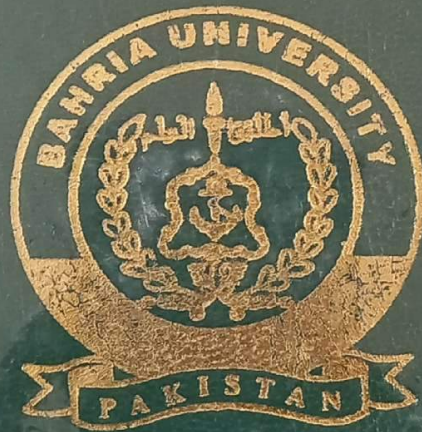


**EFFECTIVENESS OF POSITIVE PSYCHOLOGY
INTERVENTION MODALITIES ON THE
SUBJECTIVE WELL-BEING OF
ORPHANED FEMALES**



NAIMA FATIMA SHERIFF
05-274152-002

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ON THE SUBJECTIVE WELL-BEING OF ORPHANED FEMALES



NAIMA FATIMA SHERIFF
05-274152-002

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requirements for the award of the degree of
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Approval for Examination

Scholar's Name: Naima Fatima Sheriff
Registration No: 14006
Program of Study: Ph.D. in Professional Psychology (Clinical Psychology)
Thesis Title: Effectiveness of Positive Psychology Intervention Modalities on the Subjective Well-being of Orphaned Females.

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Date: 31-08-2022

Name: Prof. Dr. Zainab Hussain Bhutto

Co-Supervisor's Signature: Zainab . Z Zadeh

Date: 31-08-2022

Name: Prof. Dr. Zainab Fotowwat Zadeh

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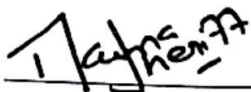
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This thesis is dedicated to my parents, siblings and Prof. Dr. Zainab Fotowwat Zadeh.

The completion of this work would have been impossible
without their love, understanding and support.

Thank-you for believing in me more than I believe in myself.

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ABSTRACT

The present research aimed to test the effectiveness of positive psychology intervention modalities on the subjective well-being of institutionalized orphaned females. The interventions were delivered through three different modalities of therapy: individual therapy, group therapy and pre-recorded video therapy. It was hypothesized that positive psychology interventions would increase the subjective well-being of institutionalized orphaned females and females who received positive psychology interventions would report greater subjective well-being as compared to those females who received no interventions. Separate hypothesis was developed to determine the differences in the effectiveness of the three modalities. A sample of 180 institutionalized orphaned females between the ages of 13 to 19 were taken for the research. The participants were equally divided into three groups of 60 each. The 60 participants per group were further divided into an experimental and wait-list control group (30 participants per group). The three main groups differed on the basis of the modality of therapy. The experimental group of each modality received 6 sessions in the selected modality while the wait-list control group received no treatment at this stage. Pre and post-tests comprising of the Satisfaction with Life Scale and the Scale of Positive and Negative Experience were conducted on all groups to test the efficacy of the interventions. The independent sample t-test, paired t-test, one-way ANOVA and post hoc analysis were calculated for statistical analysis of the data. Analysis of the results revealed that positive psychology interventions are effective in increasing the subjective well-being of institutionalized orphaned females and there was a significant difference in the subjective well-being of females who received positive psychology interventions as compared to those females who did not receive the interventions. Interventions delivered through the three selected modalities of therapy are all significantly instrumental in increasing the subjective well-being of the target population. Video therapy and individual therapy were more significant in reducing negative affect than group therapy. Group therapy was more effective than individual and video therapy in increasing affect balance and both Group therapy and Individual therapy were more significant in increasing life satisfaction than video therapy. All hypotheses established

in the present research were highly significant at $p < 0.05$. The present research makes important implications regarding the use of positive psychology interventions as a complementary strategy in mental health promotion and treatment. The present research was conducted on a small sample and for a specific group and therefore it is recommended that these interventions are used at large by others for the benefit of orphans and other vulnerable groups. The interventions can also be delivered through other modalities of therapy to increase their accessibility.

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