



**NIP Alumni Special Edition**

Issue No. (4). Vol. (30)  
October-December, 2011

National Institute of Psychology, Centre of Excellence, Quaid-i-Azam University, Islamabad, Pakistan  
Ph: 2896011; Fax: 2896012; E-mail: newsletter@nip.edu.pk; Website: http://www.nip.edu.pk

## In this Issue

Five days Training of Trainers (TOTs) workshop under NIP-UNDP Project ----- 1  
By: Editor Newsletter

Annual Gathering of NIP Alumni ----- 1  
By: Irum Naqvi

Featured Alumni----- 8  
By: Zaineb Hassan

M. Phil Researches Completed -----10

NIP Outreach Services; Promoting Advance Analysis: A Three days workshop at Department of Applied Psychology, University of Punjab, Lahore. -----11  
By: Dr. Jamil Malik

Students' Corner -----12

Students Visit to Shugran and Naran-----12

Party in Disturbia----- 13

Brief Article ----- 14  
By: Anber Younus Khan

NIP Students Presented Paper at International Conference on Parenting Practices & Implications -----14

## Editorial Board



**Patron**  
Prof. Dr. Anila Kamal  
dranilakamal@yahoo.com



**Editor**  
Naeem Aslam  
Psy\_naeem@yahoo.com



**Computer Assistance**  
Muhammad Aslam Feroz

## ANNUAL GATHERING OF NIP ALUMNI



National Institute of Psychology is eager to understand and appreciate the heterogeneity of cultures within Pakistan. The institute nourishes hundreds of students at graduate and post-graduate level yearly. It has a vast orientation of cultural diversity as it is open to students from all areas of the country. The alumni of NIP are spread all over the world, many of them having splendid accomplishments in their personal and professional fields.

*Continued on Page 3*

## Five days TOT Workshop under NIP-UNDP Project "Provision of Psycho-social Counseling to Monsoon Flood Affectees in Selected Districts of Pakistan"



Five days TOT workshop was conducted at NIP under the project being run in joint partnership between National Institute of Psychology, Quaid-i-Azam University and UNDP under the title "Provision of Psycho-social counseling to monsoon flood affectees in selected districts of Pakistan. The ideology is to create psychological experts that are ready to go into field for interventions with flood affectees.

*Continued.....*

The finer idea is to develop a referral system that can be activated under the banner of UNDP whenever the nation is afflicted with disaster. For this NIP has been entrusted with the task of creating psychosocial experts in all the provinces of the country. It is the intention of the project to train graduates of psychology from various psychology departments of public sector universities of all provinces to serve as the psychosocial expert. 39 participants belonging to the University of Baluchistan, Quetta; University of Sindh Jamshoro, Islamia University, Bahawalpur, University of Peshawar and from Azad Jammu & Kashmir.

During the first phase of this project, NIP has conducted a need assessment study in the selected districts to record information on psycho-social issues of the communities including, children, adolescents, women, elderly and disabled. The report will be published soon.

This TOT workshop is carried out as the second phase to build the capacity of interneers. Following this, the participants will intern in selected

Emergency Response NGOs for a period of 2 months.

During the internship, the interneers will build capacity building of at least 20 NGOs, hold psycho-education session, collect quantitative data, case studies and will develop referral system for serious cases. It is hoped the participants have a good learning experience during the workshop and feel ready to become part of the NGOs working in the affected communities and will utilize their skills effectively. In phase III, all the interns submit their final reports to NIP. NIP will submit a consulted project completion report to UNDP with clearly identified recommendations and will design a curriculum. The resource person of this TOT workshop was Prof. Dr. Anila Kamal, Ms. Raiha Aftab, Ms. Sohema Tahir and Mr. Naeem Aslam. At the concluding ceremony of this five days intensive training workshop, Honorable Vice Chancellor, Prof. Dr. Masoom Yasin Zai distributed the certificates among the participants.

*Reported by: Naeem Aslam*



## ANNUAL GATHERING OF NIP ALUMNI

*Continued from page 1*

The alumni were deprived of having a forum to maintain contacts among each other and the institute. Keeping in mind the importance of association for alumni National Institute of Psychology (NIP) took an initiative and formally launched NIP- Alumni Association last year in National Conference on Research in Psychology: Indigenous and cultural context held on October 14<sup>th</sup>, 2010 and organized a dinner at the evening of the conference last year. In the continuation of last year Dr. Jamil Ahmad Malik (Coordinator, NIP) contacted the alumni's and requested for volunteer work for foundation of association.

Finally a team emerged comprising Zainab Hassan (M.Phil Scholar), Dr. Rubina Hanif (NIP), Dr. Sajjad



(Alumni), Irum Naqvi (NIP), Yasir Masood Afaq (Alumni), Saira Khan (NIP), Raiha Aftab (NIP), Najda Rizwan (M.Phil scholar), and Tayyab Safdar Awan (M.Phil Scholar), Mr. Imran Bukhari (NIP), Ms. Tafseer Zahara (NIP), and Mr. Muhammad Usman (NIP). Over all four meetings were held for the planning and execution of event. The under discussion concerns during the meetings were timings of the event, venue of the event, brochure design, information dissemination to alumni, financial concerns, team division in sub committees and program finalization. A large number of alumni, current students, and faculty NIP were approached to participate in the event. Finally the event was arranged on Friday evening, October 21<sup>st</sup>, 2011 at Earth Sciences Auditorium, Quaid-i-Azam University, Islamabad.

### The Organizing Committee of Alumni dinner

Chief Organizer: Dr. Anila Kamal

Event Coordinator: Dr. Jamil Ahmad Malik

Registration and Publication: Irum Naqvi and Saira Khan

**Registration Desk:** Imran Bukhari & Tafseer Zahra  
Program Coordinator: Dr. Rubina Hanif and Raiha Aftab

**Administration Support:** Mr. Mohsin Sajjad  
Media Support: Mr. Tahir Ellahi

### Program

The program was started with the RED CARPET in which students depicted the background efforts and preparation of event by faculty and staff.

After recitation of Holy Quran Dr. Anila Kamal (Director, NIP) welcomed and acknowledge the presence of all alumni in her address. While, highlighting the achievements of institution over the years. Dr. Anila Kamal shared that NIP has produced **26 PhD, 229 M.Phil, and 410 M.Sc.** students. . Currently, **35 PhD, 42 M.Phil, and 81 M.Sc.** students are in the process of acquiring the requisite professional acumen and are ready in the wings to assume future responsibilities. Many are serving in Pakistan Armed Forces, Federal Public Service Commission, hospitals and clinical settings, electronic media, business sector, and above all teaching at various institutes. NIP is the first Institute in Psychology that has taken research as the most important discipline and 662 dissertations carried out in all the three programs (PhD, M.Phil, and M.Sc) of NIP.

Moreover Dr. Anila highlighted the laurels NIP has achieved so far since its inception in 1976. NIP has a collection of 662 dissertations carried out in all the



three programs of NIP. Point worth mentioning is all of these are well maintained in the Library and are openly accessible for all without any discretion. Gradually, NIP has grown to the level of offering research related services to many organizations through research projects and presently we have four fully funded projects from HEC, UNDP, Pakistan

Science Foundation, and Pakistan Atomic Energy Commission.

Services offering at NIP are significant in reaching out people other than NIP that include psychological testing services, counseling services, workshops, and certificate courses. Each year we conduct 7 to 8 workshops on average in NIP and same number in our reach out programs for other organizations. Counseling Center of NIP is proving to be a very rewarding experience. This was the need of the time and this center is getting popularity among students for addressing their psychological issues



and also from outside NIP who look up to NIP for such facilitation. On average 20 clients per month get benefitted from our service.

Testing Resource Centre maintaining measures developed in NIP as well as that have been purchased for various researches and counseling pursuits. These measures are accessible to all and TRC is playing a significant role in fund raising through selling of copyrighted measures of NIP.

NIP library is the Pakistan's best library in Psychology having collection of around 10,000 books on Psychology and emerging disciplines of social sciences. We have 6115 issues of national and international journals. This year we have subscribed 32 international journals. Our Library has played an important role in serving students, scholars, and researchers from all over Pakistan. All have direct access to available material that shows research orientation of NIP.

NIP has well established Publication Cell. Among our leading publications the most prominent are Pakistan Journal of Psychological Research which is a biannual publication since 1986. This was the first HEC recognised X- category journal among social sciences. The contents of PJPR are indexed in Psych Info, Ulrich, and Proquest. Our upcoming aim for couple of years is to bring PJPR in W-Category of HEC ranking and indexing in ISI Thompson that would bring impact factor for the Journal, important

for its international standing.

Beside PJPR, Pakistan Psychological Abstracts is also published annually, in which all the research produced so far in Pakistan in the field of Psychology is abstracted. This is also very well taken by HEC. Newsletter a medium for students, teachers, and alumni interaction published quarterly and we will make sure for its dissemination to alumni regularly if we get active input from alumni. The content of the available journals can be accessed through NIPSCAN which is an annual publication of NIP.

### Program Details

The program was convened by Yasir Masood Afaq (NIP Alumni) and Zainab Hassan. Yasir adds some humorous poetry to make the program lighter in mood.

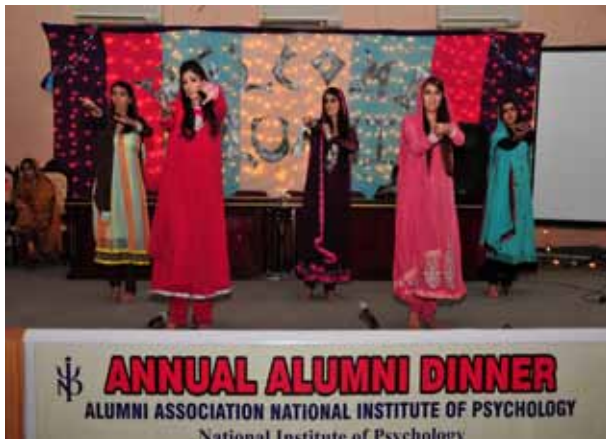
Video messages of all the Directors of NIP, was prepared to share their experiences during their stay at NIP. All the Directors of NIP were contacted, they took their precious time from their schedule and share their feelings and affiliation for NIP. NIP provided technical support in recording these messages. These messages were appreciated by the audience and the Directors themselves, they viewed that it has provided them with a platform where they can share the hardships they face in establishing this institute. These messages were recorded with the view that it's necessary to know and understand the vision of our mentors in taking the initial steps in forming the Alumni Association. These messages were compiled and prepared by Zainab Hassan (M. Phil) and Mr. Fahad.

Current students of NIP took an active part in the



program and prepared on stage activities to entertain the audience. After the Directors' Video messages, M. Sc IV students (Nazia, Kanwal, Maymoona, Ramla, Mariyam ) performed on a classical song. Their decency and coordination in the performance was appreciated by the audience.

After this performance a skit ANARKALI was performed by M. Sc IV & II and M.Phil Students



students (Muhammad Aqeel, Muhammad Akram, Ali Hassan, Samavia Khalid, Kanwal Shahbaz, Rubab Aftab, Madiha Chaudhry). This skit depicts the life of Anarkali who is studying in NIP, and *Shahzada Salim and Shehn Shah Akbar* both son and father fall in love with her. This skit was performed in a truly hilarious way that the whole hall filled with laughters. The performance of the students was appreciated by the audience.

During the program Ex. Faculty Video messages were shown. In these videos these faculty members remembered their time at NIP and share their precious memories with the audience. Similarly 2 Alumni video messages were also shown who shared their student life at NIP. These messages were compiled and prepared by Zainab Hassan (M. Phil). After these messages, M.Phil 1<sup>st</sup> students (S. Rubab Aftab, Anum Arooj, Mariyam Farzand, Sarah Mufti, Sara Ahmed, Asma Arif, Qurrat-ul-Ain Tahira) presented a Qawwali depicting their Academic problems faced by them in a hilarious manner. Their effort were well appreciated by the audience and brought back the memories of the alumni.

During the program Tahira of M. Sc IV and Usman from PIDE sang a duet song. They beautifully sung it together. Usman played live guitar which was enjoyed by the audience.

M. Sc. IV students (Aqeel and Tahira) hosted a part of the show titled "Guess Who" where they display the childhood pictures of some of the faculty members that were to be guessed by the audience. This part of the program was appraised by the audience as they both presented it in an entertaining way.

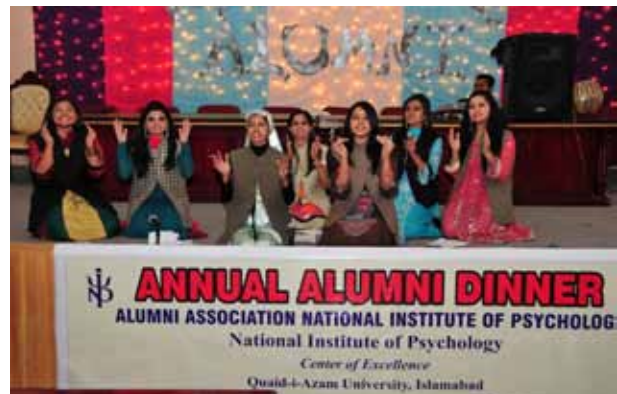
A tribute was paid to those Faculty and Staff members of NIP who lost their lives during their service at NIP. These include Naeem Durrani (1988-2003), Ms. Sarwat Khan (1984-2006), Abdul Sattar (1980-2008) and Mr. Nazir Ahmed (1982-2009). It was presented in the form of video, prepared by Zainab Hassan, and Yasir Masood Afaq did the background

poetry. It was quite an emotional moment for the audience.

After that Ms. Ayesha Zubair was invited on the stage to invite the audience for the upcoming International Conference titled "Industrial and Organizational Psychology: Trends, Challenges, and Applications (April 19th, 2012)"

At the end of the program a musical pictorial show reel of 3 decades of lifestyle at NIP was presented. This was quite a nostalgic moment for alumni present in the halls. This show reel majorly covered all the badges of the NIP in pictures form. Many alumni, present students, Faculty NIP, Director, NIP Administration contributed in this show reel. This show reel was very well praised by the audience. This show reel was prepared by Zainab Hassan (M. Phil)

After dinner, a musical night was arranged. Usman and Hammad from PIDE performed on the stage. Many students, alumni, faculty, families attended one-hour musical performances.



#### Transcribed Messages of Ex- Directors, Faculty and Alumni

##### Prof. Dr. Iftikhar-un-Nisa Hassan (1977-1981)

While recalling her memories as a founder Director of the Institute Dr. Iftikhar shared that "My vision as a founder director was to establish a National Institute of Research in Social Sciences". She shared that she served the Institute for about four and a half years. She shared that she feels honored to coin the term of "National Institute of psychology". She acknowledged the efforts of Dr. Ajmal for laying the foundation of this Institute. She shared that she feels really happy and contended that by the time she left the institute completed the hallmark of conducting a dozen of National level studies. While recognizing the efforts and achievements of the Institute, she highlighted that "NIP has brought good name to Pakistan by training thousands of students in last thirty years"

**Prof. Dr. Zafar Afaq Ansari (Director NIP, 1981-1992)**

Prof. Dr. Zafar Afaq Ansari shared that he joined the Institute in 1978. He highlighted the efforts of Dr. Ajmal as a patron of the Institute. He shared that he has pleasant memories with the Institute. He shared that he still has a strong affiliation with the institute and tries to remain updated about the current developments taking place at the institute.



**Prof. Dr. Naeem Tariq (1992-2001) & (2005-2008)**

While sharing some of the early memories with the institute Dr. Naeem shared that he joined National Institute of Psychology when it was located in a primary school at Kohsar market. He highlighted that we have seen many ups and downs but we have sustained that period successfully due to strong vision behind the institute. He shared that he feels honored to be the first P.hD of the institute. He shared that he still recalls the years he served as director and feels that they have been the best productive years of this life. He shared that he is hopeful that next generation will fulfill the dreams of founders and will take this vision forward.

**Prof. Dr. Muhammad Pervez (2001-2005)**

Dr. Pervaiz shared that National Institute of Psychology is a leading Institute. While sharing about the initial achievements of the Institute he shared that this institute has produced research in great quantity addressing the National problems. Dr.Pervaiz highlighted that it important to realize that higher education is not for transmission of knowledge it actually is for creation of knowledge. He highlighted that need of the hour is to impart this vision among our new generation.

**Prof. Dr. Seema Pervez (Rtd. NIP)**

Dr. Seema Pervez joined NIP in 1977 and spent wonderful years of life in NIP and contributed in the growth of NIP. She said that she was among the first badge of PhD. She enjoyed all of her responsibilities

but most energetic experience was the work as teaching coordinator. As teaching coordinator she said "I got chance to interact with students and empathize with them". She appreciated the traditions of NIP and conduct of students and wishes best for alumni association.

**Dr. Iffat S. Dar (Chief-psychologist (Rtd.) Federal Public Service Commission)**

Dr. Dar worked as faculty in NIP and said that one very good thing about institute is it was started as research institute and still retained its position as a competent research institute. She appreciated the director, faculty, and staff for their commitment toward their work and dedication. Dr. Dar said she always felt proud to be associated with NIP

**Dr. Ashiq Ali Awan**

He said that being founding member of NIP alongwith Dr. I. N. Hassan we went through hardships in founding this institute. He said that he is proud to see that NIP has flourished a lot. NIP is no doubt one of the best institutes, he said "when I look back it gives me mixed feelings as the time spent in NIP was productive and best in profession". He wished best to the staff, faculty, and students of NIP.

**Prof. Dr. Ghazala Rahman (Rtd. NIP)**

She joined NIP in 1979 as research fellow/ lecturer. She said that NIP has played its immense role in professional and personal growth. She added "I was in the first badge of M.Phil". In 1988 she joined PhD program. She advised the students that focus on your work and be consistent with your role and contribute positively in the field. She proudly said that "where ever I am in my career its credit goes to NIP and good luck to all of you".

**Dr. Tanveer Akhtar (NIP Alumni)**

National Institute of Psychology, Center of Excellence is one of the leading research Institute of Pakistan. Brig. Dr. Tanveer shared that many psychologists serving at Army have the honor of studying at this institute. Among the 20 psychologists serving at army 5 have earned P.hD degrees, 9 have completed M. Phil degrees, 5 have done masters and 1 is currently enrolled in M.phil. While recalling some of the memories with the institute Col. Tanveer shared that "If I trace the history of interaction of NIP in army it started in mid 80's when small courses were offered to psychologists working in army. At that time NIP was established in Melody. I also did a course in personality assessment and still remember the lectures of Dr. Ashiq on Psychometrics, Dr.

Ghalza's lectures on Rorschach and Dr. Seema's lectures on TAT and CAT". While acknowledging the efforts of his teachers he highlighted that he feels really honored to study under the supervision of legends from the field of Psychology.

**Col. Dr. Sajjad Hussain (NIP Alumni)**

Col. Dr. Sajjad shared that I feel really honored to be affiliated with the institute. He shared that he feels really lucky to see this institute growing. While recalling some of his early memories with the Institute he shared that he did his M.Phil from the old campus and completed his doctorate



from the new Campus. While appreciating and acknowledging the researches conducted at National Institute of Psychology Col. Sajjad highlighted that "I have visited all the universities and departments throughout the country but I have not found such a competent research oriented institute all over Pakistan and the credit goes to all the staff members of National Institute of Psychology starting from Dr. Z. A Ansari, Dr. Aashiq Ali Shah, Dr. Pervaiz, Dr. Naem Tariq and of course the present faculty".

**Launching of Executive Body**

At the occasion, the coordinator shared the progress regarding the proposed structure of the association and the nominations received from alumni for the executive board. Audience were invited to share their concerns over nominations (if any) for the electoral purpose. With the consensus of the audience following electoral positions were finalized that is:

- Chief Organizer: Director NIP
  - President: Elected Annually
  - Vice-President: Elected Annually
  - Coordinator: Appointed by NIP
  - Secretary: Appointed by NIP
  - Members: 3 Member Appointed by NIP 3 Members Elected Annually
- The finalized executive board members are:  
 Chief Organizer: Prof. Dr. Anila Kamal

- President: Prof. Dr. Seema Pervez
- Vice-President: Prof. Dr. Hamala Khalid
- Coordinator: Dr. Jamil Ahmad Malik
- Secretary: Ms. Irum Naqvi
- Members: Dr. Rubina Hanif, Ms. Raiha Aftab Khan, and Ms. Saira Khan Ms. Zainab Hassan, Mr. Yasir Masood Afaq, and Ms. Saima Kalsoom

**Dinner and Music Program**

After the program a lavish dinner was served at the roof of the earth-sciences auditorium followed by the musical night. The dinner was attended by more than 250 including Alumni, Faculty, Current students and their families.



## FEATURED ALUMNI

### Prof. Dr. Seema Pervez

Prof. Dr. Seema Pervez is Ex Faculty member of NIP. She is from the first batch of PhD at NIP. Currently she is President of Alumni Association of National Institute of Psychology (AA-NIP). She has led a successful career in the field of Psychology and still contributing with her fullest dedication.

Dr. Seema Pervez was born on 28th June, 1947 in India. She completed her earlier studies till bachelors from Lucknow, India. She migrated to Pakistan in 1965. She did her Master in Psychology from Government College, Lahore in 1968. In her earlier career she has been focused on Clinical Psychology and served several years making it as her major field. Right after her Masters, she joined Jinnah Hospital, Karachi and worked there as psychologist. Meanwhile she got involved in Mental Retardation Project and School Social Work project being run in that hospital. She got married to Dr. Muhammad Pervez (who is also a prominent psychologist and Ex Director, NIP) in 1972 and shifted to Lahore. She has always remained committed to her work and continued School Social Work Project in Lahore.

Subsequently she extended her work in clinical psychology and joined Fountain House, Lahore as psychologist with Dr. Laeeq Mirza and Dr. Rasheed Chaudry. At fountain House, she was a part of a Rehabilitation Project of Schizophrenics. She left Fountain House in 1977 and joined National Institute of Psychology in the same year in July. At that time NIP was a project of Ministry of Education and NIP was just formed a year ago. Dr. Seema and Dr. Pervez joined NIP at the same time. At NIP, initially she worked on several projects that were assigned by Ministry of Education. One of the major projects of her initial time at NIP was the Pakistani Adaptation of Children Apperception Test (CAT). When under the Cabinet Division, Women Division was formed, they provided research funds on women interest projects to NIP and as a result Dr. Seema was assigned a project titled "Content Analysis of Mass Media Appealing to Women", which she considered her a turning point in academic career. She believes that this project has led her interest in women

issues and media. This project received wide appreciation and it led her to attend 3 International Conferences, abroad. She has also done some projects privately for Women Division like Abused Women in Pakistan, Women in Prostitution, Runaway Women, which grew her interest in women Issues and till now it is considered as her major researched areas.

Afterwards, under a UNDP project at NIP, she went to England on a scholarship for 6 months for small courses. In England she worked on marital counseling under supervised session in a Hospital. When she came back she felt this need in our society and under the funding of Women Division, she and her colleagues, set up a Marital Counseling Centre for 2-3 years at Melody Market, Islamabad.

Another prominent project she worked on was "Phulgran"; funded by CIDA (Canadian International Development Authority), that established low cost innovative education centre based on the idea that early education should be playful. After a widespread survey, this centre was based in village near Barakaho. This project actually becomes the basis and inspiration of her PhD thesis, titled "The role of play in development of preschool children". She completed her PhD under the supervision of



Dr. Zafar Afaq Ansari in 1992. While doing her PhD, She continued teaching to M. Phil and PhD.

Dr. Seema has moderated several focus groups in the field of Consumer Psychology for different projects; it grew her interest and expertise in this field. When Industrial Organizational Psychology was introduced at NIP, she taught Consumer Psychology and Marketing for many years to M. Sc and M. Phil. She has supervised several theses at M. Sc. & M. Phil and PhD level.

Dr. Seema has travelled abroad and attended many conference outside Pakistan. She views that internationally psychologists are far better than us but within their own professions and careers, they are still struggling. As she has witnessed that Psychiatrist in abroad are at a superior level than psychologists as we witness it in Pakistani culture. She views that in her times getting international

exposure was not that easy as it is now. She feels it was very tough to attend or participate in their conferences; because communication was not easy, and also there were no scholarships available (as available nowadays). She views that there is lots of exposure nowadays, younger generation should get benefit from the currently available resources.

Dr. Seema has been a keen researcher in the field of media also. She has done some of her major projects in this field. She has remained member of Prime Minister's Media Committee and also a member of Censor board. She has also participated in Children's Television Network of Australia on the nomination of UNICEF.

Personally, Dr. Seema Pervez considers that being married to a psychologist; who has equally excelled in the field of psychology as she did, is truly a wonderful experience. As she believes that Dr. Muhammad Pervez is very open, supportive and understanding for the kind of work she does. She feels that it was never been any hindrance from him to work around several male coworkers. She thinks that it can be due to the fact that they share same field and her husband understands the technicalities and requirements of the field. Academically she believes that Dr. Muhammad Pervez has more depth to the knowledge, she says that she has learnt a lot from him. She thinks that Dr. Pervez discusses and criticizes constructively to several matters, which has always been a learning experience for her.

Being a working woman Dr. Seema has always been supportive and available to her home. She has never neglected her home due to her work. She believes that she has never felt her children to be a burden, she loves her children and has always

loved taking out time for them. She says that "You can always create time". She has always managed her time and responsibilities. She believes that there is always been a constant family support for her which has led her to work smoothly.

For her children, she believes that she is very satisfied with whatever they are doing in their careers. She thinks that she can see her & Dr. Pervez's reflection in them. She shared that her home environment is very discussion oriented, i.e., they discuss about several controversial issues with everyone has their personal ideologies and these discussions are very well taken by every member of the family.

Dr. Seema has led a career that is based on constant hard work and dedication to the field of Psychology. She says that if she gets another life she would definitely wants to relive this life. She thinks that future of psychologists is also related to future of women, as Psychology is mostly studied by women in Pakistan. She thinks that women should work for financial independence, empowerment and identity i.e. to contribute equally to her home as men do, and that financial contribution should be recognized among others. As far as contribution in society is concerned, psychologists are believed to be restricted to mentally disturbed people only. Rather they can also contribute in making normal human beings, creative & empowered. Psychologists can establish good institutes, schools, make organizations better, show good parenting and also contribute in media. She believes that Psychologists should diversify their roles and should not limit themselves. They should reflect their knowledge in every role they play in the society.

*By: Zaineb Hassan*

## M.Phil Researches Completed (*Contd. from page 10*)

revealed that 'irrational beliefs, trait anxiety, and neuroticism were significantly positively related ( $p < .01$ ). Canonical Correlation Analysis was conducted to find the potential relationship between subscales of irrational beliefs and neuroticism. As a result of it five functions or pairs of canonical variates emerged. First two functions were interpreted because only these showed correlation of .30 and above. Anxiety, anger, vulnerability and self-consciousness were the primary variables (of Neuroticism) in making synthetic criterion variable whereas worrying and demand for approval were, the primary contributors (of irrational beliefs) in making synthetic predictor variable. Stepwise Multiple Regression Analysis was conducted to explore the predictable values of subscales of irrational

beliefs in trait anxiety and neuroticism. Results revealed that worrying, emotional irresponsibility, problem avoidance and demand for approval significantly predict trait anxiety and neuroticism. The predictive value indicate that 1% increase in worrying subscale of irrational beliefs lead to 31 % increase in neuroticism and similarly 27% increase in trait anxiety. Moderated Regression Analysis was computed in order to find the impact of trait anxiety and irrational beliefs interaction on neuroticism. Results revealed non-significant impact of irrational beliefs on neuroticism in the presence of trait anxiety ( $p < .22$ ). The current research is supervised by Professor. Dr. Anila Kamal.

*Compiled by;  
Naeem Aslam, Editor Newsletter*

## M.PHIL RESEARCHES COMPLETED

**Syeda Tafseer Zahra (2011). Effects of Learning Conditions on the Problem Solving Performance of Primary School Children. (Unpublished M.Phil Dissertation). National Institute of Psychology, QAU, Islamabad, Pakistan.**

The present study was undertaken to see the effects of collaborative vs. solitary learning on primary school children's problem solving performance. In the pilot study, thirty (age: 6-7 years) children were approached to select 10 children from the middle class private school. The selection criterion was those who had no prior orientation to play with Lego construction toy, performed at average level in the class as reported by teacher and school records and have average social competence, as determined by Urdu translated School Social Behavior Scale (Loona & Kamal, 2002) originally developed by Merrell (1993). Children then participated in an individual pretest, two interactive or solitary sessions and the individual posttest. For the pretest session, children copied the complex Lego model in 15 minutes after getting orientation about the model. Based on their performance, children were classified as either novices (>20% correct) or experts (>80 % correct). Result of the pretest showed that no children classified for the expert ability condition. The participants were further randomly distributed in two conditions; solitary (n=2) and collaborative (n=8). Results found support to the hypotheses that performance of the primary school children on the problem solving task were the same for the two experimental conditions on the pretest scores while there was a significant difference on the posttest. Results also proved the hypothesis that primary school children performed better on a problem solving task through collaborative learning than solitary learning and children performed better on the collaborative condition than the solitary condition. While the Main study was comprised of 60 students (30 males and 30 females) of 6-7 years of age which randomly assigned to three learning conditions e.g. alone (n=12), same ability (n=24) and mixed ability (n=24). In the mixed ability dyads condition, 12 experts collaborated with 12 novices. Findings of the main study proved our hypotheses that novices will perform better in a mixed ability dyad and alone condition than the same ability dyad condition. Similarly results

show non significant gender differences in experts and novices on the three learning conditions e.g. alone, same ability dyad, and mixed ability. Role of family size, birth order, and social competence on the learning was explored which supported our assumptions that the small family sizes, early borns and high social competence will aid children to learn better from those children who are from large families and are later borns and have low social competence. Overall study proved as an effective mean to explore the effects of collaborative vs. solitary learning on the problem solving performance of primary school children. The current research is supervised by Dr. Anila Kamal, Professor at NIP.

**Neelam Rasheed (2011). Impact of Irrational Beliefs on Trait Anxiety and Neuroticism in Adults. (Unpublished M.Phil Dissertation). National Institute of Psychology, QAU, Islamabad, Pakistan.**

The present study was conducted to investigate the impact of irrational beliefs on trait anxiety and neuroticism among men and women. Irrational Beliefs Inventory (IBI) developed by Koopmans, Sanderman, Timmerman and Emmelkamp, (1994) was used to identify the irrational beliefs, State-Trait Anxiety Inventory (STAI) (Form Y) (Spielberger, 1970) was used to measure trait anxiety and translated version of Neuroticism scale of NEO PI-R (Chishti & Kamal, 2002) was used to measure neuroticism. This study was completed in two phases. The first phase was consisting of a try out study (N=34) men and women. This phase aimed at establishing the psychometric properties of the instruments. Alpha reliability coefficients for Irrational Belief Inventory (.68), STAI (Form Y) (.88) and Neuroticism scale of NEO PI-R (.87) indicated that these are reliable. Main study was conducted in the second phase. A convenience sample of 276 men (n = 110) and women (n = 166) with an age 20 years and above from a non-clinical population was taken. The mean age of men was 28 years (SD = 6.8) and that of women was 24 years (SD = 4.4). The main objective of the study was to investigate the impact of irrational beliefs on trait anxiety and neuroticism. It was hypothesized that irrational beliefs will be positively related to trait anxiety and neuroticism. Correlation coefficients

*continued on page 10*

## NIP Outreach Services; Promoting Advance Analysis

A Three days workshop at Department of Applied Psychology, University of Punjab, Lahore

A tradition of the National Institute of Psychology is to share knowledge and skills across the length and breadth of the country. In continuation of the tradition, a three days workshop was facilitated from 28<sup>th</sup> to 30<sup>th</sup> November 2011 by the faculty of the National Institute of Psychology at the Department of Applied Psychology, University of the Punjab, Lahore. Dr. Jamil A. Malik (Assistant Professor, National Institute of Psychology) was requested by Prof. Dr. Rukhsana Kausar (Chairperson, Department of Applied Psychology, University of the Punjab, Lahore) to facilitate a three days workshop as the key resource person on Structural Equation Modeling. The workshop was conducted as the

non-statistical yet practical illustration of both the basic and advanced techniques. From simple regression to latent variable modeling, the participants were trained for a variety of structural equation modeling techniques using a simple and user friendly software AMOS. The topics covered during this three days workshop included testing of hypotheses, causation, path analysis and mediation, latent variable analysis, factor analysis (first order & second order), multi-group modeling and exploratory analysis. At the end of the workshop the Chairperson, Department of Applied Psychology, thanked the resource person Dr. Jamil A. Malik and the Director, National Institute of Psychology, Prof. Dr. Anila Kamal



credited course work in modular form (1.5 Credit Hours) for M.Phil/PhD scholars. Approximately 30 M.Phil/PhD scholars attended the workshop. The three days workshop was aimed to excel the knowledge and skills of scholars for advanced data analytic techniques i.e., an extensive and in-depth practical orientation of structural equation modeling using AMOS. Starting from the basic understanding of various structural equation modeling techniques; the workshop covered more advanced SEM techniques focusing on a

for supporting and facilitating such knowledge sharing events at the University of the Punjab. While sharing their experience, participants of the workshop appreciated the workshop organizer Dr. Irum Fatima (Assistant Professor, Department of Applied Psychology) and the resource person Dr. Jamil A. Malik for their efforts to equip them with practical knowledge and skills of such advance analytical techniques.

*By: Editor Newsletter*

## STUDENTS' CORNER

## STAY TRIP TO SHOGRAN AND NARAN

After a long gap of 4-5 years, NIP organized an exquisite stay trip to Shogran, Kaghan & Naran. This trip was organized in collaboration with Tourism Development Corporation Punjab. After thorough work out for this excursion activity, finally 25 people from NIP board the trip representing students (M. Sc. M.Phil & PhD), faculty and Administration. TDCP provided us with very cooperative and efficient guide Naveed, who on our whole way provided us with the best of facilities and also told us the history of the places we visited.

The trip left from Islamabad to Shogran on the coaster arranged by TDCP. Every face was excited and looking towards the next 4 days of their life to spend with their friends. Our group gelled in really well in the first few hours of the travelling. Cheering and dedicating songs to each other was the fun of



the whole trip. Our first stay of Day 1 was for tea somewhere on the way to Abbottabad. After 2 hours journey from Abbottabad we reached Balakot for lunch. Delicious lunch was arranged on the river side. All of us enjoyed in the chilly Kunhar river. Camera Clicking was every where around us giving a feeling that we don't want to miss a single moment at all. Leaving Balakot, our Guide showed us the marks of devastating earthquake of 2005. After that we left to Shogran where we were supposed to have our night stay. These hilly areas are very much unexpected, on our way to Shogran, at Kiwai, road construction was underway due to unexpected landslide. That construction and heavy machinery blocked our way to the Hotel. But our Guide arranged Jeeps for us that reached the construction site in just 15 minutes. Our first ride in Jeeps was itself an enduring experience. Everybody enjoyed its adventurous ride to the fullest. After the tiring journey of 4-5 hours we reached Shogran where our stay was in Pine Park Hotel. We forgot the tiring journey just with the glance of the beautiful scenic view of Shogran. Excitement level

of the trip members was on its peak. All of us felt that it's just an awesome start towards an exquisite trip. In the chilly cold weather, we were shown our cozy rooms, which had every kind of facility. After refreshing ourselves, all of us enjoyed in the chilly cold weather with long walks, board games, light chit chat and music. We had a refreshing Dinner, and were told about the next day's plan and time. We all went to our rooms and took rest for DAY 2.

A refreshing morning of Shogran, trip members enjoyed the morning walk in absolutely beautiful scenic view. We had an energizing breakfast which gears us up for the rest of the day. On 2<sup>nd</sup> day we enjoyed hiking and trekking in Shogran valley and photographed every moment of it. At around noon we left for Naran, where we were supposed to stay for the rest of the 2 days. Naran's road is surrounded by beautiful green mountains with water falls and its view was just an awesome sight for all of us. On our way to Naran, we visited the Trout Fish Farm, our guide explained us about that Farm. River Kunhar was flowing on its top speed which was itself a terrifying sight to watch. We reached Naran in the afternoon. Naran is a beautiful green valley with snow covered mountains seemed too close to the valley. The wind was more chilling in Naran than Shogran. The sound of the River Kunhar soothes our ears all the time. Our stay in Naran was in Pine Park Hotel. All of us enjoyed in the sun and then refreshes ourselves with delicious lunch. After that to refresh ourselves more, all of us went to shopping in small town market of Naran, where shawls, dry fruits and jewelry were main point of attraction. We reached back for dinner, and were told about the 3<sup>rd</sup> day's schedule.

The most adventurous day of the whole trip; starts with the ride on Jeeps towards Lake Saif ul Malook. It took us 25 to 30 min to reach the top. When we reached the lake it was enchanting view of the huge lake surrounded by the mountains. We crossed the Lake on a boat, which was a ride to remember, some of us fought our fear of water by crossing the lake on boats. Some of the trip members hike the high mountains. We photographed each and every moment there. After staying for 3-4 hours at the Lake, we took our way back to Naran. After reaching back, we left for Bata Kundi for a beautiful waterfall. That waterfall was awesome sight to watch, we enjoyed its showers and chilly winds. After this refreshing treat we had tea on roadside and enjoyed live guitar being played by a tourist there. On our last night at Naran, Our NIP Administration in coordination with TDCP arranged an awesome BON FIRE with

Bar B Q dinner which was a surprise to the whole trip members. We enjoyed the Bar B Q dinner under the sky with chilly winds and sang songs till late night sitting beside the fire. The finale night was a treat to remember.

On the 4<sup>th</sup> day we left Naran with heavy hearts, bringing so many memories back, no one was ready to come back as it was the most awesome and wonderful excursion trip we ever had. On the

way back all of us individually shared our experience which was truly an emotional moment for all of us. Our Guide, Naveed, told us that he has never seen such a cohesive and lively group in his career; he thanked all of us and wished that he travel with us more often. All of us thanked NIP for arranging such an organized and safe trip; facilitating us at every step, we suggested that such trips should be arranged every year. *By Zainab Hassan (M.Phil)*

## PARTY IN DISTURBIA!

The fall semester is a tough one for all university students, when time is less and work load is evermore burdening. Still amidst all this the students of MSc II at NIP conducted a well-organized, fun filled event for the faculty and the students named 'Party in Disturbia'. The event was given as a class project by Dr. Muazzama Abidi, who also served as the Chief Organizer for the event. The student organizer committee members; Allina Khan, Fizza Iqbal and Faiqa Sana coordinated all the technical matters and made sure everything went as planned.

The much anticipated 'Party in Disturbia' took place on 23<sup>rd</sup> November, 2011. The party started with the inauguration of stalls by the Chief Guest, Director of National Institute of Psychology

Professor Dr. Anila Kamal. To their delight, the guests met with great diversity at the stalls, ranging from stalls for tea, bakery items, gol gappay, biryani, chana/fruit chaat, mehndi, face painting, nail art, cards to the games corner. All the stalls were immensely enjoyed by the guests.

After the stalls, the guests were guided to the hall to commence the second part of the event, which consisted of various stage presentations. This program was compered by Shamyle Rizwan and Halima Saadia. To start the program Salma Bibi recited a few verses of Surah Al-Rahman from the noble Qur'an. Then Fehmina Mughal read an inspirational poem 'Umeed-e-Sehar' by our famous poet Faiz Ahmed Faiz. After the poem Anum Sharafat and Huma Ali presented 'Bacha Jamora', a



skit depicting an outsiders' observation of NIP. This was followed by a melodious song 'Panchi' sung by Ayesha Rasheed, Fizza Iqbal and Asfia Khan.

A second witty skit, built on different acts, was then presented by Azra Batool, Saba Iftikhar, Madiha Choudhry and fellows, portraying the ill-practice of a psychologist in our culture. To show the acceptance of different cultures at NIP, a group of MSc II girls danced the traditional 'Luddi' to a Pushto song. An English poem, 'Invictus' by W. E. Henley was then recited by Shamyle Rizwan, conveying the message

of triumph despite adversity. The next presentation was another skit on the Pushto folklore of 'Yousuf Khan and Sheharbano' with a comic twist. This was enacted by Faiqa Sana and Asfia Khan. Next, another amusing skit was presented on the

practices of a quack doctor and his interactions with the common man. After this a 'Masquerade Fashion Show' was offered which was much enjoyed by the audience. Lastly, song titles were given to teachers by MSc II based on each teacher's personality.

At the end of 'Party in Disturbia', the Chief Guest, Director NIP Professor Dr. Anila Kamal was requested to say a few words about the whole event. She greatly appreciated the program and highly acknowledged the efforts of the students. The Chief Organizer also appreciated the students' work and creativity. The administration and technical department was much thanked for their cooperation. A 'Guest Book' was prepared by the students to record all the comments and feedback from the teachers and fellow students. *By: Shamyle Rizwan Khan*

## THE DISTANCES WE MAINTAIN

By Anber Younus Khan

Have you ever noticed that you don't like to sit or stand too close to other people. When someone comes too close to you, you immediately feel uncomfortable, you feel like you want to get away from that person from that place; that you want to escape. Research shows that any given person always keeps other people at a certain consistent distance from him or herself.

This distance depends on sex, your relationship, environment, and how crowded the location that you are in, is. The scientific study of this phenomena falls under the heading of "proxemics". The pioneer of this field, Edward Hall presented four types of distances or spatial zones maintained by people. These are: Intimate space (ranging from 0-18 inches, is not normally entered without permission, between intimate relations); Personal space (18 inches-4 feet, normal contact distance between friends and family); Social space (4-12 feet, casual interaction distance between acquaintances and strangers); and Public space (12-25 feet, distance of public speaking).

These spatial zones are based on observations made by Hall on a sample of well-educated American adults, and needless to say they may or may not apply to other cultures. With this thought in mind a study, whose major purpose was to explore how and what distance is maintained by university students among themselves; as a factor of sex, companionship and environment, in Pakistan was conducted.

For this purpose unobtrusive field observations were conducted. Observations were made at four locations of Quaid-e-Azam University, Islamabad (i.e. the Central Library, in buses, one of the outdoor canteens and the Rawalpindi bus point). A total of 1833 students participated in the study.

Now, the bus and library can be categorized as sociofugal environments (these 'keep people apart')

and the canteen and bus point can be categorized as sociopetal environmental (these 'bring people together') based on their structural properties. It was observed that university students interacted more and kept less distance from others in sociopetal rather than sociofugal environments. Generally the closer the people approached one another the less likely they were to look directly at each other. A side-by-side orientation (facing the same direction) was used most often by university students.

The personal space zone was observed to be the most often used zone for all interacting people, whether they were in a mixed (man-woman) or same sex (man-man, woman-woman) dyad, or same sex group. However students in mixed sex groups seemed to prefer the social space zone, that is more distance amongst themselves. Students who were not interacting that is those who were alone were observed to use the public space most often; they stayed further away from other students.

In general more women used the close phase of the personal space zone as compared to men who used the far phase more. This leads support to the idea that men keep more distance than women. Women were observed to use intimate zone most often when interacting with other women, whereas men used it more often when interacting with women. Other sex differences were that more men used social and public spatial zones, in general.

In conclusion the study revealed that the structural properties of an environment effect the likelihood of interactions taking place in that environment and that university students use varying distances among themselves which are subject to sex and companionship and desire to interact; results which are in concordance to Hall's system of proxemics and spatial zones.

## NIP STUDENT PRESENTED PAPER AT 1<sup>ST</sup> INTERNATIONAL CONFERENCE ON PARENTING PRACTICES & IMPLICATIONS

Ms. Qurratulain Tahira, M.Phil 1<sup>st</sup> student at NIP, has presented her research paper on the topic of "Perceived Parenting Styles and Social Adjustment in Truant, Punctual and High Achieving Students" at 1<sup>st</sup> international conference held on the topic of Parenting practices & Implications (14<sup>th</sup>-15<sup>th</sup> Oct 2011) at the Department of Human Development & family studies Govt. College Of Home Economics Gulberg, Lahore. The research paper is comparing the parenting styles and social adjustment of truant, punctual

and high achieving students, and implication of the study suggests that how parents and teachers should interact with adolescents. Ms. Maimoona Ismael, PhD, scholar at NIP, also presented the paper in the same conference. Participant's took more interest in the research papers, and were highly appreciated by the participants, guest speakers and jury.

*Contributed by  
Qurratulain Tahira, M.Phil-II*