

## **Abstract**

The present study aimed to study the effect of parental acceptance rejection on alexithymia, psychological adjustment, procrastination and life satisfaction. The sample comprised of total 600 (300 men, 300 women) participants; 300 (adolescents and young adults) from Lahore and Karachi, Pakistan and 300 (adolescents and young adults) Pakistani overseas from Jaddah, Riyadh and Medina, Saudi Arabia. The age of participants ranges through 12 to 19 years for adolescents and 20 to 39 years for young adults. The translated version of the measures used in the study were Parental Acceptance-Rejection Questionnaire (PARQ: Father and Mother, Adult / Child Version, Short Form), Toronto Alexithymia Scale (TAS), General Lay Procrastination Scale (GLPS), Personality Assessment Questionnaire (PAQ: Adult/ Child Version) and Diner Life Satisfaction Scale (DLSS). The findings indicated that overseas and national Pakistani were significantly different in their psychological adjustment. Results showed that adolescents and young adults differ significantly in procrastination, alexithymia, remembrance of parental rejection, psychological adjustment and life satisfaction. Hierarchical multiple regression analysis indicated that the demographic variables, remembrance of maternal rejection and psychological adjustment appeared as significant predictors of alexithymia. The results of MANOVA indicated that demographic variables slightly affect remembrance of parental rejection, alexithymia, general procrastination, psychological adjustment & life satisfaction. The results of path analysis indicated that remembrance of paternal rejection was significant predictor of procrastination, psychological adjustment and life satisfaction and remembrance of maternal rejection was a significant predictor of psychological adjustment.