New Ideas in Psychology:

- **SUKOON (Sensory and Ultimate Knowledge On Observing Nature):** a new clinical model to approach psychopathology and psychotherapy among the followers of Abrahamic religions (new ideas include The Dominant Self, Pre & Para Nature, eight domains of psychosocial health, eight types of intelligence, Avoid & Rule: selective sociality, etc.)
- **Charismaphobia:** fear of unattractiveness
- **Atimiaphobia:** women’s fear of losing honor

Mental Health

- 27% Pakistanis possess some sort of mental disorders. 38% Pakistanis possessed tendencies for depression, 31% for anxiety, 32% for stress, 33% for adjustment-related disorders, 38% for sleep-related problems, 30% for eating-related problems, 36% for memory-related problems, 26% for paranoid personality disorder, 23% for schizoid personality disorder, 11% for anti-social personality disorder, 18% for borderline personality disorder, 24% for histrionic personality disorder, 17% for narcissistic personality disorder, 25% for avoidant personality disorder, and 29% for dependent personality disorder.
- Women have significantly higher levels of paranoid personality disorder, schizotypal personality disorder and borderline personality disorder. Men, on the other hand, have significantly higher levels of dependent personality disorder.
- Mental Health Awareness in the country is 36%.
- The attitudes of people toward mental disorders are comparatively negative than toward medical diseases.
- Lack of faith in psychological treatment, prior personal experience, religious fatalism, carelessness for mental disorders, social defame,
personal shame, bad reputation of mental health practitioners, prohibition by family, and fear of treatment are the barriers in seeking psychological help.

- The indigenous self-made strategies to overcome psychological distress include discussing stress with others, analyzing stress, and planning to reduce, getting involved in self-destruction, performing religious practices, watching TV, listening to music, falling asleep, walking, taking food, playing games, driving, reading, or writing, smoking, using internet, shopping, getting involved in different hobbies, performing sexual activities, and dancing.
- Severe levels of stress, anxiety and depression were found in police. Extremely severe levels of anxiety, extremely severe levels of depression, and extremely severe levels of stress were found in teachers. Severe levels of anxiety and depression were found in medical doctors and nurses. Moderate levels of anxiety and depression were found in bankers. Moderate levels of anxiety and mild levels of depression were found in lawyers and engineers.
- 52.8% female domestic workers have Major Depressive Disorder and 53.2% have Generalized Anxiety Disorder. 51.2% female domestic workers have experienced verbal abuse; 21.2% have experienced physical abuse; 55.2% have experienced emotional abuse; and 28% have experienced sexual harassment from their employers.
- Women whose fathers and husbands have higher monthly income have higher levels of life satisfaction.
- Rural women are more satisfied with life as compared to urban and nomadic women.
- The Western models of Clinical Psychology have been failed in Pakistan and there is a dire need to develop indigenous means of psychotherapy.
- The uncontrolled sociability and the unwise social compliance adversely affect mental health. Selective sociality, on the other hand, brings more happiness and satisfaction.
Psychosexuality

- The level of sexual intelligence is 66%. Men are significantly more sexually intelligent than women.
- 74% married couples consume porn.
- Besides consuming porn, Pakistani couples still adhere to the conventional and religiously allowed sexual practices.
- Vaginal sex, being the topmost priority for both men and women, is the first preference of married couples, followed by oral sex, sex-provoking talks and voices, and sexual fantasies.
- Husbands and wives both were not as sexually assertive as they desired to be. Husbands, however, are more sexually assertive than wives. This is due to certain psychosocial factors such as shame, gender, morality, modesty, culture, and female objectification.
- Women mostly have negative attitudes towards sexuality. They are not sexually expressive and do not possess adequate levels of sexual functioning.
- Women are significantly more prone toward sexual dysfunctions than men.
- Pakistani housewives are not satisfactorily enjoying their sex life. They are less sexually assertive and more sexually submissive. The culturally developed conventional sexual habits are thought to be the main reason behind this.
- Infertility is regarded as a matter of shame and bad reputation for the couple and its family.

Marriage

- Pakistani married couples are mostly compatible to each other, they are good match for each other.
- Pakistani wives are more satisfied with their marital life as compared to Pakistani husbands.
- The beliefs of Pakistani Muslims on marital roles and responsibilities are highly compatible with the original and authentic Islamic beliefs. Their perceptions about marriage and marital roles are quite religious and in align with Islam.
• In selecting mates, beauty of the prospective spouse is the topmost priority of Pakistani men, whereby education of the prospective spouse is the topmost priority of Pakistani women.
• Husbands feel significantly more emotional abuse than wives.
• Wives who are assisted by domestic workers have significantly higher levels of mental wellbeing and marital satisfaction as compared with wives who do not have the support of domestic workers. The conventional Muslim wives should realize their mistake in considering domestic work as a religiously rewarding obligation. The husbands should supply domestic workers to their wives or help their wives equally in domestic work, as desired by Islam.
• The level of grief caused by parental or spousal death is about 57%. Wives grieve spousal death significantly more than parental death.

**Beauty & Attraction**

• Veiled women have significantly higher levels of body esteem and life satisfaction as compared with unveiled women.
• Nonworking urban and rural women have higher levels of body esteem, sexual attractiveness, and weight concern as compared with working urban and rural women.
• The tendencies of Charismaphobia, a newly constructed phenomenon i.e. fear of being or getting unattractive, are prevalent at the level of 50%.
• Cosmetic-dermatologists and beauticians are aware of several psychopathological issues of their clients. However, they are unable to identify and label the appropriate clinical diagnoses in this regard. Their clients do possess tendencies toward social anxiety disorder, body dysmorphic disorder, charismaphobia, generalized anxiety disorder, major depressive disorder, histrionic personality disorder, gerascophobia, and narcissistic personality disorder. The clientele of cosmetic-dermatologists and beauticians significantly rises due to the psychopathological issues faced by their clients. Cosmetic-dermatologists and beauticians are involved in providing psychological counseling to their clients while being untrained.
• The ideal features of physical attractiveness for different relations include:
  - Father= Tall + Muscular Body + Short beard with short mustaches + Kurta Shalwar
  - Brother= Tall + Muscular Body + Short beard with short mustaches / Clean Shaved Mature look + Pant and Shirt without tie
  - Husband= Tall + Muscular Body + Short beard with short mustaches + Pant and Shirt without tie
  - Son= Tall + Muscular Body + Clean Shaved Babyish look + Pant and Shirt without tie / Trouser with T-Shirt
  - Mother= Medium heighted + Curved Body + Mature look + Traditional Shalwar Qamees & Dupatta
  - Sister= Medium heighted + Curved Body + Babyish look + Traditional Shalwar Qamees & Dupatta
  - Wife= Medium heighted + Curved Body + Beautified look (with make-up) + Traditional Shalwar Qamees & Dupatta
  - Daughter= Medium heighted + Curved Body + Babyish look + Traditional Shalwar Qamees & Dupatta

**Gender & Feminism**

• Pakistani women perceive feminism in almost the same way as it is understood internationally. They are satisfactorily aware of the dire need to change the culture in their favor and are desirous to be actively involved in the pursuit of development. A rapid and progressive cultural change for women empowerment in Pakistan is forecasted in the coming decade.

• Women are significantly more virtuous than men. In comparison with men; women are significantly more friendly, solemn, likable, sincere, secretive, reliable, theatrical, conscientious, helpful, gentle, tender, warm, soft-spoken, compassionate, understanding, sympathetic, loyal, flatterable affectionate, and yielding. Women do not use harsh language, they love children, they are eager to soothe hurt feelings, and are sensitive to the needs of others. Men, on the other hand, are significantly more independent, athletic, dominant, and aggressive. With regards to values, women have significantly higher levels of wisdom and justice. Based on character strengths, women have significantly higher levels of curiosity, love of learning, social intelligence, leadership, and appreciation of beauty & excellence.
• Pakistani shelter homes for women are unable to restore the mental health of the destitute women. These homes, in fact, are the cause to several psychological problems for their residents.

**Relationships**

• Fathers and mothers both love their unmarried daughters significantly more than the married daughters.

• In contradiction to the Western studies and electronic media, the relationship between mother-in-law and daughter-in-law in Pakistani culture is significantly positive.

**Education**

• Pakistani schools are far behind in achieving the real objectives of education. The schools have no scientific mechanisms to evaluate the learning processes and outcomes.

• Pakistani students opt academic disciplines without measuring their professional aptitudes. The academic disciplines they choose are incompatible with their vocational personalities.

• The level of teacher’s efficacy in Pakistan is just 44.28%. Students consider teacher’s efficacy significantly lower as compared with the perception of teachers.

**Criminality**

• Prisoners have significantly higher levels of criminal tendencies as compared to the general population. Higher criminal tendencies were found in men as compared to women, and in married as compared to unmarried. Respondents who had friendly parents projected significantly lesser criminal tendencies as compared to the ones whose parents were uninvolved or authoritative. Respondents who managed their expenditures difficultly had significantly higher criminal tendencies as compared to the ones who managed their expenditures easily. A significantly positive correlation was found between age and criminal tendencies. Education had a significant inverse
correlation with criminal tendencies.

- Pakistani police were found with severe levels of stress, anxiety, and depression. Female police officers married police officers, urban police officers, junior police officers, and police officers working in sensitive police stations had significantly higher levels of stress, anxiety, and depression as compared to police officers who were male, unmarried, rural, senior, and placed at insensitive police stations.

**Psychosocial Issues**

- **Major psychosocial issues of Pakistan:** Corruption, illiteracy and poverty are the three top-ranked psychosocial stressors in Pakistan; followed by energy crisis, terrorism, unemployment, social injustice, inflation, political instability, dearth of health facilities, crime, gender-based discrimination, population explosion, environmental issues, lack of infrastructure, poor mental health, violation of sovereignty, national integration, child labor, disregard of ethical values, sectarianism, yellow journalism, technological backwardness, misinterpretation of religion, and bad governance.

- **Profanity:** Men and the married in Pakistan use significantly more profane language as compared to women and the singles. People use profane language to gain happiness, to express aggression, to reduce sexual frustration, to take revenge, to seek attention, to seek thrill, to gain emotional satisfaction, to avoid physical fights, to use profanity as a conversational habit, to gain dominance, to reflect emotional immaturity, and to seek power.

- **Joyless Festivals:** Pakistanis enjoy their festivals at a very low degree. The level of joy for Pakistanis during different festivals does not exceed 31 percent. Men are more joyous on Eid-Ul-Fitr and Eid-Ul-Adha as compared to women. Women are more joyous on close-relative’s wedding as compared to men. Youngsters are more joyous on Independence Day as compared with adults. Unmarried are more joyous on friend’s wedding as compared to married.