

**Cyber Victimization, Self-Silencing and Interpersonal Dependence in
Emerging Adults**



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DEDICATION

In the name of Allah, the Most Merciful and Compassionate. This thesis is dedicated to Allah, whose love and guidance have been my constant companions throughout this academic journey. Without His help, this accomplishment would not have been possible. Your belief in me has been a source of strength. To my besties, Yusra Zafar and Areeba Latif, I dedicate this work with heartfelt appreciation for your love, support, and countless blessings. To my childhood friend, Laiba Khawar, I owe a debt of gratitude for your unwavering support and encouragement. Your presence has brought joy and comfort to my life. Finally, I dedicate this thesis to my supervisor, whose guidance and wisdom have been invaluable. Your patience and encouragement have propelled me forward, and I am deeply grateful for your mentorship. This dedication is a token of my appreciation for the love, support, and guidance I have received from each of you. May this thesis serve as a testament to the importance of friendship, faith, and gratitude in achieving academic success.

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ABSTRACT

The current study aimed at knowing the relationships between cyber victimization, self-silencing and interpersonal dependence in emerging adults. A total of 402 college and university students voluntarily participated (men=204 and women=198) with the age range of 17-25 ($M=19.2$ years). The data were taken from using demographic sheet, cyber victimization scale, self-silencing scale scale and interpersonal dependence scale. The purposive sampling strategy is used to gather data in order to determine results. The results showed that cyber victimization correlates with a significant positive relationship with interpersonal dependence. Other than that, the self-silencing has significant positive correlation with interpersonal dependence. On the contrary, self-silencing has a non-significant negative association with cyber victimization. Moreover, it was seen that men are more prone to cyber victimization and as compare to women having more self-silencing and interpersonal dependence. Other than that, graduate students have more scores of cyber victimization, self-silencing and mental health problems in contrast to intermediate students. Furthermore, early emerging adults have higher levels of self-silencing whereas, late emerging adults has greater level of interpersonal dependence than middle and early emerging adults. In addition, gender, education and age levels, cyber-victimization and self-silencing are found to be significant positive predictors of interpersonal dependence. The prominent findings can lead to more awareness sessions regarding cyber victimization, the impact of self-silencing and interpersonal dependence, related therapeutic interventions can be designed and given to the emerging adults. The limitations and suggestions of future researches has been highlighted in the end of the study.

Keywords: cyber victimization, self-silencing, interpersonal dependence, cyber-aggression, emerging adults

Chapter I

Introduction

In this era, the ever-evolving clock of the modernization and technological world the cyber victimization and cyber harassment has become the critical area of the investigation. The modern generation which is known as the gen Z prone to the social media networks which leads the consequences of bully, devastated mental health, loss of psychological well-being, bad consequences of peer relationships and damaged biological being.

Studies showed the emerging adults considered the most involved beings in social networking sites like Facebook, WhatsApp, Instagram and other chatting sites (Sara, 2019). Today's, emerging adults age range from 17 to 25 are victimized online that could lead to adverse effects in later adulthood especially in making relationships also it disrupted the human cognitive abilities which make them dependent to others (Sara, 2019). It is the time of development where trauma hit them easily because in emerging adults they are highly activated towards the adventures, stress, traumas building and memories making due to peak level of hormonal activities like dopamine, cortisol and serotone. The motivation and reverse anhedonia would be the make-up of hormones and life consequences (Bouffard & Koepall, 2014).

This study tried to comprehend all the aspects of being victimized along tried to explain the later on effects on behaviors of those individuals. Cyber-victimization, the experience of being targeted or harassed through online platforms again and again anonymously to threaten the one's self and the life of victims. The multifaceted consequences of online harassments revealed through articles which stated the psychological effects, lower the self-esteem, reduces the life satisfaction and also modified the individual's personality (Smith et al., 2019; Wang & Liu,

2020). The researches also explained four behaviors of cyber-victimization which were hacking, having obscene photos shared, bullying, and stalking/trespass which may affect the life and mental health of the victims (Candace et al., 2023). Moreover, cyber-victimization shifted emotional well-being of emerging adults which studies claimed in late adulthood induced the probabilities of delusional disorders, mood dysregulation, isolation, seeking help, seeking validations from others and anti-social behaviors (Hailey, 2020). Understanding the roots and stems of cyber victimization challenges over individual we need to look after variables self-silencing behaviors and interpersonal dependence. These types explained will include cyberspace or computer technology to facilitate crime and deviance. The typology consists of cybertrespass, cyber-deception and theft, cyber-pornography and obscenity, and cyber-violence. Cyber-trespass focuses on hacking and trespassing in networks and computers. Cyber-deception and theft focus on fraud, phishing, and scams. Cyber-pornography and obscenity focus on obscene material including child pornography and other explicit and potentially offensive content. Cyber-violence focuses on bullying and stalking behaviors that occur through online platforms which victimized the emerging adults e.g., college students and university students especially become the victims of it (Candace et al., 2023).

Self-silencing is psychological terminology examined in emerging adults in the aftermaths of being victims. It is the inhibition of one's thoughts, emotions, feelings and behavior in resulting of some antecedent. The extensive and critical literature gave the drastic effects of self-silencing over emerging adults which were worse mental health issues e.g. increased anxiety, developed cognitive schemas, developed trust issues and compromised sense of self-worth. The one of objective of this study to elaborated the relationship between cyber victimization and self-silencing where adults compromised one's self, loss the self-worth just to

gather attention and validation of whatever they are doing to prevent future loss (Den & Gao, 2018; Jack & Dill, 2021).

Johnson et al., (2019) stated in the article of self-suffering that individual's especially young adults suppress their voices in the aftermaths of online harassments especially included sharing nude's pictures, sharing sexual content to someone stranger and asking for sex in direct messages. Furthermore, the current researches delved into the population of college students to compare and contrast the studies between university students and college students because of the more screen-time on mobile than university students. They fascinated phones and social media apps more rigorously than university students to interact with opposite genders due to cultural barriers (Chen & Wang, 2019). The further exploration of the self-silencing argued to how individuals cope up with it and maintain the interpersonal relationships.

Interpersonal dependence explained reliance on others for emotional support, for validations, seeking sense of identity from others for satisfaction. It differs from individual to individual but in the context of being victimized researches emphasis on later on consequences on mental health and relationships. The three components self-reliance, self-confidence and doubts are the aftermath's effects which was induced in individuals after shock. Young humans are machines which worked on principles of oil or fuel they are using. Similarly, if external stimulus are hazards so eventually it would have disturbed internal mechanisms like abilities and especially life satisfactions (Kim et al., 2017; Steven & Hassett, 2019).

Researches supported evidences of disadvantages cyber victimization that those individuals who are heavily dependent on others heightened the stress level when they experienced online harassments. Online harassments disturbed the normal functioning of individual's growth rate and success rate. The adults especially girls if experienced this so they would unable to come up from their comfort zone (Lindsay et al., 2016).

Experts who have researched the technological aggression concluded potential risk factors of online harassments were aggression and transition phase (Jansen & Arnett 2012). The aggression would lead to target others for their own benefits. In addition, the centers of Disease Control proposed the statements the online victimization as the youth culture tradition the youth found it casual and cool to bully and harass others (David & Hertz, 2009).

The gender differences also matter from culture to culture. In collectivistic culture, females are more prone towards cyber-security and shows more self-suffering behaviors (Sara, 2019).

Cyberbullying have negatively associated with cyber-victimization mental health issues in college students than university students because researches claimed that in universities the students are somehow trained to take the actions. The resulting outcomes led the depressive symptoms, anti-social behaviors among 1st year of students in college (Kelly et al., 2016).

Furthermore, cyber-victimization also impacted on college life rather than the university life because of the exposure they had in this early adulthood. For sure the need of electronic are necessary but extra exposure leads to addiction of sites and eventually pop up with many disadvantages. The emerging also have been influenced due to the family systems. The nuclear one and the joint one have different kind of consequences on developing such issues. Online harassments are not caused by the usage but also the culture and family systems we are living in.

Such as joint family raised the neglected children and adults that would highly cause the electronic aggression that's why cyber-victimization highly common in Pakistani institutes and in working places (Ding et al., 2020).

In accordance to this, the impact of family cultures in male dominant societies it has been observed females are more traumatized than males. The current study focused on all aspects of variables and demographics which could possibly answers all the dilemmas about victimization and it's by products.

Cyber-victimization has been become the greatest topic of research but in adolescents that's why this study managed the gaps so the literature among cyber victimization concluded that it would leads the self-harm behaviors as the result of the cyber context (Yaman & Sönmez, 2015; Turk and Senyuva, 2021). Serene et al., (2020) reported that cyber-victimization induced the public mental issues in western countries but lack of local literature the percentages could not be compared and contrast.

Self-silencing could lead to clinical depression if it would not be treated on time, the borderline traits present in individuals but emerging adults have more vulnerabilities to develop schemas and probability is 30% (Chen & Chen, 2020). This chain is interconnected with each other sometimes as the consequence and sometimes as the predictors. The overall literature review with respect of current trends are important.

In the light, it was crystal clear that it is human nature to establish the relationships and seeking nurturance from others. It is also common for young adults to please and attract by others in whom they are interested in by suppressing own opinions and expressions for seeing more acceptable which showed the tendencies of self-silencing behaviors and interpersonal

connections between them. However, it means they have significant relationship between them in the results of electronic aggression (Jack, 1991).

Victims of cyber-aggression have also been shown the maladaptive behaviors related to somatic problems e.g., sleep problems, loss or a sudden change in appetite also led the headache (Benchmal et al., 2013). Over the time the victims shaped personalities starting to have suppressing the self, avoiding interaction and ask primary group for decision makings it elaborated the context of main agenda about association between these variables (Bauman, Toomey, & Walker, 2013; Bonanno & Hymel, 2013; Campbell, Spears, Slee, Butler, & Kift, 2013; Wigderson & Lynch, 2013).

Studies shows that in later on life even a single event can predict the worse outcomes of psychological well-being (Tokuanga, 2010). Researches explained the traditional and non-traditional victimization through bullying one is direct and other one is online. The peer-victimization in school and colleges are very common but now adults found the way to target it online which is more disturbing because technological world has changed (Berlett & Gentile, 2012).

Historically, the make-up of these variables had not been used but in discussion the terms as the consequences had been mentioned. But this study tried to explain the association at first degree for future implications. Digital technologies lessons the power differences or social capital between the humans and it alters the personal characteristics and abilities of individuals to discredit and bringing shame for others (Dempsey et al., 2011).

The digital natives such as young adults 17-25 are more indulge in cell phones and this proportion is inversely related to the affluence and they are at higher level of at using phones with no reasons (Zukerberg, 2011). Whereas in developed countries they used it as the developing socialization, making identity and finding their true identities by creating digital webs but here in eastern culture the barriers of some norms and values induced the curiosity in them to use it in negative way (Aiken, 2017). Most important the opposite gender yet below the role gender differences has been explained and also called it as one of predictors that local literature of Pakistani are lacking.

Emerging adults are considered as the sensitive era in any individual life in terms of their growth, physical development, cognitive development, and mental health. This age chase their passions and looking forward towards curiosity this is why they involved themselves in the digital world e.g., in the laptops, computers, tablets and smart phones. Therefore, by using these mediums they interact and connect with so many unknown people and online communities without seeing the negative consequences of it. Being socially active have a positive impact on the minds especially from adolescents to young adulthood because it increases their knowledge and let them know about current trends. Above all, the other side of cyber-victimization is known as the cyber-aggression which victimized them. Cyber victimization can materialize when someone excludes you from a group, share your personal data without consent and/or use abusive wordings. Becoming a victim can make your perceptions negative and have a subjective decision knowing as cognition bias (Khan et al., 2023).

Self-silencing induces schemas in your mind and can be of many types and a person can have all or one of them. It can make you not trust people and places, makes you more vulnerable towards self-sacrificing, and it can make you isolate. Moreover, gender-differences should be considered because copying mechanism of male and females are totally different according to culture. Having to deviate from objective judgements and decisions can make a person not only social disturbed but also affects the psychological component causing dependence on primary groups to reassure the validations. Thus, self-silencing and interpersonal dependence encourages mental health problems include grief, dependent on others and depressed. This study will fill out the gaps of previous literature and give us the findings of how cyber victimization distresses self-silencing and interpersonal dependence in emerging adults

Aim

- To find out relationship between cyber victimization, self-silencing and interpersonal dependence among emerging adults.

Objectives

- To investigate the association between cyber-victimization, self-silencing and interpersonal dependence among emerging adults.
- To explore the gender differences between cyber victimization, self-silencing and interpersonal dependence among emerging adults.
- To explore the differences of cyber-victimization and self-silencing in university students and college students. \
- To know the differences of self-silencing and interpersonal differences across ages.

Implications of the Study

The current study will try to create powerful impact on local society as well as will provides the insightful visions. This study will help students to aware themselves in the need of technological era to protect themselves from being victims.

From results of this study the awareness campaigns for students as well as for the normal population of society from adolescents to young adults. It will contribute the educational awareness programs for teachers, policy makers, parents and for institutes and for mental health professionals to know about current trends as well. These programs will foster the healthy communication strategies and assertive skills among emerging adults in the need time.

Secondly, this study will support the intervention programs especially for cyber victims. The positive intervention plan can be proposed for these individuals that will support and induced better interpersonal relationships rather than being dependent on others.

This might will include the training sessions and workshops which will gear up the conflict resolution, assertive techniques and enhancing boundary settings for emerging adults for both online and offline interactions.

Furthermore, the policies could be revised aftermaths of the results. The policies makers will definitely encourage and design the web platforms more effective and secure. This will include the safe online environment, programmed special algorithms which will minimize online harassments and reduce privacy invasion. It will initiate the educational curriculum enhancement that will induce basic curriculum/ short workshop in the classes on the basis of the digital citizenships. It would be organized with future collaborations to make the vision true.

Operational Definitions

Cyber Victimization

Cyber-victimization primarily known as the “electronic aggression” which occur through images, texts, calls and emails that threatens the subjects about his or her life and mental health dimensions. The perpetrators invade in privacy of subjects or individuals to minimize the safety level again and again non-traditionally occurred through online platforms (Fatih et al., 2021).

Self-silencing

Self-silencing considered as the relational strategy which invokes the feelings of drifting away from others and discard the communication within interpersonal relationships. It developed the extreme sense of isolation, low self-esteem and higher level of doubting self-worth in individuals or prioritize others as the source of nourishing those relationships (Jack & Dill, 2020).

Interpersonal Dependence

Interpersonal dependence explained the complete dependency on others, seeking validations, seeking for help and asking for decision makings. It reflects the concept of seeking supportive relationships from others denying the fact of self-reliance (Baumeister & Leary, 1995; Birtchnell, 1988; Bornstein, 1992 & Bornstein, 1993).

Chapter II

Literature Review

This chapter focused on the previous existing literature, theories, conceptual framework, theoretical framework and all the explanations that supported the current study. Therefore, the old literature did not accommodate all aspects accordingly new trends that prevail in culture. Every culture has its own diversity, complexions, backgrounds, stereotypes, stigmas, fears, phobias, and coping mechanisms. Thus, the current study is on the title on cyber-victimization, self-silencing, and interpersonal dependence in emerging adults. The emerging adult is the major and crucial part in the developmental stages of human life.

Emerging adults was first introduced by Jeffery Arnett's, in late 1990s published in journal of American Psychological Association in 2000 with the name of Late Teens through Twenties. He explained the characteristics of emerging adults with following the period between late adolescent with full adulthood typically lied till mid-20s. The literature focused this period comprised on identity exploration, intimacy, curiosity, instability, self-focused, confusion, feelings-in-between, and self-doubt as well. This period often produced transitions in all domains of life work, schooling, inter-personal and intra-personal relationships, attachments, and so on. The risk factors that contributed developmental problems in this stage were harassments, self-sacrificing behaviors, extreme dependence on others, delayed marriages, workplace disputes, schooling, and university ragging marked by the prolonged transition from teens to adults. Being victimized by someone or any authority figure, peers reduced the sense of independence, influence the doubted thoughts and core beliefs, displayed the image of sacrificing behaviors, negative self-image, and prioritizing others on oneself. Therefore, in the age of emerging through

major transition of life made beings more vulnerable if any trigger clicked at this stage.

Moreover, Marcia (1980), clearly provided the theoretical framework on emerging adults with the title of identity developmental theory that summarized emerging adults undergoes the formation of identity exploration and commitment that followed by various mediums like use of social media, effects of media on behaviors, effects on behaving with other beings in environment and so on.

However, Social learning theory of aggression, proposed by psychologist Albert Bandura, offers a comprehensive framework for understanding how individuals acquire new behaviors and attitudes through observation and imitation of others. Central to this theory is the concept of observational learning, which asserts that people can learn by watching the actions and outcomes of those around them. Whether it's observing real-life models or fictional characters in media, individuals are constantly exposed to behaviors that they may later replicate. Bandura highlighted the importance of modeling, suggesting that individuals are more likely to imitate behaviors exhibited by people they admire, identify with, or perceive as similar to themselves. Moreover, social learning theory emphasizes the role of reinforcement, whereby behaviors that are rewarded or punished are more likely to be repeated or avoided. However, reinforcement can also be vicarious, meaning individuals can learn from observing the consequences of others' actions. Additionally, cognitive processes are the main component in emerging adults. It posits that aggressive behavior can be learned through observation, imitation, and reinforcement. According to this theory, individuals are not inherently aggressive, but rather acquire aggressive behaviors through observing others, particularly influential models such as parents, peers, or media figures, who display aggressive actions (Bandura, 1980).

Cyber-victimization is a phenomenon of being harassed and victimized through social media and online platforms which depicted that cultural norms, values, stigmas shaped the personality of individuals. The studies in past explained females were being more harassed and victimized as compared to boys due to familial abandonment, social expression, societal norms, gender based roles, self-doubts, lack of awareness, and identity based attacks. Conversely, from the literature it could be extracted males were more susceptible towards the direct form of cyber-victimization which involved threats, physical harm, online mode threats, intimidation (overawe) and aggression as compared to females. Some researchers suggested women easily being targeted more frequently than men but the severity of victimization can vary from female to female even in cultural context especially in western culture (Kalwoski & Limber, 2013). There was no major evidence about cyber-victimization in indigenous context and could be used as the gap. Life major domains like schooling, workplace interactions, colleges and universities played important role in cyber-victimization which eventually lead to major consequences like self-silencing behaviors, interpersonal dependence, low self-esteem, and identity crisis. Evaluating one of the studies on cyberbullying and cyber harassments in academic areas concluded that online presence and activities, satisfying one's cravings, for fun and entertainment, personal characteristics like low self-confidence and negative self-image happens at intermediate and bachelors level (Hinduja & Patchin, 2015).

Moreover, cyber-victimization interplayed an important role in psychosocial phenomenon resulted into self-silencing in emerging adults. According to existing literature, negative online experiences more likely to induce the self-doubts, insecurity, attachment issues, and more dependency on others in relationships later on in life. Emerging adults heavily consumes social media for making new connections as the primary need of that age. Therefore, self-silencing as the outcome of cyber-victimization generated negative impact on individual's mind and it negatively impacted peer relationships which eventually portrayed being more reserved in relationships. Moreover, self-silencing does not sustain at one certain point, due to cultural diversity the self-silencing manifested in the form of fear of rejection, fear of judgement where individual withhold their authentic opinions, thoughts, selves to avoid further victimization (Shemesch & Heiman, 2017). Alexander et al., 2019 stated in one of its qualitative study on emerging adults related to victimization had concluded those victims said they bullies will find another way to hurt us. It showed the lower level of trust and low self-esteem which minimizes the chances of recovery. Ultimately it is giving name of self-silencing.

On the other hand, the cross-cultural researches suggested that females are likely to perform self-sacrificing for maintaining harmony. By comparing collectivistic and individualistic culture, it is come up with a decision that maintaining harmony is necessary of group over one's thoughts and distress. Whereas, late adolescents would face less victimization because of protective factors e.g., parents, friends. On the other hand, in university, the company of friends, sense of hyper dependence, gender roles e.g., boys are more independent, girls should be reserved etc. leads the chances of victimization in emerging adults. According to the theories, it is clear the curiosity and in the search of new opportunities the adults trapped in such trash. But, it could be varying on the page of copying mechanism, risk factors, and protective factors in

certain culture. No wonder that cultural barriers influences a lot in terms of cyber-victimization and self-silencing. Indigenous studies explained Pakistani culture revolves around the honor and dignity. It further elaborated that how Pakistani women went through self-silencing to protect family dignity, honor and to avoid the conflict within the society (Khan & Iqbal, 2021). This phenomenon particularly provided the framework on the societal norms, values and stigmas leading to heightened risk of self-silencing among cyber-victimization victims. Other than the indigenous results, overviewing international literature, the study concluded that cyber-victimization highlighted the increase in self-silencing correlating with significant results of increased psychological distress (Wright & Li, 2013). Comparing individualistic and collectivistic culture, it may seem visible that risk factors were playing crucial roles but differently. In Pakistani culture, family honor related to gender and societal thoughts and perceptions and in individualistic culture fear of rejection, retaliation and social isolation contributed to this. This would be need to address and developed insight about this to empower the victims, shaping positive coping mechanisms tailored according to cultural context. Moreover, it is justified that self-silencing predominantly provoked the sense of depending on others due to traumatic experiences.

Literature also shed light on particularly having significant results of self-silencing behaviors in young emerging adults than late young adults due to its unique properties of merging into emerging adults. Collectivistic features of a culture is a strong predictor of leading dynamic roles of self-silencing in late adolescents. As it is obvious that in young emerging adults, they are more prone towards independence if they are growing in that environment and culture. However, the hurdles created at a point where communication is miscommunicated, boundaries are enmeshed boundaries, dealing adolescents like children and where parents do not

tried to understand their children. The century of 2023 is a century of modernization, usage of social media is too common these days. The opportunities to access such tools are far easier than back in 90s. Nevertheless, the too constricted mode of parenting leads more excitement of using these AI tools. Thus, the results ended into experiencing negative traumas or incidents, which leads to the self-silencing (Arnett, 2000).

If this happened in crucial stage of life so it induced automatically doubts, low self-esteem that covered under the name of interpersonal dependence. The influence of cyber-victimization on inducing the interpersonal dependence covered in literature review as copying mechanism in the form of extreme reliance on closed relationships for emotional support and validations. By linking it with societal expectations, victimized emerging adults undergoes with primary groups reassurance about of what they are doing is right and wrong to prevent more incidents in future. However, emerging adults experienced a lot of trust issues after having cyber-victimized it shattered their personality, mind patterns, leading core beliefs and heading more mental health issues in them. The term dependence is not inherently considered as negative but when to stem out from victimization it grew the extreme approval from their closed ones which created hindrance in personal growth and development (Jones et al., 20120).

Existing research provided commendable insights into the relationship between cyber-victimization and interpersonal dependence in emerging adults within Pakistani culture, significant gaps remain. There is a need for more empirical studies that explore the nuances of this relationship, considering the rapid evolution of digital platforms and varying degrees of societal change. Research should also examine the protective factors that can mitigate the impact of cyber-victimization and reduce reliance on interpersonal dependence as a sole coping mechanism.

Moreover, studies suggested that in during college year's harassment leads to victimization that induced interpersonal dependence involves a reliance on others for emotional support or validation. Therefore, young emerging adults engage in self-silencing in response to cyber-victimization, they may become more dependent on their close relationships to provide the acceptance and understanding they withhold from broader social or online contexts. This dependence can become problematic if it limits personal autonomy or the ability to form healthy, reciprocal relationships (Cameron et al., 2010). The prevalence of cyberbullying and online hurt were more common in young emerging adults (during college years) other than the university level because of having more awareness at this stage but some studies reported the major transition from college to university had more chances likely to have cyber-victimization, self-silencing and interpersonal dependence (Brown & Larson, 2009).

Researches supported evidences of disadvantages cyber victimization that those individuals who are heavily dependent on others heightened the stress level when they experienced online harassments. Online harassments disturbed the normal functioning of individual's growth rate and success rate. The adults especially girls if experienced this so they would unable to come up from their comfort zone (Lindsay et al., 2016).

Cyber-victimization has been become the greatest topic of research but in adolescents that's why this study managed the gaps so the literature among cyber-victimization concluded that it would leads the self-harm behaviors as the result of the cyber context (Yaman & Sönmez, 2015; Turk and Senyuva, 2021). Serene et al., (2020) reported that cyber-victimization induce the public mental issues in western countries but lack of local literature the percentages could not be compared and contrast. This explained the gap of self-silencing and interpersonal dependence.

Cyber-victimization shaped by cultural norms, values, societal expectations. The digital technologies has not been matched by a corresponding increase in awareness and education regarding safe online practices, making young people particularly vulnerable to cyberbullying and harassment (Khan & Iqbal, 2021). Moreover, fear of blamed for the victimization leads many late adolescents and young adults to engage in self-silencing behaviors. This phenomenon is particularly pronounced among women and girls, who face stricter societal rules and regulations regarding their online presence and interactions (Khan & Iqbal, 2021).

Researches explained the traditional and non-traditional victimization through bullying one is direct and other one is online. The peer-victimization in school and colleges are very common but now adults found the way to target it online which is more disturbing because technological world has changed (Berlett & amp; Gentile,2012). The findings revealed that the rates of cyber bullying and victimization and involvement in cyber bullying can reach 57%, 68%, and 76% among university students. Relying on these results, the study indicated that cyber bullying is more common problem among university students. Previous research on university students revealed that cyber bullying is widespread. Faucher et al. (2014) found that rates of cyber bullying and victimization among college students are 5.1% and 24.1%. Byrne (2021) found the cyber victimization rate at 58.4%, whereas Dilmaç (2009) calculated the cyber bullying rate at 22.5% and victimization rate at 55.3%. Although the rates in these findings changed and fluctuated, the results are in line with those of the present study and support the view that cyber bullying is a major problem among university students. Such differences may be noted in terms of the frequency of performing an action and its duration (for example, many studies consider a one-set time act considered cyber bullying, whereas other studies prefer repeated occurrences of a problem). Furthermore, the prevalence rates of cyber bullying and

victimization differ due to the use of different measurement tools and research methods and diversity in the socio-cultural facts (Baren & Li, 2005).

Digital world may arise the negative effects of these victimization experiences. It has noted above that adults use the dimensions of digital networks, an enhanced ability to remain unknown and increased control over the information they share with adolescents to gain trust and exploit for their own purposes (Bauman, 2013; Runions et al., 2013). Thus, it would eventually lead the mental health problems in late adolescents. It provided the clear evidence of experiencing online aggression in emerging teens.

The review highlighted the significant role of cultural factors in shaping the experiences of cyber-victimization, self-silencing, and interpersonal dependence among late adolescents and young adults in Pakistan. The need for culturally sensitive approaches to addressing these issues, including increasing campaigns and education about safe online practices, creating support systems at community level that respect cultural norms while encouraging victims to speak up, and addressing the societal stigma associated with cyber-victimization (Ahmed & Qazi, 2017).

During the literature review for the current research study, it seen that there were studies done regarding cyber-victimization with multiple and different variables such as mental health, interpersonal relationships, resilience, hostility, violence partner etc. However, there were no studies found specifically addressing cyber-victimization in terms of social intelligence and interpersonal dependence collectively in university students at local literature as compared to international literature. The international literature consisted on late adolescents and university students but in local literature adolescents have been visible than emerging adults.

Furthermore, few indigenous studies found comparatively to international studies done on the following topics but with different study variables.

There were fewer studies done locally on university and intermediate level, which seen as a gap during literature review for the research study. Although some studies have begun to explore gender differences in cyber-victimization and interpersonal relationships, there is a gap in research focusing on how these differences manifest in the context of self-silencing and interpersonal dependence among emerging adults

Rationale of the Study

The rationale of this current study to explore the relationship between cyber-victimization, self-silencing and interpersonal dependence in terms of local literature. The phenomena of cyber-victimization, self-silencing and interpersonal dependence are not unique to Pakistan, the ways in which they manifest and are not addressed as deeply in local literature. In addition, the study conducted to check the cyber-victimization at university level by comparing it with college level both in indigenous and international researches but with different variables like bullying, self-esteem, intimate partner's violence. This lack indigenous studies for the main variables on the current study in emerging adults. However it was observed by researches that cyber victimization is studied more in adolescent population.

Thus, current digital platform is increasing these days and emerging adults are more prone to these tools. However, to find out the relationship between these variables as combination of the current study conducted. Also, the categories of educational level also influenced in terms of cyber-victimization as an independent variable effecting on self-silencing as a dependent variable and interpersonal dependence as a dependent variable. Moreover, the

researches highlights the predictors of cyber victimization and self-silencing but there is a lack of knowing the linkage of predictors with other two main variables and the demographics used in the research. So, the current research has to be conducted to see how cyber victimization impacts self-silencing and interpersonal dependence in emerging and see the influence on demographic variables.

Research Question

- What is the relationship between cyber-victimization, self-silencing and interpersonal dependence in emerging adults?

Hypotheses

- It is hypothesized that there would be a significant positive relationship between cyber-victimization, self-silencing and interpersonal dependence in emerging adults.
- It is hypothesized that women would have higher level of cyber-victimization, self-silencing, and interpersonal dependence as compared to men in emerging adults.
- It is hypothesized that graduate students would have high level cyber-victimization as compared to intermediate students in emerging adults.
- It is hypothesized that early emerging adults would have high level of self-silencing and interpersonal dependence as compared to late and middle emerging adults

Chapter III

Method

This chapter focused on the method which elaborated the ways of conducting the research, the information about scales, the protocols, the sampling strategies, the criteria's that explained every little inches about current study.

Research Design

The researcher used a quantitative study design consisting of correlational research design to see the association between main study variables e.g., cyber-victimization, self-silencing and interpersonal dependence (Kumar, 2011).

Sample and Sampling Strategy

The study conducted in various institutes for gathering data like government and private universities were included, the government and private colleges were included, and private academic were included for taking relevant data from the participants. The total participants collected were 450, divided through the purposive sampling which was 225 from private and 225 from government sectors. The sample was further divided into 113 from private colleges and universities while 112 from government colleges and universities. Further from each sub division was 56 and 57 participants (female and males respectively).

Inclusion Criteria

- Male and female were included as participants.
- Participants were from 17 to 25 in age.
- Participants from intermediate and bachelor level of education

Exclusion Criteria

- Participants who had any type of physical disability or illness.
- Participants belonging to matriculum, master and doctrate level.

Measures

Demographic Sheet

After the literature review, the demographic sheet was written down including age, gender (male/female), Class/Semester (1st year to semester 10), Education System (Government/Private) and Family System (Joint/ Nuclear).

Firstly, demographic sheet has been organized systematically on the basis of population selected. All parameters were being take under consideration for developing protocol. The indigenous scales were used e.g., cyber-victimization, self-silencing, and interpersonal dependence selected on theme of research.

Cyber Victimization Scale

Cyber Victimization Scale is an indigenous and self-report scale develop for young adults, having a Cronbach Alpha reliability of $r= 0.82$. The scale represents of the experiences of cyber victims especially on social networking sites. It comprises of 28 items and scored on 5 point likert scale scoring from 1 to 5 (1= never, 2= once/twice, 3= sometimes, 4= often and 5=

always). Item 5, 12, 14 and 27 had reverse scoring. The scale is divided into five subscales which includes catfishing, visual sexual cyber victimization, forgery, exclusion and written verbal cyber victimization; and all the five subscales were taken into use (Riaz et al., 2022). The bilingual protocol type has been used for this scale because of avoiding any harm for discussing about insensitive questions (Sharif et al., 2021). The study supported that using bilingual method reduced the chances of being uncomfortable in any situation and it also eases the chances of discussing sensitive and taboo topics in local language (Niaz et al., 2023).

Self-Silencing Scale

The self-silencing scale describe the tendencies to ignore, suppress, sacrifice and, compromise one's own feelings in order to attain the emotional, social and, psychological support from external environment mainly from primary groups (family, friends, peers and, teachers). The Cronbach alpha is $r=.73$ of self-silencing scale. It consists of 29 items and all items were not being used in this study by considering selective factors. The scale has no reverse scoring and a type of Likert scale from 0 to 5 (0= never, 1=few times, 2=to some extent, 3=often, 4=more than usual and, 5=always). (Ashraf, 2020).

Interpersonal Dependence

Interpersonal dependence scale especially used to measure the dependency over others which targeted sense of self-esteem, low decision making powers, insensible towards executive functioning and, having doubts over oneself. The interpersonal dependency scale of adults has been used here in respect of university students and considering inclusive age criteria. It consisted of 27 items with respect of Likert scale type and the scoring was from 0-3 (0=never, 1=sometimes, 2=often and, 3=every time). The psychometric properties were up to standardized

level which showed high internal consistency (Cronback alpha=.91, test-retest reliability $r=.86$, $p<.001$, and convergent reliability $r=.75$, $p.001$) (Nadeem, 2020).

Ethical Consideration

Initially, research proposal has been presented to supervisor which further went down under selection procedure and in end it approved from the head of department. Secondly, after approval permission letter has been granted from research supervisor for further proceedings in settings. The written consent has been taken from head of institutes in process of data gathering. Later on, the verbal or oral consent has been given to participants while considering all measures like risk and protective factors.

Procedure

During this process, the detailed procedure conducted to perform each task. In the starting, the trainee explained all the items meaning to participants. Also, before acquiring the data the question has been asked from the participants whether they are using social media platforms to determine the exclusive criteria. The different institutes of government and private universities and colleges been used for this study. In university different departments were approached like IT, Fashion designing, Clinical psychology, Nutritional sciences and many more used under this journey. Conversely, the departments from masters were excluded. Similarly, informed consent have been taken and given to participants and authority for check and balance to maintain APA ethical considerations. While collecting data, all terms and conditions of this study has been informed to participants like pros and cons of study, and also it has been informed to participants that in future they will have been aware of results and further management plan will be induced on results basis.

Chapter IV

Results

This chapter included the results of all the variables that have used in this study. The study-focused variables were cyber-victimization, self-silencing and, interpersonal dependence in emerging adults. Moreover, the research question and hypothesis referred to find out the association between cyber-victimization, self-silencing and interpersonal dependence in emerging adults. Thus, result chapter consisted on four (4) sections.

Section I: Sample Description

Section II: Psychometric Properties of Measures

Section III: Testing of Main Hypotheses

Section IV: Testing of Secondary Hypotheses

Section I: Sample Description

This section focused on the sample description of the demographics of the variables used in this study i.e., frequencies, percentages and, normality of this study.

Table 1*Frequencies and Percentages of the Demographic Variables of Participants (N=402)*

Variable	<i>f</i>	%
Gender		
Men	204	50.7
Women	198	49.3
Family System		
Joint	155	38.6
Nuclear	247	61.4
Education Type		
Private	193	48
Government	209	52
Education Level		
Intermediate	198	49.3
Graduate	204	50.7
Age Levels of Emerging Adults		
Early (17-18 years)	202	50.2
Middle (19-20 years)	99	24.6
Late (21-25 years)	101	25.1

The above table showed that there was a small increase in number of men (51%) than women (49%) participating in the study. Similarly, more participants belonged from nuclear family (61%) than from joint family (39%). While participation from private sectors (48%) were less as compared to the government sectors (52%). Also graduate level students were slightly more (50.7%) than intermediate level students (49.3%). Other than that, early emerging adults had higher level of participation (50.2%) whereas the participation of middle and late emerging adults were almost equal (24.6% and 25.1 respectively).

Table 2

Normality of Data (N=402)

Variables	Median	<i>M</i>	5% Trimmed Mean	Skewness	Kurtosis
CVS_Total	53	56.86	55.97	.90	-.146
SSS_Total	71	69.80	69.87	.030	-.205
IPD_Total	25.50	25.47	25.10	.29	-.415

Note. CVS= Cyber Victimization Scale, SSS= Self-Silencing Scale, IPD=Interpersonal

Dependent

The above table indicated that the data is normally distributed. Moreover, the values of Skewness (-3 to +3) and Kurtosis (-10 to +10) are within range. Furthermore, Median, M and 5% Trimmed Mean are more or less equal that clearly represented that data is normally distributed. Furthermore, outliers were found within the data which were removed from the data sheet, reducing the total participants from 450 to 402.

Section II: Psychometric Analysis of Measures

This section covered the psychometric properties of the measures that consisted of reliability of Guttman's split half and Cronbach alphas were as follows:

Table 3

Guttman's Split-Half and Cronbach's Alpha Internal Consistency Reliability of the Scales (N=402)

Scales	No. of Items	Guttman's Split-Half Reliability	Cronbach Alpha Reliability (α)
CVS_Total	28	.705	.811
SSS_Total	29	.789	.880
IPD_Total	27	.843	.843

Note. CVS= Cyber-victimization, SSS=Self-silencing scale, α = Cronbach Alpha, and IPD= Interpersonal dependence

The above table indicated that all three scales of cyber-victimization, self-silencing, and interpersonal dependence have more or less satisfactory/good Cronbach alpha and Guttman's split-half reliability inferred on the category "0.5-0.69" satisfactory.

Section III: Testing the Main Hypotheses

This section followed the testing of the main hypothesis which explained the relationship between cyber-victimization, self-silencing and, interpersonal dependence variables.

Furthermore, the scales of CVS, SSS, IPD and Simple Linear Regression to rule out the hypothetical phenomenon. The hypothesis was:

- It is hypothesized that there would be a positive significant relationship between cyber-victimization, self-silencing, and interpersonal dependence in emerging adults.
- It is hypothesized that gender, education levels, age levels, cyber victimization, self-silencing will be the significant predictors of interpersonal dependence.

Table 4*Correlation of Cyber Victimization, Self-Silencing and Interpersonal Dependence. (N=402)*

Sr no.	Variables	<i>M</i>	<i>SD</i>	1	2	3	4	5	6	7	8
1	CV	56.9	12.2	-	.71**	.79**	.86**	.83**	.55**	.29**	-0.005
2	CF	17.1	3	-	-	.41**	.53**	.46**	.28**	.19**	.02
3	VSCV	12.6	3.5	-	-	-	.61**	.58**	.27**	.28**	.01
4	F	8.4	3.4	-	-	-	-	.67**	.36**	.23**	-.01
5	E	7.8	3.6	-	-	-	-	-	.33**	.22**	-.03
6	WVCV	11	2.5	-	-	-	-	-	-	.21**	-.02
7	SSS	69.8	21.5	-	-	-	-	-	-	-	.17**
8	IPD	25.4	21.5	-	-	-	-	-	-	-	-

Note. 1= Cyber-victimization, 2=Self-silencing scale, IPD= Interpersonal dependence, $p < 0.01^{**}$,

F1= Cat Fishing, F2= Visual Sexual Cyber Victimization, F3= Forgery, F4= Exclusion, F5=

Written Verbal Cyber Victimization

The above table came to conclusion that cyber-victimization “CVS” was non-significant negatively highly correlated with self-silencing “SSS” at $p < 0.01$. Furthermore, in the lights of the results it deduced that self-silencing has significant weak positive correlation (.169**) with interpersonal dependence at $p < 0.01^{**}$. Thus, drawing inferences of these results, the interpersonal-dependence has significant weak positive correlation (.297**) with cyber-

victimization. The sub-factors are positively correlated with each other whereas the self-silencing and interpersonal dependence is negatively correlated with fogery and exclusion. On the other hand, interpersonal dependence is negatively correlated with written visual cyber-victimization. Thus, it could be summarized that due to enormous cultural factors and belonging with diverse backgrounds the results were showing these significant and non-significant relationships.

Table 5

Simple Linear Regression of Demographics, Cyber Victimization and Self-Silencing on Interpersonal Dependence (N=402)

Variables	<i>B</i>	β	<i>SE</i>
Constant	20.5		2.16
Gender	3.3	.12**	1.4
<i>R</i> ²	.01		
Constant	15.9		2.13
Education Levels	6.3	.23***	1.3
<i>R</i> ²	.05		

Constant	17.7		1.55
Age Levels	4.4	.27***	.8
R^2	.07		
Constant	6.29		3.14
CV	.34	.29***	.05
R^2	.09		
Constant	17.85		2.31
SSS	.11	.17***	.03
R^2	.03		

Note. $p < 0.05^*$, $p < 0.01^{**}$ $p < 0.001^{***}$ CV= Cyber Victimization, SSS=Self-Silencing

The table presented that age levels, education levels, gender, cyber victimization, and self-silencing have a significant impact of interpersonal dependenc. Moreover, gender has 1% prediction ($R^2=.01$), education levels have 5% prediction ($R^2=.05$), age levels have 7% prediction ($R^2=.07$), cyber victimization has 9% prediction ($R^2= .09$), and self-silencing has 3% prediction ($R^2= .03$) of interpersonal dependency. Thus, by inferring the table, gender, education level, age levels, cyber-victimization and self-silencing have positive predictors of interpersonal dependence. This could be due to the cultural influences on emerging adults that makes them more prone towards such issues.

Section IV: Testing the Secondary Hypotheses

This section gathered the testing of all secondary hypotheses to draw the inferences on demographic variables with the main variables. The analysis used in testing secondary hypotheses were t-test, and ANOVA, the framework of hypotheses mentioned below:

- It is hypothesized that females would have higher level of cyber-victimization, self-silencing, and interpersonal dependence as compared to males in emerging adults.
- It is hypothesized that graduate students would have high level cyber-victimization as compared to intermediate students in emerging adults.
- It is hypothesized that late adolescents would have high level of self-silencing and interpersonal dependence as compared to young adults and emerging adults.

Table 6

Independent Sample t-test comparing study variables in Gender differences (Men and Women)

(N=402)

Variables	Men (n=204)		Women (n=198)		t(402)	p	95% CI		Cohen's d
	M	SD	M	SD			LL	UL	
	CVS	58.34	12.57	55.33			11.64	2.48	
CF	17.4	3.1	16.8	2.9	2.1	.04*	.03	1.2	.19
VSCV	12.8	3.6	12.3	3.2	1.6	.11	-.13	1.2	.15
F	8.8	3.3	7.9	3.5	2.5	.01**	.18	1.5	1.1
E	8.4	3.9	7.2	3.1	3.5	.001***	.53	1.9	.34
WVCV	10.9	2.5	11.2	2.5	-.98	.32	-.74	.25	.12
SSS	68.82	20.54	70.96	22.44	-.99	.31	-6.35	2.07	0.09
IPD	23.85	13.63	27.15	13.88	-2.40	.01**	-5.99	-.60	0.23

Note. UL= Upper Limit, LL= Lower Limit, CVS= Cyber-victimization, SSS= Self-silencing, $p<.01^{**}$, $p<.01^{**}$, IPD= Interpersonal dependence, F1= Cat Fishing, F2= Visual Sexual Cyber Victimization, F3= Forgery, F4= Exclusion, F5= Written Verbal Cyber Victimization

The above table showed that is a significant mean group differences ($p=.01^*$) in cyber-victimization scale and interpersonal dependency. Whereas, the level of mean differences is higher in males ($M=58.34$) as compared to females ($M=55.33$). On the other hand, the level of interpersonal dependency relatively higher in females ($M=27.15$) as compared to males ($M=23.85$). Moreover, the results suggested that there is no significant relationship rule out in self-silencing. The written verbal cyber-victimization is high in women whereas, the other sub factors of cyber-victimization is high in men. It could be concluded that due to collectivistic culture, the males are more prone towards the external environment and they have more access towards media as compared to females. So, they tried out things which could be harmful for them. In addition, psychological issues prevailed more in the females due to interdependent of family especially parents and grandparents over them leads to doubts, confusion and low self-esteem in them. It could also be presented that by internalizing their emotions, feelings and thoughts, due to cultural barriers made them more dependent on their authority figures such as father, brothers, and husbands eventually. In eastern culture, the indigenous studies reflected that females are more self-sacrificed, hiding their pain and submitted their will towards the set standards of the culture.

Table 7

Independent Sample t-test comparing study variables in Education system (Graduates and Intermediate level) (N=402)

Variables	Intermediate (n=198)		Graduates (n=204)		t(402)	p	95% CI		Cohen's d
	M	SD	M	SD			LL	UL	
	CVS	53.48	10.40	60.14			12.93	-5.67	

Note. UL= Upper Limit, LL= Lower Limit, CVS= Cyber-victimization, $p < 0.001$ ***

The above table depicted that there is a significant mean difference of cyber-victimization is higher in graduates (60.14) as compared to intermediate students (53.48). Thus, it could have summarized that in college years the students are the under-supervision of their parents and hence, these guidance and assistance would perform as the protective factors in their life and they resolved their matters. Conversely, in university years the students tried to be self-sufficient and also the new emerging environment also ceased them to ask for help especially in the case of collectivistic culture. The new environment caused adjustment issues and also lack of the awareness promoted such mental health issues.

Table 8

One-way ANOVA Analysis of the Age of the demographics variables Early Emerging Adults, Middle Emerging Adults, and Late Emerging Adults (N=402)

Variables	Early Emerging		Middle Emerging		Late Emerging		F	η^2
	Adults		Adults		Adults			
	(n= 202)		(n= 99)		(n= 101)			
	M	SD	M	SD	M	SD		
SSS	72.43	22.41	67.55	21.01	67.07	19.63	2.88*	0.01
IPD	22.20	13.91	26.41	12.33	31.10	13.22	15.24***	0.07

Note. SSS= Self-silencing, IPD= Interpersonal Dependent, $p<0.05^*$, $p<0.001^{***}$

The above table explained or inferred as the significant mean group differences in self-silencing (.01*) and in interpersonal dependency at ($p=.000^{***}$). By analyzing all these categories, the level of self-silencing higher in late adolescents (M=72.43) as compared to emerging adults and young adults. Therefore, the level of mean group differences of interpersonal dependence relatively higher in young adolescents (M= 31.10) as compared to emerging adults (M=26.41) and late adolescents (M=22.20). It could be compiled that due to possible risk factors cross-culturally level of self-silencing is higher in late adolescents which were identity issues, peer influence, parental expectations, gender based roles, cultural taboos, and fear of rejection. On the other hand, the interpersonal dependent is more prevalent in young adults because of pivotal transition from adolescent to adulthood required validation, intimacy

and attachment styles, social comparison, and developmental tasks effected the interpersonal dependent in young adults as compared to late adolescent and in emerging adults.

Summary of Results

This chapter covered all the aspects of the study on the title of cyber-victimization, self-silencing, and interpersonal dependence. It could possibly have explained the relationship between cyber-victimization, self-silencing, and interpersonal dependence among emerging adults are as followed:

- The main hypothesis inferred cyber-victimization “CVS” was non-significant negatively highly correlated with self-silencing “SSS” at $p < 0.01$. Furthermore, in the lights of the results it deduced that self-silencing has significant weak positive correlation (.169**) with interpersonal dependence at $p < 0.01$ **. Thus, drawing inferences of these results, the interpersonal-dependence has significant weak positive correlation (.297**) with cyber-victimization.
- Moreover, the secondary hypotheses of t-test (gender differences) were a significant mean group differences ($p = .01$ *) in cyber-victimization scale and interpersonal dependency. Whereas, the level of mean differences is higher in males ($M = 58.34$) as compared to females ($M = 55.33$). On the other hand, the level of interpersonal dependency relatively higher in females ($M = 27.15$) as compared to males ($M = 23.85$). Moreover, the t-test (education) elaborated is a significant mean difference of cyber-victimization is higher in graduates ($M = 60.14$) as compared to intermediate students ($M = 53.48$).

- Furthermore, the One-Way ANOVA Analysis explained the significant mean group differences in self-silencing (.01*) and in interpersonal dependency at ($p=.000^{***}$). By analyzing all these categories, the level of self-silencing higher in late adolescents ($M=72.43$) as compared to emerging adults and young adults. Therefore, the level of mean group differences of interpersonal dependence relatively higher in young adolescents ($M= 31.10$) as compared to emerging adults ($M=26.41$) and late adolescents ($M=22.20$).

Chapter V

Discussion

This chapter describes, analyze and interpret the findings of the research with explaining the significance of these results with viewing the literature. Similarly, in the end, the chapter closes with conclusion, limitations and suggestions of the present research. Similarly, main hypothesis which was the positive significant relationship between cyber-victimization, self-silencing and interpersonal dependence in emerging adults. Also, discussing the secondary hypotheses which based on gender differences, age, and education status to check significant relationship demographics at different levels.

According to the detailed present literature, it was concluded that cyber-victimization, self-silencing, and interpersonal dependence in emerging adults has positive significant relationship which was state by references and evidence back in literature review. Numerous studies explained this phenomenon at cross-cultural level. Therefore, the current results show different picture of these variables in emerging adults at indigenous level. The results of main hypothesis show negative non-significant results between cyber-victimization and self-silencing in emerging adults. This could be explained by the research evidences, one of the studies shows due to cyber-victimization the adults become more aggressive and trying to reach their primary group for their survival. The need of survival and reduce that anxiety and pressure caused on mind let the individuals to ask for help in the time of distress. This is why it could be justified that role of family and primary groups in cyber aggression is very crucial and important (Ding et al., 2020). Moreover, the dealings with such sensitive issues also generate the phenomenon that girls approached their friends due to parenting, on the other hand, it is also visible the

authoritative parenting style leads positive relationship between parents and children. Thus, especially girls in the case of need can call their family members for help as represented in indigenous study (Mushraf & Haque, 2018). In addition, the results indicate that self-silencing has positive weak significant relationship with each other. By analyzing the literature, it deduces that it depends on the main variables which is “emerging adults”. The results is varying due to perception of late adolescents and young adults influenced by the culture. In the collectivistic culture, the individuals are interdependent on each other. This is possible that due to family beliefs they self-silenced themselves in the name of honor and dignity. So, later on one negative incident created doubts on their young minds that leads them to always seek for validations in future.

Moreover, cyber-victimization shows positive significant but weak relationship with interpersonal dependence which means literature inference shows directed towards same results that one can lead other in same direction. Perhaps, weak relationship depicted by one of the study which stated that personality type and copying mechanisms of the individuals help them to infer the situation. One of the examples of that research was two groups was made in which different stressors were introduced and the theme of the research was about coping mechanisms, parenting type and personality type in adults. In the end of the research it was deduced that those who have positive, strong and dominant personality (extraversion, openness to experiences and altruism) less likely to depend on their circles and used solution focused copying strategies to resolve their issues (Conversely, people with low self-esteem and neuroticism chose to be depend on their circle (Capan & Bakioglu, 2020). On the other hand, the theory of social learning also induces behavior in adults/individuals to copy exact behavior their peers are using. The young adults and adolescents firstly try to solve the problems at their own besides asking their parents and as, this

was also explained by Eric Erikson theory in identity vs. identity confusion (Gabriel & Lindsay, 2022).

The hypothesis of regression analysis explains the predictors of interpersonal dependence are age level, educational level, gender differences, cyber-victimization and self-silencing. Supporting evidence of gender differences explains that interpersonal dependence influences due to gender differences because of the factors of the need of socialization (Helgeson & Fritzz, 1999). Similarly, education levels also tend to predict the interpersonal dependence because of the reasons that late emerging adults after victimized seeks for validations and shows dependency on others, on the other hand the self-silencing also tends to predict the interpersonal dependence. Study suggested that emotional needs and self-sacrificing behaviors encourages the dependency on others in emerging adults (Johnson & Hiag, 2001).

Zimmer and Ducat (2010) found that age also determines the interpersonal dependence as the sensitivity of these age follows by the characteristics of that certain age in which any negative event shattered their confidence and leads to the interpersonal dependence. Online harassments and online victimization vulnerable the individuals towards the hopeless and helpless feelings which bridges self-silencing as well (Kowalski et al. 2014).

In the secondary hypotheses of t-test, supported by the literature review, it was stated that females experienced more cyber-victimization or cyber-aggression than males. But, might be due to cultural factors the current results of this study shows males experiences more cyber-victimization than females. The study suggested reasons of why boys experiences more cyber aggression than females are their curiosity, ragging, male ego, bullying of juniors, sense of being independent, and peer-pressure (Wright & Wachs, 2020).

In the t-test analysis, it was hypothesized that graduates have higher level of cyber-victimization than intermediates. This, analysis was run to check the discrepancy rate of cyber-victimization at Higher Education level or Secondary Education level at two different mediums. From the literature review, it was supported that graduate's experiences more cyber-victimization than intermediates. The previous conceptual framework supported new conceptual framework by detailed explanation of peer-victimization in school and colleges are very common but now adults found the way to target it online which is more disturbing because technological world has changed (Berlett & Amp, 2005; Gentile,2012). The findings revealed that the rates of cyber bullying and victimization and involvement in cyber bullying can reach 57%, 68%, and 76% among university students. Relaying on these results, the study indicated that cyber bullying is more common problem among university students.

The other hypothesis checked through ANOVA analysis which was run over demographics among late adolescents, emerging adults and young adults in the categorization of age. The hypotheses generated were late adolescents would have high level of self-silencing and interpersonal dependence than young adults and emerging adults. The results infer significant mean group differences among them. The first part of hypotheses accepted as the late adolescent's shows high level of self-silencing. The studies showed that in late adolescents due to possible risk factors like development of identity can lead to identity issues or identity crisis, peer influence (indulging oneself into dangerous tasks/risky task e.g., bullying, harassing, gambling and misuse of internet mediums), parental expectations (honor, nice girl syndrome), gender based roles (males are more independent, providers, dominant; females being more reserved, helping, known as symbol of dignity), cultural taboos and fear of rejection from

society. In the light of predicament this is justifiable that why late adolescents face more self-silencing in different cultures (Marcias, 1990).

On the other side, the second part of the hypothesis rejected as it shows that late emerging adults have more interpersonal dependence significant mean group as compared to middle emerging adults and early emerging adults. The literature supported that huge transition from adolescents from adulthood is considered as the pivotal change in any individual life. It explained that need of validation, intimacy and attachment styles, any previous traumas, social comparison within families and peer groups encourages the interpersonal dependence among these categories (Khan & Iqbal, 2021).

However, all results are discussed in the light of evidences and references. Some of the results are effected by the cultural phenomenon and family systems. Also, it is visible that need of these topics are crossing the borderline. Thus, it is a time to talk about it and raise awareness on such sensitive issues. Families especially parents, educational institutes, government policy makers and clinical psychologist should encourage the webinars and workshops about these topics so the community takes advantage from it and possible protective factors will be secured.

Limitations

The current research has few limitations which can be removed in the future researches are as follows:

- The sample was not distributed equally in terms of males and females participant's samples. Initially, the research participants were not sampled equally according to their ages which caused late adolescents (17 to 18 years) to be more in quantity and young adults (21 to 23) to be less in number, which caused disruption in the results.

- Moreover, the environmental factors including noise and being judged by fellow students altered the responses and their results. Thirdly, cultural and individual differences can play a substantial effect on the reply and the respective outcomes.

Recommendations/Suggestions

The following recommendations can help minimize the weaknesses found in this research and make a path for future researches are as follows:

- Weaknesses found in the research can be minimized by having an equal number of age ranges to have homogeneity, participants should be in an environment where they could have minimum noise and have space between each other to lower down the subjectivity within the participants. Furthermore, future researchers would see the prevalence of dependence variables in cyber-victimization.
- More study on the predictors of cyber-victimization will be done to actually know the root because of it. Also a qualitative research could highlight the response and experience of each individual, making the study more impactful which significantly explained the impacts on personality, attachment, intimate relationships issues should be explored. In the light of predicaments, a cross sectional study could be done within multiple culture present within Pakistan.
- Moreover, the present study could be established into a comparative study with different countries showing the diversity of the results. In addition, the same research question can be applied in older adults, married and divorced population, physical and mental disabled population, population in a relationship or during breakup, in urban and rural areas, working and non-working populations and hostilities.

- Furthermore, a longitudinal study conducted on how cyber victimization have long term consequences on emerging adults and role of self-silencing could be found as fruitful research for the Pakistan.

Conclusion

The research findings highlighted that cyber victimization positively resulted in interpersonal dependence while self-silencing negatively non-significant resulted with cyber victimization. It is vital to know that both cyber victimization and interpersonal dependence go side by side, one causing the other to happen and vice versa regardless of knowing that self-silencing alone can lead to adverse life experiences. So it is an urgent need for awareness session to be held so that emerging adults and the care givers can be given alert about the new issue in cyber world and how mental health problems can lead or be its result.

Moreover, the preventive measures can be told which include the respective laws and legal organizations to help the population when facing cyber victimization; also psychologist will be linked so that population can be healed after being a victim or learn coping strategies for mental well-being to minimize the chances of being a victim. The young generation can take session with psychologist to alter and modify their self-silencing behaviors to avoid from hostile future events. Likewise, Community psychologist should work with technology experts side by side to launch application saving and preventing the young generation from being in the bog of cyber victimization and mental health problems.

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Appendix

Informed Consent

Research Topic: Cyber Victimization, Interpersonal Dependence, Social Intelligence, Self Silencing, Cognitive Bias and Mental Health Problems in Emerging Adults.

Researcher's Names: Areeba Latif, Maheen Shahid and Yusra Zafar

Supervisor's Name: Ms. Umaiza Bashir

Read the following statements and tick on the box next to it.

	I agree that I have read and understood everything written on this sheet.
	I have been given the opportunity to understand and ask questions about the information.
	I have been explained about the importance, purpose, duration, and my participation in the research.
	I have been told that I have to fill answers to some personal questions which will take about 30-35 minutes in total.
	I have been told that my identity will stay hidden and would not be shared with anyone else except the supervisor.
	I have been told that my given information will be used for research purpose only.
	I understand that I can leave this without explaining or giving a reason.
	After reading and understanding the information, I take part in this research with my own will.

Research Participant's Name: _____

Signature: _____

Date: _____

Demographics

Age: _____

Gender: Male / Female

Class or Semester: _____

Education Type: Government / Private

Family System: Joint / Nuclear

CVS

Instructions: Below are some statements. Read the statements carefully and tick one of the given answers. 5= every time (4 = اکثر ہر / دو ہر), 1 = almost never (1 = ایک ہر / دو ہر), 2 = sometimes (اکثر), 3 = often (بہر ہر), 4 = every time (تقریباً کبھی نہیں) to indicate how well each statement applies to you.

1	I received frequent instant messages on social networking sites. مجھے اکثر ایسے پیغامات آئی ہیں جن میں دائرے میں دائرے موجود ہیں۔	1	2	3	4	5
2	I received frequent unknown calls on social networking sites. مجھے سوشل میڈیا پر کئی بار کئی نامعلوم افراد کی کالز وصول ہوتی ہیں۔	1	2	3	4	5
3	I received frequent emails / messages having viruses. مجھے اکثر ایسے پیغامات آئی ہیں جن میں دائرے میں دائرے موجود ہیں۔	1	2	3	4	5
4	I received repeated requests to share my privacy (e.g. via webcam). مجھے بار بار ویب ڈیو اور دیگر ذرائع کی معلومات کے بارے میں بتانے کے لئے کہا گیا ہے۔	1	2	3	4	5
5	My social networking profiles were used to send messages or emails to other. میری سوشل میڈیا پر کئی بار کئی نامعلوم افراد کو ای میل اور پیغامات بھیجنے کے لئے کہا گیا تھا۔	1	2	3	4	5
6	My social networking profiles were used to make calls to others. میری سوشل میڈیا پر کئی بار کئی نامعلوم افراد کو کالز کرنے کے لئے استعمال ہوئی۔	1	2	3	4	5
7	Someone has stolen passwords of my social networking accounts. کسی نے میری سوشل میڈیا پر کئی بار کئی نامعلوم افراد کے پاس ورڈ چوری کیا۔	1	2	3	4	5
8	Someone has formed a group against me on social networking sites. کسی نے سوشل میڈیا پر کئی بار کئی نامعلوم افراد کے خلاف گروپ بنا رکھا ہے۔	1	2	3	4	5
9	Someone has forced me to leave chat rooms. کسی نے مجھے چٹ رومز چھوڑنے پر مجبور کیا۔	1	2	3	4	5

22	Someone has captured my photos while video chatting. وایو چیٹنگ کے دوران کسی نے میری تصویر کھینچی ہے	1	2	3	4	5
23	Someone has blackmailed me through breach of my personal information. کسی نے میری ذاتی معلومات کو دوسروں تک پہنچانے کی دھمکی دی	1	2	3	4	5
24	Someone has blackmailed me through making my fake or manipulated photos. کسی نے میری اصل/تبدیل شدہ تصویر بنا کر مجھے بھگتیل کیا ہے	1	2	3	4	5
25	Someone has forced me to talk about sexual content. کسی نے مجھے جنسی آلات پر مشتمل مواد بات کرنے پر مجبور کیا ہے	1	2	3	4	5
26	Someone has posted sexual images on my profile. کسی نے میری پروفائل پر جنسی تصویر شایاکی ہیں	1	2	3	4	5
27	Someone has sent me links which are connected to sexual or porn sites. کسی نے مجھے جنسی اور فحش سائٹس کے لنکس بھیجے ہیں	1	2	3	4	5
28	I get upset on receiving sexual content through messages. مجھے جنسی مواد والے میسجز پریشان کر دیتے ہیں	1	2	3	4	5

(SSS)

زیل میں چند بیانات دیئے گئے ہیں جو آپ کی عمر کے لوگوں کی شخصیت کے بارے میں ہیں۔ آپ ہر بیان کو فور سے پڑھیں اور یہ بتائیں کہ یہ آپ پر کس حد تک لاگو ہوتا ہے۔ یہ بتانے کے لئے بالکل نہیں، بہت کم، ایک حد تک، اکثر، بہت زیادہ، ہمیشہ میں سے کسی ایک پر بٹک کا نشان لگائیں۔ ہر سوال کا جواب دینا لازمی ہے۔

1	F2	دوسروں کو اپنی جہ سے دکھ پہنچانے کا خوف رہتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ	ہمیشہ
2	F2	اپنی ذات پر دوسروں کو ترجیح دیتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ	ہمیشہ
3	F2	اپنے رشتوں کو کھولنے کا زور دیتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ	ہمیشہ
4	F2	رشتوں کے لیے بے فرائض ہوتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ	ہمیشہ
5	F2	دوسروں کے لیے اپنی خوشیوں کی قربانی دیتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ	ہمیشہ
6	F2	دوسروں کی پند اور ناپسند کا ضرورت سے زیادہ خیال رکھتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ	ہمیشہ
7	F2	اپنے رشتوں کو چھوڑنا مشکل لگتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ	ہمیشہ
8	F2	دوسروں کی خوشی کے لیے آسانی سے سمجھوتہ کرتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ	ہمیشہ
9	F2	دوسروں کی بلاوجہ باتوں یا تنقید کو برداشت کرتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ	ہمیشہ
10	F3	اپنے احساسات و جذبات کا اپنے تک ہی محدود رکھتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ	ہمیشہ
11	F3	اپنی ذات سے حقیقت کی بھی بات کو دوسروں کے ساتھ نہ کرتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ	ہمیشہ
12	F3	ٹانگوں پر بند ہوتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ	ہمیشہ
13	F2	اپنے خیالات و احساسات کا باواسطہ (Indirect) طریقے سے اظہار کرتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ	ہمیشہ
14	F2	اپنے رشتوں کے حقیقت بہت زیادہ حساس ہوتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ	ہمیشہ
15	F3	اپنے آپ کو دوسروں کے سامنے مظلوم ظاہر کرتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ	ہمیشہ
16	F2	ظلمتی کرنے سے ڈرتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ	ہمیشہ
17	F2	بڑا سن اور بڑے سکون طبیعت کا مالک ہوتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ	ہمیشہ
18	F2	صد سے زیادہ صابروں اور برداشت کا ہوتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ	ہمیشہ
19	F2	دوسرے لوگوں پر ہمدردی کی ہوتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ	ہمیشہ
20	F3	تمہائی پر بند ہوتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ	ہمیشہ
21	F2	اپنے احساسات و خیالات اور اعمال میں تشابہ ہوتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ	ہمیشہ
22	F2	خود کو اپنے رشتوں کے لیے ہر طرح سے پرکھتے جانے کی کوشش کرتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ	ہمیشہ
23	F2	دوسروں کو خوش رکھنا اپنی ذمہ داری سمجھتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ	ہمیشہ
24	F2	اپنے خیالات کا اظہار نہ کرنے پر راضی ہوتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ	ہمیشہ
25	F2	اپنے رشتوں کو پہنچانے کے لیے اپنی ذات کی قربانی کرتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ	ہمیشہ

26	F2	اپنی پریشانی اور غصے کا بالواسطہ (Indirect) طریقے سے اظہار کرے۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ
27	F2	دوسروں کو خوش کرتے کرتے ذاتی خواہشات کام ہو جائے۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ
28	F2	گھمبیرہ کر کے خود کو دوسروں کے سامنے اعلیٰ طرف کا انسان ثابت کرے۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ
29	F3	اپنی ذات میں گم رہتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ
30	F2	اپنی اہل سے کسی دوسرے کو تکلیف نہ دیتا۔	بالکل نہیں	بہت کم	ایک حد تک	اکثر	بہت زیادہ

(IPDS)

ہدایات : ہر انسان کی شخصیت کے بہتر مفرد پہلو ہوتے ہیں۔ ذیل میں شخصیت کے چند ایسے پہلوؤں کا ذکر کیا گیا ہے جو کہ آپ جیسے طلبہ مطالعات نے جان کیے ہیں۔ آپ ہر بیان کو خود سے پڑھیں اور بتائیں کہ یہ آپ پر کس حد تک لاگو ہوتا ہے۔ ہر جواب کے چار درجے ہیں: بالکل نہیں / بعض اوقات / اکثر / ہمیشہ

ان میں سے کسی ایک پر (✓) نشان لگائیے جو آپ کی شخصیت کی صحیح عکاسی کرتا ہو۔

3	2	1	0	Statement	Item.#	F	Sr.#
ہمیشہ	اکثر	بعض اوقات	بالکل نہیں	خود سے کوئی ذمہ داری لینے سے گھبراتا۔	5	F2	1
ہمیشہ	اکثر	بعض اوقات	بالکل نہیں	اپنا خیال خود نہ رکھتا۔	8	F1	2
ہمیشہ	اکثر	بعض اوقات	بالکل نہیں	اپنی مسئلہ جیتوں پر تنقید کرتے رہتا۔	10	F1	3
ہمیشہ	اکثر	بعض اوقات	بالکل نہیں	کسی کے کہنے پر اپنی پسند کا کام کرنے کا ارادہ ترک کر دیتا۔	13	F1	4
ہمیشہ	اکثر	بعض اوقات	بالکل نہیں	کسی بھی نئی صورت حال سے نپٹنے کے لیے اپنی قابلیت پر بھروسہ ہوتا۔	16	F2	5
ہمیشہ	اکثر	بعض اوقات	بالکل نہیں	خود سے کوئی کام شروع کرنے میں مشکل پیش آتا۔	17	F2	6
ہمیشہ	اکثر	بعض اوقات	بالکل نہیں	دوسروں کی کامیابی سے اپنی ناکامی کا احساس ہوتا۔	19	F1	7
ہمیشہ	اکثر	بعض اوقات	بالکل نہیں	خود سے فیصلہ کرنا پڑے تو پریشان ہو جاتا۔	21	F2	8
ہمیشہ	اکثر	بعض اوقات	بالکل نہیں	دوسروں کی مدد کے بغیر اپنے کام تکمیل کرنے میں دشواری ہوتا۔	24	F2	9
ہمیشہ	اکثر	بعض اوقات	بالکل نہیں	خود سے کسی مسئلے کا حل تلاش نہ کر سکتا۔	25	F2	10
ہمیشہ	اکثر	بعض اوقات	بالکل نہیں	مشکل کاموں سے اجتناب کرتا۔	27	F2	11
ہمیشہ	اکثر	بعض اوقات	بالکل نہیں	اپنی سوچ کے مطابق شروع کیے گئے کام میں آسانی سے حوصلہ ہار جاتا۔	31	F2	12
ہمیشہ	اکثر	بعض اوقات	بالکل نہیں	اپنے ذہن کو کام پر مرکوز رکھنے میں مشکل ہوتا۔	33	F2	13
ہمیشہ	اکثر	بعض اوقات	بالکل نہیں	کوئی بڑا کام خود سے کرنے میں پریشان رہتا۔	37	F2	14
ہمیشہ	اکثر	بعض اوقات	بالکل نہیں	اس بات سے پریشان رہتا کہ لوگ میرے بارے میں کیا سوچتے ہیں۔	38	F1	15
ہمیشہ	اکثر	بعض اوقات	بالکل نہیں	اپنی قابلیت کم سمجھو کرتے ہوئے کام چھوڑ دیتا۔	45	F2	16
ہمیشہ	اکثر	بعض اوقات	بالکل نہیں	روزمرہ کے کاموں میں کسی کی مدد کی ضرورت رہتا۔	46	F2	17
ہمیشہ	اکثر	بعض اوقات	بالکل نہیں	اپنے مشکل مسئلہ متحول کا تعین دوسروں سے کرتا۔	57	F2	18
ہمیشہ	اکثر	بعض اوقات	بالکل نہیں	کسی کام کو مشکل سمجھتے ہوئے اسے کیا تکمیل کرنے میں دشواری محسوس کرتا۔	64	F2	19
ہمیشہ	اکثر	بعض اوقات	بالکل نہیں	خود سے شروع کیے گئے کاموں کے بارے میں غیر یقینی کا شکار رہتا۔	65	F2	20
ہمیشہ	اکثر	بعض اوقات	بالکل نہیں	اپنے آپ کو دوسروں کی نظر میں نا پسندیدہ انسان سمجھو کرتا۔	67	F1	21
ہمیشہ	اکثر	بعض اوقات	بالکل نہیں	اپنے آپ کو ناکام انسان سمجھو کرتا۔	68	F1	22
ہمیشہ	اکثر	بعض اوقات	بالکل نہیں	زندگی میں ترقی نہ کرنے کا خوف رہتا۔	69	F1	23

بیٹہ	اکڑ	بھنسا اوقات	ہاگڑ نہیں	دوسروں کی طرح ہوشیار نہ ہونے کا خیال آتے رہتا۔	70	F1	24
بیٹہ	اکڑ	بھنسا اوقات	ہاگڑ نہیں	ماچھی کی کیفیت رہتا۔	71	F1	25
بیٹہ	اکڑ	بھنسا اوقات	ہاگڑ نہیں	دوسروں کے مقابلے میں اپنے آپ کو کمتر سمجھتا۔	72	F1	26
بیٹہ	اکڑ	بھنسا اوقات	ہاگڑ نہیں	پریشانی یا تکیانی کیفیت میں رہتا۔	73	F1	27

Checklist for Final Thesis Submission



Department of Clinical Psychology
 School of Professional Psychology
 University of Management and Technology
We train Professionals

Certificate of Approval of Dissertation

Name of Participant/Candidate Maheen Shahid Participant ID S2020381025

Approval for: Thesis

APA Format (7th Edition)

▪ Title Page (See Appendix A for Guidelines)	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
▪ Table of Contents (See Appendix A for Guidelines)	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
▪ Font size	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
▪ Spacing	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
▪ Margins	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
▪ Page numbers	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
▪ Alignment	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
▪ Reference citation	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
▪ Grammar Check (by using software, e.g. Ginger)	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
▪ Quality of Expression	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No

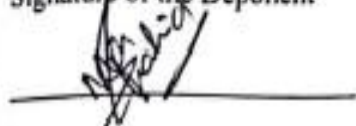
Main Dissertation

1. Introduction	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
1.1 Implications of the current research	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
1.2 Aims	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
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
2.3 Research Question/s	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
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
9. Appendices	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
10. Plagiarism report	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No

❖ This document is approved/ not approved for final submission.

Signature of the Deponent



Date 16-02-2024

Signature of the Supervisor



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