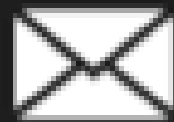


MSC PSYCHOLOGY



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Ms. Sumaya Sheriff

Public Responses Towards War Crises: A Qualitative Study

Abstract

This qualitative study explores the different types of public responses towards war crises, and put forward three research questions, namely, 1) What are the prevailing public responses towards war among individuals who have not directly witnessed it? 2) How do wars shape the public's perception? and 3) Why do wars cause people to respond in positive or negative ways? Semi-structured interviews were conducted with 7 participants, who were determined by saturation point. They were of both genders from different nationalities. Their data was analysed using thematic analysis. The findings revealed that the public responses during war crises are evidently of different types such as pacifistic, emotional, monetary, and humanitarian responses. Further, it was also proved that the public's responses were influenced by their perceptions of war, and there was a different reason behind each of their responses. Thus, the study implied that various agreeable and conflicting public responses could be expected during war crises due to several reasons, and the intention to provide support to the victims is completely subjective. Besides, some limitations such as researcher bias, influence of ethnicity and nationality, and emotional challenges were identified. Finally, recommendations for future research focusing on social media, unsatisfactory donations, and humanitarian actions were provided.

Keywords: war crises, public responses, perceptions of war, public reasons, qualitative study



Ms. Shima Husen, MSc

Chronic Loneliness as Experienced by Young and Middle-aged Adults: A Case Study

Abstract

This case study explored the lived experiences of chronic loneliness among young to middle-aged adults who reported feeling persistently lonely since childhood or adolescence. Semi-structured interviews with seven participants were used to examine the impact of chronic loneliness on daily life, interpersonal relationships, coping mechanisms, and overall well-being. Thematic analysis revealed two primary types of loneliness experienced by participants: self-imposed and externally-imposed loneliness. The main themes for the impact on daily life included behaviors related to interpersonal relationships, various coping mechanisms, and overall mental and physical well-being. Findings indicate that chronic loneliness significantly affects interpersonal behaviors, often resulting in a vicious cycle that keeps the individual isolated. Mental well-being impacts included symptoms of depression, low self-esteem, and hoarding behaviors, while physical well-being effects manifested as physical pain and delayed recovery from illnesses. The study highlighted that while coping mechanisms may offer temporary relief, they are not necessarily effective in the long term. These insights emphasize the importance of targeted interventions to support individuals dealing with long-term loneliness.

Keywords: Chronic loneliness, Self-imposed loneliness, Externally-imposed loneliness, Relationships, Coping mechanisms, Well-being.



Ms. Sharon Varghese

Impact of helicopter parenting on young adults in difficulties in career decision making

Abstract

This study was conducted to explore the impact of helicopter parenting on the difficulty levels of young adults in making career decisions. Multiple hypotheses were tested to address the research problem, focusing on university students in Sharjah, United Arab Emirates. A total of 200 participants consented to take part, with 100 individuals who scored positively on the Helicopter Parenting Scale completing an additional questionnaire on career decision-making skills. After data collection, the responses were systematically transferred into SPSS for statistical analysis. Multiple regression analysis was conducted, which revealed no statistically significant relationship between helicopter parenting and difficulties in career decision-making. These findings suggest the need for further research to explore this relationship more comprehensively.

Keywords: Helicopter Parenting, Career Decision-Making Skills, Young Adults, Lack of Readiness, Lack of Information, Inconsistent Information



Ms. Maryam Deghani

The Mediating Effect of Emotion Regulation Strategies on the relationship between Stress and Vape Usage: A Mixed Methods Study on Young Adults in U.A.E.

Abstract

Background : Young adults all over the world have fallen prey to vaping, and their numbers keeps increasing exponentially. While there is a direct link between stress and vape usage, not everyone who is stressed ends up using vape. The given study aimed at investigating the mediating effect of emotion regulation strategies of expressive suppression and cognitive reappraisal on the relationship between stress and vape usage among young adults in the U.A.E. This research will have implications for the development of targeted public health campaigns, educational programs, and therapy strategies for those struggling with vape addiction.

Methods : A convergent mixed methods design was used, with quantitative sample of 127 (72 males and 55 females), and qualitative sample of 8 informants (5 males and 3 females). Surveys used included Perceived Stress Scale, Emotion Regulation Questionnaire, and a self- developed Vape Usage Questionnaire. Process-MACRO analysis was done using SPSS. A focused group discussion was conducted and lasted 45 minutes. Thematic technique was employed to analyse the data manually (Braun & Clarke, 2006).

Results : Findings revealed that cognitive reappraisal significantly mediated the relationship between stress and vaping behaviours, while expressive suppression did not. Reasons for vaping included stress relief, flavours, perceived lower harm, and social influences. Long- term users showed increased awareness of vaping's harmful effects but struggled to quit. Age-related differences in emotion regulation strategies emerged, with younger individuals more likely to engage in expressive suppression. Contrary to previous literature, no significant gender differences were found in the use of emotion regulation strategies.

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Conclusion : Cognitive reappraisal mediates the relationship between stress and vape usage while expressive suppression does not. Overall, the results contribute to a better understanding of the psychological mechanisms that underlie the effects of stress on vaping.

Keywords : Vape Usage, Stress, Expressive Suppression, Cognitive Reappraisal, Young Adults, Mixed Methods, United Arab Emirates (U.A.E.).

Ms. Devika Aneesh

Impact of Career Uncertainty on Dropout Intentions in University Students: The moderating effect of Academic Stress

Abstract

This study studies the relationships between “career uncertainty, academic stress, and dropout intentions” within university students in the UAE. While existing research has explored these factors individually, this study aims to understand their combined impact. A quantitative research design was used involving a sample of 103 students from different universities across the UAE. Validated scales measuring career uncertainty, academic stress and dropout intentions were used to survey the participants. The data were interpreted utilizing correlation and moderation analysis to find the relationship between the variables. The results portrayed significant positive correlations between both career uncertainty and academic stress with dropout intentions. Contrary to the hypothesis, academic stress did not moderate the link between career uncertainty and dropout intentions. These findings suggest that while career uncertainty and academic stress independently influence dropout intentions, their interaction does not significantly alter this effect. This study highlights the requirement for comprehensive support systems in universities to address both academic and career-related challenges, aiming to reduce dropout rates and improve student well-being. Future research should consider bigger, more diverse samples and longitudinal designs to deepen our understanding of these complex relationships.

Keywords: academic stress, career uncertainty, dropout intentions, university students, UAE