

**Mental Health Problems, Perceived Social Support and Subjective Well- Being of  
Adults in Pakistan: A Comparison of Marital Statuses in Pakistan**



Master Thesis: PY 499

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Degree of M.Sc in Psychology

**Department of Psychology, University of Management and Technology, Lahore**

## Research Completion Certificate

Certificate that the research work contained in this thesis titled “Mental Health Problems, Perceived Social Support and Subjective Well- Being of Adults in Pakistan: A Comparison of Marital Statuses in Pakistan” has been carried out and completed by **Ms. Rabia Lubna** **Student No: 13002142012**, 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 consideration.

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## Declaration

I, Ms.RabiaLubna, student No. 13002142012, student of M.sc in the subject of psychology, session of 2013-1015, hereby declare that the material printed in this thesis titled “Mental Health Problems, Perceived Social Support and Subjective Well- Being of Adults in Pakistan: A Comparison of Marital Statuses in Pakistan” is original work and has not been printed, published or submitted as research work, thesis or publication in any form in any university, research institution in Pakistan or abroad.

Dated:

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Signature of the Declarer

Dedication

This thesis is dedicated to my parents, my dear father Muhammad Akram Bajwah and my beloved mother Bushra Akram, for their care, love, support and encouragement in completing my thesis.

## **Acknowledgment**

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**Abstract**

Marriage is considered to be the basic structure for life and family system and it plays a dynamic role in sustaining an individual's psychological health (Kim & McKenry, 2002; Williams, 2003). The objective of this study was to examine impact of marital status on mental health, perceived social support and subjective well-being. It was hypothesized that marital status has significant effect on mental health, perceived social support and subjective well-being. In present study the participants comprised of 105 adults, (married=51, unmarried=54, male=57, female=48) from Lahore ages between 22 to 58 years. The participants were selected through simple random sampling technique. Mental health, perceived social support and subjective well-being of participant were assessed by administering Mental Health Inventory (Veit & Ware, 1983), Multidimensional Scale of Perceived Social Support (Zimet, Dahlem, Zimet & Farley, 1988) and Satisfaction with Life Scale (Diener, Emmons, Larsen, & Griffin, 1985) respectively. Descriptive statistics were applied to obtain descriptive characteristics of sample. Multivariate Analyses Of Variance and Person Product Moment Correlation were applied to test proposed assumptions. Overall no significant differences were observed except some of the dimension such as emotional ties ( $F=4.34, p=.04^*$ ) perceived social support ( $F= 5.547, p<.022^*$ ) and subjective well-being ( $F= 9.46, p<.00^{***}$ ), ( $F=4.405, p<.041^*$ ). Married participants scored high in these domains than their unmarried counterparts. Correlation analysis indicated significant positive correlations between perceived social support and subjective wellbeing for both married and unmarried adults. Results of present study were discussed in relation to previous findings and theoretical orientations. Findings of this research will help to decrease the apprehensions associated with fear of marriage as marital statuses does not influence in a way as generally perceived in Pakistani culture.

*Keyword:* Marital Status, Mental Health, Perceived Social Support And Subjective Well-Being.

