

Abstract

This study was aimed to develop an indigenous fear scale. Furthermore this study was intended to explore and distinguish between the emotions of fear and disgust. It highlights the contexts in which their differentiation is mistakenly done. Moreover this study investigated the relationship between fear, anxiety and depression. Mixed design approach was used in this study. This research is based on four studies. The sample was gathered through purposive convenience sampling method and it comprised of university undergraduate students with the age range of 21-26 years with a mean age of 22 years. In the first study Fear Scale was developed and data were gathered from 300 men and 300 women students ($M = 22.86$, $SD = 1.62$). The construct validity was determined through Factor Analysis and it yielded three factors, which were disgust, horror and anxiety furthermore, significant positive correlation was found between these three factors, which supported construct validity of the scale. Confirmatory Factor Analysis also supported three factor solution. Moreover, Fear Scale showed high internal consistency of reliability i.e. 0.89 which indicates that this newly developed scale is a valid and reliable indigenous measure of fear for undergraduate students of both genders. Gender comparison indicated that female undergraduate students significantly experience fear more frequently than men undergraduate students and also the intensity of fear is significantly high among women students. Moreover, results demonstrated that gender is a predictor of fear and its sub scales: disgust, horror and anxiety. In anxiety sub scale variation due to gender is low; however, in horror sub scale variation due to gender is significantly high. Second study was carried out to develop an indigenous model of phenomenology of fear. Study consisted of 25 men and 25 women (age range = 21-26 years, $M = 22.64$, $SD = 1.514$). The participants were interviewed by using semi structured interview

protocol to develop an indigenous model of phenomenology of fear. Data were analyzed by using Interpretative Phenomenological Analysis (IPA) which resulted in the following themes: vertebrates and invertebrates fear, development, preservation and schedules of fear, mystical phenomena, religiosity and nature, role of personality, humans and social conditions, natural and miscellaneous entities, medical stuff and future dimension. Third study identified similarities and differences between emotion of fear and disgust. In the qualitative phase of third study 20 men and 20 women were interviewed by using semi structured interview protocol and data were analyzed using IPA which resulted in these themes: commonality and divergence, mixed emotion and personality impact, vertebrates and invertebrates fear, fear for natural and mystical phenomena, vertebrates and invertebrates disgust, disgust for natural and mystical phenomena, development and preservation of fear, development and preservation of disgust, and parents' scolding. In the quantitative phase of this study data was gathered from 50 men and 50 women (age range = 21-26 years, $M = 22.67$, $SD = 1.518$) students and results revealed that there were no gender differences in terms of their perception regarding fear and disgust inducing objects. Finally, in the fourth study data were gathered from 100 men and 100 women (age range = 21-26 years, $M = 22.78$, $SD = 1.564$) students by employing Fear Scale, Siddiqui-Shah Depression Scale (Siddiqui & Shah, 1997) and Siddiqui Anxiety Scale (Siddiqui & Hasnain, 1993) to assess the interconnectivity among these emotions. Results indicated that fear, anxiety and depression are interlinked emotions however; fear and anxiety are more significantly related as compared to depression and fear. Similarly, anxiety and depression are more significantly related. Gender differences were also present in experiencing these emotions as women experienced greater intensity in these emotions as compared to men. Results also demonstrated that gender is a

predictor of experiencing all these three emotions. In depression scale variation due to gender is low; however, in fear scale variation due to gender is comparatively high.