

HOPELESSNESS AND SOCIAL SUPPORT AMONG ADOLESCENTS

BY

KOMAL RASHID

ID NO 13002142015

MSC

SESSION (2013-2015)

Supervisor

Dr. TehminaSaqib

A thesis is submitted in partial fulfillment of degree of Masters in Science in Applied

Psychology

PSYCHOLOGY DEPARTMENT

UNIVERSITY OF MANAGEMENT AND TECHNOLOGY

Lahore-Pakistan

DECLARATION

I Komal Rashid, solemnly declare that the work submitted in thesis is my own, and has not been presented to any other institution or university for the degree. Neither work has been plagiarized. It is an original work.

This work has been completed at the University of Management and Technology, Lahore.

Komal Rashid

Research Completion Certificate

Certificate that the research work contained in this titled “Hopelessness and Social Support among Adolescents” has been carried out and completed by Ms. Komal Rashid Student No 13002142015, Student of M.Sc Psychology, session 2013- 2015, under my supervision, this study is an independent research work and carried out under given instruction and ethical consideration.

Dated: _____

Dr. Tehmina Saqib

External Examiner

Dr. Iftikhar Ahmad

Dr. Abdul Hameed

Head of Department

Dean School of Science &

Humanities

CERTIFICATE

It is certified that MSc thesis titled “hopelessness and social support among adolescents”, prepared by Ms. Komal Rashid has been approved for submission to University of Management and Technology, Lahore.

(Dr. TehminaSaqib)

Supervisor

ACKNOWLEDGEMENT

I offer my humblest praise for Almighty Allah, the most merciful and beneficent, which blessed me with knowledge and encourage, strength and resilience to complete this task and enabling me to pursue endeavors of my life and all my respects for His last Prophet Hazrat Muhammad (PBUH), who gave my conscience the essence of faith in Allah.

I find it too hard to select the adequate words to express my deepest and honest gratitude to my loving parents and my brother and sister. Without their prayers and concern it would not have been possible for me to bear of this journey and life. Research work cannot be comprehensive and fruit bearing unless joint efforts of mind and soul are harnessed together. The entire helping hands and mind that showed real concern and backed me to complete my thesis.

The brilliance and excellence of my supervisor Dr. TehminaSaqib was the real source of inspiration throughout the project. Her guidance helped me in the quest to add more and accomplish my thesis. She put my wavered thoughts on the right track. I am really grateful to her.

Finally I want to convey my gratitude to our library staff, computer section, and administration staff as due to their cooperation and help I faced hardly any problem.

KOMAL RASHID

Table of Contents

Title	Page No.
Cover page	
Title page	i
Certificate of approval	ii
Declaration	iii
Acknowledgement	iv
Table of contents	v
List of tables	viii
List of abbreviations	ix
List of appendices	x
Abstract	xi
Chapter I	
Introduction	1
Chapter II	
Literature review	4
2.1 Hopelessness and Age	5
2.2 Hopelessness and Gender	5
2.3 Hopelessness and Family Type	6
2.4 Hopelessness and Depression	7
2.5 Hopelessness and Suicide	9
2.6 Social Support	9

2.7 Social Support and Gender	10
2.8 Social Support and Age	10
2.9 Hopelessness and social support	11
2.10 Summary	12
2.11 Rationale	12
2.11 Hypotheses	13
Chapter III	
Method	14
3.1 Research design	14
3.2 Sample	14
3.2.1 Inclusion criteria	14
3.2.2 Exclusion criteria	14
3.2.2.1 Table 1	15
3.3 Operational definition	15
3.3.1 Hopelessness	15
3.3.2 Social Support	15
3.4 Instruments	16
3.4.1 Demographic Information	16
3.4.2 Children's Hopelessness Scale	16
3.4.3 Vaux Social Support Record	16
3.4.4 Procedure	17
Chapter IV	
Results	18

Chapter V

Discussion	22
5.1 Conclusion	24
5.2 Implications	25
5.3 Limitations	26
5.4 Suggestions	26

References**Appendices**

List of Tables

Title		Page No
Table 4.1	Correlation between Hopelessness and Social Support (N=140)	18
Table 4.3	T-test for Age on Hopelessness	19
Table 4.4	T-test for Age on Social Support	19
Table 4.5	T-test for Gender on Hopelessness and Social Support (N=140)	20
Table 4.6	T-test for Family Type on Hopelessness and Social Support (N=140)	20

List of Abbreviations

LOT	Life Orientation Test
BHS	Beck Hopelessness Scale
SPSS	Statistical package for social science
M	Mean
SD	Standard Deviation
LL	Lower Limit
UL	Upper Limit
CI	Confidence Interval

List of Appendices

Appendix-A Permission letter for data collection

Appendix-B Assessment Measures

Appendix-B1 Demographic sheet

Appendix-B2 Children's Hopelessness Scale

Appendix-B3 Vaux Social Support Record

Appendix-C Plagiarism Report

ABSTRACT

Present study investigated the relationship between hopelessness and social support in adolescents. It was hypothesized that there will be negative correlation between hopelessness and social support. A sample of 140 adolescents was selected through convenient sampling technique, comprising of 70 males and 70 females of 8th to 12th grade with age range of 13-18 years. Children Hopelessness Scale (Kazdin, Rodgers & Colbus, 1986) and Vaux Social Support Record (Vaux, Phillips, Holly, Thompson, Williams & Stewart, 1986) were used to collect data from 140 adolescents. Demographic information included gender, age, and family type. There is significant negative correlation between hopelessness and social support. It means that participants who have higher hopelessness perceive a lower degree of social support in their life. There are no gender differences when the two variables of hopelessness and social support are analyzed. Girls and boys did not differ significantly from each other when their scores on hopelessness and social support were compared.

Key words: Hopelessness, social support, adolescents.