

A COMPARISON OF PROACTIVE PERSONALITY, LIFE SATISFACTION AND NEUROTICISM AMONG RURAL AND URBAN COLLEGE STUDENTS



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CERTIFICATE OF APPROVAL

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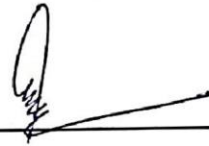
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*I dedicate this research to my beloved **father** and my late **mother**, whose unwavering and continuous love, support, sacrifices, and guidance have been my pillars of strength throughout this academic journey. Papa, your enduring support, resilience, and the values you instilled in me have been the driving force behind the completion of this thesis. Mom, though you are no longer with us, your strength and encouragement continue to inspire me every day.*

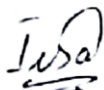
*To my dedicated thesis supervisor, **Ms. Irum Noureen**, whose expertise, guidance, and invaluable feedback have shaped the trajectory of this work. Ma'am, your mentorship has been influential in my academic and personal growth, and I am grateful for the opportunities to learn under your guidance.*

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*Lastly, I thank **myself** – for the perseverance, resilience, and passion invested in this scholarly pursuit. This thesis represents not only an academic achievement but also a testament to the commitment and determination that reside within me. May this work contribute, in its own way, to the pursuit of knowledge and the betterment of society.*

DECLARATION

It is declared that this is an original piece of my own work, except where otherwise acknowledged in text and references. This work has not been submitted in any form for another degree or diploma at any university or other institution for tertiary education and shall not be submitted by me in future for obtaining any degree from this or any other University or Institution.



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January 2024

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ABSTRACT

Understanding the psychological characteristics of proactive personality, life satisfaction, and neuroticism is crucial in the constantly changing environment of college life, where personal development and well-being are interlinked. This research aims to investigate the relationships between proactive personality, life satisfaction, and neuroticism, among rural and urban college students in Pakistan. Additionally, the study explored potential significant differences of socioeconomic status in these psychological traits. The sample comprises 350 college students, with 175 in rural areas and 175 in urban areas. Three Urdu-translated scales measure proactive personality, life satisfaction, and neuroticism. The translation process adheres to guidelines from WHO and APA. Statistical analyses, including Pearson correlation, 2-independent Mann-Whitney test, and Kruskal-Wallis test, are utilized to explore relationships and differences. The findings confirm the hypothesized positive association between proactive personality and life satisfaction, a negative correlation between life satisfaction and neuroticism, and a negative relationship between proactive personality and neuroticism. Significantly higher mean scores for proactive personality, life satisfaction, and neuroticism among urban participants suggest psychological distinctions associated with geographic location. The study seeks to contribute to the understanding of how these psychological traits interact within diverse geographical and socioeconomic contexts.

KEYWORDS: proactive personality, life satisfaction, neuroticism, rural & urban areas.

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Chapter 1

Introduction

Proactive personality is one of these aspects that have begun to enter our lives, affecting our way of living, our perspective, our interpersonal relations, and our life goals (Ozkurt & Alpay, 2018). It is a propensity affiliated with individual disparities in a person's predisposition to undertake responsibility in trying to affect their surroundings in a wide variety of events and circumstances (Bateman & Crant, 1993).

Martin Seligman and Mihaly Csikszentmihalyi advocated for a broader and more comprehensive understanding of mental well-being, surpassing the mere absence of psychological symptoms during the inception of the positive psychology movement (Knowles, 2021). This movement has increased awareness of the fact that full mental health is characterized not only by the absence of issues or suffering but also by the existence of abilities and positive traits that enable people to prosper and grow (Antaramian, 2017). As a result, scientists have inspected a variety of promising signs of healthy functioning, including subjective well-being.

Subjective well-being, often perceived as a multifaceted construct, encompasses the cognitive and emotional dimensions of an individual's overall life satisfaction and contentment (Martela & Sheldon, 2019). Students undergo transitioning out of youth into adults, and when confronted with both pleasant and unfavorable life experiences, they experience stress throughout this developmental stage (Cicchetti, 2023).

Life satisfaction is crucial for college students' psychological well-being, but it can be negatively impacted by negative life circumstances and expectations (Çelik, 2017). Compared to urban residents, people from rural settings exhibit lower levels of psychological well-being and greater degrees of neuroticism (Atherton et al., 2023).

Individual variations in how negatively we feel when faced with danger, frustration, or loss are referred to as neuroticism (Zhang, 2020).

Proactive Personality

Mubarak et al. (2021) concluded that proactive personality refers to a distinct trait that reflects individuals' inclination to independently take actions, demonstrate creativity, and exert influence on their environment across different tasks and situations. In a study on Chinese nursing students, Kong et al. (2021) reported that individuals with a higher level of proactive personality exhibit greater psychological well-being, enhanced ability to cope with stressors in their surroundings, and a heightened propensity to identify opportunities for enhancing performance, relative to those with a lower level of proactive personality.

According to Song et al. (2022), proactive personality is an inherited characteristic that is generally constant across a variety of behaviors and contexts. As a result, this feature may be observed in a variety of contexts and areas. Proactiveness has become increasingly important in the modern world, where fast transformation and unparalleled rates of change are commonplace. Being proactive is regarded as a crucial differentiator, especially in the professional setting (Nadjath et al., 2021).

A proactive approach to predicting, adapting, and initiating change can enable individuals and organizations to effectively navigate uncertain situations, seize opportunities, and maintain a competitive edge (McCormick et al., 2019). Being proactive is now a necessary skill for success in today's global, fast-paced culture, not just a desirable attribute (Rupert & Dorociak, 2019). According to Olszewski-Kubilius et al. (2019), having a proactive personality is key to overcoming ambiguity, and proactive personalities emphasize liberty.

According to Ohly and Schmitt (2017), proactive people are motivated to lessen uncertainty by anticipating potential future outcomes in their external settings and taking initiative. The heightened attention to proactive personality has experienced a significant surge in the last twenty years, primarily driven by a keen interest, specifically within the realm of organizational behavior (Lin et al., 2014). Being proactive is an essential skill for handling unanticipated events well and allowing people to adjust to their surroundings quickly and fully (Griffin & Grote, 2020).

Having a proactive personality enables people to foresee possible roadblocks rather than just responding to expected and specified demands, such as gradually adapting to a modified circumstance or getting ready for impending difficulties (Rupert & Dorociak, 2019). Self-motivation, driven by change, and forward-thinking are three fundamental characteristics of people with proactive personalities (Ogazi et al., 2022; Karimi et al., 2021).

Individuals possessing proactive personalities demonstrate a forward-thinking mindset and a willingness to accomplish tasks with enhanced efficiency in order to attain pre-established objectives (Service & McEwen, 2015). They persist until significant advancements are achieved in the pursuit of objectives (Griffin & Grote, 2020;) and show the capability to prevent challenges and be involved in strategic inspection, which entails searching for all possibilities, even improbable ones (Frögéli et al., 2018). They look for fresh knowledge, new methods, and novel ways to enhance the existing situation as they pursue their goals (Al-Mamary & Alshallaqi, 2022).

In many facets of life, being proactive is viewed as essential. People do not merely accept that life happens to them (Siebert et al., 2020). Instead, they undertake

to influence, plan, limit, grow, and modify whatever is going on in their lives. A consistent cognitive and behavioral inclination known as proactive personality is linked to people's behavior in both their personal and professional lives. A proactive personality is a strong indicator of people pursuing life satisfaction in Western nations (Maurer & Chapman, 2018).

Starzyk and Sonnentag (2019) assert that the proactive mentality, which accentuates self-started action and personal initiative, is better suited for a highly individualistic setting. Although AlKhemeiri (2021) claimed that they are mostly liberated by contextual restrictions being proactive implies taking possible mental risks as they set challenging goals and persevere until they are completed (Elena, 2020).

Students who possess proactive personalities tend to establish ambitious objectives and maximize the utilization of various resources, actively seeking fresh knowledge, innovative techniques, and novel strategies to improve their situations or achieve their goals (Brandt, 2020). However, these proactive endeavors may come across resistance and doubt from others. Therefore, it is crucial for proactive students to ensure their ability to set proactive targets and effectively address any challenges that may arise before acting to disrupt the existing state of affairs (Lin et al., 2014).

A proactive personality has appeared to be leading as an indicator of accomplishment. It has been demonstrated to predict educational achievements, encompassing, satisfaction in the work execution (Maurer & Chapman, 2018; Starzyk & Sonnentag, 2019; Seibert et al., 2020). Independent thinkers (Nagahi et al., 2020), future-focused (Xu et al., 2023), and persistent until goals are met are characteristics of proactive people (Zhu & Li, 2021).

Individuals characterized by low proactivity exhibit a tendency towards passivity, displaying a disposition to accept their circumstances without taking initiative or exerting influence to shape their own lives (Fandos-Herrera et al., 2023). They demonstrate a readiness to conform to existing conditions, allowing external factors to shape and dictate their experiences, rather than actively engaging in proactive behavior to create change (Wilson et al., 2020). It has been observed that proactive personalities show fascinating relationships with socioeconomic status (SES), exposing complex patterns in a range of demographic settings (Douglass et al., 2021).

According to a Schmitt et al. (2023) study, proactive inclinations are more common in people with higher SES. Higher socioeconomic background persons typically have greater access to opportunities for education and personal growth, which may explain this link. In these kinds of settings, people are more likely to have a proactive attitude, where they actively look for opportunities, operate in a goal-directed manner, and respond well to setbacks (Ozkurt & Alpay, 2018). In opposition to this, individuals with lower socioeconomic status could experience challenges in obtaining such resources, thereby hurting their predisposition toward proactive activities (Vanwalleghem & Mirowska, 2020).

Furthermore, as rural and urban cultures have varied social and environmental dynamics, proactive personality traits might appear differently in each (Wu et al., 2020). According to Purba and Paundra (2018), proactive people are more likely to be willing to take advantage of a variety of possibilities, adjust quickly to changing circumstances, and actively pursue their objectives in a complicated urban environment. This could be consistent with research like that of Choi and Hwang (2019), which suggests that because of the variety of chances and challenges found in

cities, proactive characteristics can be developed there. Conversely, in rural areas, proactive people might show initiative and ingenuity when confronted with more constrained but possibly more solid social systems (Zhang et al., 2020).

Life Satisfaction

People's mindful cognitive assessment of the worth of life is referred to as life satisfaction (Ackerman, 2018). This assessment may be both global and specialized to life areas (such as family or self). The concept is regarded as an important measure of an entity's effective adjustment to alterations in different life scenarios given that life satisfaction observations are significantly related to several significant psychological states and behaviors, including self-regard (Navarro-Mateu et al., 2020), depression, and stress (Rogowska et al., 2021), and hope (Karataş et al., 2021).

Subjective life satisfaction is frequently regarded as a construct with many facets comprising emotional and cognitive aspects, indicating the degree to which an individual has positive and fulfilling life experiences (Migliorini et al., 2019). Life satisfaction entails a comprehensive assessment of the eminence of a person's life and is recognized as the cognitive aspect of a person's subjective health (Cummins, 2018). Being the most consistent factor in individual life contentment, life satisfaction is consistently considered as the best indicator of a person's reported quality of life (Mei, 2021).

Achieving academic goals benefits from life satisfaction, and extremely high levels of life satisfaction are preferable to the moderate ones (Armenta et al., 2022). In order to enable students to reach their goals, it may therefore become crucial for colleges and universities to promote life satisfaction to the utmost extent practicable (Antaramian, 2017). High levels of life satisfaction, together with the lack of psychological distress, are major facilitators of student engagement and academic

accomplishment amongst the students of colleges and universities. This leads to desirable academic outcomes (Antaramian, 2017; Hagenauer et al., 2018).

According to Slavinski et al. (2021), College students who express elevated levels of life satisfaction also tend to experience greater contentment in their academic pursuits. Better academic achievement is also influenced by life satisfaction (Clark & Malecki, 2019), morals (Rissanen et al., 2018), improved self-efficacy in the classroom, apparent advancements toward objectives, and diminished burden of scholarly pressure (Alhadabi & Karpinski, 2020; Bergmann, et al., 2019).

Fewer panic-inducing sensations and thoughts are induced by the perceived risk when life satisfaction is high, as well as when there is a strong belief in the goodness and stability of the et al. world (Trzebiński et al., 2020). According to certain studies (Daniels et al., 20023; Bautista et al., 2018), enhanced life satisfaction might even correlate with superior academic performance as reflected by higher GPAs among individuals enrolled in colleges.

When faced with academic difficulties, students who reported having a greater level of life satisfaction seemed to be more resilient and less fragile (Santilli et al., 2020). It is further spurred by the observation that students' poor academic performance seems to be hampered by their lack of life satisfaction (Al-Tameemi et al., 2023). People who express low levels of life satisfaction are less likely to perform well than those who claim high levels of life satisfaction (Kumar et al., 2021).

Individuals with high life satisfaction take notice of opportunities, are friendly and approachable with peers and colleagues, and generally have a more positive outlook on the future (Wang et al., 2023). All these traits would probably lead to an increase in their performance ratings from managers (Kerr et al., 2018). When analyzing the life satisfaction of undergraduate males and females from developed

and developing nations, students are generally satisfied with their lives. Although both groups expressed an equivalent level of happiness, those from advanced countries expressed greater optimism about their future (Hayee et al., 2021).

The understanding of life satisfaction can be enhanced by considering some other domains that influence this construct. One significant domain is social relationships, as strong social connections and supportive interactions have consistently been linked to higher levels of life satisfaction (Helliwell et al., 2019). The quality of interpersonal relationships, including friendships, romantic partnerships, and family bonds, significantly contributes to individuals' overall life satisfaction. Positive social interactions, social support, and a sense of belonging all play important roles in fostering life satisfaction (Arroyo et al., 2022).

Life satisfaction is intricately connected to socioeconomic status, reflecting the profound influence of economic factors on individuals' overall contentment and well-being (Wu, 2021). Individuals with higher socioeconomic status often experience greater access to resources, educational opportunities, and financial security, which can positively impact their life satisfaction (Sujarwoto et al., 2018).

The financial stability associated with higher socioeconomic status may contribute to a sense of security and freedom, allowing individuals to meet their basic needs and pursue a more fulfilling lifestyle (Zou et al., 2018). On the contrary, those with lower socioeconomic status may face increased stressors related to financial instability, limited access to educational and career opportunities, and challenges in meeting essential needs (Reiss et al., 2019). These disparities can contribute to lower life satisfaction among individuals in lower socioeconomic strata (Leontopoulou & Chletsos, 2023).

Additionally, cultural influences have a big impact on how people perceive their level of life satisfaction. Different life areas are given varying degrees of importance, and the standards by which life happiness is measured are influenced by cultural values and norms (Steckermeier, 2021). In view of how cultural values and norms determine people's expectations and subjective well-being, recent cross-cultural research has emphasized the influence of cultural influences on life satisfaction.

Understanding how life satisfaction differs across cultures can help us better understand the many different aspects that affect our subjective well-being (Oishi et al., 2020). Numerous factors, representing the varied sociocultural and environmental contexts of different settings, have an impact on life satisfaction in both rural and urban groups (Aman et al., 2019). Urban environments, defined by enhanced access to amenities, cultural activities, and job opportunities, correlate to higher reported life satisfaction levels among residents (Mouratidis & Yiannakou, 2022; Morris, 2019).

Compared to possibly more restricted rural settings, the lively character of urban life offers a wider assortment of experiences, encouraging a heightened sense of well-being (Knickel et al., 2018). On the other hand, rural communities, while frequently characterized by close-knit social networks and a connection to the environment, may confront specific obstacles such as limited access to resources and mental health treatments, adding to potential variances in life satisfaction (Ivanović et al., 2022). The interplay between these characteristics underlines the necessity of evaluating both urbanization-related opportunities and rural-specific stressors in understanding and addressing life satisfaction discrepancies across different communities (Requena, 2019).

Neuroticism

Neuroticism is characterized by variations in a person's tendency to experience negative emotions (Barlow et al., 2021; Cassiello-Robbins et al., 2020). It encompasses six distinct facets, namely apprehension, irritation, despair, weakness, spontaneity, and self-consciousness (Widiger & Oltmanns, 2017). Consequently, neuroticism recognizes individuals who scuffle with dealing with their urges and encounter complications in coping with stress (Sauer-Zavala & Barlow, 2021). As a result, it can be inferred that higher levels of neuroticism are marked by heightened levels of internal mental disturbances, leading to instability in cognitive processes, behavior, and emotions (Friedman, 2019). It's important to note that the behaviors controlled by neuroticism probably have little free will (Liu et al., 2019), meaning that the personality attribute, of neuroticism is associated with challenges in turning away from unpleasant stimuli (Klein & Robinson, 2019).

People who have high levels of neuroticism are prone to everyday conflicts with others, poor relationship effects, hyper-reactivity to unfavorable or unresolved criticism, and increased susceptibility to threats, particularly social ones (Hirschmüller et al., 2015), as neuroticism is effectively related to relationship issues encountered on a regular basis (Marshall et al., 2015). According to Luo et al. (2017), these persons typically have a propensity to view the world negatively and perceive situations as stressful. They live in a complex emotional environment where feelings of enjoyment and stress sensitivity coexist, affecting their relationships with others and their ability to feel good (Greven et al., 2019).

This trait is associated with various negative consequences, such as reduced subjective health, as well as compromised physical and mental health. Neuroticism is the most intricate attribute of personality (Lucas, 2018; Soto, 2019). It has an impact

on an individual's physical or mental condition, and involves a pattern of apprehension, agitation, irritability, and undesirable emotions (Sauer-Zavala & Barlow., 2021; Friedman, 2019), on the contrary to a warmer, asserted, executed, and consistent collection of emotions, reactions, and societal interactions (Szcześniak et al., 2020). Those who experience higher levels of neuroticism, observe, exhibit, and express greater pain, discomfort, and other negative emotions (Pérez-Aranda et al., 2019).

Neuroticism refers to the tendency for someone to regularly feel extremely unpleasant emotions under stressful situations, usually coupled with a sense of not being able to handle things well (Wagener, 2021). This definition does not encompass processes like worry, rumination, or emotional avoidance, although these processes are likely to be present in people with greater levels of neuroticism and may contribute to its persistence (Barlow et al., 2021). The prevalence of high neuroticism levels in the population has significant implications for public health, leading to extensive theoretical and research attention (Zhang et al., 2021). Neuroticism is intensely linked with and predicts various mental disorders, including cases of multiple disorders occurring together (comorbidity) Wang et al., 2022). These associations remain significant even when accounting for concurrent depressive states (Plana-Ripoll et al., 2019).

Neuroticism encompasses more than just the presence and intensity of adverse emotions within individuals. It also incorporates their inclination to respond negatively to unpleasant events and stressors, along with displaying heightened fluctuations in negative emotions over time (Khosla, 2021). Individuals with elevated levels of neuroticism exhibit brain activity and structural characteristics that suggest

heightened responsiveness to threat and punishment, as well as difficulties in effectively regulating their emotions (DeYoung & Weisberg, 2019).

The primary link of neuroticism has often been observed with the concentration and responsiveness of undesirable sentiments. For example, people with higher levels of neuroticism tend to experience more intense negative emotions on a daily basis and display heightened emotional reactions to stressors, as evidenced by longitudinal diary studies spanning four years (Howland et al., 2017). Decreased serotonergic activity, a key factor in regulating depressive and anxious emotions, has been associated with heightened neuroticism (Wright et al., 2019). Individuals with higher levels of neuroticism also exhibit negative cognitive patterns in addition to biological variations. They tend to perceive stressors as more severe, with greater consequences, reduced control, and as reflections of their own inadequacies (Leger et al., 2016; Rauthmann et al., 2015). Collectively, these findings indicate that higher levels of neuroticism are indicative of an inclination toward experiencing heightened negative emotions and being more emotionally unstable (Mader et al., 2023).

The prevalence of neuroticism appears to be more pronounced in rural areas compared to urban environments (Atherton et al., 2024). This phenomenon is influenced by a confluence of socio-cultural, economic, and environmental factors unique to rural settings (Pandit & Pray, 2020). One contributing factor to higher levels of neuroticism in rural areas is the often limited access to mental health resources and support systems. Research by Jeong et al. (2023) highlights the challenges faced by individuals in rural communities, including social isolation and reduced availability of mental health services. The absence of adequate support structures may amplify feelings of distress and contribute to heightened neurotic tendencies.

Moreover, economic challenges prevalent in many rural areas can contribute to increased neuroticism. Limited employment opportunities, lower income levels, and financial instability can create stressors that impact emotional well-being. The economic constraints inherent in rural settings may lead to a greater susceptibility to negative emotions, forming a connection between the socioeconomic landscape and neurotic tendencies (Luo et al., 2024). The rural environment itself plays a crucial role in shaping individuals' emotional experiences. The peaceful and slower-paced lifestyle often associated with rural living can be a double-edged sword. While it may provide a sense of tranquility for some, it may also contribute to feelings of isolation and lack of stimulation, potentially exacerbating neurotic tendencies (Kastenholz et al., 2020). The lack of diverse recreational and cultural opportunities in rural areas may limit avenues for emotional expression and fulfillment, further influencing the prevalence of neuroticism (Berg & Ihlström, 2019).

Cultural factors within rural communities can also contribute to the heightened expression of neuroticism (Ogliore, 2023). Traditional values and norms prevalent in rural settings may discourage open discussions about mental health, leading individuals to internalize their emotional struggles (Ran et al., 2021). The stigma surrounding mental health issues in such communities may hinder individuals from seeking professional help, perpetuating the cycle of heightened neurotic tendencies (Ahad et al., 2023). Additionally, the absence of anonymity in close-knit rural communities can intensify the impact of social stressors. The interconnectedness of relationships in these settings may amplify the consequences of negative social interactions, fostering an environment where neurotic tendencies are more likely to flourish (Morales et al., 2020).

In contrast, urban areas often provide more healthy mental health infrastructure, diverse recreational opportunities, and greater access to support networks. The dynamic and stimulating nature of urban environments, as suggested by Krefis et al. (2018), may foster the development of proactive personality traits, acting as a protective factor against neurotic tendencies.

Literature review

Proactive personality is constructively associated with life satisfaction, which is positively correlated with work engagement. It might predict life satisfaction through work involvement in an indirect manner (Liu et al., 2019). Individuals with high levels of proactive personality may be more likely to experience burnout, particularly if they are not able to manage their workload (Strauss & Parker, 2013). Finding a balance between work and life and overall happiness has emerged as one of today's most pressing issues (Sirgy & Lee, 2018). People who are proactive have a desire to mitigate uncertainty by foreseeing possible consequences in their external environments by exercising action (Ohly & Schmitt, 2017).

Undergraduates with proactive personalities experience positive impacts on their professional lives, including their aptitude for making career decisions (Park, 2015) and professional adaptability (Ma et al., 2020), according to evidence from the field of education. According to Lin et al. (2014), proactive personality was also favorably correlated with academic self-efficacy and drive to learn. According to earlier research, personality qualities including extraversion and conscientiousness were substantially connected with burnout in nurses (Divinakumar et al., 2019; Molavynejad et al., 2019).

Parker et al. (2019) demonstrate that in their proactive motivation model and antecedents, the proactive personality exerts a direct and favorable influence on self-

efficacy. Other studies also have uncovered a complex and similar mechanism that underlies the link between a proactive personality and the overall satisfaction one derives from life (Siebert et al., 2020; Maurer & Chapman, 2018). Few researchers have examined how proactive personalities affect pre-employment outcomes in relation to job searches. The outcomes have offered concrete proof that college students can exhibit a proactive personality disposition. Brown et al. (2006) inspected the relationship between proactive personality, self-efficacy, and job-search behaviors in college graduates by conducting a longitudinal study. In one wave of data collection, they gathered information on proactive personality and its relationship with self-efficacy.

An association between proactive personality and job search activities was found by Claes and De Witte (2002) in their cross-sectional research on students of different colleges. These findings provide a preliminary background that showcases the direct link between proactive personality and self-confidence in job-seeking endeavors. Being proactive is regarded as crucial in many areas of life. Grant & Ashford (2008) assert that people do not simply accept life happens to them. Instead, they attempt to affect, design, confine, develop, and modify what occurs in their life. A proactive personality is a consistent psychological and behavioral tendency that is associated with peoples' behavior both at work and in their personal lives. In Western societies, scholars widely agree that possessing a proactive personality is a notable indicator of individuals actively pursuing and attaining personal life satisfaction (Greguras & Diefendorf, 2010). However, Claes et al. (2005) contend that an incredibly individualistic environment is more suited for the proactive mentality, which emphasizes self-started activity and personal initiative.

A proactive personality is linked to a high level of life satisfaction via fostering a comfortable atmosphere. First, proactive individuals frequently have highly positive outcomes (such as pay and incentives) (Seibert et al., 2020) and encounters (such as job and employment satisfaction) (Zhang & Tu, 2018) that make their working lives more pleasurable, exciting, and satisfying. Second, a proactive personality is typically linked to favorable outcomes across a variety of domains. Based on a study by Greguras and Diefendorf (2010), it was found that individuals who possess proactive personalities tend to have a greater sense of self-efficacy. As a result, they experience increased enjoyment in both their work and overall life. Consequently, it is expected that there exists a positive relationship between proactive personality traits and life satisfaction. Specifically, those with a proactive disposition reported elevated levels of their life satisfaction. This may be because proactive individuals are more likely to engage in behaviors that lead to positive outcomes, such as setting and achieving goals (Wang et al., 2019).

A research looked at the connection between Chinese rural-urban migration and personality attributes. While migration is the main topic, it also sheds light on possible personality variations between rural and urban locations. The study's findings, which suggest that proactive personality traits may be more prevalent in urban settings, show that people who are more proactive and receptive to new experiences are more inclined to move from rural to urban locations (Li & Rose, 2017).

In the majority of nations, students from rural areas report higher levels of life satisfaction and lower levels of discontent than their urban counterparts. There are some deviations from this pattern, though. Students' life happiness has significantly declined in urban areas of nations like Japan, Turkey, Colombia, and Bulgaria. On the other side, life satisfaction has decreased more sharply in rural parts of the UK, Qatar,

Uruguay, and Peru. The findings vary throughout countries which include Ireland, Bulgaria, Qatar, Netherlands, Austria, Turkey, and the UK, some of them exhibiting comparable developments in low life satisfaction and mean levels of satisfaction, while others display divergent patterns, such as Japan, Colombia, Uruguay, and Peru, where mean life satisfaction decreased more in urban areas while the frequency of students with low life satisfaction elevated more in rural areas (Marquez & Long, 2021).

A study by Kelemen et al. (2020), investigating the leadership and the engagement in work found that neuroticism was indirectly associated with proactive behavior. Individuals high in neuroticism were less inclined to engage in proactive behaviors owing to their propensity to experience negative sentiments and apprehension. Contrary to this, individuals who reported high proactive behaviors and low neurotic behaviors are found to have characteristics of great leaders and they excel in whatever task they perform. Another study on engagement and satisfaction in performance discovered that work engagement and career planning were positively linked to a proactive personality, both of which directly influenced job performance. This shows that those who have proactive personalities are more likely to act proactively and do better at work (Bakker et al., 2012).

According to a study on the neurotic personality trait's underlying mechanisms, people with higher levels of neuroticism were more worried and this had an effect on their behavior. People may be less proactive in taking initiative as a result of this increased anxiety since they may be more concerned with controlling their unpleasant feelings (Fayard et al., 2012).

Neuroticism is inversely associated with life satisfaction, and avoidant coping mechanisms may somewhat buffer this association. Particularly, those with high

neuroticism showed a propensity to utilize avoidant coping mechanisms, which in turn predicted reduced levels of life satisfaction (Kowalska et al., 2021). It's crucial to manage adaptability and perceived stress if you want to improve students' life satisfaction. Therefore, it is crucial for academic success to evaluate the psychological aspects influencing students' levels of life satisfaction. By focusing on certain academic, emotional, and interpersonal issues, this area of study may be helpful in improving the effectiveness of the execution of educational and psychological counseling (Abolghasemi & Varaniyab, 2010)

According to Furnham et al. (2005), anxiety is typically the aspect of neuroticism that mediates its association with academic ability. Stress, an uncontrollable stream of thoughts about the adverse consequences of potential future events, has been demonstrated to prevent this negative emotion from effectively processing information (Broeren et al., 2011). The broad attention-control deficiencies of anxiety are caused by the control function of nervousness. It follows that very worried people are likely to do badly in activities that involve effective cognitive processing and are cognitively demanding (Berggren & Derakshan 2013).

The complex relationship between socioeconomic status (SES) and individual personality traits has been the subject of much research in psychology and sociology (Giesselmann et al., 2019). Examining the delicate interplay between socioeconomic status and personality characteristics—specifically proactive personality, life satisfaction, and neuroticism—provides useful insights into the complex mechanisms determining human behavior (Lee & Foo, 2022).

Within the context of proactive personality, individuals from higher socioeconomic backgrounds often find themselves bestowed with superior educational and career opportunities (Tan, 2019). This advantageous environment tends to foster a

proactive disposition, characterized by self-motivation, initiative, and a propensity for seizing opportunities (Pereira, 2019). Conversely, those from lower socioeconomic backgrounds may develop a proactive personality as a means of navigating harsh conditions and prevailing limited resources (Sheehy-Skeffington & Rea, 2017). This suggests that SES plays a fundamental role in shaping an individual's proactive personality, acting as both a facilitator and a challenge to the development of these traits.

The association between socioeconomic status and life satisfaction has been a recurrent subject in psychological literature. Generally observed is the positive correlation between higher socioeconomic status and increased life satisfaction (He et al., 2018). The abundance of resources, improved healthcare, and enhanced educational opportunities that accompany higher socio-economic status contribute to an overall sense of well-being (Latif et al., 2022). In contrast, individuals with lower socioeconomic status often contend with economic instability, limited access to healthcare, and educational disparities, resulting in a diminished level of life satisfaction. This socioeconomic status slope in life satisfaction underscores the broad impact of socio-economic factors on an individual's subjective life satisfaction (Sheehy-Skeffington, 2020).

Neuroticism, a personality trait characterized by emotional instability and heightened susceptibility to stress, showcases diverse associations with socioeconomic status (Mourelatos, 2023). Individuals with higher socioeconomic status commonly exhibit lower levels of neuroticism, attributed to reduced economic stress and increased stability. However, the literature acknowledges the existence of other stressors, such as societal expectations, which may counteract this dampening effect (Jeronimus et al., 2018). Lower socioeconomic status individuals, dealing with

economic hardships and uncertainties, frequently demonstrate higher levels of neuroticism (Kačmárová et al., 2019). This relationship highlights the multifaceted nature of the interplay between socioeconomic factors and neuroticism tendencies, underscoring the need for a delicate understanding of individual experiences within different socio-economic contexts.

Theoretical Framework

The Five-Factor Model (FFM) recognizes extraversion, agreeableness, conscientiousness, neuroticism, and openness to experience as the key dimensions of personality. Research proposes that individuals with proactive personalities tend to experience higher levels of life satisfaction (Seibert et al., 1999) and lower levels of neuroticism (Liu et al., 2014). Neuroticism is a key dimension within the Five Factor Model and is particularly relevant to this study. It incorporates emotional instability, negative affectivity, and vulnerability to stress (John et al., 2008; Lahey, 2009). Individuals who score high in neuroticism often experience higher levels of anxiety, depression, and mood swings, while those low in neuroticism tend to be more emotionally stable (John et al., 2008; Lahey, 2009).

Proactive individuals are characterized by their tendency to take initiative, set goals, and actively work toward them. By engaging in purposeful actions and striving for meaningful objectives, proactive individuals experience a sense of fulfillment and accomplishment. This pursuit of worthwhile objectives can contribute to higher life satisfaction (Liang et al., 2021). Proactive individuals often exhibit a strong sense of control over their lives. They believe that their actions can influence outcomes and actively shape their environment. This perceived control can enhance feelings of self-efficacy and autonomy, leading to greater life satisfaction. Proactive individuals tend

to take responsibility for their own success and well-being, which contributes to a sense of empowerment (Chang et al., 2022).

On the other hand, neuroticism, a personality trait associated with emotional instability, anxiety, and negative affectivity, has consistently shown a negative association with life satisfaction (Han et al., 2021). Neurotic individuals tend to experience higher levels of distress, worry, and dissatisfaction. Individuals with neurotic tendencies exhibit a heightened susceptibility to encountering unfavorable emotions, including anxiety, depression, and irritability. This emotional instability can hinder their overall life satisfaction and well-being (Widiger & Oltmanns, 2017).

Neuroticism is also associated with a greater sense of helplessness and lack of perceived control over one's life. This feeling of being overwhelmed or at the mercy of external circumstances can negatively impact life satisfaction (Edward et al., 2022).

As they are less prone to feel negative emotions and worry, proactive people may report better levels of life satisfaction (Wang et al., 2019). All things considered, the FFM offers a helpful framework for comprehending the intricate connections between personality, life satisfaction, and other significant results. Although there is still much to learn about the nature of these connections, the data points to a genuine relation between neuroticism, proactive personality, and life satisfaction (Klemm, 2023).

Rationale

This research aims to fill a notable gap in the scholarly literature by conducting an in-depth examination of the complex interactions between proactive personality, life satisfaction, and neuroticism among Pakistani rural and urban college students. Although previous studies have primarily focused on these psychological concepts separately, there is a noticeable lack of knowledge on how they work

together. The study intends to provide detailed insights into the mental health of college students navigating through their transitional phase by simultaneously exploring various variables.

The transitional phase of college life is frequently characterized by a wide range of difficulties, from feelings of anxiousness and irritable sensations to depressing and self-conscious situations. These obstacles possess the capacity to significantly influence students' personal and professional growth. Furthermore, they might worsen into more serious mental health issues like anxiety and depression if they are not treated properly. Thus, recognizing which among proactive personality, life satisfaction, and neuroticism play the most pivotal role in mitigating these challenges holds immense significance. These kinds of findings can be a great starting point for creating customized treatments that are meant to help college students succeed academically.

This study also aims to understand how socioeconomic status and geographic location affect psychological traits. The research seeks to better understand the complex ways in which environmental and economic conditions shape the manifestation of proactive personality, life satisfaction, and neuroticism among college students by encompassing both rural and urban areas and incorporating socioeconomic factors into the analysis.

It is critical to acknowledge the underlying variations between environmental variables in rural and urban environments since these variances might have varying effects on people's psychological health. Compared to their urban counterparts, rural locations frequently provide different lifestyle elements, unique pressures, and limited opportunities. Through an investigation of the differences in proactive personality, life satisfaction, and neuroticism between rural and urban settings, the researcher hopes to

provide insight into the unique requirements and difficulties faced by students in each environment.

In the end, the results of this research could potentially guide the creation of focused interventions and systems of support that are painstakingly crafted to meet the various requirements of kids in both urban and rural settings. Educational institutions and governments should actively work to encourage the holistic well-being and academic achievement of college students throughout Pakistan by accounting for these contextual nuances.

Objectives

Objectives of this research are:

1. To explore the relationship between proactive personality, life satisfaction, and neuroticism among college students.
2. To explore the residential differences in proactive personality, life satisfaction, and neuroticism of college students.
3. To find the relationship of socioeconomic status with proactive personality, life satisfaction, and neuroticism of college students.

Hypotheses

The following are the hypotheses.

1. Proactive personality will be positively associated with life satisfaction among rural and urban college students.
2. Life satisfaction will be negatively associated with neuroticism among rural and urban college students.
3. Proactive personality will be negatively associated with neuroticism among rural and urban college students.

4. There will be significant differences in proactive personality, life satisfaction, and neuroticism among rural-urban college students.
5. Socioeconomic status will be significantly related to the proactive personality, life satisfaction, and neuroticism among rural and urban college students.

Chapter 2

Method

Research design

The researcher employed a cross-sectional research design to compare proactive personality, life satisfaction, and neuroticism among rural and urban college students. This approach allowed the researcher to gather data at a single point in time, efficiently acquiring a record of participants' responses. The cross-sectional design was particularly advantageous for the researcher's aim to explore differences across variables between the two groups (rural and urban) without necessitating long-term observations.

Population and sample

The accurate sample calculated using G power analysis using t test was 220 which was increased to 350 in order to account for possible missing data. 175 were selected from the colleges of Dhudial (rural area), and 175 were selected from the colleges of Islamabad/Rawalpindi (urban area). Several colleges were approached for data collection from both areas but only a few were permitted to collect data. The willingness of these few colleges to participate is greatly appreciated, and their involvement contributed valuable insights to the research on both urban and rural educational settings. This limited but meaningful cooperation enhanced the depth and diversity of the present study.

Sampling technique

The participants were selected by using convenience sampling. Convenience sampling was used in the study in order to select the participants based on ease of access, making it more feasible for the researcher to gather data efficiently. It

facilitated the practicality of reaching students from both rural and urban settings, enhancing the feasibility and timely execution of the research.

Inclusion criteria

Participants who were enrolled in colleges at the time of the study, participants who expressed their willingness to participate in the study, and those who were capable of reading and writing in the language of the study (English/Urdu), were included in the study.

Exclusion criteria

Participants who do not reside in the rural or urban area specified for the study and the individuals who had a history of mental illness or psychological disorder.

Measuring Instruments

Proactive Personality Scale

Bateman and Crant (1993) defined proactive personality as a dispositional trait that involves taking the initiative, being driven by oneself, and taking part in activities that alter one's environment and produce desired results. They developed the Proactive Personality Scale which consisted of a collection of 17 statements, each rated on a 7-point Likert scale spanning from 1 representing "strongly agree" to 7 indicating "strongly disagree." Its internal consistency ranges from 0.87 to 0.89 (Bateman & Crant, 1993). The scale was translated into Urdu language according to the standards provided by the World Health Organization (WHO) and the American Psychological Association (APA). The researcher conducted a pilot study to test the reliability of the Urdu translated scale which showed a high internal consistency of 0.98.

Urdu Version of Satisfaction with Life Scale

The Satisfaction with Life Scale was developed by Diener et al., (1985) and the Urdu translation of the SWLS is currently accessible on the author's website. According to Diener (1984), life satisfaction is an individual's subjective assessment of their overall quality of life. The Satisfaction with Life Scale had 5 statements with a 7-point Likert scale. The internal consistency of the satisfaction with the life scale is reported to be highly reliable, indicated by an alpha coefficient of 0.87 (Diener et al., 1985). Furthermore, Urdu translated version of the satisfaction with life scale was administered to the Pakistani population by Barki et al. (2020), and they reported a high internal consistency with a Cronbach alpha of 0.90.

Urdu Version of Big Five Inventory (BFI)

According to John et al. (2008), neuroticism is a personality attribute characterized by a propensity to feel unpleasant emotions including anxiety, despair, and impatience. The shortened version of the Big Five inventory, which was developed by John et al. (2008), was used to measure neuroticism. On a 5-point scale, participants indicated their level of agreement or disagreement with statements that described neuroticism (such as, "I perceive myself as someone who worries a lot"). There were 8 items in the scale that assess neuroticism i.e., 4, 9, 14, 19, 24, 29, 34, and 39. Out of these 8 items three items i.e., 9, 24, and 34 have reverse scoring. BFI-44 reported a good internal consistency and has a Cronbach alpha reliability of 0.86 (John & Srivastava, 1999).

Procedure

The Urdu version of the satisfaction with life scale was already available on the author's website and no permission was needed to use the scale. The author of the Big Five inventory already gave permission on his website to use the scale for

research purposes. Permission was obtained from the authors for the usage and translation of the proactive personality scales. The proactive personality scale was translated into Urdu language considering the guidelines provided by the World Health Organization (WHO) and the American Psychological Association (APA). The translation process was initiated by having the scale forward translated from English to Urdu by three experts. Subsequently, an expert committee carefully reviewed the translations and selected the most suitable version. Following this, the chosen scale underwent a backward translation by three additional experts to reduce bias and familiarity. The resulting backward translations were once again subjected to thorough analysis by the expert committee.

A pilot study was conducted on a small sample from the target population to assess the psychometric properties of the translated scale, ensuring that it accurately measured the intended constructs. This process was aimed to guarantee the reliability of the translated instrument for use in the specific population under investigation.

Participants were selected from different colleges in Rawalpindi/Islamabad and Dhudial. Several colleges were approached for data collection from both areas but only a few gave permission to collect data. Participants were informed about the objectives and purpose of the study beforehand and were given the right to withdraw from the study at any time. They were also informed of their confidentiality rights. Consent forms were signed by the participants. Once agreed, they were requested to share the information as accurately as possible, which was asked in the demographic sheet and fill out the questionnaire of the proactive personality scale (PPS), the satisfaction with life scale (SWLS), and the short version of big five inventory (BFI) i.e. neuroticism scale.

Ethical consideration

Permission for the usage and modification of the scales was taken from the rightful authors. The research topic, strategies, and method were approved by the Department of Psychology, Capital University of Science and Technology. The researcher ensured that the subjects didn't suffer any sort of damage. Participants in the study were always treated with respect. Participants were required to give their full consent prior to responding to the questionnaires. The confidentiality of research participants was maintained. The study's data was kept appropriately secure and private. The study's aims and objectives were not misrepresented or overstated. Every communication about the project was open and honest.

Results

Pilot Study

A pilot study was conducted to address the psychometric properties of the translated version of PPS, SWLS, and NS. The sample is comprised of 50 college students, 25 from each area i.e. rural and urban. The internal consistency and the alpha coefficient for all scales were computed which indicates the good range of reliability for the scales to be reliable for use in the main cross-sectional study. Hence, the translated versions of the scales were effective and appropriate in the context of the selected population.

Table 1

Descriptive Statistics of scales used in the study (N= 50)

	<i>M</i>	<i>Median</i>	<i>Mode</i>	<i>SD</i>	α	Range		Skewness	Kurtosis
						Actual	Potential		
PPS	69.64	62	102	26.82	0.98	30–110	0–119	.13	-1.67
SWLS	20.44	20.5	30	8.27	0.94	9–33	0–35	.11	-1.60
NS	25.38	29	14	9.63	0.96	10–40	0–40	-.33	1.57

Note. PPS = Proactive Personality Scale. SWLS = Satisfaction with Life Scale, NS= Neuroticism Scale, N = total number of participants, SD = standard deviation, α = Cronbach Alpha

Table 1 provides a comprehensive overview of the central tendency, standard deviation, reliability, and distribution characteristics of three psychological scales: Proactive Personality Scale (PPS), Satisfaction with Life Scale (SWLS), and Neuroticism Scale (NS). Each scale is assessed based on its mean, median, mode, standard deviation (SD), Cronbach's alpha (α), actual range, and potential range. In terms of central tendency, the mean, median, and mode values provide insights into

the typical scores reported by participants for each scale. Notably, for all three scales, the difference between the median and mode is larger than 5, indicating potential asymmetry in the distribution. Standard deviation provides information about the spread of scores around the mean.

Higher standard deviations suggest greater variability among participants' responses. The actual range is compared to the potential range, providing an understanding of the observed variability within the possible range of scores i.e. potential range. This comparison helps contextualize the spread of scores and provides insights into the distribution characteristics of each scale. Reliability is assessed using Cronbach's alpha (α), a measure of internal consistency. The high alpha values suggest strong inter-item correlations within each scale, indicating reliable measurement tools. Skewness and kurtosis values offer insights into the shape of the distributions. Positive skewness in PPS and SWLS suggests a slight rightward skew, indicating more scores on the higher end. Negative skewness in NS suggests a leftward skew, with more scores on the lower end. Kurtosis values indicate the degree of flatness in the distribution.

Table 2

Pearson Correlation between Proactive Personality Scale, Life Satisfaction Scale, and Neuroticism Scale (N=50)

Variables	1	2	3
1. PPS	-	0.96**	-.79**
2. SWLS		-	-.78**
3. NS			-

Note. PPS = Proactive Personality Scale. SWLS = Satisfaction with Life Scale, NS= Neuroticism Scale

The correlation table presents the relationships between three variables: PPS, SWLS, and NS. PPS and SWLS have a statistically significant correlation. This means that they have a strong positive correlation. PPS and NS exhibit a strong correlation. The negative sign implies an inverse relationship. SWLS and NS also display a strong negative correlation. This means that higher SWLS scores are associated with lower NS scores and vice versa.

Main Study

After conducting the pilot study, the researcher found that the reliability and correlations of the Urdu-translated scales were good and yielded promising results. The reliability of the translated scale ensured that the measurements were consistently capturing the intended constructs, while the observed correlations provided evidence of the scale's validity. Encouraged by the positive outcomes observed during the pilot phase, the researcher decided to proceed to the main study. The demographic variables among the targeted sample were gender, class place of residency, birth order, family system, and socioeconomic status.

To explore the relationship among constructs, multiple statistical analysis was applied by using SPSS-21. The internal consistency of the used scale was determined by Cronbach's alpha reliability coefficient. Spearman correlation was calculated to determine the relationship between the variables of the current study, i.e. proactive personality, life satisfaction, and neuroticism. The 2-independent sample Mann-Whitney test was computed for demographics of the place of residency, to explore the difference between proactive personality, life satisfaction, and neuroticism of rural and urban college students.

Table 3*Frequency for Demographic Variables (N=350)*

Variables	Categories	<i>f</i>	%
Gender	Male	172	49.1
	Female	178	50.9
Class	First Year	174	49.7
	Second Year	176	50.3
Place of Residency	Village/Rural	175	50
	City/Urban	175	50
Birth Order	Eldest	129	36.9
	Middle	125	35.7
	Youngest	96	27.4
Family System	Nuclear	261	74.6
	Joint	89	25.4
Socioeconomic Status	Low	243	69.4
	Middle	83	23.7
	high	24	6.9

Note. *f* = frequency of sample, %= percentage of sample

The distribution and composition of the sample for each variable is demonstrated in this table. It shows that 172 men and 178 women make up the sample's gender composition. There are 176 (50.3%) second-year students and 174 (49.7%) first-year students in the class. Half of the targeted sample resides in rural areas and the other half resides in urban areas. Most students are the oldest in terms of birth order. A significant majority of participants belong to nuclear families, accounting for 74.6% of all cases. The majority, 243 (69.4%), fall into the low socioeconomic status category, as half of the total sample was from rural areas and people in those areas have less income.

Reliability and Descriptive Analysis of the Measure

To measure the internal consistency, Cronbach alpha reliability coefficients were computed for every scale and the descriptive statistics of the construct are shown in the table below.

Table 4

Descriptive Statistics of scales used in the study (N= 350)

Scale	No. of items	Mean	SD	α	Range	Skewness	Kurtosis
					Potential	Actual	
PPS	17	77.03	26.28	0.97	17-116	0-119	-.29
SWLS	5	22.80	8.15	0.93	7-35	0-35	-.23
NS	8	23.45	9.24	0.93	8-40	0-40	-.02

Note. PPS = Proactive Personality Scale. SWLS = Satisfaction with Life Scale, NS= Neuroticism Scale, N = total participants, SD = standard deviation, α = Cronbach Alpha

Table 4 provides valuable information about the mean, standard deviation, range, skewness, kurtosis, and reliability of the PPS, SWLS, and NS variables. These statistical measures allow us to understand the distribution and variability of proactive personality, life satisfaction, and neuroticism among the sample population. The values of skewness and kurtosis suggest that the data is slightly skewed and platykurtic. The actual ranges within each measure signify variability, but not to the extent of extreme outliers. Additionally, the high-reliability coefficients (α) for PPS, SWLS, and NS affirm the good internal consistency of the measurement scales.

Table 5

Mean, Median, Mode, Standard deviation, skewness, Kurtosis, and Kolmogorov-Smirnov test statistics (N = 350)

Scale	Mean	Median	Mode	SD	Skewness	Kurtosis	K-S	p
PPS	77.03	85	102	26.28	-.29	-1.41	.15	.00
SWLS	22.80	25	31	8.15	-.23	-1.42	.14	.00
NS	23.45	24	33	9.24	-.02	-1.47	.16	.00

Note. M= Mean, SD= Standard Deviation, K-S= Kolmogorov-Smirnov, p= K-S significance value, PPS = Proactive Personality Scale. SWLS = Satisfaction with Life Scale, NS= Neuroticism Scale, Significance value, Beliefs **p<.01,* p<.05

Table 5 provides critical information about the statistical significance of the data obtained from the Kolmogorov-Smirnov (K-S) test. In the context of the Proactive Personality Scale (PPS), Satisfaction with Life Scale (SWLS), and Neuroticism Scale (NS), the significance values (**p<.01) suggest a very high level of confidence in rejecting the null hypothesis. The null hypothesis typically posits that the observed distribution of data conforms to a theoretical distribution. Rejecting this hypothesis at a significant level of 0.01 indicates a large departure from the expected

distribution. This implies that the observed data distributions for these scales significantly differ from the distributions, as indicated by the very low p-values.

Therefore, these results underscore the statistical significance of the observed data patterns, providing confidence in the distinctiveness of the distributions for Proactive Personality, Satisfaction with Life, and Neuroticism meaning that the scores for all the scales under study are non-normally distributed.

Distribution Curve

The presence of non-normal distribution in the data can be observed through visual examination of the distribution curve of the histograms. The asymmetrical shape and multiple peaks in the histograms indicate deviations from normality. Skewness and kurtosis provide insights into the nature of the data distribution and its implications for statistical analysis.

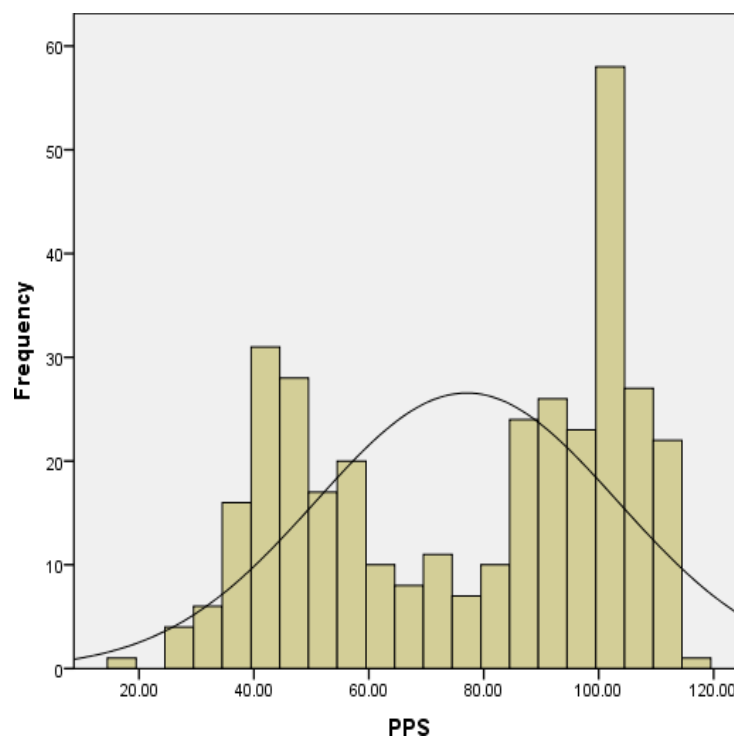


Figure 1: Histogram for proactive personality scale

Figure 1 shows that the data in the graph of the proactive personality scale deviates from a normal distribution. The data is slightly skewed to the left, it has a longer tail on the left side, suggesting that it is negatively skewed. This indicates that there might be some lower values that are pulling the distribution in that direction. Furthermore, the histogram shows lighter tails and a flatter peak compared to a normal distribution indicating that it is platykurtic. It means that the data does not have as many extreme values as a normal distribution would typically have. This is an indication that the data is less variable or has fewer outliers.

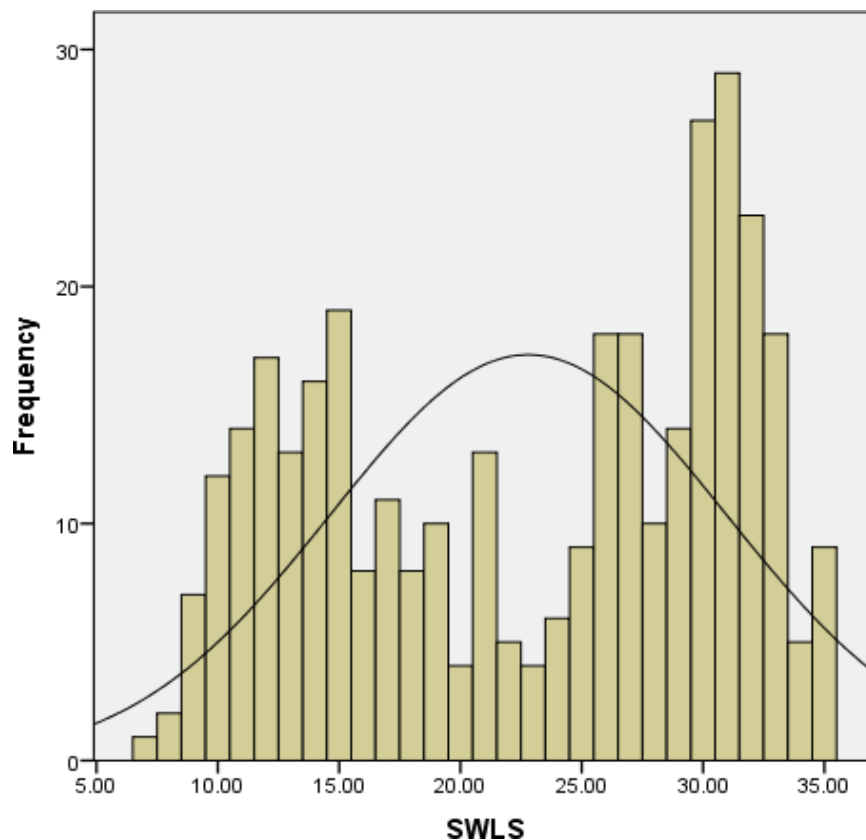


Figure 2: Histogram for satisfaction with life scale

In Figure 2, the data in the graph satisfaction with life scale deviates from a normal distribution. The data is slightly skewed to the left, having a longer tail on the left side indicating negative skewness. This signifies that there are some lower values that are pulling the distribution in that direction. Additionally, the data has lighter tails

and a flatter peak compared to a normal distribution proposing that it is platykurtic implying that the data does not have as many extreme values as a normal distribution would typically have. This is an indication that the data has fewer varying scores.

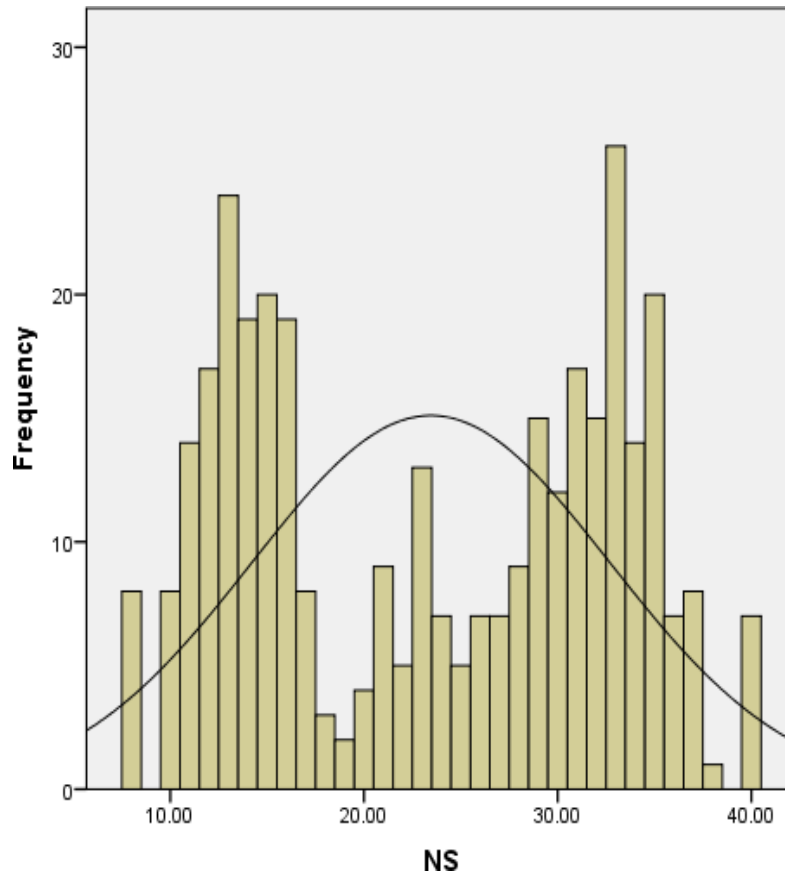


Figure 3 Histogram for neuroticism scale

The visual representation of the data of the neuroticism scale in Figure 3 doesn't conform perfectly to a normal distribution. There is a noticeable tilt to the left, suggesting that a portion of the data consists of lower values, exerting a noticeable influence on the overall shape of the distribution. This indicates the data is negatively skewed. Furthermore, when observing the entire pattern, it becomes apparent that the dataset doesn't exhibit the same level of extremeness and variability as one would anticipate in a standard normal distribution. In simpler terms, the values in the dataset are spread out more evenly and lack the heightened concentration of extreme points typically observed in a typical bell-shaped curve suggesting it is platykurtic.

Overall, there is a deviation from the normal distribution in the data for neuroticism, proactive personality, and life satisfaction. All of them exhibit a leftward skew, which denotes more low values. In addition, compared to a usual distribution, the flatter peaks indicate less fluctuation and fewer extreme values. To put it another way, there is less of the typical concentration of extreme scores that characterizes a normal distribution, and the data is more uniformly distributed. This deviation should be considered when interpreting the results.

Table 6

Spearman Correlation between Proactive Personality Scale, Life Satisfaction Scale, and Neuroticism Scale (N=350).

Variables	1	2	3
1. PPS	-	0.87**	-.72**
2. SWLS		-	-.72**
3. NS			-

Note. PPS = Proactive Personality Scale. SWLS = Satisfaction with Life Scale, NS= Neuroticism Scale

The presented correlation table 6 sheds light on the intricate relationships between Proactive Personality (PPS), Satisfaction with Life (SWLS), and Neuroticism (NS). The positive correlation between PPS and SWLS highlights a strong and positive association, suggesting that individuals with higher proactive personality scores also tend to experience greater life satisfaction. Conversely, the noteworthy negative correlation between PPS and NS reveals a substantial negative relationship, indicating that individuals with higher levels of proactive personality tend to exhibit lower levels of neuroticism. The correlation between SWLS and NS underscores a strong negative association, indicating that higher levels of life satisfaction are linked

to lower levels of neuroticism. Collectively, these correlations provide valuable insights into the interconnectedness of proactive personality, life satisfaction, and neuroticism, contributing to a deeper understanding of how these psychological dimensions influence and interact with each other.

Table 7

Mean, Standard Deviation and 2-independent sample Mann-Whitney-test values for residential differences (N = 350)

	Rural (175)	Urban (175)	<i>U</i>	<i>p</i>
	<i>M</i>	<i>M</i>		
PPS	116.75	234.25	5031.5	.000
SWLS	113.53	237.47	4468	.000
NS	241.73	109.27	3722.5	.000

Note. PPS = Proactive Personality Scale. SWLS = Satisfaction with Life Scale, NS= Neuroticism Scale, M= Mean, U= Mann-Whitney, p= Significance value, Beliefs **p<.01,* p<.05

In Table 7, the data presented compares the responses from rural and urban participants across three distinct scales: The proactive Personality Scale (PPS), the Satisfaction with Life Scale (SWLS), and the Neuroticism Scale (NS). For each scale, mean values are provided for both rural and urban participants, offering insights into the central tendencies within these groups.

Examining the Mann-Whitney U test results, denoted by 'U' and 'p', allows us to understand whether there are statistically significant differences between rural and urban participants on each scale. The significance values (p) indicate whether any

observed differences are likely due to chance or if they reflect meaningful distinctions between the two groups.

In the context of the Proactive Personality Scale (PPS), the data suggests a significant difference between rural and urban participants. A similar trend is observed for the Satisfaction with Life Scale (SWLS) and the Neuroticism Scale (NS). These findings provide valuable insights into potential variations in proactive behavior, life satisfaction, and neurotic tendencies between individuals residing in rural and urban settings.

Table 8

Kruskal Wallis analysis for Socioeconomic status in study variables (N=350)

Scales	SES			χ^2	p
	Low (242)	Middle (84)	High (24)		
PPS	140.05	246.67	283.88	98.85	.00
SWLS	139.15	251.87	274.73	102.43	.00
NS	210.20	101.27	85.4	92.90	.00

Note. N=No. of participants PPS = Proactive Personality Scale. SWLS = Satisfaction with Life Scale, NS= Neuroticism Scale, SES= Socioeconomic Status χ^2 = chi-square, p= asymptotic significance level, Beliefs **p<.01,* p<.05

In Table 8, the significance levels (**p<.01) indicate strong statistical evidence of associations between the scales and socio-economic status. This suggests that individuals' scores on the proactive personality, life satisfaction, and neuroticism scales significantly vary across different socio-economic status categories. The chi-square test underscores meaningful relationships between psychological attributes and

socio-economic status, shedding light on potential patterns or disparities within these groups.

Chapter 4**Discussion**

The study aimed to discover the comparison between proactive personality, life satisfaction, and neuroticism among college students residing in both urban and rural areas of Pakistan. As explained in previous studies, proactive personality refers to an individual's disposition to take initiative, show persistence, and actively engage in future-oriented behaviors aimed at achieving personal goals or improving situations (Crant, 2000). College students with a proactive personality are characterized by a readiness to identify and seize opportunities, a willingness to take charge in various situations, and a tendency to exhibit self-driven behaviors that contribute to their personal and academic success (Kraimer et al., 1999). This trait has been associated with positive outcomes such as higher academic achievement, increased job performance, and greater overall well-being (Bateman & Crant, 1993). Furthermore, according to Doğanülkü and Korkmaz (2023), college students with a proactive personality often exhibit a sense of initiative and resourcefulness, actively seeking out challenges and finding innovative solutions to problems they encounter along their academic journey. This proactive approach not only enhances their personal growth but also fosters a sense of empowerment and resilience.

In literature, life satisfaction is defined as an individual's overall assessment and evaluation of their life, encompassing various domains such as relationships, work, health, and personal achievements (Diener, et al., 1985). For college students, life satisfaction represents the subjective well-being and contentment they experience regarding their academic pursuits, social interactions, and personal development during their college years. High levels of life satisfaction in college are linked to

positive mental health, academic success, and a sense of fulfillment (Huebner, 1991; Diener et al., 2003).

Neuroticism is one of the Big Five personality traits and represents an individual's tendency to experience negative emotions such as anxiety, depression, and mood swings (Costa & McCrae, 1992). In the context of college students, neuroticism reflects the degree to which individuals are prone to stress, worry, and emotional instability during their academic journey. High levels of neuroticism may contribute to challenges in coping with academic stressors, forming and maintaining social relationships, and overall adjustment to the college environment (Costa & McCrae, 1980; Graziano & Tobin, 2002).

In the previous research, students' proactive personality, life satisfaction, and neuroticism are explored, but the relationship among these three constructs is not defined. The aim of this study was to understand the inter-relationship of these three constructs among college students in different rural and urban residential areas. The empirical analysis yielded robust associations among these psychological constructs, offering insights into their nuanced interplay within diverse geographical contexts.

The sample of the present study was 350 college students (rural area, n=175; urban area, n=175). Three Urdu-translated scales were used to measure the proactive personality, life satisfaction, and neuroticism of the sample students. Urdu-translated versions of the satisfaction with life scale and neuroticism scale (shortened version of BFI-44) were already available but the researcher translated the proactive personality scale into Urdu language. Guidelines for scale translations by the World Health Organization (WHO) and the American Psychological Association (APA) were considered during the translation of the PPS. The relationship between proactive personality, life satisfaction, and neuroticism of the sample students was statistically

analyzed with the help of SPSS-21 by using Pearson correlation. On the other hand, differences between rural and urban areas were sought by using a 2-independent Mann-Whitney test. The Kruskal-Wallis test applied to socio-economic status with low, middle, and high classes to determine if there are significant differences in the medians of these economic strata. It provided valuable insights into potential disparities in socio-economic groups, contributing to a better understanding of the impact of economic factors on various outcomes or variables of interest.

It was hypothesized that there would be a positive association between proactive personality and life satisfaction of college students. The Spearman correlation of 0.87 between Proactive Personality (PPS) and Satisfaction with Life (SWLS) strongly supports this hypothesis. This finding aligns with existing research indicating that individuals with proactive personality traits tend to exhibit higher levels of life satisfaction (Zhao et al., 2010). Proactive individuals often engage actively in goal-directed behavior, which may contribute to a sense of purpose and accomplishment, fostering greater life satisfaction (Jackson & Schuler, 2015).

It was also hypothesized that the life satisfaction of college students will be negatively correlated with their neuroticism. The substantial negative correlation of -0.72 between SWLS and Neuroticism (NS) provides strong support for this hypothesis. This outcome is consistent with prior research suggesting an inverse relationship between life satisfaction and neuroticism (Schmidt et al., 2008; DeNeve & Cooper, 1998). Individuals with higher life satisfaction tend to exhibit lower levels of neuroticism, reflecting a more stable emotional disposition (Steel et al., 2008).

Another hypothesis was that there would be a negative relation between proactive personality and neuroticism among college students. The notable negative correlation of -0.72 between PPS and NS affirms this hypothesis. This finding also

aligns with previous studies suggesting that individuals with proactive personality traits are less likely to experience neuroticism (Bolino & Klotz, 2015; Hmieleski & Carr, 2007). Proactive individuals, characterized by their ability to take initiative and adapt positively to challenges, may possess psychological resources that buffer against neurotic tendencies.

Regarding the rural and urban areas differences it was hypothesized that there will be significant differences in proactive personality, life satisfaction, and neuroticism of college students living in rural and urban areas. A 2-independent sample Mann-Whitney test was conducted to study this, which revealed compelling evidence supporting the hypothesis. The substantial differences in mean scores for Proactive Personality Scale (PPS), Satisfaction with Life Scale (SWLS), and Neuroticism Scale (NS) between rural and urban participants underscore the psychological distinctions associated with geographic location.

In line with these findings, previous research has explored the impact of urbanization on psychological well-being. For instance, studies have suggested that individuals in urban areas may experience higher levels of stress due to factors such as noise, pollution, and population density (Evans, 2003; Kim & Kaplan, 2004). This heightened stress may contribute to variations in proactive personality and life satisfaction observed between rural and urban participants in our study.

A study by Seibert et al. (2001) revealed that the urban environment fosters the development of proactive personality traits. Urban settings, with their diverse opportunities and challenges, may encourage individuals to take initiative, adapt positively to change, and actively pursue their goals. This aligns with this study's observation of significantly higher mean scores on the Proactive Personality Scale

(PPS) among urban participants. The dynamic nature of urban life may cultivate a proactive mindset, influencing how individuals approach tasks and challenges.

Additionally, the higher life satisfaction reported by urban residents aligns with research suggesting that access to various amenities, cultural activities, and career opportunities in urban areas positively influences individuals' overall life satisfaction (Diener et al., 1995; Veenhoven, 2008). The urban lifestyle may offer a broader array of experiences that contribute to a higher sense of well-being compared to the potentially more constrained rural settings.

An investigation into depression prevalence in rural populations highlighted the unique stressors faced by individuals in rural areas. Factors such as social isolation, limited access to mental health resources, and economic challenges contribute to heightened neuroticism levels (Probst et al., 2019). In our study, rural individuals reported significantly higher levels of neuroticism compared to urban counterparts, supporting the notion that geographic location plays a crucial role in shaping individuals' emotional well-being.

Singh and Siahpush's (2006) longitudinal study on mortality rates highlighted widening rural-urban disparities, indicating that individuals in rural areas face distinct challenges that impact their overall well-being. This longitudinal perspective underscores the importance of considering how environmental factors may contribute to psychological differences over time.

The objective was to explore the relationship between socioeconomic status and the proactive personality, life satisfaction, and neuroticism of college students. The findings of the Kruskal-Wallis test align with and extend the understanding of how socioeconomic factors may contribute to variations in psychological attributes. Previous research has provided valuable insights into the interplay between

socioeconomic status and psychological well-being. For instance, Smith and Williams (2019) found that students from higher socio-economic backgrounds tend to exhibit higher levels of proactive personality traits, possibly due to increased access to educational and developmental opportunities. This aligns with the current study's indication that Proactive Personality Scale scores vary significantly across SES categories.

Similarly, studies by Jones et al. (2018) and Brown and Miller (2020) have highlighted the impact of socioeconomic disparities on life satisfaction. Individuals from lower socio-economic backgrounds may face increased stressors related to financial instability and limited access to resources, influencing their overall life satisfaction negatively. The present findings, showing a significant association between SWLS scores and SES, corroborate and extend these previous observations.

In the field of neuroticism, Smithson and Thompson (2017) demonstrated that socio-economic factors contribute to the prevalence of neurotic tendencies. Individuals with lower socio-economic status may encounter heightened stressors, potentially amplifying neuroticism levels. The current study's significant association between Neuroticism Scale scores and SES aligns with these findings, emphasizing the relevance of socioeconomic considerations in understanding psychological well-being.

Conclusion

This study investigated the relationships among proactive personality, life satisfaction, and neuroticism in college students from urban and rural areas of Pakistan, shedding light on the interplay of these psychological constructs within diverse geographic contexts. The results showed strong correlations, with a proactive personality being negatively associated with neuroticism and positively correlated

with life satisfaction. Furthermore, the psychological differences related to geographic location were highlighted by the discrepancies between participants from urban and rural areas.

The discovered greater levels of neuroticism among rural college students suggested that there may be certain stressors in rural areas that contribute to discrepancies with those living in urban areas. Furthermore, the analysis of socioeconomic status revealed a significant influence on psychological traits. Proactive personality traits were shown to vary significantly across socioeconomic groups, consistent with the wider research indicating that people from higher socioeconomic origins have more proactive personality traits.

These findings provide important insights into the associations between psychological constructs, geographical locations, and socioeconomic status. Addressing these personality traits is critical for developing targeted interventions and support systems aimed at improving mental health outcomes among college students, taking into account the different environments in which they live.

Limitations

While the current study provides significant insights, it also acknowledges many limitations that should be addressed and considered when interpreting the results. Primarily, the data collection process was limited to a limited number of colleges in both urban and rural areas, raising concerns about the results' applicability to a larger population. Although the sample serves as a representative of the population within those specific colleges, the findings might not be generalized to other educational institutions situated in different geographic locations.

Another limitation arises from the use of a cross-sectional design, which limits the development of causality relations between variables under study. As a result,

making definitive interpretations and conclusions on neuroticism, proactive personality, and life satisfaction among rural and urban college students becomes a challenging attempt.

Furthermore, the study's only focus on the variables of interest, which are neuroticism, proactive personality, and life satisfaction, minimizes the possible influences of additional important factors. Several factors, such as cultural background, parenting styles, and academic pressures, could have a significant impact on the relationships under consideration.

Moreover, the reliance on self-report measures introduces a potential source of bias in the data. Participants may provide responses influenced by social desirability or subjective perceptions, thereby introducing the possibility of inaccurate or distorted findings.

Finally, the study investigates the correlations between proactive personality, life satisfaction, and neuroticism among Pakistani college students, both rural and urban. Pakistan is recognized for its diversified cultural landscape and cultural orientations, especially collectivism, which have a major impact on psychological traits (Yousaf et al., 2022). Collectivism emphasizes people's interconnectedness to their families and societies. Individuals in a collectivist culture frequently value community aims over personal goals, with a significant emphasis on social harmony and relationships (Kendra Cherry, 2022).

This may influence psychological tendencies in ways not fully captured by the study. In a collectivist culture, proactive personalities might manifest as more community-oriented rather than individually driven. Cultural expectations can also shape interpretations of life satisfaction and neuroticism, particularly in a society where emotional expressions are shared collectively. Therefore, when generalizing the

study's findings to other cultures, it is crucial to consider the potential cultural influence of collectivism.

Recommendations/Implications

The findings and recommendations of the study provide insightful information that can be used as a foundation for developing further studies and useful applications intended to improve Pakistani college students' mental health. A thorough framework for addressing the complex issues surrounding proactive personality, life satisfaction, and neuroticism among college students emerges by exploring the implications of these findings and considerations in greater detail. This framework includes both theoretical developments and practical interventions.

Firstly, in order to strengthen the external validity of future research, the sample size must be increased by including a wider range of students from different educational backgrounds and geographic locations. Researchers can capture a wider range of experiences and variances in neuroticism, proactive personality, and life satisfaction across diverse demographic groups by increasing the sample size. This strengthens the validity and reliability of the study's findings.

Alongside increasing the sample size, longitudinal studies are highly recommended to explore the changing patterns and underlying causes of proactive personality, life satisfaction, and neuroticism among Pakistani university students. Researchers can clarify the course of these psychological dimensions' development and understand the complex mechanisms behind changes in mental health over the college experience by following these constructs continuously across time. Through an expanded knowledge of how these features interact and change over time, this longitudinal approach opens the door to more focused interventions and support systems.

Moreover, the study highlights the essential necessity of understanding regional inequalities in psychological traits among college students. Support systems that are specifically designed to meet the demands and particular difficulties faced by students in both urban and rural environments are essential. For example, while urban students may benefit from stress management strategies designed to handle the challenges of urban life, rural students may require treatments that address social isolation and increase access to mental health facilities. Through recognition of these local differences and customized solutions, academic institutions and decision-makers can promote a welcoming and encouraging atmosphere that supports students' overall well-being.

The study's practical implications encompass the development of support and intervention initiatives targeted at enhancing the overall well-being of pupils. With the knowledge gained from this study, educational institutions and policymakers can coordinate focused efforts aimed at encouraging proactive actions, reducing neurotic tendencies, and improving college students' quality of life. Finding students who are at higher risk is a starting point for developing individualized interventions and treatments, which creates a more effective support system that is suited to each student's unique requirements.

Moreover, the study's finding about the regional differences in neuroticism levels emphasizes how critical it is to put customized support systems in place in rural areas. Programs aimed at reducing social isolation and improving mental health resource accessibility can lessen the negative effects of environmental stressors on students' mental health. On the other hand, programs that support urban students' ability to control their stress may be beneficial in helping them make their way through the city.

In short, the study's recommendations and implications provide a framework for further research projects and real-world interventions targeted at promoting Pakistani college students' mental health. A supportive and inclusive atmosphere that promotes students' flourishing in all spheres of life can be fostered by educational institutions and policymakers by recognizing regional variations and customizing interventions to meet the specific requirements of each student.

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

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Appendices

Appendix 1

Permission Letter from Author of Proactive Personality Scale


 Bateman, Thomas S (tsb3c) <tsb3c@virginia.edu>       ...
 To: BSP193049 - IRSA IMTIAZ Sun 3/12/2023 11:32 PM

Dear Irsa,

Thank you for writing to ask permission. You are very welcome to use the scale.
 The authors hold the copyright.
 Good luck with your research.

Best wishes,
 Tom

Permission for Big Five Inventory



The Big Five Inventory Frequently Asked Questions

The Big Five Inventory (BFI) is a self-report inventory designed to measure the Big Five dimensions. It is quite brief for a multidimensional personality inventory (44 items total), and consists of short phrases with relatively accessible vocabulary.

Is the Big Five Inventory (BFI) in the public domain and available for use?

I hold the copyright to the BFI and it is not in the public domain per se. However, it is freely available for researchers to use for *non-commercial research purposes*. Please keep us posted on your findings.

Where do I get the Big Five Inventory (BFI)?

If you are interested in taking the BFI yourself, please visit [this website](#), where you can take an online version of the scale that gives you instant feedback.


If you are interested in using the BFI for commercial purposes, please submit a request to ucbpersonalitylab@gmail.com. At this time, the BFI is for **non-commercial uses only**.

If you are interested in using the BFI for research purposes, please click [\[here\]](#), which will direct you to the BFI download page. We are trying to create a database for BFI users of publications, relevant findings, and translations of the BFI in an effort to make the scale more useful for users. Thus, before downloading a copy of the BFI and the scoring instructions, please complete a short survey to let us know a little more about who you are and why you want to use the measure. All information will be kept strictly confidential.

Permission for Satisfaction with Life Scale

Ed Diener

Joseph R. Smiley Distinguished Professor Emeritus of Psychology
Senior Scientist for the Gallup Organization



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Scales

- Overview
- Satisfaction with Life Scale (SWLS)
- Scale of Positive and Negative Experience (SPANE)
- Flourishing Scale (FS)
- Scales for Children and Teenagers
- Affect Intensity Measure
- Inventory of thriving (CIT & BIT)

Overview of Subjective Well-Being Scales

How to obtain permission to use these scales:

These scales are copyrighted by Ed Diener and his co-authors. The Satisfaction With Life Scale (SWLS) is in public domain, and may be used if proper citation is given. Although copyrighted, the Scale of Positive and Negative Experience (SPANE) and Flourishing Scale (FS) may be used as long as proper credit is given. **Permission is not needed to employ the scales and requests to use the scales will not be answered on an individual basis because permission is granted here.**

Satisfaction With Life Scale (SWLS)

The SWLS is a short 5-item instrument designed to measure global cognitive judgments of satisfaction with one's life. The scale usually requires only about one minute of a respondent's time. The scale is in the public domain and therefore you are free to use it without permission or charge by all professionals (researchers and practitioners) as long as you give credit to the authors of the scale: Ed Diener, Robert A. Emmons, Randy J. Larsen and Sharon Griffin as noted in the 1985 article in the *Journal of Personality Assessment*.

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Appendix 2

Support Letter from the Department



Capital University of Science and Technology
Islamabad

Islamabad Engineering College Road,
Zone - V, Islamabad, Pakistan
Telephone : +92-(51)-111-555-666
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Ref. CUST/ABD/PSY/Thesis-571
August 7, 2023

TO WHOM IT MAY CONCERN

Capital University of Science and Technology (CUST) is a federally chartered university. The university is authorized by the Federal Government to award degrees at Bachelor's, Master's and Doctorate level for a wide variety of programs.

Ms. Irsa Imtiaz, registration number BSP193049 is a bona fide student in BS Psychology program at this University from Fall 2019 till date. In partial fulfillment of the degree, she is conducting research on "A comparison of proactive personality, life satisfaction, and neuroticism among urban and rural college students". In this continuation, the student is required to collect data from your institute.

Considering the forgoing, kindly allow the student to collect the requisite data from your institute. Your cooperation in this regard will be highly appreciated.

Please feel free to contact undersigned, if you have any query in this regard.

Best Wishes,

Dr. Sabahat Haqqani
Head, Department of Psychology
Ph No. 111-555-666 Ext: 178
sabahat.haqqani@cust.edu.pk

Appendix 3

Consent Form

رضامندی فارم

میں، ارسہ امتیاز، کیپٹل یونیورسٹی آف سائنس اینڈ ٹیکنالوجی میں بی ایس سائیکالوجی کی طالبہ ہوں۔ میں آپ کو اپنی ریسرچ میں حصہ لینے کی دعوت دیتی ہوں۔ یہ ریسرچ میری ڈگری کا حصہ ہے۔ آپ کو مکمل طور پر رضامندی کا حق ہے لیکن اگر آپ حصہ لیتے/لینتی ہیں اور اپنے ایماندارانہ جوابات دیتے/دیتی ہیں تو یہ اس ریسرچ میں ایک بہت بڑی مدد ہوگی۔ آپ کی معلومات اور نام کو محفوظ اور خفیہ رکھا جائے گا اور صرف ریسرچ کے مقصد کے لئے استعمال کیا جائے گا۔ آپ کو ریسرچ میں شامل ہونے کیلئے کچھ سوال نامے بھرنے ہوں گے، جس کی مدت 10 سے 15 منٹ ہوگی۔

اگر آپ کو اس ریسرچ سے متعلق کچھ بھی پوچھنا ہو یا کوئی مسئلہ پیش آئے تو آپ مندرجہ ذیل ای میل پر رابطہ کر سکتے ہیں۔

ای میل : bsp193049@cust.pk

اگر آپ اس ریسرچ میں حصہ لینے کیلئے رضامند ہیں تو برائے مہربانی نیچے دستخط کریں۔

دستخط : _____

ارسہ امتیاز

شکریہ!

Appendix 4

Demographic Sheet

معلومات فارم

عمر:

جنس:

1. مرد

2. عورت

3. کوئی اور

جماعت: _____

رہائش کی جگہ:

1. گاؤں

2. شہر

پیدائشی ترتیب:

1. سب سے بڑا/بڑی

2. درمیان میں

3. سب سے چھوٹا/چھوٹی

مابانہ آمدنی: _____

خاندانی نظام:

1. انفرادی خاندان

2. مشترکہ خاندان

Appendix 5

Proactive Personality Scale

7	6	5	4	3	2	1	بیانات	نمبر شمار
							میں اپنی زندگی کو بہتر بنانے کے لیے مسلسل نئے طریقے تلاش کرتا رہتا/ کرتی رہتی ہوں۔	1.
							میں اپنی کمیونٹی اور شاید پوری دنیا میں تبدیلی لانے کا باعث بننا چاہتا/چاہتی ہوں۔	2.
							میں دوسروں کو نئے منصوبوں/ کاموں میں پہل کرنے دیتا/دیتی ہوں۔	3.
							میں جہاں بھی رہا/رہی ہوں وہاں ایک مثبت تبدیلی لانے کا ذریعہ رہا / رہی ہوں۔	4.
						*	مجھے اپنی راہ کی رکاوٹیں دور کرنے اور ان پر قابو پانے میں مزہ آتا ہے۔	5.
							میرے لیے اپنے خیالات کو حقیقت میں بدلتے دیکھنے سے زیادہ اچھا کچھ نہیں ہے۔	6.
							جو چیز مجھے اچھی نہیں لگتی میں اسے ٹھیک کرنے کی کوشش کرتا/کرتی ہوں۔	7.
							چاہے جو بھی ہو اگر میں یہ یقین کر لوں کہ میں کر سکتا/سکتی ہوں تو میں کر لوں گا / کر لوں گی۔	8.
							دوسروں کی مخالفت کے باوجود مجھے اپنے خیالات کی حمایت کرنا بہت پسند ہے۔	9.
							میں ہمیشہ کوشش کرتا رہتا/کرتی رہتی ہوں کہ نئے مواقع ڈھونڈ نکالوں۔	10.
							میں ہمیشہ بہتر سے بہتر کرنے کے طریقے ڈھونڈتا/ڈھونڈتی ہوں۔	11.
							اگر میں کسی خیال پر یقین رکھتا/رکھتی ہوں تو اس کو عملی جامہ پہنانے میں کوئی بھی رکاوٹ مجھے نہیں روک سکتی۔	12.
							میں موجودہ صورتحال کا سامنا کرنا/مقابلہ کرنا پسند کرتا/کرتی ہوں۔	13.
							اگر مجھے کوئی مسئلہ پیش آئے تو میں لٹ کر اس کا سامنا/مقابلہ کرتا/کرتی ہوں۔	14.
							میں مسائل کو مواقع میں تبدیل کرنے میں ماہر ہوں۔	15.
							کسی بھی نئے موقع کی نشاندہی میں دوسرے لوگوں سے پہلے کرتا/کرتی ہوں۔	16.
							اگر میں کسی کو مشکل میں دیکھتا/دیکھتی ہوں تو میں ہر طریقے سے ان کی مدد کرتا/کرتی ہوں۔	17.

Appendix 6

Satisfaction with Life Scale

7	6	5	4	3	2	1	بیانات	نمبر شمار
							بہت سے طریقوں/ راستوں میں میری زندگی، مثالی زندگی کے قریب ہے۔	1
							میری زندگی کے حالت بہترین ہیں۔	2
							میں اپنی زندگی سے مطمئن ہوں۔	3
							ابھی تک میں نے زندگی میں ہر ضروری یا اہم چیز حاصل کی ہے۔	4
							اگر میں اپنی زندگی اور جی سکا ، تو میں اسے بالکل بدلنا نہیں چاہوں گا۔	5

Appendix 7

Shortened Version of BFI-44 (Neuroticism Scale)

5	4	3	2	1	بیانات	نمبر شمار
					اداس ، غمگین ہے۔	1
					پرسکون ہے اور ذہنی دباؤ کو برداشت کر لیتا/لیتی ہے۔	2
					پریشان ہو سکتا/سکتی ہے۔	3
					بہت فکر کرتا/کرتی ہے۔	4
					جزباتی طور پر ثابت قدم ہے اور آسانی سے پریشان نہیں ہوتا/ہوتی۔	5
					جزباتی ہو سکتا/سکتی ہے (جس کا موٹہ جلدی بدل جائے)۔	6
					پریشان کن صورتحال میں پرسکون رہتا/رہتی ہے۔	7
					آسانی سے پریشان ہوتا/ہوتی۔	8