

**Self concept, friendship breakup reactions and emotional behavioral  
problems among adolescents**



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**2016**

**DECLARATION**

I, Anam Fatima, ID: 14005146015, Student of MS Clinical Psychology in the subject of Clinical Psychology, Session 2014-2016, hereby declare that the matter printed in the thesis title " Self concept friendship breakup reactions and emotional behavioral problems among adolescents" is my own work and has not been printed, published and submitted as research work thesis or publication in any form in any university, research institution etc in Pakistan or abroad.

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### **Abstract**

Present studies investigate the relationship between self-concept, friendship breakup reactions and emotional behavioral problems in adolescence. A sample of 400 school students were selected through multistage sampling technique, comprising of 209 girls and 191 boys of 8,9 and 10 grades with the age range of 13-18years ( $M=14.56$  &  $SD=1.38$ ). The participants were given Friendship Breakup Reactions Scale (Sarraz&Saleem, 2016) Self Concept Scale (Rehman&Jabeen, 2015) and School Children Problem Scale (Saleem&Mahmood,2011) and demographic Performa. Hierarchical regression analysis revealed that boys show more mental health problems than girls as well as sense of loss and emotional exhaustion is the significant predictor of mental health problems. Further the results were discussed in the significance of its cultural context and its implications in the light of the child's growth and development.

## **Acknowledgements**

Foremost, I am thankful to the University of Management and Technology Lahore for providing me all facilities and assistance without them I couldn't complete my MS (Clinical Psychology). I would also like to thank Dr. Zahid Mehmood, Head of Institute of Clinical Psychology, UMT, the most adorable person who built a family and provide us an opportunity to be part of his family. I would like to thank Dr. Sadia Saleem, a great teacher who taught me to be humble and down to earth in every success of life. I would also like, to say special and big thanks to my teacher and supervisor Ms. Sara Subhan having faith in me, for her patience, kindness, emotional support, constructive advice and technical help. I would like to thank my all teachers of institute and class fellows for supporting me. I am also thankful to my participants of my thesis who participated in my studies. I would also thank to most beautiful creature on the earth my mother who supports me financially and emotionally throughout my life, especially in the critical situations and stressful situations of my life. She always stands with me in every ups and downs of life and always encouraged me in my studies. A great thanks to most beautiful mother, who helped me to complete my Ms (Clinical Psychology). I would also like to thank my husband Dr. Rehan Akhtar for standing by me at every day of my life. I would also like to thank my grandfather who is not in this world, but alive in my thoughts and as an inspiration for my survival. I also thank my beautiful parents for praying me and brought me in this world.

**Anam Fatima**

## **Chapter I**

### **Introduction**

The growth and development of children in an appropriate way is vital for the fortune of every nation in the world as children are subjected to continuous relationship developments and breakups in their lives (Aynsley, 2010). From last few years adolescents increased their friendships because of low self-concept they faced friendship breakups reactions and emotional behavior problems (Zhang, 2013).

Adolescence is an ever changing period. The age range of adolescent is 13 to 18 for boys and girls. Adolescent people use to alter self-concept according to their experiences in their lives because they evaluate themselves while considering others 'views (Cooly,2014).Self-concept is all about the complicated, ordered and zestful systems of ideology, conduct and perspectives about which a person thinks carry the true essence of his creation (Yahaya,2012).