

**Social Support, Religious Coping, and Psychological Trauma in Flood Victims of  
Southern Punjab, Pakistan**

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**DEPARTMENT OF HUMANITIES**

**COMSATS UNIVERSITY ISLAMABAD, LAHORE CAMPUS, LAHORE.**

**Spring, 2023**

## Research Completion Certificate

It is certified that the research work contained in this thesis entitled “**Social Support, Religious Coping, and Psychological Trauma in Flood Victims of Southern Punjab, Pakistan**” has been carried out and completed by **Ms. Ayesha Ahsan**, Student ID: **FA19-BPY-037**: Student of BS Psychology, session 2019– 2023. This study is an independent research work carried out under the given instructions and consideration.

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### **Declaration**

I, Ms. Ayesha Ahsan, Student ID: FA19-BPY-037, student of BS in Psychology, session 2019-2023, hereby declare that the material printed in this thesis titled “**Social Support, Religious Coping, and Psychological Trauma in Flood Victims of Southern Punjab, Pakistan**” is original work and has not been printed, published, or submitted as research work, thesis, or publication in any form in any university or research institution in Pakistan or abroad.

Dated: \_\_\_\_\_

Signature: \_\_\_\_\_

## **Dedication**

With the name of Allah, The Most Gracious, The Most Merciful. My profound gratitude is extended to my beloved parents, dearest siblings, respected supervisor, and closest friends for their unwavering support and inspiration.

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## Abstract

The present study focused on the association between social support, religious coping, and psychological trauma in flood victims of southern Punjab, Pakistan. In this correlational study, the sample consisted of 150 (83 men & 67 women) flood victims with ages 29-50 ( $M=36.79$ ,  $SD=5.851$ ), selected through a convenient sampling technique. These participants were selected from Rajanpur and DG Khan by directly visiting them. Measures included the demographic questionnaire, the Multidimensional scale of perceived social support (MSPSS; Zimet et al., 1988), Brief RCOPE (Pargament, 1998), and the Impact of an Event Scale-Revised (IES-R; Wiess & Marmar, 1997). Correlation analysis demonstrated that psychological trauma had a strong negative correlation with social support and increased psychological trauma was associated with decreased social support. Moreover, negative religious coping had a moderate positive correlation with psychological trauma. Stepwise regression analysis also indicated that social support emerged as a strong predictor, demonstrating a negative association with psychological trauma. In addition, positive religious coping also had a significant negative association with psychological trauma, albeit weaker than social support, and negative religious coping was found to have a significant positive association with psychological trauma. The current study suggested that in light of the findings and the importance of social support and religious coping for this population's rehabilitation, mental health practitioners should better target their therapies to meet flood victims' unique requirements.

*Keywords:* Social Support, Religious coping, Psychological trauma, Flood victims, Southern Punjab, Pakistan