

## Abstract

The present study was an attempt to find out the relationship between stress, emotional expression and psychological adjustment among destitute youth. The sample size consisted of 120 (60 males, 60 females) destitute youth with the age range of 14-24 years ( $M = 42.83$ ,  $SD = 6.86$ ). Purposive sampling was used to collect data from different institutions and shelter homes of Lahore by using Perceived Stress Scale (Cohen, 1983), Emotional Expressivity Scale (Kring, 1994) and Psychological Adjustment Scale (Sabir, 1999) along with the demographic information of the participants. The data collected was analyzed by the application of correlation, ANOVA, MANOVA and independent samples t-test to explore the relationships and differences among the variables along with the demographics of the sample. The results revealed a significant negative relationship between stress level and psychological adjustment. The results also suggested significant gender differences in stress level and emotional expression among the destitute youth, and it was noted that destitute females reported greater level of stress than destitute males whereas males reported higher emotional expression than destitute females. The findings also revealed significant relationship among lower educational level and stress along with high educational level and psychological adjustment. The significant difference was further supported among the duration of destitution and stress level. The results also revealed a significant difference of age with stress level and psychological adjustment.

*Key Words:* Stress, emotional expression, psychological adjustment, destitute