

Association Between Death Anxiety, Meaning in Life and Cognitive Hardiness level Among Young Adults



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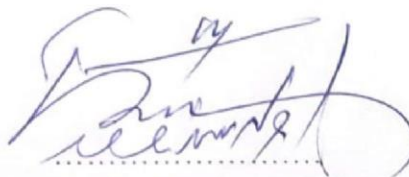
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Certificate of Approval

It is certified by the thesis titled "**Association between Death Anxiety, Meaning in Life and Hardiness Level among Young Adults**" performed by **Rida Javaid, Reg. No. BSP 201035**, under the supervision of **Ms. 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.

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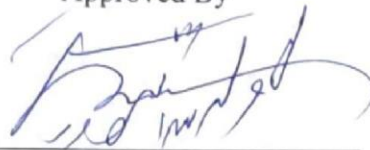
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DEDICATION

This thesis is wholeheartedly dedicated to my beloved parents who are the source of my motivation and inspiration in every phase of my life.

DECLARATION

This is declared to be a unique part of my 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.



Rida Javaid

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January, 2024

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In the name of Allah Almighty, the Most Beneficent and the Most Merciful.

All praise be to Allah the Almighty for the strength and countless blessings, including the chance to complete this thesis. This thesis has provided excellent field exposure along with the difficulties that have undoubtedly had a lasting impact on my understanding, making all of the dedication and work worthwhile. The completion of this thesis required a great deal of attention to detail, accuracy, and knowledge, therefore all the appreciation is for my supervisor, Ms. Tehmina Mazhar, a lecturer in the Psychology Department at Capital University of Science and Technology (CUST). I want to sincerely thank her for her efforts, guidance, empathy, and motivational personality, all of which enabled me to complete my thesis with the highest understanding possible. My sincere thanks also go out to my parents, whose support, encouragement, and prayers have helped me to complete the thesis. In addition, I would want to express my gratitude to my friends and everyone who supported me during the crucial data collection stage when completing my thesis.

Rida Javaid

ABSTRACT

The aim of this study was to examine the relationship between death anxiety, meaning in life and cognitive hardiness level. The sample was of (N=300) individuals with age range of 18 to 25 years old, both males and females were selected through convenience sampling technique. This study used a quantitative research design and data was collected from a sample of young adults using self-report measures from the region of Islamabad and Rawalpindi. To gauge one's degree of cognitive hardiness, fear of death, and meaning in life, tests including the Templers death anxiety scale (DAS) developed by Donald I. Templer in 1970, Meaning in life questionnaire (MLQ) developed by Michael F. Steger & colleagues in 2006 and Cognitive Hardiness Scale developed by Nowack in 1989 were employed. Correlation analysis was conducted to determine the link between these variables using the statistical package for social sciences (SPSS).

Keywords: Death Anxiety, Meaning in Life, Cognitive Hardiness Level, young adults.

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Chapter-1 Introduction

Death Anxiety (Thanatophobia)

Death is a natural phenomenon which occurs in all living beings, including humans. In all societies, death anxiety is a widespread condition. The majority of studies are based on the theory that death anxiety may be more prevalent in older adults than in younger ones. However, death anxiety can also affect young adults, which is not widely recognized (Vida & colleagues, 2014). Anxiety, unsafety, or anxiety over death or potential death is all symptoms of death anxiety (Malinauskaite & colleagues, 2017). It has been suggested that fear of dying is a basic and common feature of what it is to be human (Becker, 1973). Since our species has been keeping records of its past, there is proof that people have been battling with fear of dying (Menziez, 2018). We are the only species that we are aware of that is capable of thinking about and planning for our own demise, but this remarkable ability has a drawback: it means that we will always be “forever shadowed by the knowledge that we will grow, blossom, and inevitably, diminish, and die” (Yalom, 2008). Disease-related consequences make people anxious about dying and develop panic disorder. According to another study, COVID-19 has spread throughout the world, infected millions of people, and continues to pose a threat to everyone's health. Numerous health problems, including anxiety, concern, despair, restlessness, and panic, have been reported globally as a result of the pandemic (Yasmin et al., 2021).

Meaning In Life

Death anxiety and the search for the meaning in life are intricately connected aspects of the human experience. Threats of death anxiety can be categorized more specifically into two factors: internalization (assessment of own self) and external causes, like presence and the quest for meaning in life (Zhang et al., 2019). Meaning in life is defined as the capacity of a person to comprehend life, own self as well as the outer world and adapt to it (Steger & Frazier, 2005). The degree to which people understand, see the significance of, and make sense of their existence, as well as the extent to which they believe they have a purpose in life, is known as meaning in life (Steger et al., 2006). From one perspective, individuals might foster versatile approaches to adapting to their feeling of anxiety toward death, like structure significant connections and leaving a good heritage (Yalom, 2008). Then again, consciousness of death may likewise deliver a strong feeling of dread or unimportance, and may drive various maladaptive adapting ways of behaving (Menziez, 2012). Maddi (2004) says that selecting the future involves worry about death or ontological issues. A person feels intimidated and anxious more when a decision is going to significantly change their habits or beliefs. When one's fear of dying worsens, they are unable to get over the past and keep focusing on habitual behaviors and patterns. This ritualistic behavior therefore eventually results in meaning in life lessness and boredom. Every choice to embrace the future is filled with anxiety, yet regardless of success or failure, carrying it out results in new information and a sense of learning (Maddi, 2004).

Cognitive Hardiness Level

Death anxiety, meaning in life and hardiness level are all interrelated constructs that can impact one's overall well-being and resilience. In 1979, Kobasa presented the idea of hardiness, saying that hardiness lessens the link between disease and stressful events. He described three parts or the 3C's of hardiness: Control (the desire to influence outcomes, decisions, circumstances, and individuals). These people don't think their issues will be solved by chance, fate, or destiny (i.e., an external locus of control). The second factor is Commitment (the sensation of fully participating in life's activities) (Maddi, 2004). Commitment makes people to get interested in things and show dedication to them. They give things significance and give their everyday actions a sense of direction. According to Hull, Van Treuren, and Propson's research conducted in 1988, those who scored highly on the commitment factor frequently believed that happy occurrences had an internal, permanent, and global attribution and believed that bad events had an external, temporary, and particular attribution (Hull & colleagues, 1988). The final factor of hardiness is Challenge (situations that could be stressful are seen as exciting and encouraging personal development rather than as a threat). These people see change as an opportunity to develop and learn. The combination of these three elements enables the person to succeed in trying circumstances (Kobasa et al., 1982). Hardy persons who score well on this aspect are better equipped to handle stress because they see the future as predictable rather than uncontrollable (Rotter, 1966).

A personality characteristic, collection of attitudes, or a style called cognitive hardiness is defined as having three interconnected elements (commitment, control, and challenge) that help people deal with stress better (Kobasa et al., 1982; Maddi, 1999). These dimensions are challenge vs. security, in which potentially stressful situations are viewed as exciting and encouraging personal growth, rather than as a threat. Commitment vs. alienation which refers to feeling deeply engaged in life's activities. Control vs. powerlessness which refers to a desire to have an impact on consequences, decisions, circumstances, and people (Maddi, 2004). People with Hardiness skill have unique perspectives on who they are and how the world works, which has a favourable impact on their cognitive assessments, motivation, attitudes, and behaviours in the face of adversity (Maddi et al., 2004).

Literature review

Death anxiety

Death anxiety can be defined as the distressing emotional response, fear, or apprehension that individuals experience when confronted with the concept of death, their own mortality, and the unknown aspects of what follows death (Gergen, 2020; Yalom, 1980). Understanding death anxiety is essential because it sheds light on the complex ways in which individuals cope with their mortality. It has been a subject of interest for psychologists, philosophers, and researchers for centuries, leading to a vast body of literature exploring its causes,

manifestations, and potential interventions. It encompasses a range of psychological, cognitive, and behavioral reactions that arise from the contemplation and anticipation of death (Kastenbaum, 2004).

Many people have death anxiety, which is the fear of death and associated uncertainty. Anxiety about dying, also known as death anxiety, is a distressing emotional reaction, fear, or apprehension that people have when thinking about death, their own mortality, and the unknowns of what comes after (Floyd et al., 2005).

In a study, using Templer's DAS as the only primary impact for the duration of the film, college students exposed to 1-minute video excerpts of distressing death occurrences reported experiencing death anxiety. Depending on the kind, setting, and duration of environmental trauma and stresses associated to death, the results indicate that conscious signs of fear of dying may vary in response to stressors among individuals (Ryburn & Festa, 2006). Researchers have examined how cultural beliefs and rituals surrounding death can either alleviate or intensify death anxiety. For instance, researches have indicated that individuals who have a strong religious or spiritual belief system tend to experience lower levels of death anxiety (Gesser et al., 2019). A study by Wong, Reker, and Gesser examined the association between death anxiety and the fear of personal death, finding that death anxiety was associated with increased fear of death. Moreover, this fear was discovered to be linked to a decreased sense of purpose and meaning in life (Wong & Gesser, 1994).

Studies have looked at the part that encounters with death play in causing death anxiety. Teenagers who had seen a grandparent's death only had one significant predictor of death anxiety: grief brought on by loss (Ens & Bond, 2005). According to the results of a different study, more experienced nursing students have more death anxiety than their less experienced groups (Chen & colleagues, 2006). In a study of undergraduate students from the US and Kuwait, it was discovered that the Kuwaiti sample significantly outperformed the US sample on all scales (the Somatic Symptoms Inventory, the Death Anxiety Scale, and the Fear of Death Scale). Somatic symptom ratings were strongly correlated with death anxiety levels, indicating that pupils who have somatic symptoms are more fearful of dying (AbdelKhalek & Lester, 2009). To examine the connection between death and trait anxiety, two groups of undergraduate nursing students from Egypt and Spain were compared. Participants from Spain had much lower mean scores than those from Egypt (AbdelKhalek & Tomas-Sabado, 2005). In both populations, there was a correlation between fear of death and trait anxiety (Abdel et al. 2005). A study showed that mass deaths at times of crisis are among the death scenarios that have a sociological and psychological impact on society. Since the coronavirus epidemic has killed thousands of people, it might either disclose a person's concern about dying or make it worse (Turhan, 2021). Turhan's (2021) investigation has led to an examination of the literature, which has revealed that death fear has been generated by the COVID-19 pandemic since December 2019. Ceylan states that when people believe that their

own lives are in danger, they may experience severe anxiety related to death (Ceylan, 2018).

Meaning in life

Meaning in life is a network of relationships, implications, and translations that aids in raising one's awareness of one's place in the universe. Furthermore, meaning in life gives us a sense of importance and reminds us that there is more to life than just passing seconds, minutes, weeks, or years (Akin & Taş, 2015). Spranger, Dilthey, Freud, and Adler were the first to explore the idea of meaning in life, followed by Frankl and Leontiev (Leontiev, 2005). According to Leontiev (2005), coherence is an outcome of meaning in life. He argues that an event takes place when it logically coincides with people's prior ideas and expectations (Leontiev, 2005). Most people believe that looking for significance in life represents a fundamental human urge (Frankl, 1971). It is also considered a "flagship indicator of wellbeing" because to the numerous indexes that mental and physical health have been associated with the perception that one's life is meaningful (Steger et al., 2017). Therefore, it is evident that finding our purpose in life is crucial to us. A feeling of meaning in life is essential for maintaining and promoting mental health. People's knowledge of their own existence, consistent understanding of themselves, the world, as well as peace and having a goal to pursue in life, having a broad range of objectives or missions one is aiming to accomplish, are definitions of meaning in life. It is divided into two linked but separate dimensions: the presence of meaning in life

(having meaning in one's life) and the quest of meaning in life (seeking greater meaning in one's life) (Steger et al., 2006).

When people find purpose in their lives, according to Frankl (1994), unhappy circumstances may lose significance, which lessens the negative impact of such events on life satisfaction. The condition, in which people experience pressure in a favoured life area, making it difficult for them to reach desirable states in this domain, may be one example of unpleasant circumstances (Frankl 1994). In other investigations, the relationship between meaning in life and psychological health was shown to be favourable (De Klerk et al., 2009). Recent empirical research has demonstrated that meaning in life, which is considered to be as a trait like and a steady resource, is a marker for promoting and maintaining one's mental health in the sense of increasing pleasure and life satisfaction and decreasing sadness, distress, worry, and loneliness, as well as lower blood pressure. It is also a marker for physical health based on cardiovascular, immunological, and neuroendocrine markers. However, there is a link between signs of ill health and the quest for significance (Schulenberg et al., 2011). In a sample of Japanese individuals, having a purpose was consistently associated with fulfilling experiences, significantly lowered anxiety, and alleviated the reactivity of the autonomic nervous system to emotional stress (Ishida & Okada, 2006). One indirect attempt to examine the factors that make life worthwhile is provided by research on suicide prevention. The idea that a meaningful life is one that is worth living is emphasized by the fact that

having significance in life is linked to fewer suicidal thoughts and a decreased lifetime chance of trying suicide (Henry et al., 2014).

Cognitive Hardiness level

The term "hardiness" describes a person's psychological resilience and the capacity to deal with and adjust to stressors and challenging life events. It involves a combination of attitudes, beliefs, and behaviors that enable individuals to view stress as manageable and to keep a sense of control, commitment, and challenge in the face of adversity (Kobasa, 1979; Maddi, 2004). According to study on the development of hardiness by Kobasa in 1982, people become hardy if they have a range of experiences as young. Additionally, it is essential that young people should be encouraged to exercise their judgement and imagination as children. This enables individuals to enhance their creativity and reduce their dependence on others (Kobasa et al., 1982).

Hardiness may be fostered by using cognitive-behavioral techniques that emphasise increasing a person's sense of commitment, control, and challenge (Bartone, 2007). Studies have explored the connection between hardiness and various outcomes. Kobasa (1985) discovered that hardiness was a better indicator of sickness than the healthful effects of exercise and social support (Kobasa et al., 1985). Researches have shown that higher levels of hardiness are associated with improved mental health outcomes, such as decreased stress level, anxiety, and depression (Bartone, 2007; Maddi, 2004). Additionally, hardiness has been

linked to improved job performance and job satisfaction, as individuals with higher hardiness levels exhibit greater resilience and adaptability in the workplace (Connor-Smith & Flachsbart, 2007). Physical well-being has also been positively associated with hardiness, as individuals with higher hardiness levels tend to engage in healthier behaviors and have lower levels of stress-related physical symptoms (Smith, 2008). Saxena showed in a study that hardiness is positively connected with several mental health indicators among Indian college students (Saxena 2015), while another study conducted in 2013 demonstrated the same relationship among Iranian college students (Ahmadi et al., 2013).

The way that people handle the challenges that come with life has drawn more and more attention. Numerous studies indicate that stressful life events cause illness and psychological dysfunction, and there is a well-established link between unpleasant or stressful life events and psychological and physical health (Theorell, 1971). It is still up for debate; nevertheless, to what extent hardship directly affects one's psychological or physical well-being. Some researchers (Siegel, 1978) have identified a considerable direct influence of life stress on psychological and physical health, but (Kessler, 1985) find just a tiny direct effect. It is evident that some people can endure high levels of stress in life without compromising their physical or mental well-being, despite these variations (Kessler, 1985).

Interplay between Death Anxiety, Meaning In Life and Cognitive Hardiness Level

Death anxiety and meaning in life

Numerous studies have analyzed the association between death anxiety and meaning in life. The meanings we give to death may have a significant impact on how we feel about ourselves and how we see the purpose of life (Wong & Tomer, 2011).

Researches have shown that death anxiety, separation anxiety, feelings of loss of control and meaning, and insecurity are all strongly correlated (Menziez & Menziez, 2020). In one of the study, participants were instructed to imagine scenarios related to their death, and it was found that only people with a weaker sense of meaning in life experienced death anxiety (Routledge & Juhl, 2010). Researches have shown that death anxiety, separation anxiety, feelings of loss of control and meaning, and insecurity are all strongly correlated (Menziez & Menziez, 2020). Researchers discovered that participants in a study of Malaysian nurses were more likely to report feeling happy when their degree of hardiness was higher. The techniques used in this study and the results show that hardiness facilitates the factor of hardiness (Abdollahi et al., 2014). Ross and Pollio (1991) found that those who had negative image about death found it difficult to find the meaning in life, whereas those who had positive image about death found it enriched by making more varied changes in their lives, according to their study of 26 figurative perceptions of death (Ross & Pollio, 1991).

The findings of a study showed that death anxiety in Chinese older people was inversely connected with the sub dimensions of meaning in life, i.e. existence of meaning in life and quest for meaning in life (Zhang et al., 2019). A study conducted in 2013 revealed that only the quest of meaning in life was significantly linked with death anxiety among a sample of residents of a community in the USA (Lyke et al., 2013). Sigmund Freud identified two fundamental instincts as the driving forces behind human behaviour: the death instinct, which conveys destructive tendencies and the life instinct, which symbolizes the continuity of existence. Freud believed that everyone had the wish to pass away without consciousness, which is why he said that the goal of existence is death (Geçtan, 2005). Research suggests that individuals who perceive their lives as meaningful exhibit lower levels of death anxiety (Yalom, 1980). According to Tillich (1952), the absence of purpose and emptiness can cause existential fear or the dread of "non-being." It takes bravery to make your life significant (Tillich, 1952). Frankl (1985) offered the argument that life is inherently meaningful as support (Frankl, 1985). After realizing and accepting mortality, each person must find the hidden significance that has been specifically created for them (Dursun & Alyagut, 2020). Making meaning in life therefore, serves as a remedy for the suffering of immortality. In a research with cancer patients, it was discovered that the factor that predicts psychological well-being, the global sense of meaning in life, works as a barrier against the emergence of anxiety symptoms (Vehling et al., 2011).

Death anxiety and Cognitive hardiness level

Death anxiety is a multidimensional construct associated with fear, uncertainty, and existential concerns related to mortality (Becker, 1973). Hardiness, on the other hand, encompasses psychological resilience and adaptive coping with stressors and adversity (Kobasa, 1979; Maddi, 2004). These two constructs provide a foundation for understanding their potential interplay. The association between death fear and level of hardiness has been studied. According to research, people with higher degrees of toughness typically have lower levels of death anxiety. In the face of fear about dying, hardiness may work as a protective factor, allowing people to tackle existential questions, put up with ambiguity, and retain a feeling of control and purpose (Glozah, 2013).

In a group of Iranian diabetes patients, hardiness and death anxiety brought on by the Covid-19 epidemic were negatively linked (Ezazi Bojnourdi et al., 2020). Numerous research have demonstrated that increased hardiness is linked to higher levels of mindfulness, coping, and health as well as reduced somatic symptom levels, anxiety, and neuroticism (Kowalski & Schermer, 2019). As a result, even though only few researches have been done thus far, we anticipate a negative link between death anxiety and hardiness.

Meaning in life and cognitive hardiness level

According to studies, those who are more resilient tend to feel that their lives have more meaning and purpose (Steger & colleagues, 2008).

Hardiness may make it easier to see the significance of life's events, to feel in control, and to stay committed to one's own ideals and objectives. In another study, results indicated that individuals with high levels of meaning in life and hardiness were better able to cope with stress and had lower levels of anxiety and depression (Park, 2010). Pourakbari discovered that hardiness was linked to less fear of death and improved quality of life in Iranian nurses (Pourakbari et al.2014).

Theoretical framework

Meaning Management Theory

Wong proposed the meaning management theory (MMT), which explains that humans are creatures of meaning-making and meaning seeking driven by two primary goals i.e. to survive and to discover a purpose for survival (Wong, 2013). Meaning management theory (MMT) is a theoretical framework that predicts that finding meaning in life is the best way to deal with death anxiety. MMT assumes that people want to live a life they love and that they can overcome death anxiety by focusing on positive growth tendencies. If people perceive their life to be meaningful, they may not feel as intimidated by the inevitability of death.

As mentioned earlier, there is a strong theoretical connection between death anxiety and meaning in life. Hardiness level is another psychological construct that is closely linked to death anxiety. MMT suggests that individuals with high levels of hardiness may be better equipped to manage their death anxiety and maintain meaning in their

lives. Hardiness may allow individuals to view existential concerns, such as death anxiety. Hardiness may make it possible for people to participate in activities that give them a sense of purpose and fulfillment, which may help them find meaning in life as a whole. Hardy people are committed to their goals and values, feel in charge of their lives, and see difficulties as opportunities for learning and development.

According to MMT, developing resilience and finding purpose in life are crucial elements in successfully controlling death anxiety and enhancing psychological well-being in general.

Rationale

Death anxiety can motivate individuals to seek out purpose and meaning in life, and to make most of the time they have meaningful (Zhang et al., 2019). The study conducted by (Zhang et al., 2019) delves at the relationship between death anxiety, meaning in life, and hardiness levels specifically among young individuals. This work fills a significant gap in the literature by examining characteristics that have primarily been studied in older populations. As mentioned in the literature review that the previous studies have looked at the relationship between death anxiety and meaning in life independently, Vida and colleagues noted in their review of the literature that there is a lack of research looking at both factors combined, particularly among young individuals (Vida & colleagues, 2014). According to Zhang, fear of dying can encourage people to make the most of their time by looking for meaning and purpose in life. This study emphasizes how crucial it is to look at the presence of

death anxiety, life purpose, and cognitive hardiness level in young adults in order to comprehend how these aspects are interrelated and how they affect psychological health in general (Zhang et al., 2019). Understanding these mechanisms holds significance for therapies and support strategies designed to aid young adults in managing existential issues, promoting adaptability, and developing a feeling of direction and significance. The study fills a research gap and advances our understanding of the psychological mechanisms underlying existential concerns and personal development, especially in the early stages of young adulthood. Thus, it was important to conduct research on such topic in order to explore the presence and relation of these variables among the population of young adults.

Objective

1. To find out the association between death anxiety and meaning in life and cognitive hardiness level among young people
2. To understand the demographic distribution of the age of the selected sample in death anxiety, meaning in life and cognitive hardiness level.

Hypothesis

1. There will be a significant negative correlation between death anxiety and meaning in life.

2. Death anxiety is negatively correlated with cognitive hardiness level.
3. There will be a positive correlation between meaning in life and cognitive hardiness level.
4. There is a significant difference between age range from 18 to 25 (young adults) in death anxiety, meaning in life and cognitive hardiness level.

Chapter-2 Method

This chapter covered the research design, sampling strategy, inclusion and exclusion criteria, instrumentation, and study methods that we employed in conducting our investigation.

Research design

Cross-sectional research design was employed and correlation analysis was carried out to obtain the association between death anxiety, meaning in life and cognitive hardiness level among young adults. The correlation is used to find the association between the selected variables of this study; the relation can either be positive or negative.

Locale

The study was conducted in the area of Islamabad and Rawalpindi. Islamabad is located in the Potohar Plateau in the north of Punjab, against the backdrop of the Margalla Hills. The area of Islamabad is 906.50 square kilometer. The total current population of Islamabad is 1,232,000 in 2023. The overall distribution of population is in favor of male population which comes to 106.45 million (51 percent) whereas female population is 101.32 million (49 percent) and 10,418 people have been identified as transgender (Islamabad, 2023).

Rawalpindi is located in the northernmost part of the Punjab province of Pakistan and is spread on the area of 479 square kilometers. The total population of Rawalpindi in 2023 is 2,377,000. According to 2017 census, Rawalpindi division had a population of 10,006,624, which includes 4,999,414 males and 5,005,714 females. In which 84% of the population is Punjabi, 9% is Pashtun, and 7% is from other ethnic groups (Rawalpindi, 2023).

Population and sample

The targeted population in this study was the young adults with age range of 18 to 25 years, both males and females with the sample size of 300 participants. (N=300).

Sampling technique

A convenience sampling technique was used for this study.

Inclusion criteria

1. Individuals with age range from 18 to 25 years were selected because studies have been conducted on older population and these variables altogether were not studied among young adults.

2. Participants from Islamabad and Rawalpindi were selected in this study since the researcher is using convenient sampling technique and this population is convenient for the researcher.

Exclusion criteria

1. Individuals with any mental illness were excluded.
2. Participants who were unable to understand and read the scales in both the Urdu and English language were excluded from this study.
3. Participants suffering from any chronic illness were excluded from this study because this study did not focus on the people suffering from any health problems.

Instruments

The "Death Anxiety Scale", "Meaning in Life Scale" and the "Cognitive Hardiness Scale" were employed in this study to assess participant's levels of fear of death, meaning in life and cognitive hardiness level respectively. The demographic sheet was also created by the researcher, which was used to gather demographic data about the participants.

Demographic Sheet

A demographic sheet was created for the young adults who participated in this study, which incorporated the questions concerning initials of name, age, gender, qualification. All the questions of the

demographic sheet had closed ended questions. The participants were assured that all their responses and identities will be kept confidential.

Templers death anxiety scale (DAS)

Donald I. Templer created the unidimensional Death Anxiety Scale in 1970. An instrument for measuring psychological variables, the Templers Death Anxiety Scale (DAS), is used to determine a person's level of death anxiety. It is 15- item self report scale which is intended to be rated on a true/false dichotomous scale for each item ranging from 0 (false) to 1 (true). A portion of the questions are designed to assess death anxiety and associated problems directly; other questions assess events like unexpected illnesses, global conflicts, the passing of time quickly, mortality, the fear of a painful death, fears of the unknown, concerns of the hereafter, and anxieties about how death would affect one's life. The items span a wide spectrum of ideas and feelings associated to death which includes items such as: (1) "I am very much afraid to die", (2) "I fear dying a painful death". High scores mean the greater degrees of death anxiety. Kuder Richardson-20 determined the reliability coefficient which was reported to be 0.76 (Templer, 1970). Senol (1989) determined the test-retest reliability to be 0.86 by calculating the psychometric characteristics. It Cronbach's alpha reliability is 0.91. Researchers and mental health practitioners can use the DAS to evaluate people's levels of death anxiety.

Meaning in life (ML) scale

The meaning in life questionnaire was created by Steger & colleagues in 2006. It is designed to determine the extent to which people have meaningful lives also measures a person's perception of their life's meaning and purpose. It is a 10item scale including two subscales: 1) the search for meaning in life (the degree to which individuals search for meaning in life) and (2) presence of meaning in life (the degree to which people believe and feel that their lives have meaning) (Steger et al., 2006). It is a seven point Likert scale ranging from 1 (absolutely untrue) to 7 (absolutely true). It includes statements such as: (1) "My life has a clear sense of purpose", (2) "I am always searching for something that makes my life feel meaningful". The scores of the ML Scale are used to explore the connection between meaning in life and different psychological, social, and well-being outcomes as well as to get insights into a person's perception of their own life's purpose. Low scores indicate a lesser perceived meaning in life, whereas higher scores show a better feeling of meaning and purpose. The calculated cronbach's alpha coefficients were 0.86 for MLQ-P and 0.87 for MLQ-S, respectively.

Cognitive Hardiness Scale

Cognitive Hardiness scale is a self-report inventory which comprises of 30 items developed by Nowack in 1999 (Nowack, 1999). Three factors make up the scale: commitment, control, and difficulty. These attitudes and beliefs about work and life are included in the

current 30-item scale: (1) involvement- commitment, in contrast to maintaining one's job, family, identity, and interests; (2) challengeattitudes, regarding viewing life changes as challenges as opposed to threats; and (3) control beliefs, regarding one's perception of control over important life outcomes. A 1–5 scale is used to ask respondents to rate how strongly they agree or disagree with certain assertions regarding their opinions ("strongly agree," "agree," "neither agree nor disagree," "disagree," "strongly disagree"). The higher scores show an increase in cognitive hardiness level, whereas the lower scores show a reduction in cognitive hardiness. An example would be, "My involvement in non-work activities and hobbies provides me with a sense of meaning and purpose." With an alpha of.83, this scale showed a good level of internal consistency reliability. This study used the Urdu version of this scale to assess the level of cognitive hardiness in young adults.

Procedure

A total of 300 young adult participants both males and females were selected through convenient sampling from the area of Islamabad and Rawalpindi. Prior conducting the research, consent forms were obtained from the participants in which the participants were assured that the data obtained from them will be kept confidential and will only be used for this study. All the participants were briefed about the instructions to fill the questionnaire properly without omitting any item. The data was

collected using the Meaning in Life Questionnaire, the Death Anxiety Scale and the Cognitive Hardiness Scale.

Ethical consideration

The study was conducted after taking permission from the ethical review committee of Capital University of Science and Technology (CUST). Participants were informed about the aim and goals of conducting this study both in verbal and written form. After explaining the full procedure the participants were given a consent form. Each participant was given the right to withdraw from the study at any time. All participants were ensured that their identities will be kept anonymous and confidential; the data collected from them will only be used for the research purpose. APA ethical guidelines were taken into account while conducting this research. All the three scales used in this study (i.e. death anxiety scale (DAS), meaning in life questionnaire (MLQ), cognitive hardiness scale -Urdu version) were in open access and did not require the permissions from the authors.

Proposed data analysis

The data analysis was obtained through the Statistical Package for the Social Sciences (SPSS). Descriptive analyses were carried out, including the application of Kolmogorov Smirnov and the computation of frequencies and percentages for categorical variables as well as mean, median, mode, standard deviation, skewness, and kurtosis. For the purpose of visually representing the data distribution, histograms are displayed. Spearman correlation was applied to examine the association

between death anxiety, meaning in life and cognitive hardiness level among young adults, bivariate correlation was utilized to account for the non-normal distribution of the data. A Mann-Whitney U-test was employed to determine the significance of demographic variables. The purpose of the current study was to examine the connection between fear of death, meaning or purpose in life along with cognitive hardiness level among young adults.

Chapter-3 Results

Aim of this study was to find out the relationship between Death Anxiety, Meaning in Life and cognitive Hardiness Level among young adults. These Young adult's data was gathered from the region of Rawalpindi and Islamabad. Descriptive and inferential statistics were used to analyze the data, which included calculating the reliability and Spearman correlation of the variables (Death Anxiety, Meaning in Life and Cognitive Hardiness Level) as well as the mean, median, mode, and frequency statistics for demographic variables. Since the Kolmogorov value for scales displaying non-normal distribution which was ($p < .05$), spearman correlation was employed in this case in addition to taking into account the histogram's shape, skewness, and kurtosis values, along with the effect of gender, age and qualification Mann-Whitney analyses was applied.

Table 1*Demographic characteristics of the participants (N=300)*

	Categories	<i>f</i>	%
Gender	Male	116	38.7
	Female	184	61.3
Qualification	Under-graduate		96.7
	Graduate		3.3
Age	18-21	178	59.3
	22-25	122	40.7

Note: f= frequency and %=percentage

Table 1 shows the demographic variables along with their frequencies and percentages. The demographic variables comprise of gender, qualification and age of the selected sample.

This table depicts various details about the participants in this study. Overall, 38.7% were male and 61.3% were females. This indicates greater part of female participants in this research. The participants in this research were divided into two age groups. The majority, or 59.3%, were between the age range of 18 and 21, and 40.7% were between the age range of 22 and 25. With a significant number of participants being

between the age range of 18 and 21, this points to a comparatively younger participant population. In terms of educational background, 96.7% of participants were undergraduates and only 3.3% were graduated. This demonstrates that most participants were either in the process of completing or have already finished their undergraduate degrees. The participants in this study were mostly females. In terms of educational background, a large majority were pursuing undergraduate studies at the moment, with only a small percentage having completed graduate studies. These demographic details offer a human touch to understanding who took part in this study.

Table 2

Cronbach's alpha reliabilities of the Death Anxiety scale, Meaning in Life scale and Cognitive Hardiness scale

Scale	<i>N</i>	<i>M</i>	<i>SD</i>	α	Range	
					Actual	Potential
DAS	300	20.1867	3.07626	.807	18-28	15-30
MLQ	300	49.5600	9.8201	.765	27-70	10-70
HARDY	300	81.883	11.1677	.78	52-108	30-150

Note: M = mean, SD = standard deviation, α = alpha reliability, DAS=Death Anxiety, MLQ=Meaning in Life, HARDY= Cognitive Hardiness.

This table shows the sample size (N), mean (M), standard deviation (SD), Cronbach's alpha reliability (α), and the range of scores for each scale. The Death Anxiety scale measures levels of anxiety related to death. The mean score suggests that, on average, respondents scored around 20.19 on this scale. The standard deviation indicates the degree of variability in the responses. The Cronbach's alpha of 0.807 indicates a relatively high level of internal consistency reliability, which suggests that the items in the scale are consistent in measuring the construct.

The Meaning in Life scale assesses perceptions of purpose and meaning in life. The mean score of 49.56 suggests the average level of meaning reported by participants. The standard deviation provides information on the variability of responses. The Cronbach's alpha of 0.765 shows good internal consistency.

The Cognitive Hardiness scale measures the ability to tolerate and thrive in stressful situations. The mean score of 81.883 suggests the average level of cognitive hardiness in the sample. The standard deviation indicates the variability in respondents' levels of cognitive hardiness. The Cronbach's alpha of 0.78 indicates good internal consistency. Score ranges help contextualize individual scores.

Table 3

Mean, Median, Mode, Standard deviation, skewness, Kurtosis, and Kolmogorov-Smirnov test statistics of the Death Anxiety, Meaning in Life and Cognitive Hardiness Level.

Scales	<i>M</i>	<i>Median</i>	<i>Mode</i>	<i>SD</i>	Skewness	Kurtosis	K-S	<i>P</i>
DAS	20.18	18.0	18.0	3.076	1.011	-.583	.358	.00
MLQ	49.56	50.0	51.0	9.820	-.186	-.213	.057	.019
HARDY	81.88	82.0	72.0	11.167	-.213	-.317	.041	.200*

This table shows the mean (*M*), median, mode, standard deviation (*SD*), skewness, kurtosis, Kolmogorov-Smirnov test statistics (*K-S*), and *p*-values for the Death Anxiety scale (**DAS**), Meaning in Life scale (**MLQ**), and Cognitive Hardiness scale (**HARDY**).

The mean, median, and mode are relatively close, suggesting a relatively symmetric distribution. The positive skewness (1.011) indicates that the distribution has a longer tail on the right side. The negative kurtosis (0.583) indicates a flatter distribution compared to a normal distribution (platykurtic). The Kolmogorov-Smirnov (*K-S*) test statistic of 0.358 with a *p*-value of 0.00 suggests that the distribution significantly deviates from a normal distribution.

The mean, median, and mode are relatively close, suggesting a relatively symmetric distribution. The negative skewness (-0.186) indicates a longer tail on the left side. The negative kurtosis (-0.213) suggests a flatter distribution compared to a normal distribution (platykurtic). The Kolmogorov-Smirnov (*K-S*) test statistic of 0.057 with a *p*-value of 0.019 suggests that it is non normal.

The mean, median, and mode are relatively close, suggesting a relatively symmetric distribution. The negative skewness (-0.213) indicates a longer tail on the left side. The negative kurtosis (-0.317) suggests a flatter distribution compared to a normal distribution. The Kolmogorov-Smirnov (K-S) test statistic of 0.041 with a p-value of 0.200* suggests that the distribution does not significantly deviate from a normal distribution at the conventional significance level ($p > 0.05$).

Table 4

Relationship between Death Anxiety, Meaning in Life and Cognitive Hardiness Level among young adults

Variables	N	1	2	3
DAS	300	--	.05	.05
MLQ	300	.05	--	-.08
HARDY	300	.05	-.08	--

The table appears to show the relationships (correlations) between Death Anxiety (DAS), Meaning in Life (MLQ), and Cognitive Hardiness Level (HARDY) among young adults.

In examining the relationships among Death Anxiety (DAS), Meaning in Life (MLQ), and Cognitive Hardiness Level (HARDY) among young adults, the following patterns emerged. The correlation between Death Anxiety (DAS) and Meaning in Life (MLQ) is positive,

indicating that as Death Anxiety shows a slight increase, Meaning in Life also tends to increase. However, it's important to note that this relationship is not very strong.

Moving to the correlation between Meaning in Life (MLQ) and Cognitive Hardiness Level (HARDY), two aspects were observed. First, there's a positive correlation between DAS and MLQ, implying that as Meaning in Life increases, Death Anxiety tends to increase slightly. Second, the correlation between MLQ and HARDY is negative, suggesting that as Meaning in Life increases, Cognitive Hardiness Level tends to decrease slightly. However, it's crucial to highlight that both of these relationships are not very strong.

Lastly, the correlation between Death Anxiety (DAS) and Cognitive Hardiness Level (HARDY) is positive, indicating that as Death Anxiety experiences a slight increase, Cognitive Hardiness Level also tends to increase. Again, the strength of this relationship is not very pronounced. In summary, while these correlations offer insights into the associations among the variables, the observed connections are relatively weak.

Table 5

Mann-Whitney U- Test values for DAS, MLQ and HARDY scale among the age range of young adults

	18-21	22-25		<i>U</i>	<i>P</i>	<i>N</i>
		<i>M</i>	<i>M</i>			
DAS	178	150.09	122	151.01	10784.50	.910
MLQ	178	144.71	122	158.95	9826.50	.162
HARDY	178	152.47	122	147.63	10508.0	.635

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

This table presents Mann-Whitney U-Test values for different scales among two age groups of young adults, specifically those aged 18-21 and those aged 22-25. In comparing the scores of Death Anxiety (DAS), Meaning in Life (MLQ), and Cognitive Hardiness (HARDY) between two age groups, namely 18-21 and 22-25, several key findings emerged. For Death Anxiety, the average scores for both groups were quite close, with the Mann-Whitney U-Test indicating no significant difference ($U = 10784.50$, $p = 0.910$). This suggests that the observed slight variation in Death Anxiety scores between the two age groups is likely due to chance.

Similarly, in the context of Meaning in Life, the average scores showed a difference between the age groups (144.71 for 18-21 vs. 158.95 for 22-25), but the Mann-Whitney U-Test result ($U = 9826.50$, $p = 0.162$) suggests that this discrepancy is not statistically significant. Therefore,

any observed differences in Meaning in Life scores are likely attributable to random factors rather than a genuine age-related distinction.

When examining Cognitive Hardiness scores, the average scores for the two age groups (152.47 for 18-21 vs. 147.63 for 22-25) were again quite close. The Mann-Whitney UTest result ($U = 10508.0$, $p = 0.635$) further supports the conclusion that there is no significant difference in Cognitive Hardiness scores between the age groups. In essence, any observed variations are more likely to be chance occurrences rather than indicative of a meaningful age-related pattern.

Chapter-4 Discussion

The purpose of this study was to examine the relationship between death anxiety, meaning in life and Cognitive hardiness level among young adults. This section of the research examines the participant's demographics and the reliability of the scales. Since the data was not normally distributed, spearman correlation was used to statistically examine the relationship. A sample of 300 volunteers, both male and female, between the ages of 18 and 25, were selected from the Rawalpindi and Islamabad regions in order to carry out the current study.

A convenience sampling technique was applied to the sample. The Meaning in Life Questionnaire (MLQ), the Cognitive Hardiness Scale, and the Templer's Death Anxiety Scale (DAS) were the questionnaires employed in this study. These surveys were distributed in order to gather data. The association between the research variables was demonstrated by the results. The results from the analysis of demographic characteristics, reliability measures, descriptive statistics, correlations, and MannWhitney U-Tests offer valuable insights into these relationships. This discussion section interprets and contextualizes the findings, addresses the hypotheses, and relates them to existing literature.

The demographic characteristics shown in Table 1 showed that the participant population was comparatively younger, female, and mostly an undergraduate. These particulars provide background for interpreting the sample and raise the possibility of an impact on the study's findings. Table

2 showed that the three scales (Death Anxiety, Meaning in Life, and Cognitive Hardiness) had strong internal consistency reliability. By guaranteeing that the instruments consistently assess the target constructs, this strengthens their validity. For every scale, Table 3 showed the data from the Kolmogorov-Smirnov test, skewness, kurtosis, mean, median, mode, and standard deviation. Given the skewness and kurtosis values, the non-normal distribution of scores as revealed by the Kolmogorov-

Smirnov tests supported the employment of the Spearman correlation and Mann-Whitney U-Tests. Table 4 showed the relationships between Cognitive hardiness level (HARDY), meaning in life (MLQ), and death anxiety (DAS). According to existential viewpoints, there is a positive relationship between death anxiety and life's meaning, indicating that those who are concerned about dying might look for deeper significance. The necessity for further investigation is highlighted by the weak correlations, which point to a complicated interaction. Consistent with the research, there is a negative association between life's purpose and Cognitive hardiness level, suggesting that a strong feeling of meaning in life may be associated with a lower level of cognitive hardiness. This is consistent with the theory that people who experience greater significance in life might not require cognitive hardiness as a coping mechanism. Contrary to popular belief, there is a positive association between hardiness degree and death anxiety. Despite seeming contradictory, this finding could indicate that, under some circumstances, people who actively engage with existential issues may have higher levels of

cognitive hardiness along with higher degrees of death anxiety. The results of the Mann-Whitney U-Test comparing age groups were shown in Table 5. Death anxiety, meaning in life, and cognitive hardiness scores did not significantly differ across the 18–21 and 22–25 age groups, indicating that these variables may not change significantly depending on age within the population in study

Hypothesis: 01

The Death Anxiety (DAS) and Meaning in Life (MLQ) positive correlation coefficient of 0.05 indicates a little increase in Death Anxiety that correlates with a slight increase in Meaning in Life. It's essential to keep in mind that the correlation is weak even when the association is positive. Prior studies have indicated complex relationships between death anxiety and meaning in life. According to certain researches, there may be a negative association between having more worry about dying and having a poorer sense of purpose in life (Kong, 2015). However, the weak positive correlation observed in this study may reflect complicated connections among these variables which require further investigation. There may be small differences in different groups or under different situations, even while the relationship between death anxiety and meaning in life is frequently investigated in the context of a negative association, suggesting that a higher sense of meaning in life may act as a barrier against death anxiety. Studies that specifically show a link between meaning in life and death anxiety are, however, less common. One source that discusses the complicated relationship between these variables in a

study which focused on the process of reconstructing meaning in the context of loss. It looks at how people create or find meaning in life after a loved one passes away, even though it may not quantify the relationship between death anxiety and meaning in life. It sheds light on how people deal with existential issues when faced with loss, which can indirectly relate to concerns about dying and the purpose of life (Neimeyer, 2004). This hypothesis, however, aligns with research (Kong, 2015) that suggests a more complex relationship, implying that people who are concerned about dying might intentionally seek meaning in life.

Hypothesis: 02

The findings offer some support for Hypothesis 2. Death Anxiety (DAS) and Cognitive Hardiness (HARDY) have a positive association value of 0.051, meaning that a small rise in Cognitive Hardiness Level corresponds to a slight increase in Death Anxiety. But this association is weak, just like the last one. Higher degrees of hardiness may operate as a mitigating factor against death anxiety, according to existing research (Moore & Malinowski, 2009). The study's weakly positive association may suggest that there are more factors influencing the relationship between Cognitive hardiness and death anxiety which require additional research. A study examining the effects of a traumatic incident on the health of support workers, without specifically concentrating on the positive association between death anxiety and Cognitive hardiness. It might include information about how stress, coping strategies, and mental

health outcomes are related, which might have an indirect bearing on the themes of toughness and fear of dying (Bartone, 1989).

Hypothesis: 03

The findings shows that there is a negative correlation coefficient of -0.083 between Meaning in Life (MLQ) and Cognitive Hardiness (HARDY), indicating that Cognitive Hardiness Level tends to somewhat decrease as Meaning in Life increases. The outcome does not support the anticipated positive association. Finding purpose in life may help people become more resilient, according to earlier research (Maddi, 2006). Further research is necessary to fully understand the complex relationship between Cognitive hardiness and meaning in life, as suggested by the study's reported negative correlation.

Hypothesis: 04

The demographic analysis of the study provides interesting new information. For example, the study had higher proportion participants between the ages of 18 and 21. Moreover, most of them were first-year students. These demographic traits may have an impact on the connections between Cognitive hardiness level, meaning in life, and death fear. Studies have demonstrated that demographic characteristics, such age and gender, might affect psychological traits (Gonzalez, 2014). Further research examining these demographic effects in more detail might be beneficial.

Conclusion

In conclusion, the results offer an in-depth understanding of the correlations among young adults in Rawalpindi and Islamabad between death anxiety, meaning in life, and cognitive hardiness. These psychological dimensions are complicated, and unexpected relationships emphasize the need for more research to fully understand these processes in many cultural and contextual contexts.

Limitations

1. The study limited the generalizability of its findings to a wider population by focusing on young adults from the regions of Islamabad and Rawalpindi. To improve the study's external validity, more varied samples should be taken into account in future research.
2. This study's cross-sectional design enables the finding of connections but does not demonstrate causation. In order to investigate the dynamic nature of the interactions across time, longitudinal studies would be helpful.
3. The three main variables of the study were cognitive hardiness, meaning in life, and death anxiety. Even if these are important variables, there may be other contextual and psychological factors that affect the results. Further research could investigate a wider range of factors to offer a deeper understanding.
4. While 300 participants is a good sample size, a bigger sample might improve the findings' statistical power and generalizability. Future studies should strive for larger and more varied sample sizes.

5. Another limitation was that this study entirely was focused on the age range of the participants rather than accessing other demographic characteristics. Future studies may focus on more demographic variables (i.e., culture, gender) to enhance the generalizability of the findings.

Implications

- The observed low connections imply that interventions aimed at addressing young adults' Death Anxiety, Meaning in Life, and Cognitive Hardiness may need to address more than one factor at once. Subsequent investigations may aid in the creation of targeted interventions aimed at improving psychological health in this population.
- Longitudinal research could show how the connections between Meaning in Life, Death Anxiety, and Cognitive Hardiness change over time. This would offer a more comprehensive understanding of these psychological concepts.
- It is important to keep the cultural background in mind. Future studies ought to investigate the relevant cultural influences on the connections in research that may be unique to the regions of Islamabad and Rawalpindi. This may help advance our understanding of psychological well-being to be more culturally aware.

- A greater comprehension of the individualized experiences linked to Death Anxiety, Meaning in Life, and Cognitive Hardiness may be possible by incorporating qualitative analysis. Qualitative analysis can enhance quantitative findings and provide a more comprehensive understanding of the phenomenon being studied.

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Appendices

Appendix A

Support 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-623
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. Rida Javaid, registration number **BSP201035** 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 "Association between death anxiety, meaning of life and hardiness level 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.

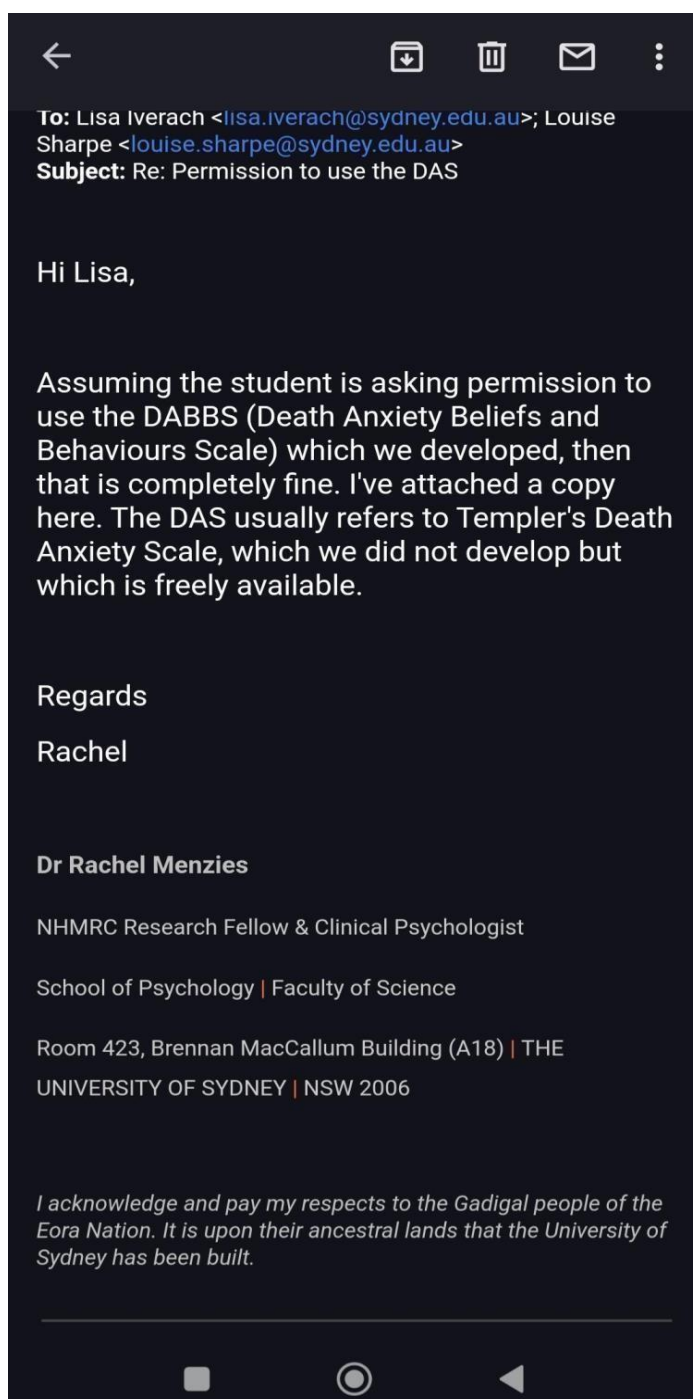
Best Wishes,

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

Templer's Death Anxiety Scale.



Meaning in Life Questionnaire (MLQ)

The copyright for this questionnaire is owned by the University of Minnesota. This questionnaire is intended for free use in research and clinical applications. Please contact Michael F. Steger prior to any such noncommercial use. This questionnaire may not be used for commercial purposes.

Cognitive Hardiness Scale (Urdu Version)

The Cognitive hardiness scale was translated under the supervision of Dr. Sabahat Haqqani in the Capital University of Science and Technology. The Urdu version of this scale is free to use.



Appendix-C

Informed Consent

I am Rida Javaid, a student of Psychology at Capital University of Science and Technology, Islamabad. I am conducting a research study which aims to find out association between death anxiety, meaning of life and cognitive hardiness level among young adults. To participate in this study your consent is required. It will take 15-30 minutes to complete. Your participation is completely voluntary and you have the right to withdraw from the study at any time without any penalty. There are no foreseeable risks and harms in this study. Your information will be kept confidential and will be used for research purposes only. Overall results of the participants will be drawn and the participants' identities will not be revealed in any way. Data will be discarded after the research purpose has been fulfilled.

For any further queries please contact on the given email address:

Ridajavaid2000@gmail.com

Signature: _____

Appendix-D**Demographic Information Sheet**

Name: _____

Gender

- Male
- Female

Age

- 18- 21
- 22-25

Education

- Undergraduate
- Graduate

Appendix-E

Templer's Death Anxiety Scale

	Yes	No
1. I am very much afraid to die.		
2. The thought of death seldom enters my mind.		
3. It does not make me nervous when people talk about death.		
4. I dream to think about having to have an operation.		
5. I am not at all afraid to die.		
6. I am not particularly afraid of getting cancer.		
7. The thought of death never bothers me.		
8. I am often distressed by the way time flies so very rapidly.		
9. I fear dying a painful death.		

10.The subject of life after death troubles me greatly.		
11.I am really scared of having a heart attack.		
12.I often think about how short life really is.		
13.I shudder when I hear people talk about a World War III.		
14.The sight of a dead body is horrifying to me.		
15.I feel that the future holds nothing for me to fear.		

Meaning in Life Questionnaire (MLQ)

Instructions: Kindly consider for a moment what gives your life meaning. Please answer the following questions as honestly and correctly as you can. There are no right or incorrect answers to these questions because they are subjective. Please respond using the below scale.

Absolutely	Mostly	Somewhat	Can't Say	Somewhat	Mostly	Absolutely
Untrue	Untrue	Untrue	True or False	True	True	True
1	2	3	4	5	6	7

	1	2	3	4	5	6	7
I understand my life's meaning.							
I am looking for something that makes my life feel meaningful.							
I am always looking to find my life's purpose.							
My life has a clear sense of purpose.							
I have a good sense of what makes my life meaningful.							
I have discovered a satisfying life purpose.							

I am always searching for something that makes my life feel significant.							
I am seeking a purpose or mission for my life.							
My life has no clear purpose.							
I am searching for meaning in my life.							

Cognitive hardiness – Urdu version

نیچے ایسے عقیدوں کی فہرست دی گئی ہے جو عام طور پر لوگ رکھتے ہیں۔ ہر جملے سے آپ کتنا متفق یا غیر متفق ہیں - درست جواب والے نمبر کے گرد دائرہ (0) لگائیں۔

بہت زیادہ متفق ، 2=متفق ، 3=نا متفق نا ہی غیر متفق ، 4=غیر متفق ، 5=بہت زیادہ غیر متفق

سیریل نمبر	جملے	بہت زیادہ متفق	متفق	نا متفق	غیر زیادہ غیر متفق	بہت زیادہ غیر متفق
1	میرا کام کے علاوہ دوسرے کاموں اور مشاغل میں شامل ہونا مجھے زندگی میں معنی اور مقصد کا احساس دلاتا ہے۔	1	2	3	4	5
2	لوگوں کے سیاسی اور سماجی کاموں میں بھرپور حصہ لینے سے لوگ دنیا میں ہونے والے واقعات اور سیاست پر گہرا اثر ڈال سکتے ہیں۔	1	2	3	4	5

5	4	3	2	1	جب ہر طرف مایوسی ہوتی ہے تو میں ہمیشہ اپنے گھر والوں اور دوستوں سے مدد اور سہارا مانگ سکتا/سکتی ہوں۔	3
5	4	3	2	1	ایک ہی طرح کے آرام دہ معمول اور طرز زندگی کے بجائے میں خطرناک، دلچسپ اور جرات مندانہ چیزیں کرنے کو ترجیح دیتا/دیتی ہوں۔	4
5	4	3	2	1	کامیاب ہونے کا زیادہ تر تعلق محنت سے کام کرنے سے ہے۔ قسمت کا اس میں معمولی یا کوئی کردار نہیں ہے۔	5
5	4	3	2	1	میری ذات کے ایسے بہت کم پہلو ہیں جن میں، میں غیر محفوظ، بہت زیادہ اپنے بارے میں حساس یا اعتماد کی کمی محسوس کرتا/کرتی ہوں۔	6
5	4	3	2	1	عام طور پر کام اور زندگی کے زیادہ تر معاملات میں میرا رجحان تھوڑا سا تنقیدی، مایوس اور نک چڑا ہو جاتا ہے۔	7
5	4	3	2	1	میرے کام کے موجودہ حالات میں بہت ہی تھوڑی سی تبدیلی میرے اپنے موجودہ ادارے کو چھوڑ دینے کی وجہ بنے گی۔	8
5	4	3	2	1	میں اپنے خاندان اور دوستوں کی روزمرہ سرگرمیوں اور انکی خیریت میں اپنے موجودہ کردار سے مطمئن محسوس نہیں کرتا /کرتی ہوں۔	9

سیریل نمبر	جملے	بہت زیادہ متفق	متفق	نا متفق نا بی غیر متفق	غی ر متف ق	بہت زیادہ غیر متفق
10	عام طور پر میں چیزوں کو پہلے سے اچھی طرح پلان کرنے کو ترجیح دوں گا/گی نہ کہ نامعلوم (صورت حال) سے نمٹنے کو۔	1	2	3	4	5
11	زندگی کا زیادہ تر حصہ بے مقصد چیزوں میں ضائع ہو جاتا ہے۔	1	2	3	4	5
12	میل جول کے لیے دوسروں کے ساتھ بات کرتے ہوئے میں اکثر عجیب، بے چین، یا غیر محفوظ محسوس کرتا /کرتی ہوں۔	1	2	3	4	5
13	میں بہت کم اپنے آپ کو با آواز بلند یہ کہتے یا سوچتے ہوئے پاتا / پاتی ہوں کہ میں اتنا اچھا / اچھی نہیں یا کچھ حاصل کرنے کے قابل نہیں ہوں۔	1	2	3	4	5
14	میں اپنی نوکری اور جن سرگرمیوں میں مصروف ہوں ان کی ذمہ داری نبھاتا/ نبھاتی ہوں۔	1	2	3	4	5
15	میں اپنے کام اور زندگی کی زیادہ تر تبدیلیوں، مایوسیوں اور دھچکوں کو چیلنج کے طور پر دیکھنے کی بجائے خطرناک، نقصان دہ اور پریشان کن دیکھتا / دیکھتی ہوں۔	1	2	3	4	5
16	میں صرف وراثتی کے لیے ایسی جگہوں کے نئے اور مختلف راستے ڈھونڈتا / ڈھونڈتی ہوں جہاں میں باقاعدگی سے جاتا/ جاتی ہوں (جیسا کہ گھر، دفتر)۔	1	2	3	4	5

5	4	3	2	1	دوسرے اپنے ذاتی مفاد کے مطابق کام کریں گے چاہے میں ان پر اثر ڈالنے کے لیے کچھ بھی کہنے یا کرنے کی کوشش کروں۔	17
5	4	3	2	1	اگر مجھے یہ دیکھنے کا موقع ملے کہ دوسروں نے کس طرح کوئی چیز کی ہے یا موقع ملے کہ سیکھایا جائے کہ کیا کرنا ہے، مجھے یقین ہے کہ میں	18

					تقریباً کسی بھی چیز میں کامیاب ہو سکتا / سکتی ہوں۔	
5	4	3	2	1	میں یہ توقع رکھتا / رکھتی ہوں کہ چیزیں کبھی کبھار غلط ہوسکتی ہیں مگر میرے ذہن میں شاید ہی کوئی شک ہو کہ میں اپنے راستے میں آنے والی کسی بھی چیز سے واقعی ہی نمٹ سکتا/سکتی ہوں۔	19
5	4	3	2	1	مجموعی طور پر زیادہ تر چیزیں جن میں، میں شامل ہوں (جیسا کہ نوکری، کمیونٹی، سماجی تعلقات) بہت زیادہ حوصلہ افزاء، پرلطف اور فائدہ مند نہیں ہیں۔	20

سیریل نمبر	جملے	بہت زیادہ متفق	متفق	نا متفق	نا ہی غیر متفق	غیر متفق	بہت زیادہ غیر متفق
21	اگر میرے پلان میری امید کے مطابق واضح نہیں ہوتے یا چیزیں اس طرح نہیں ہوتیں جیسا میں واقعی چاہتا / چاہتی ہوں تو میں تنگ اور پریشان ہو جاتا / جاتی ہوں۔	1	2	3	4	5	

5	4	3	2	1	میرے محنت سے کام کرنے اور جو کامیابی اور عزت مجھے ملے گی اس میں ڈائریکٹ تعلق ہے۔	22
5	4	3	2	1	مجھے ایسا نہیں لگتا کہ میں نے حال میں بہت کچھ ایسا حاصل کیا ہے جو میرے مستقبل کے گول (laog) اور زندگی کے مقاصد کے لیے بہت زیادہ ضروری یا با معنی ہو۔	23
5	4	3	2	1	میں اکثر سوچتا / سوچتی ہوں کہ ان لوگوں کی نسبت میں بے ہنر، نا اہل، یا کم اہم ہوں جن کے ساتھ میں کام کرتا / کرتی ہوں اور جن کو جانتا / جانتی ہوں۔	24
5	4	3	2	1	بہت دفعہ مجھے ایسا محسوس ہوتا ہے کہ میرا اپنے ساتھ ہونے والی چیزوں پر بہت تھوڑا یا کوئی قابو اور اثر نہیں ہے۔	25
5	4	3	2	1	میں محسوس کرتا ہوں کہ اگر ابھی اسی وقت میری زندگی میں کچھ بھی بدل جاتا ہے یا غلط ہو جاتا ہے تو ہو سکتا ہے میں اس سے واقعی ہی نمٹنے کے قابل ہوں۔	26
5	4	3	2	1	جب نوکری یا گھر میں کوئی تبدیلی آتی ہے تو میں اکثر خود کو سوچتا ہوا پاتا / پاتی ہوں کہ بدترین رونما ہونے والا ہے۔	27
5	4	3	2	1	اس وقت نوکری یا گھر پر چیزیں کافی حد تک توقع کے مطابق ہیں اور کوئی مزید تبدیلی سنبھالنا بہت زیادہ مشکل ہوگا۔	28

5	4	3	2	1	آپ اتنے زیادہ لوگوں پر بہت یقین نہیں کر سکتے کیوں کہ زیادہ تر لوگ آپ کو استعمال کر کے اپنی فلاح اور خوشی کے راستے تلاش کر رہے ہوتے ہیں۔	29
5	4	3	2	1	کامیابی کی ظاہری تعریف، حاصل کردہ مقصد اور ذاتی اطمینان کے بجائے زندگی کے زیادہ تر معنی، (آپ کے) اپنے اندر سے آتے ہیں۔	30