, & Wortman, 1985; Nielson, Carlson, & Lankau, 2001). The coordination approach has difference to social support for significant social resources used for people guideline and safety. It has been commonly linked to improved well-being as well as safety, (Cohen,

1988; Landis, & Umberson, 1988). Simply, authentic approach of social funding, however its seeming probability for getting shared condition have been establish special linked towards better occupation satisfaction worse employment linked tightness, lesser likelihood of dismissing employ, (Bedeian, Mossholder, & Touliatos, 1986). According to Caplan, (1975) social support is the output of social action that improve public's wisdom of expertise through distribution often allocate, giving physical and intellectual help, and support relief. Social support philosophers, e.g. (Cohen, 1988), suggested that an absence or collapse of important mutual relations as follow-on in imbalances and sharp vulnerability to stress and anxiety.

Social support plays a different role in an individual life. There are many evidences to help the theory that support directly may helpful things, irrespective of the balance of stress or disturbance in the individuals' life, (Bedeian, Mossholder, & Touliatos, 1986). Many scholars maintained that reciprocal condition of support mainly as a resistance, defensive peoples from the negative symptoms of anxiety, (Cohen & Wills, 1985; House, 1981). There is not a slight agreement about the meaning of life and social support nor is there agreement about the efficacy of unique causes of support, (Caveat & Gottlieb, 1979), e.g. social supports have three main types, these all types emphasized on social features of somebody's animations. While Sensitive participation is "evidence that anyone wanted as well as valuable," respect preservation "facts that someone is appreciated and well-regarded," help as "evidence that any one fits to a system for collective responsibility", (Cobb, 1976).

Most of intellectual investigations show the relationship between social support and individual's well-being in people's insights of social adjustment relatively than the

support people obtain from others. It is in portion of insight having the greatest impact on an individual's response to traumatic symptoms as associated with the reliable social support taken, (Wethington & Kessler, 1986). According to social livelihood study, real situation is totally different from conventional support. Conventional support is a dimension of the real support obtained from helpful supporters, whereas conventional support is naturally calculated through examining of individuals to that degree which were accessible to relieve their life e.g. Earls et al. (1988), originally the occurrence of public care were connected for individuals life gratification when individuals having mental disturbances. Turner et al., (1983) reported that perceived social support was associated with psychological well-being for individuals with mental illness having some psychotic features. Researchers suggested that perceived social support, but not received support, more strongly relates to life satisfaction (Kazarian & McCabe, 1991).

Theoretical Perspectives of Social Support

Many philosophers have been studied social support in different ways and they have developed different models. But here some philosophical models have been explained, such as, (Hopmans, 1950) e.g. find out the important outcomes of association between emotionality and collaboration (Lazarsfeld & Merton, 1964), it is associated with homoerotic opinion, (Laumann, 1966). Now these collaborative responses having relationship which remains mutual for the world. Peoples of related features or approaches as well as lives terminate with similar suitable collective effort for environment, which indorse contacts. Likewise, regularity and consistency of relations indorse comparable approaches and way of life. This association is the important component in the conception of social loops or social systems, (Lazarsfeld & Merton, 1964) explained this

process in condition of the power of social relations. It distinct the strong point of such relations beside four possible ways: sum of time, obsessive concentration, understanding and mutual support. They recommended that powerful relations play important roles in the self-image, social response, and mental response. Pathetic relations are possible causes for connecting the self-esteem to broader common loops or links than powerful relations are capable to deliver. The scholars focused the significance of negative relations produced new understandings into the development of facts movement and common rigidity. Numerous considerations have since been assumed to the possible associating purposes of weak relations, (Granovetter, 1973).

The theory on the powerful social relations, (Lin, 1982) has suggested that the power of relations should be assessed comparative to the activities taken by the self-image. In overall, social activities are taken for either active or responsive resolutions. Energetic activities are those taken to attain explicit aims that are distinct from their way. Responsive activities, alternatively, are activities that have unclear aims and objectives. Job pursuing, obtaining and receiving a training are instances of active actions involving responsive problems, replacing life satisfaction, and profitable feast by somebody illustrations of responsive involvement by less objectives of contributors.

Altered collective resources are required for different activities. Intended for positive contributory activities, approach and usage of several commonly varied bases are necessary. Entry to an advanced level of job is more likely to happen through associations of high status social budget. Further varied in the social resources are reachable, the higher possibility that contributory achievement will be fruitful. If the homoerotic opinion is accurate, receiving entry to resources dissimilar from one's

individual is further probable to be done through weak relations. Weak relations deliver access to a broader kind of natural resources. It is prophesied, consequently, that for involved activities, the use of weak relations relatively than strong relations, principals to varied collective resources that, in chance, raise the probability of effective act, (Lin, 1982).

Different scholars can obtain diverse point of view on social support. Whereas the idea about household association in social mechanism, theory could be roughly hypothesized by any kind of social support, presumptuous is an old family relations development and sympathetic, a powerful relationship with household delivers the people through a basic social condition set. An individual's of collective system might similarly observe the ties in social livelihood. A person's association is completed with more individuals by whom he has good communication. Some individuals have an ability to help people by many kind of social living previously social support have many kinds, (Vaux, 1988). It is the supremacy of difference in labeling idea of social living. Deprived of strong description to legal, secondary level of thought, study on social livelihood should be incorrect, (Thoits & Peggy, 1982).

According to theoretical impact of social support can traditionally build a philosophy of trauma which has been determined by community mental health, and therapeutic interventions (Rook & Dooley, 1985). According to Psychologists hypothetical situations is the part of social support in distinctive humanoid contact, numerous hypothetical outlooks arose. By that way, researches have given attention completely on merely two models of social livelihood's parts in trauma suffering procedure "direct" as well as "defending" theory. The external situations that social

support might impact physical and mental well-being self-sufficiently of life stressors, while the previous philosophers uphold that social support "resistance" persons alongside the harmful significances of anxiety, that is the association between difficult practices and mental stressors would be reduced underneath circumstances of better social support, (Cobb, 1976). Therefore, former scholarly study have been differently focus between the core influence of social support on distress as well as collaborating impacts of social sustenance performances such as a negotiator among anxiety related pain, stress, sadness and psychological well-being, (Secco & Moffati, 1994).

Still, this contradiction is far-away from life comprehensive; it has been proposed to substitute this difference through diversity of fundamental prototypes, (Murrell, Morris, & Chipley, 1992). One more prototypical has minute reflection is indirect theory, where by social support exercises a secondary consequence on modification and well-being through straight reducing overall sever stress, it attempts to the stress reducing model of social support, (Barrera, 1986).

Another research indicates the association between social distress and social support, these requirement do not basically effect. As an alternative, it can be indirect result in the stress prevention model. According to reality of adjacent social relations by an incredible amount of friendship then familiarity should stop the beginning of unsafe survival can rate, the absence of social support upsurges the vulnerability of stress. If associated concern to stress as well as social livelihood remains adverse, its shows that further protection remains exist, from the beginning of difficult life satisfaction, absence of social livelihood growths the susceptibility to strain, (Cobb, 1976).

Therefore, social support is a defensive aspect beside natural anxieties; deficiency of social support is a risk influence in himself as well as the link among social support and anxiety were destructive, it can be undertaken that social support has been triggered by previous trauma and that the extra stress is existing, the further support will be perceived. This support deployment model is intended for the situation where somebody's knowledge is a life occasion and the social system assemblies' lot off assistance and effortlessness. Incidentally, if no association is appeared between stress and anxiety, it means that the damaging pressure consequence has been compensated by the mobilization support. Support deployment is a satisfactory managing answers which interpretation for the non incidence of stress; it means that the harmful consequence has been rewarded by the prepared support. Social support is a sufficient managing response which is an explanation for the non incidence of stress or anxiety signs (Margiet, 2005).

Social support has important direct or protective impact on distress feelings be conditional on the dimension of social support. Precisely, suggestion for the protective consequence model inclines to be pragmatic when the social support level is resulting from social resources that answer to an individual's desires created on the traumatic events. Instead of, confirmation to as directly consequence model can be started once the social support extent is grounded on an individual's amount of integration in community. At last, social support direct influence comprises with level of an individual's support system, whereas social support's protecting impact initiate for events of perceived support, (Cohen & Wills, 1985).

Social support's indicates the combination of stressors of psychological symptoms. With an upper class white mature can be an example, the

writer's examinations of social living's impacts in every models of protection as well as direct association by the result adjustable for life achievement besides both optimistic and pessimistic behaviors. Determining perceived care as opposite to the level of the support system outcomes illustrates that both support and stress symptoms have important impact on mental health, however social support elucidated other inconsistency in life satisfaction and optimistic displeasure than undesirable behavior, (Walen & Margie, 2000).

According to General Strain Theory, (GST), pessimistic relations with others people, hypothesizes anxiety as associations in which an individual does not preserve the technique he or she needs to be cured. This theory recommends three kinds of stress in a person capacity of occurrence: (1) disappointment to attain constructive loved goals (2) the exclusion of optimistically respected and (3) the management of unhealthy stimuli (Agnew et al., 1992). The investigator further develops twisted assumption to contain a main encouraging component of unpositive emotions. Definitely, stress produced unhealthy emotions e.g. depression, aggressiveness and stress etc, inside the person, which inspires him or her to manage with the stress and others unhealthy emotions from end to end real or dissimilar resources (Agnew, Robert, & Helen, 1992).

The idea of connection between stress and support was also obvious in determinations to differentiate diverse procedures or types of support i.e. one has provisions which creates panic handling materials will have optimistic impacts on support (Vaux, 1988). Nowadays, the impulsively alternative specific model has not providing satisfaction or realistic justification. The analysis of protecting impacts originate in the earlier researches, that the intellectual evidences delivers slight

justification that individual go through the impact of a full stressor would be decreasing by understanding purposes that provide stressor exact canalization assets". Still, the popular researches have split with non-specific stress situations, i.e. they have used increasing procedures and detailed actions, (Cohen and Wills, 1985).

According to the alternate point of views, the part of community support in the association among stress and emotional distress intellectualizes as an energetic internal force that can be understated by certain stressor. Relationships between stress and psychological distress variables are conserved as significant combination of the basic mechanism. Therefore, social support at periods can be overtly increased by the environmental stressor or stimulating an individual's, (Wheaton, 1985).

Moreover, the stress persuaded by different studies in support may have reasons for the stress outcome on mental problems. When support performs as a leading role between a stressor and mental problems; it performs as an interceding variable. In its modifications in support are measured to be an outcome of the stressor and work as a fundamental prevailing procedure that elucidates in mental problems. Therefore, the part of social support in the anxiety perspectives may qualitatively change. At the beginning of an anxiety, or underneath serious, challenging situations, stress may be a source that barriers the negative result of the pressure on psychological well-being. Furthermore, if developed support is related with less psychological stress, than the weakening of care following from long-lasting trauma experience could increase mental problems. To put it extra theoretically, the part of support in the stress procedure can modify from a reducing variable to facilitate the variable as an outcome of long-lasting experience to a stressor, (Vaux, 1988).

Therefore, it can be determined that all related measures that social support can be a significant “stress resistance resource” paying to physical and psychological well-being. It also monitors the concept of support as a largely supposed rationality and as further actual relief is valuable, because it indicates the characteristics on one side and a further socially receptive viewpoint of the other. Its particular significance might be determined by mostly peoples and relevant consequences measures .It cooperates with pressures to such stage of social support only for separate stage of mutual support. While in some way, it influences the association with stress as well as tolerance, (Spector et al., 2004). However, its individual relevance might be depending on mostly the human problems and outcomes procedures examined. In other words, it moderates the relationship between stress and tolerance to it.

Meaning in Life

Universally, according to the implication about life and presence the meaning in life is a logical question. Meaning of life can be illustrated in different ways, for example, Why are we here? What is life all about? And what is the drive of existence, meaning of existence as a logical, systematic, and relevant assumption in past. There have been a large number of suggested answers to these questions from many altered traditional and philosophical circumstances.

It is the logical and spiritual concept of existence, social relations, awareness, harmony and limits on many other problems, for instance, representative connection, values, morals, desirable quality of life and failure in self-determination and the reality of one or several divinities, origins of God, the soul, and the next world. Systematic support emphasize mainly on discussing related pragmatic evidences about the world,

discovering the background and limits regarding the 'how' of life. Science also delivers references for pursuing of well-being and a related to the beginning of ethics. A different humanistic methodology postures the question, what is the meaning of my life, is worth of this query relating towards the determination in life can harmonize through the accomplishment in final validity regarding too sense of coherence and stable capacity of intellectual clarity,(Sartre, 1965).

According to the current period the meaning of life has protuberant, mostly consequences are the growth of existentialist rational while it decrease typical reassurance. Actually, literatures on the insignificance of existence previous to the 19th century are periodic, (Blocker, 1974). According to the history human in earth was embedded towards hold on to implication now abruptly the biosphere take disadvantage of the inherent capacity as well as common sense. Initially it is acknowledged that every prevailing impact is inherited for not any purpose in finished smoothness then decrease as a result of any catastrophes or flood. We are innate it's worthless, we are expire it's pointless. Existentialist has comprehensively discussed that suggestion and self-importance are basic types in the individual psychological problems which strongly impact on human believed, feeling, emotions, thinking and response. They have stressed that the risk of meaning is a critical question in individual existence. Particularly, accurate the responses of predictable belief concerning with willpower as well as meaning in life has been fewer considerable, (Sartre, 1965).

It looks that today the question of life's meaning fakes a threat to several peoples. People have been creating highest enthusiastic debate close sexual substances than matters about life's meaning, (Freedman, 1978). Stressful and sarcastic look the only

normal responses to these psychological problems, (Baumeister, 1991). Work holisms possibly the maximum traditionally approved system for many people to get away from worthlessness and boredom. Specifically, up to tolerable time antagonizes them painfully by detail and here is nobody it actually needs toward do, (Yalom, 1980).

The significance in human stress is understood from this point that it is used in different subjects, for example, philosophy, linguistics and semiotics. To understand the worldwide background of the current study this would be assumed the implication of problems have commonly discusses on many stages: Does existence help someone willpower, then, what is the importance of our existence? First question mentioned should be comprehensive, logical topic toward sense of existence, while another question is nearby the importance of individual reality. Mean while existing investigations of psychological, scientific as well as linguistics characteristics of association is explicitly related by definitive problem, expression of presence is constantly practice all over writing, (Baumeister, 1991)

Theoretical Perspectives of Meaning in life

Generally, the idea of meaning in life is not clearly discussed in psychology. As it applies to many of the buildings in the existential-human tradition, for example, "creativity" and "self-realization", has long measured the meaning of the view of life is ambiguous and limitless for the aims of hypothetical as well as tentative consciousness. As a result, according to some medical and phenomenological features in meaning of existence theorists have addressed this issue. Maslow (1968; 1971) limited life meaning

that the issue is addressed to those of Frankl (1955; 1976), addition to a number of principles, & Yalom (1980) is the most significant in clinical psychology.

Victor Frankl's theory: Frankl (1955; 1976), according to these Psychologists the meaning of life as a process of exploring within a world that is mostly crucial. The prevailing theory hypothesizes the statement about meaning of life and the implication is not created and can merely be raise out from individual. Inquiry for intimate and distinctive concept is an important social reason. The conclusion of sense continuously indicate executive, their result is not implicit in tendency to maintain internal stability and different need satisfaction. Meaning can be achieved through different values; these values are creative and empirical. The creative principles stimulate individuals to yield, attain as well as accomplished commonly finished with any scheme of study. The tentative principles contain on some optimistic social experiences of warmth and carefulness.

According to Frankl, (1955) human creations meanings are not subjective, but hold an objective strength of their personal. It has simply single suggestion to every state and its implications are acceptable. Peoples are directed through their moral principles toward impulsively identification of the proper intellect. While situations make use of their principal stimulus for accomplishing of intellect, they are mostly dependent on the one's point of view according to situations. The theory of Frankl's hypothesizes, if individual do not follow the intellectual level, they might be practice for existential space and become worthless. In extended situations these practices of suggestion reject the sign for "monogenic psychosis", such state epitomized through monotony and lethargy

behavior. Once the individual's intellectual capacity and involvement of self-other achieved, yield after its gratification as well as satisfaction.

The theory of Maslow's about meaning of life is different from Frankl, theory of meaning of life. According to Maslow's concept, it is inherent developing ability that has inside of the individual. The existing viewpoint is made from the following philosophies. If the lesser desire is fulfilled, the morals and suggestions of existence have low feelings of human inspiration. Nevertheless, when less desire is satisfied ethics developed inspirational powers of individuals bestowing themselves many responsibilities and causes. Meaning of life is a "meta-reason", "developing requirement" and "meta-essential" which functions conferring to different directions than "insufficiency-crucial". Meta-reasons require self-actualization of energetic functioning as well as the given up of disease when the individual confronted any frustration. On the contrary, meta-essential is diverse for deficit requirements in several methods. Meta-essentials do not mentioned the internal discrepancy for rigidities it make for satisfying. Actually, the completion of meta-essential enhance their motivating ability, its gratification generates the development relatively than simply deterrence to any disorder. Meta-needs cannot be completely fulfilled. Similarly, the entire self-actualization is willpower of lifespan are not possible as sense in presence in initiate the standards for example peace and loveliness, it's can't be achieved.

People are supportive for the use of variety of ideas and suggestions; however they improve, if they select the idea which supportive in the accomplishment of their internal ability. According to strongest effect transpires for preferred events complement the basic standards are carefully possible. This theory based on self-actualization of

morals and ethics, peoples of complex period some to be ill or disturbed. Human life wants an agenda of ethics, theory of being, religion replacement to aware also comprehend almost the similar intellect level that he or she wants brightness and warmth, (Frankl, 1976).

Irvin Yalom's Theory. According to Yalom's (1980), process in meaning of life is existentialistic posture. The prevailing method twitches only basic existential clash, these actions for individual's conflict by four fundamental rules of critical anxieties, for example extinction of self-determination, separation and incompetence. Psychopathology is perceived as the result of self-protective and inappropriate behavior of dealing with these concluding apprehensions. On the other hand, meaning in life is particular an individual's imaginative response to the world's complete insignificance. Humans are fundamentally chosen and create their own environment of adjustment. Meaning does not detach from the individuals, who completely make it on their own level.

Accordingly, individual meaning is desirable to accept in an unfilled world. Meaning can be accomplished by various methods, e.g. selfishness, commitment to reason, creativity and existence. However, most of the personalities are conscious of the self-made situation of own ideas, other activities are compulsory and assured. Individual's requirement is compulsory by self-activated for variety of ideas also determine from their desire toward avoidance of the stress of negativism. The anxiety of significances is frequently increased in consciousness from the source of failure. If completely lost by disappearance and what is the complete meaning of life? An

intellectual importance of life is stated essential for psychological well-being; people seem to be a need of rationality, to living with lacking these senses, aims, ethics and principles shows the increased significant psychological problems. They deceptively want morality and safe principles to which they can seek and strategies by which to claim our lives. Therefore, Yalom's theory assumes that ascribing meaning and willpower to external actions offers a significant complete of safety and constancy to human being., the accomplishment and deduction in which the world does not own, implication can remain precisely unsatisfactory, might be effect in appealing of intelligence of answerability also leads to depression, (Yalom 1980, p. 422).

Summary of Theoretical Perspectives. According to the previously discussed three philosophies about meaning in life, majority of philosophers agree with the idea or concept about life and it is scientifically relevant hypothesis are equally destructive psychological well-being. These three philosophers recognized all types of mental problems e.g., intoxication, unwell-being and other associated symptoms. Their beginnings of insignificance also fundamentally resemble, according to (Maddi's, 1967), explains the process of general negativity. Mass media epitomized insignificance towards successive occurrences in intellectual stage of persistent incapability trust our day to day activities, in emotional stage of regular weakness as well as monotony irregular destruction, an interactive stage of lack of intolerance in activities, if all action occurs in one time.

In spite of the agreement of provisional features and concepts of well-being are given by three philosophers, who have given different hypothesis and images as well as

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hypothetical changes. Frankl (1966) is one of these three philosophers, has suggested that central meaning of existence as well as labels, it is procedure in decision, Maslow (1966) is another philosophers into them delivers the growing viewpoint about perception of presences a procedure in self-governed formation of senses were fundamental, while third philosopher explains possibility of complete worthlessness in existence as well as highlights an responsibility to self-directed morals in on method of negativism as well depression. Along with psychotherapist whose have the command on confidence to a final redeemer which were the basic ramparts in contrast to opposite lifecycle's in effectiveness that is too distended. Philosophy of Maslow's (1966) was disapproved according to Frankl (1966), the main reason is that there is rigidity in his proposed ethical procedures. According to individual information and consideration site recidivist gives frequently details about variation of animals and human rather than accomplished of willingly outstanding with gratification in smaller needs. These needs were exceeding straight for self-actualization in sophisticated principles few examples are anxiety and admired.

Meaning in life: Theory and research

According to theories, the conception of life is improved just like language acquisition. While the above fall out that language is generally learnt and every child can learns language skills is influential in procedures as well as methods in his traditional society. Child leads his or her energies in the direction of learning, socially acceptable language symbols plus his referent slightly towards making personal signs. In being equally claimed growth, while language creates the relationship of social collaborations or support. In (1974), Blocker has effectively claimed the initial phases of human growth,

concept would not verbal feature of the biosphere, instead of individual beginning, according to them, in initial phase of life individuals learn only origin and its types, (Redekopp, 1990).

The adolescents are approved for question initially able for social meanings have their personal lives. Sensitive adversity is essential for individual's requirement in disturbance free of the traditionally learnt sense of schemas for assurance of searching and formation of several characteristic as well as within intellectual conceptions. According to Frankl's and Maslow's concept of meaning of life time is emphasized, thoughtful as well as self-directed values may be define growth and development in start of lateral age, after the lesser requirements has satisfied, while initial growing phases, (Lauber,2002).

According to support the assessments, the current study illustrates many reliable results which emphasis on medical, language features and implications of psychological problems of adjustment in life stages, i.e. child and youngster. The statement of previous discussion, three philosophies about conception of life is itself precise. While according to medical indication that it his value a gift for significant as well as exclusive features in its multi faced process. However not any rational finding can be task to one of the above philosophies which is out line for current study, and no inquiry has steered, which found in control of anyone from the above philosophies. Hence, it was decided an additional learned systematic outline was required to extra the realistic assessment of the intellectual concept of life. In some excellent hypothetical strategy in sense of life and does not purposeful projection of the hypothetical frameworks in sense of life are measured most suitable towards existing query perspective, (Battista & Almond, 1973).

According to Battista & Almond's (1973), clinched from current philosophies of intellect in presence in spite of that profound changes concerning about concept of common sense, basically they agree in many significant problems. Captivating meta viewpoint near to numerous philosophies roughness of life both of them exposed, there are four fundamental ideas and approximately connotation of life, it is mutual for every hypothetical method. It can defined in the following ways, Where people say that their existence is suggestive and it suggests, (a) it is completely loyal for many concepts of the sense in presence; (b) it has an outline for established aims of presence, determination of life opinion, (c) It shows the satisfactory procedure outline and life aims, (d) the awareness of self-actualization as an responsiveness of significance. The attitude of Battista & Almond's include, concept of life. They cover on "accurate" and "final" concept of life, it is matching for everyone to recognize that different methods of achievement and logic of meaning co-occur. According to the philosophies, there hypothetical viewpoint stresses a serious part of people's styles of trusting slightly calm to their opinions. Notwithstanding this method is predictable for following hypothetical explanation otherwise pragmatic justification is accepted the hypothetical structure for current investigation for its smart knowledge able consistency.

While the remaining three reasons are: 1) While additional philosophically focused on paradigm has hypothesized the implication of existence grows for responsibility or self-actualization in inherent concept of experience, for example Allah, spiritual paradigms, life, male, current paradigms conditions which promise for some classification in dogmas, it help for life agenda to growth for concept of life. 2) This method indicates intellectual theoretical dialogue above idea of trust is greater and

inspires systematic training of the several medical or language features insignificance of life. 3) It systematic posture endorses tolerance toward the wide variety of confidence schemes for people has resulting of thoughtful intellectual in sense of existence. It recognizes that here is something different, for example, disbelieving, Concept of meaning in life Philosophy as well as study, in human methodology of originating concept of life, it does not seem the final, 'realistic' and important concept .

Resilience

Resilience has been postulated as the procedure by which people carry on or even flourish below the risk, incorporating inner qualities, for instance self-assurance or effectiveness, and outer factors, such as community support, that enhances over all handling (Ryff, Singer, Love et al., 1999; Richardson, 2002). Higher scores on Ego Resiliency Scale (ER89) (Block & Kremen, 1996) indicates high resilience level as moderator among flood victims and vice versa. Several investigations have reflected the defensive aspects of tidies have moderated (Gero, 1992). Not single precise investigation has steered that stubbornness can be reasons for children acceptance purposeful. (Werner & Smith, 1982), they were predictable self-protective reasons which represented largely beside the risk factors of anxiety. It characterized those self-protective aspects of inherited things in the attraction, for example, stress-free personality, which underlined the nature related, self-confidence, sense of responsibility, intellect, physical charm, and helpful caregivers. Games & colleagues (1984), had documented three main protective factors, these factors were: dispositional qualities of the child, household unity or obtain ability as well as practice of external care structures through maternities as well as offspring.

According to Rutter (1987), the resilience is product of moderating processes that do not eradicate risk, but they motivate the individual to involve with risk competently. At present the definition of Resilience is as the capability to continue, healthy, improves as well as accessories in aspect of difficulty (Ryff, Singer, & Love, 1999). According to child or adolescent researches, resilience as aspect permitting children for opposing conditions it grow moderately balanced or effective grownups (Wolff, 1995). Ideas of liveness were incorporated toward assistance clarify that is why more or less children succeed in deprived conditions (Baldwin et al., 1993). Resilience is a process to point out those children which developed in critical situations without showing negative symptoms (Masten, 1989). It's cleared that ability of effective deviation optimistic working, and capability apart extra ordinary threat, long-lasting trauma and sever stresses, (Egeland, Carlson, & Stroufe, 1993). Initially, Resilience is different according to results, e.g. preserving mental work afterwards the failure of child (McCrae & Costa, 1988), and the foundation of character personas, for example self-assurance (Funk, 1992), which is reasonable trauma response.

The modern psychologist suggested that resilience has been observed as the process by which individual live or even flourish under hardship, having inner factors, such as self-confidence as well as external aspects, for example social support which endorse surviving, (Ryff, Singer, Love et al., 1999; Richardson, 2002). This process can be recognized in examining outcomes of this procedure to response of trauma. They have suggested that flexibility in response to main incident can be restrained through evaluating incidence early decremented result, period is mandatory to recover constancy, or extensive standing influence in incident, (Rowe & Kahn, 1997). Numerous methods of

success systematically related perception on behalf of response towards trauma which carries the optimistic psychological, physical and social consequence has been constructed on response for explicit traumatic incidents (Park, Cohen, & Murch, 1998). Whereas posttraumatic development is stress entirely with optimistic consequences in trauma, stiffness contemplates severity of negative impacts plus grade for recovery and positive effects in incident. Garmezy (1983), suggested that protective factors are those qualities of individuals surroundings, situations, and proceedings that seem to irritation forecasts of psychopathology based upon an individual's risk situation.

Flexibility has been use not carefully for uncertainty with the strength of mind. But now resilience is used as moderator generally, they have not developed anything extra in an unexpected situation. According to earlier psychologists, it is called self-esteem strength. In concept of physically powerful individual is also insecure and unprotected from psychological trauma or catastrophe (Hauler, Vieyra, Jacobson, & Wertlieb, 1985) ; Masten, Milligram & Palti, 1993; Rutter, 1990). Self flexibility has been inspected mainly in some researches, inside framework of managing by exciting difficulty (Rutter, 1979; Campas, 1987; Cowen. From the last twenty years, word resilience is used as cumulative, particularly concentrating on trauma conflict (Rutter, 1979, 1987; Garmezy, 1991).

Models of Resilience

The following are three models of Resilience,

Compensatory model. A compensatory aspect is changeable that decreases the susceptibility employing that it does not relieve the possible aspect; it impacts the result

of concern self-sufficient and express way. Mutually both the factors, compensatory and possibility, include naturally to the pending consequences (Marten,1988; Pellegrino,1990).

Challenge Model. Rutter suggests that a possible risk factor or stressor is deemed to be a potential enhancer of flourishing adjustment, insisted that it extreme. In current model, less stress are not trial sufficient and abnormal states making the persons susceptible which may produce maladaptive behavior.General levels of anxiety; however give the individual a trial that, when prevail over, fortifies expertise. In the occurrence that tests the efficiently met, this prepares the persons for coming challenges.

Protective factor Model. A protective aspect is deemed to be a procedure that indicates a possible factor that supports reducing potential of a depressing impact. The attention has been seriously diverted from person to involvement among surroundings and individual. It obviously manifests resilience to be energetic by persons traits, however crucial part of resilience. It functions throughout neutralizing the possibility and performs by redefining reaction to the possible factor (Brook, 1989; Germazy, 1989; Pellegrino, 1990).

Theoretical Perspective of Resilience

From the last decay, theories of resilience considered very complex arena of research, which were discussed by joint- labors, psychologists, sociologists, educationists as well as many experts of different others fields. In brief, this philosophy discourses the powers that individuals as well as organizations validate to permit from the increase level of problems. Development of this theory is related in a decrease of stress on pathology as well as increase the stress on powers, (Rak & Patterson, 1996).

Resilience is presented as the theory that describes how children grown up unfriendly or happily without exhibiting poor results. This shows the ability of successful consistency, constructiveness, and competence instead of high risk or chronic stress. (Egeland, et al, 1993).

According to O'Leary (1998), psychologist has diverged from vulnerability or deficiency paradigms that emphasis as achievement feature of complication. It makes for other researchers in child growth; scientific knowledge and medical education are equal of a number of proceeding to focus on resilience. The general importance of the systematic patterns shifts from illness to health, from weakness to prosperous and from insufficiency to security and further than underestimate. In scientific literature the pattern of this paradigm shift is increasing.

According to McCubbin and McCubbin, in (1970 to 1980) they have recognized five key developments in the field of domestic social support. In these five key developments, fourth one is most appropriate here so focused was accomplished measuring the success of the involvement on the family system. The recovery of family trauma concepts has emphasized significant dimensions of family working for interference. For the development of family assessment and involvement many family strategies have been made.

Palin and Schooler, (1982) suggested that these researchers have factually inclined to restrict their reflection to pathology and severity of problems. In development of our understanding in what way people live, manage and consistent increase have been lacking mainly to clinicians on the ground. It has four main core consequences .First, effect has been formed by expression that managing that seems to be of difficult

characteristics process somewhat extensive or smooth normative (Antonovsky, 1976). The second effect has been inclined to find such managing inside different individuals, thus supervising the option for long-standing resolutions to joint life tasks. The third effect had raised that pathology into the developed increase of knowledge, as well as demoted managing in the distant earth of tradition, (Goldstein, 1997). The fourth effect has run clinicians, containing social labors, to keep away recognizing the rationality or existence of power on their customers. Barnard (1994), developed the Law of Hammer, according to this law, if you give a hammer to young children, all you come in contact with will be essential to success. Psychopathology has been one of the main 'hammers' in fields of human and psychological services, and others associated terminologies. There is obviously the threat of rotating the conception of firmness apart of rough, inflexible, just shake-it-off, don't-look-back, Teflon-coated flexibility, it has strong the individual and the structure of stubborn as well as weak to stress (Schwartz, 1997).

The concept of resilience is comprehensive and miscellaneous as moderator. In some phases it is healthy to established and exposed. In another phase it is quiet emerging that content suggests delivering the student through a comprehensive summary in the whole paradigms of resilience philosophy. Many countries have been strained composed which has not completed.

This analysis starts at the molecular level and history of an individual. Flexibility theory is fixed in the study of children who have showed resilient regardless of conflicting childhood environments. Antonovsky, (1987), influential worked on self-image and a sense of consistency. It is cited from many theories focused on individual who was connected with the development of self, containing successful, disagreement,

locus of control and learned the immoral behavior. Secondly, the harmony in family, which is the basic emphasis of this text. The central strength of family networks was popular in the last thirty years. McCubbin's (1992), models, discussed in detailed that theories and researches on the capability of the family in some difficult situations.

The developing field of community resilience is presented, containing the significance of social support structures, monitored through discussion on the resemblance of developing area of flexible strategy. Specific thought is assumed to strategies discussing the work-life boundary; it explains the use of flexibility philosophy in the areas of strategy. In new developing powers, attention has been drawn and the resolution engaged modules of family handling. Finally, associations of resilience theory for different social researches as well as exercise are concisely discussed. At least, the idea of organizing the flexibility in armed relations is exposed in difficulty. Personality flexibility is a use of agility philosophy as well as work-life philosophy in the inhabitants of army relations, statements the query of how army personal can fight the tension of effort connected dispositions and departures. It's possibly significant to communicate the problems which may be affected the gratified, sophistication as well as importance of this text, (Antonovsky, 1976).

Gender Differences and Resilience. Fergus & Zimmerman (2005), according to theoretical perspective resilience is different in adolescents in case of gender. Earliest philosophers did not reach the conclusion that males have higher level of resilience than females. According to new research, males have advanced stages of resilience than females (Boardman et al., 2008). In adolescent, the youngsters male have higher level of

resilience if we compare with female (Deb et al., 2009). In process of managing with difficulty men had higher resilience than women (Morano, 2010), these variances remained incomplete. Teenage girls counted lesser in three of five further gage of a flexibility degree instead of boys, (Morano, 2010). Exhausting a risk as well as flexibility outline, girls recorded lesser compare to boys in two out of three negative features for educational success, and four out of six defensive aspects of educational achievement. The majority of current suggestion proposes that female has lower stages of flexibility compare to males, by use a range of pointers inflexibility, (Abukari & Laser, 2013).

Religiosity

According to a large number of critics, religion is a versatile thing. It has intellectual, expressive, motivational as well as behavioral aspects and features. All of these aspects have been investigated by several researchers, the question of which the best understandable aspect of religiosity has commonly predictable a lesser concern through humor, which make any attempt toward the use of religiosity as bendable in their research. (Albrecht et al., 1977) suggested that many potentials exists that it could be the main aspect of religion, the research gives strongest suggestions and most precise outcomes, are discussed on problems such as the relations of religion and psychological health. So, it would be better for researchers to think about nearly their efforts on these aspects of religiosity in conducting their research. Another possibility is that every aspect of dominical may symbolize its own distinctive, but they were associated to each other in construction, the general concept of dominical which consists of a somewhat group of self-determining factors. If any case, then it could be estimated the associate certain

aspects of dominical to other variables more powerfully than others and some aspects show negative association while other show positive interaction.

From thousands of years, religion has been main part of human nature in all cultures. It's so difficult for any academic writer to define religion. Thus, religion can be defined philosophically, psychologically and culturally. (Brewin, 2000), defined religion into two ways: substantively and functionally. According to Substantive way a definition of religion is, concentrating in the mystical features of belief, whereas according to functional way religion is, focusing on collective and psychological determinations as well as personal impacts, (Brewin, 2000) noted out that faith, as a mutual fact to examine it in discussion. Religion is a message of instructions, standards, values as well as prohibition and its supporters were believed to appreciation. The formal definition of religion shows religious civilization, for instance, principle, morals, and scripture, (Saroglou, Corneille, & Cappellen, 2009).

The level of commitment or participation in any of the religion in the world, the religion and religiosity, ranging from all to sexual behavior of many aspects of human life has been connected (Burdette et al., 2009), social abnormality (Albrecht et al., 1977; Stack & Kanavy, 1983), as well as psychological well-being due to its connection that control the culture and societal norms, (Stark, Daniel & Jesse, 1983).

According to spiritual association that connects the outlines of erotic participation of university students. Extensive females are not active probably to have a voluptuous meeting chance females deprived of spiritual involvement. The moderate Protestant college females have less possibility to be passed through erotic involvements of women passing without religious association. The women who departed to college with are more

likely those women in the Catholic associated school without religious associations have little sexual activities, (Burdette et al. 2005).

According to them, among young Mormon are search on crimes, in both girls and boys to participate in religious activities and different behavior i.e. greater than consolidation and lower from deviation found an opposite relationship. For girls, a good sign is deviant behavior and religious participations not directly affected by harm. For boys, the impact of their friends on deviant behavior, victims of religious secondary indicator of the problem, (Albrecht et al. 1977).

In the beginning of research, religiosity was examined through inspection of individual regularity in religious attendance and participation. Calculating religiosity has changed to look at more significant features, for example theology internal as well as external inspirations and trust in excellence, Allport's intrinsic-extrinsic scale was one of the mostly used scales, which measure whether an individual's motivation for religious participation is internally or externally motivated (Wulff, 1997).

Individuals compensated significantly having their religious beliefs, principles and are concentrated to be on extra religious participation. Individuals inspired by external reasons to contribute in religious activity for self-centered causes such as well-being, efficient and responsiveness. It is also raising evidence beside the knowledge of an external-essential aspect of one that the essential-external aspect is more complex than formerly though they lived, (Neyrinck, Lens, Vansteenkiste, & Soenens, 2010).

Neyrinck extent the suggestion between All ports & Skinner and outer scales to the spiritual inspiration gage, alternative graceful inspiration gage founded on self-

determination philosophy. It determined that Allport's Scale unsuccessful to sufficiently discriminate among internal as well as external inspirations, while it likened the Religious Motivation Scale. Allport's intrinsic scale was originated, chosen an admixture in spiritual faith alignment; accepted guideline of belief and spiritual principles as well as further resilient clarification of confidence insides, for these reasons, most multifaceted paradigm is required to correctly extent religiosity, (Neyrinck et al., 2010; Wulff, 1997).

Theoretical Perspectives of Religiosity

Religiosity plays very important role in the lives of various people of our society. Religion can influence on our day to day life in totally, due to individual contribution in ceremonial performances' (Rohrbaugh & Jessor, 1975). Therefore, 90% young attach to God, 80% adults interpret belief of existence that is vital in their exists, as well as 70% adults consider that belief is optimistic inspiring supremacy into their existence (Gallup, 1990; Tix & Frazier, 1998; Bergin & Jensen, 1990). Paradoxically, it is problematic to clarify that why psychotherapist has been apprehensive to discuss the problems of religiosity as part of the therapeutic procedure. If psychotherapist is overlook to indicate the religious magnitudes of their client's survival, it is the inferences involved to employ with pairs as well as relations by healthy, spiritual self-confidence levels.

In recent times, the intellectual psychological works concerning the medical practice of religious reassurance as well as therapeutic problems related to faith or belief has under signified (Haug, et al, 1998). Kelly (1992), Stated that there are 3,818 papers were available in domestic treatment periodicals, out of them merely 39 scholarly papers

have focused on religion. Whereas a few of these journals observe religious certainty in an optimistic way, while majority of publications mostly apportioned by religious assurance as a minor, unimportant and difficult subject (Bergin,et al 1993). Archaeologically, treatments have inclined to expect undertaking creative anxieties, suspicions as well as the problems among a client's spiritual morality and remedial action. Therefore, religious clients who present in the spiritual matters in treatment have one of the greatest isolated controls. Particular to this carelessness, psychoanalysts have frequently required the consciousness in the character that faith shows in determining the lives of others, (Bergin,et al, 1993).

This classification can be used when the emphasis of scientific consideration is in religious or Godly problem. It consists of these issues but these issues are not incomplete rather they are associated to faith, change, religious beliefs and religious practices. The addition of this group provides indication that religion is acknowledged as playing a key role in the whole psychological health of individuals. So it is important that, the cures of spiritual features or patterns of functioning with people as well as their relations. Through recognizing and assessing the spiritual features in people's lives, psychological well-beings and willpower are extra comfortable to create precise assessments regarding the clients work, (Dimitroff & Hoekstra, 1998).

Different matters of spiritual dogmas as well as religious performances and knowledge's, models and paradigms of faith, religiosity doctrine, as well as focuses on other matters. Furthermore, the American Association of Marriage and Family Therapists (AAMFT) and other international family-oriented organizations are containing more and more incorporation of religion and therapy in workshops through international, national,

regional and local seminars. It is an amazing that supports marriage counselors and family therapists are more religious than other workers in the field of psychological mental health, (Burton, 1992).

Gender Differences and Religiosity. In sociology of religion, it is pointed out that females show more developed forms of religiosity as compare to males. Whereas several descriptions to justify for this episode for example, organizational situation,(Cornwall, 1989), masculinity or gender difference direction (Thompson 1991), masculinity part of socialization (Levitt 1995), as well as behavior modifications (Walter, 1990; Walter & Davie 1998), according to dominant as well as inclusive explanation, in assessment, is (Miller, & Stark 2002) risk-detestation philosophy. In their academic articles, Miller and Hoffmann (1995) hypothesize that unspiritual existence needs exposing the possible destruction of spiritual recompenses, as well as males are gradually create new possibilities than females to involve in several practices of high level risk related activities. These support specific risks of being in the women's religious places more likely to be happy and relaxed. They practice the suggestive sensible measures to provide condition to this philosophy, instead of that risk inclinations are associated with religiosity and that regulatory for these favorable meaningfully reduce the genders consequence on religiosity, (Hagan 1989; Gottfredson & Hirschi 1990).

The risk-aversion theory is realistic principal tool which shanties bright on uncertain however actually overall the episode (Miller & Stark 2002; Walter & Davie 1998). Though, it is disappointed with current clarifications on the basis of these gender differences, (Miller & Stark 2002). Miller & Stark, (2002), examine a cultural justification for the gender alterations in discrimination for risk. No outcomes, cheerfully

accomplish that biological modifications linked to risks preference seem to deal the single practical description of gender modifications in spirituality. It trusts on Miller and Stark's (2002), assumption about the biological source of the modification in discrimination for risk is an early permission to biology. Moreover, they trust that it was their basic concept about society a sequence of gender related attitude substances, that run a quick perceive for cultural description for gender modification in risky inclinations, (Miller & Stark's, 2002).

Well-being

The concept of well-being is wide and broad in different disciplines for instance, sociology, anthropology and psychology. In the beginning, psychology focused in the therapeutically treatment of the psychological disorders, helping people to build up strengths and vital ability for successes. Well-being can be explain in different ways, e.g. individuals, physical, mental as well as social support. It can be clarify in different methods of literary works; however it can mainly analyze from intra-peculiar attitude, for example, any less effective incident faced by an individual having different characteristic of the personality and life reflection. Well-being is main source of psychological wellness and psychological qualities e.g. clarity and social acceptance.

Andrew & Robinson (1991) stated that word well-being as an optimistic approach toward one's personality and life. Erikson (1964), completely linked to the growth of character, adorable results with better decision-making, self-esteem and self-determination, the skills to start and organize their own individual behavior, which can also be elucidated as the trait of well-being. The previous academic studies have

delineated the connection of the integrity of styles, causality introduction and well-being indifferent framework and model, but much is needed in order to work on it.

Psychological Well-being

The concept of psychological well-being has been well defined as positive part which is associated with internal qualities of the domains of individual e.g, self-acceptance, sense of autonomy and purpose in life, regulation of emotions, personal growth and quality of social relations. (Ryff, 1995; Ryan & Deci, 2001), the term defined psychological well-being as a positive behavior towards one's self and existence. Erikson (1964) inextricably related the development of desirable result of identity formation with ones mature decision-making, sense of competence, capacity to start, autonomy and regulation of individual's own behavior, which can also be explained as ones characteristics of being psychologically healthy. However, different methods of psychological well-being have been monitored through the investigators in the field of well-being. Eudaemonist emphasizes on specific occurrence and self-governed describes well-being in word of the quality to which an individual is completely working as well as self-satisfaction emphases on pleasure and explain well-being in languages of desire accomplishment as well as anxiety deterrence (Keyes, Shmotkin, & Ryff, 2002) expanded the differences among the demonic as well as hedonic methods in relating them as psychological faced well-being and individual well-being. They used these terms to point out the fact that multidimensional well-being does not self-governed. Similarly it contains additional features of optimistic relationships by others, as well as self-governed, research of individual well-being comprise not simply pleasure however too mental appraisal of life satisfaction.

Theoretical Perspective of Psychological Well-being

The Hedonic View. According to hedonic views pleasure or well-being has a richer history. Aristippus was great Greek theorist, in 4th century B.C; Aristippus, explain that aims of life are to exercise of rigorous capacity of inclinations as well as satisfaction. The initial theoretical hedonism has been followed by several others. The final aim of life is well-being, the fruitful search of our human enthusiasms and the search of consciousness and objectives. According to Practical theorists, for instance, Bentham said that the civilized society is constructed through people become anxious to make best use of will power and self-centeredness. Further, Hedonism, as an understanding of well-being, has thus been stated in many kinds and has diverse from a comparatively slight emphasis on human wills to focus complete attention on enthusiasms and egocentricities.

Some Psychological experts agreed that the hedonic vision have inclined towards concentrate and comprehensive idea of self-gratification that comprises the inclinations and desires of the awareness along with the body, (Kubovy, 1999). Definitely, the major viewpoint among hedonic psychological expert that is happiness which comprises of personal pleasure and stresses that indicate the anxiety vs. depression, largely interpreted to contain all findings almost the well-mannered or morally wrong principles of life. Pleasure is not clear to somatic hedonism; it can be result from the accomplishment of aims or significance which results in the various dominions, (Diener et al., 1998).

A scientific studies revealed that “the existence of modern arena of psychology”. According to hedonic view point it is the study of “what creates practices, life satisfaction and destructiveness”. It called Well-being. The basics of Hedonic Psychology, obviously recommends that internal pattern, the word well-being and pleasure-seeking are basically

same. Well-being as defined in terms of excited vs. depressive, hedonic psychology postures for him a strong and explicit aim of study and interference and enjoying human pleasure. Consequently, the capacity is inclusive with sign how individual investigate efficacies, enjoys the awareness of motivation, and improves responses related with excitement vs. stressfulness, (Kahneman et al, 1999). Distinct hedonic psychological assumption as the idea of “what are the experiences and existence pleasurable and distasteful” .It can give the name Well-being.

There are several techniques to estimate the pleasure versus pain range in hominoid practice, to study inside the original hedonic consciousness has practice result of personal well-being, (Diener & Lucas, 1999). Personal well-being comprises of three parts: life gratification, the episode of optimistic feelings, and absence of negative feeling, collected frequently brief as excitement. So, there are two significant problems regarding the hedonic place in study on well-being. One anxiety, the coherence of personal well-being and connected actions as working descriptions of (a) hedonism or (b) well-being, (Ryff & Singer, 1998).

On the other hand, the kinds of social support aims and reach hypothesized to indorse well-being have been, Intrinsically, there are three defendable dimensions that could consequence from a consideration of these queries. Primarily, one could receive equally the hedonic view and personal well-being as its measure. Secondly, one could receive the usage of personal well-being as a functioning explanation of well-being, but approve a demonic opinion of what nurtures internal well-being. Lastly, one could jointly remove the degree of internal well-being as a sign of well-being and argued by hedonic philosophies as the normal give up well-being. Irrespective of whatever is

thought about this argument, personal well-being has governed as the main directory of well-being throughout the previous times, the plenty of the learned investigating studied in this harmony of personal well-being as a key consequence of flexibility, (Diener et al., 1998).

There are many hypothetical perceptions related with hedonic psychology, almost it is the greatest protuberant exponents have avoided philosophy for a bottom-up empirical method. Someone have contended that the basically perceive additional “basic evidences already it is a big philosophy that shaped”, (Diener et al., 1998). However, one can describe the most important effort of hedonic psychology in hypothetical expressions, smoothness of tolerance understanding. Generally the concepts, whether understood or clear, incline to appropriate it, (Tooby & Cosmides, 1992), stated that the average social relations paradigms, which is erected on the belief of an enormous response of normal human life.

The key emphasize of hedonic psychology on pleasure vs pain also cheerfully relates it with developmental philosophies of reinforcement and punishment, (Shizgal, 1999), these philosophies stresses on mental health. Additionally, the prerogative of hedonic psychologists and expectation of significance philosophers that the objectives done which well-being is improved can be extremely exceptional and traditionally obvious, would also appear to appropriate to clear a relativistic and modern belief. Therefore, though obvious philosophy is frequently not recognized by hedonic investigators, hypothetical melodies are perceptible (Peterson, 1999).

The Eudemonia View. According to the eudemonic view, several theorists, religious leaders and thinkers, from visionaries of the East and West, have disparaged pleasure in each depths a main principle criterion of well-being. Aristotle, e.g., measured eudemonic satisfaction to be inappropriate, unperfected developed individuals and having related to unconscious requirements and also postulated in its place that factual pleasure is initiate in the appear the asset that is task whatever is value and responsibility. Aristotelian, maintained that ideal well-being involves unique among those requirements that are merely personally attached and whose gratification takes to brief desire, and those requirements that are deep-rooted in human nature and whose understanding is favorable to human development and yields eudemonia, i.e. "Well-being", (Fromm, 1981).

In further arguments, the difference between irresponsible people, manipulated needs and accurately effective requirements of the previous life destruction to human development and the final being in accord with the requirements of human nature. The word autoimmune is valued since it mentions to well-being as different from pleasure. Demonic theories preserve that nor entirely requirements not completely consequences that an individual importance would produce well-being, when accomplished. Even they are creating need; some consequences are not normal for people and would not indorse well-being. Therefore, from the demonic viewpoint, personal pleasure cannot be associated with well-being. Specified that pleasure is hedonically distinct, the demonic concept of well-being, indicate that individuals to live in deal with their realistic personality, (Waterman, 1993).

It is proposed that eudemon occurs when people's life events are most consistent with extremely detained principles and are holistically or completely involved. Under such situations, individuals would feel successful and consistent; prevailing as whom they actually are national waterman categorized individual feelings of sadness. Practically, waterman displayed that procedures of hedonic pleasure and internal sadness were strongly connected, but however symptoms of different problems can be examine. For instance, usually individual sadness and hedonic procedures were related with willpower completions, internal sadness was further strongly associated to events that rewarded for personal development and improvement, (Shizgal, 1999),

Moreover, individual articulateness was further associated with life risks and applying energy while hedonic pleasure was further associated to survival, harmony, lacking from sadness and dissatisfaction (Ryff & Singer, 2000), have revealed the question mark of well-being in the background of embryonic a life-time philosophy of human development. The same illustration stands since Aristotle, it label well-being not purely as accomplishing of wishes, but as "the determined for excellence that signifies the understanding of one's accurate potential", (Riff & Keyes, 1995), accordingly support of psychological well-being as different from personal well-being and existing a multi-dimensional technique to the measurement of psychological well-being that indicates six different features of human self actualization, independence, individual development, self-confidence, presence of willpower and optimistic thought. These six hypotheses describe psychological well-being equally tentatively, functionally and they specify, what indorses expressive and physical wellness, (Ryff & Singer, 1998).

They have obtainable indication, e.g., that demonic existing, as signified by psychological well-being, can impacts specific biological organizations involving to normal working and health improvement. In appealing and informative discussion, (Ryff & Singer, 1998) tested personal well-being models of healthy existence of incomplete chance of constructive working that is stressfulness and personal well-being is often an imperfect sign of vigorous reachable. Demonic standards let the specialists describe well-being, while personal well-being investigation allows individuals to express investigators, what makes their life improved. What is stronger from this cluster of models is that these contradictory descriptions of wellness have directed to different kinds of analysis regarding the reasons, significances and subtleties of well-being, (Diener et al., 1998).

Self-determination theory, (SDT) (Ryan & Deci, 2000), is alternative point of view that has commonly contained the idea of eudemonia or self-determination as a dominant feature of well-being that to instruct both what it reflect or represent personality and how that can be skillful. Precisely, self-determination theory postulates three basic psychological requirements, self-sufficiency, capability, kinship and hypothesizes that the self-actualization of requirements are important for psychological development, honesty, well-being and level of energy (Ryan & Frederick, 1997) & self-governed, (Sheldon & Elliot, 1999). Critical self-actualization is thus regarded as a likely purpose of social life that describes many of the concepts and determinations of basic human reactions, (Deci & Ryan, 2000).

Explanation of basic needs describes not only the less requirement of psychological well-being but also defines the nutriments that the social circumstances are an important source for individuals to do well and psychologically development.

Accordingly, self-determination philosophy labels the situations that enable against demoralize well-being within various developing stages and detailed collective backgrounds for example, universities officers and their relationships. Self-determination theory does not recommend that the basic requirements are equally appreciated in all families, social groups or values, but it does continue that painful of these requirements will consequence in negative psychological significances in every socio-cultural background. Intrinsically, appropriate and traditional, as well as progressive features frequently affect the styles of appearance, the means of achievement and the sufficient funding for these requirements and their influence on basic requirements that impact on development, honesty, and well-being at commonly within the person and outside person stages of assessment. Self-determination theory has equally significant resemblances and differences. In eudemonic methodology, they exclusively harmonize that well-being contains in what Rogers (1963), mentioned to as life completely functioning relatively than as basically accomplishing requirements, (Ryff & Singer's, 1998).

The researcher mainly inconvenient for the apprehension of gratified of life demonic, e. g. existence related information's, On the other hand, our attitude hypothesizes that these insides are the major features that are alternate of well-being, however, Ryff & Singer's method use them to describe well-being. Self-determination theory indicates that gratification of the basic psychological needs naturally increase personal well-being as well as eudemonic well-being. This outcomes from our confidence that life satisfied with one's lifespan and consciousness comparatively extra optimistic contact and lesser harmful feeling, do regularly view to psychological well-being, accordingly to recommend expressive conditions are symptoms of person appraisal

measures. Clearly, the evaluation of optimistic and destructive feelings is beneficial in so far as sentiments are the part of assessments of the significance and normal dealings and circumstances of life with approval to the personality. Therefore, in self-control theory, they have classically use personal well-being as one of several signs of well-being, (Rogers, 1963).

However, people have at the similar time sustained that there are different kinds of positive in sequence and some circumstances that temporary particular welfare do not endorse demonic well-being. For instance, accordingly by presented that subsequent at an action although sensitivity stressed to do so occasioned in pleasure, but it did not outcome in happiness. The self-determination theory ensuring the involvement whereas sensitivity and self-sufficient occasioned in both pleasure and happiness. Therefore, because of these circumstances that endorse personal well-being may not repeatedly produce demonic well-being, self-rule theory, inquiry has naturally complemented personal well-being dealings with valuations of self-governed, simulation and psychological health, is a willpower to measure well-being considered of as dynamic, consistent and energetic functioning, (Nix et al. 1999).

Some other philosophies of psychological well-being have been offered, these philosophies can be considered into three main examples, as well as; basic aims completion, this example is the awareness that decrease the pressures of satisfaction. They maintain that different achieve psychological well-being when they change near as defective patterns that appreciated objectively. Additionally, procedure or achievement (Sheldon, Ryan & Reis, 1996), originate that individuals were cheeriest on times when they involved in well-being for basic causes. Likewise, (Csikszentmihalyi, 1975), Cantor

& Blanton (1996), as well as (Harlow & Cantor, 1996), stressed the significance of energetic part in life responsibilities. When people are coming up with their aims or involved in stimulating events; they practice psychological well-being. Third as hereditary and character outlook as well as bestowing to this model, there is a section of constancy in individual's stage of psychological well-being that cannot be elucidated by the constancy in the circumstances of common genders. These philosophers claimed that psychological health is effectively intolerant through stable character as well as hereditary temperaments. There are three key categories of models used to illustrate the idea of psychological health, which are as follows, (Snyder & Lopez, 2002).

Two Domain Model: Initially, disease and health were measured as two contradictory extremes and psychological health was distinct as a comparative absence of irrational matters (Witmer & Sweeney, 1992). When distress is careful segment of psychological well-being; it is hypothetical that manifestation of unattractive approach with is well-being.

Bradburn, (1969), obtainable dual sphere model of smoothness in which he suggested that optimistic feeling and bad result are orthogonal sizes, respectively with extremely associates and independently donating to psychological well-being. For instance, harmful consequence is originated to relate the unpleasant movements, (War, Barter, & Browabridge, 1983), as well as well-being grievances, (Watson, Clark, & Tellegen, 1988), while positive consequence is originated to describe the pleasurable events. (Diener, Emmons, Larsen & Graffin, 1985), productive as well as negative influence on individual well-being is not self-determining as accurate instants in period.

Every type of impact obviously overcomes the others and every category of impact is not self-exterminating normal in relationships of their regularity of manifestation. The feelings of pleasure obviously means overthrow of sadness at the period of the practice that shows that disorder and pleasure is not the contradictory ends, but panic to one range. Leading characteristic of unique end overpowers the additional to one side, (Ferrell, 1995).

Bottom-Up Model: According to this model pleasure is resulting from the outlines of pleasurable and un-pleasurable experiences or moments. It preserved that by purely concluding well-being in explicit spheres, for example marrying, exertion as well as household, individuals grown up with a complete rationality of mental health. However, achievement and joy outcome in various detailed instants of pleasure in lifespan. According to basic principle of these paradigms is that knowledge which decorated the complete shows displeasure of thoughts. Theoretically, this paradigm is resulting since the idea that nobody is having awareness excepting what was primary, in the intelligences. According to this opinion, impartial existence situations would be the main analysts of individual's balance of complete satisfaction, (Brenner & Bartell, 1983; Bryant & Marquez, 1986; Haring, Okun, & Stock, 1984).

Top-Down Model: Top-down model scrutinizes absolutely in different from the bottom-up measurement, accepts that individuals have a tendency to recognize life understandings in moreover optimistic or pessimistic way and this tendency focuses on individual's level of satisfaction in meticulous areas. Information is not so considerable accurately respectable or shocking but moderately is controlled that behavior.

Theoretically, it is Kantian model, since (Kant, 1958), embraces the interpretation of thoughtfulness as an energetic explainer as well as executive of sensory observation, the information could be further pure somewhat than realistic. Interpretation of this model is personal explanation of events somewhat than separate conditions themselves, would be the key influence on psychological well-being, many researches did not extend the preference to somewhat one model finished the further, but motivate to participate equally methods. The combined model recommends the worldwide structures of character and an individual's life and these clarifications, in turn straight inspirations psychological well-being, (Brief et al., 1993; & Diener, 2009).

Multi-dimensional Model: According to this recent and new model of psychological well-being is obtainable by Riff & Keyes (1995) originate that psychological well-being incorporates six dimensions comprising on environmental mastery, Personal Growth, Positive relations with others, Purpose of life, Self-acceptance and Sense of autonomy . (Ryff & Keyes, 1995), requested that this model indicates the construction of psychological well-being is a suggestive approach that was explained to draw to a close early methods. It is supposed that this paradigm is greater from rest of two paradigms, (Bradburn, 1969), as well as the distinct influence of paradigms, it's appeared the final existence in satisfaction assessment (Sauer & Warland, 1982), and excellence of lifetime investigation, (Heady & Wearing, 1993). The statement pinched by (Ryff & Keyes, 1995) is that psychological well-being is a multifaceted hypothesis it comprises optimistic, self-centeredness skills of the hard by setting as well as excellence relationships with further, sustained development, determined existing ability for

independence. This working model of psychological well-being is designated as follows; (Ryff's, 1995). Self-adequacy is the reasonableness of independence as there is a significant importance in academic work with orientation to psychological well-being on such potentials as autonomy individuality, and control of performance from inside. Self-adequacy is labeled as the arrangement of the self-directed working. The completely effective distinction was similarly defined as taking a core locus of thought, where one doesn't look near others for support, but assesses himself by split principles, while individuation is understood to include to release for the harmony in which the individual no lengthier adheres to the cooperative doubts, theories and rule of Moses.

Six domains of Well-being:

1. Environmental mastery: The individual's capability to select or create appropriate environment for his psychological circumstances are distinct as physiognomies of psychological well-being. Development is understood to require contribution is an important area of personality disorder. Life span growth is also chosen as specific aptitude to operate and controller inclusive environment. These philosophies highlight one's capacity to the development and modification of behavior, it terminate physical or psychological communication. Prosperous elderly also stresses the degree to which the specific proceeds benefit of the ability. These common viewpoints propose that contribution and mastery of the feeling is significant constituents of a joint schedule of optimistic psychological functioning.

2. Personal Growth: Best psychological functioning requirements not individual that one realize the previous features, it also endure to grow one's possible, to develop as well as make bigger the individual, signify oneself and understand one's qualities are

leading to the scientific view of individual development. Directness in practice is an important typical of a completely working individual.

3. Positive relations with others: Several of the previous viewpoints of psychological well-being highlight the significance of real beliefs in personal relationships. The capability to affection is observed as the dominant factor of psychological well-being. Self-determination is labeled as taking actual feelings of sympathy and love for whole social life and as existence accomplished of countless affection, deep relationship and additional comprehensive empathy with others people. Mature growth phase philosophies also highlight the achievement of close integration with others and the leadership and way of others, thus the significance of healthy relationships with others is frequently emphasized in these concept of psychological well-being.

4. Purpose of life: Psychological well-being is distinct to contain opinions that make longer one emotion that is willpower and purpose of life. The description of adulthood also highlights a strong understanding of life's determination and rationality of openness, and motivation. The life extent developing philosophies mention to a diversity of altering determination or areas in lifespan i.e. life energetic and imaginative or accomplishing sensitive integration in future lifespan. Accordingly, individual who purposes completely has aims, purposes and wisdom of way, all of which donate to feelings that life is suggestiveness.

5. Self-acceptance: It is clear the dominant characteristic of psychological well-being is the features of self-confidence, ideal working relationships and maturity. Life extending philosophies also stress receiving of personality and individual's earlier

life. Accordingly, an asset of constructive approach, regarding oneself appears as a leading characteristic of constructive psychological well-being.

6. Sense of Autonomy: Individuals having lofty level of self-sufficiency are autonomous, self-satisfied, self-confident doing not think about to crop-free the conventionally and does not concern more regarding what other persons think about us. On the other side, individual having less independence consider themselves dependent on others and are patiently worried about others point of view, contently look for others recommendations and believe massive stress to give way to others desires.

Gender Differences and Well-being: Females the world over has higher stages of psychological health than males, in spite of that which well-being query is used. Described well-being has been deteriorating everywhere in the conflicting period of the Gallup Survey (2006-2010), for the meantime, tendencies acquire through gender difference. While fatiguing the life achievement measure the question in the Gallup Census, it was indicated that absolute well-being stages are developed in the better-off states, that divide between males and females are higher in the stressful situations and not existing in the deprived grouping. In difference study assure on a flexible lifetime gratification uncertainty in the biological principles analysis suggested that a larger difference between males and females well-being in poorer nations and those with fewer equivalent masculinity human rights, (by Gallup survey, 2006-2010).

Approximately this could be described by variances in standards and outlooks of cross-cultural nations, the opportunity of handling the assessments of health issues of the

individuals, underline. Flexible lifespan consummation or satisfaction enquiries appear to imprisonment of these variances improved than prepares the hierarchy of lifespan uncertainty, which presents a comparative ingredient as assess their well-being stages. The characteristics of femininity rights, the occasions available to females and associated prospects might inspire just how they response mutually adjustment and further related to health enquiries.

Literature Review

Social Support and Psychological Well-being: Support from relatives and associates have been establishing to reduce the effect of emotional troubles within students (Calvete & Connor, 2006). Villanova and Bownas (1998) for instance, it indicated that social support could support students to handle daily life worries and decrease the load of educational workload. Lacking of sufficient help from relatives and associates would be in crisis are susceptible to stress, depression, adjust mental and problems related to anxiety disorder. These results were supported by Dollete et al. (2004) who originated that community support could serve as defensive feature that could reduce emotional issues within the students such as anxiety and stress. A research by Wentzel (1998) indicated that community support provides confident impacts on student's educational presentation.

The research is maintained by Quomma and Greenberg (1994). They instigated that less community support from the relatives and peer would be a main reason of adjust mental problems and depression. Furthermore, disturbed relationship between students creates depression stress, anxiety, and social support has been indicated by Nahid &

Sarkis (1994). A smaller amount of community support has been associated with chronic level of trauma, anxiety and depression in student's institution of higher education. Community support idea can create more significant apprehensive impact on students. This is because of community support that comprises on social assets which individual examine to be exiting or that are essentially available to them which would be useful for the protective factor of emotional problems, (Tao, Dong, Pratt, Hansberger, & Pancer, 2000).

According to Teoh and Rose (2001), lesser amount of social support is one of the causes of mental health problems. It is related with higher stage of hopelessness, anxiety, sympathetic attitude, supposed hitches, social problems, psychological problems and lesser dependency. These ideas are focused in the research of, (Friedlander, Reid, Shupak, & Cribbie, 2007), on 13 early years for students. It was initiated for those students, who perceived their social abilities improved and early stage of mental health problems. This shows the effect of traumatic condition which can be diminished while students have better social support, (Teoh & Rose, 2001).

Support and reassurance from the causes of support could also increase the possibility that people impede trust on strong problems resolving and related matters. These may support learners increasing regular anxieties in the situation and the whole progressive behavior modification process. The helpful movements provided by the social support are assumed to protect the impacts of anxiety by accumulative the efficiency to control the determinations, which is the effort to reduce the stress level among students. In case, accepted emotional support and friendship might motivate real

version among students in facing and handling with devastating events, (Holahan et al., 2008).

According to (Rawson, Bloomer & Kendall, 1994), the intellectual students for instance, originate that students with respectable social support incline to have lesser stress that is associated to the students with less social support. This research has indicated that managing behavior and social relations construct the moderator impacts of psychological stress among students in their realistic survival. Mean while social support was created to maintain the consequences of stress. It might reduce the practice of destructive hold, for example, avoidance of the suppression and denial among students. Subsequently, it can increase the usage of helpful activities for accessible approach because individuals trust on their social system which comprises on some fundamental and neurotic intervention from external side (Fleishman et al., 2000; Tao et al., 2000).

Now in a cross-sectional research, Holahan et al. (2008) indicated that in secondary school students with advanced stages of perceived maternal support were improved to modified and low stress shows than those individuals with lesser stages of perceived paternal support. There are three categories of the provisions providing by domestic and colleague that is profound developmental control, psychological self-control and social compromises. These three measurements simplify the increase of optimistic independence and social support, responsibility, capability ,instinctual mechanism and discouragement of creativity which go in top to low stage of psychological problems of the students, (Calvete & Connor-Smith, 2006).

This support has also originated fundamental for an energetic stage of growth, (Oswald & Suss, 1994). For instance, these two causes of social support, family and

friends are the predictor of individual's mental health. The combination of family and friends support with receiving and affectionate warmth has been associated with higher scores in college and university, less criminal behavior and low mental health problems among students of all social learning which should bring in an important impact on teens and academic achievement. Since the earlier study, it might be determined that social support from family and friends threats a significant part in experience with mental problems because support provided by family and friends might have depressed feeling in individuals. While, the lesser is the social support shows the complication in the psychological problems, (Silbereisen & Todt, 1994).

Social Support and Resilience. A lot of concentration has been given to the impacts on relative's members, particularly moms, from kindness with a child, who has a severe mental state. Approximately, moms of children with a severe mental state account of additional psychological stress rather than common residents samples, but the majority of researches indicate significant differences in person (e.g., Thompson, Burbach, Keith, & Kinney, 1993; Wallander, P& Mellins, 1990; Walland, Hamlett, & Spock, 1992; Banis et al., 1989) Therefore, the common incident of a youngster with a severe physical state is not enough to give details the possibility for stress in motherly caregivers. Elements impacting parental change or attitudes towards a kid's disability are significant to elucidate to make easy intervening variables meant to humanizing the performance for family unit. Those elements which are connected with variations in motherly fine-tuning have been conceptualized to stay alive within a threat-resilience construction (Wallander et al., 1989).

Risk influences contain restrictions of the child's psychological disturbed health or illness, the severe consideration for such a child in activities of day-to-day reachable and psycho-social trauma. The influence of these risk impacts can be imagined to be weak by socio-environmental influences, social appearance and organization. These found a group of resilience features suggested to be associated to text in commonly and secondary background. Several earlier investigations on resilience engaged on socio-environmental impacts on stressful moms 'behavior modification, but social features are also important. Social manifestation imitates an individual's personal belief of superiority and modification in presentation. Up to now, two social impacts examined the part of restriction and self-assurance. Commonly helping attitude of parents modifies children behavior, even though plentiful modification waste unaccounted, (Keith & Wallander, 1988; Wallander & Venters, 1995).

Social detachment as well as on early stages of social support has been revealed to be connected with the development of disorder and people are flower of therapeutic management of disorder. For instance, in the famous Alameda Region research indicates that males and females were from deprived environment, which was 2.1 to 3.3 times extra likely to decrease the chronic response of illness, intellectual deficit, vascular illness, sickness as well as a large number of other illnesses within a nine-year period related to people with many additional social relationships (Berkman, 1995). The significance of social support on life expectation looks to be as strong as the effects of obesity, cigarette smoking and other psychological procedures, (Sapolsky, 2004).

The Vietnam War might help as a significant occurrence of ineffective social support during periods of abnormal stress and anxiety. Johnson and classmates indicate

that numerous Vietnam experts practiced come back as an extremely complicated performance. (Johnson et al,1997). These troupers described “being injured, feeling of stress, anxiety and loneliness” The writers determined that the lacking of social support long-traditional the troupers' alertness of conviction and basic feelings of impartiality. In discrepancy to less social support, in better stages seem too overflowing or protect along with the complete control of physical and mental disorders. The relationship between reputable social support, higher psychological and physical health has been realistic in different people, university students, jobless employees, creative moms, widows, and youngsters consider having therapeutic neurotic disorder, (Resick, 2001).

Meaning in Life and Psychological Well-being. In general, the meaning of life has been absolutely connected with mental health, psychology of happiness, psychopathology and looks to be a chronic as moderating factors of resilience and psychological well-being (Chan, 2009,Cheung,2010,Halahan & Suzki,2008;. Additionally, individual who can come across the meaning in unhealthy experiences, such as cancer etc, (Thompson & Guarino, 2003), Garssen, & Vingerhoets, 2010), HIV, (Lyon, 1997, & Younger, 2001) or the failure of a child (Coyle, 1998), seems after the event, better to handle with the situation, in comparison to those who cannot come across the meaning.

The prevalence of depressive symptoms in dissimilar European countries, customs may be essential part to get better judgment, involvement, and revival hard work of young men, due to major differences in political, social, financial, historical, ethnic and civilizing backgrounds and particularly in Greece, its look to be in the border

line among east and west. An appealing study, for example, based on data composed on 14 nations in Europe has exposed that flexible or adjustable states, in which equally female and male are accessible the same opportunities for the accomplishment of multiple communal roles that are linked with high-quality self-rated health, would score extensively less on depressive levels than strong or male oriented cultures in which such opportunities be there to a clearly low level (Arrindell, Steptoe, & Wardle, 2003).

At the genital stage as a significant social influence understood that males in late puberty frequently sympathetic, a difficult period of dissimilarity as they try to rising demonstrative freedom. The years between 18 and 25 characterize the last change from infant to maturity, around the completion of youth and the achievement of complete developed phase. In these somber ages, common insight around themselves and their biological processes are formed and reconstructed. Incorporated in these observations are social beliefs and theories regarding well-being and having conceptual strong point (Kendricks, Aderson, & Moore, 2007). Research indicates that 25% of young mature individual have the high frequency of some mature stage cluster, symptoms of dejected episode by age of 24 years (Kessler & Walters, 1998; Klerman, 1988; Klerman & Weissman, 1989).

In the academic research it has been observe that psychological health and particularly stress and depression among individuals have recognized relatively low level because the illness is frequently related with being a female, (Prior, 1999). Adolescents affected by unwell-being in the period of these serious ages are the greater risk of material utilization, less effort, significant idea, and negative impact on the individual's successful growth or development (Reinherz, Giaconia, Hauf, Wasserman, & Paradis,

2000). Furthermore, less than 19 % of new grownups youngster with stress and sadness, which have important consequences for perversity, get high-grade attention (Young, Klap, Sherbourne, & Wells, 2001). Analyzed depressed nature and others related risky factors among adolescents have been severe feelings among young white men, (Centers for Disease Control & Prevention, 2000).

Meaning in Life and Resilience. Meaning in life is an emotional strength of comprehensibility (Antonovsky, 1987). While comprehensibility or unambiguousness means that life makes cognitive sense, meaningfulness means that life is emotionally worthwhile and logical. In this way, meaningfulness accounts for an individual's motivation to engage in a difficult life situations (Antonovsky, 1997). To say that life is meaningful is to say that one's carefulness. When a difficult situation is perceived as meaningful, one chooses to invest emotional energy in dealing with it; one sees the difficulty as a challenge in which it is worth investing energy and commitment, rather than as a burden (Strümpfer, 1990).

Perceived physical and psychological health as unintelligible disorder, insecurity and impulsive behavior in the outlook; (s) he would experience the events of life as regrettable things that happen to him or her and victimize him or her unfairly; and (s) he would feels that nothing in life issues worsen, are undesirable stress and frustration, By comparing the individual with a strong sense of coherence (Cederblad et al., 1994): Confronting stress, is better able to descriptive and better recognizing the nature of the stressor, believes that the proper resources are available and can be channelized to deal successfully with the life challenges, and is motivated to deal with it. Such an

orientation to life allows the choice of appropriate coping strategies and provides an actual base for safeguard and strengthening of psychological health and well-being (Cederblad et al., 1994).

Religiosity and Psychological Well-being. Psychology of well-being indicates encouraging psychological health (Edwards, 2005). The current study has indicated that psychology of happiness (well-being) is a dissimilar multiple aspects (MacLeod & Moore, 2000; Ryff, 1989; Wissing & Van Eeden, 2002), which urbanized from beginning to end with the mixture of emotions guideline, personality factors; self and life ups and downs (Helson & Srivastava, 2001). Psychology of well-being can enhance with maturity, education, extraversions, awareness and decreases with neuroticism (Keyes et al., 2002).

Earlier research studies comprising on the focused area of religiosity and psychology of well-being meaningfully amount of talk and give reasonable facts to hold up the optimistic relationship among psychology of well-being and religiosity. A lot of dissimilar researches have been conducted on this context (Dyson, Cobb, & Foreman, 1997; Ellison, & Larson, 2002; George, Koenig, & McCullough, 2000; Mickley, Carson, & Soecken, 1995). The solid results have been indicated that trait of spiritual connection is related with optimistic psychology of well-being conclusion, (Ellison & Levin, 1998; Swinton, 2001).

The idea related these conclusions arise from equally cross-sectional as well as longitudinal research, and this research is based on both scientific as well as public examples (George et al., 2002; Plante & Sherman, 2001). This implication has extended

cross-cultural population, comprising examples of the new, grownups, elder people, overall socially active individuals and refugees, university scholars, the disturbed people, individuals with psychological control and personality problems, (Yeung Wai-keung & Chan, 2007; Alvarado et al., 1995; George & Titus, 2004; Levin & Taylor, 1998; Miller et al., 1997; Planet et al., 2001; Richards et al., 1997; Thearle et al., 1995). Results depict that people involved in beliefs which arouse from the collective group values as significantly great risk of unwell-being as connected to those who join spiritual sessions with complete responsibility or obligation, (Margetic, 2005; McCullough & Larson, 1999). Thus; the purpose after the presence of spiritual worshipers might be considered as more significant here than the performance himself. Frequently, they determine that individuals are required to perform further consistently than they would choose to. In such circumstances the proper impacts of religiosity on psychological health develops rather obscure to understand as it is the manifestation and judgments that force behind each spiritual performance which are predictable to be associated with psychological health. Not exclusively research has showed an optimistic relationship between religiosity and psychological significance. According to Sigmund Freud belief is “it is worldwide obsession psychosis of humankind” (Freud, 1959), whereas others theorist have also claimed that relationship among belief as well as psychological well-being occurs, (Bergin, 1991).

Religiosity and Resilience: Resilience has been identified as the ability to stay alive with problem or tendency that largely increases the risk of maladjustment, depressive feelings or other negative clinical symptoms (Masten et al., 1990; Luther &

Cicchetti, 2000). Measured as traits which predict resilience involves in the emergence of specific abilities beneath the stressful situations, or the deficiency of pathological signs with chronic risk or better susceptibility (Masten et al., 1990; Rutter, 1999; Luthar et al., 2000; Luther, 2006); on other hand, moderately constructive regulation or adjustment, when the possibility of disorder is severe. Symptoms that save from harm next to disorder in most of people, including individual resources (e.g., self-esteem or coping ability) healthy family or friendship relationship and extensive hold up systems at school, work place and other societal settings, may also strengthen an person's ability to handle hardship, thereby it's the emergences of resilience (Werner & Smith, 1992; Edwin, 1994; Grotberg, 1999; Rutter, 2000).

The increasing approval or appreciation of religious participation can be create the protective impact which may avoid the appearance of depression (McCullough & Larson, 1999; Koenig et al., 2001). The combined analysis of 147 self-sufficient studies established reserved but major differences among the participation in religious services and depressive symptoms crosswise the common population and significant clinical samples. (Smith et al., 2003) .The sample originate a less possibility for life time on Major Depressive Disorder (MDD) with better individual beliefs of spiritual significance within the mothers of present study of children (Miller et al., 1997). Kendler and colleagues reported similar relationship among the importance of religiosity, lifetime internalizing and externalizing disorders (Kendler et al., 2003; Kendler & Myers, 2009; Vance et al., 2010). Relationship among religious or spiritual beliefs and reduce ratio of MDD have been reported in clinical samples (Koenig et al. 1998), and some researches

support a probability ratio among religiosity and depressive features (Krause, 2009) and disorder (Ellison & Flannelly, 2009).

Few more researches, although in less numbers, have indicated a less impact hypotheses, with the comparison of the relationship among depression and religiosity in high- low-risk cluster; for instance, in parental side who exposed with the recent grief-period of a child versus parents, whose child died more than 2 years back (Maton, 1989), in spouse-caretakers of dementia clients versus spouses of strong adults (Robinson & Kaye, 1994), and an individual's presently facing to stress versus persons without such experience (Kendler et al.1999). These studies have a propensity to manage the stress and depression relationship by religious beliefs or behaviors and few other researchers have shown diverse or statistically insignificant results (Thearle et al., 1995; Strawbridge et al., 1998; Tsuang et al., 2002; Maselko et al., 2009).

Rationale of the Study

Pakistan has faced many floods and disasters in recent decade, such as earthquake of 2005, floods of 2010, land sliding of 2010 and Giary avalanche of 2012. An extended security issues of man-made disasters (terrorism) especially Khyber Pakhunkhwa (KPK) , as whole the country of Pakistan. These floods killed thousands of people, caused serious damages to physical, infrastructural, socio-economic systems, destruction of property, livelihood and intellectuals deficit as well (National Disaster Management Authority (NDMA; 2014, Shahzad , 2014). Floods related hazards have significant negative impact on GDP growth of the economy as well, in fact, that leaves the strongest impact on the economic growth (Sardar, Javed, Amir-ud-Din, 2016). An opinion published by Strengthening Participatory Organization Pakistan (SPO) has indicated an increased risk

of natural calamities such as land sliding, heavy rains and flashy floods in the coming future years in Pakistan (Memon, 2012).

Floods and their impacts on society have been studied by researchers, academicians, anthropologist and psychologists in the developed countries. However, this is an under research area in developing countries in general and Pakistan in particular. With the exception of few studies, (NDMA, 2011) rarely come across logical and academic research on the impacts of disasters (floods) on personal and social determinants of psychological well-being: moderating role resilience among flood victims.

This study does help in making a comprehensive framework for flood victims; more particularly because floods are frequently occurring in Pakistan that have directly affected approximately twenty million people in the region. The current study provides a baseline for methodical and scientific conclusion for the flood victims in Pakistan from social, psychological, religious and intellectual perspective. It also helps in the identification of effective assessment strategies and rehabilitation procedures at national level. The findings of this study will provide practical awareness and knowledge to professionals working with flood victims, mental health professionals, counselors and other practitioners i.e., social workers, sociologists, educationists, policy-makers and other stakeholders involved in disaster (flood) management planning and policy making. The study further provides comprehensive plans in making of an effective treatment plans, psychotherapeutic interventions and counseling strategies for the effective rehabilitation of flood victims.

Conceptual Framework

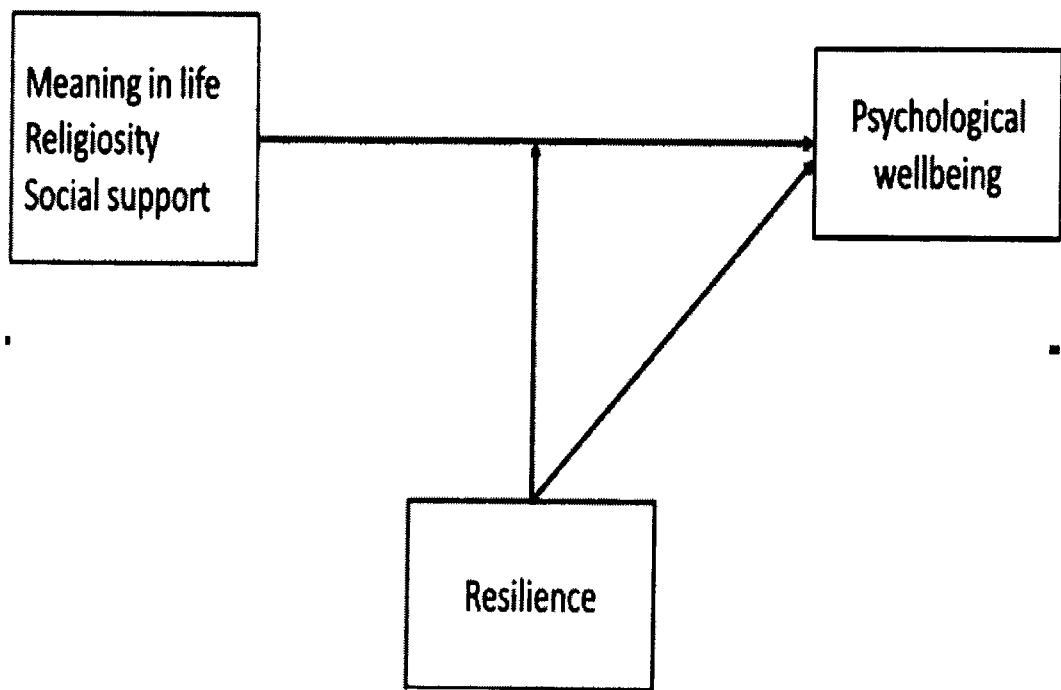


Figure 2. Moderating role of Resilience between Meaning in life, Religiosity, Social support and Psychological wellbeing

METHOD

PILOT STUDY

Method

The main study is based on the pilot study. Basically pilot study aims to examine the psychometric properties and the pre-testing of instruments or tools used in the main study. It can refer as small scale version(s) or trial run (s) and done in preparation for main study, (Polit et al., 2001). In the current study, pilot study aims to achieve the following objectives:

Objectives

1. To examine the psychometric properties & reliability of the scales used in the present study.
2. To examine the pre-testing of the study instruments being used in the main study.
3. To study the trends of the relationship among variables.

Sample

In the present study, data were collected from a total of 100 flood victims of Muzaffar Garh district of the province of Punjab. Both males ($N = 50$, 50%) and females ($N = 50$, 50%) flood victims were included in the study. Age of the sample ranged from 25 to 60 years with an education of matriculation to intermediate levels. Purposive sampling method was used for the purpose of data collection. The researcher personally approached the participants to collect the information through questionnaires.

Instruments

The following five scales were used to collect data.

Multidimensional Scale of Perceived Social Support. Multidimensional Scale of Perceived Social Support (Zimet, Dahlem, Zimet, and Farley, 1988) was used to measure perceived social support among flood victims. The scale measures the social support provided by family members, friends and significant others in times of need that constitute three subscales i.e. Significant Other (SO). Family (Fam) and Friends (Fri) subscales. The scale consists of twelve items and is based on a 7 point Likert scale format. The response categories range from 1 for very strongly disagree to 7 for very strongly agree. The reported Cronbach's coefficient alpha reliability for the Family, Friends and subscales, are .91, .87, and .85, respectively. The reliability of the total scale is .88.

Meaning in Life Questionnaire. Meaning in Life Questionnaire developed by Steger, Frazier, Oishi, and Kaler (2006) was used in the pilot study phase. The scale consists of ten items and is based on a 7 point Likert scale format. The response categories range from 1 absolutely untrue to 7 for absolutely true. The scale consists of two subscales i.e. Presence of meaning subscale (MLQ-P) comprising of items 1, 4, 5, 6, and 9, and Search for meaning subscale (MLQ-S) comprising of items 2, 3, 7, 8, and 10. The alpha coefficients reported by the authors for MLQ-P and MLQ-S are .86 and .92 representing good internal consistency. One-month test-retest reliability coefficients are also good (.70 for the MLQ-P, .73 for the MLQ-S).

Ego Resiliency Scale. The Ego Resiliency Scale (ER-89) developed by Block and Kremen, (1996) is a short inventory scale to assess (trait-based) the psychological capacity of the individual to effectively adjust to frustrating or stressful life encounters). The Scale (ERS 89) comprises on 14 items and each question require a response on 4-point Likert scale ranging from 1, with the answer “does not apply at all,” to 4 with the answer “applies very strongly. The authors of the scale reported a Cronbach’s alpha reliability of .76.

Warwick Edinburgh Mental Well-being Scale. The Warwick-Edinburgh Mental Well-being Scale was developed by Tennant, Hiller, Fishwick, Platt, Joseph, Weich, Parkinson, Secker and Sterwart-Brown, (2007). The scale consisted of eighteen items. The scale is based on a five point Likert type scale. The response categories range from 1 for strongly disagree to 5 for strongly agree. The authors of WEMWBS reported a good Cronbach's alpha score of 0.91. The scale showed high correlations with other mental health and well-being scales and lower correlations with scales measuring overall health and the test-retest reliability at one week was also high (0.83).The scale is validated in the indigenous context (Bano, 2014; Riaz, 2015).

Religiosity Scale. Urdu-version of The Religiosity Scale was translated in Urdu by Batool (2003). The scale consisted of fourteen items and is based on five points Likert-type scale and it measured the religiosity among participants. The response categories range from 1 for strongly disagree to 5 for strongly agree.

Procedure

Informed consent was obtained from the participants before administering the relevant scales. Each individual respondent was contacted separately. Participants were briefed thoroughly about the purpose of the pilot study. The objectives of the research were openly discussed with the respondents and nothing important about research was intentionally hidden. Proper instructions regarding questionnaires were given to the participants. In addition confidentiality and privacy of the participants were ensured before conducting the study.

Results

Table 1

Demographic Characteristics of the Respondents (N = 100)

Variables	n	%
Gender of the Respondents		
Male	50	50.0
Female	50	50.0
Age of the respondents (Years)		
25-35	26	26.0
36-46	35	35.0
47 & Above	39	39.0
Occupation of the Respondents		
Farmer/Agriculturist	56	56.0
Laborer	28	28.0
Government Employee	04	04.0
Private Job	03	03.0
Unemployed	09	09.0
Monthly Income of the Respondents (PKR)		
Up to 10000	06	06.0
10001 – 20000	29	29.0
20001 – 30000	42	42.0
30001 & Above	23	23.0

Table 1. Reflects the demographic characteristics of the respondents. Study data shows that half of the respondents were male and other half were female based on gender representation. The age bracket of the respondents was 47 and above proportion was 39.0 percent, 35 percent age distribution was 36 to 46 years old and only 26 percent of the respondents age was less than 36 years. More than half (56%) of the respondents were working in agricultural fields and 28 percent of them were doing labor in their everyday life and only small proportion was working in government and private sector to earn livelihood and 9 percent were unemployed and searching job. The demographic characteristics of the respondents show that the respondents were belonged to lower middle class in the geographic region of the present study.

Table 2

Descriptive statistics and alpha reliability coefficient of the study variables (N= 100)

Variables	No. of Items	α	M	SD	Range		Skewness	Kurtosis
					Potential	Actual		
Social Support	14	.88	48.22	6.15	14-84	14-70	.23	0.11
Meaning in Life	10	.78	44.15	4.35	10-70	10-57	.58	0.81
Religiosity	14	.75	31.15	2.10	14-70	14-60	.32	1.17
Resilience	14	.74	33.18	3.82	14-56	16-56	.89	0.41
Psychological Well-being	12	.95	42.12	5.12	18-90	18-74	1.23	0.51

Table. 2. Shows mean and standard deviation and alpha reliability coefficients for all scales including social support, meaning in life, resilience, well-being, and religiosity among the flood victims. Results of pilot study revealed that all the scales have good alpha reliability ranges from .78 to 82. (i.e., greater than .70). Also normality of the data is ensured by the values of skewness and kurtosis which are less than 2 for all scales.

Table. 3

Correlation between Social Support, psychological Well-Being, Meaning in Life, Religiosity, Resilience among the Flood victims. (N=100)

Variables	1	2	3	4	5
1. Social Support	--	.31**	.49**	.48**	.34**
2. Well-being		--	.71**	.51**	.45**
3. Meaning in Life			--	.53**	.50**
4. Resilience				--	.49**
5. Religiosity					--

** $p < .01$

Table 3. Shows Pearson correlation between social support, psychological well-being, meaning in life, religiosity and moderating role resilience among the flood victims. Results of pilot study revealed that all the variables are positively correlated with each other which indicate that the relationships among social support, psychological well-being, meaning in life, religiosity and resilience are in theoretically consistent directions ($p < .01$).

MAIN STUDY

Method

Objectives

1. To examine the effect of social determinants (i.e. perceived social support) and resilience on psychological well-being among flood victims.
2. To investigate the effects of personal determinants (i.e. meaning in life and religiosity) on psychological well-being among flood victims.
3. To examine the moderating role of resilience between meaning in life, religiosity, social support on psychological well-being among flood victims.
4. To find out gender differences in the levels of perceived social support, meaning in life and religiosity, psychological well-being and resilience among flood victims.

Hypotheses

1. Perceived social support positively predicts psychological well-being among flood victims.
2. Meaning in life and religiosity positively predict psychological well-being among flood victims.
3. Resilience plays a moderating role between meaning in life, religiosity, social support and psychological well-being among flood victims.
4. Female participants exhibit higher scores on perceived social support, psychological well-being and religiosity whereas male participants score higher on resilience.

Operational Definitions

Flood. A temporary overflow of a normally dry area due to overflow of a body of water, unusual buildup, runoff of surface waters or abnormal erosion or undermining of shoreline. Floods can also be overflow of mud flow caused by buildup of water underground (Bankoff & Frerks, 2003).

Perceived Social Support. Higher scores on the Multidimensional Scale of Perceived Social Support indicate higher social support among flood victims and vice versa (Zimet et al, 1988).

Meaning in life. Higher scores on Meaning in Life Questionnaire (Steger, Frazier, Oishi, & Kaler, 2006) indicate higher meaning in life among flood victims and vice versa.

Religiosity. Higher scores on Religiosity Scale (Batool, 2003) indicated higher religiosity among flood victims and vice versa.

Resilience. Higher scores on Ego Resiliency Scale (ER89) (Block & Kremen, 1996) indicated higher resilience among flood victims and vice versa.

Psychological Well-being. Higher scores on Warwick-Edinburgh Mental Well-being Scale (Zimet, Dahlem, Zimet, & Farley, 1988) indicated higher psychological well-being among flood victims and vice versa.

Sample

In the present study, data was collected from a total of 400 flood victims of Muzaffar Garh ($n = 150$, 37.50%) Kot-Addu ($n = 150$, 37.50%) and Rajunpur ($n = 100$,

25%) districts of the province of Punjab. Both males ($n = 200$, 50%) and females flood victims ($N = 200$, 50%) were included in the study. Age of the sample ranged from 35 to 55 years. Most of the participants were less educated (i.e. matriculation and intermediate). Data were collected through purposive sampling technique due to the specific nature of the sample. The researcher personally approached the participants to collect the information. The current study was based on cross sectional survey design. The information was collected from the participants through survey method by using self-report measures.

Instruments

Multidimensional Scale of Perceived Social Support. Multidimensional Scale of Perceived Social Support was developed by Zimet, Dahlem, Zimet, and Farley, (1988). The scale measures the social support provided by family members, friends and significant others in times of need that constitute three subscales i.e. Significant Other (SO). Family (Fam) and Friends (Fri) subscales. The scale consists of twelve items. The scale is based on a seven point Likert type scale. The response categories range from 1 for very strongly disagree to 7 for very strongly agree. The reported Cronbach's coefficient alpha reliability for the Family, Friends and subscales, are .91, .87, and .85, respectively. The reliability of the total scale is .88. The scale is validated in the indigenous context (Hussain, 2014).

Meaning in Life Questionnaire. Meaning in Life Questionnaire was developed by Steger, Frazier, Oishi, and Kaler (2006). The scale consists of ten items. The scale is based on a seven point Likert type scale. The response categories range from 1 absolutely

untrue to 7 for absolutely true. The scale consists of two subscales i.e. Presence of meaning subscale (MLQ-P) comprising of items 1, 4, 5, 6, and 9, and Search for meaning subscale (MLQ-S) comprising of items 2, 3, 7, 8, and 10. The alpha coefficients reported by the authors for MLQ-P and MLQ-S are .86 and .92 representing good internal consistency. One-month test-retest reliability coefficients are also good (.70 for the MLQ-P, .73 for the MLQ-S). The scale is validated in the indigenous context (Bano, 2014).

Ego Resiliency Scale. The Ego Resiliency Scale (ER 89) was developed by Block and Kremen, (1996) is a short inventory scale to assess (trait-based) psychological resilience (the capacity of the individual to effectively adjust to frustrating or stressful life encounters). The Scale (ERS-89) has comprises on 14 items and each question require a response on 4-point Likert scale ranging from 1, with the answer “does not apply at all,” to 4 with the answer “applies very strongly. The authors of the scale reported a Cronbach’s alpha reliability of .76.

Warwick Edinburgh Mental Well-being Scale. The Warwick-Edinburgh Mental Well-being Scale was developed by Tennant, et al., (2007). The scale consisted of eighteen items. The scale is based on a five point Likert type scale. The response categories range from 1 for strongly disagree to 5 for strongly agree. The authors of WEMWBS reported a good Cronbach's alpha score of 0.91. The scale showed high correlations with other mental health and well-being scales and lower correlations with scales measuring overall health and the test-retest reliability at one week was also high (0.83). The scale is validated in the indigenous context (Bano, 2014; Riaz, 2015).

Religiosity Scale. Urdu-version of, The Religiosity Scale was translated in Urdu by Batool (2003). The scale consisted of fourteen items and is based on five points Likert-type scale and it measured the religiosity among participants. The response categories range from 1 for strongly disagree to 5 for strongly agree.

Procedure

The participants of the present study were approached and informed consent was obtained from the participants before administering the relevant scales. The participants were provided with pencils and the questionnaires. Each individual's respondent was contacted separately. The participants were helped to attempt one item as an example, so that they learned how to attempt the remaining items on the scale. Once they were comfortable to participate in the study and willingly provided with information, they were made to complete the scale on their own. The objectives of the research were openly discussed with the respondents and nothing important about research was intentionally hidden. Researcher effectively handled the queries before, during and after the completion of forms in order to maintain their interest level of participants in the study. In the end, researcher thanked to respondents for their valuable cooperation and serious participation.

Data Analysis

Pearson correlation, Multiple Regression analysis and independent sample *T*-test and moderation analysis were applied to test the hypotheses by using SPSS-21.

Chapter-III

Results

The current study aims to investigate the relationship of main study variables including meaning in life, religiosity, social support on psychological well-being and moderating role of resilience. Pearson correlation was applied to examine the association between the variables; an independent sample t-test was used to assess the differences between groups in terms of main study variables. Standard multiple regression analysis was applied to examine the effect of predictors including social support, meaning in life and religiosity on psychological well-being and moderating role of resilience. Hierarchical regression analysis was used to examine the indirect effect of resilience between predictors including social support, meaning in life and religiosity and psychological well-being.

Before the using parametric tests, the assumptions for parametric data including normality, homogeneity, multicollinearity and independence of data were ensured.

Table 4

Demographic Characteristics of the Respondents (N = 400)

Variables	n	%
Gender of the Respondents		
Male	200	50.00
Female	200	50.00
Age of the respondents (Years)		
25-35	82	20.50
36-46	146	36.50
47 & Above	172	43.00
Occupation of the Respondents		
Farmer/Agriculturist	228	57.00
Laborer	94	23.50
Government Employee	13	03.25
Private Job	26	06.50
Laborer	39	09.75
Monthly Income of the Respondents (PKR)		
Up to 10000	14	03.50
10001 – 20000	124	31.00
20001 – 30000	179	44.80
30001 & Above	83	20.80

Table 4. Reflects the socio-demographic status of the respondents. It shows that half of the respondents were male and other half were female based on gender representation. The age bracket of the respondents was 47 and above proportion was 43.0 percent, 36.5 percent age distribution was 36 to 46 years old and only 20.5 percent of the respondents age was less than 36 years. More than half (57%) of the respondents were working in agricultural fields and 23.5 percent of them were doing labor in their everyday life and only small proportion was working in government and private sector to earn livelihood and 9.75 percent were unemployed and searching job. The demographic characteristics of the respondents show that the respondents were belonged to lower middle class.

Table 5

Descriptive statistics and alpha reliability coefficient of the study variables (N= 400)

Variables	No. of items	α	M	SD	Ranges		Skew	Kurt
					Potential	Actual		
Social support	14	.88	50.31	7.22	14-84	14-70	.22	0.32
Meaning in life	10	.78	45.21	4.23	10-70	10-50	.56	0.36
Religiosity	14	.75	33.65	2.89	14-70	14-66	.33	0.51
Psychological well-being	12	.95	40.45	5.34	14-56	14-56	1.23	0.42
Ego Resiliency	14	.74	34.25	3.12	18-90	18-78	.89	0.90

Table 5 showed the descriptive statistics and alpha reliability coefficient of the study variables of the scales. Alpha reliability for Multi-Dimensional Social Support Scale is .88 which is quite high; Warwick Edinburg Well-being Scale also showed very high reliability of .95. Meaning in Life Questionnaire, Ego Resiliency Scale and Religiosity Scale have moderate alpha reliability scores of .78, .74, and .75 respectively. The results also shows descriptive statistics including the mean, SD, skewness and kurtosis values of social support, meaning in life, religiosity, psychological well-being, and resilience among the flood victims. The normal distribution is characterized by symmetric distribution of data around the center of the curve-majority of the scores lie in

the center. The symmetrical bell shaped normal distribution deviates from the normal in two ways, including lack of symmetry & pointiness-also known as skewness and kurtosis respectively (Field, 2005, p. 8.). In the skewed distribution, the scores cluster either on the right tail (positively skewed) or on the left tail (negatively skewed) of the curve (Coakes & Steed, 2003; Miles & Shevlin, 2001). Similarly the normal curve is neither leptokurtic (having more scores in the center) nor platykurtic (having more scores on the tails) (Coakes & Steed, 2003; Field, 2005). Therefore values of skewness were computed for all the scales. It is recommended that the values of skewness must be less than +2 and -2. The items or scales exceeding this limit are considered problematic and should be excluded from the data (Muthen & Kaplan, 1992). The findings show that the values of skewness are less than 2 for all scales. Thus the data do not contain the problems with univariate normality.

Table 6

Correlation between Social Support, Meaning in Life, Religiosity, Psychological Well-Being, Ego Resiliency among the Flood victims (N = 400)

Variables	1	2	3	4	5
1. Perceived Social support	--	.23*	.41**	.50**	.43**
2. Meaning in Life		--	.80**	.69**	.81**
3. Religiosity			--	.85**	.92**
4. Psychological well-being				--	.64**
5. Ego Resiliency					--

** $p < .01$ * $p < .01$

Table 6 Results showed that social support has significant positive correlation with psychological well-being ($r = .50, p < .01$), meaning in life ($r = .23, p < .01$), resilience ($r = .43, p < .01$) and religiosity ($r = .41, p < .01$). Psychological well-being has significant positive correlation with meaning in life ($r = .69, p < .01$), Ego resilience ($r = .64, p < .01$) and religiosity ($r = .85, p < .01$). Meaning in life has significant positive correlation with resilience ($r = .81, p < .01$) and religiosity ($r = .80, p < .01$). Resilience has significant positive correlation with religiosity ($r = .92, p < .01$). Correlations indicate that the relationships among variables are in theoretically consistent directions.

Table 7

Perceived Social Support, Meaning in Life and Religiosity as predictors of Psychological Well-Being among the Flood victims (N = 400)

Psychological Well-Being			
Predictors	β	R^2	F
Perceived Social Support	.55**	.396	9.59**
Meaning in Life	.85*		
Religiosity	.28**		

* $p < .05$, ** $p < .01$

Table 7 shows social support, meaning in life and religiosity as predictor of psychological well-being among the flood victims. The result showed that all the three predictors including social support, meaning in life and religiosity significantly predicted wellbeing. The value of R^2 is .396 which accounts 39.6 % variance in the predicting of wellbeing. Results also indicated that social support has significant positive effect on psychological well-being ($\beta = .55, p < .01$), meaning in life has significant positive effect on psychological well-being ($\beta = .85, p < .05$), and religiosity has a significant positive effect on psychological well-being ($\beta = .28, p < .01$) among flood victims.

Table 8

The Moderating role of Ego Resilience between Meaning in Life and Psychological Well-Being among Flood victims (N = 400)

Variables	B	SE	P	R ²	F Change
Model 1				.305	2.41
(Constant)	41.23**	2.17	.00		
MLQ	.07	.04	.12		
Model 2				.302	24.87**
(Constant)	24.58**	3.58	.00		
MLQ	.10*	.04	.03		
Resilience	.42**	.07	.00		
Model 3				.425	18.02**
MLQ	.20*	.05	.00		
Resilience	.46**	.07	.00		
MLQ× Resilience	.96**	.46	.00		

p* < .05, *p* < .01; MLQ = Meaning in Life Questionnaire

Table 8 shows moderating role of resilience between meaning in life and psychological well-being among Flood victims. The results indicate that meaning in life has significant positive effect on psychological well-being ($\beta = .20, p = .05$), resilience has significant positive effect on psychological well-being ($\beta = .46, p = .01$), resilience as a moderator (meaning in life x resilience) has significant positive effect on psychological well-being ($\beta = .96, p = .01$). The value of R^2 is .425 which shows 42.5 % variance explained by the predictors and the interaction term in the outcome variable.

Figure 1: Path Diagram of Mediating Role of Resilience between Meaning in Life and Psychological Well-being.

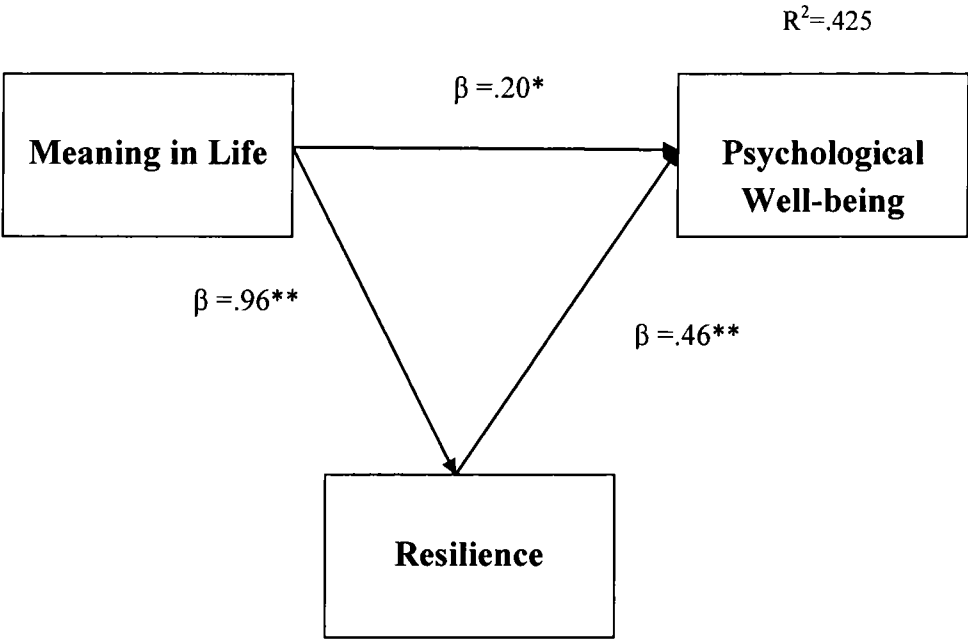


Table 9

The Moderating role of Ego Resilience between Religiosity and Psychological Well-Being among Flood Victims (N = 400)

Variables	B	SE	p	R ²	F Change
Model 1				.307	2.41
(Constant)	41.25**	2.19	.00		
Religiosity	.06	.05	.13		
Model 2				.332	25.89**
(Constant)	24.59**	3.56	.00		
Religiosity	.13*	.03	.04		
Resilience	.43**	.07	.00		
Model 3				.403	18.02**
Religiosity	.22*	.05	.00		
Resilience	.48**	.07	.00		
Religiosity × Resilience	.98**	.46	.00		

*p<.05; **p < .01

Table 9 shows moderating role of resilience between religiosity and psychological well-being among flood victims. The results indicate that religiosity has significant positive effect on psychological well-being ($\beta = .20, p = .05$), resilience has significant positive effect on psychological well-being ($\beta = .46, p = .01$), resilience as a moderator (religiosity x resilience) has significant positive effect on psychological well-being ($\beta = .96, p = .01$). The value of R^2 is .423 which shows 42.3 % variance explained by the predictors and the interaction term in the outcome variable.

Figure 2: Path Diagram of Mediating Role of Resilience between Religiosity and Psychological Well-being.

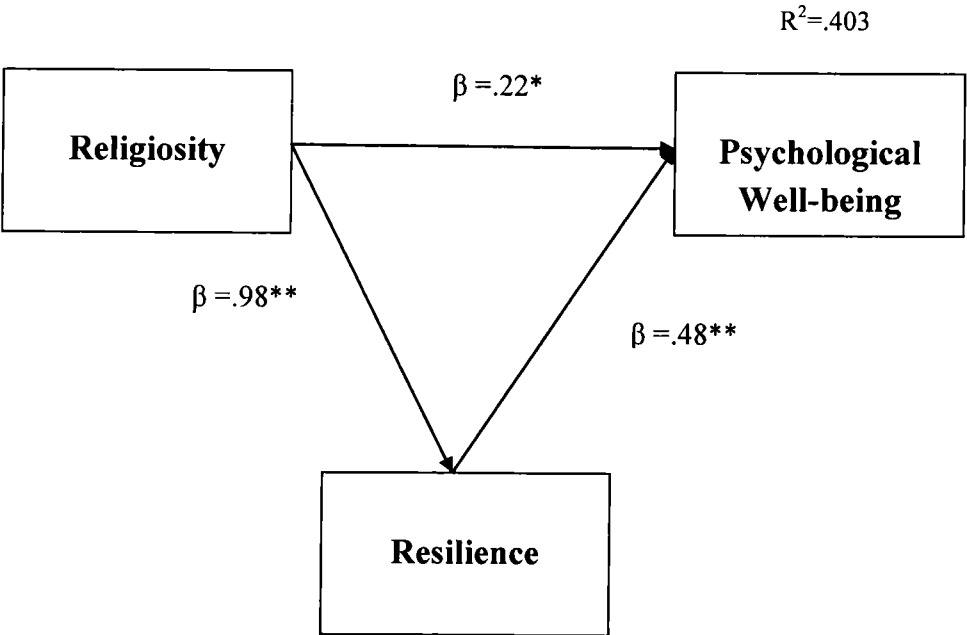


Table 10

The Moderating role of Resilience between Social Support and Psychological Well-Being among Flood victims (N = 400)

Variables	B	SE	p	R ²	F Change
Model 1				.301	2.45
(Constant)	41.21**	2.14	.00		
Social Support	.04	.05	.14		
Model 2				.305	26.87**
(Constant)	24.52**	3.56	.00		
Social Support	.13*	.04	.03		
Resilience	.45**	.04	.00		
Model 3				.428	18.02**
Social Support	.25*	.05	.00		
Resilience	.49**	.07	.00		
Social Support × Resilience	.94**	.46	.00		

p* < .05, *p* < .01

Table 10 shows moderating role of resilience between social support and psychological well-being among Flood victims. The results indicate that social support has significant positive effect on psychological well-being ($\beta = .25, p = .05$), resilience has significant positive effect on psychological well-being ($\beta = .49, p = .01$), resilience as a moderator (social support x resilience) has significant positive effect on psychological well-being ($\beta = .94, p = .01$). The value of R^2 is .428 which shows 42.8 % variance explained by the predictors and the interaction term in the outcome variable.

Figure 3: Path Diagram of Mediating Role of Resilience between Social Support and Psychological Well-being.

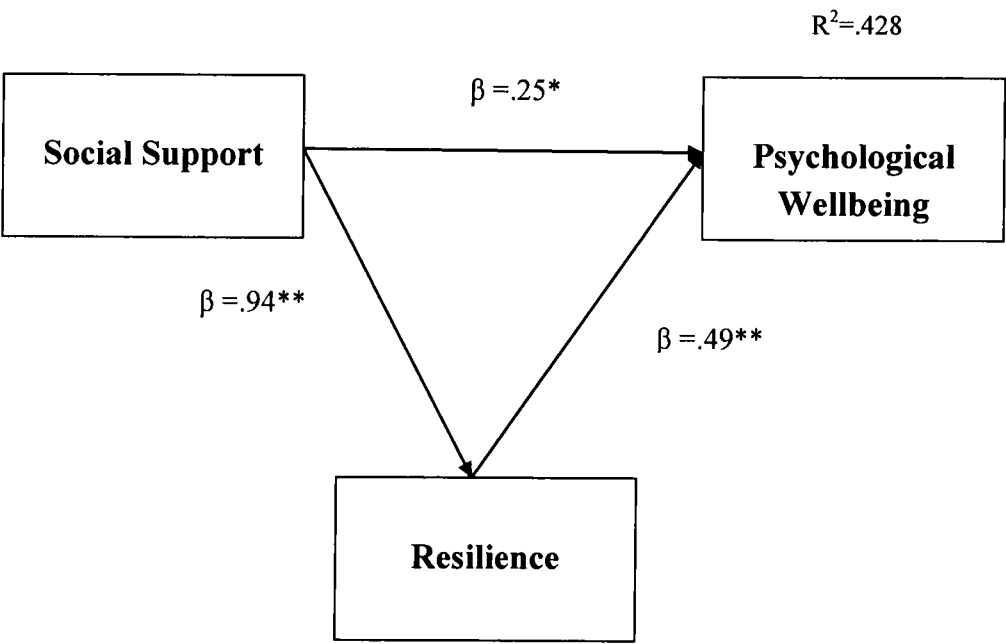


Table 11
Gender Differences in Social Support, Meaning in Life, Religiosity, Psychological Well-Being, and Resilience among the Flood victims (N = 400)

Variables	Female (<i>n</i> = 200)		Male (<i>n</i> = 200)		<i>t</i> (398)	<i>p</i>	95 % CI		Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			<i>LL</i>	<i>UL</i>	
1.Social Social Support	50.77	8.58	48.32	7.22	7.56	.00	.22	.56	.56
2. Meaning in life	43.62	6.39	40.20	4.23	3.22	.03	.34	.45	.98
3. Religiosity	38.29	3.33	32.22	2.89	2.11	.04	1.20	.56	.62
4. Psychological Well-being	44.60	6.24	38.33	5.34	4.25	.00	.12	.12	.55
5.Ego Resiliency	32.45	4.13	37.11	3.12	3.12	.04	.56	.33	.89

Table 11 shows gender differences in social support, meaning in life, religiosity, psychological well-being, and resilience among the flood victims. Results showed that female scored significantly higher on social support, $t(398) = 7.56, p < .00$; meaning in life, $t(398) = 3.22, p < .03$; religiosity, $t(398) = 2.11, p < .04$; and psychological well-being, $t(398) = 4.25, p < .00$ whereas males were significantly higher on resilience $t(398) = 3.12, p < .04$. The findings are interpreted in discussion.

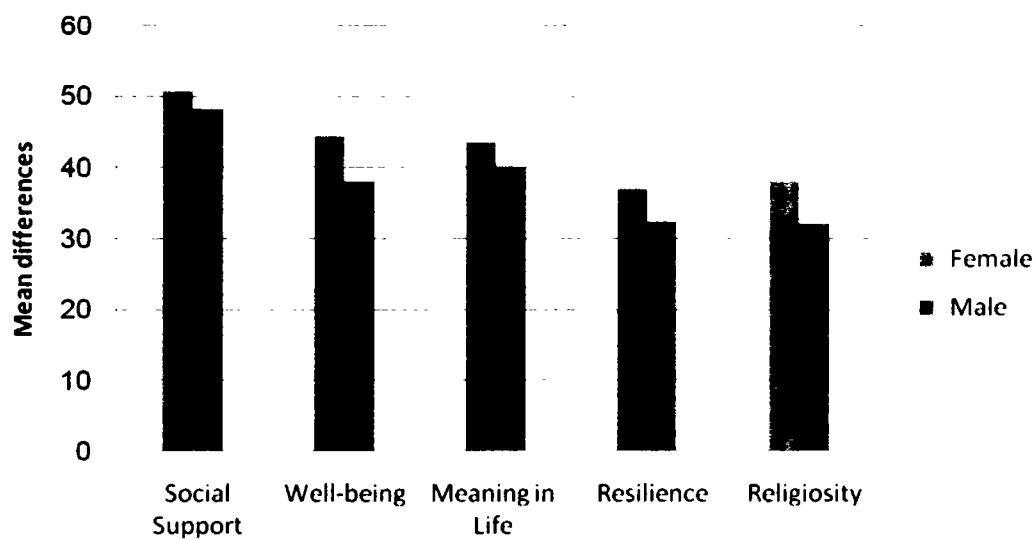


Figure 4. Gender differences in social support, meaning in life, psychological well-being, religiosity and resilience among the flood victims.

DISCUSSION

Chapter-IV

Discussion

The purpose of current study was to examine the impact of personal and social determinants (i.e. meaning in life, religiosity and social support) in the prediction of psychological well-being: moderating role of resilience among the flood victims. The psychometric properties were established. Alpha reliability analysis made it clear that all scales had satisfactory alpha reliability. The aim of using an applicable instruments were used for scores on dissimilar items to be associated with (internally consistent), other than for each to provide some special information as well.

However, keeping in view the opinion process utilized, estimation of alpha can get on any significance value less than or equal to 1, which comprises on negative or unenthusiastic values, though just positive or constructive values seem sensible (Ritter, 2010). High value of alpha is additionally agreeable and reliable. Some analysis experts say, as a rule of thumb, need a reliability of 0.70 or high (obtained on a substantial sample) before they use any test or tool (Nunnally, 1978).

The first hypothesis of the study stated that, “social support would positively predict psychological well-being among flood victims.” The hypothesis was acknowledged by the results achieved. Results showed that social support collectively considerable optimistic relationship with domains of psychology of well-being, particularly with respect to interpersonal relations. Results also indicated the significance of calculating social support as a multiple constructs and established that flood victim’s reaction procedure and carry out the main focus on psychological with important

requirements to facilitate or increase people and group of people's psychological health subsequently during the flooding disaster. The hypothesis is also retained by former research. Calamities, disasters and floods bring in stressors that challenge psychological well-being which results in negative emotional consequences. Subsequent the preliminary turn down in the common sense of psychology of well-being, in the large numbers of people are resilient to the risky effects of distress, save or recurring to the defending level of performance (Bonano, 2011). One significant self-protective factor strongly associated with psychological well-being that is perceived social support (Brown et al., 2003). Among the so many stressor faced by individuals' flood victims represents a unique category of crisis that can drag out social support in huge magnitude due to impact of such event in communities (Tyler, 2006). Social support is an important resource for communities & societies, especially experiencing catastrophes, disasters and floods. However, it depends upon the nature of flood (rapid- versus slow-onset, natural versus technological) to influence community level responses. The primary focus of the flood victim's research on perceived social support is to a larger extent, on rapid-onset of or flashy flood and to a lesser extent, on rapid-onset technological calamities (Cline et al., 2010). In spite of some specific social support is an emerging quality of an individual which is available in the previous constant in collective cultures for validating the precious norms and values as well as self-protective things of religious participation, (Seybold & Hill, 2001; Weaver, et.al 2003).

The second hypothesis of the study, "meaning in life and religiosity would positively predict psychological well-being among flood victims." The hypothesis was supported in the current study. Religiosity was also associated through psychological

well-being which is depicted from the findings of the present study. An optimistic association had been originated, particularly among much complexity in belief as well as overall psychological well being. Therefore, religiosity delivers positive psychological well being, result has been supported. It consists of some characteristic such as: (1) increased social support, (2) extended psychological resources, (3) positive health practices, and (4) stronger sense of coherence" (George et al., 2002; Harrison et al., 2005). Through the spiritual well-being assumption, religious belief developed among the internal stress brimful, complete disturbance in religious belief somewhere else. This significance deals with the initial stage, people established that non practicing religious individuals go to faith by these usual floods. It examined the religious association linked with personal scores of individual on psychological well-being. This indicates the signs for higher level of strong and secure religious belief. Those peoples who faced any sudden and traumatic event, disaster and flood have weak beliefs which are associated by an important individual psychological well-being. The results suggest that spiritual significance, after expected disaster or flood, were not possible to improve psychological well-being. However, determination or willpower in belief can be a significant level where individual can get relief or recover (Sibley & Bulbulia, 2012).

Religiosity is influenced by meaning of life. Meaning in life is a significant factor which influence in safety of usual floods among preys. Pakistan is a Muslim dominated country and majority of its population are muslims (97% are Muslims). Thus, their thoughts, and sense of life are influenced by Islamic teachings. All Muslims have belief on Allah, in the Quran (the Devine Book revealed to Hazrat Muhammad P.B.U.H). Allah

created mankind and the whole world, and every good and bad occurs with the will of Allah, and everything has gone back to Him.

Thus, according to Muslims belief, meaning in life is the result of refined psychological well-being. First Allah sent prophets in the world to communicate the message of Allah to mankind and advised them for their offences. The Quran has highlighted the heavenly rule of punishment and justice in many sections in Quran with detailed e.g., in surah Bani Israel (17:15). This shows that Muslim's perception and sense of existence after death, catastrophes and floods are too recognized through faith of fair earth philosophy which proposes that everybody come to be anything he gets, and it also brings about the great stage of psychological well-being, (Lederach & John, 2000). The results of this study go in line with faith in the world is decent, smooth essential, as well as for psychological wellness (Dalbert, 2001).

Being surrounded in a social network and social support resources that are responsive to stressful events having supportive impacts on adjustment; questions still remain as to how these two types of supports are associated with the prevention of stress, depression and other psychological problems. These two constructs can be used, as stress-buffering model states that support may serve as safeguard function through direct impacts on self-perceptions and other cognitive recourses or direct changes in problem-solving behaviors. This model is also supported in the indigenous context. According to pressure protection paradigm explains condition could help in cushioning purpose over directly influence of self-observations as well as other mental activities of directly variations in difficult problem solving behavior. The stress-buffer-ing model suggests that maintain of help may provide a buffer-ing position create shortest impacts on self-

awareness and some other mental actions or changes occurs in analytical behaviors. On the other hand, the insecurity about which of these potentials are more applicable for buffering impacts or about the relation among communal support and other mental and behavioral handling. It is exceptionally appropriate, as a result, to explore the relationship among communal support and their relationship to depression and stress (Brewin, Andrews, & Valentine, 2000; Lakey & Cronin, 2008). Both male and females, the structural models suggested powerful intervention effects for the intra-personal reserve traits of willpower of structural and practical communal support, the further healthy life actions in the post-flood episode. Support for moderator impacts with respect to connections between flood victim's stress level and resilience revival factors were nominal (King, et.al, 1998).

According to both gender, operational paradigms maintained established intervention influence in individual sources typical in determination, post flood crucial as well as practical social support, or extra damaging existence procedures in post flood stressful situations. Support work, as mediator, influences and protect esteem for networks among stressful situations as well as flexible retrieval factors were negligible (Kingston, Kohlberg, Jeong, Holt, & Goleman, 2000).

It is an increasing awareness of religious participation as a protective impact which can stop and increase the development of unwell-being, (McCullough & Larson, 1999; Koenig & Larson, 2001). In the meta-analysis of 139 self-determining researches explained that a tentative but significant harmful relationship among presence of religious participation and pessimistic indicators in all samples (Smith *et al.*, 2003). Aspects that defend illness in highest individuals levels and individual resources (e.g. self-

confidence), positive family or friend relations and exertion as well as society in our surroundings, can be reinforce an individual's capability to accomplish the difficult task there by nurturing liveness of adjustment (Werner & Smith, 1992; Rutter, 2000). More religiosity can add an expansion of suppleness in confident more insecure individuals, (Kasen et al., 2012).

The third hypothesis of the study "Resilience plays a moderating role between meaning in life, religiosity, social support and psychological well-being among flood victims" it was supported in the present study. Resilience is also found to be connected with meaning in life, religiosity, social support and psychological well being. Results indicated that the role of resilience as moderating with the association in psychological well-being as well as meaning of life, religiosity and social support. Resilience as moderator of psychological well-being is associated with the impacts of the concept of life, belief on religion and social networking is the excellence of someone's lives that can influence upon specific degree of psychological self-assertion and satisfaction. Resilience as moderator emphasizes on psychological well-being reflection and this reflection can help to predict future stresses of these traumatic episodes. It can be understood that people and societies can account for high levels of personal satisfaction beside the significant basic needs which can predict in times of stress, i.e., in the time of stressful situations. Researcher's emphasis on the psychological well-being and moderating role resilience as individuals who have high psychological well-being also have high level of performance, but those individuals and societies that are exposed to trauma or disaster (flood victims) their consideration on future psychological well-being and mental stress is being ignored. It was logical that psychological well-being is strongly linked to wellness and majority of

individuals with higher level of social support also have higher levels of psychological well-being, higher level belief on religion and the moderating role of resilience. There is obviously, considerable edge in the variables that add to psychological well-being and moderating role resilience among flood victims.

Commonly good health is defined in this way that: the absence of illness, psychological problems like sadness, ill-health and depressive features. Several factors which care well seem to be the determination of social support and main aspect of development in protection of well-being. A similar study aimed to perceive a physical condition of peoples as well as to expose the reasons it can play their role in protection for mental well-being. The previous scholars have identified large number of reasons which donated for well-being. These reasons contain not only on burning regular sleep patterns, well-maintained food as well as insignificant juice drinking. Moreover, an improved physical and psychological health is linked with strong social relationships. According to the latest research, the mutually concerned factors of marital stable enduring communication with family's relations as well as going to job and further public administrations (Brian, 2013).

In the same way, the researchers presented that an individual who suffers with some psychological problems, can join the group of such people who have psychological problem, which increase the psychological well being (Ornish et al., 1990). Such types of research studies are not simply unethical importance of mental health in social relations and healthy communication, however it propose such kind of management plans can really recover physical health as well as psychological or mental health. From many research investigations, it shows that female has a common feeling to cope with trauma

by the help of social relationship. By the comparison, males are willing to remove; possible sensation forced to follow in socialization label which assumes males select power as well as independence which seem that males should be well helped in keeping out of old-patterns of faith as well as following sympathetic social well-being?

The forth hypothesis of the study, “female participants would be higher on social support, psychological well-being and religiosity whereas male participants would be higher on resilience” and was moderately recognized through results. The findings of study are supportive. The hypothetical explanations suggested that gender might be an important variable (Olson & Schultz, 2006; Shumaker & Hill, 1991). Pakistan is a collectivist society due to which females have more opportunities of social support. Mannish related changes of social arrangement as well as social relations are observable during in lifespan, proposing that females as well as males vary the mode to contribute the social support (Canary & Babin-Gallagher, 2008). In Socialization the divergent masculine, by man socialization is frequently not stressing the manifestation of emotional state as well as highlighting further self-sufficiency, self-assurance and independence. Olson and Shultz (1994) emphasize women’s socialization processes of softness, warmth and cooperation. Earlier researches have acknowledged the overall results that females observe a better amount of social support in their surroundings; but fewer researches have measured the result of limited social support through assessment of communication in social support on the bases of stress. Few studies have indicated that the relations are influenced for men and women similarly.

Regarding social support, women are commonly persuaded to get information about higher psychological well-being such as men’s as well as try to someone for

sensitive support in trauma situation higher such as men organize (Taylor et al., 2000). So, women's have more psychological well-being and powerful inclination through availability as well as importance in social support related activities (Cyranowski et al., 2000). Similarly, contemporary studies illustrate such women as further depressive indications compared to men, such practice of lacking in social support (Slavin & Rainer, 1990). Women are usually persuaded them for social care associations while its sensational stress, slightly from managing in, contest vs. constrain, it is higher level comparison that men have the advantage of available support for restraining such results in anxiety (Taylor et al., 2000). According to numerous writers, the conflicting impact of social support in females seem powerful than males. Thus, the social support is more importance to higher risk taking children compared to higher level stress for children. Assuming, children tolerate further problems in maternal children conversation (Kaltiala-Heino et al., 2001; Olstad, Sexton, & Sgaard, 2001).

Social support influence and helps as a self-defensive feature such as the increase of hopelessness as well as stress symptoms for children in parent's sadness after well-being or anxiety situations. It can be thought that such problem in parental children communication required outcome is higher level indications in such social support is satisfactory. It can be said that this better result of social support was different in men as compared to women, for example, such scores were different for paternal and children communication, discriminate among children as well as offspring in amount of indicators are lesser in such situations, wherever further support observable. Furthermore, it is recommended that it would be part of depression and anxiety symptoms. It was explored

that in main difference in communication method among masculine, support as well as trauma; however it is simply for the good signs of mental- wellness.

It is generally observed that males have been found fairly comfortable and relaxed instead of females, according to research which contain mutually optimistic and undesirable actions in psychological well-being, For example, psychological well-being as well as psychological grievances (Global Gender Gaps, 2003). But, in the phases of stressful situations female have higher level of psychological well-being, (Lucas & Gohm, 2000; Wilhelm & Roy, 2003; Hankin & Abramson, 2001). So, adding of these evidences in concluding in sequence can be influencing on differences of individual well-being (Wood, Rhodes, & Whelan, 1989). Optimistic factors in individual well-being were combined; females described higher satisfaction compare to males. Therefore, separately symptoms are higher stages of negative consequence; female has too originated the high level of hopefulness (Lucas & Gohm, 2000). Lucas and Gohm, (2000) found that females in conventional states have more independence as well as greater equality which described high fair influence compare to males. The females described higher stages of mutually optimistic as well as shocking influences have recognized in greater sensitive supremacy of females (Diener, Sandvik & Larsen, 1985).

Male changes of stress respond as well as present complexity of females indicating more psychological problems as well as in feeling riveted presented superiority has described, (Boardman et al., 2008; Matud, 2004; McDonough & Walters, 2001). Self-identifying aspects can vary through masculinity of puberty. Becker & Lenhar., (2007), suggested that regularly replicated epidemiological conclusion of supremacy in women belongings in stress related psychological problems and according to greater stress in

publicity for disturbing events to men, might reproduce not only gender-related biotic changes it too precise masculinity-associated rigidity as well as existing responses in trauma. It was indicated that men as well as women can vary in types as well as stages in firmness or existing responses in disaster (flood) occurrence during, women were highly stressful for anxiety responses (Matud, 2004, McDonough & Walters, 2001; Regitz-Zagrosek, 2012).

According to (Frankl 1967: Antonovsky 1987), anxiety consequences are positive some times, life protection and expectations which are commonly of them underlined the importance of meaning in life and psychological well-being. According to Reker (2000), meaning as efforts to know what actions or response in life are appropriate into a stressful situation. It contains the process of constructive or important concept. It is simplified through common sense of stability as well as understanding of decision in life. It is “existential vacuum” rises to anyone who can ignore the sense of informed of an individual insight of whole gap, as well as insufficiency of determination or will-power for continuing journey toward life. Irresponsibility can seems similar a possible solution to decrease its distressing situations of daily life (Reker & Wong, 1988).

Conclusion

Resilience is considered as moderating variable in present research, which were discussed by psychologists, sociologists, educationists as well as many experts of different others fields. In brief, this philosophy discourses the powers that individuals as well as organizations validate to permit from the increase level of problems. As earlier scholars did not indicates any conclusion that males have higher level of resilience than women. It

is indicated that males have higher level of resilience than females. In adolescent, the youngsters male have higher level of resilience. In process of managing the complexity men had higher resilience than women, these variances remained incomplete. Teenage girls counted lesser in three of five further gage of a flexible degree instead of boys. Draining a risk as well as suppleness outline, girls recorded lesser compare to boys in two out of three negative features for educational success, and four out of six defensive aspects of educational achievement. Religion is considered as a set of beliefs related to sacred things. According to a large number of critics, religion is a versatile thing. It has intellectual, expressive, motivational as well as behavioral aspects and features. All of these aspects have been investigated by several researchers, the question of which the best understandable aspect of religiosity has commonly predictable a lesser concern through humor, which make any attempt toward the use of religiosity as stretchy phenomenon in their research. On the other side, the concept of psychological well-being has been well defined as positive part which is associated with internal qualities or domains of individual e g, self-acceptance, sense of independence and meaning in life, regulation of emotions, personal growth and quality of social relations. It is being as a positive behavior towards one's self and existence and it is inextricably related the development of desirable results of identity formation with ones mature decision-making, sense of competence, capacity to start, autonomy and regulation of individual's own emotions and behavior, which can also be explained as ones characteristics of being psychologically healthy. However, different methods of psychological well-being have been monitored through the investigators in the field of well-being. It indicates the signs for higher level of secure religious belief. Those peoples who faced any traumatic event

or disaster (flood) have weak beliefs are associated by an important individual psychological well-being. It is proposed that spiritual significance, after expected catastrophes or floods, were not possible to recover psychological well-being. However, determination in belief is a significant point where individual get healthy relief.

Strengths and Implications

- Flood victims are one of the most dynamic challenges in the recent-past situation of world and particular in Pakistan, which is the best application of the existing research.
- Research can support in labeling some kinds of psychosomatic remedy methods for targets of natural floods and catastrophe by the succeeding summaries as derived from the verdicts of the prevailing research. Moreover, the current study can also simplify the improvement for restoration of Flood victims.
- Resilience plays moderating role in the form of practical feature which has been addressed in this research. Generally researches have directed just pessimistic impacts of victims of floods. But, the current study has taken resilience into consideration as moderator which is protective factor against the various effects of floods. Thus after the growth of positive psychology, resilience can be successfully used for the retrieval of the trauma victims survivors.
- “Act of God” is also called natural catastrophes or floods are not directly controlled by human being. Such floods are abrupt, sudden, catastrophic and psychosomatically stressful in their scale and directly impact on human well-

being. Therefore, in the psychological restoration of these preys, personal and social psychological ideas have higher significance.

- More precisely social support is a significant social factor in the socialist and collective culture of Pakistan. In the same way, religiosity can be used to best explain the flood victims caused by “acts of God”.
- Resilience plays the most vital role of moderator in psychological retrieval and improving well-being of the flood victims. Resilience which is an affirmative characteristic has been addressed. Typically researches have focused just destructive impacts of losses of flood victims.
- Meaning in life and social support are basic factors that effects on psychological well-being as well as the moderating role of resilience among flood victims. Religiosity is influenced by Meaning in life. Majority of the residents of Pakistan are Muslims and consequently, their concept of meaning of life is embodied in Islamic teaching.
- For Allah gratification, according to Quran, entire Muslims are obliged to trust in one Allah, his exposes, his messengers, as well as in the "Day of Judgment". Quran also explain the main resolution for the creation of human beings which is as follows: "Blessed be he in whose hand is the kingdom, he is supreme power over all things, who created demise as well as life that he might examine which of you is best in deeds, and he is the almighty, the merciful" (Quran 67:1–2).
- All Muslims have belief that, Allah is the creator of this earth, and everything occurs in this world by the order of Allah. He has created man, and man will go

back to Allah after death. According to Muslims, meaning in life is decent outcomes of psychological well-being.

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ANNEXURES

Informed Consent**Annexure- A**

Department of Psychology, FSS
International Islamic University Islamabad

I am Ph D scholar Mr Mazhar Iqbal Bhatti at department of psychology, International Islamic university, Islamabad. Psychology department is doing a tremendous research work in understanding human behavior and providing suitable interventions from problematic behavior. I am conducting a research on *Personal and social determinants of psychological Well-being: Moderating role of resilience among Flood Victims*. This study does help in making a comprehensive framework for flood victims. The study further provides a comprehensive future planning in making an effective coping, psychotherapeutic role and counseling strategies for the effective rehabilitation of flood victims.

I assured you that all the information taken from you will remain confidential and will be used only and purely for research purpose.

Thank you very much for your cooperation.

Signature.....

Date.....

Annexure-B**DEMOGRAPIC SHEET**

1. **Name :** of Present Institute or Profession
2. **Gender:** Male / Female
3. **Age:** (in years)
4. **Residential Status :** Urban / Rural
5. **Marital Status:** Single / Married / Divorced / Widowed
6. **Qualification:** Metric, Intermediate, Graduate, Master, MS
7. **Designation** /-----
8. **Monthly Income:**-----

Annexure-C

The Warwick-Edinburgh Mental Well-being Scale

Below are some statements about feelings and thoughts.

Please tick the box that best describes your experience of each over the last 2 weeks

Statements	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

Annexure-D

Multidimensional Scale of Perceived Social Support

Instructions: We are interested in how you feel about the following statements. Read each statement carefully. Indicate how you feel about each statement.

- Circle the “1” if you **Very Strongly Disagree**
- Circle the “2” if you **Strongly Disagree**
- Circle the “3” if you **Mildly Disagree**
- Circle the “4” if you are **Neutral**
- Circle the “5” if you **Mildly Agree**
- Circle the “6” if you **Strongly Agree**
- Circle the “7” if you **Very Strongly Agree**

1.	There is a special person who is around when I am in need.	1	2	3	4	5	6	7	SO
2.	There is a special person with whom I can share my joys and sorrows.	1	2	3	4	5	6	7	SO
3.	My family really tries to help me.	1	2	3	4	5	6	7	Fam
4.	I get the emotional help and support I need from my family.	1	2	3	4	5	6	7	Fam
5.	I have a special person who is a real source of comfort to me.	1	2	3	4	5	6	7	SO
6.	My friends really try to help me.	1	2	3	4	5	6	7	Fri
7.	I can count on my friends when things go wrong.	1	2	3	4	5	6	7	Fri
8.	I can talk about my problems with my family.	1	2	3	4	5	6	7	Fam
9.	I have friends with whom I can share my joys and sorrows.	1	2	3	4	5	6	7	Fri
10.	There is a special person in my life who cares about my feelings.	1	2	3	4	5	6	7	SO
11.	My family is willing to help me make decisions.	1	2	3	4	5	6	7	Fam
12.	I can talk about my problems with my friends.	1	2	3	4	5	6	7	Fri

The items tended to divide into factor groups relating to the source of the social support, namely family (Fam), friends (Fri) or significant other (SO).

Annexure-E

Meaning in Life Questionnaire

Scale

Please take a moment to think about what makes your life and existence feel important and significant to you. Please respond to the following statements as truthfully and accurately as you can, and also please remember that these are very subjective questions and that there are no right or wrong answers. Please answer according to the scale below:

Absolutely Mostly Somewhat Can't Say Somewhat Mostly Absolutely
Untrue Untrue Untrue True or False True True True 1 2 3 4 5 6 7

1. I understand my life’s meaning.
2. I am looking for something that makes my life feel meaningful.
3. I am always looking to find my life’s purpose.
4. My life has a clear sense of purpose.
5. I have a good sense of what makes my life meaningful.
6. I have discovered a satisfying life purpose.
7. I am always searching for something that makes my life feel significant.
8. I am seeking a purpose or mission for my life.
9. My life has no clear purpose.
10. I am searching for meaning in my life.

Scoring:

Item 9 is reverse scored.
Items 1, 4, 5, 6, & 9 make up the Presence of Meaning subscale
Items 2, 3, 7, 8, & 10 make up the Search for Meaning subscale
Scoring is kept continuous.

Annexure-F

Ego Resiliency Scale

This scale consists of 14 items, each responded to on a 4-point Likert scale, ranging from 1 (*does not apply at all*) to 4 (*applies very strongly*). **Fourteen Questions record and add up your score.** Let me know how true the following characteristics are as they apply to you generally:

S.No	Statements	Does not apply at all (1)	Applies slightly (2)	Applies somewhat (3)	Applies very strongly (4)
1	I am generous with my friends.	1	2	3	4
2	I quickly get over and recover from being startled.	1	2	3	4
3	I enjoy dealing with new and unusual situations.	1	2	3	4
4	I usually succeed in making a favorable impression on people.	1	2	3	4
5	I enjoy trying new foods I have never tasted before.	1	2	3	4
6	I am regarded as a very energetic person.	1	2	3	4
7	I like to take different paths to familiar places.	1	2	3	4
8	I am more curious than most people.	1	2	3	4
9	Most of the people I meet are likable.	1	2	3	4
10	I usually think carefully about something before acting.	1	2	3	4
11	I like to do new and different things.	1	2	3	4
12	My daily life is full of things that keep me interested.	1	2	3	4
13	I would be willing to describe myself as a pretty “strong” personality.	1	2	3	4
14	I get over my anger at someone reasonably quickly.	1	2	3	4

Annexure-G

Religiosity Scale

مکمل طور پر متفق	کسی حد تک متفق	معتدل	کسی حد تک متفق	مکمل طور پر متفق
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1.	میں اپنے مذہب کے بارے میں پڑھ کر لطف محسوس کرتا کرتی ہوں۔			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	میں مسجد دروس رمیلا اور ختم میں جاتا جاتی ہوں، کیونکہ مجھے اس سے دوست بنانے میں مدد ملتی ہے۔			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	اس سے کوئی خاص فرق نہیں پڑتا کہ میرا عقیدہ کیا ہے، جب تک کہ میرے اندر اچھائی ہے			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	میرے لئے یہ اہم ہے کہ میں ذاتی سوچ اور عبادت میں وقت گزاروں۔			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	مجھے اکثر خدا کی موجودگی کا احساس شدت سے ہوتا ہے۔			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	میں خاص طور پر سکون اور تحفظ حاصل کرنے کے لئے عبادت کرتا کرتی ہوں۔			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	میں بھرپور کوشش کرتا کرتی ہوں کہ اپنی زندگی مذہبی عقائد کے مطابق گزاروں۔			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	مذہب مجھے دکھ اور مشکل میں سب سے زیادہ راحت مہیا کرتا ہے۔			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9.	عبادت سکون اور خوشی کے لئے ہے۔			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10.	اگرچہ میں غلطی ہوں مگر میری مذہبی سوچ روزمرہ کی زندگی پر اثر انداز نہیں ہوتی			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11.	میرا مسجد دروس رمیلا اور ختم میں جانے کا مقصد دوستوں سے ملاقات بھی ہوتا ہے۔			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12.	زندگی کے بارے میں میرا نظریہ میرے مذہب کے مطابق ہے۔			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13.	میں مسجد دروس رمیلا اور ختم میں اس لئے جاتا جاتی ہوں، کیونکہ مجھے وہاں جانے والوں سے ملنے سے خوشی ہوتی ہے۔			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14.	گوکہ میں مذہب پر یقین رکھتا رکھتی ہوں، اس کے باوجود زندگی میں اور بہت سی چیزیں زیادہ ضروری ہیں۔			

Flood Map

