

Abstract

The present study investigated self-silencing, rejection sensitivity and psychological well-being among university students. Furthermore, moderating role of gender was explored along with self-silencing and psychological well-being. A sample of 1000 students was taken from private and public universities of Lahore. The instruments used were Self the Silencing Scale (Jack & Dill, 1992), Rejection Sensitivity Questionnaire – Adult Version (Berenson, 2009) and Ryff's Psychological Well-Being Scale (Ryff & Keyes, 1995). Data was statistically analyzed by Pearson Product Moment Correlation, Linear Regression and Independent Sample t-test. A significant positive relationship was found between self-silencing and rejection sensitivity. Moreover, self-silencing predicted positively rejection sensitivity. A significant negative relationship between self-silencing and psychological well-being was also found. In addition, self-silencing predicted psychological well-being. A significant moderating role was played by gender in relationship between self-silencing and psychological well-being. Lastly, female students had higher scores on self-silencing than male students.

Keywords: self-silencing, rejection sensitivity, psychological well-being, university students.