

Attachment, Humor Style, and Psychological Distress in Young Adults



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
Lahore

2024

DECLARATION

DECLARATION

I **Amina Shamshad**, ID **F2019381031** student of **BS. Clinical Psychology** in the subject of **Clinical Psychology, session 2019-2024**, hereby declare that the matter printed in the thesis entitled '**Attachment, Humor Style, and Psychological Distress in Young Adults**' 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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Acknowledgment

I want to sincerely thank Allah Almighty, the Most Merciful and Compassionate, for providing me with the fortitude, direction, and tenacity I have needed during this academic endeavor.

I would like to express my deep gratitude to Ms. Arfa Javed, who has been an important source of guidance, insightful critique, and unwavering support during the completion of this thesis.

Your support, friendship, and understanding, have inspired and delighted me. Your presence has added even greater significance to this journey.

My sincere thanks are extended to my family for their selfless support, love, and sacrifices. My strongest source of support has been your unfailing faith in me.

Special thanks to my friends who helped me in my research work. One of my friends, Zoya Shabir, who helped me in data collection. Your support, friendship, and understanding, have inspired and delighted me. Another friend, Fatima Nazim helped me in every problem. My life has been much enhanced by your friendship, and I am incredibly appreciative of your company on this trip.

Finally, but just as importantly, I thank myself for my personal commitment, perseverance, and hard work, all of which have helped me succeed in my attempt.

Dedication

This thesis is dedicated to my parents, whose presence has brightened even the darkest academic struggles, for their constant support, hurdles, financial support, encouragement, and companionship.

I dedicate this thesis to myself, in appreciation of the self-belief, resilience, and persistence I have developed throughout my academic career. I hope it serves as a reminder of our inner strength and a monument to our capacity to overcome obstacles and realize our goals.

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List of Abbreviations

AQA	Attachment Style
MHI	Psychological Distress
HSS	Humor
MHI F1	Low Self-image
MHI F2	Being Dysfunction
MHI F3	Psychosomatic Problem
HSS F1	Affiliative Humor
HSS F2	Self-Enhancing Humor
HSS F3	Aggressive Humor
HSS F4	Self-Defeating Humor
SPSS	Statistical Package for Social Sciences
UMT	University of Management and Technology
<i>N</i>	Sample Size
<i>M</i>	Mean
<i>SD</i>	Standard Deviation
<i>f</i>	Frequency
<i>%</i>	Percentage
<i>α</i>	Alpha
<i>t</i>	Sig. (2-tailed)

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Abstract

This study aimed to look at young adults' attachment, humor styles as independent variable and how it affects psychological well-being of young adults. Data was collected from different institutes from Lahore. A correlational research approach was used to determine the relationship between attachment, humor, and psychological distress. A purposive sample technique was used to collect the data from 225 participants from public and private institutes, 93 of them were male and 132 females. Due to certain difficulties with participant recruitment, including time limits making it impossible to contact new participants, restricted access to target demographics, and financial limitations to reach participation, data was collected limited. Different measures which include Attachment Style Scale (Hazan & Shaver, 1987), the Humor Style Scale (Martin et al., 2003), and the Psychological Distress Scale (Naseem & Ijaz, 2021) were used to measure attachment style, humor style and psychological distress. The Pearson correlation and t-test analysis were employed in the investigation. The findings of correlation analysis demonstrated a negative link between humor and psychological distress. Ultimately, this research emphasizes how important parenting practices are for young adults' mental health and how important humor is as a coping strategy.

Keywords: Attachment Style, Humor Style, Psychological Distress, Young Adults, Undergraduates

Chapter 1

Introduction

Young adults are a vibrant and diverse group of people who are usually between the ages of 18 and 25. They are people who are negotiating the difficult transition from adolescence to adulthood (Fortuna et al., 2011). A plethora of life-changing events, such as going back to school, starting a career, and developing independent identities, define this stage (Bartholomew & Horowitz, 2016). Exploration, self-discovery, and the formulation of individual ideals and objectives characterize young adulthood. Intimate relationship formation, job trajectory shaping, and striking a balance between autonomy and newly acquired obligations are among the difficulties faced by those going through this phase (Christensen et al., 2018). Young adulthood is a crucial time of growth and change because of its distinct blend of hopes, doubts, and the quest for independence, which together characterize its complex tapestry. Throughout this time, attachment dynamics are crucial in determining how young adults establish and preserve emotional connections with others, which in turn shapes their sense of security and independence (Aronson & Jaffal, 2021). Furthermore, humor has a significant function as a social glue and coping strategy, assisting young adults in overcoming the difficulties of this transitional stage with fortitude and optimism. However, some people may endure psychological distress in the midst of their quest for independence and self-discovery, which is a reflection of the pressures of scholastic, professional, and interpersonal responsibilities (Chen et al., 2016). Young adulthood is characterized by a varied range of experiences that are densely mosaiced together by the interaction of attachment, humor, and psychological well-being (Fortuna et al., 2011).

Our knowledge of interpersonal dynamics and human relationships is largely based on John Bowlby's attachment theory, which was first put forward in the late 1960s (Bowlby, 1969). Bowlby proposed that an individual's attachment style, which ultimately affects how they interact and connect with people throughout their lives, is shaped by the early relationships made between newborns and their primary caregivers.

A psychological framework known as attachment theory examines the psychological underpinnings and effects of intimate relationships. It incorporates ideas from a number of disciplines, including cognitive developmental and social cognitive psychology, primate ethics, psychoanalytic theory, stress and coping theories, and current studies on affect regulation, relational interdependence, personality development, and personality development (Bartholomew & Horowitz, 2016). The idea, which dates back to the 1960s and 1970s, highlights the part attachment security plays in both social and personal difficulties, including intergroup interactions, prosocial behavior, self-esteem, person perception, interpersonal behavior, and exploration and achievement (Christensen et al., 2018).

Attachment in young adults refers to the emotional links and connections they develop with significant persons, influencing their sense of security, closeness, and the ability to navigate interpersonal interactions as they transition from youth to adulthood (Aronson & Jaffal, 2021). According to attachment theory, interactions with primary attachment figures in early childhood have an impact on relationships in adulthood. People form internal working models of both others and themselves. Self-models are founded in self-worth, whereas other models are based on dependability and credibility (Givertz et al., 2013). While insecure people have bad aspects, secure people have both

positive aspects of themselves and other models. While attachment avoidance is associated with positive self-values but negative other models, attachment anxiety is correlated with negative self-model values and positive other models (Akdoğan, 2017). Attachment to secondary attachments, such those to siblings, friends, and love partners, is predicted by the security of primary attachment. There isn't a single, lasting type of attachment for every relationship, and the nature of each attachment relationship may have a varied impact on mental health. Young people' use of secondary attachment is understudied, particularly when there is uncertainty in relationships that go beyond primary attachment. It's critical that the primary and secondary attachment relationships are of a high caliber (Tomitaka et al., 2019).

In human children, attachment security is acquired through strong memories, presumptions, and expectancies regarding the responses of caregivers and the efficacy of potential self-care efforts (Aronson & Jaffal, 2021). An individual's attachment system is shaped over time by internal working models of both self and other people. These models depend on expectations for access points to safety and security and adapt to contextual needs (Tomitaka et al., 2019). Working model variations are contingent upon the reactivity, sensitivity, and availability of attachment figures at difficult times (Chen et al., 2016).

The two main organized kinds of secondary attachment strategies, as defined by attachment theorists, are hyperactivation and deactivation of the attachment behavioral system (Tomitaka et al., 2019). In order to explain how babies react when their mothers are separated from them and when they are reunited with them, Ainsworth (1967) first introduced the idea of attachment patterns. Researchers from many psychological

subdisciplines developed additional attachment measures in the 1980s in an effort to expand the application of attachment theory into adolescence and maturity (Christensen et al., 2018). This suggests that attachment styles can be passed down through generations rather than being largely influenced by genetics (Aronson & Jaffal, 2021).

In young adults, attachment styles—which have their roots in early experiences providing care—have a big impact on intrapersonal and interpersonal dynamics. Secure, dismissive-avoidant, anxious-preoccupied, and fearful-avoidant are the four primary attachment styles (Byun et al., 2016). People who are securely attached typically build strong bonds with others and display closeness, trust, and useful coping skills. On the other hand, anxious and preoccupied people could be afraid of rejection, yearn for intimacy, and use hyperactivating coping mechanisms like constantly looking for confirmation (Aronson & Jaffal, 2021). People who are dismissive-avoidant may use deactivating coping mechanisms to emotionally distance themselves from others out of a fear of dependency. People who combine avoidance and anxiety tendencies, known as fearful-avoidant individuals, may have difficulty forming close relationships and use erratic coping mechanisms (Christensen et al., 2018).

Attachments to parents, friends, and romantic partners are strongly associated with psychological well-being and dynamic functioning, according to research (Tomitaka et al., 2019). Poor self-esteem, emotional wellbeing, poor self-perceived strengths, reduced adjustment on well-being measures, and increased difficulties with conflict resolution and constructive communication in relationships are all consequences of insecure attachments (Bartholomew & Horowitz, 2016). Higher levels of pain in dynamic relationships are also associated with insecure attachment patterns (Ross &

Fuertes, 2010). Though few research have looked at the roles that different types of relationships play in predicting psychological well-being and dyadic functioning, close connections are linked to both well-being and dyadic functioning (Li et al., 2020).

Attachment styles influence coping strategies and self-perception in intrapersonal domains. Emotional well-being is fostered by secure people's use of adaptive coping mechanisms and good self-image (Tomitaka et al., 2019). People who are anxious and concerned might struggle with self-doubt and turn to other people for validation. Dismissive-avoidant people may value their independence above all else, but they also have a hard time being vulnerable, which lowers their self-esteem (Mikulincer & Shaver, 2017). People who are fearful-avoidant may struggle with internal conflicts, swinging between a need for connection and a dread of being vulnerable (Chen et al., 2016).

Young people' attachment styles significantly influence how they handle and react to new events when they come across obstacles in their lives (Bartholomew & Horowitz, 2016). People who are securely linked often face obstacles with fortitude and confidence because they have strong internal connection models to fall back on (Li et al., 2020). When faced with difficulties, anxious or distracted people may become more in need of comfort and assurance, looking to others for affirmation. People who are dismissive-avoidant may take a self-reliant approach, minimising the effects of difficulties on their emotional health (Ein-Dor et al., 2011). People who are fearful-avoidant may struggle with internal conflicts, oscillating between a need for help and a fear of being vulnerable, which affects how they cope (Bartholomew & Horowitz, 2016). These answers show how young people' attachment styles impact how they respond to novel situations,

forming their intrapersonal coping strategies as well as their interpersonal interactions (Aronson & Jaffal, 2021).

Internal working models known as attachment orientations have an impact on one's own sense of value and the reliability of others (Li et al., 2020). Based on attachment anxiety and avoidance, researchers have created attachment orientations; safe attachments are defined by low anxiety and low avoidance, whereas insecure attachments are characterized by high anxiety or avoidance. Positive life outcomes are usually predicted by secure bonds (Santiago et al., 2017).

Collins and Read (1990) discovered a correlation between the view of individuals as supportable today and the presence of warm and welcoming parental ties during childhood. Adults who felt comfortable interacting with their parents and other family members expressed less worry about making promises or having certain intentions (Li et al., 2020). Positive interactions with moms boosted confidence, self-worth, kindness, and social awareness (You & Malley-Morrison, 2000). It is considered to be a safe attachment that supports them as they interact with their environment and create social circles that share their beliefs in their early adulthood. They encounter new obstacles in life, which fortifies them and enables them to alter their perspective on it. They also don't hesitate to take on new difficulties (Sibley & Liu, 2016).

In young people, the relationship between humor and attachment is deeply ingrained in social dynamics and coping strategies (Li et al., 2020). People that are securely attached frequently have a good sense of humor that they can use to overcome obstacles and build relationships with others (Conner et al., 2019). While dismissive-avoidant people may use humor to preserve emotional distance or divert from

vulnerability, anxious-preoccupied people may use humor to build intimacy and seek comfort (Christensen et al., 2018). People who are fearful or avoidant may have a complex humor style in which they alternate between withdrawing and showing closeness (Aronson & Jaffal, 2021). In this approach, humor serves as a coping mechanism as well as a reflection, illuminating the complex relationships between attachment types and the benefits of laughter for young people's social interactions and resilience (Wardhaugh, 2020).

As individuals transition into young adulthood, academic pressures also begin to increase as they juggle a heavy academic workload as well as sustaining themselves financially (Aronson & Jaffal, 2021). Parents' high expectations, increasing rivalry for academics, and a lack of individualized help from teachers are just a few of the stressors that young adults must deal with. A typical coping mechanism for these stressors is humor, which helps people detach from unpleasant memories and relax (Li et al., 2020). On the other hand, inappropriate comedy can be harmful. People get less and less able to understand and enjoy comedy as they get older, especially caustic humor (Torquati & Raffaelli, 2014). Compared to older adults, young adults are more prone to employing toxic humor (Ginsberg et al., 2014). A study discovered a positive association with harmful humor styles and a negative correlation with avoidant attachment and compassion. Avoidant people avoid excessive intimacy because they feel uncomfortable being too close or intimate (Aronson & Jaffal, 2021). They have a small number of amusing interactions in intimate relationships and employ self-defeating humor. Attachment avoidance and aggressive humor are positively correlated, enabling avoidant people to coexist with and among others (Ross & Fuertes, 2016). A slight propensity to

employ affiliative humor and harmful humor styles are positively correlated with anxious attachment (Christensen et al., 2018). Affiliative humor is negatively correlated with attachment anxiety, indicating that its use is motivated by a sense of security (Hektner et al., 2017).

Anxious attachment is linked to a decreased propensity to create comedy and a reduced use of coping and self-enhancing humor (Aronson & Jaffal, 2021). Self-enhancing humor is adversely correlated with anxiety dimensions. Increased usage of maladaptive humor is correlated with higher degrees of attachment insecurity, which is correlated with increased distress (Umemura et al., 2017).

According to Freud's theory, humor functions primarily through two mechanisms; "displacement" and "condensation" (Hektner et al., 2017). Condensation is the economy of thought and expression and the preservation of psychic energy; displacement, on the other hand, displacement is the transference of psychic energy resulting from conflict or incongruity to a comic tale, which provides relief (Aronson & Jaffal, 2021). Although Freud thought that developing a sense of humor may help release repressions (i.e., unconscious conflictual material), humor can also be damaging, especially when it comes to self-deprecating sarcasm and irony (Arnett, 2016).

Humor has five main purposes for both individuals and groups, according to Kahn; coping, reframing, communicating, expressing animosity, and building hostilities (Hektner et al., 2017). People who use humor as a coping strategy are able to handle hardship or bad luck (Somantico et al., 2018). This is accomplished by realizing the paradox of thinking that one is the only one going through hardship, which heightens one's feeling of humanity (Conner et al., 2019). Reframing is a type of cognitive

reappraisal with affective components that entails taking a fresh perspective on things. Humor in communication can be a discrete method to ask for assistance (Santiago et al., 2017). In actuality, potential helpers are less likely to assist someone who often complains and will steer clear of them. Humor helps them to let down their guard and communicates that, even in situations where assistance is required, the person asking for it is generally capable of handling things and won't put an excessive load on those providing it (Christensen et al., 2018). Naturally, this can also backfire; if humor is used to minimize issues, friends may believe that no assistance is required (Clement et al., 2015).

When used to convey animosity, humor—especially sarcasm and irony—can be highly sophisticated ways to express rage and criticism (Conner et al., 2019). These attacks are difficult to respond to because they avoid using reason or reasoned discourse. Again, depending on the fundamental degree of comprehension and trust that exists between the speaker and the listener, this could have both beneficial and negative effects (Santiago et al., 2017). Irony and sarcasm directed toward oneself can be quite damaging. A person conveys their fun-loving, laid-back, and pleasant company by displaying a sense of humor, a process known as identity construction (Christensen et al., 2018). On the other hand, folks who find too much humor may conclude that a person is shallow and immature. Once more, a balance must be achieved (Conner et al., 2019).

A coping strategy for stress and unpleasant feelings like fear or anxiety is humor (Christensen et al., 2018). It can lessen the weight of uncomfortable feelings and is categorized as emotion-focused coping. There are several ways that laughing can enhance one's health and wellbeing (Conner et al., 2019). However, a 2021 study found that

depending on the delivery, humor can be hazardous. According to psychotherapist Sigmund Freud, humor can be damaging depending on how it is utilized, even though it may appear benign at first (Santiago et al., 2017).

The capacity for humor, or the ability to find comedy in circumstances, can be a helpful coping mechanism for handling difficult situations (Christensen et al., 2018). It lessens symptoms, improves psychological well-being, and lessens perceived stress. In therapies, humor serves as a therapeutic tactic, especially in positive psychology (Conner et al., 2019). A number of reviews and meta-analyses have looked into the mechanisms behind humor's therapeutic effects (Santiago et al., 2017). Stress, anxiety, sadness, and psychological discomfort are reduced, optimism, social interactions, and life satisfaction are increased, and it aids in the long-term maintenance of favorable affect states (Christensen et al., 2018).

Affiliative, Positive reappraisal, and Self-enhancing are considered as positive humor; whereas Self-defeating and aggressive are negative humor. Affiliative humor can be described as friendly, jovial, and lighthearted. It contains things that most people would find entertaining and find offensive, such brilliant or witty jokes and funny stories (Conner et al., 2019). Positive reappraisal also known as reframing; this technique involves attempting to find the amusing parts of a tense situation. It helps to change the way one sees the situation—from one of threat to one of opportunity (Christensen et al., 2018). Self-enhancing is related to positive reappraisal, usually refers to keeping a lighthearted attitude on life, making light of your own little mistakes, or quietly finding amusement in the strange things that happen to you every day (Santiago et al., 2017). In negative humor, Self-defeating refers when one makes jokes about yourself in an attempt

to relate to people, this happens (Christensen et al., 2018). In aggression, when humor hurts other people, it's deemed aggressive. This includes things like constantly making fun of other people or making them feel horrible in an effort to cheer oneself up (Conner et al., 2019).

The usage of various comedy patterns affects emotion regulation processes in different ways, which affects a person's affect and level of life satisfaction (Santiago et al., 2017). Positive comedy, like cognitive reappraisal, has a unique ability to remove someone from a bad emotional state (Christensen et al., 2018). Humor as a coping mechanism for difficult circumstances that produce intensely happy feelings has the ability to lessen negative affective states (Kruse & Prazak, 2006).

Additionally, humor, ubiquitous and complex human phenomena, has a considerable influence on interpersonal dynamics, communication, and social interactions (Martin et al., 2003). It acts as a special prism through which we may look at the complexities of interpersonal relationships. The relationship between humor and attachment in young people is still largely unexplored, despite the fact that both concepts have received a lot of attention in psychology (Santiago et al., 2017). In the setting of young adulthood, this study aims to explore the unique interactions between attachment style, comedy style, and interpersonal style (Christensen et al., 2018). It is especially important to examine the developmental stage of emerging adulthood because it is defined by a period of identity discovery and altering social roles (Arnett, 2000). This is because it involves major changes in how people navigate their social environments. This research intends to provide insight on the complex dynamics that young adults confront as they create connections and construct social support networks by investigating how

attachment patterns and humor styles diverge and converge within the context of interpersonal interactions (Santiago et al., 2017).

Humor in many forms can function as both response- and antecedent-focused emotion management techniques (Christensen et al., 2018). Response-focused regulation may be linked to harmful humor, which represses negative emotions and exacerbates depressive symptoms, whereas antecedent-focused control may support adaptive humor (Picard & Blanc, 2013). According to research, young adults who have an easier time managing and changing negative emotional reactions are more likely to succeed in their endeavors and experience greater levels of life satisfaction (Ellis et al., 1980).

Maladaptive humor types were linked to bad affect in young people, whereas adaptive humor styles were linked to better mental health, greater life satisfaction, and positive affect in young people (Santiago et al., 2017). Recent research, however, has shown variations in the ways that collectivistic societies employ humor; some studies have even found that Eastern nations employ more maladaptive humor than other cultures (Christensen et al., 2018). Another component of humor whose relationship to emotion regulation varies is humor's ability to control emotions. Another model that ignores the behavioral and cognitive aspects of emotion regulation is coping, which is changing one's actions and thoughts to meet demands that are seen to be excessive and straining one's resources (Tsai et al., 2021).

Moreover, according to Martin et al. (2013), humor is a ubiquitous and complex human activity that spans a variety of cognitive, emotional, and social processes. It has a unique capacity to reshape interpersonal relationships, improve communication, and improve social interactions (Christensen et al., 2018). Humor is a complicated social

instrument that impacts both individual and group psychosocial processes and serves as more than just a means of amusement. Four main comedy idioms have been distinguished by humor researchers (Martin et al., 2003); Aggressive, Self-Enhancing, Affiliative, and Self-Defeating Humor. People frequently utilize a variety of these types in various social contexts since the employment of humor styles is context-dependent rather than fixed (Martin et al., 2003). The precise humor a person uses may affect how they connect with others, how they feel emotionally, and how well their relationships work as a whole (Christensen et al., 2018).

According to research, psychological distress in young adults is inversely correlated with having a good sense of humor. People who use humor as a coping strategy frequently report feeling less distressed and having better mental health (Child & Lawton, 2020). There is a strong correlation between humor, interpersonal connections, and stress control. Humor is essential for resilience and stress management. Studies on the connection between distress, humor styles, and attachment are, however, scarce (Ahmad Dar & Deb, 2020).

The relationship that exists between young adults' psychological suffering and humor highlights the therapeutic value of laughter in reducing stress and improving mental health (Christensen et al., 2018). Having a healthy and flexible sense of humor is a coping strategy for overcoming obstacles in life and is frequently linked to decreased levels of psychological distress (Wardhaugh, 2020). Young adults who are able to laugh under trying circumstances may feel less stressed out by pressures and have a more resilient outlook. On the other hand, those who have a restricted or maladaptive sense of humor may find it difficult to deal with psychological anguish, which could make

emotional troubles worse (Christensen et al., 2018). Gaining knowledge about the function of comedy in the setting of psychological distress can help one develop a constructive and positive attitude toward humor, which in turn can improve one's general mental health and well-being (McLeod, 2009).

On the other hand, not much is known about youth mental health in Australia or other countries. Research on the mental health of teenagers has frequently been hampered by sample sizes that are limited to clinical populations, particular geographic areas, or occupational categories (Christensen et al., 2018). Consequently, there is a dearth of a national profile of teenagers' mental health. Research already conducted shows that teenagers have a very high degree of psychological suffering, with girls reporting worse mental health than boys for the majority of mild affective disorders, especially depression (Kim et al., 2015).

Although there is substantial evidence of a gender difference in psychological distress, the age or maturation effect has rarely been investigated since cross-sectional samples with a narrow age range are typically used. More studies are conducted on the consequences of life events than on maturation effects, such as dropping out of school and losing one's job (Trevino et al., 2012).

Young people' emotional landscape is complicated and frequently veiled by psychological distress, where humor can act as both a shield and a weapon (Jackson & Finney, 2012). Young people face a variety of stressors as they negotiate the turbulent terrain of emerging adulthood, such as scholastic expectations, employment uncertainty, and the search for personal identity (Trevino et al., 2012). Humor thereby serves as a dual-purpose weapon, relieving the strain of these difficulties while also masking the

depths of emotional pain. It acts as a coping mechanism by providing brief moments of humor in the midst of hardship and encouraging relationships via shared laughter (Kim et al., 2015). Humor is a difficult and frequently disregarded component of young adult well-being since it may also serve as a façade, concealing psychological anguish that lies under the surface. Understanding the intricacies of young people's emotional experiences and creating effective support and intervention strategies as they navigate this crucial stage of life require unraveling the dynamic interplay between humor and psychological suffering in them (Glozier et al., 2010).

Young adults' psychological distress is a complex and ubiquitous problem that includes a wide range of emotional and mental difficulties (Meeske KA et al., 2001). Identity discovery and a variety of pressures are common during this era of life, which is characterized by the passage from adolescent to adulthood. Distressing feelings can start to appear as a result of higher education pursuit, work goals, financial independence, and personal connection building. The difficulties that young adults frequently face include worry, despair, self-doubt, and uncertainty about the future. The expectations of self-discovery, academic commitments, and social pressures can all make these emotional difficulties worse (Glozier et al., 2010). It is crucial to comprehend the intricacies of young adults' psychological suffering in order to develop effective support measures for their resilience and well-being during this crucial time in their lives (Glowacz & Schmits, 2020).

Young adults' complicated emotional experiences are woven into a mesmerizing and rich tapestry by the complex interplay of attachment types, humor preferences, and psychological suffering. Our emotional ties throughout life are built on the foundation of

attachment, which has its roots in early relationships with caregivers. One's reactions to stress and emotional difficulties can be greatly influenced by how one clings to others. Humor enters the picture, and it becomes clear that not all laughter is made equal (Llabre et al., 2015).

Young adults may use humor as a coping tool or as a possible source of suffering depending on whether it is self-enhancing, affiliative, aggressive, or self-defeating. While some people may use comedy as a coping tool, others may use it defensively.

Understanding the interactions between these factors is essential to figuring out how connection, humor, and distress interact to build the emotional landscapes of young people. This complex link provides the way for insightful understandings of the multidimensional character of young people's psychological well-being (Kaysen et al., 2014).

Aim

The study aims to find the relationship between Attachment, Humor style, and Psychological Distress in Young Adults.

Objectives

There were following objectives of the study:

- To identify the relationship between attachment, humor style and psychological distress in young adults.
- To identify the predictors of psychological distress.
- To find out the differences in demographic variables with attachment, humor, and psychological distress.

Operational Definitions

Attachment

An individual's pattern of emotional and behavioral responses in intimate relationships is referred to as their attachment style (Hazan & Shazen., 1987).

Humor

A person's chosen method of deploying perpetual behavior pattern in every social situation is referred to as their humor style (Martin et al., 2003).

Psychological Distress

A condition of emotional or mental anguish that is marked by a variety of unfavorable emotional and psychological symptoms is referred to as psychological distress in young adults (Naseem & Ijaz., 2021).

Chapter II

Literature Review

Young people are supposedly at a stage of identity exploration where they are trying to define themselves and decide what they want out of life, according to Erik Erikson's theory of psychosocial development (Erikson, 1968). When left unresolved, the stress related to identity formation can lead to psychological suffering (Eskin et al., 2016). Peer pressure and cultural expectations have a big impact on young adults. Distress might result from the pressure people feel to fit in with societal norms, create relationships, and find their place in the world (Arnett, 2000).

Humor preference, psychological distress, and attachment are important variables that affect how people establish and sustain relationships, which have an effect on their psychological health and general quality of life (Dionigi et al., 2023). This review of the literature looks at the research that has been done on psychological distress, humor, and attachment in young people with the goal of better understanding the intricate interactions between these variables and what they mean for social and emotional growth (Laird et al., 2015). According to John Bowlby's (1969) original theory on attachment, a person's attachment style is shaped by their early interactions with caregivers and affects how they interact with others throughout their lifetime (Pietromonaco et al., 2013). Individuals can have secure, anxious-ambivalent, or avoidant attachment styles, each of which is connected to a certain type of relationship pattern, according to Ainsworth's (1978) attachment typology. Healthy relationships are more likely to flourish when people feel secure in their attachment (Mikulincer & Shaver, 2007).

Additionally, according to research, young people' attachment styles influence a number of elements of their interpersonal connections (Chotai et al., 2015). For instance, people who are securely connected typically use more effective communication and conflict resolution techniques, which results in more fulfilling relationships (Simpson & Rholes, 2012). While exhibiting maladaptive behaviors like emotional reliance or emotional distance, people with anxious or avoidant attachment styles frequently struggle to establish and sustain close connections (Collins & Feeney, 2000).

Based on Bowlby's theory, a novel model of adult attachment types is presented in the study (Chotai et al., 2015). An internal model of oneself and an internal model of others are the two internal working model types that are suggested (Fritz et al., 2017). There are four potential attachment types derived from these models, which can be positive or negative (Ciocca et al., 2020). In addition to reviewing recent research on adult attachment and childhood attachment, the essay includes two empirical findings that support the proposed model (Christensen et al., 2018). According to Bowlby's hypothesis, kids internalize their interactions with caregivers, creating a model for relationships they would later have with others outside of their family at the time of transition to young adults (Dionigi et al., 2023).

If the attachment figure reacts to requests for safety and support and if the self is perceived as the kind of person that others—and the attachment figure in particular—are likely to be sympathetic toward are two important aspects of internal representations (Shaver & Mikulincer, 2010). According to recent studies, children who are categorized as ambivalent have unfavorable self-perceptions, but they do not share these sentiments with children who are classed as avoidant (DiTommaso et al., 2018).

According to attachment theory, attachment bonds are important all through life (Chotai et al., 2015). The connection between adult social and emotional adaption and working models of attachment has been studied recently (Bartholomew & Horowitz, 2018). In order to better understand how adults, see their early attachment relationships, Main's Adult Attachment Interview divides moms into three categories: secure, dismissive, and preoccupied (Kafetsios & Sideridis, 2018). Using a self-report method, Hazan and Shaver divide people into three groups based on their attachment types as children. The findings indicate that insecure groups have shorter romantic relationships, more negative experiences, and fewer positive memories of their early parent-child relationships. Additionally, these populations report lower social acceptability and increased self-doubt. Using interviews and self-reports, the study looked at all four categories and discovered that conceptually distinct patterns of avoidance in adulthood may be hidden under a single avoidant-detached category (Adamczyk & Pilarska, 2012). Two conceptually distinct patterns of avoidance in adulthood may be hidden by a single avoidant or detached category; one in which the subject downplays the significance of attachment needs and denies experiencing subjective distress (dismissing-avoidant); and the other in which the subject reports experiencing discomfort and distress when approaching others (fearful-avoidant) (Chotai et al., 2015).

Fear of dying, psycho-social depression-vulnerability variables, and self-esteem can all be impacted by attachment types (Granqvist, 2020). In contrast to avoidant or ambivalent/anxious attachment styles, secure attachment styles are associated with greater psychological suffering, lower levels of self-blame defense mechanisms, and higher levels of personal competence and self-esteem (Sahin et al., 2017). Over the

course of a person's life, their attachment types and personality traits may influence one another. To give a developmental perspective on this matter, cross-sectional studies are necessary until more prospective studies address this connection (Hosseinialhashemi, 2016).

Adult attachment styles can be explained by combining Bowlby's models of the self and the other (Mohr, 2016). Four possible combinations can be conceived if an individual's abstract image of themselves is classified as either positive or negative, and if their abstracted image of the other is classified as either positive or negative (Lin et al., 2012). These tendencies include dismissive, scared, preoccupied, and secure. Cell I, which corresponds to the categories labeled securely attached, symbolizes a sense of worthiness together with an expectation of acceptance and reaction. Cell II stands for a feeling of unworthiness mixed with a favorable assessment of other people, seeking self-acceptance through winning the approval of important people. Cell III is the avoidance of close involvement as a means of safeguarding against expected rejection, together with a sense of unworthiness and an expectation of a negative disposition. Cell IV is characterized by a pessimistic attitude mixed with a sense of love worthiness, avoiding intimate relationships in order to preserve invulnerability and independence. The concepts of reliance and avoiding closeness can likewise be applied to the dimensions (Scharfe & Bartholomew, 2018).

Adult avoidant tend to shy away from social relationships and exchanges, preferring to allow people to be in their presence but keep them out (Pereira et al., 2014). They seem to be separating themselves from their partner as a result of their avoidance of intense displays of intimacy and closeness (Givertz et al., 2013). Their upbringing

instilled in them the belief that emotional closeness is unnecessary has shaped their attachment style (Ilhan, 2012). Despite their powerful, self-assured appearance, they can be in pain themselves or be causing pain to others (Akdoğan, 2017). Adult avoidant frequently don't tolerate emotional connection or closeness since they don't know how. It can be excruciating for them and heartbreaking for those who love them when they don't have meaningful, deep interactions (Fujimori et al., 2017). All these consequences that a person has to face in their young adult phase lead to psychological distress which ultimately disrupts the normal functioning of daily life (Ein-Dor et al., 2011).

Although attachment theory was meant to be applicable to all stages of life, its main focus has been on the bonds between infants and parents (Bogaert & Sadava, 2018). Recent studies have expanded the hypothesis to include pair relationships, especially those between young adults (Onishi et al., 2010). It has been contested that context and culture are irrelevant. The relevance of cultural context and the evolving nature of attachment have affected the theory's generalizations (Cicirelli, 2010). There are significant differences between the attachment literature and the literature on cultural and gene-culture co-evolution. The evolutionary research that underpins attachment theory is essential for social learning and the transmission of cultures (Barry et al., 2015). A secure bond makes it easier for children to accept the standards and behaviors of their parents (Chung et al., 2014). In the natural world, social learning is commonplace, and young adults are especially skilled at it, giving rise to cumulative and multiplicative cultures (Riva-Crugnola, 2017). Two essential elements of cultural evolution are onto genetic immaturity and developmental plasticity (Burt & Paysnick, 2012). Beyond providing security, stable attachment serves a functional purpose in social learning, and it promotes

the evolution and transmission of cultures in young adults (Tanner, 2016). Psychological biases associated to attachment also limit and intensify the transmission of culture (Lugata et al., 2020). Both cultural evolution and gene-culture co-evolution models, which have not yet had a developmental anchor, may benefit from attachment theory's application (Tomitaka et al., 2019).

The internal models that each person has of themselves and of others are the main topics of this article's exploration of the model of individual differences in adult attachment (Leondari & Kiosseoglou, 2018). Four distinct attachment styles were identified, and each was evaluated using a semi-structured interview concerning the subject's early familial interactions as well as their current peer relationships (Diamond & Shpigel, 2014). The findings demonstrated a convergence between ratings from the interview, self-reports, and friends, as well as ratings from family and peers, as supported by multidimensional scaling that validated the proposed underlying structure (Toumbelekis et al., 2021).

The findings support the idea that an adult's valence toward close relationships is a distinct and significant component that varies on its own for both self- and other-models (Ehrlich et al., 2018). Important theoretical questions are brought up by the study, including the possibility that models of the self and of others can complement and mutually affirm one another without being congruent and the positive relationship between self-acceptance and acceptance of others (Hiebler-Ragger et al., 2016).

According to the study, the majority of participants had a variety of inclinations throughout time and in different relationships; many were judged to have aspects of two, three, and occasionally all four attachment styles. This implies that, even in the absence

of congruence, models of the self and others can support and enhance one another (Byun et al., 2016).

A biological defense mechanism known as attachment behavior keeps people near their caregivers when they are in danger (Riva-Crugnola et al., 2020). In addition to helping infants survive, it allows people of any age to regain emotional security by being comforted and touched by an attachment figure (Umemura et al., 2017). Attachment behavior sets off reactions intended to keep people safe from danger and to control emotions like distress (Rosen, 2016). The processes of attachment and caregiving are closely linked in adult relationships (Gomes et al., 2019). Individual differences in attachment style, such as avoidance and anxiety, can indicate how people will respond to comfort and assistance when they need it (Arnett, 2016).

Future research should look at clinical populations to see if attachment styles are uniquely linked to particular forms of psychopathology and whether certain attachment styles make a person more or less receptive to particular forms of treatment (Sommanico et al., 2018). The individual differences examined in this project fall within the normal range of attachment patterns for a student population (Ein-Dor et al., 2018).

The suggested model is the first to outline the expected relationships between attachment styles and offer a theoretical justification for four different attachment patterns (Serra et al., 2015). Additionally, it is the first study to use a variety of evaluation techniques (interviews, self-reports, and friend reports) to evaluate attachment representations of peer and familial connections (Segal et al., 2009).

A cluster analysis of adult attachment measures was proposed by Collins and Read (1990), who separated the data into four clusters with two anxious styles each.

When Brennan, Shaver, and Tobey (in press) compared the classic three-category model with the four-category model, they discovered that participants who were afraid tended to support both avoidant and ambivalent alternatives (Clement et al., 2015). A fourth approach that combined avoidance and ambivalence was linked to child maltreatment and neglect (Uknowledge & Washington, 2015). The specific relationships between the suggested four-category model and earlier conceptualizations of individual differences in attachment require further research (Mosko & Pistole, 2010). Biases in the way information is processed, interactional continuity, and selective affiliation are the mechanisms that sustain an attachment style (Khattar et al., 2023). Internal models integrate confusing stimuli into preexisting models, focus attention, arrange and filter new information, and assess how accessible prior experiences are (Jimeno et al., 2021).

According to attachment theory, an individual's ability to generate humor and make adaptive use of it in stressful situations and interpersonal interactions may be compromised by attachment insecurities, which can also impede underlying motives that underpin humor formation (Simpson & Rholes, 2017). On the other hand, humor is frequently associated with healthy coping strategies and happy feelings, it's a useful tool for soothing pain, fostering interpersonal bonds, and lessening the negative impacts of challenging situations (Wadman et al., 2019).

According to the study, attachment insecurities negatively affect people's subjective perceptions of humorous events and hinder their capacity to laugh themselves or others, as well as to use humor to lessen stress and enhance close connections (Cann & Matson, 2014). A person's sense of attachment security and coping mechanisms are reflected in their attachment orientations, which are measured along two orthogonal

dimensions; attachment anxiety and avoidance (Cann et al., 2016). Individuals with low scores on these dimensions internalize romantic relationships as comfortable, while individuals with high scores on either dimension internalize frustrating attachment figures (Cowan & Little, 2013).

Ineffective stress management strategies and difficulty responding to demanding and dangerous circumstances are linked to attachment insecurities (Didonato et al., 2013). They frequently put a person's wellbeing, sense of self, ability to interact with others, and mental health at risk (Zeigler-Hill et al., 2013). They can also make it more difficult to establish and preserve healthy, long-lasting close relationships (Hall, 2017). According to research, character qualities and virtues including creativity, curiosity, tolerance, authenticity, courage, healthy autonomy, compassion, forgiveness, hope, appreciation, and thankfulness can be inhibited by attachment insecurities (Poncy, 2017).

In conclusion, increasing empirical awareness of the intricate connection between humor and attachment insecurities requires a comprehension of the interplay between attachment insecurities and humor (Sar-El et al., 2013). This study looks at how connection insecurities affect a person's willingness and capacity to employ humor, which is seen as a transcendent human strength (Cann et al., 2011). According to earlier research, those with insecure attachment patterns are more inclined to support maladaptive humor styles rather than social humor ones (Bartneck et al., 2015). Less adaptive comedy styles have also been linked to retrospective reports of traumatic childhood experiences with attachment figures which later effects young adult stage of an individual negatively (Blake & Gangestad, 2020).

According to the study, attachment insecurities would prevent people from finding humor, appreciating humor in others, and using humor to improve relationships and manage stress (Kretzschmar & Gignac, 2019). Those who are anxiously connected frequently exaggerate negative emotions and up-regulate suffering as a coping mechanism for stress, whereas insecurely attached persons typically lack these fundamental drives (Cann et al., 2008). Avoidant individuals reject happy feelings and retreat from social situations, which prevents them from creating and appreciating humor and from using it as a pro-relational and distress-reduction tool (Epstein, 2012).

People use different humor idioms in social situations because humor is a complex concept. The four main types of humor defined by Martin et al. (2013) are affiliative, self-enhancing, combative, and self-defeating. Self-enhancing humor refers to the use of comedy as a coping technique to retain a good attitude, whereas affiliative humor refers to the use of humor to strengthen social ties and ease stress (Bettmann et al., 2016). Self-defeating humor, on the other hand, makes fun of oneself whereas aggressive comedy uses sarcasm and mockery (Main et al., 2018).

Intimate connections and self-identity are impacted by attachment types, which also increase susceptibility to psychopathology (Marchand-Reilly, 2009). Interpersonal relationships are largely shaped by humor, and aspects of insecure attachment are linked to worse well-being, unsatisfactory psychological and marital experiences, dysfunctional coping mechanisms, and unfavorable reactions to stressful situations (Baldwin, 2007). Gaining knowledge about the correlations between humor types and attachment patterns can aid in comprehending the relationship between these two concepts (Budi Primanto et al., 2019).

A complex phenomenon, humor's effects on relationships and personal well-being are especially noticeable in the crucial early adult years (Cui et al., 2020). Research has demonstrated the critical role humor plays in determining the dynamics of relationships, and the relationship between humor and well-being is intimately related to the many types of attachment that people acquire in their early years (Nau et al., 2013).

There is a stronger correlation between early manipulative schema domains and depression during the early adult years, a time of identity, relationship, and intimacy exploration. According to Jones et al. (2010), this association is mediated by manipulative humor, indicating that people's use of humor may be a coping strategy or a reflection of their underlying emotional issues. This is especially important as young adults work through the difficulties of making intimate connections and self-discovery (Calvo et al., 2020).

It has been demonstrated that attachment styles—which are crucial for comprehending how someone approaches relationships—strongly influence the use of maladaptive humor techniques. According to Jones et al. (2010), adult attachment anxiety and attachment avoidance are factors that lead to the tendency to use maladaptive humor. This research suggests that people's humor practices may be related to their attachment fears, which could have an effect on the quality of relationships throughout this important life stage (McCullars et al. 2021).

Moreover, Yue et al. (2016)'s study illuminates the fascinating connection between harmful humor styles and avoidant attachment. Although avoidant people can be less inclined to laugh or show affection, there is a positive trend in the use of offensive humor. This implies that young adults with avoidant attachment styles could use more

hostile or critical humor as a defense mechanism to get through social situations without going through more intense emotional closeness (Ritchie, 2011).

According to Ritchie (2011), there is a connection between aggressive humor and attachment avoidance, which suggests that humor is a coping mechanism for avoidant people to engage with others and cohabit without experiencing the discomfort of emotional intimacy (Hu et al., 2015). The complex balancing act people must perform as they seek connections while addressing their own emotional vulnerabilities is highlighted by the complex interplay between humor and attachment patterns in early adulthood (Lee et al., 2013).

Young adults are greatly impacted by the interaction of humor, attachment styles, and early maladaptive schemas (Fossion et al., 2014). During this crucial stage of self-discovery and interpersonal exploration, the use of humor, whether adaptive or maladaptive, becomes a coping technique and a reflection of attachment fears, impacting relationships and personal well-being (Neenan, 2017).

From a conceptual standpoint, the origins, level of abstraction, and breadth of humor varies (Mathews, 2016). Certain research has indicated relationships between the humor styles; for example, affiliative and fun humor share commonalities, benign humor shares parallels with self-enhancing humor, and aggressive and sarcastic humor stem from criticism of others (Polimeni & Reiss, 2006). The primary goal of this study was to determine how the eight humor types link to insecure attachment styles, as there hasn't been any prior research on the connection between attachment and particular humor subcategories (Semrud-Clikeman & Glass, 2010).

Moreover, according to research, humor preference and social interaction are tightly related (Lund et al., 2009). According to Cann et al. (2008), affiliative and self-enhancing humor styles are linked to favorable social outcomes including more popularity and improved social integration. Aggressive and self-destructive humor, on the other hand, is associated with detrimental effects including social rejection and low self-esteem (McGee & Shevlin, 2009). According to Horowitz et al. (2006), interpersonal style includes a variety of features of social interaction, such as communication patterns, emotional expression, and conflict resolution techniques. It is impacted by a person's attachment type and has additional effects on interpersonal interactions and social functioning (McGhee, 2018).

The relationship between interpersonal behaviors and attachment styles, as explained by Scharfe and Bartholomew (2016), has fascinating implications for the field of humor. It clarifies how people with varying attachment styles can exhibit diverse sorts of humor while interacting with others (Oshio et al., 2018). Adaptive interpersonal styles, such as effective problem-solving, emotional regulation, and efficient communication, are linked to secure attachment styles, which are defined by a feeling of emotional stability and trust in relationships (Galante et al., 2016). The kind of humor that people with stable attachments use may also be a reflection of this stable basis in relationships (Cherry et al. 2018).

A healthy sense of humor that is marked by playfulness, positive respect, and the capacity to use humor as a tool for strengthening social bonds is frequently seen in people with secure attachment patterns (Galante et al., 2016). Their flexible interpersonal approaches promote a welcoming and encouraging atmosphere for humor expression,

enhancing and improving social connections (Cherry et al. 2018). Under these circumstances, humor serves as a tool for relationship building, dispute resolution, and mutual understanding (Oshio et al., 2018).

On the other hand, people with anxious attachment styles could have humorous styles that mirror their propensity for emotional expression and dependence on other people for approval and comfort (Cherry et al. 2018). Humor can be a useful tool for anxious people to connect with others, get attention, or reduce their worry (Oshio et al., 2018). But occasionally, this humorous approach might be characterized by a self-deprecating nature or an increased susceptibility to perceived rejection, which can expose the underlying fears linked to their attachment style (Cherry et al. 2018).

Conversely, humor that is emotionally detached or condescending might be a sign of avoidant attachment styles, which are defined by a fear of closeness and a desire for independence (Galante et al., 2016). Humor can be a defensive tactic used by people with avoidant attachment styles to keep emotional distance, divert attention from feelings, or manage social discomfort (Oshio et al., 2018). People with avoidant attachment styles may use humor as a defense mechanism that lets them move through social situations without feeling too close to people (Cherry et al. 2018).

Collins and Feeney (2017) continue on to say that emotionally detached interpersonal behaviors could be influenced by avoidant attachment types. The humorous styles of people who have avoidant attachments may reflect this emotional distance, as they employ sarcasm, irony, or distancing humor as a means of establishing a barrier against emotional intimacy (Oshio et al., 2018).

Recent studies have started to investigate the complex interactions among psychological distress, humor preference, and attachment in young people (McGhee, 2018). Securely connected people are more likely to utilize affiliative and self-enhancing humor, suggesting that attachment type may affect humor style preferences (Doyle-Portillo & Cruz, 2018). Contrarily, those with insecure attachment styles could use violent or self-defeating humor as maladaptive coping mechanisms (Davis et al., 2020).

Since the beginning of human history, humor has supported and enhanced emotional health in society (Bauer, 2018). Humor is used by people in many different contexts, including instrumental contexts like materialistic styles and emotional contexts like love, caring, and kindness (Veillard & Pinabiaux, 2018). Affiliative, aggressive, self-enhancing, and self-defeating are the four types of comedy. Self-enhancing humor is more individualistic and looks to others for support, whereas affiliative comedy is more collectivistic and looks to others for support (Valitutti et al., 2016). Compared to men, aggressive humor increases self-esteem and offers superior social support. Aggressive and self-defeating comedy can be used to disparage or knock oneself down, whereas self-defeating humor makes light of circumstances (Moran & McCosker, 2012). People who suffer from social anxiety frequently find it difficult to lead normal lives since humor is expressed differently in Eastern and Western cultures (Choi et al., 2018). This may result in low self-esteem, melancholy, pessimistic ideas, sensitive to criticism, and inadequate social skills. Some people would rather avoid social events out of concern about criticism and humiliation (Fox et al., 2016).

Open-ended exercises are used to assess a person's ability to produce humor. Participants respond to verbal or visual cues by creating a response, which is then

subjectively rated for funniest by a panel of judges (James & Fox, 2016). Writing captions for single-panel cartoons is the most common task in humor production, but in recent years, other tasks have emerged as well: humorous fictional resumes, sardonic answers to hypothetical questions, clever conclusions to social scenarios, and humorous definitions for random noun-noun combinations (Wellenzohn et al., 2016).

An intriguing lens through which to view the complex interaction between these psychological characteristics and humor is the relationship between emotional intelligence, optimism, and positive thinking (Tran, 2018). People who possess high emotional intelligence demonstrate a sophisticated comprehension of emotions in others as well as in themselves, which enables them to handle social situations skillfully (Kuiper, 2012). Their capacity to identify and make use of happy emotions becomes essential to their interactions, and they even possess this competence when it comes to humor (Ruch & McGhee, 2014).

As a social and emotional phenomenon, humor frequently combines happy feelings (Martin, 2010). People that possess high emotional intelligence may exhibit an improved ability to recognize and create humor that makes people feel good, connects, and creates a happy environment (Baisley, 2014). Their ability to identify positive emotions not only enables people to laugh in ways that benefit others as well as oneself, but it also makes it possible for them to effectively cope with negative stimuli by using humor as a defense mechanism (Ruch & Hofmann, 2017).

In addition, the definition of hope given by Bowker and Etkin (2014) is consistent with the optimistic outlook that characterizes emotional intelligence. Hope emphasizes the value of positive thinking since it is defined by a sense of effective agency (the

willpower to accomplish goals) and pathways (projecting the paths to obtain goals) (Tucker et al., 2013). When it comes to humor, people with strong emotional intelligence can make their humorous expressions more hopeful (Lacour, & Demeure, 2010). Their humor could be a means of drawing attention to opportunities, inspiring hope, and presenting obstacles in a constructive way (Heintz & Ruch, 2015).

People with strong emotional intelligence can use humor in social situations to strengthen empathy, understanding, and a sense of connection (Heintz, 2017). Because of their adeptness at navigating the complexities of emotions, they are better able to determine when and when humor is appropriate, which increases humor's capacity to promote healthy social relationships (Hayes et al., 2015). Furthermore, their positivity and upbeat outlook could impact the humor they write, directing it toward subjects that encourage and uplift, spreading good vibes throughout their social circles (McGhee, 2010).

Emotional intelligence and hope are closely related because individuals with low levels of hope find it difficult to cope on a mental and emotional level, which can result in emotional exhaustion and make it impossible to improve the future (Akers, 2013). Individuals who have strong hope exhibit emotional passion, while those who have little hope exhibit emotional fatigue (Cho et al., 2022).

It has been discovered that emotional intelligence is linked to a sense of humor, which aids in stress management and emotional expression (Skurka et al., 2022). Emotional intelligence is crucial for living a practical and professional life. Four humor styles are associated with five emotional intelligence attributes (Cameron et al., 2010). Humor is specialized in replacing unpleasant emotions with happy ones. While a negative

comedy style may also have lower levels of emotional intelligence but lack awareness and comprehension of emotions, a positive humor style is associated with high levels of emotional intelligence (Cho et al., 2022).

Emotional intelligence is highly influenced by gender and age, with women scoring better than men and elderly persons having higher emotional intelligence scores than young adults (Maysless & Reiss, 2021). When it comes to humor styles and genres, gender disparities are more prevalent; men tend to appreciate aggressive humor more than women do, while women favor pleasant humor (Wellenzohn et al., 2016).

Many researchers have also noted significant disparities between men and women in terms of hope levels; generally speaking, women have lower levels of hope than males, and this difference grows with age (Davis et al., 2020).

Humor plays a vital role in good health and happiness by fostering positive feelings, a sense of fulfillment in life, and resistance to harmful influences (Kwak et al., 2013). It functions as a temporary mood regulation technique by assisting people in shifting their viewpoints and perceiving unpleasant stimuli as less accusatory (Zebrack et al., 2014). The link between adversity and mood disorders is moderated by coping humor, which is typified by the proactive use of humor in trying circumstances (Laumann-Billings & Emery, 2000). It can positively impact emotions and thoughts in a variety of ways. Nonetheless, the majority of studies in the field of comedy have included subjects who are in good health. Mentally ill individuals appear to be impaired in a number of humor-related domains, including cognitive humor perception, experiencing excitement, and gelotophobia (Salerno & Boekeloo, 2022). These deficiencies shouldn't be discounted, though, since humor is a valuable personal resource that improves many

facets of life, even though it may not have the same impact on some people as it does on others (Netta Achdut, 2023).

Although humor can benefit one's health and well-being, not everyone finds humor to be equally funny. Creating humor trainings to encourage humor behavior has been the focus of recent study (Lin et al., 2011). Various strategies have been used, such as sing-alongs, comedy videos, online humor interventions, and in-person programs (Osmani et al., 2023). McGhee's 7 Humor Habits Program attempts to lighten the severity of daily living while improving coping humor and cheerfulness. However, further research is required because clinical psychology research is still in its early phases (Da Silva et al., 2018).

It's common knowledge that humor is good for your health, particularly when dealing with stressful situations (Kosidou et al., 2012). Research indicates that humor may improve immune system performance and lessen the cardiovascular response to stresses, both of which may have an impact on physical health (Krabbenborg et al., 2016). The association between humor and health outcomes is, however, ambiguous; some research finds no relationship at all, while others find the opposite (Abdelhadi et al., 2022). Certain humor styles, like aggressive, self-defeating, self-enhancing, and affiliative comedy, have been the subject of recent research. While aggressive humor is usually unrelated to well-being, affiliative and self-enhancing humor are linked to higher levels of well-being, and self-defeating humor to lower levels of well-being (McDonald et al., 2014).

Individual preferences and humor styles have an impact on the association between humor and health outcomes, but social connection quality also plays a

significant role (Falkenberg, 2013). According to Michel et al. (2019), humor's impact on health outcomes may be moderated by having strong social ties. Stated differently, the influence of humor on an individual's health can differ depending on the type and volume of their social connections.

According to Sato et al. (2019), there are particular humor idioms and how they impact social dynamics. Negative social interactions may be exacerbated by aggressive humor, which is defined by sarcasm, derision, or mocking, and self-defeating humor, which entails self-deprecation (Stolz, 2018). These humorous approaches may lead to conflict, resentment, or unease in interpersonal interactions (Wellenzohn et al., 2018). Relationship issues have been associated with humor that is both harsh and self-defeating (Ford, 2015). The usage of these humor motifs could impede the growth of solid, constructive relationships and increase the likelihood of miscommunication or conflict (Thomae & Pina, 2015). However, affiliative humor focuses on using humor to promote healthy social ties, whereas self-enhancing humor finds humor in life's challenges and keeps a lighter attitude (Willis, & Moya, 2018).

Strong family bonds are linked to positive interactions and self-enhancing and affiliative comedy. These humorous approaches can act as social bridges, encouraging understanding, companionship, and mutual enjoyment in interpersonal relationships (Sliter et al., 2014).

In light of the theory put forth by Michel et al. (2019), the strength of social ties may moderate the ways in which these diverse humor styles affect health outcomes. Self-enhancing and affiliative humor fosters positive social relationships, which may improve one's mental and physical well-being (Noer, 2012). These constructive types of humor

could serve as social group unifiers, fostering resilience overall, stress management, and emotional health (Proudfoot et al., 2011).

However, the beneficial impacts of humor on health may be offset by the detrimental social dynamics connected to aggressive and self-defeating humor (Means et al., 2019). Humor may have negative effects on relationships or cause social disputes; in such cases, its potential health advantages may be countered (Cann & Etzel, 2008).

Additionally, humor is seen as a personal attribute that, through a cognitive reevaluation of traumatic experiences, fosters resilience and well-being (Jacobson et al., 2021). By using humor as a cognitive tactic, people can change their viewpoint and see a stressful situation as a challenge rather than a danger. Humor is linked to reevaluating events as less hazardous, according to a number of research (McDonald et al., 2015).

Young adults' psychological suffering is a significant source of worry. According to numerous studies, people in this group are more likely to experience anxiety and depression as well as other mental health problems (Auerbach, 2016; Kessler et al., 2005). This discomfort is frequently connected to the particular difficulties brought on by the passage from adolescent to adulthood (Ely Zarina Samsudin et al., 2023). Young adults may experience severe distress due to the pressures of higher education (ALEGRÍA et al., 2022). Exams, homework, and the need to maintain high GPAs are just a few examples of the academic demands that have been linked to higher levels of stress and anxiety (Salzer, 2012; Stallman, 2010).

According to a study by Willis and Moya (2018), humor cannot only be appreciated but also used or produced by an individual in a stressful circumstance in order to regulate stress. According to Martin and Lefcourt, (2016), there was a strong

moderating influence on the relationship between negative life events and mood disturbance on five out of the six humor measures. By using a prospective design, accounting for pre-existing distress levels, and incorporating measures evaluating the practical application of comedy in different contexts as opposed to humor appreciation, this study endeavored to fulfill these suggestions (Kim & Yi, 2013).

Psychological discomfort is associated with attachment and defense processes (Ogan et al., 2022). The attachment system governs ties between infants and caregivers as well as romantic relationships in adulthood. According to attachment theory, feelings and interpersonal behaviors in both children and adults are influenced by "Internal Working Models" (IWM) of oneself and other people that are formed via early experiences in relationships (Yanez et al., 2013). Adult attachment styles (AS) are categorized along the avoidance and anxiety orthogonal axes (Rhew et al., 2021).

Secure attachment, preoccupied attachment, dismissing attachment, and fearful attachment are the four types of attachment. Suicidality, personality disorders, psychotic diseases, and symptoms of depression and anxiety are all more common in those with insecure attachment styles (Lin et al., 2020). People who are in good health and have strong interpersonal skills tend to form secure bonds with others (Casale, 2021).

Adult attachment plays two roles in psychopathology; it buffers the impact of relational stresses on psychological distress and acts as an intervening variable between psycho-pathological distress and early unfavorable experiences (Miller-Roenigk et al., 2023). Defense mechanisms are uncontrollable emotional, mental, or behavioral habits that act as a buffer against threatening or unpleasant thoughts and experiences that could otherwise cause psychological suffering (Downie et al., 2019). They have six key traits in

common; they reduce psychological distress brought on by feelings and mental images linked to internal conflict; they are primarily unconscious; they differ from one another; they are dynamic and reversible; they are not always pathological; and even though they are invisible to the person experiencing them, they may be noticeable to others, seeming strange or bothersome (Swearingen & Cohen, 2018).

Defense mechanisms function at the intrapersonal and interpersonal levels to control the attachment system, mainly to reduce the unpleasant feelings brought on by unfavorable expectations, as explained by Patrick et al. (2011). Knowing this link helps explain how various attachment types influence the usage of defense mechanisms, which in turn affects psychological health (Fone et al., 2014).

Early interpersonal interactions shape attachment styles, which are crucial in determining how someone views relationships and how they manage their emotions (Liberati et al., 2019). According to Klare et al. (2020), a secure attachment style that is developed by satisfying attachment experiences enhances the adaptability and resilience of intrapersonal and interpersonal dynamics. When someone has a stable attachment style, their attachment system works at its best and they don't need to use defense mechanisms to distort or exaggerate reality. This stable basis makes it easier to interact with people and deal with emotions in a more direct and healthful manner (Weightman et al., 2014).

But when we look at avoidant attachment, the dynamics change, as Rhew et al. (2021) point out. Avoidant attachment patterns frequently develop when people try to get help and assistance but are rejected or are not responded to (Liberati et al., 2019). In these situations, people may learn to repress their desires and emotionally detach themselves,

which can cause the attachment system to become dormant (Davison and Lawson, 2016). Defense mechanisms may be triggered by this deactivation of the attachment system as a coping mechanism for unfulfilled attachment requirements and the resulting psychological suffering (Weightman et al., 2014).

Avoidant attachment problem sufferers may use intellectualization, repression, or denial as intrapersonal defensive methods (Liberati et al., 2019). By emulating emotional detachment and distance, these systems lessen the emotional burden of unfulfilled connection demands. But over time, as long as the underlying emotional demands are not met, these defenses frequently lead to psychological anguish even though they may provide momentary relief (Weightman et al., 2014).

Laczkovics et al., (2017) found that immature defenses mediate the effect of insecure attachment on psychopathology in adolescents. They found that attachment style directly affects defense mechanisms, which in turn convey the effects of insecure attachment on psychopathology (Ogan et al., 2022). In a study on healthy adults, immature defenses were correlated with all dimensions of insecure attachment and inversely correlated with secure attachment. The study aimed to observe the relationship between attachment style and defense mechanisms and assess their interaction with psychological distress in a large young adult sample using path analysis (Lin et al., 2020).

Young adults' psychological discomfort and attachment are also strongly correlated, underscoring the long-lasting influence of early emotional attachments on mental health (McLeod, 2009). Those who are securely attached typically have lower levels of psychological suffering because their interpersonal interactions are based on a solid foundation of support and trust (Liberati et al., 2019). On the other hand, people

who are nervous and concerned could be more prone to psychological distress because they struggle with elevated emotions and rejection concerns (Fone et al., 2014).

Dismissive-avoidant people may find it difficult to ask for help when they're in need since they minimize the value of attachment (Lin et al., 2020). Because of the internal conflicts related to attachment, fearful-avoidant persons may feel heightened psychological discomfort as they navigate the complicated interplay of anxiety and avoidance (Wardhaugh, 2020). Understanding these relationships emphasizes how important attachment styles are in determining mental health and emotional resilience (Liberati et al., 2019).

Rationale

This study is crucial because it fills the gap between humor psychology and attachment by illuminating how young people's attachment experiences influence their sense of humor and social interactions. John Bowlby's attachment theory places a strong emphasis on the value of early emotional connections between children and their caregivers. While insecure attachment styles may be a factor in adult psychological discomfort, secure attachment is associated with favorable mental health results. More research is necessary to fully comprehend the complex relationship between attachment and young people's psychological health. A complicated psychological phenomenon, humor is important for social relationships and coping strategies. Developing therapies targeted at improving young adults' mental health requires an understanding of how humor and attachment styles interact to predict psychological discomfort. The purpose of this study is to close the gap in the literature by examining how humor and attachment patterns combine to affect young adults' psychological suffering. This integrated

approach can help develop more focused and successful interventions for boosting young adults' mental health since it is in line with the entire character of human experiences.

Research Question

What is the relationship between Attachment, Humor Style, and Psychological Distress in young adults?

Hypotheses

- It is hypothesized that there would be a significant relationship between Attachment, Humor Style, and Psychological Distress in Young Adults.
- It is hypothesized that secure attachment type is positively associated with more affiliative and self-enhancing humor.
- It is hypothesized that young adults who have affiliative and self-enhancing humor are negatively correlate with psychological distress, whereas aggressive and self-defeating humor are positively associated with psychological distress.
- It is hypothesized that there would be a significant predictor of Attachment, Humor Style and Psychological Distress in Young Adults.
- It is hypothesized that there would be a significant mean difference of Attachment, Humor Style and Psychological Distress in terms of demographic variables.

Chapter III

Methods

The following methodology was carefully followed during the data collection process:

Research Design

In this study, a cross sectional (correlational) research design approach was used.

Participants

A purposive sampling strategy was used for data collection. This technique was chosen because, as most young adults are enrolled in various educational courses, it was more convenient to obtain data from these institutions than by visiting the homes of the participants. A sample of 225 participants, (132 females and 93 males) was selected for this study. Due to certain difficulties with participant recruitment, including time limits making it impossible to contact new participants, restricted access to target demographics, and financial limitations to reach participation, data was collected limited.

Inclusion Criteria

The inclusion criteria included:

- Young Adults between the age range of 18 to 25.
- University Students were included in this study.

Exclusion Criteria

The exclusion criteria included:

- Students with any physical disability were excluded from the study.
- Young adults who were university students but above 25 years were excluded.

Measures

Following measures use in this study.

Demographic Performs

Participant's demographics, such as gender, age, birth order, number of siblings, family structure, year of education etc. It was using for evaluated the information sheet which has the item use in demographics.

Attachment (*AQA; Hazen & Shaver 1987*)

Attachment considers 3 attachment styles secure attachment, anxious attachment and avoidant attachment. It is consisting 3 items scale. It has only one-point answer is yes or no. In this person select answer according to his personality. It scales reliability is .82.

Humor Style (*HSQ; Martin et al., 2003*)

Rod Martin creates this scale in 2003. It considers 32 items and has four sub factors which includes Affiliative humor, Self-Enhancing humor, Aggressive humor and Self-Defeating humor and it is a 7 points Likert scale start from 1(not at all) to 7(too much) participant chooses according to their own personality. It scales reliability is .72.

Psychological Distress (*MHI; Naseem & Ijaz., 2021*)

Its scale has 33 items and it has three sub factors, i.e. Low Self Image, Being Dysfunction and Psychosomatic Problem. It is a 4-point rating scale in which rate from 1(never) to 4(always). It scales reliability is .89.

Ethical Consideration

When doing this research, firstly look ethics which most important in research. Firstly, take approval from institution where the study was done. Each participant's responsibility to obtained permission. Institution name and student identity were kept

hidden from everyone. Researcher responsibility to maintain confidentiality of institution and participants. If the institutions were giving the permission that would only use the information for research. Volunteers get first informed consent from both male and female volunteers were treated equally. The study's objectives were completely disclosed and debriefing.

Procedure

Prior to beginning research, the University of Management and Technology's (UMT) Clinical Psychology department approved the topic. By using the demographics, the study participants were asked to provide some personal data for the variable analysis. After obtaining authorization from the several Lahore institutes, data was gathered. The individuals received their questionnaires. Explaining the purpose and goals of the study as well as how it aids in identifying the subjects' attachment style, sense of humor, and psychological distress, the instructions were delivered. To complete the scales, the participants were asked. The participants were asked to provide feedback once they had completed them, which took them no more than fifteen minutes to finish. The overall score for each scale was then calculated by adding the responses from the participants. The maximum score for each scale was determined by comparing it to the standardized score, which was used to examine each person's overall score on each scale. The examination of the scales that the participants completed was necessary to determine the study's ultimate outcome.

Chapter IV

Results

The title of conducted study is Attachment, Humor Style and Psychological Distress in Young Adults. In which using cross sectional research design survey methodology to finding with a sample size of 225 participants selected with multiple sampling stages. In this chapter discussed about mean, standard deviation, frequency, percentage and gender wise cross-tabulation. Further used psychometric properties to find the reliability of scales. In the third section used correlation and regression. In the last section used independent t –test.

This chapter is divided in four different sections:

- Sample Demographic Characteristics
- Psychometric Properties
- Testing Main Hypothesis
- Testing Secondary Hypothesis

Section 1: Sample Description

In this part examined all the find of selected participant's demographic data. The examined frequency and percentages of categorization of variables such as gender, birth order, family system, number of siblings, education and education system. Other than the Mean and Standard deviation was used for continuous data that included age. In addition, cross tabulation was performed to find the distribution of gender across education and families. Normality also checked and reported in this section.

Table 1*Mean and Standard Deviation of Demographics of Variables (N=225)*

Variable	<i>M</i>	<i>SD</i>
Age	20.84	1.73

Note. *M*=Mean, *SD*=Standard Deviation, *N*= Number of Participants

The above table shows that mean age of participants is 20.84 and standard deviation 1.73.

Table 2*Frequency and Percentages of Demographic of all Participants (N=225)*

Variable	f	%
Gender		
Male	93	41.3
Female	132	58.7
Education		
Under graduation	199	88.4
Graduation	22	9.8
Post-graduation	4	1.8
Education System		
Public	47	20.9
Private	178	79.1
Number of Siblings		
1-3	135	60.0
4-6	86	38.2

7-10	4	1.8
Birth order		
1-3	170	75.6
4-6	51	22.7
7-10	4	1.8
Family System		
Nuclear	119	52.9
Joint	106	47.1

Note. f= Frequency, %= Percentage

The above mention table indicates that they were more female participant rather than male participants Most of the participants belong to the nuclear family system as compared to joint family system. Moreover, in the number of sibling and birth order most participant belong to first categories. Therefore, more participants belong to private education system as compared to public system and most participants also belong to under graduation rather than graduation and post-graduation.

Table 3

Normality of Attachment, Humor Style and Psychological distress (N=225)

Variables	<i>M</i>	<i>SD</i>	5% Trimmed Mean	Skewness	Kurtosis
AQA	1.63	0.76	1.59	.73	-.90
HSS	119.68	12.52	119.71	.07	-.12
MHI	54.41	14.62	55.30	-1.00	-.26

Note. *M*=Mean, *SD*=Standard Deviation, *AQA*=Attachment, *HSS*=Humor Style, *MHI*=Psychological

Distress

The above table indicate that the data is normal distributed. The mean and 5% trimmed mean are equal to one another. Skewness and Kurtosis are within the range (-3 to +3).

Table 4*Crosstab of Demographic Variables Frequencies of the Participants (N=225)*

Variable	Male	Female	Total
	93	132	225(100)
Family System			
Nuclear	46	73	119(52.9)
Joint	47	59	106(47.1)
Education			
Under-Graduation	86	113	199(88.4)
Graduation	5	17	22(9.8)
Post-Graduation	2	2	4(1.8)
Education System			
Private	62	116	178(79.1)
Public	31	16	47(20.9)

Note. %= Percentage, *f*=frequency

Finding of this table indicated that gender wise cross-tabulation across gender, family system, education and education system. Most of the females belong to private and under-graduation as compared to male participants. Moreover, most females also belong to joint and nuclear family as compared to male participants. This table showed that female ratio was high as compared to male participants.

Section 2: Psychometric Properties

In this section measure the internal consistency of the items and the reliability of the scale were measured with the coefficient of reliability is also known as Cronbach Alpha (α).

Table 5

Psychometric Properties of Attachment Scale, Humor Style Scale and Psychological Distress of Young Adults (N=225)

Scales	<i>M</i>	<i>SD</i>	Range	Cronbach Alpha(α)
AQA	1.63	0.76	0.7-0.9	.82
HSS	119.69	12.52	0.7-0.9	.72
MHI	54.41	14.62	0.7-0.9	.89

Note .M=Mean, SD=Standard Deviation, AQA=Attachment Scale; HSS=Humor Style Scale; MHI= Psychological Distress Scale

The above table shows that the internal consistency of the mention scales was checked by viewing the coefficient of reliability (Cronbach alpha). The table's result shows that attachment, humor, and psychological distress are all have hood reliability.

Section 3: Testing Main Hypothesis

The main hypothesis used that to check out the relationship between attachment, humor style and psychological distress.

Table 6

Correlation analysis of Attachment, Humor Style, and Psychological Distress in Young Adults (N=225)

Variable	M	SD	1	2	3	4	5	6	7	8	9	10
1.AQA	1.63	.76	-	-	-	-	-	-	-	-	-	-
2.MHI	54.41	14.63	-.00	-	-	-	-	-	-	-	-	-
3.MHIF1	18.86	6.96	.20	.94**	-	-	-	-	-	-	-	-
4.MHIF2	13.50	3.82	-.00	.85**	.73**	-	.	-	-	-	-	-
5.MHIF3	22.0	5.43	-.02	.89**	.75**	.66**	-	-	-	-	-	-
6.HSS	119.7	12.5	.07	-.14*	-.17**	-.07	-.12	-	-	-	-	-
7.HSSF1	30.51	5.15	.08	-.05	-.10	.01	-.02	.62**	-	-	-	-
8.HSSF2	29.54	6.13	.03	-.13*	-.13*	-.11	-.09	.68**	.40**	-	-	-
9.HSSF3	30.65	5.66	.10	-.12	-.15*	-.03	-.10	.59**	.39**	.31**	-	-
10.HSSF4	29.36	6.54	.06	-.01	-.03	.02	-.01	.72**	.44**	.49**	.40**	-

Note. M=Mean, SD=Standard Deviation, AQA=Attachment Style, MHI=Psychological Distress; MHI-F1=Low Self Image; MHI-F2=Being

Dysfunction; MHI-F3=Psychosomatic Problem; HSS=Humor Style; HSS-F1=Affiliative Humor; HSS-F2=Self-Enhancing Humor; HSS-F3=Aggressive

Humor; HSS-F4= Self Defeating Humor

*p<.05**, p<.01***, p<.001

The above table indicates that significant correlation. Psychological distress has a significant negative correlation with humor and self-enhancing humor. Moreover, psychological distress has highly significant positive strong correlation with their sub factors. However, Humor style has also positive strong correlation between their factors.

Attachment style was non-significant relationship between psychological distress and humor. It indicates that attachment not effect on person mental health and person has humor also not effect on person mental health.

Table 7

Multiple Regression for Psychological Distress (N=225)

Variables	B	SE	β	95% CI	
				UL	LL
Step 1					
Gender	2.73	1.88	0.09	6.19	-0.90
Education System	11.55	2.27	0.32***	13.36	4.82
Family System	7.75	1.76	0.26***	9.95	3.41
Step 2					
AQA	0.38	1.16	0.02	2.39	-1.91
HSS Total	-0.20	0.15	-0.17	0.04	-0.51
Step 3					
HSS (F1)	0.08	0.22	0.03	0.54	-0.27
HSS (F2)	-0.22	0.20	-0.09	0.16	-0.58
HSS (F3)	-0.03	0.19	-0.01	0.49	-0.24
HSS (F4)	0.38	0.19	0.17	0.86	0.13

R² 0.22

Note. *M* = Mean, *SD*=Standard Deviation, *AQA*= Attachment style, *HSS Total* = Humor; *HSS (F1)* =Affiliation Humor; *HSS (F2)* = Self-Enhancing Humor; *HSS (F3)* =Aggressive Humor; *HSS (F4)* =Self-Defeating Humor

p* < .05, *p* < .01, ****p* < .001

Linear regression was used to identify the elements that predict psychological distress. The independent variables were gender, education, education system, family system, attachment style, humor, and its sub factors which includes affiliative humor, self-enhancing humor, aggressive humor, and self-defeating humor whereas the dependent variable was psychological distress.

The results show that the independent variables listed above accounted for 22% of the variation in the psychological distress score.

The result indicated that education system and family system were shown to be significant positive predictors of psychological distress.

Section 4: Testing Secondary Hypothesis

The secondary testing hypothesis was use to analyze the gender and education difference in attachment, humor style and psychological distress in young adults. With the help of t-test easily give the output.

Table 8

Independent Sample T-Test analysis for Mean Difference of Attachment, Humor Style and Psychological Distress in Young Adults (N=225)

Variable	Male (n=93)		Female (n=132)		t	p	Cohen's d
	M	SD	M	SD			
AQA	1.59	.74	1.66	.78	-.65	0.51	0.09
HSS	120.89	13.83	118.84	11.49	1.21	0.22	0.16
HSSF1	30.01	5.41	30.85	4.94	-1.21	0.22	-2.73
HSSF2	30.25	6.77	29.03	5.60	1.47	0.14	-3.26
HSSF3	31.24	6.51	30.22	4.95	1.33	0.18	-3.00
HSSF4	30.12	7.65	28.81	5.58	1.48	0.13	-3.46
MHI	51.44	15.62	56.51	13.55	-2.59	0.01*	0.35
MHIF1	18.02	7.14	19.44	6.78	-1.51	0.13	-3.69
MHIF2	13.04	4.15	13.82	3.53	-1.52	0.13	-2.02
MHIF3	20.32	5.57	23.18	5.02	-4.01	0.00***	-5.71

Note. M=Mean, SD=Standard Deviation, AQA=Attachment Style; MHI=Psychological Distress; MHI-F1=Low Self Image; MHI-F2=Being Dysfunction; MHI-F3=Psychosomatic Problem; HSS=Humor Style; HSS-F1=Affiliative Humor; HSS-F2=Self-Enhancing Humor; HSS-F3=Aggressive Humor; HSS-F4= Self Defeating Humor

* $p < .05^{**}$, $p < .01^{***}$, $p < .001$

The above table used to measure the gender differences among attachment, humor style and psychological distress, finding of this table indicate that there is a significant gender difference in psychological distress and psychosomatic problem. Results showed that female score higher in psychological distress and psychosomatic problem as compare to males according to the mean.

Table 9

*Mean Difference of Attachment, Humor Style and Psychological Distress in Young Adults
(N=225)*

Variable	Nuclear (n=119)		Joint (n=106)		<i>t</i>	p	Cohen's d
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			
AQA	1.69	.76	1.57	.75	1.21	0.22	0.16
HSS	119.29	13.34	120.12	11.57	-.51	0.61	0.06
HSSF1	30.55	5.67	30.45	4.52	.14	0.88	0.08
HSSF2	29.34	7.1	29.77	4.87	-.53	0.59	0.07
HSSF3	30.42	5.9	30.91	5.41	-.64	0.52	0.08
HSSF4	29.29	7.1	29.43	5.91	-.16	0.87	0.02
MHI	51.15	15.51	58.07	12.65	-3.64	0.00***	0.48
MHIF1	17.42	7.57	20.5	5.82	-3.36	0.00**	0.46
MHIF2	12.68	3.81	14.42	3.62	-3.47	0.00**	0.47
MHF3	20.98	5.7	23.14	4.93	-3.02	0.00**	0.41

Note. *M*=Mean, *SD*=Standard Deviation, *AQA*=Attachment Style; *MHI*=Psychological Distress; *MHI-F1*=Low Self Image; *MHI-F2*=Being Dysfunction; *MHI-F3*=Psychosomatic Problem; *HSS*=Humor Style; *HSS-F1*=Affiliative Humor; *HSS-F2*=Self-Enhancing Humor; *HSS-F3*=Aggressive Humor; *HSS-F4*= Self Defeating Humor

p*<.05, *p*<.01***, *p*<.001

The above table used to measure the family system among attachment, humor style and psychological distress. Finding of this table indicate that there is a significant difference in psychological distress and its sub factors with family system. The mean of

nuclear family system is 51.15 and joint family system is 58.07 with psychological distress. This indicates that young adults who live in joint family system face more psychological distress as compared to those living in nuclear family system. Likewise, low self-image, being dysfunction, and psychosomatic problem are high in young adults living in joint family system as compared to those living in nuclear family system.

Summary

The study had been conducted to find out the attachment, humor and psychological distress in young adults.

- In section 1 given detail information about participant demographics who give in this (n=225). The ratio of male (n=93) and female (n=132) are different. In which most of the participant belong to the nuclear family system and also belong to private education system as compared to public sector.
- In section 2, the psychometric properties of the scales were examining both scales attachment and psychological distress had good reliabilities more than 0.7 but a single scale humor style had poor reliability.
- In the section 3 main hypothesis results indicate that significant relationship. Psychological distress and humor have positive correlation but attachment has non-significant relation with psychological distress and humor styles. In other hand humor style highly positive strong relation with their factors and psychological distress also positive relation with their factors.
- In the section 4, the secondary hypothesis says that they were significant gender and family system differences with psychological distress in young adults. Finding of study indicate that there was a significant gender difference in psychological distress and psychosomatic problems. Moreover, there were family system difference seen in psychological distress and its sub factors of young adults.

Chapter V

Discussion

Young adults generally understood to be those in the age range of 18 to 25 represent a crucial developmental stage marked by a number of changes and difficulties (Simione & Gnagnarella, 2023). This stage, also known as emerging adulthood, is characterized by self-discovery, identity development, and the quest for independence in a number of spheres, such as relationships, employment, and education (Poncy, 2017). Young adults experience a great deal of growth and change as they make life changes including moving out of their parents' house, starting a career or going to college, and developing their own identities and morals (Murphy, 2017). Young adulthood can bring stress, uncertainty, and psychological challenges as people attempt to adjust to the obligations of adulthood while still experiencing the impacts of youth, even if it is a period of potential and enthusiasm (Simione & Gnagnarella, 2023).

In correlation, psychological distress has a significant negative correlation with humor and self-enhancing humor. Fritz et al. (2017) discovered that the association between humor styles and psychological distress was mediated by social support. Positive support was linked to self-enhancing, which explains the associations between these styles and decreased distress (Rieger & McGrail, 2015). Reappraisal is a personal, introspective approach that can help reduce negative emotional reactions and promote positive behavioral reactions to situations. Research has indicated that humor that enhances oneself is linked to favorable adjustments in life after stressful experiences and a lower chance of dying (Dyck & Holtzman, 2013).

For a considerable amount of time, personality theorists such as Freud, Allport, and May have proposed humor as a healthy and adaptable stress-reduction technique (Martin & Kuiper, 2016). Few research, nevertheless, have looked specifically into how it reduces stress. A cross-sectional study conducted by Safranek and Schill (2017) revealed that humor did not mitigate the negative consequences of stress in life. According to Martin and Lefcourt (2016), humor cannot only be appreciated; it also needs to be able to be used or produced by the person in stressful situations in order to regulate stress.

Humor style has also positive strong correlation between their factors (self-enhancing, self-defeating, aggressive, and affiliative). Individuals use humor to cope and change their viewpoints, and this is reflected in their humor styles (Plessen et al., 2020). Four types of humor were distinguished by Martin et al. (2016); aggressive, self-defeating, affiliative, and self-enhancing. The fact that both Eastern and Western civilizations use these styles points to their potential cross-cultural universality (Simione & Gnagnarella, 2023). Stress-related behavior (SWB) is positively correlated with adaptive humor styles like affiliative and self-enhancing, but maladaptive humor styles like aggressive and self-defeating are negatively correlated with SWB (Kennison & Messer, 2018). For instance, aggressive humor is used less frequently as a coping mechanism in Chinese culture, but students in Hong Kong are more likely to embrace affiliative and self-enhancing humor (Wu et al., 2018). According to cross-national studies, people in vertical collectivist cultures employ self-defeating humor for group goals, whereas those in horizontal collectivist cultures utilize affiliative humor to promote interdependence (Chan et al., 2018).

Martin's theory of humor centers on the connection between humor and wellbeing. Benign versus harmful use and intrapersonal versus interpersonal function characterize humor types i.e., Affiliative, aggressive, self-enhancing, and self-defeating are some of these styles (Hall et al., 2014). Positive self-image and improved relationships are the results of affiliative humor. Aggressive comedy involves manipulation and causes harm to others, whereas self-enhancing humor strives to improve the individual. Self-defeating humor entails making jokes about one's own traits and is an attempt to get acceptance (Dyck & Holtzman, 2013).

According to research, affiliative humor in young adults is linked to psychological distress negatively and well-being favorably (Bruffaerts et al., 2018). In a study conducted by Kuiper et al. (2010), it was discovered that among college students, affiliative humor was associated with lower levels of anxiety and depression and greater levels of life satisfaction.

Studies reveal a high correlation between young people' resilience and psychological well-being and self-enhancing humor (Bantjes et al., 2019). A study by Martin et al. (2016) discovered that among college students, self-enhancing humor was linked to improved psychological well-being and lower stress levels.

According to research, among young individuals, aggressive humor is positively connected with psychological distress and negatively correlated with psychological well-being (Eleftheriades et al., 2020). According to research by Cann et al. (2018), college students who laughed aggressively reported having more depressive symptoms and less life satisfaction. Another study by Kuiper et al. (2014) discovered a correlation between

college students' self-defeating humor and lower levels of self-esteem and higher levels of anxiety.

In regression, the result indicated that education system was shown to be significant positive predictors of psychological distress. Young adults' study in private sector is more prone to psychological distress as compared to young adults' study in public sector (Demenech et al., 2021). The demands and expectations placed on students attending private universities in terms of their academic performance could be one explanation (Huang et al., 2018). Private colleges have more academic pressure and competition even while they might have benefits like lower class numbers, specialized resources, and demanding curricula (Bhat et al., 2018). Studies indicate that young adults in high-achieving environments may experience higher levels of stress and psychological suffering due to greater academic pressure and perfectionistic impulses (Eskin et al., 2016). Comparing individuals in private colleges to those in public colleges, the researchers discovered that the former reported higher levels of academic pressure and poorer levels of psychological well-being. This shows that young adults' psychological discomfort may be exacerbated by the distinct learning environment seen in private colleges (Yang & Chang, 2015).

The association between psychological distress and attending a private institute may also be influenced by socioeconomic considerations (Marra et al., 2020). Private schools may draw students from superior socioeconomic situations who can afford the accompanying fees, despite the fact that they frequently require tuition payments (Kiser, 2015). Studies have repeatedly demonstrated that people from lower socioeconomic origins are more likely to experience psychological discomfort as a result of things like

financial pressure, restricted access to resources, and increased stress exposure (Arias & Carter, 2017).

A study by Sirin (2015) looked at how youngsters' psychological health was affected by their socioeconomic position. The results showed that psychological discomfort was positively correlated with lower socioeconomic status, underscoring the significance of taking socioeconomic aspects into account when analyzing young adults' mental health outcomes.

Family system was shown to be significant positive predictors of psychological distress. A young adult who lives in joint family system faces more psychological distress. Studies have demonstrated that young adults' psychological distress may be impacted by the nuclear family structure, which is defined as a living arrangement between parents and children (Menziez, 2012). Although privacy and autonomy are two benefits that nuclear families frequently enjoy, they could also lack the social support and ties to other families that come with larger family configurations. Psychological distress and feelings of loneliness may be worsened by this (Wang et al., 2020).

According to a study by Umberson et al. (2020), young adults from nuclear households experienced greater psychological discomfort than their extended family counterparts. The researchers hypothesized that higher stress levels and mental health issues may result from nuclear families' lack of support from extended families (Malik et al., 2021).

Joint family structures, in which several generations occupy a single home, may also have an impact on young people' psychological health (Jokela et al., 2011). Joint families may contain generational tensions and disputes, which can lead to stress and

psychological discomfort, even if they can also offer a sense of belonging, financial support, and emotional support (Garcia et al., 2012). A study by Saber and Hossain (2016) that indicated young individuals in joint households experienced higher levels of psychological distress than their nuclear family counterparts. This result was explained by the researchers as a result of the difficulties in managing complex family dynamics and roles in joint family systems.

In t-test analysis, findings indicate that there is a significant difference in psychological distress and its subfactors with family system. Young adults who live in joint family system face more psychological distress as compared to those living in nuclear family system. In the past, Pakistan had a joint family structure with strong familial ties. Pakistan, like other Asian nations, is seeing a gradual change in favor of the nuclear family structure (Chien et al., 2013). There are a number of reasons behind this trend change from joint to nuclear systems. Financial strains, decreasing living quarters, employment mobility, and accelerating urbanization are a few of these. It appears to be a result of growing prosperity as well (Arias & Carter, 2017).

The difficulties young adults in Indian joint family's encounter were examined in a 2019 study. Stress and psychological distress have been linked to problems such as unclear roles, loss of privacy, and intergenerational conflict. A 2021 study that looked into the mental health of young adults from Chinese multigenerational. The study discovered that higher levels of anxiety and despair were linked to perceived lack of support and unclear expectations within the family. Participants from the joint family system reported a high level of death anxiety at a moderate psychological distress level, suggesting significant relationships in the family system (Prime et al., 2020).

There is a significant gender difference in psychological distress and psychosomatic problem. Results showed that female score higher in psychological distress and psychosomatic problem as compare to males according to the mean. Compared to men, women reported higher levels of stress, anxiety, depression, and psychological distress. This finding suggests that young people' development of anxiety, depression, and psychological distress is significantly influenced by their sexual experiences (Fisher & Nussbaum, 2015). Females were found to be more stressed than males, which suggests the role of women in the Indian culture. In India, women have to handle a variety of obligations, including taking care of their own and in-law parents as well as the home and workplace (Taipale, 2019). Only men are reported to be the primary breadwinners. In addition to managing the office duties, a woman must assume responsibility for any family crises that may arise (Hernández-Torran et al., 2020). According to Cleary and Mechanic (2013), women are more likely than men to feel distressed.

According to a 2018 study, women between the ages of 15 and 24 continuously reported higher rates of anxiety and depression than did men in the same age range. This pattern was noted in a number of nations. According to a 2021 study, young women reached their peak in their early twenties and endured mental anguish at a rate roughly twice that of young males.

Implication of Research

Teachers and counselors can provide youngsters with various attachment patterns with focused interventions if they have an understanding of the relationship between humor, psychological discomfort, and attachment styles. By encouraging positive

comedy styles, the findings can help build customized mental health awareness programs that can help young adults become more resilient. Armed with an understanding of how attachment affects psychological health and coping methods, young adults can take proactive measures to improve their mental health. In the end, this research establishes the foundation for a comprehensive strategy for mental health, molding behaviors and consciousness to cater to the distinct emotional requirements of young people across diverse educational and individual settings. Counseling, social work, and clinical psychology might all benefit from this study's findings. It can aid practitioners in understanding how humor preferences and attachment experiences affect the social interactions and mental health outcomes of young adults.

Limitations/Recommendation

- Finding volunteers was challenging, particularly for women who weren't ready to provide the information.
- Some of the boys who took part left the forms blank.
- Further research in different Pakistani cities is needed to make the findings more universally applicable.

Conclusion

Findings of the study indicate that there was weak significant relationship between scales but the scale has positive significant relationship with their sub factors and study indicate a person chose humor for masking to protect different situations and help in different mental health issues. If a person secures attachment person feel protective and have less psychological distress and who have insecure and anxious

attachment those people face different difficulties in their life and it effect on person psychological and physical health.

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Appendix A & B

Informed Consent

، Humor style, Self Concept, Attachment style, Narcissism or, Psychological distress اس مطالعے کا مقصد نوجوان پر تعلقات اور اثرات کی تحقیقات کرنا ہے۔ آپ کی شمولیت سے سوالنامے پر جوابات جمع کرنے میں مدد ملے گی۔ کوئی متوقع خطرات نہیں ہیں، لیکن فائدے میں ذکر کردہ نفسیاتی عوامل کی گہرائی سے سمجھنے میں تعاون شامل ہے۔ فراہم کردہ تمام معلومات خفیہ رہیں گی، اور آپ کی شرکت مکمل طور پر رضاکارانہ ہے۔ آپ کو بغیر نتائج کے کسی بھی وقت مطالعہ سے دستبردار ہونے کا حق ہے۔ اگر آپ کے ، F2019381031@umt.edu.pk, f2019381047@umt.edu.pk , S2020381048@umt.edu.pk رضاکارانہ طور پر اس مطالعہ میں حصہ لینے پر رضامندی پر محقق سے بلا جھجھک رابطہ کریں۔ S2020381048@umt.edu.pk ظاہر کرتے ہوئے، آپ تسلیم کرتے ہیں کہ آپ نے فراہم کردہ معلومات کو پڑھ اور سمجھ لیا ہے اور شرکت کے لیے رضامندی دی ہے۔

ہاں

نہیں

دستخط

تاریخ

Demographics

جنس _____

عمر _____

سمیسٹر _____

تعلیم انٹرگریجویشن/گریجویشن/پوسٹ گریجویشن

تعلیمی نظام سرکاری/نجی

بہن بھائیوں میں آپ کا نمبر _____

بہن بھائیوں کی تعداد _____

خاندانی نظام مشترکہ/ انفرادی

AQA

جو آپ کی ذات کی بہترین عکاسی کرنا بھیجے دیے گئے پیراگراف کو غور سے پڑھیں اور کسی ایک پیرنشان لگائیں

✓	میرے لیے دوسرے لوگوں سے دوستی کرنا ان ہوتا ہے میں ان پر اعتبار کر لیتی/لیتا ہوں اور ان پر بھروسہ بھی کر لیتا/لیتی ہوں مجھے دوستی کے ختم ہونے کے بارے میں کوئی خوف نہیں ہوتا
	میرے لیے دوسروں سے دوستی کرنا مشکل ہوتا ہے میرے لیے ان پر مکمل اعتبار کرنا اور بھروسہ کرنا مشکل ہوتا ہے جب کوئی دوسرا مجھ سے دوستی کرنا چاہتا ہے یا بعض دوست ضرورت سے زیادہ مجھ سے قریب ہو جاتے ہیں تو میں گھبرا جاتا/جاتی ہوں
	مجھے اکثر ایسا لگتا ہے کہ دوسرے مجھ سے اتنا قریب نہیں ہونا چاہتے جتنا کہ میں چاہتا/چاہتی ہوں میں اکثر فکر مند رہتا/رہتی ہوں کہ میرے بہترین دوست دراصل مجھے پسند نہیں کرتے اور دوستی ختم کرنا چاہتے ہیں میں ہر کام اپنے بہترین دوست کے ساتھ کرنا پسند کرتی/کرتا ہوں لیکن یہ خواہش بعض اوقات دوسرے کو مجھ سے دور کر دیتی ہے

HSS

برائے مہربانی ہر بیان کو احتیاط سے پڑھیں اور شرح بتائیں جس سے آپ کو اتفاق ہو یا جس کے ساتھ متفق نہیں ہیں اور برائے مہربانی ہر بیان کا ایمانداری سے جواب دیں۔

نمبر شمار	بلکل غیر متفق	درمی انہ غیر متفق	کچھ متفق	نہ متفق نہ غیر متفق	کچھ متفق	درمیانہ متفق	بلکل متفق
1	1	2	3	4	5	6	7
2	1	2	3	4	5	6	7
3	1	2	3	4	5	6	7
4	1	2	3	4	5	6	7
5	1	2	3	4	5	6	7
6	1	2	3	4	5	6	7
7	1	2	3	4	5	6	7
8	1	2	3	4	5	6	7
9	1	2	3	4	5	6	7
10	1	2	3	4	5	6	7

7	6	5	4	3	2	1	11	جب میں مذاق کرتا ہوں یا کوئی مزاحیہ چیز سناتا ہوں تو میں اس بارے میں پرواہ نہیں کرتا کہ لوگ میرے بارے میں کیا سوچیں گے
7	6	5	4	3	2	1	12	میں کوشش کرتا ہوں کہ اپنی کسی کمزوری 'بے وقوفی یا غلطی کے بارے میں کوئی مزاحیہ بات کروں جس سے لوگ مجھے پسند اور قبول کر لیں
7	6	5	4	3	2	1	13	میں اپنے دوستوں کے ساتھ بہت زیادہ ہنسی مذاق کرتا ہوں
7	6	5	4	3	2	1	14	زندگی کی مختلف چیزوں کے بارے میں میرا مذاق مجھے بہت زیادہ پریشان ہونے سے بچاتا ہے
7	6	5	4	3	2	1	15	مجھے برا لگتا ہے جب لوگ مذاق کر کے کسی کو تنقید کا نشانہ بنائیں یا نیچا دکھائیں
7	6	5	4	3	2	1	16	میں اپنے آپ کو نیچا کر کے کبھی بھی مزاحیہ بات نہیں کرتا
7	6	5	4	3	2	1	17	مجھے لوگوں کو ہنسانا یا ان کے ساتھ مذاق کرنا پسند نہیں
7	6	5	4	3	2	1	18	اگر میں اکیلا ہوں اور نا خوش ہوں تو میں خود کو ہنسانے کے لیے کسی مزاحیہ بات کے بارے میں سوچتا ہوں
7	6	5	4	3	2	1	19	کبھی کبھی میں کچھ ایسا سوچتا ہوں جو بہت زیادہ مزاحیہ ہو تو میں اس کو کہنے سے خود کو روک نہیں سکتا حتیٰ کے اگر یہ مناسب صورتحال کیلئے نہیں ہے
7	6	5	4	3	2	1	20	جب میں مذاق کر رہا ہوں یا مزاحیہ بننے کی کوشش کر رہا ہوں تو میں خود کو گرا دینے کی حد سے بھی گزر جاتا ہوں
7	6	5	4	3	2	1	21	مجھے لوگوں کو خوش رکھنے میں بہت مزا آتا ہے
7	6	5	4	3	2	1	22	اگر میں پریشان ہوں یا اداس ہوں تو میں اپنی مذاق کرنے کی صلاحیت کھو دیتا ہوں

7	6	5	4	3	2	1	اگر میرے تمام دوست کسی دوسرے پہ ہنس رہے ہوں تب بھی ایسے کام میں حصہ نہیں لیتا	23
7	6	5	4	3	2	1	خاندان یا دوستوں میں ہوتے ہوئے میں ان کیلئے کوئی مزاق اڑانے والی چیز کی طرح ہوتا ہوں	24
7	6	5	4	3	2	1	میں اپنے دوستوں کے ساتھ مزاق نہیں کرتا	25
7	6	5	4	3	2	1	میرا تجربہ ہے کہ کسی صورتحال کو کسی مزاحیہ انداز میں دیکھنا مشکلات پہ قابو پانے کا ایک موثر ذریعہ ہے	26
7	6	5	4	3	2	1	اگر میں کسی کو پسند نہیں کرتا تو میں اگر کس کا مزاق اڑاتا ہوں یا اسے تنگ کرتا ہوں	27
7	6	5	4	3	2	1	اگر مجھے کوئی مسلا ہو یا میں پریشان ہوں تو میں اسے مزاق کر کے چپھا لیتا ہوں یہاں تک کہ میرے قریبی بھی اندازہ نہیں لگا سکتے کہ میں کیا محسوس کر رہا ہوں	28
7	6	5	4	3	2	1	جب میں لوگوں کے ساتھ ہوتا ہوں تو میں حاضر جواب نہیں ہوتا	29
7	6	5	4	3	2	1	مجھے خوشی محسوس کرنے کیلئے دوسرے لوگوں کے ساتھ کی ضرورت نہیں ہوتی جب میں اکیلا ہوتا ہوں تب بھی کوئی ایسی چیز ڈھونڈ لیتا ہوں جو مجھے خوش رکھ سکے	30
7	6	5	4	3	2	1	اگر کئی مزاحیہ چیز کسی کو بری لگ رہی ہو تو میں ہنسنے اور مزاق کرنے سے رک جاؤں گا	31
7	6	5	4	3	2	1	دوسروں کو خود کا مزاق اڑانے کی اجازت دینا اپنے دوستوں اور خاندان کو خوش رکھنے کیلئے ٹھیک ہے	32

MENTAL HEALTH ISSUES SCALE

ہدایات: ذیل میں دیئے گئے بیانات طلباء و طالبات کی ذہنی صحت میں آنے والے مسائل کی عکاسی کرتے ہیں۔ آپ ان بیانات کو غور سے پڑھیں اور بتائیں کہ یہ بیانات کس حد تک آپ پر لاگو ہوتے ہیں۔ جواب دینے کے لیے سامنے دیئے گئے انتخابات میں سے کسی ایک پر نشان لگائیں۔

Factor	شمار نمبر	بیانات	کبھی نہیں	کبھی کبھار	اکثر	ہمیشہ
F2	1.	غصہ آنا .	کبھی نہیں	کبھی کبھار	اکثر	ہمیشہ
F1	2.	دوسروں سے بے جا مقابلہ کرنا .	کبھی نہیں	کبھی کبھار	اکثر	ہمیشہ
F1	3.	احساس کمتری ہونا .	کبھی نہیں	کبھی کبھار	اکثر	ہمیشہ
F1	4.	فیصلہ نہ کر پانا .	کبھی نہیں	کبھی کبھار	اکثر	ہمیشہ
F1	5.	اپنی ظاہری شکل و صورت سے مطمئن نہ ہونا .	کبھی نہیں	کبھی کبھار	اکثر	ہمیشہ
F2	6.	بہت جلدی مایوس ہونا .	کبھی نہیں	کبھی کبھار	اکثر	ہمیشہ
F2	7.	خود میں ہر وقت خامیاں نظر آنا .	کبھی نہیں	کبھی کبھار	اکثر	ہمیشہ
F3	8.	اکیلے رہنے کی خواہش کرنا .	کبھی نہیں	کبھی کبھار	اکثر	ہمیشہ
F1	9.	خود پر یقین نہ ہونا .	کبھی نہیں	کبھی کبھار	اکثر	ہمیشہ
F1	10.	حمس کرنا کہ مجھے کوئی پسند نہیں کرتا .	کبھی نہیں	کبھی کبھار	اکثر	ہمیشہ
F2	11.	کسی کام پر توجہ نہ دے پانا .	کبھی نہیں	کبھی کبھار	اکثر	ہمیشہ
F1	12.	ہر وقت دوسروں جیسا بننے کی کوشش کرنا .	کبھی نہیں	کبھی کبھار	اکثر	ہمیشہ
F3	13.	کسی سہارے کی ضرورت محسوس کرنا .	کبھی نہیں	کبھی کبھار	اکثر	ہمیشہ
F3	14.	نیند میں کمی محسوس کرنا .	کبھی نہیں	کبھی کبھار	اکثر	ہمیشہ
F3	15.	نیند پوری ہونے کے بعد بھی تھکاوٹ محسوس کرنا .	کبھی نہیں	کبھی کبھار	اکثر	ہمیشہ
F1	16.	پیسے کا مقصد ناپنا .	کبھی نہیں	کبھی کبھار	اکثر	ہمیشہ
F1	17.	خود کو بے بس محسوس کرنا .	کبھی نہیں	کبھی کبھار	اکثر	ہمیشہ
F1	18.	دوسروں کی کامیابی سے حسد محسوس کرنا .	کبھی نہیں	کبھی کبھار	اکثر	ہمیشہ
F2	19.	گھر والوں کی امیدوں پر پورا نہ اترنے پر ان سے جھگڑا ہونا یا چوڑھا این محسوس کرنا .	کبھی نہیں	کبھی کبھار	اکثر	ہمیشہ
F3	20.	اشیاء / کام کا بھول جانا .	کبھی نہیں	کبھی کبھار	اکثر	ہمیشہ
F2	21.	پڑھنے / کام کرنے کو دل نہ کرنا .	کبھی نہیں	کبھی کبھار	اکثر	ہمیشہ
F3	22.	کاموں کی بہتر منصوبہ بندی نہ کر پانا .	کبھی نہیں	کبھی کبھار	اکثر	ہمیشہ
F3	23.	رونے کو دل کرنا .	کبھی نہیں	کبھی کبھار	اکثر	ہمیشہ

ہیش	اکڑ	کبھی کبھار	کبھی نہیں	کسی انہونی کا ڈر ہونا/ کچھ غلط ہونے کا ڈر ہونا۔	24.	F3
ہیش	اکڑ	کبھی کبھار	کبھی نہیں	محسوس ہونا کہ صرف میرے ساتھ ہی غلط ہوتا ہے۔	25.	F1
ہیش	اکڑ	کبھی کبھار	کبھی نہیں	خود کو اکیلا محسوس کرنا۔	26.	F3
ہیش	اکڑ	کبھی کبھار	کبھی نہیں	اپنی بات کو مناسب انداز میں بیان نہ کر پانا۔	27.	F2
ہیش	اکڑ	کبھی کبھار	کبھی نہیں	نشر کرنے کو دل کرنا۔	28.	F1
ہیش	اکڑ	کبھی کبھار	کبھی نہیں	سانس لینے میں مسئلہ ہونا/ سینے میں جلن محسوس کرنا۔	29.	F3
ہیش	اکڑ	کبھی کبھار	کبھی نہیں	کام/ تعلیم کے معیار پے پورا نہ اترنا۔	30.	F2
ہیش	اکڑ	کبھی کبھار	کبھی نہیں	بلاوجہ ڈر لگنا۔	31.	F3
ہیش	اکڑ	کبھی کبھار	کبھی نہیں	کندھوں میں تنہا محسوس کرنا۔	32.	F3
ہیش	اکڑ	کبھی کبھار	کبھی نہیں	دوسروں کے بارے میں بہت زیادہ حساس ہونا۔	33.	F3



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Psychology University of Management and Technology**

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Name of Participant/Candidate, AMINA SHAMSHAD Participant ID: F2019381031

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1.3 Objectives	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
2. Review of literature	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
2.1 Recent local and international literature	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
2.2 Rationale of the study	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
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2.4 Hypotheses (If any)	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
3. Method	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
3.1 Research design	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
3.2 Setting	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
3.3 Participants (sampling strategy)	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
3.4 Measures	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
3.5 Procedure (ethical considerations)	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
4. Analysis of the results	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
4.1 Descriptive analysis	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
4.2 Inferential analysis	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
4.3 Summary of results	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
5. Discussion	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
6. Limitation and Recommendation	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
7. Conclusion	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
8. References	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
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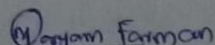
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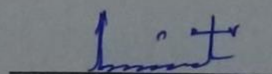
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