

## **Abstract**

The current study explored social axioms as predictors of quality of life and the mediating role of different cultural groups in Pakistan. The study hypothesized that two dimensions of social axioms (social cynicism and fate control) would negatively predict the quality of life. In addition, reward for application, social complexity, and religiosity would be positive predictors of the quality of life. The study population was young and middle-aged adults. Data was collected by sharing the survey on social media platforms (WhatsApp, Facebook, and Instagram) and sharing with different Sindhi, Baloch, and Pakhtoon students online. The sample consisted of 298 participants; 161 were males, 137 were females. Out of 298, 230 were young adults and 67 were middle-aged adults. Hypotheses were tested using three analyses: correlation, hierarchical multiple regression, and mediation. The results showed there were significant correlations between social axioms and domains of quality of life. The results of hierarchical regression showed that social cynicism, reward for application, and religiosity predicted physical health, psychological health, and environment domain (domains of quality of life). The dimension of social complexity was not found to have any predictive power on any of the domains. The mediation analysis was run using Process Macro. The results showed that mediation was only significant for two dimensions of social axioms; social cynicism and fate control. Culture mediated the effect of social cynicism on physical health and psychological health. It further showed that culture also mediated the effect of fate control on physical health and psychological health. Understanding the role of general beliefs and how they impact quality of life would help in making efforts to improve the quality of life in Pakistan.

**Keywords:** Social axioms, Quality of life, Mediation, Culture, Young adults, Middle-aged adults.