



BOOK OF ABSTRACTS

CWCT - 2024

3rd INTERNATIONAL CONFERENCE

CONTEMPORARY WORLD: CHALLENGES & TRANSFORMATIONS

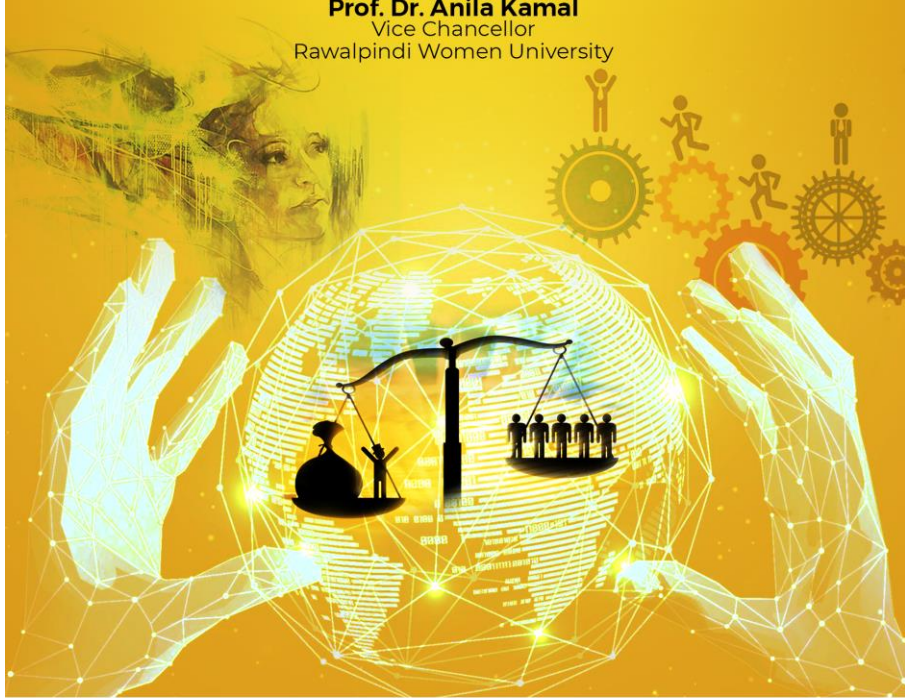
13th NOVEMBER, 2024

Editor-in-chief

Prof. Dr. Anila Kamal

Vice Chancellor

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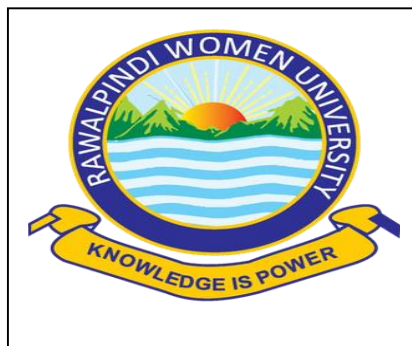




**4th International Conference of Social
Sciences
“Contemporary World: Challenges and
Transformations, 2025
(CWCT-2025)”**

November 13th, 2025

Organized by



**Rawalpindi Women University
6th Road Satellite Town, Rawalpindi, Pakistan**

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4th International Conference of Social Sciences
“Contemporary World: Challenges and Transformations, 2025
(CWCT-2025)
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About the Conference

The 4th International Conference on Social Sciences (CWCT-2025) is proudly organized by Rawalpindi Women University, continuing its tradition of fostering academic excellence and interdisciplinary dialogue. Building upon the success of previous conferences, CWCT-2025 aims to explore the evolving challenges and transformative trends shaping the contemporary world.

In today's rapidly changing global landscape, the social sciences play a critical role in understanding and addressing the complexities of human society. CWCT-2025 provides a vibrant platform for academicians, researchers, policymakers, practitioners, and social workers to engage in meaningful discussions on the pressing issues impacting communities worldwide.

This year's conference focuses on diverse themes ranging from post-pandemic socio-political shifts, the influence of artificial intelligence and digital technologies, and changing global power structures, to climate change, migration, economic inequality, and social justice. These interconnected challenges call for innovative, multidisciplinary approaches that bridge theory, practice, and policy.

By bringing together scholars from across disciplines and cultures, CWCT-2025 seeks to encourage intercultural dialogue, collaborative research, and knowledge exchange. In a country as diverse as Pakistan—with its rich cultural, ethnic, and linguistic tapestry—such dialogue is vital for promoting national harmony, social resilience, and sustainable development.

Through this platform, Rawalpindi Women University reaffirms its commitment to advancing scholarly inquiry and creating a space where ideas inspire solutions to the complex realities of our time.

Message of the Patron-in-Chief Organizer



It is my privilege to welcome you to the 4th International Conference of Social Science “Contemporary World: Challenges and Transformations, 2025,” convened on 13th November 2025 at Rawalpindi Women University. This Book of Abstracts bears witness to the intellectual range and civic purpose that define social science at its best rigorous in method, humane in spirit, and oriented toward solutions that matter for people, communities, and institutions.

Our times are marked by rapid technological disruption, climate urgency, demographic shifts, and new configurations of media, governance, and markets. Against this backdrop, RWU has curated an intentionally multidisciplinary programme drawing scholarship from Business Administration, Fine Arts, Psychology, Political Science, and Sociology to foster dialogue across theories, methods, and practices.

I encourage our students and emerging scholars to use this conference to ask harder questions, test bolder ideas, and build lasting collaborations.

I extend my sincere appreciation to the Organizing, Scientific, and Advisory Committees, the dedicated focal persons for each discipline, our keynote speakers, session chairs, volunteers, and partners. Your collective stewardship—from the meticulous peer review to the thoughtful curation of tracks has ensured a programme that is both analytically strong and socially relevant. To our authors and presenters: thank you for entrusting RWU with your latest work; may the discussions it sparks refine your research and amplify its impact.

I invite every participant to engage fully—attend plenaries, explore parallel sessions, visit posters with curiosity, and connect generously with peers. Let this gathering catalyze new research agendas, policy insights, creative practices, and community partnerships that endure beyond today.

With warm regards and best wishes for a stimulating and impactful conference,

Prof. Dr. Bushra Mirza

Vice Chancellor

Rawalpindi Women University, Rawalpindi

Keynote Address



Spiritual Wisdom and Islamic Psychology- a subject of critical importance in understanding the psychological and spiritual dimensions of modern-day challenges.

Prof. Dr. Tahir Khalily
Khushal Khan Khattak University

Abstract: In a period characterized by high-speed technological progress and intensified psychosocial problems, the exigency for holistic solutions to human welfare has intensified. Islamic Psychology, which is based on the Qur'an, Sunnah, and the great intellectual tradition of Muslim thinkers, provides deep understanding of the holistic growth of the human self (nafs), including the spiritual, intellectual, emotional, and behavioral aspects. Spiritual intelligence, underscored in Islamic culture, not only directs people toward moral distinction but also offers a model for resilience, psychological equilibrium, and transcendence during periods of hardship. This talk examines the convergence between spiritual intelligence and Islamic psychology with reference to its applicability in confronting modern mental challenges, most notably those emanating from stress, anxiety, and the existential emptiness commonly witnessed in contemporary societies. By going back to the traditional Islamic notions—such as tazkiyah al-nafs (soul purification), qalb (heart), and ruh (spirit)—and situating them in the present psychological practices, this talk promotes a culturally rooted, spiritually aware model of psychological care. The discourse is intended to stimulate conversation on incorporating Islamic spiritual knowledge into therapeutic practices, education, and counselling and, thus, advancing mental health paradigms across the world.

Message by Guest of Honor



It is a matter of great honor and delight for me to join the 4th International Conference on Social Sciences, 2025, organized by Rawalpindi Women University, themed “Contemporary World: Challenges and Opportunities.” This conference continues a proud tradition of academic excellence and collaborative inquiry that RWU has fostered through its previous conferences. Having had the privilege of serving as the Vice Chancellor of Rawalpindi Women

University, it gives me immense pleasure to witness the continuity and growth of this scholarly endeavor. The dedication of the faculty, organizers, and participants reflects a strong commitment to advancing knowledge, research, and dialogue in the social sciences.

The theme of this year’s conference aptly resonates with the complex realities of our time. The world today faces multifaceted challenges that demand creative, ethical, and interdisciplinary approaches. I am particularly pleased to see the collective participation of the Departments of Psychology, Fine Arts, Sociology, Political Science, and Business Administration each contributing unique insights toward understanding and addressing these global transformations.

I extend my heartfelt congratulations to the organizers, presenters, and contributors for their commendable efforts in making this conference a meaningful academic platform. I am confident that the discussions and research shared here will inspire innovative ideas and strengthen the role of social sciences in shaping a better and more inclusive world.

Prof. Dr. Anila Kamal
Vice Chancellor
Women University Bagh

Message by Chief Guest (Inaugural)



Thank you for inviting me to the 4th International Conference of Social Science “Contemporary World: Challenges and Transformations, 2025,” on 13 November 2025. As Chairman of the Prime Minister’s Youth Programme, I see social sciences as the bridge between national aspirations and on-ground

change. Our focus is clear: expand access to market-relevant skills, research exposure, community service, and entrepreneurship so that youth from every district can participate meaningfully in Pakistan’s development.

The scholarship gathered here—across public policy and governance, sociology, psychology, education, business and management, media and communication, literature and cultural studies, and the creative arts—speaks to the questions that shape everyday life: trust in institutions, social inclusion, wellbeing, livelihoods, and the impact of digital platforms. When rigorous inquiry connects with internships, mentorship, and public-private partnerships, ideas move from papers to programs with measurable outcomes.

My appreciation to Rawalpindi Women University, the organizers, ORIC, and the focal persons for convening an inclusive, well-structured forum. To faculty: keep opening doors for students through real projects and field immersion. To students: ask precise questions, welcome feedback, and build networks that last beyond today.

May the conversations and collaborations launched here translate into scalable solutions and new opportunities for Pakistan’s youth.

Rana Mashood Ahmad Khan

*Chairman, Prime Minister’s Youth Programme
Government of Pakistan*

Message by Chief Guest (Concluding)



It is a pleasure to join the 4th International Conference of Social Science—“Contemporary World: Challenges and Transformations, 2025,” on 13 November 2025. As Chairperson of the Punjab Higher Education Commission, my priority is a research ecosystem where quality, collaboration, and relevance advance together from classrooms and studios to policy forums, communities, industry, and the public good.

The work presented here spanning public policy and governance, sociology, psychology, education, business and management, media and communication, literature and cultural studies, and the creative arts—shows how universities convert inquiry into impact when rigorous methods meet real-world needs. Sound evidence, ethical practice, and cross-disciplinary partnerships are essential if insights are to inform policy, strengthen institutions, support wellbeing, and foster inclusive growth.

My appreciation to Rawalpindi Women University, the organizers, ORIC, reviewers, and focal persons for curating a thoughtful, well-run programme. To students and early-career researchers: ask precise questions, welcome critique, and build collaborations that endure beyond the conference. May the ideas and networks formed today enrich Punjab’s—and Pakistan’s—knowledge economy and civic life in tangible ways.

Prof. Dr. Iqrar Ahmad Khan (HI, SI)

Chairperson

Punjab Higher Education Commission (PHEC)

Message of the Head of the Department of Business Administration



It gives me immense pleasure to share that the Department of Business Administration is actively participating in the *4th International Conference of Social Sciences*. This prestigious forum offers a valuable opportunity for faculty and students to engage in scholarly discourse, exchange innovative ideas, and contribute to the advancement of social science research. The conference also aims to promote dialogue and collaboration on issues that drive sustainable development, fostering knowledge that can create a lasting social and economic impact. I extend my best wishes to all participants for a productive and inspiring conference experience. Such intellectual events help developing healthy discussions and new insights, as well as an opportunity to grow together and diversify their perspectives.

Dr. Shahzad Hussain
Chairperson
Business Administration

Message of the Head of the Department of Fine Arts



The Department embraces Art, Technology, and Innovation as the core of its academic and creative vision, aligning its pursuits with the United Nations Sustainable Development Goals (SDGs). We strive to cultivate critical thinking, technological competence, and sustainable creative practice across all disciplines of art and design. Cultural Identity and Heritage (SDG 11, SDG 4), Sustainability and Eco-Conscious Design (SDG 12, SDG 13), Social Impact and Activism in Art (SDG 10, SDG 16), Globalization and, Cross-Cultural Influences (SDG 17), Emerging Trends in Fine Arts and Design (SDG 9), Cultural Economics and the Value of Art (SDG 8), Evolving Art Education and Practice (SDG 4, SDG 9), Through the synergy of art, technology, and innovation, the Department remains dedicated to nurturing creative leaders committed to sustainable and inclusive progress.

Prof. Dr. Rooh ul Amin
Chairperson
Department of Fine Arts

Message of the Organizer/ Head of the Department of Psychology



It is a great honor and privilege to welcome esteemed guests, distinguished scholars, researchers, and students to the 4th International Conference on Social Sciences, 2025, organized by Rawalpindi Women University. This conference stands as a testament to our continued commitment to fostering academic excellence, intellectual exchange, and interdisciplinary collaboration in addressing the challenges and opportunities of the modern world.

This year's conference brings together vibrant perspectives and scholarly contributions from five dynamic departments Psychology, Fine Arts, Sociology, Political Science, and Business Administration. The collective participation of these disciplines underscores the vital role of social sciences in understanding human behavior, creativity, governance, and socio-economic transformation. The conference provides a platform to reflect, question, and reimagine responses to global issues such as economic inequality, environmental degradation, mental health crises, misinformation, and the erosion of democratic values.

As Chairperson of the Department of Psychology, I take great pride in seeing how our department, along with its fellow social science disciplines, continues to grow as a center of research, innovation, and community engagement. The participation of our faculty and students reflects their dedication to advancing psychological knowledge and applying it to real-world social challenges. Together, we aim to create meaningful dialogues that bridge theory and practice for the betterment of society.

I extend my heartfelt appreciation to all contributors, organizing committee members, and participants for their dedication in making this conference a success.

Prof. Dr. Sobia Masood
Organizer/ Chairperson
Department of Psychology

Message of the Head of the Department: Sociology/ Political Science



On behalf of the Department of Sociology and Political Science, it is my pleasure to warmly welcome you to the 4th International Conference on “Contemporary World Challenges and Transformation,” scheduled for November 13, 2025, at Rawalpindi Women University. This conference provides an exceptional opportunity for researchers, scholars, and students from across the country to present their work and engage in thought-provoking discussions on pressing sociological issues. Organizing an event of this scale has been made possible through the collective efforts of our dedicated team and the visionary leadership of our Worthy Vice Chancellor, Prof. Dr. Bushra Mirza. I would like to extend my heartfelt appreciation to our esteemed keynote speakers: Dr. Akhlaq Ahmad, Associate Professor, Institute of Social & Cultural Studies, Dr. Rabia Ali, Associate Professor, International Islamic University and Ms. Taeko Takayanagi from Tokyo Woman’s Christian University. Your scholarly insights will undoubtedly enrich our discussions and inspire new perspectives. A special thank you to Dr. Muhammad Shoaib, and Dr. Nasim Khan Mahsud for their valuable contributions as session chairs and co-chairs. I also extend my appreciation to our international keynote speakers, Dr. Naimat U. Khan (Cardiff Metropolitan University, UK) and Dr. Hadza Min Fadhli Robby (Universitas Islam, Indonesia), as well as our national keynote speaker, Dr. Masood Khattak (IIUI). I also thank our session chairs, Prof. Dr. Umar Hayat (Bahria University Islamabad) and Dr. Samrana Afzal (FJWU, Rawalpindi), for their guidance in facilitating engaging sessions. Finally, I am deeply grateful to all conference participants for your enthusiasm and commitment to advancing the discipline of sociology. Your presence here today makes this conference truly special and meaningful.

Dr. Raza Ullah
Chairperson
Department of Sociology

PREFACE



We extend a warm and inclusive welcome to all participants including academicians, researchers, and students of diverse academic fields at the International Conference of Social Sciences. The amalgamation of psychology, political science, sociology, business administration and fine arts in a single event signifies the essential interconnectedness of these disciplines. Our mission is to create an interdisciplinary platform

where voices from various backgrounds, cultures, and perspectives can converge, sharing insights, ideas, and innovations that will shape our understanding of society, culture, politics, and human expression. In a rapidly evolving global landscape, where social, political, and artistic transformations occur with unprecedented speed, the need for an integrated approach to learning and research has never been more vital. The distinct fields we gather at this conference, whether delving into the human psyche, analyzing societal structures, exploring the power of media, scrutinizing political dynamics, or engaging with the world through the lens of fine arts, each contributes to a richer, more comprehensive perspective. We extend our deepest gratitude to the remarkable scholars, diligent researchers, creative artists, and dedicated organizers who have played pivotal roles in bringing this conference to fruition. Your contributions and enthusiasm embody the spirit of academic excellence and interdisciplinary collaboration that we strive to foster.

We hope you have a fruitful and enlightening experience at the 4th International Conference of Social Sciences on “Contemporary World: Challenges and Transformations, 2025”. We are excited to witness the profound impact of your collective contributions and look forward to the innovative and transformative outcomes that will arise from our shared endeavors.

Dr. Motsim Billah

Director ORIC / Conference Secretary

Message by Conference Coordinator



What began as agenda drafts and spirited round-table meetings has now become a living conversation welcome to the 4th International Conference of Social Science “Contemporary World: Challenges and Transformations, 2025,” convened on 13 November 2025 at Rawalpindi Women University. This Book of Abstracts is your compass for the day: a quick way to find the questions being asked, the methods being tested, and the people you’ll want to meet.

As Conference Coordinator, my job has been to keep the dialogue coherent and the logistics invisible inking ORIC, the Organizing and Scientific Committees, and our focal persons across disciplines so that submissions, reviews, schedules, and communications align without friction. I’m grateful to our reviewers for constructive, timely feedback; to session chairs for shaping focused discussions; and to our administrative and technical teams for ensuring that rooms, equipment, and timelines work in service of scholarship not the other way around. The programme reflects the breadth of contemporary social science from policy and governance to media, culture, psychology, education, business, and community studies—while balancing qualitative depth with quantitative rigor. Across keynotes, panels, oral sessions, and posters, you’ll encounter research that wrestles with complex realities: climate vulnerability and migration, digital platforms and public trust, mental health and wellbeing, equity and inclusion, markets and livelihoods, creativity and cultural memory.

A special word to students and early-career researchers: treat today as a rehearsal for your future practice. Present with clarity, ask precise questions, note actionable feedback, and introduce yourself to potential collaborators. Small, well-tended connections often become lasting research partnerships.

Dr. Nazia Asghar
Conference Coordinator

Message by Co-Editor



It gives me immense pleasure to present the Abstract Book of the 4th International Conference on Social Sciences, 2025, organized by Rawalpindi Women University. The conference, themed “Contemporary World: Challenges and Opportunities,” brings together diverse perspectives, innovative ideas, and scholarly contributions from across multiple disciplines.

This year’s conference embodies the spirit of interdisciplinary collaboration, featuring contributions from the Departments of Psychology, Fine Arts, Sociology, Political Science, and Business Administration. Together, these departments reflect the dynamic nature of social sciences and their pivotal role in understanding and responding to the complexities of our rapidly changing world.

Each abstract included in this volume represents a valuable effort to explore the social, cultural, political, and economic dimensions of the contemporary global landscape. The diversity of topics and methodologies highlights our collective commitment to fostering critical inquiry and promoting dialogue that leads to meaningful societal transformation.

I extend my heartfelt gratitude to all contributors, reviewers, organizing committee members, and faculty for their dedication and support in making this conference a success. May this Abstract Book serve as a source of inspiration and a record of the intellectual endeavors that continue to shape the field of social sciences.

Looking forward to welcome you.

Dr. Anam Khan

Co-Editor, Abstract Book

Department of Psychology

Conference Program

08:00 am - 09:00 am	Registrations
09:00 am - 09:15 am	Guests to be seated
09:15 am - 09:30 am	Arrival of Chief Guest
09:30 am - 10:40 am	Inaugural Session
09:20 am - 09:30 am	Recitation from Holy Quran
09:30 am - 09:35 am	National Anthem
09:35 am - 09:50 am	Welcome Address by Prof. Dr. Bushra Mirza <i>Vice Chancellor, Rawalpindi Women University, Rawalpindi</i>
09:50 am - 10: 10 am	
10:10 am - 10:20 am	Keynote Address: Spiritual Wisdom and Islamic Psychology <i>Prof. Dr. Tahir Khalily</i> <i>Khushal Khan Khattak University, Karak</i>
10:20 am - 10:35 am	Address by Guest of Honor: <i>Prof. Dr. Anila Kamal</i> <i>Vice Chancellor, Women University Bagh</i>
	Address by Chief Guest: <i>Rana Mashood Ahmad Khan</i> <i>Chairman, Prime Minister's Youth Programme, Government of Pakistan</i>
10:35 am - 10:40 am	Shields Distribution to the Chief Guest and Keynote Speakers by <i>Prof. Dr. Bushra Mirza Vice Chancellor, Rawalpindi Women University, Rawalpindi</i>
10:40 am - 10:40 am	Group Photo
10:40 am - 11:00 am	Tea Break
11:00 am - 01:00 pm	Parallel Sessions
	<i>Session Ia: Business Administration (Room 300, Sheikh Rasheed Block)</i>
	<i>Session IC: Fine Arts (Webinar Room, Sheikh Rasheed Block)</i>
	<i>Session Ia: Political Science (Room 294, Sheikh Rasheed Block)</i>
	<i>Session Ia: Psychology (Room 286, Sheikh Rasheed Block)</i>
	<i>Session Ib: Psychology (Room 273, Sheikh Rasheed Block)</i>
	<i>Session Ic: Psychology (Room 273, Sheikh Rasheed Block)</i>
	<i>Session IG: Sociology (Fatima Hall)</i>
11:00 am - 12:30 pm	Posters Display
	Fine Arts (Corridor, Sheikh Rasheed Block-Ground Floor)
	Psychology (Corridor, Sheikh Rasheed Block- First Floor)
01:00 pm - 01:45 pm	Lunch & Namaz Break
01:45 pm - 03:45 pm	Parallel Sessions
	<i>Session Ib: Business Administration (Room 300, Sheikh Rasheed Block)</i>
	<i>Session IIC: Fine Arts (Sheikh Rasheed Block, Webinar</i>

	Room)
	<i>Session IIa: Psychology (Fatima Hall)</i>
	<i>Session IIb: Psychology (Room 273, Sheikh Rasheed Block)</i>
	<i>Session IIc: Psychology (Room 274, Sheikh Rasheed Block)</i>
03:45 pm - 04:45 pm	Panel Discussion on “<i>Future Frontiers in Social Science: Sustainable Solutions for Global Challenges</i>” <i>Moderated by Prof. Dr. Rooh ul Amin (Chairperson Department of English / Fine Arts)</i>
Panelists	<i>Prof. Dr. Muhammad Bilal (Fatima Jinnah Women University, Rawalpindi)</i>
	<i>Dr. Muhammad Shafique, SZABIST, Islamabad</i>
	<i>Mr. Ayub Wali (National College of Arts, Rawalpindi)</i>
	<i>Dr. Mehdi Taheri (Iranian Culture House, Rawalpindi)</i>
	<i>Dr. Humaira Jami (Quaid-e-Azam University)</i>
04:45 pm - 06:00 pm	Concluding Ceremony
04:45 pm - 05:00 pm	Certificates Distribution
05:00 pm - 05:15 pm	Concluding Remarks by <i>Prof. Dr. Iqrar Ahmad Khan (HI, SI) Chairperson, Punjab Higher Education Commission (PHEC)</i>
05:15 pm - 05:30 pm	Concluding Remarks by Chief Organizer: <i>Prof. Dr. Bushra Mirza, Vice Chancellor, Rawalpindi Women University, Rawalpindi</i>
05:30 pm - 06:00 pm	Tea for distinguished guests

ORAL PRESENTATIONS

Session Ia

Business Administration

Venue: Room - 300 (Sheikh Rasheed Block)

Time: 11:00 am - 01:00 pm

Themes: Entrepreneurship, Fin-Tech, Generative AI, and Climate Change

Chair 1: Prof. Dr. Faid Gul

National University of Modern Languages, Islamabad

Chair 2: Dr. Muhammad Munir Ahmad

Allama Iqbal Open University, Islamabad

Time	Invited Keynote Talks
11:00 am - 11:15 am	Empowering Communities through Smart Agriculture: An IoT-Based AgroTech, Solar, and Rainwater Harvesting Initiative Aligned with the Malaysia Madani Economic Framework Dr. Torehman Rosmaini Tasmin. (<i>University Tun Hussein Onn, Malaysia</i>)
11:16 am – 11: 30 am	The Role of Artificial Intelligence in Advancing Sustainable Finance Prof. Dr. Arshad Hassan. (<i>Capital University of Science and Technology, Islamabad</i>)
Abstract no (Time)	Oral Presentations
BBA-1493 11:35 am - 11:42 am	Environmental, Social, and Governance (ESG) Performance as a Determinant of Firm Value and Profitability in the Textile Sector of Pakistan Nasir, N., & Rehmani, H. M. (<i>Muslim Youth University, Islamabad</i>)
BBA-1798 11:43 am - 11:50 am	Digital Literacy and Mobile Banking Adoption: The Role of Perceived Ease of Use Ali, S. M. (<i>Allama Iqbal Open University, Islamabad</i>)
BBA-1698 11:51 am - 11:58 pm	Towards Sustainability: The Role of Waste Management, Environment, and Digitalization Iqbal, M. A., & Awan, M. W. H. (<i>Rawalpindi Women University, Rawalpindi</i>)
BBA-1543	Relationship of Entrepreneurial Agility and Organizational Performance using Effectuation as mediator and Environmental Dynamics as moderator

11:59 am - 12:06 pm	Siddique, S. (<i>International Islamic University, Islamabad</i>)
BBA-1815 12:07 pm - 12:14 pm	Fin-Tech and Economic Readiness: International Evidence Nayab, F., & Hussain, S. (<i>Rawalpindi Women University, Rawalpindi</i>)
BBA-1658 12:15 pm - 12:22 pm	Governance Quality and Shadow Economy: Analyzing in BRICS Zameer, A. (<i>Rawalpindi Women University, Rawalpindi</i>)
BBA-1618 12:23 pm - 12:30 pm	The Nexus between Financial Inclusions towards Green Growth in Emerging Countries: The Moderating Role of AI Using Panel Quantile Regression Waheed, S. (<i>International Islamic University, Islamabad</i>)
BBA-1672 12:31 pm - 12:38 pm	Green Finance and Environmental Sustainability: Does Institutional Quality Play a Significant Role? Hamid, H. (<i>Rawalpindi Women University, Rawalpindi</i>)
BBA-1963 12:39 pm - 12:46 pm	Climate Change and Sustainable Development in Pakistan: Reviewing the Evidence and Addressing the Gap Fatima, H. (<i>Rawalpindi Women University, Rawalpindi</i>)
12:46 pm - 01:00 pm	Q&A Session Session Concluding Remarks by <i>Session Chairs</i> Shields and Certificates Distribution

Session Ib

Business Administration

Venue: Room - 300 (Sheikh Rasheed Block)

Time: 01:45 pm - 03:45 pm

Themes: Innovation, Marketing, Leadership, Resilience, and Sustainability

Chair 1: Prof. Dr. Naeem Ullah

Foundation University, Islamabad

Chair 2: Dr. Nida Abbas

NUST Business School, Islamabad

Time	Invited Keynote Talks
01:45 pm - 02:00 pm	Leveraging Graph-Based Digital Twins and AI for Resilient Global Supply Chains Dr. Muhammad Imran Qureshi. (<i>Teesside University, United Kingdom</i>)
02:00 pm - 02:15 pm	Embedding Sustainability in Higher Education: From Curriculum to Community Impact Prof. Dr. Muhammad Zahid. (<i>Bahria University, Islamabad</i>)

Abstract No
(Time)

Oral Presentations

BBA-1822 02:16 pm - 02:23 pm	Examining the Impact of Augmented Reality on Consumer Well-being through Purchase Intention: The Moderating Role of Sustainable Consumption Ateeq, A., & Sabir, A. M. (<i>International Islamic University, Islamabad</i>)
BBA-1724 02:24 pm - 02:31 pm	Analyzing the Interplay of Green Innovation and Social Behavior on Firm Performance: A Combined Parallel Mediation and Moderation Framework Nusrat, A. (<i>Al-Qadir University Project Trust, Sohawa</i>)
BBA-1978 02:32 pm - 02:39 pm	Impact of Green Transformational Leadership on Employee Green Behavior with a Mediating Role of Green Value Khan, A. (<i>Rawalpindi Women University, Rawalpindi</i>)
BBA-1843 02:40 pm - 02:47 pm	Assessing the impact of GDP, Technological Innovation and Institutional Quality on Environmental Quality in Asia: The moderating role of FDI Shaheen, A. (<i>Rawalpindi Women University, Rawalpindi</i>)

BBA-1492 02:48 pm - 02:55 pm	Investing the Impact of Generative AI Tools Use on Responsible Innovative AI Behavior among Students: A Mediation-Moderation Analysis Sabir, A., & Ateeq, A. (<i>Sir Syed CASE University, Islamabad</i>)
BBA-1977 02:56 pm - 03:03 pm	Advancing HR: The Role of Human-AI Collaboration in Management Zulfiqar, H. F., Nawaz, L., Tariq, J. & Sajid, R. (<i>Rawalpindi Women University, Rawalpindi</i>)
BBA-1657 03:04 pm - 03:11 pm	Impact of Financial Inclusion on Economic Growth Malik, M. (<i>Rawalpindi Women University, Rawalpindi</i>)
BBA-1662 03:12 pm - 03:19 pm	The Multidimensional Effects of Methamphetamine on Youth in Pakistan: A Comprehensive Analysis Ahmed, A., Nusrat, A. & Waseem, M. (<i>Al-Qadir University, Sohawa</i>)
03:20 pm - 03:45 pm	Q&A Session Session Concluding Remarks by <i>Session Chairs</i> Shields and Certificates Distribution

Session IC

Fine Arts

Venue: Webinar Room (Sheikh Rasheed Block)

Time: 11:00 am - 01:00 pm

Themes: Culture, Communication, And Social Change in Contemporary Society

Chair 1: Prof. Dr. Sumera Jawad

University of the Punjab, Lahore

Chair 2: Dr. Fatima Zahra

Bahauddin Zakariya University, Multan, Pakistan

Time	Invited Keynote Talk
11:00 am - 11:15 am	The Future of Creativity: Art, Design, and Innovation in an Age of Transformation <i>El Shamy, Y. (College of Language and Communication, Arab Academy for Science, Technology & Maritime Transport - Smart Village, Egypt)</i>
11:16 am - 11:31 am	Social Impact and Activism in Art <i>Daar, R. Saif (Lahore College for Women University, Lahore)</i>
11:32 am - 11:47 am	Beyond the Frame: Visual Storytelling in the Transmedia Age <i>Ehsan, A. (College of Art and Design, Arab Academy for Science and Technology and Maritime Transport, Egypt)</i>

Abstract no
(Time)

Oral Presentations

FA-1757 11:50 am - 12:02 pm	Cultural Significance and Persuasive Power of Truck Visuals: A Rhetorical Perspective <i>Zahra, F. (Bahauddin Zakariya University)</i>
FA-1563 12:03 pm - 12:13 pm	Culture and Practices: A Case Study on Social Awareness Regarding the Missing Children of the Remote Areas of the Punjab, Pakistan <i>Baqir, M. (Pakistan Institute of Fashion Design)</i>
FA-1494 12:14 pm - 12:26 pm	Globalization and Digital Literacy: A Tool for Women's Empowerment for A Digitally Transformed and Advocacy <i>Saif, M. (Institute of Art & Design, University of Sargodha)</i>
12:30 pm - 01:00 pm	Q & A Session

	Session Concluding Remarks by Session <i>Chair</i> and <i>Co-Chair</i> Shields and Certificates Distribution
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Session IIC

Fine Arts

Venue: (Webinar Room-Sheikh Rasheed Block)

Time: 1:45 pm - 03:45 pm

Themes: Sustainable Design, Cultural Heritage, and Evolving Creative Practices

Chair 1: Dr. Naela Amir

University of the Punjab, Lahore

Chair 2: Dr. Rukhsana Khan

Chair 2: Dr. Rukhsana Khan

The University of Azad Jammu and Kashmir, Muzaffarabad

Time	Invited Keynote Talks
2:00 pm – 2:15 pm	The Intersectionality Between Cultural Identity, Heritage and Managing Cultural Diversity Universities: Theory, Practice and Challenges Nsibambi, F. (<i>Cross-Cultural Foundation, Uganda</i>)
2:16 pm – 2:31 pm	Pakistan's Creative Future: Pedagogical Shifts in Art and Design Education in the Age of Artificial Intelligence (AI) Choudhary, S. (<i>Fatima Jinnah Women University, Rawalpindi</i>)

Abstract no (Time)	Oral Presentations
FA-2036 2:32 pm – 2:44 pm	Eco-Conscious Housing Solutions for Flood-Prone Communities in Pakistan Shujat, O. & Khan, R. & Hashmi, A. (<i>University of Management and Technology, Lahore</i>)
FA-1866 2:45 pm – 2:57 pm	Sustaining Built Heritage: Adaptive Reuse of Mohan Singh Haveli in Resource-Constrained Climate Mushtaq, R. (<i>Fatima Jinnah Women University, Rawalpindi</i>)
FA-1751 2:58 pm – 3:10 pm	Brushstrokes of Change: Behavioural Outcomes of Evolving Art Education Practices among University Students Javaid, T. & Bashir, N. (<i>Fatima Jinnah Women University, Rawalpindi</i>)
FA-1625 3:11 pm – 3:24 pm	Interior Design of Mughal Darbars Depicted in Akbari Miniature Paintings Abrar, A. (<i>International Islamic University, Islamabad</i>)

3:25 pm – 3:45 pm	Q & A Session Session Concluding Remarks by <i>Session Chair and Co-Chair</i> Shields and Certificates Distribution
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Session Ia

Political Science

Venue: (CS:294-Sheikh Rasheed Block)

Time: 11:00 am - 01:00 pm

Themes: Governance, Rule of Law & Institutional Reforms. Global Diplomacy and Multilateralism in Changing World. Climate Governance and Environmental Justice. Gender Politics and Inclusive Policymaking. Migration, Human Rights & Global Policy Responses. Civic Education, Youth Empowerment & Democratic Participation. Digital Governance, Cyber Politics & Public Accountability. Peacebuilding, Conflict Resolution & Political Stability.

Chair 1: Prof. Dr. Umar Hayat

Bahria University, Islamabad

Chair 2: Dr. Samrana Afzal

Fatima Jinnah Women University, Rawalpindi

Time	Invited Keynote Talks
11:00 am - 11:15 am	Madrasa/Pesantren & Democracy in the Muslim World: Indonesia as Case Study and Way Forward Dr. Hadza Min Fadhli Robby. (<i>Universitas Islam, Indonesia</i>)
11:15 am - 11:30 am	Climate Change and the Political Economy of Legitimacy Dr. Naimat U. Khan. (<i>Cardiff Metropolitan University, UK</i>)
11:30 am - 11:50 am	Challenges to Peacebuilding and Nuclear Deterrence in South Asia Dr. Masood Khattak. (<i>International Islamic University, Islamabad</i>)

Abstract no
(Time)

Oral Presentations

POL-1534 (11:50 am - 12:00 pm)	Democracy Without Democrats; Problematizing Youth Political Socialization in Pakistan Abdullah. B.K. (<i>University of Peshawar</i>)
POL-1635 12:00 pm - 12:10 pm	Escalation through Entanglement: Emerging Technologies and the Future of Peace in South Asia Mohsin. A.S. (<i>National Defence University, Islamabad</i>)
POL-1915 12:10 pm - 12:20 pm	Towards a China-Centric Global Order: Shifting Power in the 21st Century Tahir. A. (<i>University of Sargodha</i>)

POL-1237 12:20 pm - 12:30 pm	Echoes of Empire: Colonial Afterlife of Gendered Politics in South Asia Maryam. Z. (<i>Quaid-I-Azam University, Islamabad</i>)
POL-1951 12:30 pm - 12:40 pm	Role of China in Climate Change Sabiha. A. Khan. (<i>National Defence University, Islamabad</i>)
POL-2036 12:40 pm - 12:50 pm	Climate Change as a Political Issue: Party Manifestos and Disaster Governance in Pakistan Muazma. A. (<i>Quaid-I-Azam University, Islamabad</i>)
POL-1962 12:50 pm - 01:00 pm	Climate-Induced Migration: Governance Challenges and Justice for Displaced Populations Komal. A. K. (<i>Quaid-I-Azam University, Islamabad</i>)
POL-1925 01:10 pm - 01:20 pm	Resource Competition in Antarctica: The Impact of Climate Change on Great Power Relations Ifrah. K. A. (<i>National Defence University, Islamabad</i>)
POL-1889 01:20 pm - 01:30 pm	China-Pakistan Relations in the Context of the US-Pakistan Evolving Ties: Opportunities, Challenges and its Implications. (2020–2025) Muniba. B. (<i>Rawalpindi Women University</i>)
POL-1872 01:30 pm - 01:40 pm	Governance, Rule of Law and Institutional Reforms in Pakistan Iqra. R. (<i>National Defence University, Islamabad</i>)
POL-1876 01:40 pm - 01:50 pm	The Role of Youth in the Separatist Movement in Baluchistan Fareeha. N. (<i>Rawalpindi Women University</i>)
POL-1989 01:50 pm - 02:00 pm	Women and Student Politics in Pakistan: A Case Study of Women’s Universities in Punjab Nishat. Q. (<i>Rawalpindi Women University</i>)
02:00 pm - 02:20 pm	Q & A Session

Session Ia

Psychology

Venue: (Room:286-Sheikh Rasheed Block)

Time: 11:00 am – 01:00 pm

Themes: Organizational Behavior and Wellbeing

Chair 1: Prof. Dr. Najma Iqbal Malik

University of Sargodha, Sargodha

Chair 2: Dr. Haziq Mehmood

University of Management and Technology, Lahore

Time	Invited Keynote Talks
11:00 am - 11:20 am	Beyond Money: How Healthy Emotionality Shields Well-Being from Economic Hardship Prof. Dr. Agata Gasiorwska. (<i>University of Wrocklaw, Poland</i>)
11:20 am - 11:40 am	From Smog in the City: Understanding Human Responses to Environmental Stresses Prof. Dr. Amina Muazzam. (<i>Lahore College for Women Univeristy, Lahore</i>)

Abstract no
(Time)

Oral Presentations

PSY-1562 11:40 am - 11:50 am	Workplace Ostracism, Work Envy, Emotional Intelligence, and Organizational Cynicism Among University Faculty Members Hassan, H., & Zeshan, E (<i>Bahria University, Islamabad</i>)
PSY-e001 11:50 am - 12:00 pm	Financial Stress as Predictor of Mental Well-being and Life Satisfaction in HEIs: Mediating Role of Ruminative Thinking Bashir, A., Malik, I. N., & Ain, Q. (<i>University of Sargodha, Sargodha</i>)
PSY-1831 12:00 pm - 12:10 pm	Group Cohesion and its Impact on Imposter Syndrome and Job Productivity: A Moderated Analysis of Cyberloafing Across Work Environments Khawar, M., & Mehmood, H. (<i>University of Management and Technology, Lahore</i>)
PSY-1696 12:10 pm - 12:20 pm	Exploring the Relationship Between Perceived Overqualification and Emotional Exhaustion Among Teachers: Moderating Role of Job Crafting Yousaf , E. (<i>University of Wah, Wah Cantt</i>)

PSY-1985 12:20 pm - 12:30 pm	Occupational Stress in Predicting Mental Health of University Teachers: Role of Psychological Capital Tahir, M., Sadia, R., & Khan, S. (<i>Rawalpindi Women University, Rawalpindi</i>)
PSY-1474 12:30 pm - 12:40 pm	Self-Compassion Perceived Organizational Support and Organizational Commitment Among Nurses Ali, A., & Asad, S. (<i>Kinnaird College for Women University, Lahore</i>)
12:40 pm - 01:00 pm	Q&A Session Session Concluding Remarks by <i>Session Chairs</i> Shields and Certificates Distribution

Session Ib Psychology

Venue: (Room 273-Sheikh Rasheed Block)

Time: 11:00 am – 01:00 pm

Themes: Vulnerability, Resilience, and Psychosocial Support

Chair 1: Prof. Dr. Uzma Masroor

Bahria University, Islamabad

Chair 2: Prof. Dr. Farhana Kazmi

Hazara University, Mansehra

Time	Invited Keynote Talks
11:00 am - 11:20 am	Navigating Life After Trauma: A framework of Coping Skills and Empowerment for Survivors Prof. Dr. Rubina Hanif. (<i>Quaid-i-Azam University, Islamabad</i>)

Abstract no (Time)	Oral Presentations
PSY-1477 11:20 am - 11:30 am	Metacognition, Resilience, and Drug use Patterns in Clinically Diagnosed SUD Individuals: Moderating Role of Mindfulness Mushtaq, N., & Mazhar, S. (<i>Riphah International University, Islamabad</i>)
PSY-1745 11:30 am - 11:40 am	Relationship Between Ostracism and Well-Being Among Vulnerable Communities: Mediating Role of Loneliness Naseer, E. S., Javed, M., & Zubair, A. (<i>Rawalpindi Women University, Rawalpindi</i>)
PSY-1513 11:40 am - 11:50 am	Exploring Societal Induced Insecurities and Coping Mechanisms Among Young Adult With Physical Disabilities Mahnoor, Hanif, T., & Zubair, H. (<i>COMSATS University, Islamabad</i>)
PSY-1514 11:50 am - 12:00 pm	Impact of Social Support and Family Functioning on the Quality of Life of Elderly People Noor, S., Abid, Q., Fatima, E., Batool, H., & Khan, A. (<i>Riphah International University, Islamabad</i>)
PSY-2021 12:00 pm - 12:10 pm	Social Determinants of Suicidality Among Adolescents in Chitral: Low and High-Risk Evidence Saleem, M., & Rizwan, M. (<i>National University of Medical Sciences, Rawalpindi</i>)

PSY-1938 12:10 pm - 12:20 pm	Exploring Emotional and Social Challenges Faced by Parents of Children With Cerebral Palsy: A Thematic Analysis Akhtar, F., & Ejaz, B. (<i>Lahore College for Women University, Lahore</i>)
PSY-1679 12:20 pm - 12:30 pm	Mediating role of Optimism and Resilience between Forbearance and Health-Related Hope in Cardiac Patients Aslam, A., Yousaf, A., Niazi, S., & Khan, A. (<i>University of Sargodha, Sargodha</i>)
PSY-1520 12:30 pm - 12:40 pm	Attachment Styles and Homesickness Among the Residents of Old Age Homes Rahim, M., & Aftab, R. (<i>Quaid-i-Azam University, Islamabad</i>)
PSY-1742 12:40 pm - 12:50 pm	Impact of Stigma Threat on Self-Concealment and Social Isolation Among University Students Noreen, N., & Shahab, M. (<i>Iqra Girls College Sargodha</i>)
PSY-1486 12:50 pm - 01:00 pm	Promoting Educational Equity: Addressing Socio-Economic and Geographical Disparities in Learning and Development Sahito, Z., & Jabeen, F. (<i>Shah Abdul Latif University, Khairpur</i>)
	Q&A Session
	Session Concluding Remarks by <i>Session Chairs</i> Shields and Certificates Distribution

Session Ic Psychology

Venue: (Room 274- Sheikh Rasheed Block)

Time: 11:00 am – 01:00 pm

Themes: Digital Behavior and Mental Health

Chair 1: Prof. Dr. Jamil Ahmed Malik

Quaid-i-Azam University, Islamabad

Chair 2: Dr. Nazia Iqbal

International Islamic University, Islamabad

Time	Invited Keynote Talks
11:00 am - 11:20 am	Silent Feeds, Lonely Hearts: The Hidden Psychological Cost of Social Media Usage Prof. Dr. Rafia Rafique. (<i>President, Pakistan Psychological Association</i>)

Abstract no (Time)	Oral Presentations
PSY-2043 11:20 am - 11:30 am	Screen-Based Behaviors and Adolescents Mental Health: Association With Well-Being and Emotional / Behavioral Problems Rafique, A., & Malik, A. T. (<i>National University of Sciences & Technology, Islamabad</i>)
PSY-1836 11:20 am - 11:30 am	Academic Self-Efficacy and Digital Competence Buffer the Impact of Digital Multitasking Ilyas, A., & Naqvi, I. (<i>Quaid-i-Azam University, Islamabad</i>)
PSY-1826 11:30 am - 11:40 am	Cybervictimization and Social Capital: The Moderating Role of Coping Strategies Sohail, R., Fatima, M., Gohar, I., & Riaz, A. (<i>Shifa Tameer-e-Millat University, Islamabad</i>)
PSY-1820 11:40 am - 11:50 am	Personality and Online Health Behaviors: Insights Into Neuroticism, Cyberchondria, and Health Anxiety Among Medical Aspirants Qamar, M., & Javed, M. (<i>Rawalpindi Women University, Rawalpindi</i>)
PSY-1766 11:50 am - 12:00 pm	Impact of Digital Overload on Student Engagement Mediated by Technostress Zainab, S., & Aftab, R. S. (<i>National University of Medical Sciences, Rawalpindi</i>)
PSY-1501	Impact of Passive Social Media Consumption on Long-Term Memory Among University Students

12:00 pm - 12:10 pm	Umer, S., Zubair, A., & Ishtiaq, M. S. (<i>Quaid-i-Azam University, Islamabad</i>)
PSY-1865 12:10 pm - 12:20 pm	Relationship Between Critical Thinking and Social Media Literacy Among Young Adults Shanzay., & Suleman, N. (<i>Quaid-i-Azam University, Islamabad</i>)
PSY-1481 12:20 pm - 12:30 pm	Attachment, Alexithymia, and Social Media: A Moderated Double Mediation Model in Pakistani Youth Shehzad, O. M. (<i>Foundation University, Rawalpindi</i>)
PSY-1616 12:30 pm - 12:40 pm	Impact of Online Gaming Addiction on Household Physical Activities and Academic Performance Among Female University Students Tariq, A., Khan, A., & Syed, U. (<i>Rawalpindi Women University, Rawalpindi</i>)
PSY-1701 12:40 pm - 12:50 pm	From Filters to Feelings: A Qualitative Exploration of Self-Image and Emotional Experience Among Snapchat Users Jan F., & Iqbal, N. (<i>International Islamic University Islamabad</i>)
12:50 pm - 01:00 pm	Q&A Session Session Concluding Remarks by <i>Session Chairs</i> Shields and Certificates Distribution

Session IIa

Psychology

Venue: (Fatima Hall)

Time: 02:00 pm – 04:00 pm

Themes: Family Dynamics and Emotional Health

Chair 1: Prof. Dr. Shazia Khalid

National University of Medical Sciences, Islamabad

Chair 2: Brig. Prof. Dr. Tanveer Akhtar

National University of Modern Languages, Rawalpindi

Time	Invited Keynote Talks
02:00 pm - 02:20 pm	Families Under Pressure – Psychosocial Insights Prof. Dr. Lorraine Sher. (<i>University College London, United Kingdom</i>)

Abstract no (Time)	Oral Presentations
PSY-1972 02:20 pm - 02:30 pm	Mindful Parenting and Psychological Wellbeing: The Mediating Role of Parental Stress Tahirkheli, K. M., & Masood, S. (<i>Rawalpindi Women University, Rawalpindi</i>)
PSY-1530 02:30 pm - 02:40 pm	Perceived Parental Attachment, Peer Relationship, and Social Adjustment of Early Adolescents Zubaida., & Kalsoom, S. (<i>Bahria University, Islamabad</i>)
PSY-1787 02:40 pm - 02:50 pm	Enhancing Parental Well-being through Bashaoor Tarbiyat-e-Aulad: A Mindful Parenting Intervention Shafiq, U., & Mushtaq, A. (<i>National University of Modern Languages, Islamabad</i>)
PSY-1936 02:50 pm - 03:00 pm	Marital Relationship Satisfaction, Fear of Childbirth, and Childbirth Self-Efficacy Among Pregnant Women Javeed, H., & Ejaz, B. (<i>Lahore College for Women University, Lahore</i>)
PSY-1821 03:00 pm - 03:10 pm	From Parents to Teens: Phubbing and Relationships Shaping Adolescents' Social Emotional Competence Afzal, A., & Naqvi, I. (<i>Quaid-i-Azam University, Islamabad</i>)
PSY-1517 03:10 pm - 03:20 pm	Distance Between Us: Emotional and Communicative Barriers in Rebuilding Father–Child Connections Mukhtar, M., & Mushtaq, A. (<i>National University of Modern Languages, Islamabad</i>)

PSY-1800 03:20 pm - 03:30 pm	Mothers' Experiences of Guilt and Stress in Balancing Career and Family Life: Qualitative Study Fatima, T., & Iqbal, N. (<i>International Islamic University, Islamabad</i>)
PSY-1905 03:30 pm - 03:40 pm	Effect of Alexithymia on Relationship Quality Among Married Adults: Role of Trait Affection and Social Avoidance Aziz , H., & Khan, J. M. (<i>International Islamic University, Islamabad</i>)
03:40 pm - 04:00 pm	Q&A Session Session Concluding Remarks by <i>Session Chairs</i> Shields and Certificates Distribution

Session IIb Psychology

Venue: (Room 273- Sheikh Rasheed Block)

Time: 02:00 pm – 04:00 pm

Themes: Culture, Religion, and Interventions for Psychological Well-being

Chair 1: Prof. Dr. Tamkeen Saleem

Shifa Tameer i Millat University, Islamabad

Chair 2: Dr. Sadaf Ahsan

Foundation University, Islamabad

Time	Invited Keynote Talks
02:00 pm - 02:20 pm	Flourishing Against the Current: Global Attachment Disruptions and Positive Psychological Adaptation in a Fragmented World
	Prof. Dr. Victor Counted. (<i>University of Regent, USA</i>)

Abstract no
(Time)

Oral Presentations

PSY-1799 02:20 pm - 02:30 pm	Religious Orientation as a Moderator between Traditional Gender Role Attitudes and Transphobia Among Millennials and Generation Z Zia, S., & Aslam, I. (<i>Rawalpindi Women University, Rawalpindi</i>)
PSY-1478 02:30 pm - 02:40 pm	Religious Conviction, Cultural Norms, and Deviant Behaviour Abdullah, M., & Tarar, A. (<i>Government College University, Lahore</i>)
PSY-1680 02:40 pm - 02:50 pm	FTR Schema and Ghina: Mediating Role of Positive Afterlife Belief and Ikhlāas Among Muslim Adults Yousaf, A., & Adil, A. (<i>University of Sargodha, Sargodha</i>)
PSY-2001 02:50 pm - 03:00 pm	Beyond Symptoms: The Role of CBT in Improving PCOS-Related Quality of Life Altaf, K., & Rizwan, M. (<i>National University of Medical Sciences, Rawalpindi</i>)
PSY-1741 03:00 pm - 03:10 pm	Effectiveness of Unplugged Intervention on Adolescents in Marginalized Areas Zahra, R. S., & Shahab, M. (<i>Iqra Girls College Sargodha</i>)
PSY-1918 03:10 pm - 03:20 pm	Application of HTP Technique in Trauma Management Fatima, T., Shamim, A., Saqlain, I., & Arouj, K. (<i>International Islamic University, Islamabad</i>)
PSY-1522	Existential Wellbeing, Quiet Ego, and Islamic Therapy: A Gift of Surah-Al-Rahman

03:20 pm - 03:30 pm	Qureshi, R. (<i>Shaheed Zulfiqar Ali Bhutto Institute of Science and Technology, Islamabad</i>)
PSY-1824 03:30 pm - 03:40 pm	Affective and Cognitive Brain Networks Underlying Music Processing: Evidence from a Meta-Analysis of fMRI Studies Ali, A. A., & Aqeel, M. (<i>Foundation University, Islamabad</i>)
03:40 pm - 03:50 pm	Q&A Session Session Concluding Remarks by <i>Session Chairs</i> Shields and Certificates Distribution

Session IIc Psychology

Venue: (Room 274- Sheikh Rasheed Block)

Time: Time: 02:00 pm – 04:00 pm

Themes: Personality Dynamics and Adaptive Functioning

Chair 1: Prof. Dr. Aneela Maqsood

National University of Modern Languages, Islamabad

Chair 2: Dr. Najia Zulfiqar

University of Haripur, Haripur

Time	Invited Keynote Talks
02:00 pm - 02:20 pm	Domestic Abuse as a Public Health Issue and Role of Healthcare Professionals Prof. Dr. Parveen Ali. (<i>University of Sheffield, United Kingdom</i>)

Abstract no (Time)	Oral Presentations
PSY-e002 02:20 pm - 02:30 pm	Examining the Role of Peer Pressure Between Locus of Control and Academic Motivation Among University Students Shazad, M., Zainab, D., & Hayat, Z. S. (<i>Bahria University, Islamabad</i>)
PSY-1515 02:30 pm - 02:40 pm	Relationship Between Narcissism and Psychological Well-being Among University Students: Role of Moral Disengagement and Aggressive Humor Style Batool, Z. (<i>University of Wah, Wah Cantt</i>)
PSY-1838 02:40 pm - 02:50 pm	Impact of Technostress on Impulsivity Among University Students: A Quantitative Study in the Pakistani Context Khan, J. M., Siddique, A., Khan, A., Waqar, H. S., & Bano, S. (<i>International Islamic University, Islamabad</i>)
PSY-1705 02:50 pm - 03:00 pm	Overprotection, Self-Doubt, and Cinderella Syndrome in Female University Students Nazir, K., Firdous, H., & Tariq, S. (<i>University of Management and Technology, Lahore</i>)
PSY-1535 03:00 pm - 03:10 pm	Exploring Antisocial Behavior by Social Comparison and Perceived Injustice: Mediating Role of Malicious Envy Sultan, M., & Malik, J. (<i>Quid-i-Azam University, Islamabad</i>)

PSY-1605 03:10 pm - 03:20 pm	Relationship Between Stress and Compulsive Buying Behavior: Moderating Role of Self-Control Among Women Fatima, M., Khan, A., Syed , U., Bibi, N., Adil, A., & Niazi, S. (<i>Rawalpindi Women University, Rawalpindi</i>)
PSY-2051 03:20 pm - 03:30 pm	Identity Styles and Identity Distress Among University Students: Role Of Coping Strategies Aymen, F., & Saeed, A. (<i>Riphah International University, Islamabad</i>)
PSY-1617 03:30 pm - 03:40 pm	Appearance-Related Bullying, Perfectionism, and Aesthetic Treatment Seeking Behavior Khatoon, N., & Hassan, A. (<i>International Islamic University, Islamabad</i>)
03:40 pm - 04:00 pm	Q&A Session Session Concluding Remarks by <i>Session Chairs</i> Shields and Certificates Distribution

Session IG

Sociology

Venue: Fatima Hall

Time: 11:00 am - 01:00 pm

Themes: Gender, Education, and Empowerment

Chair 1: Dr. Muhammad Shoaib

*Associate Professor of Sociology
University of Gujrat*

Chair 2: Dr. Naseem Khan Mahsud

*Assistant Professor Sociology
Allama Iqbal Open University (AIOU)*

Time	Invited Keynote Talk
11:00 am - 11:12 am	Masculine politics and Spaces for Women: The Case of Pakistan <i>Dr. Akhlaq Ahmad (Associate Professor Institute of Social and Cultural Studies, Punjab University)</i>
11:12 am - 11: 24 am	Silenced Online: Women's Experiences of Digital Harassment in Pakistan <i>Dr. Rabia Ali (Associate Professor of Sociology/In-charge, International Islamic University Islamabad)</i>

Abstract no
(Time)

Oral Presentations

(11:24 am - 11:33 am)	Acid Attacks as a Barrier to Women's Economic Empowerment: A Socio Legal Perspective <i>Dr. Beenish Ambreen (SZABIST, Islamabad)</i>
(11:33 am - 11:42 am)	Consequences of the Students' Use of ChatGPT in Higher Education: Perspectives of Educators at Virtual University of Pakistan <i>Dr. Ume Habiba (Rawalpindi Women University)</i>
(11:42 am - 11:51 am)	Impact Of Glacier Lake Outburst Flood on The Livelihood of People of Chitral <i>Aimen Saif (Rawalpindi Women University)</i>
(11:51 am - 12:01 pm)	Digital Glass Ceiling in Academia: AI Reshaping Mentorship and Supervision for Women Doctoral Students in Pakistan <i>Aneela Khan (International Islamic University, Islamabad, Pakistan)</i>
(12:01 pm - 12:10 pm)	Youth and Modernity in Pashtun Tribble Areas Negotiating Tradition and Globalization

	<i>Abdul Mateen (Quaid-I-Azam University, Islamabad, Pakistan)</i>
(12:10 pm - 12:19 pm)	Green at Home: Exploring Eco-friendly Practices of Housewives in Rawalpindi <i>Shahr Bano (Rawalpindi Women University)</i>
(12:19 pm - 12:28 pm)	Awareness and Deficiencies in Sex Education within Educational Settings <i>Wajeeha Khalil (Virtual University of Pakistan)</i>
(12:28 pm - 12:37 pm)	Empowering Marginalized Girls in Rural Islamabad Through Localized Informal Education <i>Naila Mushraf (Rawalpindi Women University)</i>
(12:37 pm - 12:47 pm)	Chronic Care and Social Vulnerability in Conflict Zones: A Study from Upper Kurram <i>Attar Ali , Atta Ullah , & Tariq Aziz (Kohat University of Science and Technology, Kohat)</i>
(12:47 pm – 12:56 pm)	Exploring Female Students Perspectives on Participation in Extracurricular Activities in Islamabad Pakistan <i>Abid Rasool & Dr. Sadia Saeed (Quaid-I-Azam University, Islamabad Pakistan)</i>
(12:56 pm - 1:08 pm)	Perception of Body Shaming on Workplace Performance: A Study of Bankers in Islamabad <i>Maria Abbasi (Rawalpindi Women University)</i>
1:08 - 1:23pm	Q & A Session <i>Session Concluding Remarks by Session Chair and Co-Chair Shields and Certificates Distribution</i>

POSTER PRESENTATIONS

Fine Arts

Venue: Gallery, Sheikh Rasheed Block- Ground Floor

Poster Judges	Affiliation
Prof. Dr. Shahida Mansoor	<i>Dean Social Sciences COMSATS University, Islamabad</i>
Dr. Fazli Sattar Durrani	<i>Principal, PCA Abdul Wali Khan University Mardan</i>

Poster Code	Title
FA-1529	Pattern as Protest: The Subversive Power of Ornamental Language in Contemporary Art <i>Huda, N. (Riphah International University Islamabad)</i>
FA-1661	Knots as Metaphors of Emotional Entanglement and Healing Through Faith <i>Zahra, A. (Rawalpindi Women University)</i>
FA-1666	Self-Obsession <i>Afzal, A. (Rawalpindi Women University)</i>
FA-1667	The Triangle of Triumph <i>Bibi, A. (Rawalpindi Women University)</i>
FA-1674	Romanticizing Door as A Soulful Structure and A Piece of Art <i>Hassan, P. (Rawalpindi Women University)</i>
FA-1675	Inanimate Insurrection <i>Saleem, U. (Rawalpindi Women University)</i>
FA-1678	Hidden Bonds <i>Baber, B. (Rawalpindi Women University)</i>
FA-1690	Entangled in Tranquility <i>Amjad, Z. (Rawalpindi Women University)</i>
FA-1693	Foundation Of Divine Relationship <i>Yaqub, R. (Rawalpindi Women University)</i>
FA-1699	Meri Shanakht Ka Safar <i>Jahangir, M. (Rawalpindi Women University)</i>

FA-1702	Cultural Identity and Heritage
	Irum, H. (<i>University of Punjab, Lahore</i>)
FA-1714	The Symbolism of Turtles in Art: From Myth to Modern Times
	Sohail, H. & Jamil, S. (<i>Rawalpindi Women University</i>)
FA-2035	Occult
	Nisa, Z. (<i>Rawalpindi Women University</i>)

Psychology

Venue: Back Gallery, Fatima Hall

Poster Judge	Affiliation
Dr. Aisha Zubair	<i>Assistant Professor Quaid-i-Azam University, Islamabad</i>
Dr. Irum Naqvi	<i>Assistant Professor Quaid-i-Azam University, Islamabad</i>
Dr. Shazia Yousaf	<i>Assistant Professor Bahria University, Islamabad</i>
Dr. Iram Gul	<i>Assistant Professor Fatima Jinnah Women University, Islamabad</i>
Dr. Mamoonah Ismail Loona	<i>Assistant Professor International Islamic University, Islamabad</i>
Dr. Remoonah Salik	<i>Associate Professor Govt. College for Girls B Block Satellite Town, Rawalpindi</i>
Dr. Sher Dil Khan Jadoon	<i>Assistant Professor Hazara University, Mansehra</i>

Poster Code	Title
PSY-1479	Women's Educational Rights in Punjab: Sectarian Discourses vs Quranic Teachings <i>Shehzad, O. M. (Foundation University, Rawalpindi)</i>
PSY-1504	Impact of Perceived Social Support on Suicidal Ideation Among Medical Students <i>Faiz, M. (Quaid-i-Azam University, Islamabad)</i>
PSY-1505	Impact of Adverse Childhood Experiences on the Mental Health of Adolescents from Slum Areas <i>Mahnoor, M. (Quaid-i-Azam University, Islamabad)</i>
PSY-1539	Role of Family Relations in Autonomy and Metacognitions Among Young Adults in Pakistan <i>Zaib, N. (Rawalpindi Women University, Rawalpindi)</i>
PSY-1574	Moderating Role of Mindfulness in the Relationship Between Social Media Detoxification and Mental Health Among Patients With Clinical Depression <i>Imtiaz, L., & Yaseen, N., Syed, U. E., & Khan, A. (Rawalpindi Women University, Rawalpindi)</i>
PSY-1533	The Relationship Between Resilience and Perceived Stress in Pakistani

	University Students
	Amir, M., Hanif, T., & Nagi, N. (<i>COMSATS University, Islamabad</i>)
PSY-1541	Childhood Maltreatment and Emotion Regulation Difficulties in Young Adults: The Mediating Role of Self-Concept Clarity
	Shah, S. L., & Abbasi, S. (<i>National University of Modern Languages, Islamabad</i>)
PSY-1594	Unplugged Intervention in Adolescents from Marginalized Areas: Gender in Perspective
	Lodhi, Z. A., & Imtiaz, S. (<i>Quaid-i-Azam University, Islamabad</i>)
PSY-1568	Relationship Between Childhood Trauma and Emotional Dysregulation Among Individuals With Drug Dependence
	Fayyaz, F. (<i>Shifa Tamee e Milat University, Islamabad</i>)
PSY-1598	Social Media Usage and Materialism: Role of Upward Social Comparison
	Sultan, H. (<i>Rawalpindi Women University, Rawalpindi</i>)
PSY-1608	Childhood Trauma, Self-harm Ideation, and Psychache Among Young Adults
	Akhtar, M., Sadia, R., & Khan, S. (<i>Rawalpindi Women University, Rawalpindi</i>)
PSY-1676	The Impact of Teacher–Student Relationship on Academic Stress and Performance Among College Students
	Shahid, K. (<i>Rawalpindi Women University, Rawalpindi</i>)
PSY-1685	Wive’ Experiences of Husband Economic Irresponsibility: Qualitative Study
	Saqlain, I., & Iqbal, N. (<i>International Islamic University, Islamabad</i>)
PSY-1647	Street Harassment, Attributional Style, Self-blame, Harassment Coping Strategies and Psychological Well-being Among Young Women
	Kainat., & Naqvi, I. (<i>Quaid-i-Azam University, Islamabad</i>)
PSY-1743	Relationship Between Spiritual Intelligence and Subjective Wellbeing Among Adults: Role of Self-Control
	Ghosia, W., Yaseen, N., Syed, U. E., & Khan, A. (<i>Rawalpindi Women University, Rawalpindi</i>) (<i>Rawalpindi Women University, Rawalpindi</i>)
PSY-1772	Relationship Between Internalized Misogyny and Intragender Hostility Among Women in Twin Cities of Pakistan
	Asif, H., & Rafique, M. (<i>National University of Medical Sciences, Rawalpindi</i>)

PSY-1840	Impact of Screen Addiction and Headache on Irritability Among Migraine Patients Ishfaq, I., Khan, A., Syed, U., Bibi, N., Ghayas, S., & Niazi, S. (<i>Rawalpindi Women University, Rawalpindi</i>)
PSY-1916	Development and Validation of an Aesthetic Treatment Psychosocial Experiences Scale Sabeel, S. (<i>University of Management and Technology, Lahore</i>)
PSY-1747	The Mediating Role of Cognitive Flexibility on the Relationship Between Emotional Appraisal and Pro-Environmental Behavior Among Young Adults Syed, I. (<i>National University of Medical Sciences, Rawalpindi</i>)
PSY-1862	Exploring Women's Experiences in Relationships with Men Displaying Narcissistic Traits Khan, H. (<i>COMSATS, Islamabad</i>)
PSY-1912	Role of Psychological Needs Satisfaction in TikTok Addiction: Mediating Effects of Peer Influence Aman, S., Zubair, A., Tanveer, D. S., & Latif, K. (<i>Rawalpindi Women University, Rawalpindi</i>)
PSY-1919	Suicidal Ideation and Psychological Problems among Psychologists Due to Secondary Trauma: A Qualitative Study Shamim, A., & Iqbal, N. (<i>International Islamic University, Islamabad</i>)
PSY-2046	Challenges of Adoptees/Care-Experienced Persons in a Pakistani Islamic Socio-Legal Context Eman, S., Hillstedt-Asplund, S. P. D., Malik, S. A., Raza, M., & Ijaz, T. (<i>Lahore College for Women University, Lahore</i>)
PSY-1967	Effectiveness of Emotion Focused Therapy on Grief Impairment, Sleep Quality and Body Image in adults after Romantic Relationship Breakup Naseer, A., & Ejaz, B. (<i>Lahore College for Women University, Lahore</i>)
PSY-2050	Determinants of Caregiver Burden and Mental Health Among Primary Caregivers of Cancer Patients Ejaz, A., & Saeed, A. (<i>Riphah International University, Rawalpindi</i>)

**SUMMARY OF INVITED
KEYNOTE TALKS
(Discipline Wise)**

BUSINESS ADMINISTRATION

Empowering Communities through Smart Agriculture: An IoT-Based Agro-Tech, Solar, and Rainwater Harvesting Initiative Aligned with the Malaysia Madani Economic Framework

Rosmaini Tasmin^{*}, MF Ahmad, RZ Raja Mohd Rasi, Rohaizan
Ramlan and Rumaizah Ruslan

University Tun Hussein Onn, Malaysia

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Abstract: This paper presents the implementation and impact of the AgroTech Project under the Komuniti@UniMADANI initiative led by Universiti Tun Hussein Onn Malaysia (UTHM). The study is aimed to investigate feasibility of applying sustainable resources into integration of the IoT technology for planting coconut trees around a primary school in Kluang, state of Johore, Malaysia. The school area has rather barren and limited landscaping plants, particularly at the school field which contributes to high temperature environment. There is limited and scarce literature reporting on means of greening school areas with embedded IR4.0 technology by planting fruit trees that could produce downstream products for community. Hence, this project is pursued by planting 100 reddish pandan coconut trees and integrating it with the Internet of Things (IoT) technology for fertigation, rainwater harvesting and solar energy. Leveraging sensors, solar panel and electronic automation for climate and nutrient monitoring, this initiative exemplifies smart agriculture model aligned with Sustainable Development Goals (SDGs) by the United Nations, particularly on goals of Climate Action and Responsible Consumption & Production. This IoT-based and Green Technology university-community project is funded by the Ministry of Finance, Malaysia via Malaysia Madani economic framework to promote technology transfer, innovation and inclusivity in Malaysian society. The study evinces that it is possible to plant the trees with fertigation system which water motors are powered by solar energy, nutrients controlled by the IoT Blynk system and using fertilized rain water resource. The paper also outlines the project's social, economic, and environmental impacts, discusses implementation challenges, and explores its potential as a replicable model for community-oriented green innovation.

Keywords: Smart agriculture, IoT, solar, rainwater harvesting, Malaysia



Embedding Sustainability in Higher Education: From Curriculum to Community Impact

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Abstract: Universities play a pivotal role in shaping societies, and embedding sustainability within their core functions is no longer essential. This keynote addresses practical and strategic pathways for implementing sustainability across higher education. It highlights how universities can integrate sustainability into curriculum design, ensuring that every discipline contributes to developing critical, ethical, and globally responsible graduates. In teaching and research, sustainability should guide inquiry, foster innovation, and encourage interdisciplinary solutions to pressing global challenges. Beyond academics, universities can cultivate a culture of sustainability through volunteerism, community partnerships, and student engagement, turning knowledge into real-world impact. The keynote also emphasizes the importance of integrating sustainability principles into assessment systems, measuring not only academic achievement but also social, economic, and environmental responsibility. By embracing this holistic approach, universities can become catalysts for sustainable development, inspiring faculty, students, and communities to contribute to a just, resilient, and sustainable future.

Keywords: Sustainability, higher education, curriculum design



The Role of Artificial Intelligence in Advancing Sustainable Finance

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Abstract: The integration of artificial intelligence (AI) into the domain of sustainable finance represents a rapidly evolving frontier, offering new capabilities for identifying, measuring and managing environmental, social and governance (ESG) risks and opportunities. As investors demand greater transparency and accountability around sustainability outcomes, AI tools—such as machine learning-based analytics, natural-language processing of ESG disclosures, and predictive modelling of climate-transition scenarios—are enabling more precise assessments of firm-level impacts, real-world climate exposures and portfolio alignment with net-zero goals. At the same time, the use of AI raises novel challenges: data quality and interoperability remain uneven across jurisdictions, explain ability and algorithmic bias pose governance risks, and reliance on AI may lead to over-confidence in model outputs without adequate oversight. For sustainable-finance frameworks to fulfil their promise, a responsible implementation of AI is required—one anchored in transparency, accountability, and alignment with regulatory standards. This paper explores how AI is reshaping sustainable-finance landscapes across global markets, examines the regulatory and operational safeguards emerging in 2025, and considers implications for stakeholders in emerging and developed economies alike. We highlight the need for a ‘human-in-the-loop’ approach to validate AI-driven sustainability insights, and emphasise the importance of building institutional capacity to interpret and act on AI outputs. The intersection of AI and sustainable finance thus presents both tremendous potential and significant governance responsibilities: how this balance is struck will shape the scale and credibility of the next generation of sustainable-finance instruments.

Keywords: AI, sustainability, ESG disclosure, AI-driven insights, sustainable finance



Leveraging Graph-Based Digital Twins and AI for Resilient Global Supply Chains

Dr. Muhammad Imran Qureshi
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Abstract: In an era of unprecedented volatility—characterised by pandemics, geopolitical tensions, climate disruptions and labour-market fragmentation—the architecture of global supply chains must evolve from static networks to dynamic, intelligent ecosystems. This study focuses on the strategic integration of graph-based digital twin modelling and artificial intelligence (AI) within global supply chain management as a vehicle for enhanced visibility, predictive control and resilience. By treating a supply chain as a graph of interdependent nodes (suppliers, logistics hubs, transport links, distribution centres) and overlaying a digital twin that mirrors real-time flows, companies can simulate “what-if” scenarios, anticipate failure points and optimise resource allocation pre-emptively. Recent research has proposed such a framework embedding sustainability and disruption metrics within graph/digital twin models. Concurrently, AI and machine learning enable demand forecasting, anomaly detection, and dynamic routing across these networks. The combined approach allows firms to shift from reactive to forward-looking operations: for example, identifying alternate sourcing paths when a component supplier fails, adjusting inventory buffers based on probabilistic disruption models, and reducing environmental impact via adaptive logistics. The paper explores how this convergence is being implemented in 2025, articulates its methodological implications for empirical modelling (including advanced panel GMM frameworks for dynamic network effects), and examines the managerial and policy challenges associated with data integration, standardisation, latency, and governance.

Keywords: Resilience, supply chain management, graph-based digital twins, inventory buffers



FINE ARTS

The Future of Creativity: Art, Design, and Innovation in an Age of Transformation

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Abstract: We are living in a time when technology is advancing at an unprecedented pace, and the world is becoming increasingly complex and interconnected. In the midst of these transformations, art and design hold a growing and influential role. This keynote explores how creative disciplines are not only responding to global change but actively shaping it. From AI-generated imagery to immersive digital environments and mixed-reality experiences, the way we create, experience, and interact with visual culture is being redefined. Drawing on contemporary examples and cross-cultural insights, the talk examines how artists and designers are reimagining visual storytelling, exploring new methods of communication, and reshaping the connection between creator and audience. Whether through generative tools, eco-conscious approaches, or socially engaged practices, creativity today is closely linked with innovation, ethics, and a global perspective. The keynote also addresses the evolving role of art and design education, emphasizing the need to equip students with both critical artistic foundations and the ability to navigate rapidly emerging technologies. By blending tradition with innovation, creative practice can serve as a powerful force for resilience, inclusion, and forward-thinking solutions. Ultimately, this talk invites the audience to rethink creativity as something dynamic, an evolving process that is responsive, courageous, and deeply human.

Keywords: Future, creativity, art, design, innovation, transformation



Beyond the Frame: Visual Storytelling in the Transmedia Age

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and Maritime Transport, Egypt*

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Abstract: As stories increasingly unfold across multiple platforms, transmedia storytelling has become a powerful way to build rich, immersive experiences. This keynote explores the essential role of visual design in shaping those experiences—ensuring that, across formats and technologies, the story remains coherent, engaging, and emotionally resonant. The talk highlights key visual techniques that support transmedia narratives: establishing a consistent visual identity through color, typography, and imagery; adapting stylistic approaches to suit each platform while preserving core motifs; and using technologies like AR and VR to create layered, interactive environments that invite exploration. It also looks at the value of visual elements such as sequential image releases, digital artifacts, interactive maps, and subtle visual cues—each designed to deepen audience engagement and connect different parts of the story universe. These strategies help transform passive viewers into active participants. By examining how visuals function as both connectors and creative tools across media, this keynote offers a deeper understanding of how transmedia storytelling works—and why it matter. In an age where stories are no longer bound by medium, visuals are what hold everything together, offering continuity, discovery, and a space for audiences to meaningfully engage with complex narrative worlds.

Keywords: Visual storytelling, transmedia age, narrative



Social Impact and Activism in Art

Prof. Dr. Rifaat Saif Dar

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Abstract: This paper examines the intersection of Art and Activism in the current art exhibition landscape of Pakistan. The paper will explore how artists in Pakistan, collectively, use their artistic works to address social issues, amplifying marginalized voices and promoting social change in the country. By analyzing historical and contemporary examples of art as activism, this abstract will investigate the potential and limitations of using art to create a more just and equitable world. The main objective of this paper is to discuss the role of ART in the digital age, the potential of art to influence public discourse, inspire collective action, and challenge dominant narratives, which will help to redefine the landscape of art activism. The deepest insight about art and art activism is under discussion on how Art can be a potent means of communication, raising awareness, and fostering empathy around social and political issues, in both historical and contemporary contexts in Pakistan.

Keywords: Social impact, activism, art



Pakistan's Creative Future: Pedagogical Shifts in Art and Design Education in the Age of Artificial Intelligence (AI)

Dr. Suriyya Choudhary

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Abstract: This research examines art and design education in Pakistan and how it currently sits at an epistemic and pedagogic crossroads. Historically oriented toward role-based vocational training, curricula must now contend with emergent socio-technical changes introduced by artificial intelligence (AI) — changes that transform modes of creativity, labor markets, and cultural production. This outcome-based research adopts a multi-theoretical frame combining constructivist learning theory (learning as active knowledge construction), competency-based education (outcomes and capabilities as primary goals), critical pedagogy (education as emancipation and social agency), and socio-technical / actor-network perspectives (which treat AI as an actor entangled with human designers). Together these frames support a model of *Human–AI Co-Creative Pedagogy* that foregrounds: (a) educator capacity-building in AI literacies and digital reflective practice; (b) curriculum reconfiguration toward interdisciplinary, project-based, and competency-mapped modules; and (c) student-centred assessment that emphasises portfolios, reflective e-portfolios and measurable creative competencies in context.

Keywords: Design education, AI, constructivism, competency-based education, human–AI co-creation



The Intersectionality Between Cultural Identity, Heritage and Managing Cultural Diversity Universities: Theory, Practice and Challenges

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Abstract: Universities across the globe draw students from diverse cultural contexts. However, the presence, and importance, of different cultures as a source of experience-sharing and exchange, cross-learning and creativity, remain a challenge to manage, especially in some universities with “superior” cultural identities. Whereas several universities might have policies or regulations on cultural inclusivity, what is said may usually differ from practice. For instance, management structures, student bodies/guilds, and cultural associations within our universities are potential areas for limited cultural inclusivity. Therefore, this paper aims to highlight the intersectionality between cultural identities, heritage and the importance of managing diverse cultural identities within universities. It should be noted that failure to manage the diverse cultural identities or heritages in universities or academic institutions has far-reaching repercussions on society, such as breeding intolerant learners (who would later become our leaders), abusing cultural rights, increasing social conflicts, and promoting divisionism based on limited appreciation of our cultural differences. In my paper, I intend to draw examples from Uganda and Pakistan which are both ethnically and linguistically diverse. I will explore the challenges associated with managing multiple cultural identities and heritages within universities and make suggestions on how universities can better manage cultural pluralism for purposes of promoting unity and respect for cultural differences.

Keywords: Cultural diversity, heritage, inclusivity, multiculturalism, pluralism



POLITICAL SCIENCE

Madrasa/Pesantren & Democracy in the Muslim World: Indonesia as Case Study and Way Forward

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Abstract: The institution of madrasa/pesantren has been existing in Indonesia since the early years of arrival of Islam in the country. Throughout the centuries, madrasa/pesantren has played significant role in shaping Indonesian society and culture and forming the political establishment in Indonesia. The role of madrasa/pesantren has been crucial in building momentum for Indonesia's anti-colonial resistance, where Indonesian pesantren and its *kyai* (head teacher) played strategic role in ensuring public support for national struggle against colonizers. After long years of authoritarian rule by Suharto which significantly limited pesantren's institution and independence under state's scrutiny, pesantren was eventually provided more flexibility in determining its course of action after 1998 *Reformasi* movement. Many *kyai* are engaging actively in ensuring socio-political transformation to continue after the democratization process. While doing that, they are also committed to modernize and transform the institution of madrasa/pesantren. This research investigates the role of madrasa/pesantren in democratizing Indonesia, and the modernization of pesantren/madrasa throughout democratization process in Indonesia. This research also proposes the new approach that provide upscaling opportunities to madrasa/pesantren, that is through madrasa diplomacy that will connect madrasa throughout the world to learn and benefit from each other's experiences.



“Soft” Climate Change Exposure and Firm Performance Across Countries: Legitimacy Theory Perspective

Dr. Naimat U. Khan
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Abstract: This paper examines the impact of a firm-level ‘soft’ measure of climate change exposure on the performance of 6228 companies across 40 countries (2001–2021) using legitimacy theory. We find that the relationship between climate change and performance is contingent upon industry and the content of climate change exposure (opportunities, regulatory, and physical). Industry-level analysis reveals that the top 10 high-exposure industries generally experience negative performance impacts, whereas the bottom 10 low-exposure industries exhibit positive effects. In terms of content, physical exposure positively affects performance, regulatory exposure negatively impacts performance, and opportunity exposure shows an insignificant positive effect. Climate change thus presents industry- and content-specific risks and opportunities, highlighting the need for targeted policy incentives to encourage genuine climate-related investments. Theoretically, climate exposure conveys either symbolic legitimacy (tokenism without real impact) or substantive legitimacy (genuine, tangible effects), depending on industry context and the nature of exposure.



Challenges to Peacebuilding and Nuclear Deterrence in South Asia

Dr. Masood Khattak

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Abstract: Peacebuilding in South Asia remains one of the most complex challenges in international relations, largely due to the enduring rivalry between India and Pakistan. Recent events such as the Pahalgam incident in Indian-held Kashmir and subsequently the Operation Sindhoor, launched by Indian Military in its aftermath, have further strained already fragile bilateral relations, deepening mistrust and hardening strategic postures between the nuclear armed states. These developments not only exacerbate the security dilemma but also undermine fragile confidence-building measures that had been cautiously pursued by both states. The Kashmir conflict continues to serve as the central fault line, where local freedom struggle, violence and oppression by the Indian forces act as triggers for broader escalatory cycles. The Pahalgam incident symbolized the volatility of the dispute, reigniting nationalist rhetoric on both sides. In response, Operation Sindhoor highlighted India's increasing reliance on assertive military strategies, which Pakistan perceives as coercive and destabilizing. Such dynamics hinder prospects for dialogue, regional cooperation, and sustainable peacebuilding. Both India and Pakistan rely heavily on nuclear postures to maintain strategic stability, yet frequent crises elevate the risks of misperception, miscalculation, or inadvertent escalation. The introduction of advanced technologies such as missile defense systems, tactical nuclear weapons, and evolving Land Warfare Doctrine-2018 and the policy of surgical strikes further complicate deterrence stability in south Asia. In this environment, peacebuilding efforts are overshadowed by arms competition, mutual suspicion, and the securitization of political disputes. Therefore, the post-Pahalgam and post-Sindhoor context underscores the urgent need for sustained dialogue, crisis management mechanisms, and confidence-building measures. Without genuine political will and a commitment to conflict resolution, the India-Pakistan rivalry will continue to pose serious threats to peacebuilding and nuclear stability in South Asia.



PSYCHOLOGY

Beyond Money: How Healthy Emotionality Shields Well-Being from Economic Hardship

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Abstract: While the detrimental effects of low economic status on mental and physical health are well-documented, emerging research reveals that certain psychological resources can dramatically alter this relationship. This keynote presentation will explore groundbreaking findings on how healthy emotionality—our capacity for adaptive emotional responses—serves as a powerful shield against the harmful effects of economic adversity. Drawing from two comprehensive studies involving over 1,100 American participants, this talk will demonstrate how individuals with strong emotional health maintain remarkably high levels of well-being despite facing significant economic challenges. Using validated measures of emotional style, life satisfaction, and health outcomes, our research reveals that healthy emotionality not only moderates the income-well-being relationship but does so independently of other known protective factors like perceived control. The implications extend far beyond academic understanding. In an era of growing economic inequality, these findings illuminate pathways for resilience that transcend financial circumstances. Rather than viewing low income as an inevitable predictor of poor outcomes, we can identify and cultivate emotional competencies that enable individuals to thrive despite economic constraints. This presentation will explore the mechanisms underlying this protective effect, discuss practical applications for intervention and policy, and challenge conventional assumptions about the relationship between money and happiness.



Families Under Pressure – Psychosocial Insights

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Abstract: It is well established that families provide a thriving environment for children. But what happens to mental health and development when there is pressure. This address will explore a range of family challenges through a psychosocial lens. From the moment of conception, circumstances can challenge the newly forming family such as teenage pregnancy, child marriage, pregnancy as a result of rape. Family environments may be unstable and situations such as abandoned babies create a global challenge. How common is the phenomenon, what are the drivers and consequences and are there any effective interventions. The literature highlights the importance of the first 1,000 days for child development. Yet the first 1,000 weeks covers the entirety of childhood and adolescents. Again what types of care, community, parenting, and crises can shed light on the trajectory for the child. External pressures can also impact the family. The coverage will examine the impact of HIV and COVID-19 on families. Death in the family can cause sudden change and crisis. The presentation will culminate in an examination of orphanhood, ramifications, differential loss and alternative care arrangements for children with a critical appraisal of such care provision, violence experiences, wellbeing and interventions. Finally the report will comment on family composition and perspectives given that the literature is very skewed looking at women, but men matter and grandparents play a key role.



Domestic Abuse as a Public Health Issue and Role of Healthcare Professionals

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Abstract: Domestic abuse is a pervasive public health issue in Pakistan with profound physical, mental, sexual and reproductive health consequences across the life course. Recent analyses of national survey data suggest that around one in three ever-married women aged 15–49 have experienced emotional, physical and/or sexual spousal violence, with significant implications for unplanned service use, chronic disease burden and intergenerational harm. This keynote reframes domestic abuse as a preventable public health priority in Pakistan’s mixed health system and sets out practical roles for healthcare professionals across community, primary, secondary and tertiary care. We will focus on targeted enquiry, trauma- and violence-informed care, cultural and language-accessible practice, and safe referral. The session highlights how Pakistan’s Lady Health Worker Programme and frontline clinicians can strengthen identification, safety planning, documentation, safeguarding and multi-agency coordination, including for technology-facilitated abuse. We also outline workforce needs—training, supervision and wellbeing—and the role of audit and data for continuous quality improvement. By treating domestic abuse as core business for health services, Pakistan can reduce harm, narrow inequalities and achieve meaningful population-health gains.



Flourishing Against the Current: Global Attachment Disruptions and Positive Psychological Adaptation in a Fragmented World

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Abstract: We live in a time of widespread instability and displacement that have led to what is known as "social fragmentation". This breakdown of social cohesion and unity within a society are contingent on many individuals navigating profound disruptions to their core attachments (e.g., whether to people, places, institutions, guiding belief systems or political ideologies). These disruptions can predispose individuals to reparative responses of protest, despair, and a sense of psychological unmooring. Yet within this psychological rupture lies the possibility of adaptive change. In this keynote address, I will unpack how attachment disruptions, while painful, can catalyze positive psychological adaptation and detachment: a process of recalibration that allows individuals to reorient toward new sources of coherence, identity, and agency. I will challenge narrow conceptions of resilience and flourishing that emphasize mere recovery from adversity and will offer a broader understanding of flourishing that includes the capacity to adapt meaningfully in response to loss, vulnerability, and transition. In a fragmented world, flourishing does not require returning to what was, but discovering what might yet emerge from an attachment rupture. This keynote invites scholars and practitioners to rethink adaptation not as compensation for damage, but as an evolving pathway toward a flourishing life.



Navigating Life After Trauma: A framework of Coping Skills and Empowerment for Survivors

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Abstract: Trauma is a significant concern in Pakistan, affecting individuals and communities due to various factors such as ongoing exposure to violence, torture, deprivation, climate change, and conflicts, Socio-Economic and political Instability (Economic instability, poverty, and unemployment), Cultural Expectations and Repression, and generational trauma (Unresolved trauma can be passed down through generations). The risk factors are very deep rooted and vulnerable communities or individuals may get influenced affecting individuals and communities contributing to trauma. Trauma can lead to PTSD, depression, anxiety, and other mental health problems. Recovery from trauma is a unique and individual process. It's essential to prioritize self-care, seek support from trusted individuals or professionals, and focus on building resilience and empowerment. Navigating Life After Trauma through Coping Skills and Empowerment for Survivors is a compassionate framework to support individuals on their path toward healing and reclaiming their lives. This framework offers an accessible awareness to trauma and its psychological, emotional, and physical impacts, while also providing practical coping strategies rooted in trauma-informed care, mindfulness, and resilience-building. grounding techniques, emotional regulation, setting healthy boundaries, building supportive relationships, and developing a renewed sense of self. Through education, self-awareness, and empowerment, this framework aims to help survivors not only cope, but also move forward with strength, clarity, and hope. Empowerment strategies, cultural considerations and mental health resources can help trauma survivors and caregivers to deal negative consequences of trauma. By incorporating various components of two theoretical frameworks i.e., com b and wheel of care, survivors of trauma in Pakistan can develop the coping skills and empowerment strategies necessary to navigate life after trauma and rebuild their lives.



Silent Feeds, Lonely Hearts: The Hidden Psychological Cost of Social Media Usage

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Abstract: Social media has become an integral part of everyday life, fundamentally changing how people communicate and express themselves. This presentation explores the psychological impact of social media, focusing on both its advantages and its challenges to mental health. While social media offers new opportunities for connection and identity development, it also introduces stressors that may negatively affect emotional well-being and cognitive processes. Four key stressors are highlighted: exposure to idealized images and lifestyles, fear of missing out, constant digital interruptions, and experiences of online harassment. These factors contribute to increased anxiety, depression, and feelings of social isolation, especially among adolescents and young adults. Furthermore, problematic social media use has been linked to the development of psychiatric symptoms and addictive behaviors, including distortions in self-perception. The presentation will discuss evidence-based strategies to address these challenges, such as setting healthy usage boundaries, improving digital literacy, and applying therapeutic interventions designed to build resilience. The objective is to provide mental health professionals, educators, and the wider community with an informed understanding and practical tools to promote psychological well-being in the digital era.



From Smog in the City: Understanding Human Responses to Environmental Stresses

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Abstract: Smog, an intensifying consequence of climate change and rapid urbanization, poses a profound threat to public health and societal resilience, particularly in megacities like Lahore. This study investigates the psychological, biological, and social impacts of smog on young adults, situating these findings within the broader discourse of environmental psychology, climate-induced hazards, and disaster risk reduction (DRR). A mixed-method approach was employed, including focus group discussions, the development and expert validation of the Bio-Psychosocial (BPS) Scale (CVI = 0.93), and large-scale digital text analytics (Voyant Tools) on responses from 800 participants. Findings revealed eleven major themes: heightened anxiety, mood disturbances, reduced concentration, respiratory ailments, dermatological conditions, and weakened social connections, all reflecting the multidimensional burden of smog exposure. Traffic emissions, industrial pollution, and the loss of green spaces emerged as the most cited contributors, underscoring deficiencies in urban environmental management. By validating the BPS Scale, this research offers a tool to systematically assess the multifaceted impacts of smog, enabling targeted policy and anticipatory interventions. The insights emphasize the urgent need to integrate air quality monitoring, behavioral awareness, green infrastructure, and resilience-focused education into climate change adaptation and DRR strategies. Addressing these gaps is essential to safeguard health, enhance adaptive behaviors, and promote societal cohesion in environmentally vulnerable urban populations.



SOCIOLOGY

Masculine politics and Spaces for Women: The Case of Pakistan

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Abstract: Overrepresentation of men in politics is a dominant characteristic of Pakistani politics. They hold premier positions in political parties, important public offices in government, and monopolize decision-making. They largely set the rules of the game and standards for politics. The whole political discourse revolves around the normative stances of males in Pakistan and compromises the quality of political participation. Political participation is generally considered to be political engagement or the involvement of people in decision-making. Political participation is also taken as involvement in traditional political activities and the extent to which citizens are exercising their rights to participate in political activities. Arguably, Feminine characteristics such as submissiveness, dependence are used to undermine women's capacities, create social barriers, and restrict participation in politics. It is further argued that these feminine identities are negotiated to be included or excluded in the masculine Pakistani political system, hence compromising quality participation in politics.

Keywords: Masculine politics, Women's political participation, Gendered power structures, Pakistan



Silenced Online: Women's Experiences of Digital Harassment in Pakistan

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Abstract: Digital harassment of women in Pakistan has emerged as a significant social and legal issue, with far-reaching implications for women's participation in online spaces and their overall well-being. This paper explores the prevalence, nature, and impact of digital harassment against women in Pakistan, examining the various forms it takes, including online stalking, threats, abuse, hate speech, and non-consensual sharing of intimate images and videos. The data for this paper is drawn from qualitative face to face in-depth interviews with 14 women and responses of 42 women who filled an online Google survey form. Thematic analysis was employed to interpret the data. The participants experienced significant negative emotional impacts from online harassment, including anxiety, stress, depression, self-blame, fear, guilt, embarrassment, regret, and sleep disturbances. The cultural norms and legal inadequacies make it difficult for survivors to report cases of digital harassment and to seek justice. Hence, along with legal reforms, awareness campaigns and technological interventions are needed to address the issue. By understanding the complexities of digital harassment against women in Pakistan, this research aims to inform policy development, and it advocates for effective measures to protect women's rights and ensure their safe participation in the digital sphere.

Keywords: Digital harassment, social media, women's experiences, gender-based violence



ABSTRACTS OF ORAL PRESENTATIONS

BUSINESS ADMINISTRATION

Analyzing the Interplay of Green Innovation and Social Behavior on Firm Performance: A Combined Parallel Mediation and Moderation Framework

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Abstract: Within the paradigm shift of the global business environment, green innovation and socially responsible behavior have become one of the most valuable drivers of sustainable competitiveness and organizational success in the long run. The objective of the present study is to examine how green innovation practices are linked to green social behavior to firm performance, and focus specifically on how both green product innovation and green knowledge sharing mediate this relationship, and how the process of knowledge application moderates relationships between green innovation practices and green social behavior with firm performance. Based on the Knowledge-Based View (KBV), the study aims to understand how internal organizational capabilities, particularly green innovation practices and green social behavior, and knowledge management practices function as strategic tools for channeling green initiatives into better organizational outcomes. Data were collected from 240 employees working across multiple industrial sectors in Pakistan, such as manufacturing, services, IT/software, finance/banking, education, healthcare, oil & gas, and telecommunication. The data was collected using random sampling and was analyzed using the Statistical Package for the Social Sciences (SPSS), and mediation and moderation analysis was undertaken using Hayes Process Macro. The analysis results indicate a significant relationship among all these variables except for the knowledge application. While Knowledge application is an important driver of green innovation, the moderating role of knowledge application in this relationship is not significant. This study extends the Knowledge-Based View by offering theoretical and practical implications for business executives, managers, policymakers, and government. This study also emphasizes the significance of leveraging employees' green social behavior and knowledge-based processes to increase the performance impact of sustainability-based strategies.

Keywords: Green Innovation Practices, Green Social Behavior, Green Product Innovation, Green Knowledge Sharing, Firm Performance



BBA-1492

Investing the Impact of Generative AI Tools Use on Responsible Innovative AI Behavior among Students: A Mediation-Moderation Analysis

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Abstract: This research explores how the use of the generative artificial intelligence (GAI) tools affected the responsible use of AI among the university students in Pakistan, with reference to intrinsic motivation and AI trust. An empirical, cross-sectional survey was conducted. The analysis of the effects of GAI tools, intrinsic motivation, and AI trust on responsible AI usage was examined based on the data collected among 121 university students on a 5-point Likert scale. Data were analyzed using mediation and moderation analysis grounded in Technology Acceptance Model (TAM). The findings were that GAI tools had a significant influence on intrinsic motivation and responsible use of AI. The use of GAI tools was the antecedent to intrinsic motivation, which partially mediated the responsible AI practices. In addition, the AI trust was also found to have a strong impact on the intrinsic motivation but did not mediate the relationship between GAI tools and intrinsic motivation as expected. These discoveries help to understand why it is necessary to cultivate intrinsic motivation and AI trust and thus encourage ethical AI application in higher education. The research was done within a narrower demographic of Pakistan and therefore the results cannot be generalized freely. Cross-sectional nature of the study is also a part of the limitation that restricts the making of the causal inference. Future studies are encouraged to take a longitudinal perspective of the research with the aim of prospectively looking at how these relationships shift in the course of time. This research highlights the importance of introducing ethical AI models and trust-generation mechanisms into the educational system as a way of helping students to find a

responsible approach to using AI tools. Empirical, quantitative study using survey data and mediation-moderation analysis.

Keywords: Responsible AI use, generative AI tools, AI trust, intrinsic motivation, higher education



BBA-1963

Climate Change and Sustainable Development in Pakistan: Reviewing the Evidence and Addressing the Gap

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Abstract: Climate change poses one of the most pressing challenges to sustainable development, particularly for developing countries such as Pakistan, which is highly vulnerable due to its geographical location, agrarian economy, and limited adaptive capacity. This review paper critically examines the existing body of evidence on the relationship between climate change and sustainable development in Pakistan, with a focus on economic growth, agriculture, energy, water resources, and human well-being. Drawing on national and international literature, the study highlights how rising temperatures, erratic rainfall, extreme weather events, and increasing carbon emissions have already disrupted livelihoods, slowed economic growth, and intensified poverty and inequality. While policy initiatives such as the National Climate Change Policy and renewable energy projects demonstrate efforts toward resilience, significant gaps remain in implementation, financing, institutional coordination, and integration of climate concerns into development planning. The paper identifies key research and policy gaps, particularly in the areas of climate-resilient agriculture, disaster risk management, and green energy transitions. It concludes by outlining strategic directions for bridging these gaps through evidence-based policymaking, climate financing, and sustainable development strategies aligned with Pakistan's long-term growth agenda and the UN Sustainable Development Goals (SDGs).

Keywords: Climate change, sustainable development, evidence-based policy making, sustainable development goals (SDGs), carbon emissions



BBA-1822

Examining the Impact of Augmented Reality on Consumer Well-being through Purchase Intention: The Moderating Role of Sustainable Consumption

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Abstract: This study examined the moderated mediation pathway to elucidate how augmented reality (AR) affects consumer well-being (CWB) through the mechanism of purchase intention (PI) and explicitly grounded the analysis in the Theory of Planned Behavior. Subsequently, it explored whether sustainable consumption (SC) underscores the moderating effect. An empirical cross-sectional study was conducted using data collected via a structured questionnaire employing a 5-point Likert scale. The analysis was performed using Partial Least Squares Structural Equation Modeling (PLS-SEM). The study investigated the direct effects of AR on purchase intention and consumer well-being, as well as the moderating effects of sustainable consumption on the AR-purchase intention relationship, grounded in the Theory of Planned Behavior. As a mediating effect, the study found that augmented reality (AR) considerably increased purchase intentions, which in turn improved consumer well-being. Consumers who prioritized sustainability had higher purchase intentions when interacting with AR experiences, indicating that sustainable consumption had a significant positive impact on the relationship between AR and purchase intention. These results highlight how AR influences customer behavior and boosts sustainable consumption principles. This study is limited by its cross-sectional design, which prevents the establishment of definitive causal relationships. The use of a single geographical and cultural context may also limit the generalizability of the findings. Additionally, the analysis failed to take

into consideration possible cultural or industry-specific variations in the adoption of AR. Future studies should focus on longitudinal insights from this study, with the collaboration of new potential mediators, such as purchase behavior, as well as moderators. This study offers a new understanding by positioning Consumer Well-Being as a consequential outcome of technology-driven marketing initiatives. It underscores the importance of AR not only as a marketing tool but also as a driver of sustainable consumer welfare. An empirical, quantitative study using survey data and moderated-mediation analysis.

Keywords: Augmented reality, purchase intention, consumer well-being, sustainable consumption, PLS-SEM, moderated mediation



BBA-1978

Impact of Green Transformational Leadership on Employee Green Behavior with a Mediating Role of Green Value

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Abstract: This study examines the relationship between green transformational leadership and employees' green behavior in the banking sector of Pakistan, with a focus on the mediating role of green values. The research reports the developing need for sustainable practices in organizations, mainly within banks that significantly influence the environment. The purpose of the study is to investigate how green transformational leadership influences employees' green behavior, through the mediating role of green values in the banking sector of Rawalpindi and Islamabad. A quantitative research design was employed. Data were collected from 180 employees working in banks in Rawalpindi and Islamabad using a structured questionnaire. Statistical analyzes, including correlation, regression, and mediation testing, were conducted through SPSS to examine the proposed relationships. The findings reveal that green transformational leadership positively influences employees' green behavior and that green values incompletely mediate this relationship. These results confirm that both green transformational leadership and green values

play a vital role in shaping pro-environmental actions within organizations. The study contributes theoretically by explaining that green transformational leadership fosters green value, which in turn enhance employee' green behavior, particularly in the context of Rawalpindi and Islamabad banks. Practically, it provides understandings for banking leaders and policymakers to mix value-driven leadership strategies that promote eco-friendly practices at the workplace. In conclusion, the research highlights the importance of adopting green values together with green transformational leadership to create a culture of sustainability. It is recommended that organizations design leadership development and human resource practices that implant environmental values, so enhancing both employee engagement and organizational performance in line with sustainability goals.

Keywords: Green transformational leadership, green values, green behavior, banking sector



BBA-1843

Assessing the Impact of GDP, Technological Innovation and Institutional Quality on Environmental Quality in Asia: The Moderating Role of FDI

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Abstract: Current study reconnoiters the influence of GDP, innovation in technology (TI) and institutional quality (IQ) on environmental quality with the moderating role of FDI particularly in Asian Countries. Collecting panel data to investigate the impact on 32 Asian countries for a period spanning over almost 19 years i.e. 2003 to 2022, generalized method of moments (GMM) analysis method along with Principal component analysis (PCA) is used for the current study. The issue of endogeneity and dynamic relationships is addressed by using GMM. First, the results of the current research revealed that economic growth (GDP) have a positive significant impact on CO₂ emissions i.e. negatively impacting environmental quality (EQ), whereas technology

innovation and institutional quality significantly reduce CO₂ emissions, hence emphasizing their critical role in improving EQ. Second, the moderating role of FDI shows the differentiated pattern. FDI shows the positive significant impact of technology innovation on environmental quality whereas FDI shows the statistically insignificant impact of GDP and institutional quality on environmental quality (CO₂). Environmental advantages. The finding provides policymakers with useful guidance on how to balance economic development and environmental sustainability through innovation led policies and strategic governance.

Keywords: Asia, FDI, technological innovation, institutional quality, GDP, environmental quality, environmental sustainability



BBA-1658

Governance Quality and Shadow Economy: Analyzing in BRICS

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Abstract: Everyone's mental health is vital, yet dangerous habits like substance abuse can impair it. Methamphetamine, also referred to as "ice," is a potent & dangerous narcotic that has become more prevalent in Pakistan throughout the past ten years. Methamphetamine is a potent stimulant substance whose toxicity has an impact on the user's physical, mental, & social well-being. The current study set out to evaluate the socioeconomic, physiological, & psychological impacts of amphetamine among its users. The independent variable (ice frequency) & the dependent variables (social-economic, psychological, & physiological effects) make up the conceptual framework. Sequential sampling was used to select 200 respondents in total, with a snowball sampling technique used for each respondent. The tool's reliability result was 0.78. Results show a positive correlation among all variables. Methamphetamine is a potent stimulant that, when taken repeatedly, can have a variety of psychological, physiological, & socioeconomic impacts, according to the current study.

Keywords: Shadow economy, governance quality, control of corruption, rule of law, voice and accountability, political stability



BBA-1798

Digital Literacy and Mobile Banking Adoption: The Role of Perceived Ease of Use

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Abstract: In the era of Digital Darwinism, mobile banking has transformed the way people manage their finances by offering convenient and accessible online services. Digital literacy plays a crucial role in shaping users' understanding of online financial transactions and influences their perception of how easy mobile banking applications are to use, which in turn affects their intention to adopt digital financial services. Recognizing the increasing significance of mobile banking in today's digital landscape, this study aims to investigate the role of digital literacy in mobile banking adoption intentions through perceived ease of use. Data were collected using a structured questionnaire. Most of the measurement items for the variables were adopted from well-established and validated scales used in prior studies. A pilot study was conducted to ensure the reliability of the instrument before distributing the questionnaire to the full sample. Convenience sampling was employed to collect data from the targeted population. SPSS was used to conduct various statistical analyses, including descriptive statistics, correlation, regression and mediation analyses. The study findings revealed that digital literacy positively influences perceived ease of use. Furthermore, perceived ease of use mediates the relationship between digital literacy and mobile banking adoption. This indicates that individuals with higher digital literacy are more likely to perceive mobile banking as easy to use, which subsequently increases their likelihood of adopting mobile banking services. This study contributes to the mobile banking literature by proposing a model where perceived ease of use bridges the relationship between digital literacy and adoption intentions, as this area has received limited attention in prior research, particularly in the

context of Pakistan. This study also provides valuable implications for users, financial institutions, and policymakers.

Keywords: Digital literacy, perceived ease of use, mobile banking adoption intentions, technology acceptance model (TAM), Pakistan



BBA-1698

Towards Sustainability: The role of Waste management, Environment, and Digitalization

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Abstract: Solid waste is a strategic pressure point for firms and city utilities striving to build sustainable business models. This study examines how effective waste management translates into sustainable development outcomes and explores whether two capabilities environmental practices and digitalization mediate that relationship. Using a cross-sectional survey of employees from seven Water and Sanitation Service Companies in Khyber Pakhtunkhwa, Pakistan (N=406), we designed and validated a multi-item instrument covering waste management practices, environmental performance, digital enablement, and sustainability across the triple bottom line. Data quality checks (factor structure, reliability, and validity) were followed by regression-based mediation analysis. The results show that better waste management is positively associated with sustainable development, and that both environmental practices (e.g., compliance, pollution prevention, and training) and digitalization (e.g., tracking, route optimization, e-ticketing, and data dashboards) significantly mediate this link. In practical terms, sustainability payoffs are strongest when operational waste practices are coupled with environmental management systems and simple, scalable digital tools. The findings position solid waste management not as a standalone operational function but as a platform for circular value creation, cost efficiency, and reputational gains, key ingredients of sustainable business models in resource-constrained settings. The study offers actionable implications for municipal service providers and private firms: embed

environmental routines, invest in lightweight digitalization, and align incentives around recovery, reuse, and stakeholder transparency to accelerate sustainability outcomes.

Keywords: Solid waste management, sustainable development, digitalization, environmental practices, municipal services, Pakistan



BBA-1493

Environmental, Social, and Governance (ESG) Performance as a Determinant of Firm Value and Profitability in the Textile Sector of Pakistan

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Abstract: This study investigates the impact of Environmental, Social, and Governance (ESG) performance on firm profitability and firm value within Pakistan's textile industry. As investor and regulatory focus on sustainability continues to grow, the research aims to examine whether strong ESG practices contribute to enhanced financial outcomes in an emerging market context. Panel data were collected from 42 publicly listed textile firms on the Pakistan Stock Exchange (PSX) over the period 2015–2023. Fixed effects regression and two-step mediation analysis were applied to assess the direct and indirect relationships between ESG performance, profitability (measured by Return on Assets), and firm value (proxied by Tobin's Q). The results indicate that environmental and governance dimensions of ESG performance have a significant positive effect on both profitability and firm value. Additionally, profitability mediates the relationship between ESG performance and firm value, suggesting that ESG investment contributes to financial value creation through improved operational efficiency and reputational gains. These findings offer valuable insights for corporate managers, investors, and policymakers by highlighting the strategic role of ESG integration in enhancing firm performance and long-term value, particularly in the textile sector of Pakistan. This study contributes to the limited empirical literature on

ESG and firm performance in emerging economies. By validating profitability as a mediating mechanism, it underscores the financial relevance of ESG initiatives in driving sustainable business outcomes in a developing market context.

Keywords: ESG performance, profitability, firm value, textile sector, Pakistan, corporate governance



BBA-1543

Relationship of Entrepreneurial Agility and Organizational Performance Using Effectuation as Mediator and Environmental Dynamics as Moderator

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Abstract: This study examines how entrepreneurial agility influences firm performance, with effectuation serving as a mediating mechanism and environmental dynamism acting as a moderating factor. Entrepreneurial agility refers to an organization's ability to anticipate and respond swiftly to changing market conditions, a capability increasingly vital in volatile business environments. Effectuation, a decision-making logic emphasizing the creative use of available resources under uncertainty, is proposed as a pathway through which agility translates into improved performance. Environmental dynamism, characterized by the speed and unpredictability of external change, is expected to strengthen these relationships. A quantitative research design is employed, drawing data from small and medium-sized enterprises (SMEs) in Pakistan using a structured survey. Structural equation modeling (SEM) is applied to assess direct, mediated, and moderated effects. The anticipated contribution lies in advancing a moderated mediation framework that contextualizes entrepreneurial agility within developing economies. The findings aim to offer both theoretical insights and practical guidance for SMEs seeking to enhance competitiveness and adaptability in dynamic environments.

Keywords: Entrepreneurship, organizational performance, effectuation, environmental dynamics



BBA-1618

The Nexus Between Financial Inclusions Towards Green Growth in Emerging Countries: The Moderating Role of AI Using Panel Quantile Regression

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Abstracts: This study examines the impact of digital financial inclusion on green growth and how AI (artificial intelligence) moderates this relationship using a sample of emerging nations from 2018-2024. The endogenous growth theory is used to investigate the relationship between financial inclusion, green growth, and AI, taking into account the potential impact of trade, FDI, and GDP. The contribution of financial inclusion to green growth is assessed using. The findings underline the importance of excellent financial inclusion and policies in advancing financial development and meeting sustainable development goals. By incorporating these additional factors, the study hopes to provide a comprehensive understanding of the complex relationship between financial development and sustainable development, as well as the role of artificial intelligence in this transformation era in emerging countries. The study's conclusions can help to develop evidence-based policies that promote economic growth, environmental sustainability, and economic digitalization. Finally, developing a robust financial sector that is aligned with sustainable development goals can pave the path for long-term economic stability and higher living standards in the region. Examining this relationship can provide policymakers and practitioners with valuable insights into promoting green growth and designing appropriate financial systems to support it.

Keywords: Financial inclusion, green growth, AI, FDI



**Advancing HR: The Role of Human-AI Collaboration in
Management**

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Abstract: This literature review reflects upon the opportunity for Artificial Intelligence (AI) not from a mechanical standpoint but from the perspective of interactive human-AI Collaboration in Human Resource Management (HRM). The primary objective is to Examine how AI technologies, including machine learning, Chabot, and natural language processing, are being utilized to improve recruitment, performance Management, employee engagement, and learning and development. The paper also explores collaboration models like augmented intelligence and human-in-the-loop Systems, and how they contribute to improved decision-making, bias reduction, and HR Automation processes. The research applies a Systematic Literature Review (SLR) approach to collate evidence from business reports, industry case studies, and Academic publications. This paper also outlines a phased roll-out of AI adoption, beginning with low-risk use cases like resume screening, supported by leadership Communication, digital up skilling, and transparent governance. The development of an Innovative and trusting culture is essential to the successful deployment of AI in HR Practices. The contributions of this study indicate that AI integration in HR has significant implications for HR professionals and policymakers and enhances their Productivity by automating routine tasks and enables them to focus on capacity development and strategic initiatives.

Keywords: Artificial intelligence (AI), HR automation, HR practices, human resource management (HRM), human-AI collaboration



**Green Finance and Environmental Sustainability: Does
Institutional Quality Play a Significant Role?**

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Abstract: This study examines the impact of digital finance, financial inclusion, renewable energy and institutional quality on environmental sustainability, concurrently incorporating the moderating role of institutional quality. Following Ansari, Sajid, Khan, Antohi, Fortea & Zlati (2024) digital finance, financial inclusion, renewable energy are considered under the umbrella of green finance. Using panel data from the G20 nations spanning 2000-2021, we employ the generalized method of moments (GMM) approach to address potential endogeneity issues and enhance the robustness of the results. Results derived empirically using the baseline model (without moderation) indicate a significant negative impact of digital finance and institutional quality on environmental sustainability, but the relationship between renewable energy and environmental sustainability is positive. Financial inclusion, in its turn, cannot be proved to be related to environmental sustainability in its present structure. While the moderating role of institutional quality along with the green finance indicators, including digital finance, financial inclusion and renewable energy, indicate statistically significant results confirming that institutional Quality strengthens the effectiveness of green finance towards sustainability. The study provides important directions to policymakers, financial institutions, and international organizations that intend to implement integrative policies as a means of incorporating financial development with environmental sustainability.

Keywords: Green finance, financial inclusion, institutional quality, renewable energy, G-20 nations



Fin-Tech and Economic Readiness: International Evidence

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Abstract: The study examines the non-linear relationship between Fin-Tech and economic readiness, considering the moderating role of female political empowerment, using data from 82 countries over the period 2000–2021. A dynamic panel estimation model is employed, and the full sample is further divided into developed and developing economies. The findings reveal an inverted U-shaped relationship between Fin-Tech and economic readiness. Subsample analysis shows that this non-linear relationship is more pronounced in developed economies compared to developing ones. The study also documents that female political empowerment moderates the non-linear relationship between Fin-Tech and economic readiness in both the full sample and developed economies. The findings are aligned with the diffusion of innovation theory and contribute to the growing body of literature on Fin-Tech and economic readiness, offering valuable insights for policymakers.

Keywords: Fin-Tech, economic readiness, female political empowerment, system GMM.



The Multidimensional Effects of Methamphetamine on Youth in Pakistan: A Comprehensive Analysis

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Abstract: The aim of this study is to investigate how knowledge management capability (KMC) and bricolage capability (BC) contribute to sustainable performance (SP) through the mediating roles

of frugal innovation (FI) and circular supply chain implementation (CSCI), under varying levels of environmental dynamism (ED). Drawing on the dynamic capabilities view, the research develops a comprehensive framework explaining how firms leverage knowledge-based and resource-recombination capabilities to achieve sustainability outcomes. A quantitative research design is adopted, using survey data collected from 250 small and medium-sized enterprises (SMEs) operating in manufacturing sectors. The data are analyzed through partial least squares structural equation modeling (PLS-SEM) to test the hypothesized relationships. The results reveal that both KMC and BC significantly enhance FI, which in turn facilitates the implementation of CSCI, leading to improved sustainable performance. Moreover, environmental dynamism positively moderates the relationship between frugal innovation and circular supply chain implementation, indicating that dynamic market conditions strengthen the conversion of innovative practices into circular processes. This study provides new empirical evidence on the mechanism linking organizational capabilities, frugal innovation, and circular practices, offering both theoretical enrichment to the dynamic capabilities and circular economy literature and practical guidance for managers seeking sustainable competitiveness under resource constraints.

Keywords: Knowledge management capability, bricolage capability, frugal innovation, circular supply chain implementation, sustainable performance



BBA-1657

Impact of Financial Inclusion on Economic Growth

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Abstract: This paper evaluates the relationship between economic growth (EG) and financial inclusion (FI) in 21 Asian nations among 2004 to 2023. Two proxies are used in the way of investigate financial inclusion (FG): the volume of commercial bank branches and the amount of outstanding deposits. The study's backbone is the

Endogenous Growth theory, which believes elements of the economy, such as financial systems and Institutions, have an impact on economic growth (EG). This study uses regression analysis and descriptive correlation to figure out how Financial inclusion (FI) acts on economic growth (EG) in the chosen nations. While outstanding deposits reveal the degree of public trust and involvement with the banking system, the existence of commercial bank branches suggests the accessibility of financial facilities. The study contributes a thorough awareness of how these proxies interact with economic growth trends in several Asian economies by exploring data spanning over 20 years. The results advises that there is a positive correlation between economic growth (EG) and greater financial inclusion (FI), as shown by more bank branches and more outstanding deposits. This linkage highlights how the important of financial services and to support economic growth (EG). The findings also highlight how important a strong banking system is for encouraging investment, saving, and general economic activity. In the end, this thesis boosts knowledge of how financial inclusion influence economic growth in Asian nations, providing information that stakeholders and policymakers are searching to strengthen financial systems and to make advancements in sustainable economic growth. This study demonstrates how crucial inclusive financial practices are, to attain long-term growth by bridging the gap between financial access and economic outcomes.

Keywords: Financial inclusion, economic growth, commercial bank branches, regression, correlation



FINE ARTS

Cultural Significance and Persuasive Power of Truck Visuals: A Rhetorical Perspective

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Abstract: This study explores the visual rhetoric of truck art in South Asia, particularly in Pakistan, where it has become a distinctive and internationally recognized art form. Through a qualitative analysis of truck visuals, this research examines the cultural significance and persuasive power of these visual representations. Employing Sonja K. Foss's visual rhetoric theory and Aristotle's rhetorical appeals, this study investigates the characteristics, features, and stylistic forms of truck visuals, as well as their cultural associations and influences. The analysis reveals that truck visuals are not only aesthetically pleasing but also possess communicative power, conveying cultural messages and values that reflect the region or area of origin. The findings demonstrate that these visuals have a profound impact on the audience, effectively conveying messages through a combination of aesthetic, religious, and cultural appeals. This research contributes to our understanding of the role of visual rhetoric in communicating cultural beliefs, values, and traditions, and highlights the significance of truck art as a unique cultural representative of Pakistan's diverse regions. By examining the visual elements and their persuasive power, this study provides insights into the ways in which cultural meanings are constructed and communicated through visual representations.

Keywords: Visual rhetoric, truck art, cultural appeal, communicative power



Culture and Practices: A Case Study on Social Awareness Regarding the Missing Children of the Remote Areas of the Punjab, Pakistan

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Abstract: The research about the culture as practice is on a social awareness campaign named ‘Truck Child finder’ designed on the trucks of Pakistan. The campaign aims to address and help find missing children across Pakistan. It demonstrates a profound social impact and establishes an emotional effect in the society. Besides having a vast geographical footprint all over the country especially in the remote areas of Pakistan, Truck is a widely used means of transportation and is a popular art medium to spread mobile awareness through visuals (typography) and poetry which serve as a source of communication. The truck art has been a cultural representation of shared history and traditions in Pakistan for the past many years. Painting missing children’s portraits on the trucks using the traditional truck art techniques depict the traditional trademark of our culture. As a result, some of the missing children were reported and recovered successfully which highlights a strong case of our cultural identity. My research is for remote areas of Punjab where the literacy rate is quite low. The society has adopted visual communication along with the helpline provided by an NGO, Roshni welfare and the painting of the portraits which was facilitated by Berger paints, for locating missing children through this campaign, thereby playing a vital role through this positive gesture. Previously, the practice involved the holy places such as the mosques as the most popular way for registering missing children, their biological features and the available details. As a developing nation, Pakistan as a society upon exploring social cause campaigns especially in remote areas where traditional media and internet consumption is low, this form of advertisement/social activism /campaign is directly co –related to the emotions of the affected families leave alone the impact and the success resulting from this.

Keywords: Truck art, social activism, visual communication, cultural identity



Globalization and Digital Literacy: A Tool for Women's Empowerment for a Digitally Transformed and Advocacy

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Abstract: This paper examines the impact of digital literacy fostering women employment opportunities in rural Sargodha, Pakistan regarding Socio-cultural barriers, and infrastructural challenges. The study investigates the correlation of digital literacy, education and women's coverage and employment, with the aid of quantitative study approach. A structured questionnaire was used to propose the study with 250 rural women they responded by filling the instrument and Mean, correlation coefficient and t-test were used in the analysis of data collected. Consequently, the study shows that socio-cultural factors, high cost of internet and poor infrastructure are the greatest barriers to digital literacy among rural women. Thus, specific educational initiatives and policy changes show a high potential for improving digital literacy and enabling environment. A positive association with effective education programs/ policy change/elimination of infrastructural/cultural barriers was also evident. Using the proposed framework, this research highlights the role of PPSs and stakeholders in enhancing the digital culture and narrowing the gap. In line with the United Nations Sustainable Development Goal 5, this paper provides a framework for how digital literacy brought about change towards gender equality and sustainable development. To help the policymakers, educators and other related stakeholders enable change at the system level for delivering a better digital environment for the rural women in Pakistan, the study ends with a set of policy recommendations.

Keywords: Globalization, digital literacy, women's empowerment



Interior Design of Mughal Darbars Depicte in Akbari Miniature Paintings

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Abstract: This study will explore the style of interior designing of the Mughals focusing on Akbar period. Miniature paintings, as an artistic expression of Mughal art, are unique in their characteristics and also serve as historical documents. These artworks depict various aspects of culture, including materials, techniques, fashion, interior spaces, architecture, landscapes, and clothing of the time. Mughal miniature paintings provide diverse themes and scenes very much representing the culture. From this data one can explore the themes of cultural life of Mughals. The focus of this study is only on those Akbari painting which depicts the of court scenes, which were painted by court artists. From the selected miniature paintings this research will focuses on representations of Mughal interiors within the Akbari darbar (royal court), viewing them as a reflection of the cultural identity of the era and a key element of the subcontinent's heritage. The details of the interior elements including walls, ceilings and floors with their treatments and decorations, furniture i.e. masnad, kursi, tables etc., and overall ambiance reminds the cultural identity as well as the knowledge of Mughal regarding the field of interior design. Luxurious carpets and rugs with numerous designs, countless patterns of fanciful ceilings and shades, naqqashi and dado designs all remained the fanciful Mughal interior elements. The Mughal art and architecture is very well known but the aspect of their interiors is missing. So, this study will focus on the important elements of the Mughal interior that is used in their darbar.

Keywords: Darbar, kursi, masnad, interior design, naqqashi



Brushstrokes of Change: Behavioural Outcomes of Evolving Art Education Practices among University Students

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Abstract: Art education is undergoing a major change, with universities shifting to digital platforms, community-based practices and interdisciplinary approaches. This is reshaping the way that students learn and create. In this study, the behavioural outcomes of these new practices in university-level art education are explored. A mixed-methods design was applied, combining surveys with 80 art students, structured classroom observations across two art departments, and follow-up interviews with 20 participants. Findings shows that collaborative and project-based learning environments stimulate students to take creative risks, exchange ideas, and are ready to take critique. The use of digital tools allows students to do multiple experiments and provides confidence to test unconventional methods. Students also show improved adaptability between traditional techniques and digital practices. Community-based projects seemed particularly impactful, promoting empathy, social awareness, and responsibility. This provides the student a chance to connect artistic expression with real-world problems and issues. However, this evolution also raised complications as participants show a slight unbalance between technical skill development and open-ended experimentation. Several students show uncertainty about how these developing practices are aligned with expectations for professional readiness, pointing to the need for structured support within increasingly flexible curricula. Overall, the study concludes that evolving art education practices are closely linked to measurable behavioural changes in students. These include improved adaptability, collaboration, and self-direction, as well as stronger engagement with social circumstances. Such shifts suggest that contemporary art education not only grows artistic skills but also supports wider behavioural capacities that prepare students for wide cultural and professional landscapes.

Keywords: Art education, university students, behavioural outcomes, digital tools, creativity



FA-1866

**Sustaining Built Heritage: Adaptive Reuse of Mohan Singh
Haveli in Resource-Constrained Climate**

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Abstract: Heritage Structure are more than just historical artifacts; they are living testaments to a region's cultural, architectural, and social evolution, carrying stories of the past and serving as tangible connections to the collective memory of a community. Mohan Singh Haveli, an impressive structure that has endured for over a century, remains a significant landmark in Rawalpindi. As a dynamic repository of cultural and architectural value, the Haveli has evolved to meet contemporary needs while preserving its historical significance. However, heritage buildings like this face considerable maintenance challenges due to their aging structures, the complexity of conservation efforts, and financial constraints. These difficulties are further intensified by Pakistan's vulnerability to climate change, with rising temperatures, increased humidity, and extreme weather conditions accelerating the deterioration of historical structures. Additionally, the limited resources available to the university add another layer of difficulty in ensuring the building's proper upkeep. This paper explores the adaptive reuse of Mohan Singh Haveli, originally constructed before Partition and repurposed multiple times before its current function as a public sector university. Examining its transformation from a private residence to an academic institution, the research highlights the potential of heritage structures to serve contemporary needs while facing growing preservation challenges. Through this case study, the paper emphasizes the necessity for innovative and sensitive approaches to adaptive reuse, ensuring that such heritage sites remain relevant and functional in modern contexts. By addressing the impact of environmental factors and resource limitations, this study

underscores the urgency of sustainable conservation strategies that honor historical legacies while securing their future viability.

Keywords: Heritage structure, mohan singh haveli, adaptive reuse, resource constraints, climate change



FA-2036

Eco-Conscious Housing Solutions for Flood-Prone Communities in Pakistan

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Abstract: The rising frequency and intensity of climate-induced disasters, especially flooding, underscore the urgent need for innovative and sustainable housing solutions in Pakistan. This research explores Resilient Living; a housing prototype designed to enhance resilience, inclusivity, and eco-conscious living among flood-affected communities, particularly in low-income areas along the Ravi River in Lahore. These regions experience inadequate housing and fragile infrastructure, leading to increased socio-economic vulnerability and higher cycles of displacement. Methodologically, this research employs a qualitative, design-based approach that includes: (i) identifying and assessing vulnerabilities in low-lying settlements to formulate design priorities, (ii) systematically examining flood-resilient housing (FRR) models, and (iii) collaboratively developing and evaluating initial design solutions through community engagement and prototyping. The proposals also integrated community-scale solutions such as solar energy systems, rainwater harvesting, and decentralized wastewater treatment facilities, which support livelihoods, improve disaster preparedness, and foster social cohesion. Additionally, means to manage flood time scenarios have also been addressed. In contrast to traditional solutions that typically rely on bamboo, often used as a temporary material, this framework advocates for the use of alternative and locally sourced, durable construction materials. These materials include thermocol panels reinforced with steel wire mesh, coconut coir, recycled bricks, stabilized soil, and

water-resistant composites, selected for their economic viability, climatic adaptability, and cultural acceptance. Complementary design innovations in this prototype study included elevated foundations, modular layouts, efficient cross-ventilation, passive cooling systems, and permeable surfaces, which collectively enhance flood resilience and indoor comfort. Ultimately, by prioritizing sustainable materials, culturally appropriate design strategies, and infrastructural planning that moves beyond traditional solutions, & Resilient Living; exemplifies how housing can evolve from mere shelter to a transformative catalyst for resilience, equity, and environmental responsibility. This framework aims to serve as a replicable model for another climate-vulnerable regions globally, contributing significantly to discussions on sustainable urban futures.

Keywords: Resilient housing, sustainable materials, eco-conscious design, climate adaptation, Pakistan



POLITICAL SCIENCE

Democracy Without Democrats; Problematizing Youth Political Socialization in Pakistan

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Abstract: Democracy is more than a set of institutions; it is also a habit of mind, a way people learn to speak, listen, and think together. In Pakistan, the way young people come to understand politics is shaped by two powerful forces that often work against this democratic habit. The first is what Neil Postman calls *media ecology*, the idea that the medium itself shapes how we think. In a world dominated by screens, fast images, and constant updates, political discourse becomes bite-sized and fleeting, leaving little room for slow reflection. The second is Paulo Freire's *banking model of education*, where students are treated as empty vessels to be filled with information rather than active participants in shaping knowledge. Put together, these forces create a generation that may know the language of politics but struggles with the deeper practice of democratic life. This paper uses these two lenses to ask: if the media environment teaches speed over depth, and classrooms teach obedience over dialogue, what kind of citizens are we preparing? The paper concludes with how might we rethink both education and media literacy to give young people not just information, but the ability and the space to think politically?

Keywords: Media ecology, neil postman, banking model of education, youth political socialization; democratic culture, pakistan



Escalation through Entanglement: Emerging Technologies and the Future of Peace in South Asia

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Abstract: Peacebuilding in nuclear South Asia has long leaned on deterrence and fragile crisis bargains. Those foundations are now unsettled as emerging and disruptive technologies seep into nuclear command and control, reshaping decisions and risks alike. This paper examines the risks of inadvertent escalation in South Asia resulting from what scholars term “escalation through entanglement,” i.e., the blurring of boundaries between nuclear and non-nuclear systems. Cyber intrusions into dual-use communication networks, algorithmic decision aids in military planning, the growing interest in the AI applications for air support (e.g., loyal wingman), and the demonstrated utility of drones and hypersonic vehicles are not only altering the strategic calculus of India and Pakistan but also reshaping the context in which peacebuilding must occur. The argument advanced here is twofold: first, that these technologies intensify the security dilemma by amplifying perceptions of vulnerability and preemption; second, that traditional conflict resolution approaches, including Track II dialogues, confidence-building measures, and arms control treaties, are inadequate when confronted with opaque, rapidly evolving technological risks. The paper draws on comparative insights from U.S.–Soviet arms control to show why South Asia faces unique challenges in managing these dynamics. It concludes by proposing a framework of “technological peacebuilding” that integrates digital risk assessments, cross-border cyber incident protocols, and multilateral confidence-building measures into existing peace processes. Such an approach, though difficult, is necessary if political stability in South Asia is to withstand the disruptive pressures of twenty-first-century technologies.

Keywords: South Asia, nuclear stability, emerging technologies, escalation, peacebuilding



Governance, Rule of Law and Institutional Reforms in Pakistan

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Abstract: Governance, in essence, concerns the exercise of state authority the systems, processes, and actors that shape public decision-making and institutional behavior. The rule of law is central to this, demanding not merely the existence of legal frameworks, but their fair and consistent application, the safeguarding of fundamental rights, and genuine access to justice for all citizens. Institutional reform, then, is not a cosmetic exercise. It involves the intentional restructuring of public institutions: their policies, organizational arrangements, and operational cultures. While Pakistan has introduced a variety of policies, legal frameworks, and reform agendas—often in line with international standards and under the scrutiny of organizations like the World Bank—persistent challenges endure. Weak institutional capacity, indigenous corruption, widespread illiteracy, inconsistent policy implementation, and limited public engagement continue to undermine progress toward the Sustainable Development Goals (SDGs) and democratic consolidation. This paper investigates the complex interplay between the main hub or loci of power and the obstacles Pakistan faces in governance, the rule of law, policymaking, and institutional reforms. The analysis identifies three primary deficits: institutional fragmentation, inadequate enforcement of laws, and insufficient citizen participation in policymaking. These issues collectively erode both the rule of law and public trust in state institutions. Moreover, political instability and frequent policy reversals further impede the sustainability of reforms. The study contends that lasting improvements require not only structural adjustments, but also a cultural transformation—one that prioritizes transparency, merit-based advancement, and participatory decision-making. The methodology is qualitative, involving critical reviews of national policy frameworks, reform initiatives, and global governance indices. Key areas such as judicial independence, police reform, bureaucratic efficiency, and mechanisms for accountability and transparency are examined. The anticipated outcome is a set of practical recommendations for strengthening Pakistan's institutional

frameworks. These include embracing evidence-based policymaking, reinforcing oversight mechanisms, securing judicial and administrative autonomy, and integrating digital tools to enhance transparency and service delivery. The overarching aim is to support Pakistan's transition toward a governance model that upholds the rule of law, advances justice, and fosters inclusive socio-economic progress. By aligning with global sustainable development commitments, the research aspires to offer substantive contributions to ongoing policy debates, ensuring that reforms are both effective and equitable.

Keywords: Governance, rule of law, institutional reforms, SDGS, challenges, pathways, policy implementation, public participation



POL-1876

The Role of Youth in the Separatist Movement in Baluchistan

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Abstract: The growing participation of Baloch youth in separatist movement in Baluchistan is an emerging challenge for Pakistan's national cohesion and stability. In past few years youth of Baluchistan has come forward demanding a separate nation and has participated in many violent movements just to solidify that demand. This paper examines the underlying causes, challenges and consequences of youth involvement in these movements. Baluchistan, the largest province of Pakistan, has the history of economic exploitation, political marginalisation, human right violations and large-scale military operations. Since partition till now Baluchistan and its people have never witnessed a truly peaceful day instead their days are marked by fear, violence and neglect. All these factors push the educated and politically aware youth to become a part of these violent movements which threaten national security and stability. The outcome of these movements is not only growing unrest within the province but also intensifies mistrust between state and its citizens.

Keywords: Pakistan, Baluchistan, youth, violence, separatist movement



POL-1889

**China-Pakistan Relations in the Context of the US-Pakistan
Evolving Ties: Opportunities, Challenges and its Implications.
(2020–2025)**

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Abstract: Sino-Pakistan relationship has been a cornerstone of Pakistan's foreign policy after getting independence. China is key strategic partner and economic Ally. In contrast, the US-Pakistan relationship has experienced fluctuations over the years and Pakistan fails to build its cordial relations with both countries to its foreign policy gaps. Before the US withdrawal from Afghanistan in 2021, Pakistan was a key ally in the War on Terror, receiving significant economic and military aid. However, the relationship soured due to trust deficit issues, drone strikes, and differing priorities. Today, the US-Pakistan relationship has settled into a low-level equilibrium, with limited agency-level engagement and minimal White House interest. In recent year, the US-Pakistan ties evolve and may effect on Sino-Pak relations. Methodologically, the US-Pakistan is considered as the independent variable while China-Pakistan relations are considered as dependent variable. This paper consists of following questions: 1) what are the key factors which play their role in evolving the US-Pakistan ties? And how do they impact on Sino-Pak relations? 2) why are the Sino-Pakistan relations crucial for Pakistan's foreign policy? 3) How might these changing ties will impact on the future of Sino-Pakistan relations? Through qualitative research the main aim of the study is to explore the opportunities, challenges, and its implications on Sino-Pak relations in the context of evolving ties of the US-Pakistan. The findings of the study contribute to deeper understanding of trilateral relationships and implications for regional stability and geopolitics.

Keywords: Relations, the US-Pakistan, Sino-Pakistan, foreign policy, impacts



POL-1915

Towards a China-Centric Global Order: Shifting Power in the 21st Century

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Abstract: The 21st century has witnessed an accelerated power shift from the West to the East as China is emerging as a pivotal actor in reshaping the existing liberal global order led by US. This research paper explores the dynamics of a potential China-centric international system by critically examining Beijing's economic, political, and strategic initiatives, particularly through the Belt and Road Initiative (BRI), institutional alternatives like the Asian Infrastructure Investment Bank (AIIB), and its assertive role in global governance. Moreover, China is endeavoring to create alternative multilateral economic institutions to replace with IMF and WB in order to provide equitable and fair opportunities. Further, the study applies Power Transition Theory to analyze how China's economic and strategic rise coupled with playing leading role in global governance challenge the U.S.-led liberal international order, while Hegemonic Stability Theory is employed to assess whether China can provide the public goods necessary to sustain global stability. By integrating these theoretical lenses, the paper argues that the evolving order is not merely a power substitution but a complex process of coexistence, competition, and adaptation between the U.S. and China. The findings suggest that a China-centric order, while increasingly plausible, will depend on Beijing's capacity to balance material power with normative legitimacy, as well as the international community's willingness to accommodate multipolarity.

Keywords: Global governance, China-Centric, global order, power transition theory, multipolarity



Resource Competition in Antarctica: The Impact of Climate Change on Great Power Relations

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Abstract: This research paper analyses the growing impacts of climate change in Antarctica and discusses how warming temperatures, melting ice, and ocean acidification are reshaping the region's ecosystems, governance, and geopolitics. It is qualitative research that draws on both primary and secondary data for in-depth analysis. The theoretical framework that I applied to this research paper is neoclassical realism to explore how domestic and external factors and national interests of states influence the foreign policies of major powers like (United States, China, and Russia) in Antarctica. Using this lens, the paper focuses on the strategies of the Great powers (the United States, China, and Russia), whose influence is growing in Antarctica, which shows their broader geopolitical goals in Antarctica. As Climate change is making the continent's natural resources more accessible, this is creating new opportunities, but on the other hand, it is also increasing competition and a security dilemma among great powers. The world is turning itself into a globalized territory, the country like the United States, China, and Russia tend to have more power, and then the regions like Antarctica may turn into an area of clash of interests. Historically, it is seen that Antarctic Treaty System (ATS) is maintained peace in Antarctica and preserved the region for peaceful scientific research and environmental protection, but in present its effectiveness is facing several challenges. The effects of climate change and the competition between powerful states can create instability in Antarctica, as Antarctica's geopolitics is highlighting the growth of military and economic rivalry, which can further lead states towards serious challenges. This research highlights the need for frameworks to maintain the effectiveness of the Antarctic Treaty System (ATS) in the era of growing great power research competition, and controlling resource exploitation in Antarctica is also significant to maintain peace and stability.

Keywords: Climate change, resource competition, Antarctica, ATS, Great Powers



POL-1951

Role of China in Climate Change

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Abstract: The phenomena of climate change are not something new for world. The concept of climate change is not limited to any nation but it is a clear threat to survival of well begins. The era in which we are living is the era of economic competition to achieve global dominance. China is considered as a major contributor in climate change because it emits around 30% of world's greenhouse gases alone. This article will look at the short term and long-term consequences of many power contexts for the participation of China in world environmental reducing threat. This study explores various initiatives taken by China to counter climate change. We reach the conclusion that engaging China in GHG emission reduction policies is critical, and that related to various result in significant differences in climate, power, and economic results. This research will also talk about the challenges faced by China while countering climate change.

Keywords: Climate change, china, Paris agreement, carbon dioxide



Climate-Induced Migration: Governance Challenges and Justice for Displaced Populations

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Abstract: Climate change fast-tracks human displacement whereby millions of environmental migrants are forced to move due to rising sea levels, floods, droughts, and extreme weather events. Questions of governance and environmental justice arise very urgently in the face of climate-induced migration. Climate-displaced persons are not covered under any existing international frameworks, including the 1951 Refugee Convention, and remain completely unprotected and unrecognized. Just as Global South communities-the ones who contributed the least to greenhouse gas emissions-are the most adversely affected, this further attests to the grave injustices in the global climate change response. This paper discusses the considerable governance challenges of climate induced migration, focusing on gaps in law and institutions, and questions of sovereignty. It utilizes case studies from Bangladesh, Pakistan, and the Pacific Islands for illustrating the ground realities and shortcomings where displaced populations are concerned in terms of the current policies. In establishing the fairness and equity guidance in climate governance, the principles of environmental justice including distributive, procedural, and recognition, are being applied. The study contends that migration resulting from climate change should be perceived not simply as a problem of humanitarian concern but rather a question of global justice and solidarity. It includes broadening the scope of international legal safeguards at the national level, and taking on community relocation strategies developed entirely by the communities. The process of rethinking governance through the lens of justice can enable the international community to create pathways to inclusion and equity in the protection of displaced populations in this era of change.

Keywords: Climate change, migration laws, refugees, legal recognition



Women and Student Politics in Pakistan: A Case Study of Women's Universities in Punjab

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Abstract: The role of women in student politics in Pakistan is almost non-existent. They are not encouraged to engage in political activities, and society and family often discourage them from doing so because politics in Pakistan is viewed as a corrupt game, and women are seen as unsuitable for it. Women's universities typically do not promote or encourage female students to learn about politics; even students of political science are often unaware of basic political principles, and those who do study it may remain clueless. Despite the increasing presence of women in higher education, their political involvement on campuses remains largely unexplored. Women's universities are not very different from other institutions and still lack fundamental political education for their students. This research examines the nature, extent, and challenges of women's participation in student politics, as well as the socio-cultural and institutional factors affecting their involvement.

Keywords: Women student, politics, Pakistan, higher education, political participation, institutional barriers



Climate Change as a Political Issue: Party Manifestos and Disaster Governance in Pakistan

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Abstract: Climate change has emerged as one of the most pressing challenges for Pakistan, a country ranked among the most vulnerable to climate-induced disasters such as floods, droughts, and heatwaves.

While the devastating 2010 and 2022 floods exposed critical gaps in disaster preparedness and governance, they also brought climate resilience into the realm of political discourse. This study examines how major political parties in Pakistan—particularly the Pakistan Muslim League-Nawaz (PML-N), Pakistan Tehreek-e-Insaf (PTI), and Pakistan Peoples Party (PPP)—have framed climate change, flood management, and disaster governance within their electoral manifestos, political campaigns, and governance practices. By employing content analysis of party documents and discourse, alongside case studies of flood responses across different provincial governments, the research highlights the degree to which climate change is treated as a substantive policy priority versus a rhetorical commitment. The study argues that while parties increasingly reference climate resilience, policy commitments remain fragmented, underfunded, and overshadowed by traditional power politics and patronage networks. This gap between discourse and practice not only undermines disaster governance but also reveals the politicization of climate-related vulnerabilities in shaping voter mobilization and intergovernmental competition. The findings contribute to understanding the intersection of environmental governance and political processes in developing democracies, offering insights into how climate change may redefine policy priorities and political legitimacy in Pakistan.

Keywords: Climate change, floods, disaster governance, political parties, Pakistan, party Manifestos, environmental politics



POL-1237

Echoes of Empire: Colonial Afterlife of Gendered Politics in South Asia

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Abstract: The existence of modern-day women of South Asia can be navigated through the paths of colonial and anti-colonial periods. During the British rule on the continent, women were not considered equal subjects in society; their existence was limited to the boundaries

of the household. Basic rights were not granted to them. They were regarded as a symbol of carrying norms and morality, shaping a patriarchal culture in society. Their legal, social, and political representation was restricted under the shadows of their traditional roles and societal bounds. The traces of these disparities can be observed in today's modern world as well, especially in South Asian societies. These realities are persistently affecting the women's decision-making abilities, political representation, and social rights in the Global South. The echoes of that empire are loud and shaping our lives. Although they are using different means to have a space in society and political arena, these means/models are borrowed from the West, yet are alien to our pre-existing culture. This paper will elaborate on the inherited colonial structures, such as patriarchal laws, stereotypes, and political hierarchies that are shaping contemporary women's behavior. Existing political systems, social expectations, and national discourses need to be altered and deconstructed. This study will use a post-colonial feminist approach to highlight the inherited patterns of the colonial time period and how those injected thoughts are still haunting the society, and why this society needs a new women empowering model that aligns with its socio-cultural and political environment of South Asia.

Keywords: Gender, colonialism, South Asia, politics, West



PSYCHOLOGY

Self-Compassion, Perceived Organizational Support, and Organizational Commitment among Nurses

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Abstract: This correlation study was carried out to examine self-compassion and perceived organizational support as correlates and predictors of organizational commitment among nurses. A sample of 100 nurses ($M_{age} = 29.29$; $SD = 4.69$) was taken from emergency departments of different government hospitals in Lahore through purposive sampling. Demographic questionnaire, State Self Compassion Scale Long Form (SSCS-L), Perceived Organizational Support Scale, and Organizational Commitment Scale were administered. The findings of the study revealed that self-compassion has a weak significant negative relationship with two dimensions of organizational commitment which are affective commitment (emotional attachment) and continuance commitment (perceived costs) whereas, perceived organizational support has a weak significant positive relationship with the third dimension of organizational commitment which is normative commitment (psychological attachment). Hierarchical regression analysis highlighted that perceived organizational support is the significant predictor of normative commitment. Organizational psychologists can devise ways on how organizational support can be benefitted and can be increased among the healthcare workers, especially in emergency departments.

Keywords: Self-compassion, perceived organizational support, organizational commitment, nurses, normative commitment



Metacognition, Resilience and Drug Use Patterns in Clinically Diagnosed SUD Individuals: Moderating Role of Mindfulness

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Abstract: The present study investigated the role of mindfulness as a moderator in the relationship between metacognition, resilience, and drug use pattern among clinically diagnosed SUD Individual. The sample of 250 clinically diagnosed SUD individuals ($n = 167$ males, $n = 83$ females) with the age range from 18 to 40 years were selected through purposive sampling. Mindfulness Attention Awareness Scale (MAAS), Metacognition Questionnaire (MQ), Brief Resilience Scale (BRS), and Drug Use Disorders Identification Test (DUDIT) were used to collect data. The findings of the study shows that metacognition has pronounced negative correlations with drug use patterns. The findings of the study shows that there is a pronounced negative correlations between key variables of metacognition: lack of cognitive confidence, positive beliefs about worry, cognitive self-consciousness, negative beliefs about uncontrollability and danger, and need to control thoughts with drug use patterns. Resilience was also moderately negatively correlated with drug use patterns. Further the study results indicated a significantly negative relationship between metacognition and its sub levels and drug use patterns, with mindfulness demonstrating a non-significant moderating effect. The study results indicated a significantly negative relationship between resilience and drug use patterns, with mindfulness demonstrating a significant moderating effect. Additionally, the model showed substantial explanatory power, accounting for 15% of the variance in drug use patterns. While the study found that males exhibited higher drug use patterns, there were no significant gender differences in variables such as metacognition or resilience. Hypothesis testing revealed no significant differences in metacognition, resilience, or drug use patterns between genders, with mean scores for females and males not reaching statistical significance. Similarly, for marital status, the ANOVA results showed no significant differences in metacognition, resilience, or drug use patterns among unmarried, married, and divorced individuals. The hypothesis suggesting that individuals who have received multiple treatments

would score higher on metacognition and resilience but lower on drug use patterns compared to those who have received only one treatment was also rejected, with non-significant ANOVA results for all measured variables. These findings highlight improving emotional regulation and developing personalized treatment plans that consider individual differences in metacognitive beliefs and coping strategies.

Keywords: Metacognition, resilience, drug use patterns, mindfulness



PSY-1478

Religious Conviction, Cultural Norms and Deviant Behavior

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Abstract: This thesis examines the intricate interplay between religious convictions, cultural norms, and deviant behavior, employing a mixed-methods approach to explore their influence on moral reasoning and behavioral outcomes. The quantitative study (Study 1) utilized a correlational design with a convenience sampling strategy and data were collected from the 185 participants. Religious commitment inventory (RC-10), Cultural Proficiency Belief Inventory and Deviant Behavior Variety Scale used to measure Religious Commitment, Cultural Norms, and Deviant Behavior. Results strongly revealed positive correlations between religious commitment and Deviant Behavior ($r = .65, p < .001$), Cultural norms and Deviant Behavior ($r = .26, p = .009$). Both religious convictions and cultural serving as significant predictors of Deviant Behavior ($R^2 = .48$). Gender differences were notable, with males exhibiting higher deviance (Cohen's $d = 0.65$). The qualitative study (Study 2) involved purposive sampling strategy, participant led interview were taken with four subject matter experts, identifying ten superordinate themes, including the theoretical foundations of deviance, interpretive complexity, and the dual nature of deviance as both constructive and destructive. The research challenges assumptions that religiosity inherently deters deviance, highlighting the role of contextual interpretation and socialization. Implications call for culturally sensitive interventions

and moral education emphasizing critical reflection to address deviant behavior effectively.

Keywords: Religious convictions, cultural norms, deviant behaviour, moral reasoning, socialization, negative religious coping, cultural deviance theory, interpretive complexity, gender differences, mixed-methods research.



PSY-1481

Attachment, Alexithymia, and Social Media: A Moderated Double Mediation Model in Pakistani Youth

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Abstract: This study examines the psychological mechanisms by which disorganized attachment contributes to emotional dysregulation among Pakistani youth, particularly in the context of exposure to family vlogger content on social media platforms such as TikTok and YouTube. A moderated double mediation model was tested, proposing alexithymia and social media engagement with family vloggers as parallel mediators, while social comparison orientation, gender, and age groups were examined as moderators. A cross-sectional survey was conducted with 550 college and university students in Rawalpindi & Islamabad (aged 18–26 years). Validated measures included the Disorganized Attachment subscale from the Revised Adult Attachment Scale (RAAS; $\alpha = .84$), Toronto Alexithymia Scale (TAS-20; $\alpha = .83$), Difficulties in Emotion Regulation Scale (DERS; $\alpha = .89$), a customized Social Media Engagement with Family Vlogging Content Scale ($\alpha = .87$), and the Upward and Downward Social Comparison Scale (Gibbons & Buunk, 1999; $\alpha = .82$). Gender and age were treated as grouping variables. Data were analyzed using SPSS (version 26) for descriptive and reliability analyses, and AMOS (version 24) for Structural Equation Modeling (SEM). AMOS allows for the testing of multiple mediators, moderators, and overall model fit within a single comprehensive framework. The SEM model demonstrated a good fit (CFI = .94, RMSEA = .05, SRMR = 0.04). Disorganized attachment

significantly predicted emotional dysregulation both directly ($\beta = .42$, $p < .001$) and indirectly via alexithymia ($\beta = .21$, $p < .001$) and social media engagement ($\beta = .18$, $p < .001$). Social comparison orientation moderated the indirect path between alexithymia and social media use (interaction $\beta = .16$, $p < .01$). Multi-group SEM revealed that the indirect effect through social media engagement was strongest in the youngest age group (18–20; $\beta = .25$, $p < .001$), moderate in the 21–23 group ($\beta = .19$, $p < .01$), and weakest in the 24–26 group ($\beta = .14$, $p < .05$). Additionally, gender significantly moderated the path from social media engagement to emotional dysregulation (interaction $\beta = .14$, $p < .05$), with stronger effects among female participants. The results underscore the need for culturally sensitive, age- and gender-responsive digital literacy programs and attachment-informed mental health interventions for Pakistani youth.

Keywords: Disorganized attachment, alexithymia, emotional dysregulation, social comparison, family vlogging, social media use, Pakistani youth



PSY-1486

Promoting Educational Equity: Addressing Socio-Economic and Geographical Disparities in Learning and Development

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Abstract: This paper delves into the complex issue of educational equity, addressing how varying socio-economic status, geographical location, options in school resources, teacher readiness, and the availability of extra-curriculum activities have different effects on student performance. The study follows a mixed-methods design: qualitative interviews and focus groups, along with quantitative surveys are used to obtain the opinion of the students, teachers, and administrators of diverse socio-economic and geographic backgrounds. The implications drawn show a direct relationship of the socio-economic status with performance in schools as the results indicate that students with high socio-economic backgrounds were always

performing better than those of lower socioeconomics. The paper also reflects on the importance of teacher training associated with culturally responsive pedagogy and the success of extracurricular activities on academic success. Moreover, it is observed that technological inclusion in the education system is one of the strongest assets that support improvement in learning measurement, despite the unequal access to it. The findings also support the contention that specific policies are necessary to correct these imbalances and encourage a more diverse and equitable educational landscape to fit the needs of all students, irrespective of their ability to afford education or where they live.

Keywords: Educational equity, socio-economic status, academic achievement, teacher preparedness, technology in education, educational resources, culturally responsive teaching.



PSY-1501

Impact of Passive Social Media Consumption on Long-Term Memory Among University Students

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Abstract: Passive social media use may offer temporary relief from academic stress, but its cognitive effects remain poorly understood. This pre–post experimental study investigated the impact of passive social media consumption on long-term memory performance among university students. A purposive sample of 33 undergraduates (16 men, 17 women; age range = 19–25 years, $M = 22.5$, $SD = 1.32$) participated. During the pretest phase, participants memorized a 15-word list adapted from a variant of the Rey Auditory Verbal Learning Test (Lezak, 1995, as cited in Potter & Keeling, 2005), followed by a distractor task and free recall. They then engaged in 20 minutes of passive social media browsing, after which the memory task was repeated. Heart rate (HR) and heart rate variability (HRV) were recorded during both phases using the BIOPAC MP36 system to assess physiological arousal. Results showed a significant decline in memory

performance following passive social media use. Gender-specific analyses revealed this decline was statistically significant for men but not for women, although no overall gender differences were observed in pretest and posttest performance, HR and HRV. These findings highlight the potential cognitive costs of passive digital engagement in academic settings and suggest that individual differences, including gender, may modulate these effects. Further research is needed to clarify the underlying mechanisms and inform strategies for more mindful technology use in learning environments.

Keywords: Consumption, passive use, relief, verbal learning



PSY-1513

Exploring Societal Induced Insecurities and Coping Mechanisms Among Young Adult with Physical Disabilities

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Abstract: The purpose of the present study was to explore the social insecurities and coping styles of young adults with physical disabilities in Pakistan. This qualitative study used an exploratory research design within an interpretive paradigm to understand the lived experiences of ten participants aged 18 to 30 with disabilities. Data were collected through in-depth semi-structured interviews and analysed thematically to identify subtle patterns of insecurity. Five main themes emerged from the analysis, serving as primary sources of psychological and emotional support, while broader societal assistance was seen as inadequate or ineffective. The themes highlighted the vital role of family and close friends in providing emotional and psychological support, alongside participants' reliance on personal resilience and adaptive coping strategies. Most participants expressed a strong desire for increased inclusion and accessibility, emphasizing the need for systemic changes to address their specific needs. Study implications advocate for strengthening social support networks. Stakeholders can overcome the identified barriers to creating environments where individuals can thrive. A key finding of the study is the urgency of

inclusive spaces, disability-competent mental health care, and policy systems that recognize and address youth disability. The study will provide necessary information to scholars, practitioners, and policymakers concerned with the facilitation of equity, inclusion, and psychological well-being.

Keywords: Disability, social insecurities, coping styles, interpretive paradigm



PSY-1514

Impact of Social Support and Family Functioning on the Quality of Life of Elderly People

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Abstract: The global senior population is rising due to lower birth rates and longer life expectancies. Research predicts that by 2050, the number of people who are 60 or older will double (UNWPP, 2019). The idea of the family has undergone several recurrent changes because of contemporary societal developments, giving rise to new kinds of organization, structure, and relationships. Nonetheless, the family continues to build itself as a dynamic and complex structure that is generally impacted by human relations and cultural and historical factors. It is a source of affection, values, care, support, and obligations. Family dynamics may impact people's physical, mental, and social well-being (Umberson, D. & Montez, J., 2010). Therefore, the study aimed to examine the effect of perceived social support and family functioning on the quality of life (QOL) of elderly people in Pakistan. The study utilized a cross-sectional research design with a sample size of 300 participants aged 50 years and above, including 142 males and 158 females. Participants were recruited through purposive sampling from diverse regions, including Kashmir, Rawalpindi, and Islamabad. Data collection instruments included the Multidimensional Scale of Perceived Social Support (MSPSS), the Family Assessment Device (FAD), and the World Health Organization Quality of Life-BREF

(WHOQOL-BREF) scale, all translated and validated for use in Urdu. The result demonstrated satisfactory reliabilities of all the scales of the study ($\alpha = 0.9$ to 0.7). The study's result showed that high perceived social support and healthy family functioning positively affect the quality of life of elderly people. Regression analysis revealed that perceived social support explained 35% of the variance in QOL, highlighting its critical role as a protective factor against the stresses of aging. Perceived social support provided by family ($t = 5.87 > 1.96$) had a more substantial impact on QOL than family functioning. Furthermore, mean differences revealed males reported a higher quality of life than females and likely they also have a higher score of perceived social support than females.

Keywords: Perceived social support, family function, quality of life, family support, elderly, wellbeing



PSY-1515

**Relationship Between Narcissism and Psychological Well-being
Among University Students: Role of Moral Disengagement and
Aggressive Humor Style**

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Abstract: The present study investigated the relationship between narcissism and psychological well-being among university students, while examining the mediating role of aggressive humor style and the moderating role of moral disengagement. A sample of 400 university students aged 18 to 25 was selected through purposive sampling. The instruments used included Short Dark Triad scale, Ryff Psychological Well-being scale, the Humor Styles Questionnaires (HSQ) and the Moral Disengagement scale. This study adopted a cross-sectional correlational design and data were collected through self-report questionnaires. The results revealed that narcissism was significantly negatively correlated with psychological well-being. A significant positive correlation was found between narcissism and aggressive humor style, and a significant negative correlation was observed

between aggressive humor style and psychological well-being. However moral disengagement did not show a direct correlation with narcissism or psychological well-being. Further the findings demonstrated that aggressive humor style significantly mediated the relationship between narcissism and psychological well-being. In addition, moral disengagement significantly moderated the relationship between narcissism and psychological well-being, indicating that higher the levels of moral disengagement buffer the negative effect of narcissism on psychological well-being. The study also found significant gender differences in narcissism, aggressive humor, and psychological well-being. The findings provide important insights into the psychological functioning of university students and highlight the roles of cognitive and behavioral functioning of university students and highlight the roles of cognitive and behavioral mechanisms in shaping well-being. The study contributes to a deeper understanding of how maladaptive humor and moral disengagement influence the link between personality traits and mental health outcomes.

Keywords: Narcissism, psychological well-being, aggressive humor style and moral disengagement.



PSY-1517

Distance Between Us: Emotional and Communicative Barriers in Rebuilding Father–Child Connections

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Abstract: Parental rejection can let individuals think themselves as unworthy of love, causing lifelong adverse consequences socially, psychologically, emotionally effecting relationships of individuals throughout life. Remembrance of rejection by father is as important as mother because it hinders the emotional, cognitive and behavioral guidance that fathers provide to their children to grow up in a healthy way. Present study was conducted to see the impact of father rejection on current levels of bonding with father along with the exploration of the vital role of emotional competency and

communication apprehension in emerging adults. The study sample consisted of 508 emerging adults (women= 48.22%) aged 19 to 24 years ($M = 21.62$, $SD = 1.74$) from Islamabad and Rawalpindi. Parental Acceptance Rejection Questionnaire, Network of Relationships, State-Trait Anxiety inventory and Trait Meta-Mood scale were used to measure the study variables. Data was analyzed statistically through SPSS-25. Measures used in study depicted satisfactory and acceptable reliability. Results indicated that father rejection is significantly negatively correlated with closeness in relationship with father whereas significantly positively related with discord/conflicts in relationship. Mediation analysis revealed that communication apprehension acts as a significant mediator in father rejection and closeness domain of bonding and makes the relationship more distant. On the other hand emotional competency acts as a protective factor and high levels of emotional competency buffer the effect of remembrance of father rejection on current relationship. Results also revealed boys perceived father rejection more as compared to girls. Despite the limitations, the current study has important implications for our understanding. Study highlights the importance of healthy family interactions and communication. It seems that the interventions that target the effective communication between the parents and the young adults can be considered as an important part development of emotional competency.

Keywords: Father's rejection, communication apprehension, emotional competency, quality of relationships, emerging adults



PSY-1520

Attachment Styles and Homesickness Among the Residents of Old Age Homes

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Abstract: This study explores the relationship between adult attachment styles and homesickness among elderly residents of old age homes in Islamabad and Rawalpindi. Using a mixed-method approach, data was collected from individuals of 50 years of age and above.

Quantitative data was collected from 60 individuals and qualitative data was collected from 9 individuals. The Revised Adult Attachment Scale (RAAS; Collins & Read, 1990) and the Utrecht Homesickness Scale (UHS; Stroebe et al., 2002) were used. Quantitative findings revealed that attachment anxiety significantly predicted higher homesickness, while secure attachment (comfort with closeness) was linked to lower homesickness levels. No significant associations were found for dependent attachment. Gender differences emerged, with women reporting higher anxiety and homesickness. The qualitative data was based on thematic analysis of nine interviews which highlighted emotional themes such as abandonment, loss, spiritual coping, and longing for family. These findings underscore the emotional impact of institutionalization and the role of attachment in shaping adjustment. The study suggests that recognizing attachment-based needs can guide more emotionally sensitive care practices for the elderly in institutional settings.

Keywords: Attachment styles, homesickness, comfort, abandonment



PSY-1522

Existential Wellbeing, Quiet Ego, and Islamic Therapy: A Gift of Surah-Al-Rahman

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Abstract: According to Muslim faith Allah is the greatest Healer and healing (shifa), is granted by Him. Therefore, it is believed that having a connection with the Supreme Being, especially in times of suffering, facilitates healing. The latter is a holistic process that involves changes in the physical, psycho-spiritual, and socio-psycho domains of life. This paper is a partial report of a larger phenomenological research study conducted on the recipients of an Islamic therapy that entailed listening to the recitation of Surah-Al-Rahman, three times a day for 7 days. The qualitative study was focused on exploring the perceptions and feelings of these participants. Their face-to-face interviews were

videotaped, transcribed verbatim and analyzed with thematic analysis. Presented in this paper, are the lived-in healing experiences of four recipients only. They were workaholic and were experiencing psychosocial stresses, e.g., being in the state of frustration and constantly trying to beat others to satisfy their ego by being the best or no.1. After the therapy, their narratives included expressions like ‘being more thankful for the blessings, ‘enjoy spending time with friends and co-workers’, ‘improved social relations’ among others. The overall findings of the main study were reported under the global theme of ‘catharses at four levels. For the present paper only two sub-themes, Existential wellbeing & Quiet Ego are reported in the paper which are more relevant to the essence of the lived-in-experiences of the four participants selected for the conference presentation.

Keywords: Existential well-being, ego, psycho-spiritual, phenomenological research



PSY-1530

Perceived Parental Attachment, Peer Relationship, and Social Adjustment of Early Adolescents

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Abstract: This study was carried out to examine the relationship between perceived parental attachment, peer relationships, and social adjustment in early adolescents. A correlational study design was used. A sample of 300 adolescents, both (Boys, 150) and (girls, 150), with age range of 12–17 years, were selected through convenient sampling. Inventory of Parent and peer attachment-revised version (IPPA-R) (Gullone & Robinson, 2005), Social Adjustment Scale-Self Report (SAS-SR) (Weissman, 2012) was used to collect data from participants for this research. The results showed good and reliability of all scales and subscales. The Pearson product moment correlation analysis showed that paternal attachment is significant and positively correlated with peer relationship, while social adjustment was positively correlated with

maternal attachment and peer relationship. The results of the mediation analysis through Hayes model 4 revealed that peer relationships significantly mediated the effect of both mother and father attachment on social adjustment of early adolescents. These findings highlight the importance of parental attachment, social adjustment, and peer relationship in adolescent in Pakistan. In conclusion these findings are imperative for understanding parenting, attachment with mother, father, and family system in context to indigenous social system.

Keywords: Parental attachment, peer relationships, social adjustment, adolescents



PSY-1535

Exploring Antisocial Behavior by Social Comparison and Perceived Injustice: Mediating Role of Malicious Envy

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Abstract: The present study was aimed to explore the relationship between social comparison, perceived injustice, and anti-social behavior among young adults. This study also aimed at explaining the mediating role of malicious envy between social comparison, perceived injustice and anti-social behavior among young adults. Data was collected on perceived injustice Scale (Smith et al. 1997), Sub type of anti-social behavior scale (Burt & Donnellan, 2009), Benign and Malicious Envy Scale (BeMaS) by (Lange & Crusius, 2015) and translated into Urdu language by (Shakeel et al., 2023). Sample comprised of 450 university students from Rawalpindi and Islamabad age ranging from 18 years to 30 years with mean ($M = 22.45$ years) and standard deviation ($SD = 3.16$ years). Structural validity of instruments was assessed by Confirmatory Factor Analysis and reliability was estimated with Chronbach's Alpha. All four scales showed good structural validity and reliability indices. The Pearson correlational analysis revealed that when adults perceived injustice it will increase

feeling of malicious envy and anti-social behavior. Results also revealed that when adults are engaged in upward social comparison it will increase feeling of malicious envy and anti-social behavior. The mediation analysis was carried out by using process macro in SPSS. The perceived injustice appears to have a significant positive indirect effect on Anti-social behaviors through malicious envy while social comparison appears to have a significant positive indirect effect on Anti-social behaviors through malicious envy. It is concluded that social comparison and perceived injustice predict anti-social behaviors by effecting the malicious envy. It is recommended that anti-social behaviors may be reduced directly by addressing perceptions of injustice and indirectly by identifying and mitigating feelings of malicious envy.

Keywords: Perceived injustice, social comparison, anti-social behavior, envy, young adults.



PSY-1562

Workplace Ostracism, Work Envy, Emotional Intelligence, and Organizational Cynicism Among University Faculty Members

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Abstract: Subtle forms of professional exclusion, such as being left out of departmental deliberations or academic collaborations, can erode trust and belonging among faculty members. These overlooked behaviors may silently fuel emotional strain and cynicism within educational institutions. The aim of the present study was to investigate the relationship between workplace ostracism, emotional intelligence, and organizational cynicism among university faculty members in Pakistan. It was hypothesized that workplace ostracism would be positively associated with organizational cynicism, whereas emotional intelligence would be negatively related. A purposive sample of 200 university faculty members was selected, including 119 men and 81 women, aged approximately between 25 and 60 years, with the majority falling in the 36–50 year range. Standardized measures

included the Workplace Ostracism Scale, Schutte Emotional Intelligence Scale, and Organizational Cynicism Scale, along with a demographic questionnaire and informed consent. Pearson product-moment correlations showed that workplace ostracism was positively correlated with organizational cynicism, whereas emotional intelligence was negatively correlated with both other variables. Furthermore, a one-way ANOVA indicated significant differences in emotional intelligence across faculty groups with different years of work experience. An independent samples t-test revealed no significant gender differences across workplace ostracism, work envy, emotional intelligence, and organizational cynicism, indicating small to negligible effect sizes. The findings suggest that interpersonal stressors such as ostracism erode emotional and relational resources in academic institutions, while emotional intelligence serves as a protective factor capable of plummeting organizational cynicism and enhancing workplace functioning.

Keywords: Workplace ostracism, work envy, emotional intelligence, cynicism, departmental deliberations



PSY-1605

Relationship Between Stress and Compulsive Buying Behavior: Moderating Role of Self-Control Among Women

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Abstract: The present study aimed to investigate the moderating role of self-control between stress and compulsive buying behavior among women. For this purpose, a sample of ($N=300$) women were taken from Rawalpindi, and Islamabad. Data was collected from the sample via a demographic form and three questionnaires each for one study variable. Perceived Stress was measured using the 10-items Perceived Stress

Scale PSC (Cohen et al., 1988), Compulsive Buying was measured using the 7-items Compulsive Buying Scale (Faber and O'Guinn, 1992), and Self-Control was measured using the 13-items Brief Self-Control Scale (Tangney et al., 2004). Correlational, regression and moderation analysis were performed to explore the relationship between the study variables. Additionally *t*-test and ANOVA were applied to study the effect of demographic on study variables. Regression analysis revealed that predictor variable positively predicted the outcome variable. The outcomes of the moderation analysis showed that self-control did not moderate the relationship between perceived stress and compulsive buying.

Keywords: Perceived stress, compulsive buying, self-control, women



PSY-1616

Impact of Online Gaming Addiction on Household Physical Activities and Academic Performance Among Female University Students

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Abstract-The present study aimed to investigate the impact of online gaming addiction on household physical activities and academic performance among female university students. For this purpose, a sample of (*N*=250) only female students were taken from the twin cities of Pakistan. Data was collected through questionnaire. Gaming Addiction Scale (Lemmens et al., 2009) was used to measure gaming addiction among female university students, Physical Activity Scale (Voorrips et al., 1991) was used to measure household physical activities among female universities students and University CGPA (Cumulative Grade Point Average). Correlation, and regression were performed to explore the relationship between the study variables. The

study concluded that online gaming addiction has a significant negative impact on both academic performance and household activity involvement among university students. Demographic factors such as family structure, family system, residence, and mobile phone usage also played a significant role in shaping these outcomes, with students from nuclear and two-parent families, urban areas, and those with lower mobile phone use performing better academically and participating more in household tasks. These findings align with prior research and underscore the need for increased awareness and proactive measures to manage gaming behaviors among students.

Keywords: Online gaming addiction, academic performance, household responsibilities physical activity, female university students



PSY-1617

Appearance-Related Bullying, Perfectionism, and Aesthetic Treatment Seeking Behavior

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Abstract: This study investigated the effect of appearance-related bullying on aesthetic treatment-seeking behavior among individuals with Body Dysmorphic Disorder (BDD), while examining the mediating and moderating role of perfectionism. Using a cross-sectional design, 300 adults (150 males and 150 females) aged 18 years and above were recruited through purposive sampling from Islamabad, Rawalpindi, and Peshawar. Participants were screened using the Yale-Brown Obsessive-Compulsive Scale modified for BDD, and data were collected through the Physical Appearance-Related Teasing Scale (PARTS), the Big Three Perfectionism Scale Short-Form (BTPS-SF), and the Cosmetic Readiness Questionnaire (CRQ). Standardized tools assessed bullying ($\alpha = .98$), aesthetic treatment readiness ($\alpha = .99$), and perfectionism ($\alpha = .87$). Data were analyzed using SPSS 24 with correlation, regression, mediation, moderation, and group comparisons. Bullying strongly correlated with treatment-seeking ($r = .67, p < .001$) and perfectionism ($r = .72, p < .001$). Perfectionism also

correlated with treatment-seeking ($r = .64, p < .001$). Regression confirmed bullying significantly predicted treatment-seeking ($\beta = .69, p < .001$). Mediation analysis showed a significant indirect effect of perfectionism (point estimate = .24, $CI = .14-.32$). Moderation results indicated that perfectionism amplified the effect of bullying on treatment-seeking ($\beta = .06, p < .001$). Findings demonstrate that bullying strongly predicts aesthetic treatment-seeking in individuals with BDD, with perfectionism both mediating and strengthening this relationship. Gender-based differences highlight the need for tailored interventions. The results provide critical insights into how bullying and perfectionism shape psychological vulnerabilities and treatment behaviors in BDD populations.

Keywords: Body Dysmorphic Disorder, appearance-related bullying, perfectionism, treatment-seeking, gender differences



PSY-1679

Mediating role of Optimism and Resilience Between Forbearance and Health-Related Hope in Cardiac Patients

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Abstract: This study examined the mediating effects of optimism and resilience in the relationship between forbearance and health-related hope among heart patients. A cross-sectional analytical design was employed, involving 135 patients recruited through purposive sampling from public and private hospitals. Standardized instruments were used, including the Forbearance Scale, Life Orientation Test–Revised, Brief Resilience Scale, and Health-Related Hope Scale. Data were analyzed using correlation and mediation analyses to test the hypothesized relationships. Results revealed significant positive associations among forbearance, optimism, resilience, and health-related hope. Mediation analysis conducted through AMOS indicated that optimism and resilience serially mediated the relationship between forbearance and health-related hope. These findings underscore the

crucial roles of optimism and resilience in connecting forbearance with health-related hope, pointing to potential targets for psychosocial interventions aimed at enhancing coping and fostering hope in cardiac patients.

Keywords: Forbearance, optimism, resilience, health-related hope, heart patients



PSY-1680

FTR Schema and Ghina: Mediating Role of Positive Afterlife Belief and Ikhlāas among Muslim Adults

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Abstract: The present study was conducted to investigate the indirect effect of positive afterlife belief (PAB) and ikhlāas (IK) in the relationship between fairness, tolerance, and rational choice (FTR) and ghina (GH). Data were collected from $N = 702$ participants from three major cities of Punjab, Pakistan, using purposive sampling techniques. Participants represented three age groups: young adults (18–35), middle-aged adults (36–55), and older adults (56–75). The Urdu versions of the FTR subscale of the Religious Schema Scale, Afterlife Belief Scale, Ikhlāas Scale, and Ghina Scale were used to measure FTR schema, PAB, ikhlāas, and ghina, respectively. Results revealed that FTR and PAB are significant positive predictors of IK and GH. Findings further indicated that PAB and IK serially mediate the relationship between FTR and GH. Limitations of the study and suggestions for future research are also discussed.

Keywords: Fairness, tolerance, and rational choice, positive afterlife belief, ikhlāas, ghina, Muslim adults



Exploring the Relationship Between Perceived Overqualification and Emotional Exhaustion Among Teachers Moderating Role of Job Crafting

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Abstract: The present study investigated the relationship of perceived over qualification, emotional exhaustion and job crafting among school teachers. A sample of 530 participants with age range of 25 to 55 was gathered from both public and private schools using purposive sampling. Perceived Over qualification scale (POQS), teachers' burnout scale (TBS) and job crafting scale (JCS) were utilized in the study. Study findings showed a significant positive correlation between perceived over qualification and emotional exhaustion. The results further show that perceived over qualification and job crafting are significantly negatively correlated with each other. Findings further indicated that job crafting moderated the relationship of perceived over qualification and emotional exhaustion in teachers. There were significant gender differences found between males and females on all studied variables. Study findings suggested valuable insights and new angels of looking at these variables.

Keywords: Perceived over qualification, emotional exhaustion, job crafting



From Filters to Feelings: A Qualitative Exploration of Self-Image and Emotional Experience among Snapchat Users

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Abstract: The qualitative study was conducted with purpose to explore self-image and emotional experiences among Snapchat users. Snapchat launched in 2011 as mobile application stands out as a social media platform which provides distinctive avenue for self-expression. Literature showed the influence of Snapchat use on individual's self-image, perception, psychological and emotional wellbeing and experience. In current research semi-structured interviews were conducted from 15 Snapchat Users ($N = 15$) who regularly use this app and apply its filters. Ten women ($n = 10$) and five men ($n = 05$) of age range from 18 to 35 participated who were informed and briefed about the purpose of conducting this study. Respondents have different views about impact of Snapchat use on their self-image and emotional experience. Majority of respondents reported that use of this app and applying filters has impact on their self-image while few reported no impact. Similarly, participants explored significant emotional experiences associated with using this app. They reported about effect of Snapchat filters use on their mood, confidence, self-esteem, and emotional reactions. Subjects also talked about purpose to use this app like spending time, taking snaps with filters, location spy, making streaks with friends, social connections, snap points etc. Respondents explored that use of Snapchat filters raise the beauty standards and leads to stress.. Participants reported that with passage of time they may lose interest and its responsibility of user to use this app carefully. This study will aim to contribute to the existing literature of research on exploring self-image and emotional experiences are affected by Snapchat, specifically in Pakistani culture and society.

Keywords: Snapchat users, self-image, emotional experience



Overprotection, Self-Doubt, and Cinderella Syndrome in Female University Students

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Abstract: The aim of this study was to explore the relationship between overprotective parenting, self-doubt, and Cinderella Syndrome in female university students. It was hypothesized that overprotective parenting and self-doubt would have a significant relationship with Cinderella Syndrome. Data was collected from 200 students within the range of 18 to 26 years using standardized scales that measured overprotective parenting, self-doubt, and Cinderella Syndrome. The findings revealed that students who experienced overprotective parenting especially forms like anxious rearing and privacy invasion were more likely to develop Cinderella Syndrome traits such as helplessness, emotional dependency, and a desire to be rescued. Self-doubt also showed a strong positive relationship with Cinderella Syndrome, indicating that students who doubt themselves are more likely to rely on others for emotional support and life decisions. Interestingly, not all types of overprotection had the same effect; anxious rearing showed a stronger influence compared to other forms. This study highlights how parenting styles and internal beliefs formed during early life can shape personality and coping patterns in adulthood. The results can help parents, psychologists, and educators understand how overprotection and low self-confidence can lead to long-term psychological struggles. Creating awareness about balanced parenting and building confidence in children may help reduce the chances of developing such dependency-based patterns.

Keywords: Cinderella syndrome; overprotective parenting; self-doubt; female university students; emotional dependency



Impact of Digital Literacy on Smartphone Addiction and Online Privacy Concerns Among College Students

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Abstract: The paper examines the effect of digital literacy on smartphone addiction and online privacy concerns among college students in Punjab, Pakistan. Cross-sectional survey design was used and 300 students (150 male students and 150 female students) through purposive sampling technique. The variables were measured using standardized self-report scale measuring Digital Literacy Scale (Amin et al., 2021), Smartphone Addiction Scale (Kwon et al., 2013), and Privacy Concern Scale (Masur et al., 2018). Regression analysis showed that greater digital literacy considerably increases smartphone addiction and the level of privacy risk awareness. According to independent samples t-tests, the male students were better at both digital literacy and privacy concerns than females. The students having access to internet had better digital literacy and the students in government colleges showed better scores in all the variables taken into account. Additional findings indicates that one of the differences between the adolescents and the young adults was where the former showed more concern about their privacy. Moreover, results shows that the intermediate group being more digital literate and having more concerns comparing to the BS and ADP/ADS groups. The results have useful implications on learning institutions. Digital literacy encouraged by systematic interventions will make the students more responsible digital users, less addicted to smartphones and more aware of data privacy. Such discoveries can promote digital philosophy and ethics courses, mental health counseling, and well-informed policy changes. The drawbacks are, however, self-reported data, and underrepresentation of the rural or disadvantaged population. In future research, mixed-method or longitudinal designs must be attempted and mediating factors, such as digital self-efficacy and institutional digital culture should be studied, to enrich the stereotyping of the digital behavior of the youth.

Keywords: Digital literacy, smart phone addiction, online privacy concerns, students.



PSY-1742

Impact of Stigma Threat on Self-Concealment and Social Isolation Among University Students

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Abstract: The present research study aimed at identifying the effects of stigma threat on psychologically self-concealed and socially isolated university students. Cross-sectional survey research design was used. The sample consisted of only university students ($n=300$). Slightly over three-quarters of the students, both girls ($n=150$, 50%) and boys ($n=150$, 50%) participated in the study. In data collection, convenient sampling technique was employed to make sure that the participants produced the data. The scales used to measure the variables are Self Stigma of Seeking Help Scale by Vogel et al., (2020), Self-Concealment Scale Larson & Chastain (1990) and the Social isolation Scale by Russell (1996). The data analysis was carried out by using statistical package programme, SPSS 26. According to the formulated hypotheses, Pearson Correlation analysis, linear regression analysis, independent sample t-test were used to analyze the data collected from the survey. Results showed that threat to the Stigma is directly linked with self-concealment, social isolation. Among university students. The findings also revealed that stigma threat positive predict self-concealment and social isolation among university students. Therefore, the study reveals that perceived stigma threat is a major determinant of self-concealment and social isolation of university students. Threat of stigma maintained a positive relationship and a predictive function in these effects, strengthening the findings on how inherent stigma affects the students' psychological functioning and interactional patterns. All these results point to the essence of doing more on stigma related matters that would enhance a healthy academic and social learning environment in universities. This study should prove useful to mental health professionals, university leaders, and policy makers. The

findings highlight the need to launch programmed that may help eliminate stigma and reduce self-concealment and role of students in isolation. Further, it extends the current knowledge base and provides a background for successive research concerning stigma's psychological consequences in academic settings.

Keywords: Stigma threat, self-concealment, social isolation



PSY-1745

Relationship Between Ostracism and Well-Being Among Vulnerable Communities: Mediating Role of Loneliness

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Abstract: Ostracism and loneliness are among the most damaging experiences for vulnerable communities, yet their profound impact on wellbeing is often overlooked. Individuals such as transgender and persons with disabilities frequently face these forms of social exclusion, which can severely affect their mental health. The current study aimed to examine the association between ostracism, loneliness, and wellbeing in these communities, and the mediation of loneliness between study variables, or aiming to raise awareness of the damaging effects of exclusion. A sample of 200 participants (including both males and females with disabilities, and transgender individuals) aged 18 to 65 Islamabad and Rawalpindi completed three standardized Urdu-translated self-report measures: the Ostracism Experience Scale (Gilman et al., 2012), the UCLA Loneliness Scale (Russell et al., 1978), and the Wellbeing Questionnaire-12 (Barley, 2000). Data was collected using snowball sampling technique. The current study found ostracism is significantly positively correlated with loneliness and both ostracism and loneliness significantly negative correlated with the wellbeing. The outcomes of the mediation analysis indicate that the relation between ostracism and wellbeing was mediated by loneliness which means when the loneliness increases ostracism would be increase and

wellbeing would be decrease. Results indicate that transgender score significantly higher on ostracism as compared to persons with disability and significant mean differences were found. These findings highlight the urgent need for social inclusion efforts and psychological support to mitigate the detrimental effects of ostracism and loneliness on the wellbeing of vulnerable individuals. This study will create awareness in the public about the problems which might be faced by vulnerable community in their personal and professional life.

Keywords: Ostracism, loneliness, wellbeing, vulnerable communities, disability, transgender



PSY-1766

Impact of Digital Overload on Student Engagement Mediated by Technostress

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Abstract: The fast adoption of digital tools in higher learning institutions has revolutionized learning, socialization and academic task. As efficient and accessible as they are, the advancements also brought with them some challenges, including the issue of digital overload that can be defined as the psychological burden related to being overloaded with digital information. This paper examined how digital overload influences student engagement, and technostress was studied as an intermediate variable. Digital overload was conceptualized based on Stimulus-Organism-Response (S-O-R) framework, with the external stimulus being digital overload, psychological response being technostress, and behavior undergoing being student engagement. Correlational design was used and 400 undergraduate and postgraduate students pursuing their undergraduate and postgraduate programs at universities in Rawalpindi and Islamabad were sampled using convenience sampling. Digital overload, technostress, and student engagement were measured with the help of standardized scales. The findings revealed that digital overload had a significant effect on the level of technostress and had a negative

correlation to student engagement. Mediation analysis also found that technostress also mediated between digital overload and student engagement, which means that the relationship between digital overload and academic engagement is mediated by excessive digital demands. These results underline the invisible expenses of digital saturation in the academic setting. Even though technology is considered essential in contemporary education, uncontrolled online exposure may compromise the concentration, motivation and engagement of students. The research suggests that digital wellness programs, stress management classes, and training in digital literacy should be implemented in universities as specific measures to eliminate all forms of technostress and maintain high levels of meaningful engagement. All in all, this study demonstrates that the use of technology should be balanced with the psychological well-being of the students in order to create resilient and effective learning conditions.

Keywords: Digital overload, technostress, student engagement, higher education, s-o-r framework, psychological well-being



PSY-1787

Enhancing Parental Well-being through Bashaoor Tarbiyat-e-Aulad: A Mindful Parenting Intervention

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Abstract: The landscape of childhood in the 21st century is tinted with a multitude of mental health struggles that can often be traced back to a complex etiology. Among the factors responsible for the unprecedented increase in childhood mental-wellbeing challenges, the quality of parenting and family environment occupy the prime position, the fast deterioration of which warrants the need for intervention to fortify parents' internal resources. Bashaoor Tarbiyat-e-Aulad – a culturally adapted mindful parenting program offers a transformative framework in this regard. Specifically, the present study aims to enhance self-compassion, dispositional mindfulness and mental well-

being and to reduce parenting stress in Pakistani parents. To achieve this goal, randomized control trial with wait list control group was employed where 127 mothers (Mean age = 36.56, $SD = 6.00$) who were randomly assigned to the intervention ($n = 63$) and the control conditions ($n = 64$). Pre and post intervention scores were taken on outcome variables through translated and validated scales and data was analyzed by employing Analysis of Covariance (ANCOVA) and Repeated Measures Analysis of Variance (ANOVA)) to study between group and with-in group changes as well as the interaction effects. The results showed that mothers in intervention group reported a significant improvement in self-compassion, dispositional mindfulness and mental well-being. Similarly, they also reported a significant reduction in parenting stress. The study provides preliminary evidence supporting the effectiveness of Bashaoor Tarbiyat-e-Aulad for Pakistani mothers. In spite of the study's limitations, the promising results imply that Bashaoor Tarbiyat-e-Aulad is an effective intervention for promoting maternal wellbeing. The implications of this study are discussed in relation to the implementation of the program at both prevention and intervention level ideally with both parents so that the family as a whole can be empowered.

Keywords: Bashaoor Tarbiyat e Aulad, self-compassion, dispositional mindfulness, parenting stress, mental wellbeing, randomized control trial.



PSY-1799

Religious Orientation as a Moderator between Traditional Gender Role Attitudes and Transphobia among Millennials and Generation Z

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Abstract: The present study aimed to investigate the moderating role of religious orientation in the relationship between traditional gender role attitudes and transphobia among millennials and generation Z.

Using convenient sampling technique, data were collected from Millennials ($N = 150$) and Generation Z ($N = 150$) from Rawalpindi, and Islamabad. Along with demographic information, measures of the Genderism and Transphobia Scale Revised (Tebbe et al., 2014), Gender Roles Attitude Scale (Zeyneloglu & Terzioglu, 2011), and Revised Intrinsic/Extrinsic Religious Orientation Scale (I/E R- Scale; Darvyri et al., 2014) were used to assess the study variables. Cronbach's alpha reliabilities for all the scales and subscales were satisfactory. Results of correlation analysis showed that traditional gender role attitudes and religious orientation are positively associated with transphobia. To investigate the predictors of transphobia, multiple linear regression analyses were conducted. Results showed that religious orientation and traditional gender role attitudes positively predict transphobia. The moderation analysis affirmed that religious orientation strengthens the negative association between gender role attitudes (traditional and egalitarian) and transphobia. Results also showed significant group differences in terms of gender, family system, and residence and education level. The study emphasizes the need for anti-bullying initiatives, direct interaction with transgenders, and an inclusive society where transgenders can feel accepted and safe.

Keywords: Traditional gender role attitudes, transphobia, religious orientation



PSY-1800

Mothers' Experiences of Guilt and Stress in Balancing Career and Family Life: Qualitative Study

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Abstract: This study presents a thematic analysis of interviews conducted with working mothers to examine the complex dynamics between professional obligations and parenting responsibilities exploration of the lived experiences of 10 to 15 employed mothers, age between 25 and 45, through semi-structured interviews. It examines how these women navigate the often complex relationship between

their professional duties and parenting roles. In the light of the participant narration on the emotional, psychological, and everyday challenges they face in balancing both spheres of life. Method by Braun and Clarke's (2006) thematic analysis framework, the study identifies recurring themes and patterns that provide insight into the contemporary realities of working motherhood. Emerging these themes include role conflict, emotional guilt, lack of workplace support, reliance on informal support networks, and strategies for self-care. The findings in playing of the dual role professional and personal responsibilities, emphasizing the critical role of coping mechanisms such as emotional resilience, social support, and workplace flexibility. This study highlight the dire need of intervention based policy and cultural change to better support for working mothers, gender studies, and mental health practices aimed at enhancing well-being and work-life balance.

Keywords: Working mothers, work-life balance, role conflict, emotional guilt, thematic analysis, maternal stress, workplace support, dual responsibilities, parenting, gender roles



PSY-1820

**Personality and Online Health Behaviors: Insights into
Neuroticism, Cyberchondria, and Health Anxiety Among Medical
Aspirants**

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Abstract: In the digital age, where individuals of all ages increasingly turn to the internet for health-related information, concerns about health and well-being are often explored and intensified through online searches. Therefore, the present study aimed to examine the relationship between health anxiety, cyberchondria, and neuroticism among Pakistani medical aspirants. A cross-sectional research design was used with a sample of undergraduate medical aspirants from various Pakistani institutions. Standardized self-report measures were

employed, including the Big Five Inventory (John & Srivastava, 1999) to assess neuroticism, the Cyberchondria Severity Scale (McElroy & Shevlin, 2014) to evaluate online health-related search behavior, and the Health Anxiety Questionnaire (Salkovskis et al., 2002) to measure health anxiety. The results of the study indicated a significant positive relationship between neuroticism, health anxiety and cyberchondria among Pakistani medical aspirants who engaged in cyberchondria-related behaviors. Furthermore, the regression analysis revealed that neuroticism and cyberchondria are significant predictors of health anxiety. Gender differences were significant, with boys scoring higher than girls on neuroticism, cyberchondria, and health anxiety. The study highlights the relevance of personality traits in understanding psychological distress among future healthcare professionals.

Keywords: Health anxiety, cyberchondria, neuroticism, personality traits, medical aspirants, mental health



PSY-1821

From Parents to Teens: Phubbing and Relationships Shaping Adolescents' Social Emotional Competence

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Abstract: Present study examined the relationship between perceived parental phubbing, social emotional competence, adolescents' phubbing, and parent adolescent relationship among adolescents. It was completed in two studies. Study I: pilot study focused on the adaptation of Perceived Parental Phubbing and to assess the reliability of the instruments and to see whether the intervariable correlations are in expected direction as per the literature. Pilot study was carried out on sample of adolescents ($N = 150$). Results provided the evidence that all scales are reliable and correlations were in desired directions. Study II: main study consists of hypotheses testing. Adolescents ($N = 400$) were selected through purposive sampling technique from different school and colleges. This sample includes adolescents of age range 14 to 18 ($M = 16.06$; $SD = 1.39$) including girls ($n = 209$) and boys ($n = 191$).

Measures of Perceived Parental Phubbing Scale, Social Emotional Competence Questionnaire, Generic Scale of Phubbing, and Parent Adolescent Relationship Scale were used to assess the study variable. Confirmatory factor analysis was done for Perceived Parental Phubbing Scale and Parent Adolescent Relationship Scale. Findings of analyses revealed adequate factor structure and model fit indices. Perceived parental phubbing and parent adolescent relationship was assessed separately for mother and father. Results revealed that perceived parental phubbing was negatively correlated with social emotional competence and with shared activities and connectedness subscales of parent adolescent relationship and positively correlated with adolescents' phubbing hostility. Perceived maternal phubbing was highly correlated with social emotional competence of adolescents as compared to perceived paternal phubbing. However, adolescents' phubbing was highly correlated with perceived paternal phubbing. It was found that adolescents' phubbing and parent adolescent relationship serially mediated on the relationship between perceived parental phubbing and social emotional competence for mothers and fathers. The findings also indicated that as adolescents grow older, engagement in shared activities with both mothers and fathers, as well as emotional connectedness with fathers, significantly declines and compared to girls, teenage boys reported higher levels of phubbing behaviour.

Keywords: Perceived parental phubbing, social emotional competence, adolescent's phubbing, parent adolescent relationship; adolescents



PSY-1824

Affective and Cognitive Brain Networks Underlying Music Processing: Evidence from a Meta-Analysis of fMRI Studies

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Abstract: Music is a complex auditory stimulus that engages a wide array of brain systems involved in emotion, memory, and cognitive control(Baumgartner et al., 2006)(Wallmark et al., 2018) (Park et al.,

2014). While numerous neuroimaging studies have examined music-induced brain activity, a lack of quantitative synthesis has limited the identification of consistent neural patterns across studies (Lehne et al., 2014). This meta-analysis aimed to determine convergent brain regions associated with emotional and cognitive responses to music using Activation Likelihood Estimation (ALE). A total of 92 functional magnetic resonance imaging (fMRI) studies investigating the effects of music listening or perception were systematically reviewed and included in the ALE analysis (He et al., 2018). Studies were selected based on task-based whole-brain fMRI designs reporting standardized stereotactic coordinates (MNI or Talairach). Peak activation coordinates were extracted and analyzed using the ALE algorithm with a False Discovery Rate (FDR) correction ($p < 0.05$) and a cluster-level threshold to identify statistically significant regions of convergence. Three significant clusters emerged. Cluster 1 showed robust activation in the right amygdala and Para hippocampal gyrus (12, -13, -14; $Z \approx 3.5$, $p = 4.0$), linked to emotional salience and memory encoding (Baumgartner et al., 2006) (Park et al., 2014). Cluster 2 involved the right Para hippocampal gyrus (8, -17, -10; $Z \approx 3.0$), associated with autobiographical memory retrieval. Cluster 3 encompassed the left hippocampus, Para hippocampal gyrus, fusiform gyrus, and amygdala (-29, -8, -29; $Z \approx 2.5$), reflecting emotional memory consolidation and imagery processing. These findings reveal a consistent limbic-paralimbic network underlying music-induced affect and memory, involving both bottom-up emotional reactivity and top-down contextual and cognitive modulation, supporting music's use as a probe in clinical and cognitive neuroscience (He et al., 2018). Music is a polyfunctional sound prompt that engages multiple distributed neural regions associated with cognitive control, emotion, and memory. Whereas several neuroimaging studies have analyzed music-driven neural activity, the deficiency of quantitative synthesis has restricted the identification of consistent neural patterns across studies. This coordinate-based meta-analysis is designed to discover convergent brain regions associated with cognitive and emotional outcomes to musical stimuli using Activation Likelihood Estimation (ALE). Ninety-two functional magnetic resonance imaging (fMRI) studies were examined; the effects of perception or music listening were systematically reviewed and included in the ALE analysis. Studies were designated based on task-based whole-brain fMRI designs reporting standardized stereotactic coordinates (MNI or Talairach).

Peak activation coordinates were extracted and analyzed using the ALE algorithm with a False Discovery Rate (FDR) correction ($p < 0.05$) and a cluster-level threshold to identify statistically significant regions of convergence. Three significant clusters appeared. Cluster 1 showed robust activation in the par hippocampal gyrus (PHG) and right amygdala (12, -13, -14; $Z \approx 3.5$, $p = 4.0$), connected to memory encoding and emotional salience. Cluster 2 recruited the right par hippocampal gyrus (8, -17, -10; $Z \approx 3.0$), associated with autobiographical memory. Cluster 3 aggregated the amygdala, fusiform gyrus, left hippocampus, and par hippocampal gyrus (PHG) (-29, -8, -29; $Z \approx 2.5$), corresponding to imagery processing and emotional memory consolidation. These results demonstrate a consistent limbic-paralimbic network underlying music-evoked affect and memory, entailing both top-down cognitive modulation and domain-specific and bottom-up emotional reactivity, bolstering music's use as a probe in neurocognitive and therapeutic settings.

Keywords: Neuroimaging, fMRI, memory consolidation, amygdala, para hippocampal gyrus



PSY-1826

Cybervictimization and Social Capital: The Moderating Role of Coping Strategies

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Abstract: The current study aimed to examine the moderating role of coping strategies on cybervictimization and social capital. A sample of 294 university students ranging in age from 18-25 years was collected from different universities of Wah Cantt, Rawalpindi and Islamabad using purposive sampling strategy (those students who were cyber victimized were included in the study). The sample of the study consisted of both males ($n = 154$) and females ($n = 140$). The findings of the study indicated a negative relationship between cybervictimization and social capital, suggesting that as

cybervictimization increases, social capital decreases. Whereas coping strategies is positively related to social capital. Students with private social media accounts reported higher cybervictimization than those with public accounts. Further exploratory analysis revealed that the mean time spent on social media between 4-8 hours for social capital is higher than those spending less than 4 hours or more than 8 hours. The mean for 4-8 hours is again surpassing the means for less than 4 hours or more than 8 hours for Cybervictimization. Females exhibited a higher cyber victimization and social capital than males. Results of moderation analysis showed that Coping strategies were found to moderate the influence of cybervictimization on social capital by enhancing individuals' skills to handle such problems. Implications in the field of cyber psychology research and interventions for cyber security have been discussed. The limitations of the study and suggestions for future researches have also been discussed.

Keywords: Cybervictimization, social capital, coping strategies, university



PSY-1831

**Group Cohesion and Its Impact on Imposter Syndrome and
Job Productivity: A Moderated Analysis of Cyberloafing
Across Work Environments**

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Abstract: This study examines the influence of group cohesion on impostor syndrome and job productivity, with cyberloafing investigated as a potential moderator across diverse work environments in Pakistan. Drawing on Social Identity Theory, the Job Demands-Resources (JD-R) Model, and Self-Determination Theory, the research explored how interpersonal team dynamics, perceived work environment, and digital behaviors collectively shape employee outcomes. A cross-sectional design was employed, with data collected from 291 employees working in office-based and co-working/remote settings. Standardized measures were used, including the Impostor

Syndrome Scale (ISS), Individual Work Performance Questionnaire (IWPQ), Employee's Workplace Cyberloafing Scale (EWCS), Erlangen Team Cohesion at Work Scale (ETC), and the Work Environment Scale (WES). Statistical analyses comprised correlations, multiple regressions, and mediation/moderation models. Findings revealed that group cohesion was a significant positive predictor of job performance, indicating that cohesive teams enhance productivity. The perceived work environment also positively influenced performance. Mediation analyses demonstrated that person–environment fit partially mediated the relationship between environmental conditions and job performance, while for impostor syndrome, mediation reversed the relationship, suggesting complex dynamics between environmental perceptions and impostor feelings. Moderation analyses, however, showed that cyberloafing did not significantly alter the effects of person–environment fit on either impostor syndrome or productivity. Overall, these results extend organizational psychology literature by providing context-specific insights from the Pakistani corporate sector. Practical implications highlight the importance of fostering cohesive teams, supportive work environments, and effective HR strategies that balance employee productivity with psychological well-being.

Keywords: Group cohesion; impostor syndrome; cyberloafing; job productivity; work environment



PSY-1836

Academic Self-Efficacy and Digital Competence Buffer the Impact of Digital Multitasking

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Abstract: The present study aimed to examine the impact of digital multitasking on academic performance among students. Data was collected through purposive convenience sampling from college and university students ($n = 370$), aged between 16 and 32 years ($M = 21.14$; $SD = 3.43$). Participants were selected based on their active use of digital devices for academic purposes. Standardized measures were used, including the Media Multitasking Scale (Luo et al., 2018),

Academic Self-Efficacy Scale (Zajacova, 2005), Digital Learning Competence Scale (Yang et al., 2022), and Academic Performance Scale (Jabir & Farooq, 2022). Correlation analysis revealed significant negative associations between digital multitasking and academic performance, supporting the hypothesis that multitasking impairs academic outcomes. To investigate predictors of academic performance, multiple linear regression analysis was conducted. Results showed that academic self-efficacy and digital competence emerged as strong predictors of academic performance. In this study, academic self-efficacy served as a significant mediator of this relationship, suggesting that students who engaged in higher levels of multitasking reported lower self-efficacy, which subsequently predicted poorer academic performance. Furthermore, digital competence was found to moderate the relationship between digital multitasking and academic performance, indicating that students with stronger digital skills were able to handle multitasking demands more effectively, mitigating the negative impact on their academic achievements. Additionally, demographic factors such as age, gender, educational level, and socioeconomic status were also examined using *t*-tests and ANOVA. Results showed that female students and late adolescents reported higher digital multitasking, though these differences were small. Educational-level differences were found for digital competence and academic self-efficacy, with A-Level and MPhil students outperforming BS students. Family income was also associated with academic self-efficacy and performance, with higher-income groups showing greater confidence and achievement, while no significant effects emerged for digital multitasking, digital competence, or family system. The theoretical implications are examined through the frameworks of cognitive load theory and social cognitive theory. The findings have practical implications for educational institutions aiming to foster academic resilience in digitally connected learners.

Keywords: Digital multitasking, academic performance, academic self-efficacy, digital competence, moderation, mediation



Impact of Technostress on Impulsivity Among University Students: A Quantitative Study in the Pakistani Context

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Abstract: This study investigates the impact of technostress on impulsivity among university students in Pakistan, focusing on demographic influences such as gender, age, education, and socioeconomic status. Conducted in two phases, the research aims to address the rising challenge of managing technostress in an increasingly digitalized academic environment. Phase I focused on developing a reliable Technostress scale. A systematic process was employed, including item generation, pilot testing, a try-out study, factor analysis, and reliability assessments. The finalized 40-item scale demonstrated high internal consistency (Cronbach's $\alpha = .93$) and revealed a five-factor structure accounting for 51.07% of the variance. Phase II utilized a quantitative survey methodology, collecting data from 300 full-time students aged 18–25 at the International Islamic University Islamabad using the Technostress Scale and the Barratt Impulsiveness Scale (BIS-11). Results indicated that while technostress levels were significantly higher among male students, there was no statistically significant correlation between technostress and impulsivity ($r = -.059, p > .05$). Gender-based analysis revealed that males experienced higher technostress ($M = 127.2, SD = 29.8$) compared to females ($M = 87.9, SD = 22.9$) with a large effect size (Cohen's $d = 1.47$). Impulsivity scores showed minimal gender differences, with males and females reporting similar mean values. These findings suggest that while technostress is prevalent, its direct influence on impulsivity remains inconclusive. The findings offer practical recommendations to enhance students' well-being and academic performance in Pakistani university settings.

Keywords: Techno stress, impulsivity, university students



Relationship Between Critical Thinking and Social Media Literacy Among Young Adults

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Abstract: This study aims to explore the Relationship between Critical Thinking Skills and Social Media Literacy among Young Adults. It also attempted to explore the role of various demographics like gender, residence, marital status, education level, and occupation status with the study variables. A sample of 276 individuals, both boys ($N = 131$) and girls ($N = 145$) were obtained through purposive sampling technique and the questionnaires were given to them in hard form using Critical Thinking Questionnaire ($\alpha = .88$) and Perceived Social Media Literacy Scale ($\alpha = .87$). After collecting the data, The major findings of this study are as follow; there is a significant positive correlation between Critical Thinking Skills and Social Media Literacy ($r = .51, p < .01$), and boys ($M = 58.1, SD = 8.5$) tend to show more social media literacy as compared to the girls ($M = 53.2, SD = 8.3$). It was also revealed that boys ($M = 98.3, SD = 13.2$) have sharp critical thinking skills as compared to girls ($M = 91.0, SD = 10.0$). Similarly, those who are employed show sharp critical thinking skills and more social media literacy as compared to the unemployed individuals and students. Moreover, it was also found that young adults use social media for an average of 4-6 hours daily, with their most used platform being Instagram, followed by Whatsapp and Facebook. Lastly, there were several limitations including sample size, research bias, and other confounding factors that should be noted.

Keywords: Social media literacy, news, social media, instagram, critical thinking, youth



Effect of Alexithymia On Relationship Quality Among Married Adults: Role of Trait Affection and Social Avoidance

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Abstract: This research aims to examine the effect of alexithymia on relationship quality in married adults, with trait affection as a mediator and social avoidance as a moderator. A total of 300 married individuals aged 18 years and above were recruited from Islamabad, Rawalpindi, and Wah Cantt using a convenience sampling method. The study employed a quantitative, cross-sectional correlational design and utilized standardized instruments, including the Toronto Alexithymia Scale (Taylor et al., 1991), Relationship Quality Scale (Chonody et al., 2016), Social Avoidance and Distress Scale (Watson & Friend, 1969), and Trait Affection Scale (Hesse & Floyd, 2008). Data analysis was conducted using SPSS, with descriptive statistics computed for demographic and study variables. Pearson's correlation to assess bivariate associations, linear regression to examine predictive effects, and mediation and moderation analyses to test hypothesized models. The findings indicated a negative association between alexithymia and relationship quality and a positive association between alexithymia and social avoidance. Additionally, relationship quality was inversely related to social avoidance. Trait affection emerged as a partial mediator in the link between alexithymia and relationship quality, suggesting that individuals with higher alexithymia reported lower levels of trait affection, which, in turn, was associated with poorer relationship quality. In contrast, social avoidance significantly moderates the relationship between alexithymia and relationship quality. Furthermore, independent-samples t-tests revealed non-significant gender differences in alexithymia, aligning with findings from recent studies conducted in Pakistan. These findings highlight that this research addresses a gap in the Pakistani context.

Keywords: Alexithymia, relationship quality, social avoidance, trait affection



Applications of HTP Technique in Trauma Management

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Abstract: This case study explores the use of projective intervention in addressing on a 21year-old female who developed post-traumatic symptoms following the sudden death of her father. Assessment tools included the International Trauma Questionnaire (ITQ) (Cloitre et al., 2018) it showed complex PTSD, with emotional dysregulation, negative self-image, relational issues, and daily functioning impairments., the Trauma Screening Questionnaire (TSQ) a score of 6 or more 'Yes' responses typically indicated the need for professional evaluation. The client endorsed all 10 items, suggesting severe symptomatology across all PTSD domains and the House-Tree-Person (HTP) projective test. The HTP provided deeper insights into unconscious conflicts, emotional masking, and relational withdrawal that were not fully captured by structured measures. Based on projective findings, trauma-informed cognitive behavioral therapy (CBT), prolonged exposure, and in vivo exposure techniques were tailored to address both conscious symptoms and symbolic expressions of trauma. After 12 sessions, Post HTP projective test outcomes indicated reduced, and gradual social reintegration. This case highlights the value of integrating projective assessment with structured tools for comprehensive understanding and treatment of trauma in female.

Keywords: Oprojective intervention, HTP, PTSD, cognitive behavioral therapy, female trauma recovery



Marital Relationship Satisfaction, Fear of Childbirth and Childbirth Self-Efficacy Among Pregnant Women.

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Abstract: The quality of marital relationships is crucial in shaping women's psychological well-being during pregnancy, influencing their perceptions and experiences of childbirth. This study, using a cross-sectional research design, explored the interplay between marital relationship satisfaction, fear of childbirth, and childbirth self-efficacy among pregnant women. The sample consisted of 100 pregnant women aged 20 to 30, selected through purposive sampling technique. The Marital Satisfaction Questionnaire (Arnold & Lazarus, 1996), the Fear of Childbirth Questionnaire (FCQ) (Slade, Balling, Houghton, & Sheen, 2022), and the Childbirth Self-efficacy Inventory, Iranian version (Khorsandi, 2008) was used for data collection, along with a self-administered demographic form. The findings supported the proposed hypotheses, confirming that marital relationship satisfaction played a significant role in enhancing childbirth self-efficacy and reducing fear of childbirth and would serve as a strong predictor of both outcomes. These results contributed to the broader discourse on maternal health and provided valuable insights for healthcare providers in promoting the mental well-being and quality of life of pregnant women.

Keywords: Marital relationship, fear of childbirth,, childbirth self-efficacy



Exploring Emotional and Social Challenges Faced By Parents of Children with Cerebral Palsy: A Thematic Analysis

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Abstract: A child with cerebral palsy has its unique needs and parents have to struggle to meet their child's need which caused psychological stress and social seclusion of the child and the parents. The aim of the study was to promote the parents' psychosocial health and provide better healthcare facilities to the afflicted child. This research investigated the heterogeneous aspects of psychosocial life of parents, age range from 22 to 35 years old, of children with cerebral palsy by using semi structured interviews. The data that was collected from both parents (6 mothers, 6 fathers) was interpreted by using thematic analysis. Thematic analysis of interviews conducted with the parents of children with cerebral palsy revealed five overarching themes: Caregiver Burden, Family Dynamics, Social Experiences, Financial Strain, and Coping and Resilience. Each theme illustrates a different aspect of the lived realities of parents, capturing how caregiving reshapes their emotional, social, and economic lives. This study would contribute in creating awareness and providing better services to the parents of children with cerebral palsy. It would also help in providing better support services and maintaining wellbeing of parents of children with cerebral palsy and increase their social inclusion as well.

Keywords: Cerebral palsy, psychosocial burden, social inclusion, social seclusion, caregiver burden, family dynamics, social experiences, financial strain, and coping and resilience



Mindful Parenting and Psychological Wellbeing: The Mediating Role of Parental Stress

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Abstract: Parents play a vital role in psychological and social development of an individual. Empirical evidence suggest that mindful parenting is associated with improved well-being of the adolescents. This is still to be investigated how mindful parenting practices increase overall wellbeing of adolescents and lessens parental stress. The present study focused on mindful parenting practices and adolescents' psychological wellbeing with a focus on the mediating role of parental stress. Urdu versions of the Interpersonal Mindful in Parenting-Parent Form as reported by parents and Youth Form (Mother and Father) reported by adolescents, were used to measure mindful parenting. Parental Stress Scale to measure parental stress reported by parents, and WHO Wellbeing Index-5 was used to measure psychological wellbeing as reported by adolescents. The sample of 300 parent-adolescent dyads was taken from intact families. Age of adolescents ranged from 12-18 years ($M = 15.30$, $SD = 1.92$) and parents' age ranged from 30 to 60 ($M = 44.54$, $SD = 6.75$). The results showed that mindful parenting practices negatively predicted parental stress while it positively predicted psychological wellbeing of adolescents. The parental stress indirectly explained the relationship between mindful parenting and adolescents' psychological wellbeing. Fathers reported more use of mindful parenting practices, while mothers reported more parental stress. Parents of boys showed more parental stress as compared to parents of girls.

Keywords: Mindful parenting, parental stress, psychological wellbeing, adolescents, parents.



Occupational Stress in Predicting Mental Health of University Teachers: Role of Psychological Capital

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Abstract: University teachers are pivotal to higher education and work related challenges affect their mental health. Addressing these challenges is essential for maintaining educational excellence and a supportive academic and work environment. Hence, this study aimed to examine the association between occupational stress and mental health and to assess how psychological capital effect this association. The data was collected in two phases from different universities of Rawalpindi and Islamabad through purposive and convenient sampling technique. Pilot study was carried out in order to examine psychometric properties and item understanding of measures of the study. In main study ($N = 250$), university teachers responded on a series of questionnaires including Perceived Stress Scale, Depression, Anxiety, & Stress Scale (DASS-21), and Psychological Capital Questionnaire with an age range of 25-49 ($M = 36.05$, $SD = 5.78$) to examine the hypotheses of the present study. The result demonstrated satisfactory reliabilities of all the scales of the study ($\alpha = .67$ to $\alpha = .89$). The findings further revealed significant negative association of occupational stress with mental health and psychological capital. Additionally, significant positive association was found between psychological capital and mental health (depression and stress). Furthermore, psychological capital exhibited non-significant moderation. Mean differences among study variables revealed that females had higher psychological capital; however, occupational stress, and mental health showed non-significant results. The study's findings serve as a baseline for future research into other personal resources that can safeguard mental health, aiding counselors in focusing on unique personal resources in respective sessions. It also serves as a basis for policies promoting a work-friendly environment for teachers, with universities offering workshops on stress management and work-life balance.

Keywords: Mental health, occupational stress, psychological capital, university teachers, gender



PSY-2001

Beyond Symptoms: The Role of CBT in Improving PCOS-Related Quality of Life

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Abstract: Polycystic Ovarian Syndrome (PCOS) is one of the most common hormonal disorders, which affects about 8-13% of women of reproductive age. It causes infertility, metabolic and mental health complications. Although most of the women discover their PCOS in the 20s and 30s when it disrupts their quality of life therefore, the present study aimed to investigate the effectiveness of Cognitive Behavioral Therapy (CBT)-based intervention in enhancing the PCOS-related quality of life of women with PCOS. After a systematic screening process, young women with PCOS ($N = 46$) aged between 20-39 years ($M = 23.85$, $SD = 4.82$) were recruited into the study. It was a randomized controlled trial, thus the subjects were categorized equally into an experimental group ($N = 23$) and a waiting list group ($N = 23$). Pretest and post-test were conducted on the participants in both groups. The intervention was however administered to the experimental group only. Participants ($N = 46$) were requested to complete Polycystic Ovarian Syndrome Quality of Life Scale at both stages; pretest and post-test, whereas intervention phase included 12 sessions, all 6 weeks long, and was a CBT-based intervention plan. The effectiveness of CBT-based intervention plan was assessed by using IBM-SPSS-20 to validate the hypotheses of the study. Findings indicated that the experimental group had a significant overall within-group improvement with higher post-test scores ($M = 154.65$, $SD = 23.45$) than the pretest ($M = 131.00$, $SD = 22.09$), $p < .05$. Post-test between-group analysis showed that the quality of life of the experimental group ($M = 154.65$, $SD = 23.45$) and the waiting list ($M = 124.65$, $SD = 21.91$) group differ significantly, $p < .05$. The findings support the utilization of CBT in improving the quality of life induced

by PCOS and suggest the application of psychological interventions as a mandatory component of a PCOS treatment process.

Keywords: Polycystic Ovarian Syndrome (PCOS); Women`s health; Quality of Life; Cognitive Behavioral Therapy; PCOS management



PSY-2021

Social Determinants of Suicidality among Adolescents in Chitral: Low and High-Risk Evidence

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Abstract: This study aimed to investigate the social predictors of suicidality among adolescents in Lower Chitral, Khyber Pakhtunkhwa. After a detailed literature review, it was hypothesized that there would be significant social predictors of suicidality at low risk and high risk among adolescents in Chitral. The present study sample consisted of 840 participants, further divided into low-risk and high-risk. The age range of the participants was 12 to 19 years old, among whom the majority of the participants belonged to middle socioeconomic status. The data was collected from educational institutes (schools and colleges) of Lower Chitral. The participants were assessed for suicidality risk using the suicidal behavior questionnaire-revised (SBQ-R), and further social predictors were identified using Multidimensional Scale of Perceived Social support, Family Conflict Scale- Original, California Bully Victimization Scale, Life event checklist for DSM5 Standard Version, Early life Event Scale, Spiritual Wellbeing Scale, The World Health Organization Quality of Life-Brief, Drug Use Questionnaire and Adolescents Mental Health Support Scale. Descriptive statistics and multiple regression were applied to analyze and interpret the data in statistical terminology. Results indicate significant social predictors of suicidality among adolescents in Chitral among which for low risk were perceived social support ($\beta = 3.16, p = .030$), its subscales; family ($\beta = -1.50, p = .017$), friends ($\beta = -1.36, p = .029$), the subscales of family conflict Likelihood ($\beta = .98, p = .00$), seriousness ($\beta = .97, p = .00$), threatened ($\beta = -.978, p = 0.12$)

subscale of early life events, the Dmaoin-2 ($\beta = .492, p = .021$) and Domain-3 ($\beta = .492, p = .002$) of Quality of life, the predictors for suicidality, and for high risk the significant predictors were bullying ($\beta = 1.137, p = .059$), life events ($\beta = -.932, p = .008$), unvalued ($\beta = .009, p = .009$) a subscale of early life events, existential well-being ($\beta = -.162, p = .034$) a subscale of spiritual wellbeing. The findings have implications for clinical interventions and suggest future research avenues.

Keywords: Chitral, adolescents, suicidality, social predictors



PSY-2043

**Screen-Based Behaviors and Adolescents Mental Health:
Association with Well-Being and Emotional/Behavioral Problems**

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Abstract: Adolescents today are growing up in a digital era where screen-based activities occupy a significant portion of their daily lives. While technology can provide opportunities for connection and learning, excessive or unbalanced screen use has raised concerns regarding its impact on mental health. This study investigated the associations between screen-based behaviors and two key domains of adolescent mental health: well-being and emotional-behavioral outcomes. A total of 500 school-going adolescents were recruited through multistage cluster sampling and assessed using standardized measures of well-being (PERMA framework) and emotional-behavioral problems (internalizing and externalizing difficulties). Group comparisons revealed that adolescents who predominantly engaged in screen-based behaviors reported significantly lower well-being and higher levels of emotional-behavioral difficulties compared to peers involved in non-digital hobbies. Correlational analyses further demonstrated a negative association between screen-based behaviors and overall well-being as well as its subdimensions, alongside a positive association with both internalizing and externalizing problems. These findings underscore the complex and potentially detrimental role

of screen-based behaviors in adolescent development. The results highlight the importance of promoting balanced digital engagement alongside diverse recreational activities to foster healthier developmental outcomes.

Keywords: Screen-based behaviors, screen time, adolescent mental health, wellbeing, behavioral/emotional problems



PSY-2051

Identity Styles and Identity Distress Among University Students: Role Of Coping Strategies

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Abstract: University life represents a critical developmental period characterized by significant academic, social, and personal transitions, all of which influence identity formation. This study investigates the relationship between identity styles informational, normative, and diffuse-avoidant, identity distress, and the moderating role of coping strategies among university students. Grounded in Berzonsky's Identity Style Theory. A quantitative correlational design was employed, utilizing standardized instruments: Berzonsky's Identity Style Inventory (ISI-5), the Identity Distress Survey (IDS), and a multidimensional Coping Scale. A diverse sample of university students was selected through purposive sampling. Data were analyzed using SPSS and PROCESS Macro to conduct correlation, regression, and moderation analyses. Findings revealed that students with a diffuse-avoidant identity style reported significantly higher identity distress, highlighting their tendency to avoid or delay identity-related decisions. Conversely, individuals with an informational identity style also experienced identity distress. The normative style was associated with moderate levels of distress, as students adhering to societal and familial expectations experienced reduced internal conflict but limited personal growth. Importantly, coping strategies moderated the relationship between identity styles and identity distress. Coping buffered the effects of distress, particularly among diffuse-avoidant

individuals. The results underscore the importance of fostering self-reflective identity processing and promoting adaptive coping strategies through targeted mental health interventions. This research contributes to the broader understanding of identity development, resilience, and student psychological adjustment, with practical implications for university counseling services and developmental programming.

Keywords: Identity Styles, coping strategies and identity distress



PSY-e001

Financial Stress as Predictor of Mental Well-being and Life Satisfaction in HEIs: Mediating Role of Ruminative Thinking

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Abstract: The present study aimed to investigate the mediating role of ruminative thinking in the relationship of financial stress with mental well-being and life satisfaction in HEIs. For this purpose, data were collected from purposively selected 300 (as determined by G Power analysis) regular university students (both men and women) aged between 18 and 26 years from Sargodha District. The Financial Stress Scale, Ruminative Response Scale, Warwick-Edinburgh Mental Well-being Scale, and Satisfaction with Life Scale were used to measure the study variables. The results of the regression analysis revealed that financial stress was a significant negative predictor of mental well-being and life satisfaction. Results further revealed that ruminative thinking mediates the relationship between financial stress and life satisfaction, as well as the relationship between financial stress and mental well-being. Limitations of the study and suggestions for future research are also discussed. The study offers important implications for educators and policymakers as well.

Keywords: Financial stress, ruminative thinking, life satisfaction, mental well-being, University Students



Examining the Role of Peer Pressure Between Locus of Control and Academic Motivation Among University Students

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Abstract: In the dynamic world of higher education, where collectivist norms profoundly shape student behavior, declining academic motivation undermines engagement and drives alarming dropout rates. This study examines the dynamic interplay of locus of control and peer pressure in shaping academic motivation among $N = 305$ undergraduate students from universities in Islamabad and Rawalpindi city, Pakistan. Employing a correlational cross-sectional design, data was gathered using the Multidimensional Locus of Control Scale, Peer Pressure Scale Questionnaire-Revised, and Academic Motivation Scale. Findings reveal that internal locus of control significantly boosts academic motivation ($\beta = .17, p < .001$), empowering students to overcome academic challenges, while peer pressure exerts a detrimental effect ($\beta = -.22, p < .001$). External locus of control's impact on motivation is fully mediated by peer pressure (indirect effect = $-.04, 95\% CI [-.07, -.01]$), underscoring its vulnerability to social influences in collectivist contexts. Peer pressure did not mediate the relationship between internal locus of control and academic motivation, highlighting the resilience of internal control beliefs. Future research should expand into rural contexts and employ mixed methods approaches for deeper cultural insights.

Keywords: Peer pressure, academic motivation, internal locus of control, external locus of control, undergraduate students



SOCIOLOGY

Acid Attacks as a Barrier to Women's Economic Empowerment: A Socio Legal Perspective

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Abstract: Acid attacks, also known as vitriolage, represent one of the most brutal forms of gender-based violence and a grave violation of human rights, disproportionately targeting women and leaving them vulnerable to lifelong social, physical, and psychological scars. Such attacks are deeply rooted in patriarchal structures and are often instigated by factors such as the rejection of marriage proposals, disputes over dowry, conflicts related to inheritance, and so-called honor crimes. This research examines acid violence as a structural barrier to women's economic empowerment, employing a socio-legal perspective to explore both the lived experiences of survivors and the systemic shortcomings within healthcare, rehabilitation, and justice delivery mechanisms. A phenomenological approach was adopted, leading to the identification of several key themes and sub-themes, including limited access to medical facilities, facial disfigurement, psychological and emotional trauma, persistent social stigma and rejection, challenges in rehabilitation, loss of educational and career opportunities, and multiple failures within the legal framework. The study's findings reveal that acid survivors often remain trapped in poverty and economic marginalization due to their altered physical appearance, enduring stigma, and lack of acceptance within most areas of public life. In Pakistan, while legislation addressing acid crimes exists, its implementation remains weak. The law is undermined by unregulated acid sales, inadequate penalties, insufficient financial compensation for victims, and gender-insensitive judicial processes. Access to justice is additionally hindered by expensive and prolonged legal proceedings, the inefficient role of police, the influence of powerful perpetrators, and the prevalence of out-of-court settlements. This paper argues that genuine empowerment for acid attack survivors requires comprehensive social and legal reforms, accessible and affordable healthcare, vocational training, education, strict regulation of acid sales, gender-sensitive policing, and survivor-centered legal aid. Without addressing these structural blockades, victims will continue to

be trapped in cycles of poverty, dependency, and vulnerability, making it nearly impossible for them to transition from victimhood to survivorship. The study concludes by offering targeted recommendations for policymakers, civil society, non-governmental organizations, and legal institutions aimed at promoting economic reintegration and restoring dignity for survivors.

Keywords: Acid violence, gender-based violence, socio-legal reforms, economic exclusion, poverty



SOC-1700

Consequences of the Students' Use of ChatGPT in Higher Education: Perspectives of Educators at Virtual University of Pakistan

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Abstract: Virtual University of Pakistan is one of the growing academic institutions of distance learning in Pakistan after the outbreak of COVID-19. The Virtual University of Pakistan offers online education to the students across the globe and specifically in Pakistan. In contemporary era, AI technology in academia in the form of ChatGPT became more prevalent in higher education. It is important to explore the consequences of using AI models in higher education within the specific context of the Virtual University. The current study aimed to explore educators' perspectives on the consequences of the use of ChatGPT by students in semester activities and research projects. The research study was inspired by the strain theory of Robert. Merton. The Qualitative research approach and case study research design was used to explore this phenomenon. The researcher has selected the lecturers from the faculty of arts and humanities in the Virtual University of Pakistan through purposive sampling. I have utilized In-depth interview guide for the data collection from twenty educators. Thematic analysis is employed for data analysis, and I have identified both positive (Availability of the academic material, adapted learning experience and better student engagement) and negative consequences

of ChatGPT in higher education (Ethical concerns, lack of critical thinking, deficiency in creativity, decreased ability of problem solving, reliability and accuracy of data, privacy concern and changes the teaching role). There is a need of time to make proper policy to implement ChatGPT in higher education and address the negative outcomes of ChatGPT through training and proper guidance on AI use in studies and teaching. It is the requirement to promote critical thinking and set proper ethical guidelines alongside the use of AI. In crux, it is a need of hours to integrate technology into higher education with proper policy to mitigate the negative consequences of ChatGPT and promote positive outcomes in research and academia.

Keywords: Higher education, ChatGPT, ethical concerns, Pakistan, adapted learning experience



SOC-2041

Impact of Glacier Lake Outburst Flood on The Livelihood of People of Chitral

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Abstract: The present study aims to explore the challenges experienced by people during glacier lake outburst floods (GLOFs) in the north of Pakistan. Glacier Lake outburst floods are becoming increasingly prevalent in and around the world's highest mountains, posing a growing risk to an increasing number of people. This study will explore the issues that people face during flooding, related to livelihood and quality of life. This research was carried out in Reshun and Golen valleys in Chitral district. The study was conducted under qualitative research design and in-depth interviews were taken from people who have experienced GLOFs in recent years. The data was collected through an interview guide. A total sample size of 36 respondents was selected for interviews from the targeted population through purposive sampling and data collection was carried out until saturation of data was reached. The researcher analysed the data using narrative analysis. The result gave an in-depth insight of the impact of

glacier lake outburst on people's livelihood, their houses have been destroyed, they are left with nothing, they face difficulties in accessing basic facilities that a human being need to survive. Its shows the negligence of the governmental organization that how they are just postponing the mitigation plans and they are doing crisis intervention rather than taking preventative measures, only the NGOs and the community members are their last hope, as the data was analysed the people are not ready to leave the place just because of love for their land and having local narratives that God is behind this whole phenomena of destruction, having religious belief to this extent is harmful as it makes the human being negligible towards the mitigation or resilient plans, that's what was seen in the data, furthermore the difficulties faced by people due to blockade of roads was one of the major issues and it's a life threatening danger also. There should be a pragmatic approach in which the community and governmental organization should work together to make the lives of people easier and safer.

Keywords: Impact of Glacier Lake, flood, Chitral



SOC-1704

Digital Glass Ceiling in Academia: AI Reshaping Mentorship and Supervision for Women Doctoral Students in Pakistan

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Abstract: Artificial Intelligence (AI) is transforming higher education but there is a lack of research into its impact on doctoral mentorship and supervision within gendered Global South contexts. The current literature has not been able to focus much attention on women doctoral students (WDS) and the vulnerabilities are multiplied in patriarchal and resource-scarce settings like that of Pakistan. This paper examines how AI is transforming doctoral supervision among women students in different universities across Islamabad, which are of different socioeconomic and institutional background. We used a qualitative feminist approach and an intersectional theoretical lens to conduct

qualitative in-depth interviews with 10 participants. Thematic analysis indicated that there are two roles of AI. The identified tools that could unlock access to guidance, improve feedback, and create networking opportunities were the writing assistants, automated feedback systems, or digital research platforms. Meanwhile, learners cited unequal connectivity, algorithmic bias, and a loss of personal mentor-mentee relationships, citing one student as saying that “AI feedback makes me feel less supported than isolated.” The results point to the importance of culturally sensitive and gender-responsive AI usage in doctoral education. Our suggestions are supervisor training in AI literacy and subsidized digital infrastructure to be provided to all to promote equal participation. The paper adds to the debates on doctoral mentorship, intersectional gender inequities, and how AI can be ethically incorporated into the higher education system.

Keywords: AI-mediated doctoral supervision, gendered digital divide, intersectionality in higher



SOC-1633

Youth and Modernity in Pashtun Tribale Areas Negotiating Tradition and Globalization

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Abstract: This study investigates the changing and complex dynamics of youth, tradition and modernity in the Pashtun tribal areas that are generally portrayed as resistant to change but often exposed to the power of globalization. The research investigates how young Pashtuns manage to contend with the conflict between deeply rooted cultural expectations, such as communal obligations, tribal norms, gender roles and new global forces such as migration, digital media, transnational ideologies and education. Based on participatory observation, ethnographic field works and interviews, this research analyzes the everyday lives of the youth as agents of transformation and continuity within their communities. Further, this research questions how youth are appropriate and understand selective elements of modernity from

technology and fashion to political ideology. Meanwhile, negotiating space within traditional forms of social expectation, kinship and authority. The study further examines how institutions such as Madrasas, social networking sites, NGOs and schools shape aspirations and identity. The research provides a critical analysis of the strategies young people use to manage competing pressures from managing mixed identities to devising overt form of resistance or remedy. By situating the lives of Pashtun youth in wider discourses on social transformation, postcolonial modernization and cultural globalism, this study contributes to sociological, anthropological and political conceptions of change in contested and marginalized territories. Ultimately, it focuses on youth agencies in constructing futures that reject either tradition or modernity entirely.

Keywords: Youth, modernity, tradition, globalization



SOC-1610

Green at Home: Exploring Eco-friendly Practices of Housewives in Rawalpindi

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Abstract: Environmental sustainability is a crucial issue of present world, which needs to be addressed. Literature emphasized the industrial and institutional measures to preserve the environment but overlooked the household level contributions. This study investigates the sustainable practices of housewives in Rawalpindi concentrating on how everyday domestic routines contribute to sustainable living. This research analyzes the practices such as recycling, reuse of household items, reducing plastic consumption, preserving water and electricity and adopting ecofriendly products. The study employs the qualitative research design to highlight the lived experiences and perspectives of women who manage households by conducting semi-structured interviews. Using purposive sampling, 10 housewives of diverse socio-economic backgrounds was selected from different localities of Rawalpindi. This approach ensures the inclusion of participants from

various localities, providing detailed understanding of household level sustainability. Thematic analysis was used to analyze the collected data to identify the recurring practices, motivations, and challenges in adopting eco-friendly habits. The findings revealed the significant but often overlooked role of housewives in protecting the environment at the grassroots level. Eco-friendly habits are adopted not only by environmental awareness but also by economic constraints, cultural values, and economic responsibilities. Most women engage in sustainable practices out of necessity while others do so consciously to contribute to environmental protection. The study highlights the challenges encountered by housewives in practicing eco-friendly habits. By focusing on the experiences of housewives, this research contributes to environmental sociology by emphasizing the role of domestic practices in promoting sustainability. It also provides valuable insights for awareness campaigns and policymaking to strengthen eco-friendly behaviors at primary level.

Keywords: Eco-friendly practices, sustainability, environmental sociology, household behaviors, housewives, environmental protection



SOC-1536

Awareness and Deficiencies in Sex Education within Educational Settings

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Abstract: Sexual molestation is a young child is a dilemma of the modern world. Sex education for young people; still exist incomplete and is a contentious issue in various states about everywhere in the world. Present study is conducted in Lahore, Pakistan to evaluate the factors behind the low level of awareness among the children regarding the sexual oriented issues and the role of the social institutes, like family, religion, schools etc. The present study will thus evaluate which institution is most efficient in guiding about sex education and to compare the role of various social institutions and what are sexual oriented issues and gender issues in Pakistani society. Moreover,

evaluate the impact of background (rural/urban) of adolescences on the role of institutions. The study will be conducted under quantitative research design. The target population of the study will be based on cohorts of students from university level. A survey tool for collecting data to meet the research objectives will be developed. The research questions are answered, and hypothesis is tested by analyzing data on Statistical Package for Social Sciences (SPSS). Initially, the researcher provided demographic results with sufficient description and statistics. Secondly, the descriptive results applied, in which all the statements of the tool will be analyzed. Thirdly, univariate analysis conducted of all the institutions. Fourthly, to test the hypothesis bivariate analysis preceded. This study is unique in its nature because in Pakistan there is very little literature available on this topic. Moreover, this study will help people in not only understanding the issue but also the solution of the issues. This study is useful not only for the safe future of our present and future generations but also for the policy makers.

Keywords: Sexual molestation, dilemma, sex education, oriented, bivariate



SOC-1521

Empowering Marginalized Girls in Rural Islamabad Through Localized Informal Education

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Abstract: This study intends to examine how informal education initiative can empower marginalized girls in the rural areas of Islamabad (Tarnol, Golra and Sangjani). In these areas, formal education is inaccessible for many girls due to poverty, gender norms and poor infrastructure. By focusing on community-based and localized learning efforts such as home-based schooling, NGOs operated institutions, and non-formal education models, this research will explore how such programs may promote gender equality and social inclusion. Qualitative research design will be applied, such as interviews with parents, girls, educators and community leaders as well

as field observations in selected peri urban territories. The study will be aimed at exploring how informal education not only enhances learning opportunities but also builds confidence, self-determination and participation in social life. It is to be expected that the findings will significantly observe the importance of culturally deep-rooted community-driven education in fostering inclusiveness for under-privileged girls who have long been excluded from formal education.

Keywords: Marginalized girls, gender equality, informal education, rural Islamabad, community-based learning.



SOC-1500

Chronic Care and Social Vulnerability in Conflict Zones: A Study from Upper Kurram

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Abstract: Sectarian violence in regions like Upper Kurram, Pakistan, presents severe challenges to healthcare systems. This qualitative study explores the physical and logistical barriers to access to chronic care for established patients. For the study, 13 established patients with different backgrounds were interviewed using a semi-structured interview guide. The research uncovers major barriers, such as restricted mobility, inaccessibility of healthcare facilities, and fear-driven delays in treatment. The data collected by these interviews was analyzed through thematic analysis. The data reveals that patients face systemic neglect, emotional distress, and dependence on informal care. These findings suggest that chronic care services should be redesigned to address conflict-related challenges in healthcare delivery systems.

Keywords: Chronic illness, sectarian violence, healthcare access, conflict zones, Upper Kurram, Pakistan, qualitative research



Exploring Female Students Perspectives on Participation in Extracurricular Activities in Islamabad Pakistan

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Abstract: Participation in Extracurricular Activities (ECAs) is crucial to the development of the students in personal and professional life. Nevertheless, when it comes to the female students in Pakistan, the participation in such activities is usually shaped by the strong cultural and institutional limitations. This paper examines these dynamics within Quaid-I-Azam University (QAU), Islamabad and it aims to find out the motivating factors and obstacles that influence female participation in ECAs. The paper explores social and institutional cultural factors which influence the participation of ECAs as it shows how such practices can assist students to grow both personally and professionally. The study examines the main reasons that prompt female students to enroll in ECAs and determines the barriers and the learning outcomes of such activities. The research utilizes the social role theory as a framework of organizing its research ideas regarding the social aspects that define gender-specific actions and opportunities. The social role theory suggests that traditional gender norms affect the involvement of females in ECAs whereas institutional contexts can modify the norms. The study used qualitative research designs, and semi-structured interviews to examine 16 female Bachelor of Science (BS) students who participated in ECAs by purposively sampling them. To determine the key recurrent themes and patterns, thematic analysis was applied to the data set obtained. The research results indicate that female students engage in ECAs to enhance their skills, acquire leadership, form social networks, and career promotion. Besides that, cultural norms, family control, safety issues and institutional policies limit participation in ECAs activities. ECAs provide platforms for students where they can break the traditional barriers to gain confidence. The research study extremely recommends that the educational institutions should work on cultural and structural barriers to enable female students to participate in ECAs in inclusive environments.

Keywords: Participation of females, extracurricular activities, gender roles, social role theory, cultural barriers, empowering, skill development.



SOC-2040

**Perception of Body Shaming on Workplace Performance: A
Study of Bankers in Islamabad**

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Abstract: The problem of body shaming is a significant concern for feminists throughout the world. In developing country like Pakistan, women are treated differently at workplace. Body image is formed of attitudes and beliefs about body weight, size, shape, height, hair color and texture, facial features (eye size, nose shape) and skin complexion tone. Recently issue of body shaming is growing rapidly specially among females, so it tried to highlight the challenges faced by working females due to physical appearance. The History of sexuality theory of Michael Foucault about female's body was applied in study. The study was conducted under quantitative research design with a sample size of 166 respondents from private banks of Islamabad. Sample was taken by applying simple random samplings for this study. Probability sampling technique was used to select respondents. Research instrument that was used for this study was questionnaire and survey as a tool to collect data from respondents. The data was analyzed through statistical techniques to understand social phenomenon. The chi-square and co-relation evaluated the hypothesis. The purpose of the current study was to investigate the appearance base discrimination of female bankers by the colleagues and administration of private banks. The study's main findings highlighted the issues and difficulties of promotion, unequal treatment, bullying, depression and negative reviews based on physical appearance of females which in turn negatively effects on their workplace performance. Inequality in banking jobs results from imbalanced attitude toward specific physical appearance. The study recommends that private banks must resolve the

problems mentioned above and should not allow any individual to disrespect bankers in any aspect.

Keywords: Body image at workplace, Weight discrimination at work, Body shaming issue



ABSTRACTS OF POSTER PRESENTATIONS

FINE ARTS

Pattern as Protest: The Subversive Power of Ornamental Language in Contemporary Art

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Abstract: Ornamental languages have been used as covert weapons for resistance throughout history, in addition to being beautiful. Art forms have traditionally expressed rebellion beneath the pretense of ornamentation, from the geometric patterns of medieval Islamic art that subtly included religious and political criticisms to the Underground Railroad quilts of 19th-century America that encoded escape routes for enslaved people. Folk embroidery and weaving helped to preserve suppressed national identities in Eastern Europe throughout the Soviet era, while block-printed textiles, rebellion of workers in making Dhaka Muslin in South Asia carried anti-colonial sentiments during the independence campaigns. Artists carry on this tradition of provocative visual storytelling in current conflicts, such as those in Gaza, Ukraine, and others. Afghan war carpets narrated stories of occupation and resiliency; Ukrainian vyshyvanka needlework became a living protest; and the Palestinian watermelon and keffiyeh became a coded symbol of nationhood. The purpose of this research is to trace how decorative arts have been used as hidden means of resistance in various historical and cultural contexts. It will examine how these forms have been reinterpreted in relation to current events in Iran, Gaza, and Ukraine. Qualitative analysis will be used to study the issue. Archival research is integrated with case studies that include topics such as Palestinian themes, anti-colonial South Asian textiles etc. Semiotic analysis is utilized to decode symbolic language, while visual ethnography and digital media inspections are employed to examine recent instances. This work challenges reductive conceptions of ornamentation by redefining ornament as an active political medium.

Keywords: Art as resistance, Cultural identity, Political symbolism, Heritage and activism, Keffiyeh



The Symbolism of Turtles in Art: From Myth to Modern Times

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Abstract: Through centuries and oceans, the turtle travels through the tides of human imagination, an enduring traveler carrying the burdens of worlds upon its back. In myth and remembrance, it fixes creation myths, from the Native American Earth-Diver to the Chinese Spirit Turtle, whose shell is a chart of the universe, whose step is the slow pulse of time. Artists have been fascinated by this silent sentinel for centuries. Henri Matisse's *Bathers with a Turtle* presents it as a voyeur of intimacy. René Magritte's *Le Joueur Secret* places it in dreamlike suspension. Andy Warhol's *Turtle* explodes it into pop-colored imperative, making a sea creature from another era into a modern icon. But beneath its peaceful face is a paradox, the turtle's image for quietness hides gargantuan migrations over entire oceans, journeys as huge and enigmatic as the myths they spawn. This research follows the turtle's journey through the landscapes of culture, interweaving mythology, the history of art, and ecological symbolism. It examines how the turtle's changing representations, sacred symbol, surreal dream, threatened witness, map the changing conversation between humankind and nature. Along the long curve of its trek, the turtle teaches us that persistence itself can be an art, and that the sea's oldest voyager still has tales to share.

Keywords: Turtle imagery, cultural symbolism, myth and art, environmental narratives, Matisse, Magritte



Knots as Metaphors of Emotional Entanglement and Healing Through Faith

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Abstract: Relation is the connection or association of one person with another and these relations are of many types like family relations, blood relations, or relations with friends and other people. Emotional insecurity is a feeling of nervousness and is characterized by a lack of confidence. This thesis Knopen highlight the mental, emotional entanglements, and entangled relations and to understand the emotional damage and stress through the metaphor of knots and how we cope up with it through divine's light. My main goal is to represent the strenuousness through my artwork in my thesis by using and working on knots that show how people become incarcerated by their own relations, and emotions. My whole thesis is based on the qualitative analysis I am expressing my personal and emotional experiences. Knots are used as a metaphor for entanglement and blockage. My color palette represented both darkness and lightness in the human mind, presenting suffering and hope all at once. I found comfort in my spiritual guidance and made metaphorical reference to the spider's fragile web in the Qur'an, where I learned that healing comes not through dependency on superior attachments, rather it is obtained through internal purification and clarity through faith. Future research could focus on collaborative or therapeutic art practices, so that audiences beyond my own personal context can relate the metaphor of knots to their own experiences, either for healing or otherwise.

Keywords: Entanglements, emotional insecurity, relations, knots



Self Obsession

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Abstract: This study explores the dynamics of self-obsession. As humans, we are constantly trying to understand ourselves, our thoughts, and our emotions. This desire for self-awareness can sometimes tip into self-obsession, where we become overly focused on our own thoughts and feelings. The main objective of my thesis is to analyze the importance of self-love and to visualize it. To explore the relationship between self-awareness and self-obsession. Self-awareness can lead to self-obsession, and how this relationship impacts our understanding of ourselves and our place in the world. This study adopts a qualitative research approach, delving into the complexities of self - obsession through an in-depth exploration of artistic expressions created with wire mesh and clay. Examining myself deeply and combine it with the artistic expression that allow me to work on self - obsession through wire mesh and clay present a unique approach to understanding the complexities of self-obsession. This study demonstrates the intersection of better understanding of human experience and promotion personal growth and well-being.

Keywords: Self-obsession, self-awareness, personal growth.



The Triangle of Triumph

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Abstract: Cricket is played and watched worldwide, and now it has become part of Pakistani culture. First women cricket match was played in 1745 while in Pakistan women cricket got introduced in 1990s. Nida Dar, former captain of Pakistan cricket team and an all-

rounder is serving herself for Pakistan since 2010. The aim of research is to explore the rhythm of movement, speed and time and role of Newton's third law of motion to advance the understanding of cricket and highlights the new insights in cricket, bridging the gap between art, cricket and physics, inspired by the skills of Nida Dar. This research adopts a qualitative research approach, gaining information from secondary sources including cricket-based articles and artists, combining it with artistic expression, enabled me capture the essence of cricket. This research has revealed the insights in cricket by applying the principles physics through the lens of art.

Keywords: Cricket, Nida Dar, movement, speed, time



FA-1674

Romanticizing Door as a Soulful Structure and A Piece of Art

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Abstract: Between the worlds and its places, the people and their ages, there lies a "Door" that witnesses it all. *دستکیں* is an artistic journey of visualizing vintage wooden doors as soulful structures that carry emotions inside them and to beautify their physical existence. The work revolves around the thoughts and perspectives of door that rests inside its architectural shell. Through unusual installations, this research aims to catch the viewer's eye towards an unrealistic yet interesting depiction of a door's tale. So that the door's side of story can be heard by the audience. This aim is fulfilled by forming such art installations that represents door as an art piece in different forms and uncommon compositions in an open air to highlight its survival. This allows each artwork to carry a sense of visual communication along with some element of curiosity in understanding the perspectives of doors. This body of work invites the viewer to interact with the silent story tellers and to understand their emotions. By experiencing an atmosphere where ordinary old doors are positioned in an irregular way that is rare to the eyes, evokes an idea of acceptance to the reality of raw and to admire the flaws of world around us.

Keywords: Door, emotions, art piece, visual communication



FA-1675

Inanimate Insurrection

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Abstract: What would happen if the objects we control every day refused to cooperate? Inanimate Insurrection is born with this very question. My thesis called “Inanimate Insurrection” is a visual study that questions inanimate objects and explores their conceptual rebellion through a series of paintings. It is of inanimate objects not as tools that serve man but as independent beings that can resist and have feelings. I got inspiration from big names of Surrealist and Conceptual art such as Magritte, Duchamp, and Salvador Dali's work. My thesis specifically focuses on how it crafted a visual story in which objects abandon their accepted roles. In 1995, animated film “Toy Story” was released in which toys used to come alive and talk to each other when people are not around. Usually, we consider inanimate objects to be static and incapable of acting on their own. To rethink how we see everyday objects by presenting them as bold symbols of rebellion against what they are usually expected to do. Overall, to explore the emotional and philosophical aspects of these rebellious objects and how they shape our views on control and reliance in today's world. This study will analyze self-containment, control, and metamorphosis through paintings depicting these concepts. These include elements like keys that don't work, a dustbin that wants to be beautiful, a chair that shows the sitter his reflection in a mirror, a bag that opens like a mouth, shoes that run away from being worn. Every item act as a symbol of rebellion, which invites all of us to rethink the voiceless quality of objects in our lives. It is a qualitative study; in developing the art I used material experimentation, symbolic arrangement, and metaphorical color palettes for mood and narratives. Textures, real elements and illusionary elements were used to create the theme of animated defiance. It concludes that creative imagination can offer new perspectives on power, use, and dependence. When we give a voice to

the voiceless, Inanimate Insurrection asks you to consider how deeply control is embedded in our relationship with matter.

Keywords: Inanimate, insurrection, conceptual art, visual story



FA-1678

Hidden Bonds

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Abstract: The emotional attachment of individuals and fictional characters is not new. However, this connection is not studied deeply. In recent years, it has gained a lot of attention from scholars, both psychologists and artists. These connections are usually formed in difficult times or when an individual is struggling emotionally. This thesis explores the emotional connection individuals build with fictional characters during rough times. People rely on fictional characters for many aspects, such as emotional support, strength, hope, and comfort. Through this study, we will investigate psychological and emotional reasons that make individuals deeply connect with the fictional world through the medium of miniature painting. Despite traditional Wasli, handmade papers were used to add a personal touch to the artwork. The purple, pink, and blue color palette supports the emotional theme of the fictional world in the artworks. Additionally, a survey was conducted to learn more about the emotional attachment of individuals to the fictional world. The finding showed that the fictional characters provide emotional support, hope, motivation, and reassurance to many during hard times. This thesis combines research with artistic experimentation to show how emotions can be reflected in art.

Keywords: Fictional characters, emotional attachment, strength, hope, and comfort



Entangled in Tranquility

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Abstract: The background of this study lies in the intersection of art therapy, baking art, and emotional healing. Baking and art making can serve as wellness activities. This study rooted in personal experiences of traumas, stress, and emotional struggle. This research explore how baking can facilitate emotional healing, self-discovery and personal growth. The purpose of this research is to explore healing benefits of combining art and baking as a mean of personal growth. Goal of this research is to highlight the cathartic effects of baking in facilitate self-discovery and personal growth. “Entangled in tranquility” is research that explores the meeting point of art and baking as a healing practice for emotional healing and self-discovery from catharsis. Through the making of edible art piece, this study explored the importance of specific elements. Example feathers and the black widow, which represent personal struggles and strength. By combining artistic expression and baking therapy, this research shows the possibility of baking overcome more support and become a deep medium for emotional healing and self-care.

Keywords: Art therapy, baking, healing, personal growth



Foundation of Divine Relationship

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Abstract: This research delves into the “Foundation of Divine Relationship” drawing inspiration from the life of Jesus. It examines how Jesus exemplified a relationship with God rooted in love, obedience, and intimate connection. By the understanding Jesus’

sacrifice, the explore how Jesus demonstrated his love for God, even when times were tough. We'll also discover how having a good relationship with God can make us good friends to other people as well. It's like learning how to build deep relationships with both God and the people around us!

Keywords: Divine, relationship, Jesus, love, obedience, intimate connection



FA-1699

Meri Shanakht Ka Safar

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Abstract: This study, “Meri Shanakht Ka Safar” reflects out my harsh and tough journey of the Veil with the lost mind, shivering hands and a broken heart. My study is against the liberal society rejecting prevent social norms. The main goal is to reflect the shift from modern entire to modesty. By controlling my desires, I fulfilled my duty which never left me alone but it opened thousands of gates for me. My aim is to visually represent my inner self that was contradictory to the outer self which was not real. My qualitative research includes conceptual miniature paintings in which I used elements like, circle which represent continuity, branches which represent loneliness, massive lines which represent hustle of my life, gold foil which represent the Islamic change in my life and good will and smoke which represent the blur vision of person who see my unreal side. I used warm color palette in my miniature paintings like black, red, grey, brown in which red is represented for the good will. By immersing our inner self our thesis report book encourages us to look at the feeling, even the harsh ones which hurts you but you find yourself that who you are and to whom you belong. This allows you to accept your flaws and be okay with them. You learn about yourself which tells from which condition you are going through. This thesis book invites the viewers to look at my inner darkness and loneliness which remain hidden. When we discuss

that what it means to be a human, we find ourselves. My study aims to contribute to the discussion of mental health by looking back to our tough times. This shows how we find peace even when the things are hard to accept in our life. I used my personal experience with my ideas that everyone can relate.

Keywords: Shanakht, veil, journey, modesty



FA-1702

Cultural Identity and Heritage

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Abstract: This paper examines how Mughal portraiture and traditional miniature painting express cultural identity and heritage through a refined visual synthesis. Emerging in the 16th century, Mughal miniatures fused Persian artistic traditions introduced by rulers like Humayun with indigenous Indian themes and, later, European influences. Under emperors such as Akbar, the imperial ateliers became hubs of innovation, where artists like ‘Abd al-Šamad, Basawan, and Bishandas developed a distinctive aesthetic marked by intricate detailing, mineral pigments, and techniques such as agate burnishing. Portraiture played a central role in projecting royal authority and psychological realism, while illustrated manuscripts like the *Hamzanama*, *Akbarnama*, and *Jahangirnama* functioned as visual narratives reinforcing dynastic ideology. Symbolic motifs such as halos, falcons, and lotus blossoms communicated deeper meanings of power and divinity. Blending Islamic, Hindu, and European visual vocabularies, the Mughal miniature tradition reflects the pluralistic ethos of South Asian court culture and continues to inspire contemporary artistic practice and global appreciation. Mughal miniatures are renowned for their meticulous attention to detail crafted with ultra-fine brushes, mineral-based pigments, and techniques like agate burnishing to achieve luminous surfaces. Portraiture became central in conveying royal identity and political authority; artists like

Bishandas were especially praised for lifelike realism and psychological depth in court depictions.

Keywords: Mughal miniature painting, cultural identity, artistic syncretism, persian indian fusion, court portraiture



FA-2035

Occult

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Abstract: This research aims to investigate the effects and prevalence of horoscopes and palmistry in society. Different books and journals have been studied for this purpose. It was concluded that people are becoming increasingly superstitious and are easily influenced by these practices. A large percentage of individuals in Pakistan firmly believe in horoscopes and palmistry, often associating them with daily life events and future predictions. Such reliance reflects a departure from rational thought and, in some cases, from religious teachings. Palmistry, also known as chiromancy, is an ancient practice that involves reading and interpreting the lines, shapes, and other features of a person's hands. Originating in India thousands of years ago, it has spread across many cultures worldwide. Similarly, horoscopes are based on astrological signs and planetary positions, believed to reveal personality traits, life events, and future prospects. Both practices continue to attract significant attention, as many individuals consult them to seek guidance and reassurance about their lives.

Keywords: Horoscopes, palmistry, astrology, superstition, belief system



PSYCHOLOGY

Women's Educational Rights in Punjab: Sectarian Discourses Vs Quranic Teachings

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Abstract: Women's right to education is established in the Qur'an and authentic Hadith, yet in Punjab, Pakistan, sectarian interpretations and cultural norms often limit its full realization. This study applies a comparative meta-analysis, thematic analysis, and content analysis to examine how four major Islamic sects, Deobandi, Barelvi, Shia, and Ahl-e-Hadith, interpret women's educational rights relative to Quranic and Prophetic teachings. The meta-analysis covered 50 scholarly articles (2014–2024) and found a moderate positive effect size (Cohen's $d = 0.62$) with a 95% confidence interval of 0.52–0.72 and moderate heterogeneity ($I^2 = 38\%$), reflecting diverse cultural and sectarian perspectives. Thematic analysis, using NVivo, was conducted on 40 sectarian sermons, fatwas, and cultural narratives collected from both rural and urban settings, with a deliberate focus on how the same sect leaders sometimes adapt their discourse differently depending on whether they are speaking to an urban or rural audience. This approach generated 420 coded references highlighting six recurring themes: religious misinterpretation (31%), patriarchy (23%), honor-based restrictions (16%), political influence (12%), disconnect from Quranic text (10%), and sectarian power control (8%). The purpose of this thematic analysis was to capture recurring ideas and the shifts in narratives across contexts. The content analysis, using ATLAS.ti reviewed 40 sectarian texts gathered from urban and rural contexts, showing that 58% selectively applied Quranic verses to restrict education, 22% fully supported it, and 20% offered conditional support. A comparative cross-setting review revealed that rural sect members mostly expressed restrictive views (65%) focused on honor and patriarchy, while urban sect members more often aligned (55%) with authentic Islamic support for women's education. These findings highlight the gap between authentic Islamic guidance and sectarian and cultural narratives. The study recommends curriculum reform, inter-sect dialogue, and wider use of digital qualitative tools to promote gender equity consistent with Quranic principles. Limitations include

restricted access to some sectarian materials and possible bias in rural responses. Overall, this research highlights how context-specific shifts in sectarian discourse influence women's educational rights and calls for realignment with core Islamic teachings in Punjab.

Keywords: Women's education, Islamic sects, Sectarian discourse, Quranic teachings, Rural-urban comparison



PSY-1504

Impact of Perceived Social Support on Suicidal Ideation Among Medical Students

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Abstract: The purpose of the present study was to examine the impact of perceived social support on suicidal ideation among medical students in Pakistan. A convenient sample of 300 medical students was selected from various academic institutions in Islamabad and Rawalpindi. Participants completed the Multidimensional Scale of Perceived Social Support and the Suicidal Ideation Scale to measure perceived social support and suicidal ideation respectively. Hierarchical multiple regression analysis demonstrated that perceived social support significantly predicted suicidal ideation, even after controlling for demographic variables, with Family Support emerging as a strong protective factor against overall suicidal ideation including both Suicidal Desire and Resolved Plans and Preparations. Friends Support significantly predicted Suicidal Desire, while Significant Other Support predicted Resolved Plans and Preparations, but not earlier stages of ideation. Group comparisons based on suicidal ideation severity revealed that individuals scoring above the cut-off for suicidal ideation reported significantly lower perceived social support from family, friends, and significant others. Additionally, younger students, females, first-year students, those living alone, individuals from lower-income households, and those with a self-reported mental illness or a family history of mental illness experienced higher levels of suicidal ideation and lower perceived social support. These results

highlight the stage-specific roles of different support sources and emphasize the need for culturally sensitive, support-oriented prevention strategies within academic environments. The study contributes to the literature by providing empirical insights to guide mental health professionals, educators, and policymakers in developing targeted, student-focused interventions that enhance psychological well-being and mitigate suicide risk in vulnerable student populations.

Keywords: Perceived social support, suicidal ideation, medical students, family support, suicide prevention, social networks, mental health



PSY-1505

Impact of Adverse Childhood Experiences on the Mental Health of Adolescents from Slum Areas

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Abstract: The purpose of the current study was to investigate the impact of Adverse Childhood Experiences (ACEs) on the mental health of adolescents living in slum areas. The study also examined the role of demographic variables (age, gender, family structure, no. of siblings and educational status) in relation to mental health outcomes. A convenient sample of 250 adolescents aged 16–21 was selected from various slum areas of Islamabad and Rawalpindi. The Adverse Childhood Experiences (ACE) Questionnaire Urdu translated version (Mamoona Bokhari et al., 2015) was used to assess adverse childhood experiences, while the Mental Health Continuum Short Form Urdu translated version (Faran et al., 2021) was used to measure mental health outcomes. The findings of the study revealed a strong negative relationship between ACEs and mental health. The results also highlighted that ACEs serve as a strong predictor of poor mental health, among adolescents from slum areas. This research contributes to the existing literature by emphasizing the vulnerability of adolescents from slum communities and the long-term psychological consequences of early-life adversity. The findings underscore the urgent need for

trauma-informed interventions, community-based mental health programs, and policy reforms aimed at addressing childhood adversity. By shedding light on the impact of ACEs, this study aims to support mental health professionals, educators, and policymakers in developing strategies to improve the well-being of affected adolescents and help them cope with life's challenges.

Keywords: Adverse Childhood Experiences (ACEs), Mental Health, Adolescents.



PSY-1539

Role of Family Relations in Autonomy and Metacognitions Among Young Adults in Pakistan

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Abstract: Family relationships that are characterized by coherence, support, and adaptation, foster an interpersonal climate that is beneficial to the development of self-awareness and reflective thinking. Satisfying basic psychological needs, particularly autonomy, is critical for optimum cognitive and emotional functioning. Autonomy, defined as the experience of volition and self-endorsement in one's acts, is influenced by early relational contexts and is thought to promote metacognitive growth. Whereas the study aimed to investigate the mediating role of autonomy in the relationship between family relations and metacognitions. Using purposive sampling technique, data was collected from ($N = 300$) young adults of age range between 20-39 from Rawalpindi and Mianwali. The sample was approached in colleges, universities and hostels. Along with demographic information, measures of the Family Adaptability and Cohesion Evaluation Scale-III (Olson et al., 1985), Index of Autonomous Functioning (Weinstein et al., 2012) and Metacognition Self- Assessment Scales-18 (Pedone et al., 2017) were administered. The findings demonstrated Cronbach's alpha reliabilities for all scales and subscales as satisfactory. Pearson correlation analysis presented significantly positive relationship between all the scales and subscales. However, susceptibility to control

showed a non- significant relationship with family relations, indicating that family relations may not directly relate to one's vulnerabilities to external control. Furthermore, regression analysis revealed that family relations and autonomy significantly predicted metacognition. Moreover, autonomy significantly mediated the relationship between family relations and metacognitions. Additionally, group comparisons across gender revealed non-significant differences in family relationships between men and women. Women, on the other hand, reported much higher levels of autonomy and metacognition, contradicting some previous literature in collectivistic settings. The non-significant mean differences across family system, residence and all the study variables were revealed. To conclude, the study found that healthy family relationships had a positive influence on autonomy and metacognitive skills, with autonomy serving as a mediator. These findings reflect shifting gender relations and urge for a rethinking of developmental assumptions in collectivist societies. The study adds to indigenous literature by adapting Self-Determination Theory to the Pakistani environment, with implications for culturally relevant interventions.

Keywords: Family relations, autonomy, metacognition, self - determination theory.



PSY-1574

Moderating Role of Mindfulness in the Relationship Between Social Media Detoxification and Mental Health Among Patients with Clinical Depression

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Abstract: The need to integrate digital detoxification techniques into mental health therapies stems from mounting evidence that mindfulness may lessen depressed symptoms with the hypothesis that mindfulness serves as a buffer against depression while affecting SMD activities, this study investigates the connections among mindfulness,

depressive symptoms, and social media detoxification (SMD) in clinically depressed adults. The Digital detoxification scale (DDS) for SMD behaviors, and Thirty gender-balanced participants diagnosed with MDD confirmed via the Hamilton Depression Rating Scale (HAM-D) and the Patient Health Questionnaire-9 (PHQ9) for depression severity, and the Mindful Attention Awareness Scale (MAAS) for mindfulness were the validated measures used in a cross-sectional assessment of thirty gender-balanced participants with a diagnosis of Major Depressive Disorder (MDD). Every scale showed a normal distribution and high dependability. The key findings revealed that: (1) there was a moderate negative correlation between SMD and depression ($r = -.480, p < .05$), (2) there was a strong negative correlation between mindfulness and depression ($r = -.550, p < .01$), which explained 32.5% of shared variance; and (3) mindfulness significantly predicted lower depression scores ($\beta = -.260, p = .020$), which explained 6.8% of unique variance. Furthermore, there was a positive correlation between mindfulness and social media detoxification SMD ($r = .420, p < .05$), indicating that thoughtful people could take a more proactive approach to detoxification. Although SMD attempts may be prompted by depression, mindfulness seems to lessen symptom intensity on its own. These results demonstrate the therapeutic potential of integrating organized SMD procedures with mindfulness training in major depressive disorder MDD therapy, providing a two-pronged strategy to enhance mental health outcomes. Long-term effectiveness and causative mechanisms in bigger samples should be investigated in future studies.

Keywords: Mindfulness, social media detox, mental health intervention, treat MDD major depression disorder.



The Relationship Between Resilience and Perceived Stress in Pakistani University Students

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Abstract: The purpose of this study was to examine the relationship between perceived stress and resilience among students at Pakistani universities. It also explored the role of gender and its influence on this dynamic. The research was conducted at various private and public institutions in the twin cities of Islamabad and Rawalpindi. When selecting participants, inclusive criteria were considered. Purposive convenience sampling was used to pick participants. A sample of over three hundred students were enrolled in the study. The Perceived Stress Scale (PSS) and the Brief Resilience Scale (BRS) were utilized to assess levels of perceived stress and resilience. The results showed a significant negative relationship between resilience and perceived stress. As resilience increases, perceived stress decreases. The regression analysis also indicated resilience's impact on perceived stress. The findings confirmed that resilience significantly negatively predicted perceived stress. A notable difference in average stress levels was found between males and females. Cohen's *d* indicating a large effect size. Resilience showed a moderate effect size, with males demonstrating greater resilience. These findings highlight a gender-specific relationship between perceived stress and resilience. This study suggests that educational institutions, counsellors, and policymakers can use these insights to develop effective stress management and resilience-building programs.

Keywords: Perceived stress, resilience, undergraduate students, stress management, gender comparisons.



Childhood Maltreatment and Emotion Regulation Difficulties in Young Adults: The Mediating Role of Self-Concept Clarity

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Abstract: The developmental trajectory of an individual is profoundly influenced by experiences during childhood, a period characterized by significant psychological and physical growth. The maltreatment experienced by an individual during childhood disrupts the healthy emotion regulation and shatters a person's self-understanding, confidence, and sense of identity. This study aimed to explore the impact of childhood maltreatment on emotion regulation difficulties in young adults, focusing on mediating role of self-concept clarity. The present study adopted a correlation research design in order to explore the impact of childhood maltreatment on emotion regulation difficulties in young adults, with self-concept clarity as a mediator. A convenient sampling technique was used to collect data from a sample of 250 university students (aged 19 to 30 years; 125 males, 125 females). Data were analysed using SPSS software in conjunction with the Process Macro. Statistical analyses, including alpha reliabilities, descriptive statistics, correlations, regression, *t*-tests, one-way ANOVA, and mediation analysis, were conducted to examine the relationships and mean differences among the study variables. Emotion regulation difficulties among young adults. Furthermore, findings confirmed that self-concept clarity mediates the relationship between childhood maltreatment and emotion regulation difficulties with a significant positive indirect effect (Indirect Effect = .54, 95% *CI* = [.25, .98]). This indicates that individuals who experience childhood maltreatment develop poor self-concept clarity which in turn contributes to higher difficulties in regulating their emotions. One-way ANOVA results revealed that individuals living with someone else than parents showed higher emotional regulation difficulties as compared to single or both parents. The study concludes that maltreatment in childhood leads to difficulty in emotion regulation in adulthood and this pathway is mediated by self-concept clarity. This discovery opens up new avenues for targeted interventions as well as evidence-based

programs by counsellors and educators that enhance self-concept clarity to improve emotional regulation among survivors of childhood maltreatment.

Keywords: Childhood maltreatment; emotion regulation difficulties; self-concept clarity; young adults; mediation; Pakistan



PSY-1594

Unplugged Intervention in Adolescents from Marginalized Areas: Gender in Perspective

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Abstract: This study investigated gender differences in the effectiveness of the unplugged school-based intervention for preventing substance use among adolescents in marginalized areas of Islamabad. A total of 273 students were recruited, with the final sample comprising 230 participants (boys = 123, girls = 107) randomly assigned to experimental and control groups. The experimental group received 12 structured sessions over 12 weeks, while the control group received no intervention. Data were collected using a validated anonymous questionnaire measuring protective factors such as beliefs, attitudes, decision-making, refusal skills, self-esteem, and knowledge. Pre-test results indicated notable gender disparities, with boys and girls differing significantly on several protective factors. However, post-test analyses revealed that these differences diminished within the experimental group, suggesting that the Unplugged program not only enhanced protective factors but also reduced gender gaps in outcomes. These findings emphasize the program's role in promoting equity across genders and support its utility as a culturally adaptable, school-based prevention strategy in high-risk settings.

Keywords: Gender differences, unplugged intervention, substance use prevention, adolescents, marginalized areas



Relationship Between Childhood Trauma and Emotional Dysregulation Among Individuals with Drug Dependence

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Abstract: The study aimed to explore the relationship between Childhood Trauma and Emotional Dysregulation. among individuals with drug dependence. The study used a correlational research design to determine how closely the study variables are connected; sample was 100 participants from the clinical setting. CTQ-SF (Childhood Trauma Questionnaire-Short Form) with 28 items (Bernstein et al., 2003), Difficulties in emotion regulation scale (Gratz& Roemer, 2004), Childhood Trauma positively associated with Emotional Dysregulation i.e. It is concluded that childhood trauma experiences made people more prone of maladaptive coping to control their emotions. The study findings can apply to understand the role of Childhood trauma in Emotional Dysregulation which can help in Enhancing emotion control in this population.

Keywords: Childhood trauma, emotional dysregulation, individuals with drug dependence



Social Media Usage and Materialism: Role of Upward Social Comparison

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Abstract: Social media usage is a profoundly prevalent experience for young individuals that leads to significant changes in their values and behaviors which could've intense repercussions on one's materialistic attitudes. For instance, social media users feel dissatisfied with their

own lives because of upward social comparison particularly in terms of material possessions. So, the goal of this study was to look at how upward social comparison affects the relationship between social media use and materialism among social media users in Pakistan. The data was collected from social media users (N = 300) with an age range between 13-39 years (adolescents and young adults) was using convenient sampling techniques. Social Media Addiction Screening Scale (Chanpen et al., 2023), Iowa-Netherlands Comparison Orientation Measure (Gibbons & Buunk, 1999), Material Values Scale (Richins, 2004), and a Demographic Questionnaire were used to evaluate the study's constructs. The results showed that social media use and materialism were positively correlated, and that social comparison was positively correlated with both social media use and materialism. The results of the linear regression showed that social comparison and social media use significantly predicted materialism. To conclude, the findings significantly contributed to indigenous literature regarding social media usage, social comparison, and materialism among youth. Findings of the study will help to extend understanding about indigenous factors cultivating materialistic values and the psychological mechanisms underlying these effects among the masses. Moreover, these findings could be utilized in developing awareness programs and interventions aimed at dealing with materialistic tendencies among young social media users.

Keywords: Materialism, repercussions, psychological, materialistic attitude



PSY-1608

Childhood Trauma, Self-harm Ideation, and Psychache Among Young Adults

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Abstract: This study investigated the association between childhood trauma, psychache and self-harm ideation among young adults. The aim of this study was to investigate how psychological pain

(psychache) mediated the relationship between early traumatic events and an inclination to participate in self-harming behaviors. A purposive sampling of ($N = 300$, Male = 150, Female = 150) individuals, was chosen from universities in Rawalpindi and Islamabad. Standardized measures were employed, including the Childhood Trauma Questionnaire Short-Form (CTQSF) to assess traumatic experiences in childhood, the Self-Harm Inventory (SHI) to examine self-injurious behaviors and the Psychache Scale to assess psychological distress. IBM SPSS Statistics 27 was used to conduct correlation, regression and mediation analyses on the data. Childhood trauma was found to be positively associated with psychological symptoms and self-harming behaviors. Furthermore, psychache (psychological pain) strongly mediated the association between childhood trauma and self-harm emphasizing its importance in this pathway. These findings have practical implications for early mental health interventions for traumatized individuals.

Keywords: Childhood trauma, psychological pain, self-harm ideation, young adults, psychache.



PSY-1676

The Impact of Teacher–Student Relationship on Academic Stress and Performance Among College Students

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Abstract: The present study investigated how the relationship between teachers and students influences perceived academic stress and academic performance among college students. Previous research indicates that positive teacher–student connections can improve student wellbeing, yet the extent to which this relationship affects stress and academic achievement remains unclear. To address this gap, 300 students from Rawalpindi and Islamabad completed the Student Instructor Relationship Scale (SIRS), the Reversed Perception of Academic Stress Scale (RPASS), and the Academic Performance Scale (APS). All instruments demonstrated strong reliability. Correlation analyses revealed that connectedness and anxiety were significantly

correlated with each other ($r = .66, p < .01$), but both variables showed weak associations with academic performance (connectedness and APS: $r = -.08$; anxiety and APS: $r = -.03$) and with academic stress (RPASS). Regression analysis further indicated that neither connectedness ($\beta = .15, p = .16$) nor anxiety ($\beta = -.13, p = .41$) were significant predictors of academic stress, with both variables explaining less than 1% of its variance ($R^2 = .01$). Similarly, for academic performance, connectedness ($\beta = -.07, p = .16$) and anxiety ($\beta = .03, p = .60$) were non significant predictors ($R^2 = .01$). These findings suggest that teacher–student connectedness and anxiety may not play a major role in determining stress or academic outcomes in this population. Instead, other variables such as motivation, study habits, or family support may exert stronger influences on student achievement. The study highlights the importance for educational institutions to adopt a broader perspective by considering multiple factors, rather than relying solely on teacher–student relationships, when designing interventions to enhance students’ academic success and overall wellbeing.

Keywords: Teacher–student relationship; connectedness; academic stress; academic performance; college students



PSY-1685

Wive’ Experiences of Husband Economic Irresponsibility: Qualitative Study

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Abstract: This study reveals the experience of wives who face economic irresponsibility from their husband. Economic irresponsibility of husband is failure or shows irresponsible behaviour to fulfill wives and children basic needs. Thematic analysis was used for data collection. Six interview was conducted from wives who facing this issue by using purpose sampling. The findings reveal that wives were suffering from mental health problems. Wives compromised because of society pressure. There is also social constraints and values

that restrict them to become independent. This led to effect on their mental, physical and well-being. Children growth also effected
Keywords: Economic irresponsibility, mental health, social constraints, wives' well-being, children's development



PSY-1647

Street Harassment, Attributional Style, Self-blame, Harassment Coping Strategies and Psychological Well-being Among Young Women

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Abstract: The study intended to determine the role of street harassment, attributional style, self-blame, harassment coping strategies and psychological well-being among young women. It also aimed to see the mediating role of attributional style and self-blame between street harassment and psychological well-being, and moderating role of harassment coping strategies between street harassment and psychological well-being. The data was collected from different cities, Islamabad, Rawalpindi, Lahore and Faisalabad. The study was conducted in three phases. Phase 1 consisted of translating and validating the Self-blame Scale (Janoff-Bulman, 1979) from English into Urdu language. Translation was done according to Brislin's (1986) established guidelines. Phase II was the pilot study which was conducted on a sample of young women ($N = 120$). Measures of Street Harassment Scale (Ijaz & Israa, 2021), Attributional Style Questionnaire (Gulfray, 2013), Self-blame Scale (Janoff-Bulman, 1979), Psychological Well-being Scale (Khalid, 2012) and Coping with Harassment Questionnaire (Kamal, A., & Tariq, N. (1997) were used to assess the study variables. Results of pilot study showed that all instruments were reliable and correlations of variables were found in the same direction as addressed in literature. Phase III was the main study which was conducted on a sample of young women ($N = 415$). Confirmatory factor analysis was done for the translated scale. Confirmatory factor analysis for Self-blame Scale revealed adequate factor structure and model fit indices was found satisfactory. Further,

results of the main study showed street harassment positively predicted attributional style and self-blame and negatively predicted psychological well-being. Mediation analysis showed that attributional style and self-blame mediate the relationship between street harassment and psychological well-being. Moderation analysis showed that harassment coping strategies moderated the relationship between street harassment and psychological well-being. No significant group differences were found in relation to study variables.

Keywords: Street harassment, attributional style, self-blame, harassment coping strategies, psychological well-being, young women.



PSY-1743

Relationship Between Spiritual Intelligence and Subjective Wellbeing Among Adults: Role of Self-Control

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Abstract: The motivation to have an ambition, goal and purpose in life, the ability to proceed with control over oneself and having flourishing relations with others, along with optimistic view of life are the concerns of today adults'. The current study aimed to investigate the role of self-control in relationship between spiritual intelligence and subjective wellbeing among adults. The quantitative correlational research design was used to investigate the relationship between study variables. Spiritual Intelligence Self-Report Inventory was used to assess the spiritual intelligence (King, 2008). Flourishing Scale was used to measure the subjective wellbeing (Diener et al., 2009). Similarly, Brief Self-Control Scale was used to determine the self-control ability of adults (Tangney et al., 2004). The sample of three hundred adults was obtained in the study ($N = 300$) with age range 18 to 65 years. Sample comprised of equal number of men ($n = 150$) and women ($n = 150$). Psychometric properties of scales indicated moderate to high reliability for the study sample. Results indicated the significant positive

correlation between spiritual intelligence and subjective wellbeing ($r = .36, p < .01$). Results also showed significant positive correlation between self-control and subjective wellbeing ($r = .39, p < .01$). Findings also show significant impact of spiritual intelligence and self-control ($R^2 = .24, p < .01$) on subjective wellbeing. Significant gender difference was also found on self-control ($M = 43.32, p < .05$). Results also indicate that self-control ($\beta = -0.13, p < .001, \Delta R^2 = .02$) appear to moderate the relationship between spiritual intelligence and subjective wellbeing. The significant interactions put forward that spiritual intelligence and self-control can be used to enhance and promote subjective wellbeing among adults.

Keywords: Spiritual intelligence, subjective wellbeing, self-control, young and middle adults



PSY-1772

Relationship Between Internalized Misogyny and Intragender Hostility Among Women in Twin Cities of Pakistan

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Abstract: The aim of the research was to explore the connection between internalized misogyny and intra-gender hostility between women in the twin cities of Pakistan. Developments studying the impacts of internalized misogyny when coupled with other factors such as gender discrimination, and patriarchy are on the rise, but there exists a clear gap in literature specific to the study of the relationship between internalized sexism and intra-gender hostility in women in Pakistan. The purpose of the research is to close the gap and add knowledge about these variables as a set in the Pakistani context. The hypothesis of the study was as follows: the intra-gender hostility is positively predicted by internalized misogyny. The sample size was 260 female university students of Islamabad or Rawalpindi aged 20-40 and was chosen through a convenience sampling method. Two self-report measures, one conventionalized as Internalized Misogyny Scale and the other as the Ambivalent Sexism Inventory were used to collect the

data: the Short Form. This was done using both online and written questionnaires spread in universities and informed consent of all the respondents was taken. The final analysis comprised of only completely finished questionnaires. Statistical software was used in the analysis of the data. Acceptable normality of the data was validated by the descriptive statistics. There was a high internal consistency of both scales in the reliability analysis. The results of Pearson correlation showed that internalized misogyny and intra-gender hostility were significantly positively related. Moreover, the analysis of the linear regression showed that intra-gender hostility was highly predicted by internalized misogyny, which explained more than 40 percent of the variance. The results point to the fact that women that internalize misogynistic beliefs tend to be more hostile. These findings point to the psychological and social implication of internalized misogyny and emphasize the necessity of specific intervention that can help develop self-awareness, gender sensitivity, and intra-gender solidarity by assisting in the development of gender equality through addressing internalized misogyny and intra-gender solidarity, and the quality education by drawing on its implications of gender-aware curricula and awareness initiatives in learning institutions.

Keywords: Internalized misogyny, intra-gender hostility, gender inequality, ambivalent sexism, women mental health.



PSY-1840

Impact of Screen Addiction and Headache on Irritability Among Migraine Patients

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Abstract: The present study investigated the impact of screen addiction and headache on irritability among young adults having migraine. For this purpose, a sample of ($N=300$) young adults both men

and women were taken from the twin cities of Pakistan. Data was collected from the sample via a demographic form and three questionnaires each for one variable. Scale to measure young adults Multiple Screen Addiction Scale (Saritepeci, 2021), was used to measure screen addiction, Headache Impact Scale (Kosinski et al., 2003), was used to measure headache, Brief Irritability Test (Holtzman et al., 2015), was used to measure irritability among young adults having migraine. Correlational and regression analysis were performed to explore the relationship between the study variables. Additionally, *t*-tests and ANOVA were applied to study the effect of demographics on the study variables. The statistical analysis revealed that screen addiction correlated positively with irritability as well as the headache correlates positively with irritability.

Keywords: Screen addiction, headache, irritability, migraine patients, young adults.



PSY-1916

Development and Validation of an Aesthetic Treatment Psychosocial Experiences Scale

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Abstract: Aesthetic treatment procedures have got increased attention during current era, however, there is a significant gap in assessing the psychological aspect linked to these procedures. The current research found the manifestation and expression of treatment experiences of adults taking aesthetic procedures in Pakistan. The scale development was carried out in four phases. In phase I, in-depth interviews were conducted to elicit the key characteristics of treatment experiences from 20 adults. In the Phase II, the content validity index was established and in phase III, pilot testing was done on 20 participants to check the feasibility, layout and comprehension of the scale. In the main study, phase 300 adults (Men = 45%, Women = 55%) were given the Treatment experiences scale along with Depression, Anxiety, Stress Scale (DASS) to determine the psychometric properties. The principal

component factor analysis using varimax rotation generated three factors of treatment experiences namely need for appraise, fear of treatment failure and result oriented thinking. Furthermore, results depict the high internal consistency, split half reliability, test-retest reliability and construct validity. The reliability of the aesthetic treatment experiences scale was ($r = .86, p < .001$) and validity was ($r = .25, p < .001$).

Keywords: Adults, aesthetic procedures, reliability, validity, treatment experiences



PSY-1747

**The Mediating Role of Cognitive Flexibility on the Relationship
Between Emotional Appraisal and Pro-Environmental Behaviour
Among Young Adults**

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Abstract: The primary purpose of this study was to assess the role of emotional appraisal and cognitive flexibility in predicting pro-environmental behaviour in young adults. This being one of the urgent calls worldwide, this research was motivated to understand the psychological constructs that may relate to sustainable acts. Data were collected by way of questionnaires. Sectioned into the correlational type, 381 university students were purposely selected as subjects. The tools used for data gathering were the BEIS 10, the Cognitive Flexibility Inventory (CFI), and the Pro-Environmental Behaviour Scale (PEBS). After the collection of data, analyses were done using the SPSS statistical package, including Pearson correlation and multiple regression, to analyse, correlate and assess the predictive strength among the variables. The results show significant positive correlations between both emotional regulation and cognitive flexibility with pro-environmental behaviour. Regression analysis notably revealed cognitive flexibility as a more robust predictor than emotional appraisal, placing emphasis on the weight of adaptive cognitive processing in steering environmentally responsible

behaviour. The findings, therefore, suggest certain psychological bases for sustainable behaviour whereby any intervention that seeks to promote cognitive flexibility and emotional regulation could improve environmental sustenance among youngsters. The study included the use of self-report measures, which may be subject to social desirability bias, and a sample limited to university students, which restricts generalizability. Future research should explore longitudinal designs, include diverse demographic groups, and examine potential mediating variables such as environmental awareness and social norms.

Keywords: Pro-environmental behaviour, cognitive flexibility, emotional appraisal, environmental psychology, young adults



PSY-1862

Exploring Women's Experiences in Relationships with Men Displaying Narcissistic Traits

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Abstract: Narcissistic abuse within intimate relationships has emerged as a significant psychological and social concern, yet the lived experiences of women affected by such relationships remain underexplored in South Asian contexts. This study aimed to examine the emotional, cognitive, and relational impact of being involved with men displaying narcissistic traits, with a focus on how women understand, navigate, and cope with these dynamics. Using a qualitative research design, in-depth semi-structured interviews were conducted with 17 women aged 22–27 residing in Pakistan, all of whom had previously been in such relationships. Data were analyzed using thematic analysis to identify recurring patterns and themes. Findings revealed key stages in the relationship cycle. Women initially experienced love bombing and idealization, characterized by overwhelming affection and attention. Over time, this shifted to emotional manipulation, gaslighting, and coercive control, leaving participants in states of confusion and self-doubt. Many reported significant declines in self-esteem, heightened anxiety, and persistent

rumination, alongside difficulties in recognizing abuse and leaving the relationship due to cycles of hope and intermittent reinforcement. Despite these challenges, several participants demonstrated resilience and post-traumatic growth, including increased self-awareness, clearer boundaries, and renewed focus on well-being. This study emphasizes the importance of culturally sensitive counselling interventions and awareness programs that address emotional abuse and trauma recovery within intimate relationships. By highlighting the urgent need for trauma-informed care in Pakistan, the findings contribute to counselling psychology by offering insights into resilience and recovery processes among young women.

Keywords: narcissistic traits, emotional abuse, trauma and resilience, women's mental health, counselling psychology in South Asia



PSY-1912

**Role of Psychological Needs Satisfaction in TikTok Addiction:
Mediating Effects of Peer Influence**

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Abstract: The present study aimed to investigate the impact of psychological needs satisfaction on TikTok addiction among students by examining the effect of peer influence as a mediator in this relationship. For this purpose, Basic Need Satisfaction in General Scale, Peer Influence Scale and TikTok Usage Scale were used. The study was conducted on sample of 432, boys ($N = 220$) and girls ($N = 212$) with age ranging from 16-25 years from Islamabad, Rawalpindi, Peshawar and Dera-Ismail Khan. The results of the study showed that psychological needs satisfaction had negative relationship with peer influence and TikTok addiction. Peer influence partially mediated the relationship between psychological needs satisfaction and TikTok addiction. Moreover, gender differences indicated that girls reported more psychological needs satisfaction and low level of peer influence

and TikTok addiction as compared to boys. Boys reported high peer influence and TikTok addiction. Gender, age, family system and education level of students contributed significant differences among the study variables and showed that adolescent boys having undergraduate level of education exhibited lesser levels of psychological needs satisfaction and higher inclination of peer influence and TikTok addiction. The findings of the current study could be applied for prevention of TikTok addiction as well as to enhance psychological health, social life and academic performance of adolescents and young adults.

Keywords: Psychological needs satisfaction, tiktok addiction, peer influence, mediation, academic performance



PSY-1919

Suicidal Ideation and Psychological Problems among Psychologists Due to Secondary Trauma: A Qualitative Study

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Abstract: This qualitative study investigates the psychological effects of secondary trauma on clinical psychologists in Pakistan, emphasizing suicidal thoughts, emotional burnout, and coping mechanisms. Thematic analysis was employed to conduct in-depth semi-structured interviews with five licensed trauma-informed psychologists from various regions. Results demonstrate that emotional numbness, psychological overload, depersonalization, and even transient suicidal thoughts can result from repeated exposure to clients' traumatic experiences. Key themes encompassed emotional burden, chronic trauma exposure, absence of institutional support, and professional isolation. Participants indicated that they relied on personal coping strategies like journaling, prayer, art, and peer support, despite experiencing considerable psychological distress and the lack of formal organizational mechanisms. The stigma around seeking help and the “strong therapist” myth exacerbated emotional suppression. Nonetheless, a robust sense of professional purpose and spiritual

practices surfaced as protective factors that fostered resilience and emotional recovery. The research emphasizes the pressing necessity for systemic changes, such as compulsory oversight, wellness initiatives, and organized peer support frameworks, to protect the mental well-being of psychologists in trauma-focused positions.

Keywords: Secondary trauma, clinical psychologists, emotional burnout, coping mechanisms, suicidal ideation, professional isolation, resilience



PSY-2046

Challenges of Adoptees/Care-Experienced Persons in a Pakistani Islamic Socio-Legal Context

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Abstract: Adoption remains a complex and often stigmatized issue in Pakistan, where religious and socio-legal frameworks shape public perception and policies. For adult adoptees and care-experienced individuals, challenges such as identity formation are particularly pronounced with implications for mental health and social adjustment. This research with several studies aims to explore the identity concerns, mental health and wellbeing of adult adoptees in Pakistani Islamic socio-legal context. Ethical approval would be obtained. Using purposive and snowball sampling, and interdisciplinary methodological approaches (details to be developed further), we would recruit adult adoptees and adoptive parents aged 18 years or above from universities, communities, adoption NGOs, adoption networks, and networks from orphanages to examine identity concerns, mental health and wellbeing issues of adoptees. This research has implications for the development of linkages and an adoptee support group with adoptee/adoptive parent participants to form a collaborative consultation focus group to build consensus on resolving identity and wellbeing issues and creating awareness to counter adoption stigma and establish a resource center with adoptee-specific competence for this purpose. In the long term, there are implications for the development

of adoptee inclusive terminology, adoptees' wellbeing and their recognition as a marginalised and an ignored section of the Pakistani society. Findings are expected to raise awareness of adoptees' unique access needs and societal inclusion, contribute to evidence based results for adoption policies, legal adoption frameworks, stigma reduction, tools for adoptive parents, and support of mental health needs of adoptees in Pakistan.

Keywords: Adoptees, Pakistan, islamic, legal, social



PSY-2050

Determinants of Caregiver Burden and Mental Health Among Primary Caregivers of Cancer Patients

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Abstract: Cancer is a significant contributor to the global disease burden, ranking as the second leading cause of death in the world after cardiovascular diseases. In 2020, the Global Cancer Observatory estimated that almost 19.3 million new cancer cases and 10 million deaths were reported globally in the year 2020. This number is expected to rise by 77% by 2050. In Pakistan, cancer incidence rates continue to rise, with approximately 2.7 million, new cases reported annually. Punjab being the largest province accounts for 67.6% of these numbers. This growing prevalence places an increasing strain not only on healthcare systems but also on the families and individuals who provide essential caregiving support. Caregiving for cancer patients is a complex and demanding role, often associated with significant emotional, physical, and financial challenges. Considering the difficulties faced by caregivers in caring for a cancer patient, the purpose of this study was to examine the determinants of caregiver burden and mental health among primary care givers of cancer patients. Cross-sectional quantitative design was used and data was collected from 223 caregivers via standardized questionnaires i.e., Zarit Burden Interview Scale and Mental Health Inventory (MHI-38). The analysis revealed significant correlations between caregiver burden and mental

health. Gender, caregiving duration, and emotional support were found to be key factors influencing distress and well-being. The findings also suggest that while cancer stage and type did not significantly affect caregiver burden or mental health, caregiver resources, coping strategies, and emotional support played a crucial role in caregiver burden and mental health. Overall. The results of the study emphasize the need for culturally sensitive interventions that address the unique emotional, physical, and financial challenges faced by caregivers in Pakistan, advocating for improved healthcare policies, financial support, and emotional resources.

Keywords: Caregiver burden, mental health, cancer caregivers, psychological well-being, psychological distress



PSY-1967

**Effectiveness of Emotion Focused Therapy on Grief Impairment,
Sleep Quality and Body Image in adults after Romantic
Relationship Breakup**

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Abstract: The purpose of the present study is to investigate the efficacy of emotion-focused therapy on Grief Impairment, Body Image and Sleep quality after a romantic relationship breakup. The present study will be carried out using the quasi-experimental method, pre and posttest without control group. For this purpose, ten female participants aged between 18 and 28, undergoing a recent romantic relationship breakup will be selected through non probability purposive sampling. Participants will complete the Grief Impairment Scale, Body Image Scale and Sleep Quality Scale in the baseline stage (pre-treatment) during the second session to help the experimenter identify the severity of disturbance after breakup. Eight 60-min sessions of Emotion focused Therapy (EFT) will be conducted with the participants. In the last i.e. 8th session, the participants again will respond on the scales discussed earlier as post assessment in order to see how effective EFT would be for people going through romantic breakup. For Data Analysis SPSS

version 26.0 will be used to run all operations, Descriptive statistics of study and reliability analysis of used scales will be conducted. For the purpose of within group comparison, paired- sample t test will be run.

Keyword: Emotion focused therapy, grief impairment, body image, sleep quality





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