

Abstract

The present research was designed to investigate the relationship between Death Anxiety, Overgeneral Autobiographical Memory and Subjective Wellbeing among young and middle aged adults of major cities in Pakistan which includes Lahore, Islamabad, Gujranwala, Karachi and Quetta. It was hypothesized that there would be relationship among Death Anxiety, Overgeneral Autobiographical Memory and Subjective wellbeing among young and middle adults. The sample was consisted of (N=200) young and middle adults of Lahore, Islamabad, Karachi, Gujranwala and Quetta. Correlational research design was used in this study. The data was gathered through convenient sampling. Scale used in this study was Urdu version of Templer Death Anxiety Scale (1970) by Seema Gull and Shernaila Saleem (2015). Autobiographical Memory Test (Williams & Broadbent, 1986) translated in Urdu and Urdu version of Flourishing scale by (Diener et al., 2009). Pearson product moment correlation analysis showed that Death Anxiety have negative correlation with Subjective Wellbeing and Positive correlation with Overgeneral Autobiographical Memory. Multiple regression showed that Death Anxiety is significant negative predictor of Subjective Wellbeing. Independent sample t test showed significant difference in Death Anxiety among male and female. Independent sample t test also showed significant difference in Overgeneral Autobiographical Memory among young and middle adults. Result of multivariate analysis showed that gender, city, death of close relatives and marital status these demographic variables have significant effect on Death Anxiety, and Overgeneral Autobiographical Memory.