

Abstract

The present study investigated the relationship between cognitive emotional regulation and psychological adjustment in destitute women. A sample of 105 women with the age range 20-40 years $M (SD) = 1.33 (0.47)$. The sample was taken from different shelter homes of Lahore and Sialkot. Emotional Regulation was measured by Cognitive Emotional Regulation Questionnaire (CERQ, Granefski, 2003) and Psychological Adjustment was measured by Adult Personality Assessment Questionnaire (PAQ; Rohner & Khaleque, 2005). The translated version (urdu) of both questionnaire were used in the study. Psychometric properties of the measures were also determined like reliability analysis and the Cronbach's Alpha of CERQ is $\alpha = .72$ and PAQ is $\alpha = .92$ which is highly significant. The results of linear regression analysis indicated that monthly income are significant predictor ($***p < .001$) of psychological adjustment among destitute women. Education and occupation were also found to be strong predictor of psychological adjustment ($*p < .05$). Results of ANOVA ($p < .001$) indicated that the source of income has significant impact on the level of psychological adjustment. Results are discussed to explain the findings with reference to Pakistani culture and previous empirical evidence.