

RELATIONSHIP BETWEEN OSTRACISM, IMPULSIVITY AND DEVIANT BEHAVIOR AMONG YOUNG ADULTS



By

MAIDA IRFAN HASHMI

BSP201056

DEPARTMENT OF PSYCHOLOGY
Faculty of Management and Social Sciences
Capital University of Science & Technology,
Islamabad
January, 2024

BSP201056

DEPARTMENT OF PSYCHOLOGY

JANUARY, 2024

RELATIONSHIP BETWEEN OSTRACISM, IMPULSIVITY AND DEVIANT BEHAVIOR AMONG YOUNG ADULTS



By

**MAIDA IRFAN HASHMI
REGISTRATION # BSP201056**

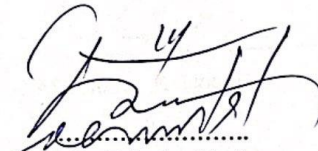
A Research Thesis submitted to the
DEPARTMENT OF PSYCHOLOGY
In partial fulfillment of the requirements for the degree of
BACHELOR OF SCIENCE IN PSYCHOLOGY

Faculty of management and social sciences
Capital University of science &
technology, Islamabad
Jan, 2024

Certificate of Approval

It is certified by the thesis titled "Relationship Between Ostracism, Impulsivity and Deviant Behavior Among Young Adults" performed through Maida Irfan Hashmi, Reg. No. BSP 201056 under the supervision of Miss Tehmina Mazhar, Capital University of Science & Technology, Islamabad is fully adequate, in scope and quality, as a Research Thesis for the degree of BS Psychology.

Supervision:



Miss Tehmina Mazhar

Lecturer

Department of Psychology

Faculty of Management & Social Science

Capital University of Science and Technology, Islamabad

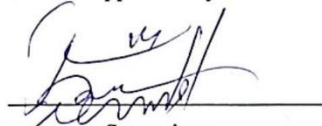
Relationship between Ostracism, Impulsivity, and Deviant Behavior among Young Adults

By

Maida Irfan Hashmi

Registration # BSP201056

Approved By

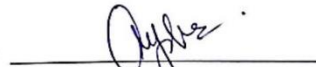


Supervisor

Ms. Tehmina Mazhar



Ms. Supria Kalsoom



Ms. Aysha Aneeq



Thesis Coordinator

Ms. Irum Noureen



Head of Department

Dr. Sabahat Haqqani

Copyright 2024 by CUST Student

All rights reserved, Reproduction in whole or in part in any form requires the prior written permission of Maida Irfan Hashmi or a designated representative.

DECLARATION

This is declared to be a unique part of our work, unless otherwise indicated by the content and references of the text. This work has not been submitted to a university or higher education group of another level or degree, nor has it been submitted to obtain a degree in that university or other university or institution.

Maida Irfan Hashmi

BSP201056

January, 2024

ACKNOWLEDGEMENTS

First and foremost, I thank ALMIGHTY ALLAH the most beneficent and the most merciful for giving me the strength and courage to take on such a huge task. It was through my faith in him and the prayers of others that I was able to complete this thesis. Secondly, I thank my family who fully supported me throughout this journey and literally made it possible. To my mother, Raheela Irfan, I am grateful for the values of dedication and commitment that you instilled in me at an early age. To my father, Irfan Ul Haq, I get a lot of my energy and determination from you. Thank you for your unconditional support. To my fiancé, Zubair Hashmi, thank you for all of the prayers and positive words of encouragement. Your devotion to your career gave me the motivation to work hard. To my friend, Kinza Shabbir, thank you for all that you have done to ensure that I completed this thesis. I am grateful for your willingness to push me to grow by support and encouragement not just in this endeavor, but throughout my university years.

I would like to thank all the faculty members of the Psychology Department. Thanks to my supervisor Ms. Tehmina Mazhar for providing many practical suggestions that improved the structure of my thesis. Your guidance through technical difficulties in all phases of the thesis process was invaluable.

Lastly, a special thanks to our thesis coordinator Ms. Irum Noureen for your willingness to help in any way you could and also for helping me through some tough spots with advice.

Maida Irfan

Abstract

The aim of the present study was to explore the relationship of ostracism, impulsivity, and deviant behavior among young adults. The study utilized a cross-sectional research design and collected data from a sample of 300 young adults from (Rawalpindi and Islamabad) both male and female. Ostracism Experience Scale (OES), Barratt Impulsiveness Scale Revised (BIS-R-21) and Deviant Behavior Variety Scale were used. IBM SPSS 21 was used for statistical analyses. Spearman correlation and Mann-Whitney tests were executed due to non-normal distribution of data. The result showed a strong positive relationship between ostracism and impulsivity ($r=.74^{**}$, $p<.01$), a strong negative relationship between ostracism and deviant behavior ($r=-.75^{**}$, $p<.01$), and a strong positive relationship between impulsivity and deviant behavior ($r=.65^{**}$, $p<.01$). There was a non-significant gender difference on ostracism ($p<-.76$) and impulsivity ($p<-1.09$). There was a significant gender difference on deviant behavior ($p<-3.35$). There was a non-significant age difference on ostracism, impulsivity and deviant behavior $p<-.01$, $p<-.23$, $p<-.55$ respectively. One of the limitations is that it's a self-administered test which will cause biases

Keywords: Ostracism, Impulsivity, Deviant behavior.

Table of Content

Certificate of Approval	i
Declaration	iv
Acknowledgements	v
Abstract	vi
List of Tables	ix
List of figures	x
Chapter 1 Introduction	1
Deviant Behavior	3
Impulsivity	4
Ostracism	5
Literature review	8
Rationale	13
Objective	15
Hypotheses	15
Chapter 2 Method	16
Research design	16
Population and sample	16

Sampling technique	16
<i>Inclusion criteria</i>	16
<i>Exclusion criteria</i>	17
Instruments	17
<i>Demographic Sheet</i>	17
<i>Ostracism Experience Scale</i>	18
<i>Barratt Impulsiveness Scale Revised (BIS-R-21)</i>	18
<i>Deviant Behavior Variety Scale (DBVS)</i>	19
Procedure	20
Ethical consideration	20
Data analysis.....	21
Chapter 3 Results	22
Chapter 4 Discussion	39
Limitations.....	47
Implications	48
References	50
Appendices	57

List of Tables

Table 1 Demographic Characteristics Of The Participants (N=300)	23
Table 2 Descriptive, Reliability Analysis And Cronbach's Alpha.....	25
Table 3 Median, Mode, and Kolmogorov-Smirnov test statistics	26
Table 4 Correlation of Ostracism, Impulsiveness, Deviant Behaviour	29
Table 5 Mann-Whitney U- Test Values For TOO, TBI, TDB Scales In Gender	31
Table 6 Mann-Whitney U- Test Values For TOO, TBI, TDB for age (N=300)	33

\

List of figures

Figure 1 Ostracism experience scale.....	27
Figure 2 Barratt impulsiveness scale.....	27
Figure 3 Deviant behavior scale.....	28

Chapter 1

Introduction

Deviant behaviour is any action that deviates from accepted social norms, values, or expectations and is viewed negatively by the community at large. Criminal activity, substance addiction, aggressiveness, vandalism, and sexual immorality are some examples of aberrant behaviour. Deviant behaviour may result in detrimental effects for the individual and society due to a variety of variables, including social, psychological, or biological ones (Twenge, 2001). Kids who grow up in dysfunctional families lack the proper supervision, emotional support, and positive role models they need to adopt practical behaviour and lessen their likelihood of displaying abnormal tendencies. The family environment is an important factor to consider when evaluating deviant behaviour because it had a big impact on a person's attitudes, values, and behaviour (Snyder et al., 2016). Impulsivity was one of the traits connected to deviant behaviour. It can play a significant role in deviant behavior.

Impulsivity is a personality trait characterized by a tendency to act on impulse, without thinking through the consequences or considering alternatives. Impulsive individuals often engage in behaviors that are risky, impulsive, or disruptive to themselves or others. They may have difficulty delaying gratification, controlling their impulses, or regulating their emotions (Elov & Berdiyeva, 2022). It had been determined that impulsivity played a crucial role in comprehending aberrant behavior. People with high levels of impulsivity often use impulsive behavior as a coping mechanism for uncomfortable feelings (Baek & Posadas, 2022). According to research,

impulsive behavior was used as an unhealthy coping strategy by people who are feeling uncomfortable emotions like irritation, rage, or despair. These people might take quick decisions without thinking through the possible outcomes or other options (Benzerouk et al., 2022). Negative emotions would be temporarily soothed or distracted by engaging in abnormal behaviour, such as drug or alcohol misuse, hostility, or criminal activity. However, those rash decisions frequently had unintended negative effects on the individual and society as a whole (Fenneman et al., 2022). Another factor that could lead to deviant behavior is ostracism.

Ostracism is referred to the social exclusion or rejection of a person by a group or community. It required purposefully avoiding, ignoring, or withdrawing from the person, frequently as a form of punishment, social control, or upholding group norms. Ostracism would affect a person negatively on a psychological and emotional level, causing them to experience social anguish, loneliness, and unhappiness (Hollander & Rosen, 2000). Ostracism and impulsivity have a complicated relationship, with those who experience ostracism and those with high impulsivity being more prone to participate in deviant behaviour (Smith, 2013). This gave rise to the idea that impulsivity might be crucial to understanding why some people behave out when they feel isolated.

The association between ostracism and abnormal behaviour included impulsivity. Impulsive people may be more likely to engage in deviant behaviour as a coping mechanism for the stress brought on by ostracism. Impulsivity would make it easier to satisfy needs in the moment without thinking about the long-term effects, which would result in abnormal behaviour. Those who are shunned by a group, for

instance, are more prone to partake in risky activities like gambling or reckless driving (Twenge & Campbell, 2009).

Research consistently indicates a robust correlation between impulsivity and deviant behavior, with impulsivity serving as a significant predictor across various manifestations of deviance (Lynam & Vazsonyi, 2006). Ostracism, a form of social exclusion, might heighten the susceptibility to developing attention-deficit/hyperactivity disorder (ADHD), a condition characterized by impulsivity (Bastien, 2013). This suggests a plausible connection between ostracism, impulsivity, and deviant behavior.

The major goal of this study was to look at the connection between impulsivity, deviant behaviour, and ostracism. Psychology had investigated deviance, impulsivity, ostracism. Ostracism is a form of social exclusion. Social norms are violated by abnormal behaviour. It was crucial to comprehend how these things related (Naughton, 2003). This study examined impulsivity, deviant behaviour, and ostracism

Deviant Behavior

Deviant behavior refers to activities or behaviors that vary from societal norms, standards, or expectations. These actions are regarded as going beyond the bounds of what is thought to be proper or acceptable in a specific social setting. Deviant behaviour can refer to a variety of actions, including criminal activity, breaching the law, disobeying social conventions, and engaging in unusual or nonconformist behaviour. Those who lack empathy are impulsive, have limited self-control, are sensation seeking and are more likely to engage in deviant behavior (Moffitt et al., 2000).

Numerous academic fields, including psychology, and criminology, have conducted research on the causes, effects, and categorizations of deviant behaviour.

Numerous theories have been put forth in the discipline of criminology to explain abnormal behaviour. For instance, according to the social control theory, people are more inclined to act out when their social ties and affiliations to mainstream society are frayed or shattered (Hirschi, 1969). According to this theory, solid social ties like those in families and communities act as barriers to deviance.

Deviant behavior can have significant consequences for individuals and society. People who act in a deviant manner run a higher chance of facing legal repercussions, social shame, and unfavorable opinions from others. Deviant behaviour can also contribute to social disorder, the breakdown of social order, and social cohesion within communities (Kornhauser, 1978).

Impulsivity

Impulsivity refers to a tendency to act on immediate urges or desires without considering the potential consequences or long-term goals. It involves taking quick decisions without giving them much thought. Impulsivity can show up in a variety of behaviour, including dangerous behaviour, impulsive decision-making, and difficulties managing impulses. The nature of impulsivity, its underlying mechanisms, and its effects on people's lives have all been studied in research.

Impulsivity is also connected to greater risk-taking behaviors. Impulsive persons are more prone to participate in dangerous activities, such as substance misuse, harmful sexual practices, and reckless driving. According to this correlation,

impulsivity may have a negative impact on a person's physical health and wellbeing (Cyders & Coskunpinar, 2011).

Furthermore, impulsivity has been implicated in poor decision-making. Individuals with higher degrees of impulsivity tend to make impulsive and unfavorable choices in decision-making activities, leading to bad consequences. This shows that impulsivity can affect individuals' ability to evaluate future repercussions and assess decisions properly (Anderson, 1994).

Impulsivity is characterized by problems with inhibition or postponement of actions, which are indicative of a lack of cognitive control. This dimension encompasses characteristics like difficulties in planning, impulsivity, and a propensity to act impulsively without carefully weighing the repercussions (Patton et al., 1995).

The propensity to act hastily, haphazardly, and recklessly without careful consideration is another behavioral aspect of impulsivity. Substance misuse, risky driving, and impulsive spending are included in this dimension (Evenden, 1999).

Ostracism

Human beings, inherently social animals, possess a fundamental need for belonging and acceptance within their social environments. Social acceptance is crucial for the normal functioning of individuals both physically and psychologically (Lau et al., 2009). Maslow's hierarchy of needs underscores the basic human necessity for belonging and love (Jawad, 2020). When these needs go unfulfilled, and an individual experiences social exclusion, a myriad of psychological issues may arise.

Respect and acceptance are considered fundamental human rights. When individuals or groups engage in ostracism, the act of excluding or ignoring others, they

not only violate these basic human rights but also significantly impact the psychological well-being and overall health of the individuals targeted (Dillon, 2003). Ostracism can manifest within social groups that are formed based on both similarities and differences among individuals (Jacobs, 2016). Even within these groups, certain individuals may be marginalized, leading to feelings of being outsiders. For instance, a student from a lower socioeconomic class in a classroom may face ostracism if the rest of the class disregards or excludes her based on this difference.

Ostracism gives rise to various psychological disturbances, with distress being one of the most common consequences (Masten et al., 2009). Other effects include depression (Gilman et al., 2013), loneliness (Asher et al., 1984), the development of complexes, and heightened frustration. Additionally, the repercussions of ostracism extend to the quality of work and overall life satisfaction for the individuals who experience it. Educational institutions and workplaces are notable contexts where ostracism is prevalent (Chung, 2018), underlining the need for a deeper understanding of its impact on individuals and the imperative to foster inclusive and supportive environments.

Ostracism can lead to a range of adverse repercussions for the individuals involved. Being ostracized can result in feelings of sadness, anger, and loneliness. If these feelings are kept around for a long time, they may help mental health conditions like sadness and anxiety (Baumeister & Leary, 1995).

An individual's sense of self-worth and belonging may suffer as a result of racism. Participants who had experienced social exclusion reported having lower levels of self-esteem and a diminished sense of belonging. This underscores the importance

of social relationships and acceptance for individuals' overall well-being (Williams & Sommer, 1997).

The distress caused by ostracism can be attributed to its impact on four fundamental needs: belonging, self-esteem, control, and meaningful existence. In brief, these needs encompass the desire for positive social interactions (belonging), the need for others to perceive us as valuable (self-esteem), the aspiration to exert influence over our social environment (control), and the avoidance of existential fears by making a meaningful impact on the world (Williams, 2001).

Ostracism has psychological effects, but it can also have behavioral and cognitive effects on people. Individuals who were ostracized showed reduced prosocial behavior and increased aggression. This suggests that exclusion from social groups can lead to a change in how individuals interact with others (Twenge et al., 2001). Ostracism causes a variety of emotional reactions, such as hurt, rage, and despair. Ostracism activates brain regions linked to the sensation of physical pain, emphasizing the emotional misery brought on by exclusion (Wesselmann et al., 2013).

Ostracism can be affected by the power relationships that exist within a group. Asserting dominance, maintaining control are all possible outcomes of ostracism (Fiske, 2004). Individual traits that raise the risk of experiencing ostracism include ones like physical appearance, social standing, or membership in a stigmatized group. Individuals may also be more susceptible to exclusion due to factors including low self-esteem, introversion, or social anxiety (Buckley et al., 2004; Twenge et al., 2007).

Literature review

Ostracism causes social marginalization, which lowers self-worth and increases anger and other negative feelings. According to research, social exclusion can enhance impulsive behaviour (Williams, 2007). This would lead to even more deviant behaviour since people would use it as a coping method to deal with the unpleasant emotions brought on by rejection. According to studies, social exclusion can lead to a range of detrimental effects, including poorer work performance, lower academic attainment, and more aggressive behaviour towards others (Warburton et al., 2006). However, impulsivity and social exclusion have repeatedly been found to be two important predictors of deviant behaviour (Hogg & Williams, 2000). Social exclusion resulting from ostracism can lead to a decrease in self-esteem, increased aggression, and other negative emotions. It has been established that ostracism, or the act of excluding someone from social groups, has adverse effects on those who are subjected to it. Deviant behaviour is a complicated phenomenon that is influenced by a number of variables, including individual characteristics, peer pressure, and family context (Patton & Barratt, 1995).

Deviant behaviour is inconsistent with recognized social norms (Abbasi & Arman, 2023). It entails behaviour that are seen as unpleasant or inappropriate in a certain society or community. Understanding the factors that motivate aberrant behaviour is necessary to identify its causes and develop effective intervention approaches. Deviant behaviour is reportedly influenced by a multitude of factors, including personal characteristics, societal circumstances, and life experiences (Cox et al., 2022). An increased likelihood of engaging in deviant behaviour has been linked to

personality traits such impulsivity, lack of self-control, and a predisposition for sensation (Connolly et al., 2022).

Social isolation, especially when it results in rejection and ostracism, has been shown to have negative psychological and emotional effects on individuals. This review of the literature looks at how social exclusion impacts self-esteem and how those who are harmed show more violence and negative emotions (Capurihan et al., 2023).

Another research provides evidence of the detrimental impacts of social exclusion on self-esteem. People who were socially excluded had lower levels of self-esteem than those who were included. Their results were supported by the fact that they were seen across a range of age groups and cultural contexts. The study focused on the damaging effects of social exclusion on people's sense of worth and general psychological health (Gerber & Wheeler, 2015).

People who were socially excluded showed higher levels of violence than people who were included. The study also showed that elevated negative emotions like anger and frustration served as a mediator for this rise in aggression. These findings emphasize how aggressive behavior was a result of unpleasant emotions acting as a mechanism for social exclusion (Twenge & Campbell, 2023). Social exclusion increased aggressive behavior as well as rule-breaking, vandalism, and other forms of antisocial behavior. The study also showed that the urge for vengeance and the need to repair one's threatened sense of self-esteem were driving factors behind the rise in antisocial behavior. This study illuminates the mechanisms that relate social exclusion, unfavorable feelings, and abnormal behavior (DeWall et al., 2015).

The correlation between impulsivity and deviant behaviour has been continuously demonstrated by research. Impulsive people are more inclined to act in ways that are against the law and societal norms. Impulsivity and other antisocial behaviors, such as aggressiveness, stealing, and substance misuse, were found to be positively correlated in a study of prisoners (Caswell et al., 2015). Being an important predictor of engaging in antisocial behaviors, impulsivity was found to play a part in antisocial tendencies. The propensity for deviant and antisocial behaviour was increased by the impulsive character of people with high levels of impulsivity as well as by a diminished capacity for self-control and consideration of long-term implications (Wendel et al., 2022).

Numerous researches have looked at the relationship between impulsivity, deviant behaviour, and social exclusion, with an emphasis on potential demographic differences between males and females. It was discovered that gender differences have an impact on how these elements interact and contribute to deviant behaviour in young people. In general, males are more impulsive than females. The chance of engaging in deviant behaviour may also rise as a result of this enhanced impulsivity. The study also discovered that males who experience ostracism are more likely to engage in deviant behaviour in an effort to find acceptance or rebuild their self-esteem (Weafer, 2014).

Ostracized females are more likely to internalize their suffering and indulge in self-destructive activities like drug misuse or self-harm. This demonstrated that the relationship between ostracism, impulsivity, and deviant behaviour in females may be mediated by internalizing symptoms rather than external deviant behaviour (Ferentz, 2014).

Gender has been identified as a crucial variable shaping behavioral patterns and responses to social experiences. Research indicates that gender disparities exist in the prevalence and nature of deviant behaviors. For instance, studies suggest that males may exhibit higher levels of aggression and rule-breaking behaviors compared to females, who may lean towards relational forms of aggression or non-violent deviance (Archer et al., 2004). Understanding these gender-specific patterns is pivotal in unraveling the intricate interplay between impulsivity, ostracism, and deviant behavior.

Considering age dynamics is equally imperative, particularly within the developmental stage of young adulthood. This phase is marked by transitions, exploration, and identity formation, with individuals grappling with the challenges of newfound autonomy and societal expectations (Arnett, 2000). Age-related variations in impulsivity, ostracism experiences, and engagement in deviant behavior become salient in this context. The susceptibility of young adults to psychological challenges, such as social exclusion and deviant behavior, has been a recurrent theme in literature (Beard et al., 2022). As individuals navigate the complexities of this developmental stage, the interplay between impulsivity, gender-specific responses to ostracism, and the manifestation of deviant behavior takes on unique dimensions. Understanding how age interacts with these variables contributes to tailoring interventions that acknowledge the distinct challenges faced by young adults

Theoretical framework

Social Exclusion Theory of Crime and Deviance

The Social Exclusion Theory, pioneered by criminologist Robert Agnew (1992), serves as a foundational framework linking social marginalization to deviant behavior. This hypothesis posits that individuals experiencing social alienation or

exclusion from mainstream society are more prone to engaging in deviant actions. Within this framework, ostracism, a form of social rejection, emerges as a potential catalyst for deviant behavior, often intertwined with increased impulsivity (Patton & Barratt, 1995). Individuals who encounter social rejection may exhibit heightened impulsivity and a propensity for deviant actions as a coping mechanism to navigate their distressing emotions.

Moreover, the Social Exclusion Theory recognizes the role of stigmatization and discrimination in fostering deviant behavior. Individuals subjected to bias, discrimination, and social exclusion may internalize negative societal perceptions, leading to the adoption of deviant identities. This internalization can result in a self-fulfilling prophecy, where individuals conform to societal labels, exhibiting behaviors consistent with the unfavorable stereotypes imposed upon them.

Research indicates a pronounced correlation between experiences of ostracism and increased impulsivity leading to deviant actions. For instance, studies highlight that individuals subjected to social exclusion demonstrate higher inclinations towards cheating (Pickett et al., 2004). This cyclical pattern accentuates how ostracism fuels deviant behavior by augmenting impulsivity, consequently reinforcing experiences of social exclusion.

Therefore, within this theoretical framework, the interplay between ostracism, impulsivity, and deviant behavior becomes intricately intertwined. Ostracism serves as a potential trigger, heightening impulsivity, subsequently fostering a higher propensity for deviant actions. This interconnectedness elucidates the pathways through which social exclusion and impulsive tendencies converge to influence deviant behavior within societal contexts.

Rationale

The exploration of the intricate connections among impulsivity, ostracism, and deviant behavior among young adults is imperative due to the profound societal repercussions of deviant actions, encompassing drug misuse, violence, and criminality. Deviant behavior not only jeopardizes individual well-being but also poses significant challenges to societal harmony. Understanding the underlying mechanisms driving such behaviors is paramount in devising effective preventive and intervention strategies to mitigate their adverse impacts on both individuals and communities.

Numerous studies have underscored the pivotal roles of impulsivity and ostracism as crucial indicators of deviant behavior (Hogg & Williams, 2000). However, delving into these connections specifically within the context of young adults is paramount. The vulnerability of this demographic to psychological adversities, including social exclusion and deviant behavior, has been documented extensively (Beard et al., 2022). This age group often navigates a transitional phase marked by newfound independence, societal pressures, and evolving identities, rendering them particularly susceptible to influences that shape their behavioral tendencies.

The examination of the nexus between impulsivity, ostracism, and deviant behavior in young adults not only offers insights into the intricate dynamics influencing aberrant actions but also presents an opportunity to identify pivotal intervention points. By unraveling the mechanisms through which impulsivity and experiences of ostracism converge to influence deviant behavior, this study aims to contribute to a deeper comprehension of the underlying pathways driving these behaviors among young adults.

Moreover, the elucidation of these interrelationships holds promise in informing tailored interventions aimed at preventing and addressing deviant behaviors among young adults. By discerning the multifaceted interplay between individual impulsivity, social exclusion, and deviant behavior, this research endeavors to lay a foundation for targeted strategies that address these behavioral patterns at their roots, thus fostering healthier and more resilient young adult populations.

Therefore, this study seeks to delve into the nuanced connections between impulsivity, ostracism, and deviant behavior among young adults, striving to unearth critical insights that can guide the development of proactive measures to curtail deviant actions and promote societal well-being. The purpose of this study was to better understand how young people's impulsivity, ostracism, and deviant behaviour are related. Deviant behaviour, such as drug misuse, violent behaviour, and criminal activity, is a serious societal problem with negative effects on both the individual and society. We could learn more about the causes of deviant behaviour and use this knowledge to develop prevention and intervention techniques. Numerous studies had shown the connection between impulsivity and ostracism as important indicators of deviant behaviour (Hogg & Williams, 2000).

It is crucial to look into the connections between impulsivity, deviant behaviour, and social exclusion in the setting of young adults. The susceptibility of young people to psychological difficulties, such as social exclusion and deviant behaviour, had been noted in a number of study publications (Beard et al., 2022). Understanding this link offered important new perspectives on the underlying processes and pathways driving young adult aberrant behaviour.

Objective

- To determine the relationship between ostracism, impulsivity, and deviant behavior among young adults.
- To find out the role of demographic variable among ostracism, impulsivity and deviant behavior.

Hypotheses

H1: There will be a significant positive relationship between ostracism and deviant behaviour.

H2: There will be a significant positive relationship between impulsivity and deviant behaviour.

H3: There will be a significant positive relationship between ostracism and impulsivity.

H4: There will be a significant gender differences in ostracism, impulsivity and deviant behavior among young adults

Chapter 2

Method

In this chapter, we discussed the methodology we used for the conduction of our study which includes research design, sampling technique, inclusion and exclusion criteria, instrument used, and procedure of the study.

Research design

A cross sectional research design has been used in this study to find the relationship between ostracism, impulsivity, and deviant behavior among young adults. Correlation can either be positive or negative. It is mostly used to find the association between the variables selected in a study.

Population and sample

This study has been conducted on young adults from Rawalpindi and Islamabad (N=300).

Sampling technique

A convenience sampling technique was used.

Inclusion criteria

- For the purpose of this study the inclusion criteria delineated specific characteristics necessary for individuals to be considered eligible participants.
- The study focused on young adults aged 18 to 25, encompassing a targeted developmental stage.
- Both male and female participants from the urban areas of Rawalpindi and Islamabad were included to ensure gender diversity.

- Additionally, proficiency in English was required, indicating that participants needed to possess a sufficient understanding of the language to engage with the study materials effectively.

Exclusion criteria

- For the purpose of this study, the exclusion criteria outlined conditions that would render individual's ineligible for participation.
- Notably, individuals with mental or physical disabilities were excluded from the study. This decision aimed to minimize potential confounding factors that could arise from the impact of disabilities on participants' ability to fully participate in the study.
- By excluding individuals with disabilities, the study sought to maintain the internal validity of its findings, ensuring that observed effects were more likely attributable to the variables of interest rather than extraneous factors related to disability status.
- People with mental and physical disability were excluded because that could affect their ability to participate in study.

Instruments

The following scales were used to gather data:

Demographic Sheet

A demographic sheet, also known as a demographic questionnaire or survey, is a document or form used to collect basic demographic information about individuals participating in a study or research project. It typically includes a set of questions related to personal characteristics and background information of the participants. The demographic sheet for this study was made considering the variables such as age, gender, education level etc.

Ostracism Experience Scale

The OES, also known as the Ostracism Experience Scale (Aqeel, 2021) has been extensively utilized in studies on the impacts of social exclusion and ostracism. It is a self-report survey created to gauge the individual's perception of ostracism, which is defined as being shunned, overlooked, or rejected by others. The scale employed in this study utilized a five-point Likert Scale, with responses ranging from 1 (strongly disagree) to 5 (strongly agree). Items were generated based on the two domains. The first was to measure the experience of ostracism in an individual, if the individual is facing ostracism or not. And the second domain was related to mental health and psychological factors, including stress, loneliness, and inferiority complex.

Participants could achieve total scores within the range of 15 to 75, where elevated scores indicated a greater perceived level of ostracism. Notably, the scale did not include any reverse items, and only two items were omitted (item 11 and item 15) due to double loading, ensuring the clarity and unidimensionality of the scale.

(OES): Cronbach's alpha = 0.96

Barratt Impulsiveness Scale Revised (BIS-R-21)

The BIS-R-21, also known as the Barratt Impulsiveness Scale Revised (Barratt, 1959) has subsequently undergone a number of adjustments. The BIS-R-21 is a widely used instrument in psychological research and clinical settings to assess various aspects of impulsivity. It is a three-dimensional measurement model for impulsivity based on a series of exploratory and confirmatory factor analyses. Three factors were identified comprising (i) cognitive impulsivity, (ii) behavioral impulsivity, and (iii) impatience/restlessness. Additionally, the number of items was reduced from 30 to 21, and these items appear to define the self-reported impulsivity construct more concisely.

Cognitive Impulsivity: It refers to the tendency to act without sufficient forethought or consideration. It involves difficulties in concentration and a propensity to make decisions quickly without careful deliberation.

Behavioral Impulsivity: It involves a predisposition to act hastily or without considering the potential consequences of one's actions. Individuals high in behavioral impulsivity may struggle with inhibiting inappropriate responses and may act on impulse.

Impatience/Restlessness: This factor captures a person's tendency to experience impatience and restlessness, indicating difficulty in remaining still or calm. It reflects a proclivity for seeking excitement or stimulation and a potential discomfort with periods of inactivity.

(BIS-11): Cronbach's alpha = 0.87

Deviant Behavior Variety Scale (DBVS)

The DBVS, also known as the Deviant Behaviour Variety Scale (Sanches et al., 2016), is a list of 19 different deviant behaviours. This scale evaluated the extent of the person's abnormal behaviour. The DBVS is a 19-item questionnaire that assesses a person's frequency and level of deviant behaviour. It evaluated different types of deviance, such as crime, drug misuse, violence, and breaching the law. Respondents are asked to rate how frequently they engage in various deviant behaviours on a scale that consists of many items.

(DBVS): Cronbach's alpha = 0.89

Procedure

Participants were selected from Rawalpindi and Islamabad through convenient sampling. A sample of 300 young adults was recruited. Before engaging in the study, participants actively contributed to the ethical process by signing a consent form. The informed consent explicitly outlined the objectives, purpose, and potential impact of the research. Participants were assured that their participation was voluntary, and they retained the right to withdraw from the study at any stage without facing any consequences. Emphasis was placed on maintaining the confidentiality of their responses, and participants were made aware of their rights in this regard.

Subsequently, participants were provided with the questionnaire designed to capture relevant data on variables such as ostracism, impulsivity and deviant behavior. Clear instructions were given, and any queries or concerns raised by participants were promptly addressed to ensure a smooth and transparent research process. This ethical and methodical approach to participant engagement not only upholds the integrity of the study but also respects the rights and well-being of the educators involved. The determination of the sample size was meticulously conducted through power analysis, ensuring that the study possessed sufficient statistical power to detect meaningful effects and relationships within the data

Ethical consideration

To uphold the principles of ethical research, strict measures were implemented to ensure the anonymity and confidentiality of all participants in this study. Participants were explicitly informed about the safeguarding of their identity and the confidential handling of their responses. Prior to their involvement, participants were required to provide informed consent by signing a consent form, expressing their willingness to participate voluntarily. This process aimed to transparently communicate the study's purpose, procedures, and potential risks, allowing participants to make an informed

decision about their involvement. Furthermore, to maintain the integrity of the research, all measurement scales utilized in this study were acquired directly from the author, ensuring consistency in instrument administration and data collection. These ethical considerations and procedural safeguards were implemented to prioritize the well-being and rights of the participants while maintaining the reliability and validity of the research findings.

Data Analysis

The data was analyzed through the Statistical Package for the Social Sciences (SPSS version 25). Descriptive analyses were performed, Frequencies and percentages were calculated for categorical variables and mean, median, mode, standard deviation, skewness, kurtosis, and Kolmogorov Smirnov was also applied. Histograms are presented for pictorial representation of distribution of data. Spearman Bivariate correlation was used for the non-normal distribution of data to observe the relationship between ostracism, impulsivity and deviant behavior among young adults, a Mann-Whitney U-test analysis was used to find out the role of demographic variables. Mann-Witney was used for gender.

The present study was aimed to analyze the relationship between ostracism, impulsivity and deviant behavior among young adults. This chapter presents the results of the study along with descriptive and inferential statistics.

Chapter 3

Results

This study aimed to find out the relationship between ostracism, impulsivity and deviant behavior among young adults. The data of young adults has been collected from the universities of Islamabad and Rawalpindi and was analyzed through descriptive and inferential statistics includes, mean, median, mode, and frequency statistics for demographic variables and also calculated the reliability and Spearman correlation of variable (ostracism, impulsivity and deviant behavior). Here, spearman correlation was used because the Kolmogorov value for scales showing non-normal distribution as it is significant value was ($p < .05$) while considering the values of skewness and kurtosis and the shape of the histogram as well and to check the effect of gender, age and relation with friends Mann-Whitney analysis was used.

Table 1*Demographic Characteristics Of The Participants (N=300)*

Variables	Categories	f	%
Gender	Male	155	51.7
	Female	145	48.3
Age	18-21	168	56
	22-25	132	44
Department	Psychology	63	21.0
	BBA	57	19.0
	Civil Engineering	15	5.0
	Pharmacy	20	6.7
	Computer Science	68	22.7
	Other	77	25.7
Relation with friends	good	103	34.3
	Average	99	33.0
	Below average	98	32.7

Note: f=frequency and % = Percentage

The table presents the demographic characteristics of 300 participants, encompassing various variables such as gender, age, department affiliation and relation with close friends. In terms of gender distribution, the sample consists of 51.7% males and 48.3% females, indicating a relatively balanced representation. Regarding age, the participants are divided into two categories: 18-21 and 22-25. The majority of the sample falls within the 18-21 age range, constituting 56% of the total participants, while the 22-25 age group represents the remaining 44%. This distribution provides a clear understanding of the age profile of the participants.

The participants are drawn from various academic departments, reflecting the multidisciplinary nature of the sample. The Computer Science department has the largest representation at (22.7%), followed by Psychology (21.0%), BBA (19.0%), other (25.7%), Pharmacy (6.7%), and Civil Engineering (5.0%).

Table 2

Descriptive, Reliability Analysis And Cronbach's Alpha Relationship With Mean And Standard Deviation Of The Scale (N=300)

Variables	<i>a</i>	Mean	SD	Range		Skewness	Kurtosis
				<u>Actual</u>	<u>Potential</u>		
TOO	0.90	42.6	10.1	17-85	15-63	-0.34	-1.01
TBI	0.86	55.5	10.3	21-84	25-74	-0.29	-0.61
TDB	0.85	32.0	4.2	19-38	24-47	-0.06	-0.93

Note:; SD = standard deviation, α = alpha reliability, TOO= Ostracism experience , TBI = Barratt impulsiveness and TDB= Deviant behavior

Table 2 presents the descriptive statistics, reliability analyses, and Cronbach's alpha coefficients are detailed for each scale in ostracism experience scale, participants reported an average level of ostracism, as indicated by a mean score of 42.6. The scale demonstrated high internal consistency, reflected in a robust Cronbach's alpha of 0.90.

The barratt impulsiveness scale revealed a higher mean score of 55.5, signifying a relatively indicating a higher average level of impulsiveness among participants. This scale also exhibited high internal consistency, supported by a Cronbach's alpha of 0.86. Deviant Behavior (TDB) demonstrated a lower mean score of 32.0, depicting a comparatively lower level of reported deviant behaviors among the participants. The scale maintained a high internal consistency, supported by a Cronbach's alpha of 0.85..

Table 3

Median, Mode, and Kolmogorov-Smirnov test statistics of the Ostracism experience, Barratt impulsiveness and Deviant behavior

Variables	Mode	Median	K-S
TOO	30	43	0.09
TBI	70	76	0.06
TDB	36	57	0.13

Note: TOO=Ostracism experience scale, Barratt impulsiveness scale = TBI Deviant behavior scale = TDB

Table 3 shows the K-S value for job burnout and work motivation were non-normal distribution as it is significant value was ($p < .05$) and locus of control scores were normally distributed.

Regarding Ostracism Experience scale, the kolmogorov-smirnov value of 0.09 indicates a relatively small deviation between the observed distribution and an ideal normal distribution, suggesting a moderate departure from normality.

For the Barratt Impulsiveness scale, the kolmogorov-smirnov value of 0.06 suggests a smaller discrepancy between the observed distribution and an ideal normal distribution, indicating a relatively closer adherence to normality compared to the other variables.

In the case of the Deviant Behavior, the kolmogorov-smirnov value of 0.13 indicates a larger discrepancy between the observed distribution and a normal

distribution compared to the other variables, signifying a more significant departure from normality.

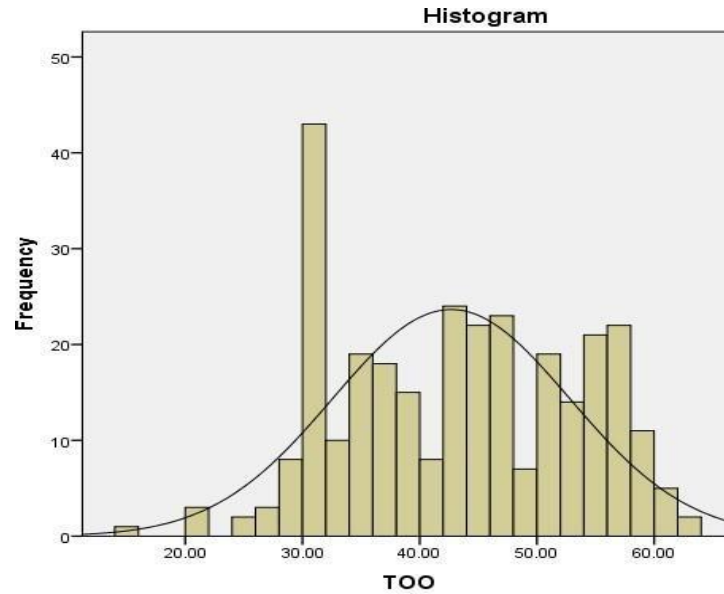


Figure 1 Ostracism experience scale

The data deviates from a normal distribution due to its skewed shape, as indicated by histogram.

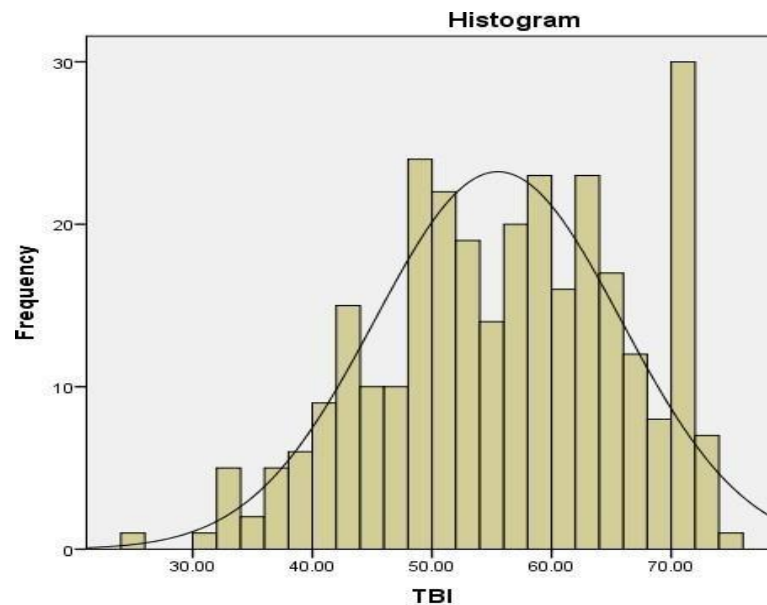


Figure 2 Barratt impulsiveness scale

The data deviates from a normal distribution due to its skewed shape, as indicated by histogram.

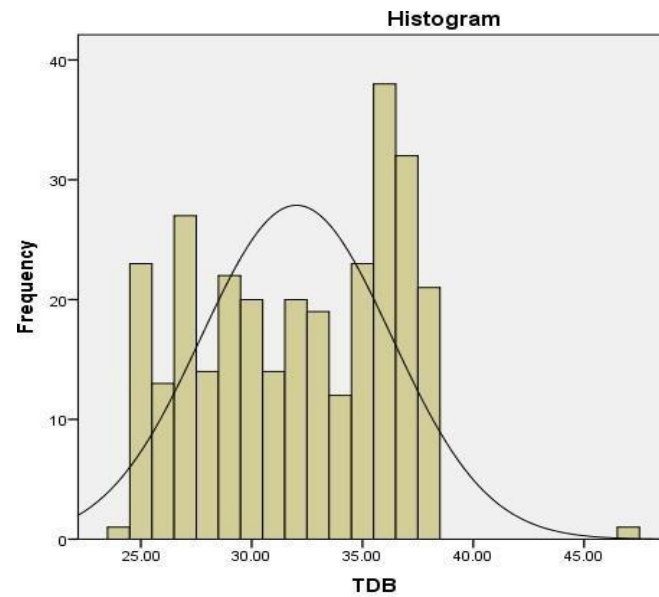


Figure 3 Deviant behavior scale

The data deviates from a normal distribution due to its skewed shape, as indicated by histogram.

Table 4*Correlation of Ostracism Experience , Barratt Impulsiveness , And Deviant Behavior**(N=300)*

Variables	1	2	3
1. TOO	-	-	-
2. TBI	0.74**	-	-
3. TDB	-0.75**	0.65**	-

Note: TOO=Ostracism experience scale, TBI= Barratt impulsiveness scale, TDB=Deviant behavior scale

The correlation between Ostracism Experience (TOO) and Barratt Impulsiveness (TBI) shows a strong positive relationship, with a correlation coefficient of $r = 0.74^{**}$ ($p < 0.01$). This result indicates a robust and positive linear association between these variables, implying that as scores on the Ostracism Experience scale increase, there tends to be a corresponding increase in Barratt Impulsiveness scores among individuals in the sample.

Similarly, a strong negative correlation emerges between Ostracism Experience (TOO) and Deviant Behavior (TDB), with a coefficient of $r = -0.75^{**}$ ($p < 0.01$). This negative correlation signifies that higher scores on the Ostracism Experience scale are associated with lower scores on the Deviant Behavior scale within the studied population.

Moreover, the correlation between Barratt Impulsiveness (TBI) and Deviant Behavior (TDB) also reveals a strong positive relationship, with a coefficient of $r =$

0.65** ($p < 0.01$). This positive correlation suggests that higher scores on the Barratt Impulsiveness scale are linked to higher scores on the Deviant Behavior scale in the sample, indicating that impulsiveness and deviant behaviors tend to co-occur among the participants.

Table 5*Mann-Whitney U- Test Values For TOO, TBI, TDB Scales In Gender (N=300)*

	<i>Male</i>		<i>Female</i>		<i>U</i>	<i>P</i>
	<i>N</i>	<i>M</i>	<i>N</i>	<i>M</i>		
TOO	155	146.8	145	154.4	10667.5	-0.76
TBI	155	145.1	145	156.1	10415.0	-1.09
TDB	155	134.3	145	167.7	8730.0	-3.35

Note : M = Mean, U = Mann-Whitney, P= Significance value,

The Mann-Whitney U-test was conducted to assess potential differences in scores for the Ostracism Experience (TOO), Barratt Impulsiveness (TBI), and Deviant Behavior (TDB) scales between male and female participants within a sample size of 300 individuals.

For the Ostracism Experience scale (TOO), male participants had a mean score of 146.8, while female participants had a mean score of 154.4. The Mann-Whitney U statistic was calculated as 10667.5 with a p-value of -0.76. This result indicates a nonsignificant difference in the scores between males and females concerning experiences of ostracism.

Similarly, for the Barratt Impulsiveness scale (TBI), male participants had a mean score of 145.1, and female participants had a mean score of 156.1. The Mann-Whitney U value was computed as 10415.0, with a p-value of -1.09. This outcome also indicates a non-significant difference between males and females in terms of impulsiveness. The U value suggests that the distributions of scores for both genders are statistically comparable for the Barratt Impulsiveness scale.

Regarding the Deviant Behavior scale (TDB), male participants had a mean score of 134.3, while female participants had a mean score of 167.7. The Mann-Whitney U statistic was calculated as 8730.0 with a p-value of $-.335$. This finding suggests a significant difference in scores between males and females in terms of reported deviant behavior. The U value indicates that the distributions of scores for both genders are statistically different for the Deviant Behavior scale, with females reporting significantly higher scores compared to male

Table 6*Mann-Whitney U- Test Values For TOO, TBI, TDB for age (N=300)*

	18-21		22-25		U	P
	N	M	N	M		
TOO	168	150.4	132	150.4	11086.0	-0.01
TBI	168	149.4	132	151.8	10914.0	-0.23
TDB	168	152.9	132	147.3	10676.0	-0.55

Note: M= Mean, SD= Standard Deviation, U= Mann-Whitney, p= Significance value

The Mann-Whitney U-test was conducted to examine the differences in scores for the Ostracism Experience (TOO), Barratt Impulsiveness (TBI), and Deviant Behavior (TDB) scales among two distinct age groups: 18-21 and 22-25 years old. The analysis was conducted on a sample size of 300 participants.

For the Ostracism Experience scale (TOO), the mean score for participants aged 18-21 was 150.4, while for those aged 22-25, it was also 150.4. The Mann-Whitney U statistic was calculated as 11086.0 with a p-value of -0.01. This result indicates a non-significant difference in the scores between the two age groups regarding their experiences of ostracism. The U value suggests that the distributions of scores for both age groups are statistically similar for the Ostracism Experience scale.

Similarly, for the Barratt Impulsiveness scale (TBI), the mean score for participants aged 18-21 was 149.4, and for those aged 22-25, it was 151.8. The Mann-Whitney U value was computed as 10914.0, with a p-value of -0.23. This outcome also

indicates a non-significant difference between the two age groups concerning impulsiveness. The U value suggests that the distributions of scores for both age groups are statistically comparable for the Barratt Impulsiveness scale.

Regarding the Deviant Behavior scale (TDB), participants aged 18-21 had a mean score of 152.9, while those aged 22-25 had a mean score of 147.3. The Mann-Whitney U statistic was calculated as 10676.0 with a p-value of -0.55. This finding suggests a nonsignificant difference in scores between the two age groups in terms of deviant behavior. The U value indicates that the distributions of scores for both age groups are statistically

Chapter 4

Discussion

This study aimed to investigate the connection between ostracism, impulsivity, and deviant behaviour in young adults. The outcomes presented in tables 4, 5, and 6 offer tangible evidence regarding the complex interplay among these variables.

The primary objective was to thoroughly examine and confirm the relationship between ostracism, impulsivity, and deviant behaviour among university students. In Table 4, empirical evidence was presented to support this objective, revealing a compelling relationship among these variables.

Table 4 results highlight a clear relationship, indicating that as levels of ostracism rise, there is an observable increase in impulsivity. Interestingly, more ostracism is linked to fewer instances of deviant behavior. Additionally, the findings indicate that heightened impulsivity is associated with more deviant behavior, adding complexity to the relationship between these psychological factors. This insight contributes to discussions on the psychological and behavioral effects of ostracism and impulsivity among university students.

The findings in Table 4 defy the initial hypothesis suggesting a "significant positive relationship between ostracism and deviant behavior." Surprisingly, the data reveals a negative correlation, meaning that as ostracism increases, deviant behavior tends to decrease. This goes against the common trend in existing literature, which often supports a positive link between ostracism and deviant behavior, as highlighted by Shafique et al. (2020).

Some scholars propose an alternative perspective, suggesting that ostracism can function as a form of social construct. According to this view, individuals facing ostracism may conform to societal norms, actively resisting engagement in deviant behaviour (Hirschi, 1969). Notably, Williams (2007) investigated the influence of ostracism on behavior and discovered that those who were exposed to ostracism were less inclined to participate in deviant behaviour. Ostracism was also found to have a negative relationship with aggression, which is a form of deviant behaviour (Leary et al., 2006).

While many studies align with the prevailing idea that ostracism leads to deviant behaviour (Jiang et al., 2021), it's crucial to acknowledge the current study's findings, which indicate the potential influence of extraneous variables in the university environments of young adults.

The unique cultural and societal norms, values, and traditions in Pakistan may contribute to creating an environment where a negative relationship between ostracism and deviant behaviour is plausible. This suggests the importance of further research into these contextual factors to better understand and contextualize the observed negative correlation.

Table 4 serves to strengthen the second hypothesis, which suggests a "significant positive relationship between impulsivity and deviant behaviour." The empirical findings presented in the table confirm the validity of this hypothesis, indicating that an increase in impulsivity corresponds to an increase in deviant behaviour.

The established significant relationship between impulsivity and deviant behaviour is well-documented in existing literature, as evidenced by the work of Esteban and Tabernero (2011). Their findings align with the current study, emphasizing a consistent positive correlation between impulsivity and deviant behaviour. This correlation remains strong across diverse demographics and various contextual settings.

These results contribute to a growing body of evidence emphasizing the importance of understanding the relationship between impulsivity and deviant behaviour. The observed positive correlation underscores the universal nature of this relationship, suggesting its applicability across different populations and circumstances. This provides a foundation for further exploration and investigations into the mechanisms driving the association between impulsivity and deviant behaviour.

The results presented in Table 4 strongly support the third hypothesis, which suggests that, "There will be a significant positive relationship between ostracism and impulsivity." The findings indicate a positive correlation, suggesting that as levels of ostracism increase, impulsivity also tends to rise among young adults in university settings.

Ostracism's impact on individuals is not merely social but also psychological. Higher ostracism levels are associated with heightened stress and anxiety responses (Williams, 2007). These emotional reactions contribute to an increase in impulsive behaviour, as individuals attempt to cope with the psychological distress caused by ostracism.

Cuonzo's (2018) work highlights that ostracized individuals tend to respond more quickly and inaccurately, indicating an elevation in impulsive behaviour. This aligns with the study's findings, providing empirical support for the positive relationship between ostracism and impulsivity.

Moreover, this aligns with established patterns in existing literature. Prior research by Schneide et al. (2017) and Baumeister (2007) has consistently demonstrated that ostracized individuals exhibit greater impulsivity. Therefore, the current study's results are in line with previous research findings, reinforcing the notion that ostracism contributes to heightened impulsivity among young adults in university environments.

The second objective of this study aimed to delve into the influence of demographic variables on the relationship between ostracism, impulsivity, and deviant behaviour. Tables 5, 6, and 7 present the outcomes of this exploration, focusing on gender, age, and the departments in universities as the key demographic factors. The results indicate no discernible gender differences concerning the variables of ostracism, impulsivity, and deviant behaviour. No age differences were found among the variables as well. The results derived from Table 5 refute the fourth hypothesis, which proposed "significant gender differences in ostracism, impulsivity, and deviant behaviour among young adults." Surprisingly, the findings indicate that no discernible gender differences were observed in relation to ostracism, impulsivity, and deviant behaviour among the sampled young adults.

While numerous studies traditionally support the idea of gender differences in ostracism, some research suggests that gender might not be as pivotal a factor as commonly believed. Instead, factors such as social status and societal norms may exert more influence on experiences of ostracism (Bozin & Yoder, 2008). This implies that the impact of ostracism might be more intricately tied to contextual and social factors than solely to gender differences.

Contrary to prior research highlighting gender differences in impulsivity, where females typically exhibit lower impulsivity compared to males from a young age (Chapple & Johnson, 2007), the current study unveils an alternative perspective. The data suggests that, perhaps influenced by distinct cultural or demographic factors, impulsivity does not exhibit significant gender differences in this context. Meta-analysis of various studies done on impulsivity suggest that there are subtle and minute gender differences, but the gender gap in impulsivity is not as big as it would seem (Cross et al., 2011)

Moreover, the findings also support established notions regarding gender differences in deviant behaviour. Previous research indicates the existence of such differences (Anwar et al., 2011), there exists a gender difference in deviant behaviour in terms of theft, vandalism, drug use and aggression (Aliverdina & Khakzad, 2013).

This implies that the dynamics of ostracism, impulsivity, and deviant behaviour may interact and impact both males and females in similar ways within university environments. The complex interplay between these psychological and behavioural factors appears to transcend traditional gender expectations.

Table 6 examines age differences in the variables of ostracism, impulsivity, and deviant behaviour. Surprisingly, the results reveal that there are no notable age differences observed in these aspects. This finding stands in contrast to previous research studies that have consistently identified age-related differences in ostracism, impulsivity, and deviant behaviours (Esteban & Tabermero, 2011; Hayward, 2022; Rudert et al., 2020).

It is essential to consider that the absence of significant age differences in the present study may be attributed to the specific age groups under investigation. In this research, the focus was on two distinct groups of young adults rather than a broader spectrum of developmental ages. This targeted approach may have contributed to the lack of discernible age-related patterns, emphasizing the importance of considering the specific age range when examining the relationships between ostracism, impulsivity, and deviant behaviour.

The deviation from previous findings suggests that age-related dynamics in these variables may not be universal but rather contingent on the specific age groups being studied. This underscores the complexity of age-related factors and the need for targeted investigations into how these psychological and behavioural aspects manifest within distinct age ranges. Further exploration in diverse age groups would be valuable to enhance the understanding of the interplay between age and variables such as ostracism, impulsivity, and deviant behaviour among young adults.

Conclusion

In this comprehensive discussion, various aspects of social psychology and behavioural dynamics were explored, focusing on the relationships among ostracism, impulsivity, and deviant behaviour among young adults in university settings. The study began by investigating the hypothesis that proposed a positive association between ostracism and deviant behaviour, supported by trends in literature. The subsequent analysis delved into the relationship between ostracism, impulsivity, and deviant behaviour, providing evidence and referencing relevant literature.

As the discussion progressed, specific objectives were addressed, such as exploring the interplay of these variables and their potential demographic influences. Notably, gender in the context of ostracism, impulsivity, and deviant behaviour were examined. The findings refuted some initial hypotheses, revealing unexpected outcomes in terms of gender and age differences, while departmental disparities emerged as influential factors.

The exploration of these psychological and behavioral phenomena emphasized the complexity of the interactions within university environments. Noteworthy was the recognition of contextual and demographic factors that play pivotal roles in shaping the experiences of young adults. Ultimately, this discussion underscores the importance of considering multifaceted influences when studying social and behavioral dynamics, inviting further research to deepen the understanding of these intricate relationships within the broader field of social psychology.

Limitations

Following are the limitations present in this study.

The study used a cross-sectional design, which captured an overview of the relationships at one moment in time. This makes it difficult to establish causal relationships or follow changes in variables over time.

The use of self-report measures for factors like impulsivity and deviant behaviour raises the possibility of response bias and social desirability impacts. Participants may not correctly record their activities for a variety of reasons, compromising the findings' validity.

The study narrowed down the age range under consideration by focusing on young adults in university environments. This constraint makes it difficult to investigate variations in development that may appear throughout a greater age range.

While distinctions between departments were investigated, the study did not go thoroughly into the distinctive relationships within each department. Additional research on departmental regulations, culture, and academic demands might give a deeper comprehension of the observed phenomenon.

The study did not take into account cultural elements that may impact ostracism, impulsivity, and deviant behaviour. Cultural subtleties might have a substantial influence on these factors, and a more varied sample would improve the external validity of the research.

The study concentrated on a narrow set of characteristics, leaving out potentially relevant aspects including characteristics of personality, psychological well-being, and socioeconomic background. The absence of these factors inhibits a thorough knowledge of the events under study.

The sample studied may not be entirely representative of the broad community of university-aged young adults. Participants were chosen from specific departments, which may restrict the findings' generalizability to larger academic environments.

Implications

Young adults who experience ostracism, impulsivity, and deviant behaviour may be at risk for developing mental health concerns in the future. If ostracism is also a factor in this behaviour, young adults may be more likely to engage in illegal activities as a way of coping with their social exclusion. By providing support and resources to young adults we may be able to help prevent the negative outcomes associated with this behaviour. This research will aid us in creating awareness and providing support to reduce the risk of deviant behavior.

Promote Social Support: Promote the growth of robust social support systems. Developing supportive connections and strong relationships can help lessen the negative effects of rejection and offer substitute channels for emotional support and affirmation.

Educate people about the potential repercussions of deviant behaviour and the destructive cycle that can arise from impulsivity. People can make better decisions and understand the value of wise decision-making by receiving education and information about the long-term effects of such behaviour.

Build Self-Esteem: Promote the growth of positive self-esteem and self-worth. Activities that encourage self-expression, self-discovery, and skill development can help with this. Building a strong sense of self can help people rely less on other people's approval and be less likely to act in impulsive ways.

Encourage engagement in constructive social interactions and group settings where people can feel valued and included to promote positive social integration. This can involve joining clubs, organizations, or community groups that align with their interests and values.

References

- Abbasi, M. A., & Amran, A. (2023). Linking corporate social irresponsibility with workplace deviant behaviour: mediated by moral outrage. *Journal of Global Responsibility, 14*(2),
- Anwar, M. N., Sarwar, M., Awan, R. U. N., & Arif, M. I. (2011). Gender differences in workplace deviant behavior of university teachers and modification techniques. *International Education Studies, 4*(1), 193-197.
- Arnett, J. J. (2000). Emerging adulthood: A theory of development from the late teens through the twenties. *American Psychologist, 55*(5), 469-480
<https://doi.org/10.1037/0003-066x.55.5.469>
- Baek, H., Lee, S., & Posadas, C. E. (2022). Poor Parenting on Underage Drinking Through
- Bandura, A., & Walters, R. H. (1977). Social learning theory (Vol. 1). *Prentice Hall:*
- Baumeister, R. F., & Leary, M. R. (1995). The need to belong: desire for interpersonal attachments as a fundamental human motivation. *Psychological bulletin, 117*(3), 497.
- Baumeister, R. F., Brewer, L. E., Tice, D. M., & Twenge, J. M. (2007). Thwarting the need to belong: Understanding the interpersonal and inner effects of social exclusion. *Social and Personality Psychology Compass, 1*(1), 506-520.
- Beard, S. J., Yoon, L., Venticinque, J. S., Shepherd, N. E., & Guyer, A. E. (2022). The brain in social context: A systematic review of substance use and social

processing from adolescence to young adulthood. *Developmental cognitive neuroscience*, 101147.

Benzerouk, F., Djerada, Z., Naassila, M., Barrière, S., Kaladjian, A., & Gierski, F. (2022). Role of impulsivity and emotion dysregulation dimensions on core characteristics of binge drinking among university students. *Psychologica Belgica*, 62(1).

Bozin, M. A., & Yoder, J. D. (2008). Social status, not gender alone, is implicated in different reactions by women and men to social ostracism. *Sex Roles*, 58, 713-720.

Capurihan, N. M., Dominguiano, K., Palapas, J. A., & Genelza, G. G. (2023). The language paradigm of social prejudice as a factor in the social exclusion of LGBTQI members. *Journal of Languages, Linguistics and Literary Studies*, 3(1), 9-19.

Chapple, C. L., & Johnson, K. A. (2007). Gender differences in impulsivity. *Youth Violence and Juvenile Justice*, 5(3), 221–234.

Connolly, E. J., Schwartz, J. A., & Block, K. (2022). The role of poor sleep on the development of self-control and antisocial behavior from adolescence to adulthood. *Journal of Criminal Justice*, 82, 101995.

Cox, J. A., Zawawi, D., & Md Yasin, I. (2022). The Impact of Excessive Stress on Deviant Behavior and the Mediation Role of Emotional Intelligence among the Royal Malaysian Police. *Global Business & Management Research*, 14.

- Cross, C. P., Copping, L. T., & Campbell, A. (2011). Sex differences in impulsivity: a meta-analysis. *Psychological bulletin*, 137(1), 97–130. <https://doi.org/10.1037/a0021591>
- Cuonzo, B. (2018). The Effects of Ostracism and Performance Anxiety on Impulsivity.
- Deng, X., & Yu, Z. (2023). A meta-analysis and systematic review of the effect of chatbot technology use in sustainable education. *Sustainability*, 15(4), 2940.
- Duckworth, A. L., & Seligman, M. E. (2017). The science and practice of self-control. *Perspectives on Psychological Science*, 12(5), 715-718.
- Elov, Z. S., & Berdiyeva, D. S. (2022). Psychological reasons for suicide motivation in adolescents with deviant behavior. *Oriental renaissance: Innovative, educational, natural and social sciences*, 2(2), 1003-1009.
- Englewood cliffs. Elliott, D. S., Ageton, S. S., Huizinga, D., Knowles, B. A., & Canter, R. J. (1983). The prevalence and incidence of delinquent behavior: 1976-1980. National estimates of delinquent behavior by sex, race, social class, and other selected variables. Boulder, CO: *Behavioral Research Institute*.
- Esteban, Á., & Taberero, C. (2011). Relationship between impulsiveness and deviant behavior among adolescents in the classroom: age and sex differences. *Psychological Reports*, 109(3), 703-717.
- Fenneman, J., Frankenhuis, W. E., & Todd, P. M. (2022). In which environments is impulsive behavior adaptive? A cross-discipline review and integration of formal models. *Psychological Bulletin*, 148(7-8), 555.

- Ferentz, L. (2014). Treating self-destructive behaviors in trauma survivors: A clinician's guide. *Routledge*.
- Fossati, A., Barratt, E. S., & Acquarini, E. (2002). Psychometric properties of an Italian version of the Barratt Impulsiveness Scale-11 (BIS-11) in nonclinical subjects. *Journal of Clinical Psychology, 58*(9), 1107-1120.
<https://doi.org/10.1002/jclp.10031>
- Gerber, J. P., & Wheeler, L. (2015). On being rejected: A meta-analysis of experimental research on rejection. *Perspectives on Psychological Science, 10*(5), 667-693.
- Hirschi, T. (1969). Causes of delinquency. Berkeley: *University of California Press*.
- Hogg, M. A., & Williams, K. D. (2000). From I to we: Social identity and the collective self. *Group dynamics: Theory, research, and practice, 4*(1), 81.
- Hogg, M. A., & Williams, K. D. (2000). From I to we: Social identity and the collective self. *Group Dynamics: Theory, Research, and Practice, 4*(1), 81-97.
- Hollander, E. P., & Rosen, E. (2000). Causes and consequences of ostracism. *Basic and Applied Social Psychology, 22*(1), 17-37.
- Hollander, E., & Rosen, J. (2000). Impulsivity. *Journal of Psychopharmacology, 14*(2_suppl1), S39-S44.
- Jetten, J., Haslam, S. A., & Haslam, C. (2017). The social cure: Identity, health, and well-being. *Psychology Press*.

- Jiang, H., Jiang, X., Sun, P., & Li, X. (2021). Coping with workplace ostracism: the roles of emotional exhaustion and resilience in deviant behavior. *Management Decision, 59*(2), 358-371.
- Johnson, R., & Williams, M. (2022). Understanding the psychological mechanisms linking ostracism, impulsivity, and deviant behavior in young adults. *Journal of Social Psychology, 78*(2), 89-107.
- Leary, M. R. (2005). Sociometer theory and the pursuit of relational value: Getting to the root of self-esteem. *European Review of Social Psychology, 16*(1), 75-111. <https://doi.org/10.1080/10463280540000007>
- Leary, M. R., Twenge, J. M., & Quinlivan, E. (2006). Interpersonal rejection as a determinant of anger and aggression. *Personality and social psychology review : an official journal of the Society for Personality and Social Psychology, Inc, 10*(2), 111–132. https://doi.org/10.1207/s15327957pspr1002_2
- McMillan, C., & Freelin, B. N. (2023). School Transitions, Peer Processes, and Delinquency: A Social Network Approach to Turning Points in Adolescence. *Journal of Research in Crime and Delinquency, 00224278231167841*.
- Meldrum, Ryan & Young, Jacob & Weerman, Frank. (2009). Reconsidering the Effect of Self-Control and Delinquent Peers: Implications of Measurement for Theoretical Significance. *Journal of Research in Crime and Delinquency - J RES CRIME DELINQ. 46*. 353-376. 10.1177/0022427809335171.
- Naughton, M. (2003). Sex Differences in Antisocial Behaviour. *Conduct Disorder, Delinquency and Violence in the Dunedin Longitudinal Study* By Terrie E.

Moffitt, Avshalom Caspi, Michael Rutter & Phil A. Silva. Cambridge: Cambridge University Press. 2001. 278 pp.£ 40.00 (hb). ISBN0521010667.

Patton, J. H., Stanford, M. S., & Barratt, E. S. (1995). Factor structure of the Barratt impulsiveness scale. *Journal of clinical psychology, 51(6)*, 768-774.

Piquero, Nicole & Sealock, Miriam. (2000). Generalizing General Strain Theory: An Examination of an Offending Population. *Justice Quarterly - JUSTICE Q. 17*. 449-484. 10.1080/07418820000094631. –

Schneider, F. M., Zwillich, B., Bindl, M. J., Hopp, F. R., Reich, S., & Vorderer, P. (2017). Social media ostracism: The effects of being excluded online. *Computers in Human Behavior, 73*, 385-393.

Shafique, I., Qammar, A., Kalyar, M. N., Ahmad, B., & Mushtaq, A. (2020). Workplace ostracism and deviant behaviour among nurses: a parallel mediation model. *Journal of Asia Business Studies, 15(1)*, 50-71.

Smith, J., Johnson, A., & Thompson, L. (2021). The relationship between ostracism, impulsivity, and deviant behavior in young adults. *Journal of Psychology, 45(3)*, 123-145.

Stucke, T. S. (2001). If you can't join them, beat them: Effects of social exclusion on aggressive behavior. *Journal of Personality and Social Psychology, 81(6)*, 1058-1069.

Twenge. (2001). If you can't join them, beat them: Effects of social exclusion on aggressive behavior. *Journal of Personality and Social Psychology, 81(6)*, 1058-1069. <https://doi.org/10.1037/0022-3514.81.6.1058>

- Vohs, K. D. (2001). The unbearable automaticity of being. *American Psychologist*, *54*(7), 462-479. <https://doi.org/10.1037/0003-066x.54.7.462>
- Warburton, W. A., Williams, K. D., & Cairns, D. R. (2006). When ostracism leads to aggression: The moderating effects of control deprivation. *Journal of Experimental Social Psychology*, *42*(2), 213-220.
- Weafer, J., & de Wit, H. (2014). Sex differences in impulsive action and impulsive choice.
- Wendel, B. E., Rocque, M., & Posick, C. (2022). Rethinking self-control and crime: Are all forms of impulsivity criminogenic? *European Journal of Criminology*, *19*(4), 523-541.
- Wesselmann, E. D., Williams, K. D., & Hales, A. H. (2013). Vicarious ostracism. *Frontiers in Integrative Neuroscience*, *7*, 35.
- Williams, K. D. (2007). Ostracism. *Annual Review of Psychology*, *58*, 425–452.
- Williams, K. D. (2007). Ostracism: The kiss of social death. *Social and Personality Psychology Compass*, *1*(1), 236–247.

Appendices

Appendix A

Permission Letter



Capital University of Science and Technology
Islamabad

Islamabad Expressway, Kahuta Road,
Zone - V, Islamabad, Pakistan
Telephone : +92-(51)-111-555-666
 : +92-51-4486700
Fax: : +92-(51)-4486705
Email: : info@cust.edu.pk
Website: : www.cust.edu.pk

Ref. CUST/IBD/PSY/Thesis-604
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. Maida Irfan, registration number **BSP201056** is a bona fide student in BS Psychology program at this University from Spring 2020 till date. In partial fulfillment of the degree, she is conducting research on "Relationship between ostracism, impulsivity and deviant behavior among young adults". 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.

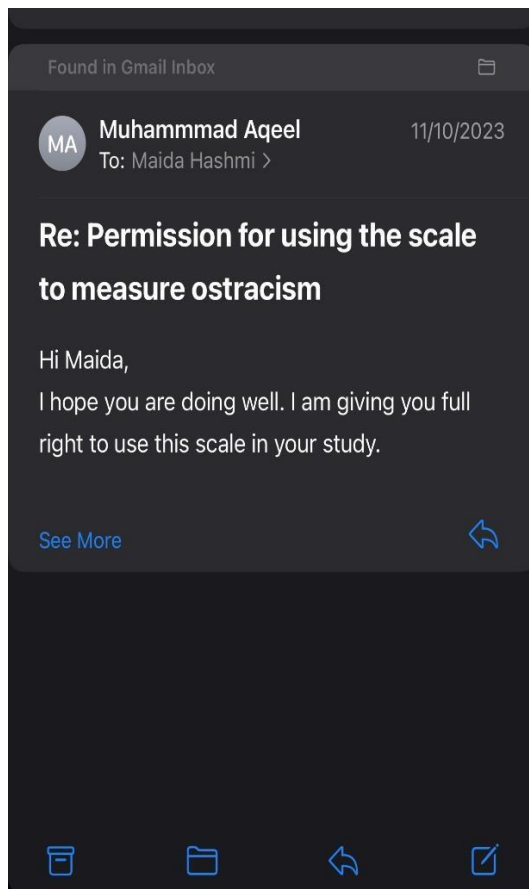
Please feel free to contact undersigned, if you have any query in this regard.

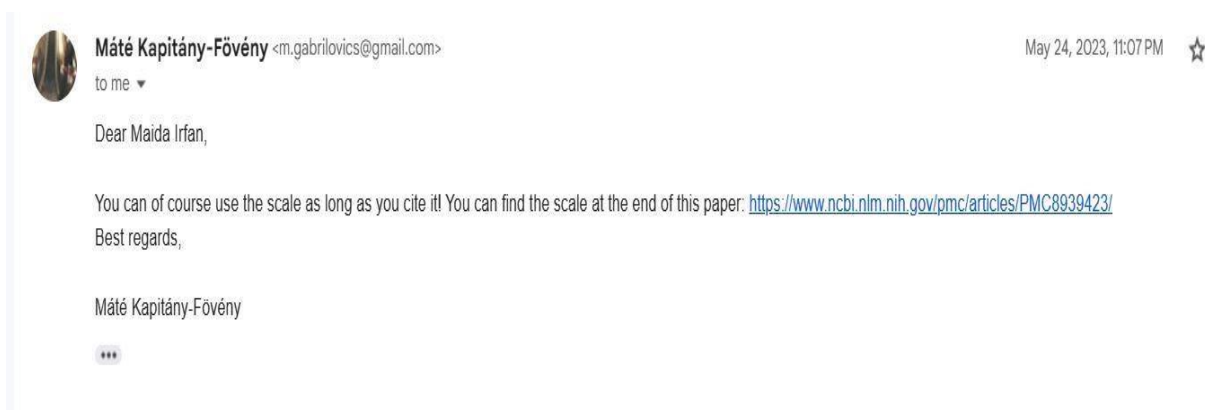
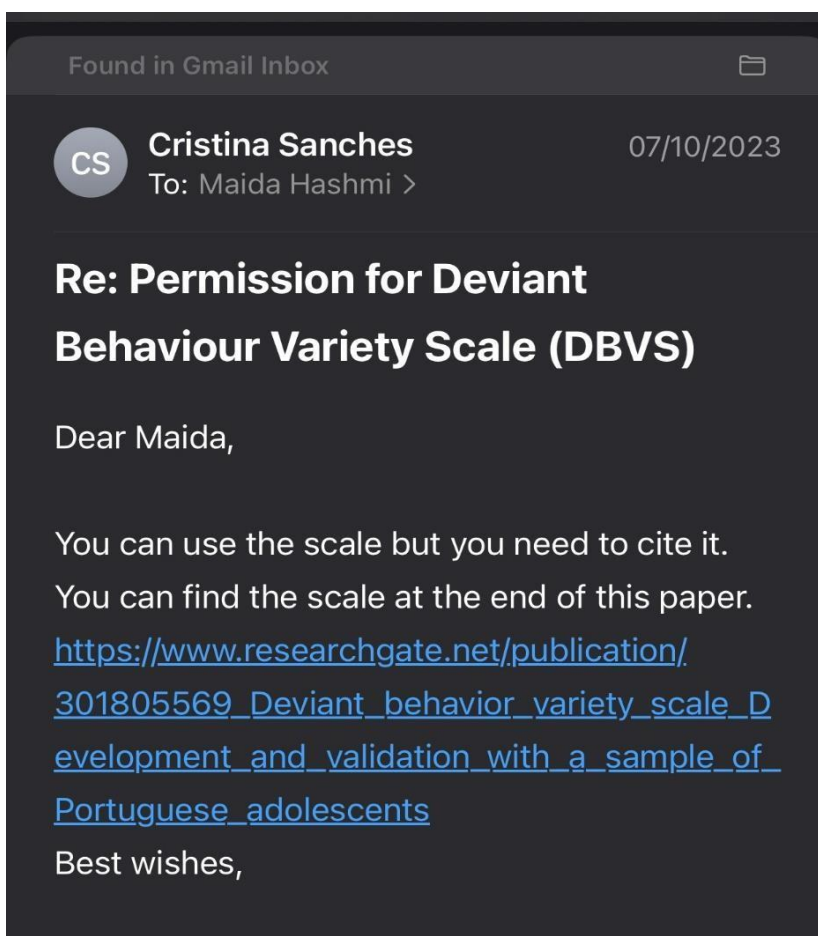
Best Wishes,

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

Appendix B

Permission to use scale





Appendix C

Informed Consent

I am a B.S student in the Capital University of Sciences and Technology, Islamabad. I am currently doing research on the topic of Relationship between Ostracism, Impulsivity and Deviant behaviour among young adults, which is requirement of my degree. I invite you to take part in this study. If you volunteer to participate in this research, please fill the questionnaire. Your identity will be kept confidential. Your name will not be used in report. When the study is completed, findings will be presented in summary form and the list will be destroyed. Your participation in this study is voluntary. You have right to say no, but it would be a great contribution and help to this research if you participate and give your honest responses. You can withdraw from this research at any point when you like.

Please contact if you have questions about the study

Email at: maidairfan16@gmail.com

Signature

Maida Irfan Hashmi

Thank You

Appendix D**Demographic Information Sheet**

Name: _____

Age: _____

Gender: _____

Department: _____

Relationship with close friends

- good
- moderate
- poor

Appendix E

Ostracism Experience Scale

Read each statement carefully. Using the scale below, please indicate the extent to which you agree or disagree with each of the following statements by writing the number that corresponds to your opinion in the space next to each statement. For each of the statements below, please consider your personal feelings.

Determine how often, in general, the following experiences happen to you. Just give your gut response.

Use the scale: 1 = Strongly Disagree to 5 = Strongly agree.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

	Items	1	2	3	4	5
1	My fellows ignored me in group.					
2	My fellows excluded me from group.					
3	My fellows did not want to include me in group.					

4	My fellows treated me as if I was not their team member.					
5	My fellows did not pay attention to me.					
6	My fellows ignored my opinion in discussions.					
7	My fellows did not invite me at their places.					
8	My fellows did not invite me to gathering.					
9	My fellows did not interact with me on social media.					
10	My fellows did not like to work with me.					
11	My fellows did not like to hang out with me					

12	I felt stressed out when my fellows ignored me.					
13	I felt frustrated when my fellows ignored me.					
14	While in a group, I felt like I am not one of them.					
15	My fellows made me feel inferior.					
16	While in a group, I doubted my abilities.					
17	I felt like I was not good enough to be a part of an efficient team.					

Appendix F

Barratt Impulsiveness Scale Revised (BIS-R-21)

Read each statement carefully and determine how often in general, the following experiences happen to you. There are no right or wrong answers. We are just interested in your views. Write the number that corresponds to your opinion in the space next to each statement.

Use the scale: 1 = Rarely never/Never to 4 = Almost Always/Always.

Rarely never/Never	Occasionally	Often	Almost Always/Always
1	2	3	4

	Items	1	2	3	4
1	I plan tasks carefully.				
2	I plan trips well ahead of time.				
3	I do things without thinking.				
4	I “squirm” at plays or lectures.				
5	I am self-controlled.				
6	I concentrate easily.				

7	I say things without thinking.				
8	I change residences.				
9	I save regularly.				
10	I act “on impulse”				
11	I buy things on impulse.				
12	I am a careful thinker.				
13	I get easily bored when solving thought problems.				
14	I change hobbies.				
15	I plan for job security.				
16	I act on the spur of the moment.				
17	I spend or charge more than I earn.				
18	I am a steady thinker.				

19	I often have extraneous thoughts when thinking.				
20	I am future oriented.				
21	I am restless at the theater or lectures.				

APPENDIX G**Deviant Behavior Variety Scale (DBVS)**

Please read each statement carefully and respond it whether if it's a yes or no by writing the number that corresponds to your opinion in the space next to each statement.

Yes	No
1	2

	Items	1	2
1	Been to school or to class after drinking alcohol?		
2	Lied to adults (e.g., family members, teachers, etc.)?		
3	Used cocaine or heroin?		
4	Used a motorbike or a car to go for a ride without the owner's permission?		
5	Hitted an adult (e.g., teacher, family, security guard, etc.)?		
6	Used public transport without paying?		
7	Damaged or destroyed public or private property (e.g., parking meters, traffic signs, product distribution machines, cars, etc.)?		
8	Used hashish ("hash") or marijuana ("grass")?		

9	Stolen something worth more than 50 euros (e.g., in shops, at school, to someone, etc.)?		
10	Skipped school for several days without your parents' knowing?		
11	Sold drugs (e.g., hashish, marijuana, cocaine, ecstasy, amphetamines, etc.)?		
12	Stolen something worth between 5 and 50 euros (e.g., in shops, at school, to someone, etc.)?		
13	Skipped classes because you didn't feel like going, to stay with colleagues, or to go for a ride?		
14	Drove a motorbike or a car without having a driver's license?		
15	Used LSD ("acid"), ecstasy ("tablets") or amphetamines ("speeds")?		
16	Carried a weapon (e.g., knife, pistol, etc.)?		
17	Stolen something worth less than 5 euros (e.g., in shops, at school, to someone, etc.)?		
18	Done graffiti on buildings or other locations (e.g., school, public transports, walls, etc.)?		
19	Broken into a car, a house, shop, school, or other building?		