# Friendship, Perceived Mattering and Wellbeing Among College Students

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# Relationship between Friendship, Perceived Mattering and Wellbeing Among College Students
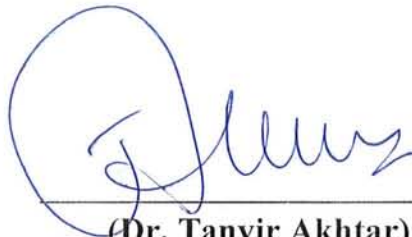
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(Supervisor)

# FRIENDSHIP, PERCEIVED MATTERING AND WELLBEING AMONG COLLEGE STUDENTS

*DEDICATED TO MY FAMILY*

*AND ALL THOSE WHOM*

*I LOVE AND CARE*

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# ACKNOWLEGEMENT

## *In the name of Allah, the most Merciful and Beneficent*

Teaching and Learning is a heavenly practice. I considered myself extremely fortunate that the hand of destiny launched me in to this prophetic field of academics. In total and absolute submission; I bow before Almighty Allah for His infinite blessings that enable me to pursue higher goals in life. Every success in my life comes from Heavens and every achievement I accomplished comes from destiny. I have always received guidance and help when I needed that most. I thank you indeed my lord.

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## Abstract

The aim of the study was to explore the relationship between Friendships Quality, Perceived mattering and well-being among college students. A sample of 400 students was selected belonging to different colleges in Rawalpindi and Islamabad. Sample consists of male and female students. Their ages range from 15 to 25. Friendship Quality Scale (Parker & Asher, 1993), Mattering to others Scale (Marshall, 1998), and Wellbeing Scale (Tennant et al., 2007) were used to measure the research variables. It was hypothesized that friendship quality, will be positively related to perceived mattering and wellbeing. The results indicated that Friendship quality is positively related to perceived mattering and wellbeing. It was also hypothesized that perceived Mattering will be positively related to Well-being. The results show that they are positively related to each other. It was also hypothesized that friendship will mediate the relationship between Perceived Mattering and Wellbeing. Thus the correlations were moderate in strength. The result indicates that the mediation is statistically significant. Furthermore, the study also explored to find out the association of selected correlates of friendship, time spent with friends, no of close friends and demographic variables, differences and other areas of research.

# INTRODUCTION

# Introduction

Friendship is one of the precious relationships that help individuals in everyday life. To live without the experience of companionship is existence without living. Human interaction is a need to survival; however, created friendships are basic to the effective prosperity of anybody. Fellowship is a standout amongst the most valuable endowment of life. A man who has genuine companions in life is sufficiently fortunate. Fellowship makes life exciting. It makes life sweet and wonderful experience. Friendship is in reality, is a benefit throughout everyday life. It can lead us to progress or to fate. Everything relies upon how we pick up our companions.

Genuine friendship is a sentiment of affection, sharing and paying attention. It is an inclination that somebody comprehends and acknowledges you as you seem to be, with no embellishment, false praise and claims. It gives an inclination that you are 'needed' and that you are 'somebody' and not a faceless being in the group. A genuine companion remains by you through various challenges. Genuine friendship knows no limits or outlines of position, doctrine, race and sex.

Friendship is both great and essential. Man can't experience in solitude. He is a social being. He needs somebody to share his delights and distresses. For the most part, it is just the general population of a similar age, character and foundation, mindset, and so on, who can comprehend him\her and comprehend his\her issues. Companions are required for help and for sharing. Companionship is a mixture which is basic for an upbeat life

In like manner Perceived Mattering to others is likewise the essential need that people need to feel critical and meaningful to others. Envision for a minute that you are in a world in which you go by others unnoticed. You can't catch anybody's consideration and are overlooked by surrounding you. Nobody appreciates your exercises, shares your delights, or solaces you in your distresses. Individuals in a delicate situation don't look for counsel or enthusiastic help from you, nor does anybody think about your sentiments. So, you are basically imperceptible. You have any kind of effect in nobody's life. You feel alone in the organization of your family, in your work environment, and in your locale. Presently, disregard this terrifying

picture. Come back to your reality and perceive with extraordinary help that you are to be sure associated with individuals definitively.

Others are typically mindful of your quality and notice when you come or go. They remember you in celebration. Your achievements are a cause of pride to a significant number of them. They will tune in to your issues. They may even feel sufficiently close to you to condemn you for your own particular great. You review that others have swung to you when they want something and confided in you with things that are essential to them. You do have any kind of effect in your general surroundings.

Think well-being and what rings a bell? In case you're anything like a great many people, odds are wellbeing, bliss; joy and maybe even yoga or elective medication are best of the rundown. Loads of individuals likewise portray well-being as an affair – of resting easy or solid, for instance.

While there's no uncertainty feeling upbeat is a part of well-being, there's absolutely more to it. Living as per your qualities and achieving your maximum capacity are key components of well-being. It's likewise feasible to feel a feeling of well-being about a particular occasion and additionally a general feeling of well-being about your life.

The current study aims to explore the relationship between these variables described above. Basically it was to explore the relationship between friendship quality, perceived mattering and well-being among college students. A sample of 400 students was selected belonging to different colleges in Rawalpindi and Islamabad. It includes male and female students. Their ages ranges from 15 to above. The research aims to explore the lives of college students and to see how the study variables are related to their lives. This is a time period in which individual's transit from adolescence to adulthood. The current research would like to study how their friendship relationship aid their wellbeing and self-mattering.

# Literature Review

## Perceived Mattering

Perceived mattering is simply the mental inclination to see the self as important to others (Marshall, 2001). This approval from particular others may arrange people to their social area and encourage a feeling of assurance about their character (Marshall, 2001).

Perceived Mattering is considered as a social measurement of personality, which is apparent from the ideas which are related with connections e.g. closeness or affection. Different terms are related with characteristics of individual connections. Mattering is considered as person's self-translation of their importance or import to particular other (Marshall, 2001; Rosenberg & McCullough, 1981) and in addition social establishments (Elliott, 2009; Rosenberg & McCullough, 1981).

Worldwide importance is given to mattering (Elliott et al., 2004; Marshall & Lambert, 2006; Schieman & Taylor, 2001) or it is directed towards particular individuals, for example, guardians or romantic companions (Mak & Marshall, 2004; Marshall, 2001; Marshall & Lambert, 2006; Pearlin & LeBlanc, 2001; Rosenberg & McCullough, 1981). The setting of cooperation's with particular others demonstrates the advancement of Perceived mattering. Impression of making a Perceived Mattering is contrasted with different people, items, standards, and past encounters (Marshall, 2001). Mattering is a fundamental component of individual modification yet next to no is thought about the developmental cause and psychosocial associates of mattering.

Mattering can be portrayed as how other individuals rely upon us, their advantage and currently thinking about the end result for us (Rosenberg & McCullough, 1981). They characterize mattering as "the feeling that one is the object of others' attention, one is important to others, and others are dependent on us." A feeling of being important and vital to others is arranged as mattering and it is fundamental to general well-being and it can cradle against mental challenges.

To feel vital and important to others is our essential thing need to the degree to which we have any kind of effect in our general surroundings. To whom and to what

degree we see that we matter. The need of Perceived Mattering is certifiably not a decent liven of social living in people rather it is a major part of our self-character. On the off chance that we don't see, accept, or get markers from others that we matter. Outcome we should discover or make approaches to adapt to the acknowledgment that we don't make a difference. Indeed, even negative consideration is desirable over no consideration at all.

### Applied and Measurement Issues

There are two primary estimation issues when considering apparent perceived mattering. The primary concerns the dimensionality of the creation. The second estimation issue is in the case of Perceived Mattering alludes to mattering in a general sense or mattering to particular others.

### Elements of Perceived Mattering

Rosenberg and McCullough (1981) recommended that mattering has four segments: consideration, significance, reliance, and inner self expansion. Since a measure of mattering had not yet been produced, Rosenberg and McCullough utilized intermediary measures of mattering with adolescents' examples. Elliott, Kao, and Grant (2004) built up a 24 thing measure in light of Rosenberg and McCullough's conceptualization of mattering yet overlooked the measurement of sense of self expansion. Elliott et al. named their measurements as mindfulness, significance and dependence. France and Finney (2009; 2010) adjusted Elliott et al. (2005) measure to reflect mattering in a university setting. Notwithstanding, they estimated and affirmed through factor investigation that personality augmentation is to be sure a fourth measurement of mattering These examinations expect that mattering is multidimensional.

### Kinds of Mattering

There are two kinds of mattering. They are named as General Mindfulness and Relational Connections. General mindfulness has been defined in many ways. It is a psychological state of awareness and a practical mode for individuals to be able to process information (Davis, 2011). Many practitioners and researchers have defined the idea of using mindfulness every day in their own way but have equally been able to help others understand it better. It is the first kind of mattering which is an

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expansive sense to society. The second type of mattering is Relational Connections. It is the kind of mattering which refers to particular other individuals

## Classifications of Mattering

*Relationship and Importance*: We matter on the off chance that others are occupied with, worried about, and put resources into us. We matter on the off chance that we are somebody's "inner self augmentation"— in the event that they take pride in our achievements and feel disgrace over our deficiencies. *Mindfulness and Reliance:* We matter on the off chance that others perceive, recognize, and focus on us. Negative consideration is superior to no consideration by any means. We matter on the off chance that others rely upon us for assets for their requirements or needs. *Natural Mattering:* When others take care of, think about, or depend on us as an end unto itself—not as a way to pick up something for them. Case of deception (Moberg, 2007).

## Theoretical Framework

## Theory of Mattering

Perceived mattering as a piece of self-idea is molded inside a social setting. Marshall (2001) sets that apparent perceived mattering is translated through the consideration got from others and the understanding of this consideration. Social learning and social standards impact the practices we take care of, and in addition our understanding of these practices (Elliott, 2009). Judgment relies on social correlation; that is, contrasting how much consideration someone else provides for different questions or individuals, social standards, and past encounters (Mak & Marshall, 2004). Mak and Marshall exhibited the relationship between social correlation and mattering in their examination. The composers estimated the nature of choices, or the consideration that members got from sources other than the referent (for this situation, the romantic companions).

They found that nature of options was adversely connected with mattering. Accordingly, individuals look at the measure of consideration they get from their companions to consideration from different sources and after that make inductions with reference to the amount they matter to their companions. Perceived mattering is likewise made desirable by part taking or the capacity to consider ourselves to be the

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means by which we think alternate sees us, otherwise called the mirror self (Cooley, 1956).

The mirror self includes seeing the self as it might appear to others, envisioning judgments or evaluations from the other's point of view and shaping a passionate reaction, for example, pride or disgrace (Tice & Wallace, 2003). The self-idea creates through a dynamic interchange of individual qualities, self-perspectives, and social connections. Along these lines, the degree to which we believe we matter to others relies upon the boosts we get, yet additionally all alone intellectual handling of this data. Perceived mattering is, in this manner, subject to the marvel of self-check (Swann Jr., Stein-Seroussi, & Giesler, 1992).

Self-confirmation is the way to specifically take care of data, encode and recover data, and translate jolts in a way that affirms self-sees (Swann Jr., Rentfrow, & Guinn, 2003). To put it plainly, mattering is produced through the persuasion amongst relational and intrapersonal forms, which is best summed up in Mak and Marshall's (2004) display. Going to practices of particular others happen at the relational level. These going to practices are prepared intrapersonal through specific consideration, task of significance, examination, part taking, and self-attribution. This association amongst relational and intrapersonal forms shapes an input circle. A feeling of mattering might be interpreted from relational communications. In the meantime, one may as of now have a feeling of mattering which impacts thoughtfulness regarding and translation of jolts.

**Mattering and social connections.** Mattering suggests that individuals are associated with others, as well as that they feel that they are essential to others. We in this conceptualize mattering in the more extensive feeling of a man's apparent social commitment, as opposed to relational mattering which attributes to mattering to particular people (Jung, 2015). Not the same as confidence and authority, mattering expressly attributes to the self-idea inside the social setting (Jung, 2015) and subsequently speaks to the interactional part of one's self-idea, that is, the piece of the self that is created in collaboration with others (Flum, 2015; Schultheiss, 2007).

As indicated by Schultheiss, (2007), mattering gives a feeling of social significance (i.e., one's importance to others) and relatedness (i.e., how much one matters in the relational world). To differentiate, without an emotional sentiment of

mattering might be related with sentiments of being imperceptible, fringe to one's social setting, not perceived, and not approved (Flum, 2015; Schultheiss, 2007). Therefore, mattering is speculated to add to emotional well-being crosswise over different life stages (Fazio, 2010; Pearlin & LeBlanc, 2001). Actually, Marshall (2001) and Fazio (2010) have contended that the view of mattering to others constitutes a vital part of the self-idea, which attributes to the totality of a person's sentiments and attention towards him-or herself as an item of reflection (Owens, Robinson, & Smith-Lovin, 2010).

In their asset based unique model of retirement modification, Wang et al. (2011) portrayed social assets as one of the imperative factors that add to abstract well-being at retirement; including retirees' spousal status, companion's working status, spousal quality, the social connections got from postretirement humanitarian effort and scaffold business (Wang et al., 2011), and interpersonal organization and social help (Wang & Shi, 2014). While social assets were found to speak to a vital factor identified with well-being in maturity (Dumitrache, Windle, & Herrera, 2015), few investigations have been led to look at the effect of social communications regarding got and offered help on the general procedure of retirement (e.g., Chen & Feeley, 2014). Such scanty research is astonishing given the generally perceived positive impact of social help on enthusiastic, social, and physical well-being over the life expectancy (Harel, Shechtman, & Cutrona, 2011) and its distinguishing proof as an indicator of fruitful maturing (Tovel & Carmel, 2014).

**Well-being**

All individuals wish to live in peace and bliss. The sentiment of joy fulfillment emotionally experienced by people has been named as well-being (Okun & Stock, 1987). A couple of different terms like, personal satisfaction, emotional wellness and life fulfillment have been utilized as equivalent words of well-being. In recent years, there has been worldwide enthusiasm for the investigation of well-being and personal satisfaction. This full of feeling response of fulfillment isn't really identified with material pick up or the target states of life.

One might be disappointed with his life disregarding having a lot of riches and family wealth. Mental or emotional well-being is progressively an issue of our approach and way to deal with life circumstances has indicated how psychological

procedures, for example, ambition, social correlation and adjustment level are identified with it.

The idea of fitness or wellbeing at first developed in the training of wellbeing and it was utilized synonymous with refreshment. The World Health Organization (WHO) characterized wellbeing as, a positive condition of physical, mental and social well-being not only the nonattendance of ailment or, illness (WHO, 1958).

Sociologists, clinicians and other social researchers utilize diverse terms for well-being and characterize the idea from their own particular perspective. Well-being was characterized as an absence of ailment by Kasl, Chisholm, and Eskenazi (1981) and Sclar (1980). Bradbury (1969) considered it as harmony between positive effect (PA) and negative impact (NA).

As indicated by Zautra and Reich (1983), well-being is one's great characteristics of life. Schlosser (1990) considered wellbeing as, an evaluation of the status of one's working and result along a few definite yet interreiated measurements including worldwide, mental and physical energetic effect. He additionally says that operationally, well-being intends to dwell entirely in the positive area of well-being markers.

Okun, Olding, and Cohn (1990) calls well-being as, a unique, superordinate develop involving the emotional responses of people to their background along a constructive adverse continuum.

Andrew and Withy (1976) depicted three general segments of well-being (1) life fulfillment judgments; (2) positive effect and (3) negative effect. There is a general agreement among specialists about these three approaches however related segments of well-being; (e.g., Andrew & Withey, 1976; Bryant & veroff, 1982; Chamberlain, 1988; Diener, 1984; Emmons, 1986). Andrews and Robinson (1991) named well-being as, a state of mind towards one's self and life.

Life fulfillment is seen as key pointers of well-being by numerous clinicians and sociologists (e.g. Ryff & Keyes, 1995). Brief et al. (1993) found that the individuals who got higher scores on negative effect (low well-being) will probably encounter trouble, and disappointment after some time and over the circumstances, as they were more thoughtful and welled more on their disappointment and weakness;

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tend to center around negative side of the world when all is said is done, and in this manner had a less ideal one's self and were less happy with themselves and with their lives. (Brief, 1993)

Well-being is a multifaceted build and it includes a wide assortment of mental spaces. So it is isolated into a few sorts however the fundamental one is given.

## Kinds of Well-Being

**Mental well-being.** Three measurements of mental well-being are as follows:

1. **State of psyche.** How fulfilled an individual feels about his or her perspective.
2. **Resilience.** The capacity to 'bounce back' from mishaps or issues.
3. **Confident level.** The degree to which somebody feels settled or stressed (Williams & Cooper, 1998).
4. **Physical well-being.** Two measurements of physical well-being are as per the following:
5. **Physical indications.** How peaceful a man feels as far as physical strain or other awkward sensations?
6. **Behavioral indications.** The measure of vitality and essentialness somebody has before he or she understands drained and worn (Williams & Cooper, 1998).

## Theoretical Framework

Numerous hypotheses of joy (prompting well-being) have been proposed, these speculations can be classified in to three gatherings:

## Need and Goal Satisfaction Theories

These speculations focus on the possibility that the lessening of strain i.e., the end of discomfort and the fulfillment of natural and mental needs prompt joy. Objective scholars contend that individual achieve abstract well-being when they push toward a perfect state or achieve an esteemed point (Akhtar, 2002).

## Process or Activity Theories

The general population was most joyful on days when they occupied with exercises for characteristic reasons (due to the fun and pleasure).

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## Hereditary and Personality Predisposition Theories

As indicated by these theories, there is a component of steadiness in individuals' level of well-being that can't be clarified by the dependability in the state of individuals' lives. These theories contend that abstract, well-being is emphatically affected by stable identity aura. One explanation behind the balance and consistency of abstract well-being is that there is a generous hereditary qualities part to it; to some degree individuals are conceived inclined to be cheerful or troubled. Certain psychological manners, for example, trust, dispositional positive thinking, and hope for control seem to impact emotional well-being (Akhtar, 2002).

## Applied Models of Well-Being

**Two-domain model.** Bradbury (1969) exhibited two domain model of well-being in which he clarified that positive effect (PA) and negative effect (NA) are symmetrical measurements, each with one of a kind corresponds and each adding to well-being e.g. NA is found to identify with undesirable occasions and wellbeing accuse, while PA is found to identify with lovely occasions. Diner and his associates Larson, Levine, and Emmons (1985) introduced a hypothetical model of well-being. In any case, Diner (1985) give priority to positive and negative effect as segments of well-being are not autonomous at specific minutes in time.

Each sort of effect obviously overcomes others. The two sorts of effects are not autonomous even in term of their recurrence of event. Clearly, the more a man feels constructive or pessimistic effect, the less the individual will feel the other. Feeling of satisfaction (positive effect) apparently implies concealment of sorrow (negative effect) around then of experience. Ryan and Traverse (1983) show that ailment and health are not the contrary shafts, but rather have a place with one continuum. Overwhelming qualities and indications of one post smother the opposite side. Physical, mental and social well-being was considered as health in this model. Yet, Diener, Emmons, Larsen, and Griffin (1985) clarify that positive and negative effect as segments of well-being are not autonomous at specific developments in time even as far as their recurrence of event.

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## A Multidimensional Model

The multidimensional model clarifies five particular segments of positive mental working:

1. Self-acknowledgment. The positive assessment of oneself and one's past life.
2. Purpose throughout everyday life. That conviction such one's reality is intentional and important.
3. Positive relations with others. The belonging of value relations with others.
4. Environmental authority. The ability to oversee successfully one's life and encompassing world.
5. Autonomy. The feeling of self-assurance.

The conclusion drawn by Ryff and Keyes (1995) is that well-being is a multifaceted build which envelops positive self-respect dominance of the encompassing condition, quality connection with other, proceeded with development and advancements, intentional living, and the limit with regards to self-assurance.

## Casual Models of Well-Being

Casual model for well-being can be recognized as far as whether they center around a base of versus a best down way to deal with joy (Brief, Butcher, George & Links, 1993).

**Bottom-Up Model.** This model proposes that joy is gotten from summation of pleasurable and unpleasureable minutes or experience. It keeps up that by basically summing up well-being specifically spaces, for example, marriage, work and family, individuals built up a general feeling of abstract well-being. As such fulfillment and joy comes about because of having numerous particular snapshots of joy throughout everyday life. An essential fundamental of this position is that experience is composed on the clear slate of our brains. Rationally, this model is taken from the Lockean idea that nothing is in the brain aside from what was first in the faculties. In the bottom up review, target life conditions ought to be the essential indicators of one's level of generally speaking joy.

**Top-Down Model.** The top down view is absolutely, different from Bottom-up view, accept that individuals have an inclination to clarify educational encounters

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in either positive or negative ways, or this inclination thus directs one's assessment of fulfillment in particular spaces. Experience isn't so much impartially great or terrible yet rather is explains that way. Insightfully, this model is Kantian, in that Kant (1958) holds the view that the mind is a functioning mediator and coordinator of tangible encounters and that information could be "authentic" instead of just observational. The brain does not just acknowledge approaching sensations, but instead channels and chooses just those vibes that are compatible with one's convictions and approaches. From a top down viewpoint our emotional understanding of occasions, instead of targets conditions themselves, ought to be the essential impact on well-being. Costa, McCrae, and Norris (1981) said that 'notwithstanding conditions, a few people appear to be cheerful, while a few people are sad.

Rise of these models started the examination work to acquire the confirmation that what really fulfills a man? Which display is the best fit? Schroeder and Costa (1984) asserted that the top down model clarifies well-being exceptionally, though numerous others like Maddi, Bartone, and Puccetti (1987) affirmed the bottom up speculation. Many other did not gave the inclination to one model over the other, yet they attempted to coordinate both the methodologies (e.g., Argyle, 1987; Brief et al., 1993; Diener, 1984; Wilson, 1967).

Coordinated model purposes the worldwide highlights of identity and a person's target life occasions impact the manner by which the individual translates the condition of his or her life, and these clarifications, thus, specifically impact emotional well-being. Feist, Bonder, Jacobs, Miles, and Tan (1995) directed a longitudinal report more than multi months' time frames (following one every month) with 160 subjects keeping in mind the end goal to look at Top-down and Bottom-up models of well-being. Latent factors of well-being were physical health, day by day bothers, world suspicions, and productive reasoning. Result indicated use of both bottom up and top-down models, and demonstrated that identity and in addition target life occasions impact the method for one's perceptions.

## Friendship

Friendship is a relationship which can't be constrained on individuals; it is a proceeding with human relationship secretly arranged and eagerly created (Rawlins, 1992). Something else is that the companionships is expressible component,

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Fellowships is much essential for development of the young people and furthermore for the great fitness and welfare from early ages through the late years (Gouldner & Strong, 1987).

Youniss and Smollar (1985) characterize that friendship depends on the future arranging among at least more than two people. Friendships typically made through close, day by day routine connection. Individuals who constantly attempted and uncommonly search for the organization of each other are genuine companions. More than this they need closeness when they don't have some other solid relationship in solid social setups (Hartup, 1996). Companionship is a relationship including deliberate or free relations like everybody is available to make and have friendships and in which companion's associates to each other personally (Wright, 1984).

Friendship is a deliberate connection between two people every once in a while and that depends on society's sentiments of feelings and points of the colleagues, and may include diverse changes and furthermore the time, organization, closeness, fondness, and common help with companions (Hays, 1988).

Social and conduct researchers had little worries to companionship prior in late 1960s and from this time friendship is a standout amongst the most widely recognized and vital subject of dialogs. Fellowships examines have a great deal of data in itself which is essential for scientists from numerous fields inside brain science and furthermore in human science, mass and interchanges, sexual orientation, social work, family studies and psychiatry. It is likewise overall marvel for scientists from a wide range of regions of the world and these individuals are contributing a considerable measure to this field. Numerous educated people are currently taking a look at their work on friendship. Numerous social specialists are normal, particularly regarding friendships studies and furthermore of kids' friendships (Fonzi, Schneider, Franca, & Giovanna, 1997).

Friendship is a particularly individual relationship that is grounded in a worry with respect to every companion for the welfare of the other, for the other's purpose, and that includes some level of closeness. In that capacity, friendship is without a doubt vital to our lives, to a limited extent in light of the fact that the exceptional concern we have for our companions must include a place inside a more extensive

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arrangement of concerns, including moral concerns, and to a limited extent on the grounds that our companions can help shape our identity as people.

## Nature of Friendship

Friendship basically includes a specific sort of worry for your companion, a worry which may sensibly be comprehended as a sort of affection.

In philosophical discourses of companionship, usually to take after (Aristotle, 1988) in recognizing three sorts of fellowship: friendships of delight, of utility, and of excellence. In spite of the fact that it is somewhat indistinct how to comprehend these qualifications, the essential thought is by all accounts that delight, utility, and integrity are the reasons we have in these different sorts of connections for cherishing our companion. That is, I may love my companion in view of the delight I escape her, or in light of the manners by which she is valuable to me, or on the grounds that I discover her to have a temperate character. Given the contribution of affection for each situation, every one of the three sorts of fellowship appears to include a worry for your companion for his purpose and not for your own.

**Mutual Caring.** A fundamental state of friendship, as indicated by pretty much every view (Annas, 1988, 1977; Annis, 1987; Badhwar, 1987; Cocking & Kennett, 1998; Friedman, 1993, 1989; Hoffman, 1997; Millgram, 1987; Sherman, 1987; Telfer, 1970, 71; Thomas, 1987, 1989, 1993; White, 1999a, 1999b, 2001; Whiting, 1991) is that the companions each think about the other, and do as such for her purpose; as a result, this is to state that each companions should have affection to each other. Although numerous records of companionship don't break down such mutual caring any further, among those that do there is impressive inconstancy regarding how we ought to comprehend the sort of caring engaged with fellowship. In any case, there is far reaching understanding that administering to his purpose includes both sensitivity and activity for the companion's sake. That is, companions must be moved by the end result for their companions to feel the fitting feelings: happiness in their companions' achievement, dissatisfaction and frustration in their companions' disappointments (rather than disillusionment in the companions themselves), and so forth. In addition, to some degree as an outflow of their looking after each other, companions should regularly be arranged to advance the others beneficial for her purpose and not out of any ulterior intention (Velleman, 1999).

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A companion is a man equipped for adoring independent of whether he is being cherished or not. Fellowship can exist between a similar sex: man-man, lady, or inverse sex: man-lady. It rises above age and could subsist between even an old man and a little kid. Individuals additionally build up friendships with their pet creatures, for example, cats, puppies, ponies, birds and parrots. Friendships can likewise be felt in familial connections amongst father and child, mother and little girl, a couple, sibling and sister, senior sibling and more youthful sibling. It is suggested, at that point, that companionship is opportunity in addition to fairness.

It includes decision and volition. The idea of companionship needs investigation on the grounds that frequently a man is known by the organization he stays with; knowing the association one to know oneself and build up his identity minus all potential limitations. Every one of our companions reflects a rejected or recognized attribute in us (Ravichandran, 2006).

They happen to be our companions since it is we in various structures, and brought together vision of them constitutes to the similarity of our personality. For the most part, fellowship exists for three reasons: a) integrity b) value and c) delight. At the point when ideals are the reason, companionship exists for friendship; where both like each other and love each other for some noteworthy qualities in the other's identity (Ravichandran, 1999).

Karbo (2006) announced that years back analysts led an investigation in which they took after the friendships in a solitary two-story loft building. Individuals had a tendency to be companions with the neighbors on their particular floors, despite the fact that those on the ground floor close to the post boxes and the stairway had companions on the two stories. Friendship was most outlandish between somebody on the main floor and somebody on the second. As the examination recommends, companions are frequently the individuals who encounter normality; our companions have a tendency to be colleagues, schoolmates, and individuals we keep running into at the gymnasium. Once a fellowship is set up through self-revelation and correspondence, the paste that ties is closeness.

As per Fehr's examination, individuals in effective same-sex companionships appear to have a very much created, natural comprehension of the give and take of closeness. "The individuals who recognize what to state because of someone else's

self-exposure will probably create fulfilling friendships," she says. Powerful helpings of passionate expressiveness and unrestricted help are fixing here, trailed by acknowledgment, devotion, and trust. Our companions are there for us through various challenges, yet once in a while go too far. When somebody encapsulates the standards instinctually their fellowships are ample undoubtedly.

**Closeness.** The relationship of friendship varies from other relational connections, even those portrayed by mutual caring, for example, connections among partners: fellowships are, instinctively, "more profound," more private connections. The inquiry confronting any philosophical record is the means by which that trademark closeness of fellowship is to be comprehended. To start, Thomas (1987; 1989; 1993; 2013) claims that we ought to comprehend what is here called the closeness of friendship as far as shared self-revelation.

**Shared movement.** A last repeating theme in philosophical records of fellowship is shared movement. The foundation instinct is this: never to impart movement to somebody and along these lines to associate with him isn't to have the sort of association with him that could be called companionship, regardless of whether you each administer to the next for his purpose. Or maybe, companions participate in joint interests, to a limited extent inspired by the fellowship itself. These joint interests can incorporate not just such things as making something together, playing together, and talking together, yet additionally interests that basically include shared encounters, for example, setting off to the musical drama together.

This brings up the accompanying issues: in what sense can such movement be said to be "shared," and what is it about fellowship that makes shared action so key to it? The basic response to this second inquiry (which helps bind a response to the first) is that common movement is vital in light of the fact that companions typically have shared interests as a piece of the closeness that is normal for fellowship in that capacity, and the "mutual" quest for such shared interests is in this way a vital piece of friendship. Subsequently, the record of shared movement inside a specific theory should depend in any event to a limited extent on that theory comprehension of the sort of closeness significant to friendship.

What's more, this by and large is by all accounts the case: for instance, Thomas (1987, 1989, 1993, 2013), who contends for a fragile origination of closeness

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regarding common self-exposure, has little place for shared movement in his record of friendship, while Sherman (1987), who contends for a solid origination of closeness as far as shared qualities, consideration, and thought, gives inside companionship a focal place not simply to confined shared exercises but rather, more altogether, to a mutual life.

Helm (2008) builds up a record of shared movement and shared esteeming in any event somewhat with an eye to understanding friendship. He contends that the sense in which companions share action isn't the kind of shared goal and plural subject hood examined in writing on shared aim inside social reasoning (Bratman, 1999; Gilbert, 1996, 2000, 2006; ; Searle, 1990; Tuomela, 1995, 2007), for such sharing of expectations does not include the essential closeness of fellowship. Or maybe, the closeness of friendship ought to be seen mostly regarding the companions shaping a gathering of individuals who have joint considerations—a joint evaluative point of view—which he breaks down essentially as far as an example of relationally associated feelings, wants, judgments, and (shared) activities.

**Qualities of Friendship**

As indicated by Brown (2004) young people invest a considerable measure of their energy with their associates and in mid of their ages and furthermore in later immaturity, and it is being watched that youths invest all the sparer time with dear companions contrasted with some other relationship. The developing noteworthiness of friendship closeness for young people well-being is said to be a consequence of expanding desire of teenagers to invest energy with their companions (Sullivan, 1953).

Companionships would much be able to clarify by positive and reasonable treatment and fairness (Laursen, 1995). Companionships are portrayed by specific characteristics characterized as takes after:

Dedication. It is the principal attributes of cozy relationship and that is honesty or devotion. It attributes to that how much a man is loyal in his or her relationship and his or her companions can depend on that individual who is companion. This connection isn't destructive for any companion.

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Respect. It is second imperative aspects for friendship. To manage someone else implies that as a man not ridiculing their identity, sentiments and understanding. To regard another person implies that a man is vital in the public eye.

Integrity. It is third quality of good connections. As it is said that companionship or some other cozy connections one is continually serving you, however this thing is still a little perfect these days. Intimate romance is really clear and remaining in the fellowship and not damaging the relationship by lying and deceiving deliberately. In the event that you are completing a slip-up, genuineness has a place to inquire as to whether they are fooling up things.

Edification. It attributes to learning is the fourth vital issue of friendship enlightenment which specify to learning or educating. The genuine friendship is tied in with working up your buddy not tearing them down. Enlightenment is tied in with helping someone else turn into as well as can be expected be. As indicated by which, you should talk positive words that lift them. Any essential feedback ought to be productive in nature.

Nearness. It is another nature of a decent companionship. To be close intends to be available in the other individual's life. This demonstrates the accessibility of a man in any relationship and to spend a considerable measure of good measure of time with their companions.

Durability. It is the 6th essential factor of friendship is that genuine fellowship is durable. What's more, toughness of friendship relies upon how a man is managing his or her companions in a positive way.

Sacrificial. As the name shows to be sacrificial attributes to be so kind and thoughtful with your companions. It likewise intends to incline toward the preferences of your companion and furthermore favor their conclusion upon your desires. Companions who are having solid associations with different companions regularly sacrifice for their companions' desires are image of good and solid positive connections.

Humor. It is an eighth essential factor of friendship. Typically, excessively genuine individuals don't have a great deal of companions. Genuine fellowship incorporates chuckling and the capacity to giggle at once possesses self.

Inspirational. It introduces to as; companionship inspires two individuals to do any movement. It energizes the individual and gives the chances to learn numerous things and to play out certain great exercises throughout their life.

Personal. The last essential thing for good relationship, of a genuine fellowship is close to home. It incorporates the sharing of nearly everything with your companion. To be close to home with one's companion demonstrates their solid association with them.

## Kinds of Friendships

Guardians ordinarily talk about the significance of being cautious with the choice of companions with their kids. A few guardians go much further to caution their kids that some 'purported companions' aren't generally who they claim to be. This last direction is something that is regularly adapted past the point of no return in the wake of anticipating that a companion should be accessible (e.g., physically, inwardly, profoundly) in a desperate hour. It's now that people can be looked with the truth that their desires won't be met (Young, 2015).

People inside somebody's social circle aren't generally companions, yet are normally an Acquaintance or Associate. There is acquaintance with somebody, however there is anything but an individual relationship. Unfriendly companions can be delegated an/an Appendage, well-disposed in light of the fact that there's plausibility that a person's well-being will encourage them. Restrictiveness is a necessity put on a relationship that is reliant on a specific need being met. Fakeness gives the impression of being a companion; however, isn't somebody who can be trusted. Evaluative decides the noteworthiness of a relationship in view of the last things gave or done. Reasonable Weather vanishes during a desperate hour, however will return once an awful time or circumstance passes.

Bloodsucker depletes a person of their vitality, substance, or wants to advance. Infrequent, well-disposed during specific circumstances, yet all of a sudden quits being affectionate with no reason or notice. At a later time, the individual will be affectionate (once more) on their terms. Negative views about themselves as a companion however is constantly skeptical about things identified with the fellowship or the things that their companion does. Hesitant returns and-forward on their

assumptions, support, help, and so forth. Situational an individual all of a sudden turns out to be inviting once a specific occasion happens that there may be an individual advantage. Angry is Jealous of somebody's achievements to make or genuine progress. Harmful gives an impression of offering help, yet effectively attempts to undermine their achievements. Positive companions can be arranged as a Cheer pioneer gives guide moral help to somebody's work and exercises.

Strategist helps with creating, thoroughly consider, and accomplish an objective. These classifications and arrangements are imperative to see; in any case, the sort of companion that is favored is a True Friend is somebody who doesn't put a characterization, condition, esteem, or constraint in a relationship; somebody who will give enthusiastic help and will likewise remain companions during great and terrible circumstances without exemptions.

The classifications and groupings gave are halfway arrangements of the different sorts of good and flawed companions, separately. A friendship ought to be founded on shared convictions, states of mind, wants, and now and then future objectives that won't effectively be affected by specific minutes, circumstances, or conditions.

**Theoretical Framework**

Speculations serve a few capacities. They give a vantage point to figuring out what parts of a circumstance are applicable and imperative to consider. They contain design that benefit us mark and order aspect. They show how marvel is interrelated. Theories propose questions worth exploring. As confirmation manufactures, theories can condense a huge number of perceptions and realities into a couple of speculations. Speculations assist us with understanding and clarify. As important conditions change, speculations give rules regarding maybe how expectation likewise ought to be adjusted. At long last, for both advisor and lay people, theories can give an imperative premise to defining procedures for advancing our well-being (Perlman & Fehr, 2016).

**Rationalistic Theory of Friendships**

Rawlins (1992) contends that companionships, at any phase throughout everyday life, speak to an intricate arrangement of difficulties emerging from argumentative inconsistencies intrinsic in the simple idea of being companions. The

theory tries to recognize these logical inconsistencies to acknowledge and comprehend the mind complicated nature of friendships.

Rawlins (1992) contends that friendship involves a peripheral position in American culture since it is not the same as all other socially and formally settled kinds of connections. It's anything but an authentic blood relationship, for example, family, nor is it characterized by monetary contracts as are work and expert connections. It does not have the legitimate and religious privileges of marriage, and is viewed as not quite the same as the more possessive and sexual nature of sentimental love. Fundamentally, companionship has no reasonable, formalized open status in the public arena, in spite of the fact that as a general rule it might frequently contend with, supplement, or converge with the various kinds of social securities. Thus, Rawlins (1992) contends that companionship is an "organized non-foundation" (p. 9).

As opposed to companionship's vagrant position in the public arena is its ethical character as a social bond. The rights and commitments of friendship can rise above all formally standardized parts, and it overruns the bigger social request by satisfying both individual and social capacities. Rawlins (1992) distinguishes two general classes of logic that happen in companionships: (1) relevant and (2) interactional. Logical arguments portray the place of companionship in the more extensive setting of society, and interactional persuasions manage the ambiguities of regular correspondence in any friendship.

**Contextual theory of Friendships.** Logical rationalizations distinguish social and societal originations that edge and invade connection inside particular fellowships. Rawlins (1992) contends that any meaning of companionship must intervene two contextual dialectics: (1) the argument of the private and people in general, and (2) the rationalization of the perfect and the genuine. Friendship is by definition is private. It is something that is worked out between two individuals and can't be constrained upon anybody. In any case, there are solid societal and social desires in the matter of what a companionship is and implies, and the theory contends there is a rationalization between what society says a friendship ought to be (the general population) and how two companions really see their fellowship (the private).The persuasion of the private and the general population includes speaking to

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one's friendship to the general public everywhere in a socially satisfactory way; Every individual plays various distinctive parts relying upon circumstances and settings, and what might be proper in a private setting might be disliked in broad daylight, and the other way around.

The rationalization of the perfect and the genuine tends to how companions manage the strain between the social standards and desires related with fellowship, and the real idea of their relationship. Rawlins (1992) contends that admired pictures of fellowship create in the general population area and consequently shape a clear thought of what constitutes a perfect companionship. He contends that a perfect friendship in American culture is an intentional, individual, break even with, and shared relationship that incorporates full of feeling ties, anyway recognized from the sexual and possessive suggestions of a sentimental relationship.

The degree, to which the above mix of characteristics is feasible, supported or really rehearsed by companions as a general rule relies upon their social conditions. With parallels to Plato's purposeful allegory of the cave, Rawlins (1992) contends that despite the fact that companionship holds on as a persevering social perfect, its optimal shape is much of the time experienced as a tricky individual reality. Since the beliefs of companionship are seen as feasible, yet not institutionally secured, trying to a perfect friendship involves a progressing challenge for people crosswise over continually changing individual and social conditions. To convolute issues further, measures taken to save certain prized parts of a companionship may subvert other treasured qualities.

For instance, a man may intentionally and deliberately break the code of trustworthiness between companions to ensure the other's affectability around an issue. Normally, the simple reality that such assurance is vital recommends that the beliefs are invented measures in any case. The phrasing of friendships can rotate amongst moral and strategic implications. Due to the hopeful undertones of friendships in American culture, talking about somebody as a companion draws on appreciated explicit thoughts. Accordingly, the term fellowship may likewise be utilized intentionally in light of a legitimate concern for controlling social circumstances.

In that capacity, the changing practices of, and references to, friendship both oversee and recover the strains between its optimal and genuine structures. In outline, companions may try to impart in ways that adjust to what society sees as adequate open conduct, and to the beliefs of fellowship in their time or social conditions, however in doing as such they make, and are compelled to oversee, logical inconsistencies between general society and the private, and the perfect and the genuine.

**Interactional persuasions.** Interactional logic addresses the ambiguities of ordinary correspondence in any companionship. Rawlins (1992) contends that companionships are conceivably full of doubt, both in the companions' struggle to translate each other's words and activities, and the importance allocated to their conduct by outsiders or potentially society at large. Along these lines, companions are continually looked with the test of carrying on and clarifying practices in a way that jam a presumption of good expectations. In those capacity, interactional arguments incorporate every one of the contentions that companions continue and figure out how to maintain their friendship

Recognizing correspondence as the methods by which interactional arguments are dealt with, the theory traces four standards: (1) the rationalization of the opportunity to be autonomous and the flexibility to be free, (2) the logic of affection and instrumentality, (3) the persuasion of judgment and acknowledgment, and (4) the logic of expressiveness and defense.

In framing a friendship, every individual allows the other a couple of conflicting privileges. The opportunity to be autonomous is the freedom to seek after one's life and interests without obstruction from the companion. Then again, the flexibility to be reliant is the benefit to depend on a companion for help or help in the midst of need. Here and there these interests might strife. For instance, in the event that one companion has made arrangements when the other need assistance the choices impact.

Additionally, any broad unbalance between the independency/reliance needs of companions is probably going to make struggle, for example, one companion's habit to intervene or request support more than the other companion can appreciate.

The persuasion of warmth and instrumentality portrays the pressure between observing a companion as an end in itself or as a way to another end.

With clear connects to Aristotle's companionships of integrity, the theory contends that warmth is related with 'genuine' friendship, while instrumentality has a tendency to mean 'false' ones. All things considered, this argument may make individuals to think twice over approaching a companion for some help, since they would prefer not to be seen as 'utilizing' the companion. In any case, a variety of logical inconsistencies works in this continuum amongst friendship and instrumentality. Love might be conveyed both deliberately and unexpectedly to get showcases of caring or instrumental guide.

Then again, companions may help companions unselfishly to get warmth or get instrumental increases. All things considered, presentations of liberality versus correspondence and immediacy versus commitments might be contrastingly translated and shape the attributes of a fellowship. The logic of judgment and acknowledgment clarifies how companions assess each other and how this is communicated. The rationalistic connection amongst judgment and acknowledgment is mediated by how much companions are seen to think about each other. The theory contends that companions will generally not blame each other's imperfections since they mind enough to dismiss or even acknowledge them. In different cases, companions may blame each other's activities, thoughts or emotions, anyway dodging between being judgmental and tolerating each different as they seem to be

Clashes happen when there is an absence of clarity or contradiction about the wellspring of evaluative norms for blaming companions, and how or whether any types of feedback, positive or negative, ought to be conveyed. The logic amongst expressiveness and defense is from numerous points of view a conflict amongst inclination and system, and genuineness and expository adjustment, in that it tends to the contention between being straightforward and abstaining from offending a friend.

Rawlins (1992) contends that while companions hold onto genuineness as integrity, they likewise create defensive methodologies to abstain from harming each other. He contends that trust creates inside fellowships to the degree that the rationalization of expressiveness and defense is suitably overseen. Companions need to trust in the genuineness of each other's comments, while in the meantime trust each

other not to be terrible with touchy remarks about something that exclusive they, as dear companions, would know.

In outline, the nature of companionship speaks to a complicated relationship in which logical and interactional arguments join in various and regularly uncertain ways. The general visibility of fellowship is weighed down with standards, while the private facts are administered by genuine relations consulted by the companions themselves. In that capacity, companions make and oversee inconsistencies and clashes established in parts, thoughts of ideality, conditions, affections, acknowledgment, and expressiveness. The persuasive theory of companionship expects to examine and clarify the idea of fellowship by misrepresenting the clearness of the logic confronting companions.

Since the argumentative theory of fellowship clarifies how companionships are made and kept up by how companions see themselves and each other for the duration of the existence course, it speaks to an interpretive way to deal with dissecting correspondence seeing someone. It contends that the societal thought of companionship is a social build of the abstract encounters of its individuals, and instead of trying to set up a target meaning of what is a fellowship, the theory looks at how importance is made among companions.

All things considered, the theory isn't worried about how to gauge companionship marvels, yet rather with what these wonders mean. Subsequently, the substances and attributes of fellowship is anything but a substantial element outside to people, yet rather what the people make of it, i.e. their clarification (Putnam, 1982).

It is appealing to take note of how the theory recognizes rationalizations between social substances on a large scale level (society) versus on a small scale level (singular fellowships). While setting up that the thought of a perfect companionship on a societal level is a develop of the emotional encounters of its individuals, it is captivating, and seemingly deceptive, that this aggregate idea of reality may not be reflected by the facts of genuine fellowships, and may even be wellspring of conflict.

In outline, Rawlins' (1992) theory is interpretive in light of the fact that it centers around the emotional logical and interactional implications appointed out by

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companions as means understanding the idea of fellowship as a result of two companions inside the setting of society.

**Hypothetical Justification**

An exploration was intended to analyze the part of Perceived Mattering to anticipate scholarly worry among students that how lower or higher mattering consequences for scholastic pressure. Lower mattering anticipated higher scholarly pressure and higher mattering anticipated lower scholastic pressure. It demonstrates that people lower or higher mattering towards others have awesome effect on scholastic pressure (Tovar et al., 2009).

Another examination demonstrates that there is a Correlational connection between social/contribution and mattering. It demonstrates that social connection correlates with mattering to others (Schiman & Taylor, 2001).

Friendships have positive association with psychological well-being yet have contrasts as indicated by gender. Friendship incorporates gender differences. Friendships shifts as per gender differences (Almquist et al., 2014).

Friendship quality mediated the relationship amongst mattering and joy yet companionship bliss connection may be diverse in various societies (Özen & Doğan, 2012). Mattering has positive association with self-concept. Our self-concept has incredible effect of mattering to others people whether they matter to others or not. (Elliott et al., 2014). As per an investigation friendship quality has principle effect on peer exploitation lists (Landfield & Kristin, 2006).

The nature of conflict friendship, and psychological well-being; a social help fully mediated the connection amongst companionship and psychological well-being; and social support companions completely mediated the connection between security (friendship quality subscale) and psychological well-being (Bakalım, Taşdelen, & Karçka, 2016).

Doğan and Yıldırım, (2006) found a positive and significant connection between psychological well-being and friendship of university students. Thus, elevated amounts of friendship quality have been connected to positive psychological outcomes. Especially in times of progress like youth and immaturity, friendship

quality predicts well-being (Bagwell et al., 2005). Social support-family completely mediated the connection between companion ship, friendship quality, conflict friendship quality and psychological well-being.

**Rationale of the Study**

The present study attempted to examine the relationship between Friendship Quality, Perceived Mattering and Well-being. As indicated by research there seems to be an indirect implicated relationship between the variables.

The research aims to explore the lives of college students and how the study variables are related to their lives. College students are usually aged 15 and above. This is a time period that marks their transition from adolescence to adulthood. The present research would like to study how their friendship relationship aids their well-being and self- perception.

The important and significant role that friendship plays in the lives of individuals has been a topic of great interest among the researchers. It has been studied from various perspectives, coming up with very interesting and sometimes surprising results. A very interesting and exciting study came up with the results that the individuals who are tied in the bonds of strong friendships live longer (Fehr, 1996).

Therefore, the researchers would like to see the impact of perceived mattering on the friendship quality of college students. The present study approaches the problem of perceived mattering in the students that what they think that they matter to their friends or not and their wellbeing is effected by the concept of mattering or not. By assessing friendship quality and perceived mattering we can identify many aspects that effect wellbeing or not. The present study will hopefully be a great help for those researchers who are interested in investigating quality of friendship, perceived mattering and well-being in college students.

# METHOD

# Methods

## Objectives

The current research examined the relationship between friendship quality, perceived mattering, and wellbeing. The following are the main objectives of the present study.

1. To study the Friendship quality of college students.
2. To study the link between friendship quality and perceived mattering.
3. To explore the relationship between friendship quality and wellbeing.
4. To study the combined effect of friendship quality, perceived mattering and wellbeing in college students.

## Hypothesis

1. Friendship Quality will be positively related to Perceived mattering among College Students.
2. Friendship Quality will be positively related to Wellbeing among College Students.
3. Perceived Mattering will be positively related to Wellbeing among College Students.
4. Perceived mattering will mediate the relationship between Friendship Quality and wellbeing among College Students.

## Sample

The study was conducted on a sample of 400 students, belonging to different colleges of Rawalpindi. Both male and female students were part of the sample. Respondents included from 15 years of age and above. Data was collected from different colleges. Sample containing population of college students from first year to bachelors. Care was taken to choose those participants who participated willingly. In case of any vagueness, clarification was made and respondent's queries were assured. The demographics of the study were based on the basic information about the participants, their friends and the activities they participated in.

Table 1

*Demographic Variables of Study Variables (N=400)*

| Demographic Variables | *f(%)* |
|---|---|
| Age13-25 | 362(100%) |
| **Gender** | |
| Male | 278(76.8 %) |
| Female | 84(23.2%) |
| **Education** | |
| First year | 42(11.6%) |
| Second year | 88(24.3%) |
| Third year | 128(35.4%) |
| Fourth year | 104(28.7%) |
| **No of Siblings** | |
| 1 | 14(3.9%) |
| 2 | 51(14.1%) |
| 3 | 96(26.5%) |
| 4 | 89(24.6%) |
| 5 | 43(11.9%) |
| 6 | 38(10.5%) |
| 7 | 12(3.3%) |
| 8 | 7(1.9%) |
| 9 | 5(1.4%) |
| 10 | 3(.8%) |
| 11 | 2(.6%) |
| 13 | 1(.3%) |
| 15 | 1(.3%) |
| **Father's working status** | |
| Working | 337(93.1%) |
| Not working | 25(6.9%) |
| **Mother's working status** | |
| Working | 166(45.9%) |
| Not working | 196(54.1%) |

| Birth Order | |
|---|---|
| 1 | 75(20.7%) |
| 2 | 93(25.7%) |
| 3 | 93(25.7%) |
| 4 | 48(13.3%) |
| 5 | 18(5.0%) |
| 6 | 21(5.8%) |
| 7 | 5(1.4%) |
| 8 | 5(1.4%) |
| 9 | 3(.8%) |
| 11 | 1(.3%) |
| **No of close Friends** | |
| 1 | 70(19.3%) |
| 2 | 103(28.5%) |
| 3 | 78(21.5%) |
| 4 | 38(10.5%) |
| 5 | 31(8.6%) |
| 6 | 14(3.9%) |
| 7 | 11(3.0%) |
| 8 | 5(1.4%) |
| 9 | 2(.6%) |
| 10 | 6(1.7%) |
| 11 | 1(.3%) |
| 12 | 1(.3%) |
| 22 | 1(.3 %) |
| 50 | 1(.3 %) |
| **Time spent with friends** | |
| 1 hour or less | 184(50.8%) |
| 2 to 4 hours | 126(34.8%) |
| 4 or more hours | 52(14.4%) |

## Operational Definitions of Variables

Operational definitions of the variables in the study are given below.

### Friendship Quality

Longitudinal studies have found friendships perceived to be high in positive quality were associated with increases in self-esteem (Berndt & Keef, 1995) and low levels of loneliness (Parker & Asher, 1993). Friends have been linked to various aspects of an individual's development. The strength and effectiveness of friendship is closely associated with wellbeing. The current study aims to investigate the friendship quality in college students. The participants getting high scores will have high quality of friendship contrary to those who have low quality of friendship, as assessed according to the score.

### Perceived mattering

Mattering emerged from the theory of general mattering, which describes mattering as a complex construct consisting of the facets awareness, importance, ego-extension and reliance (Katharine, 2011).

### Well-being

Well-being refers to the simple notion of a person's welfare, happiness, advantages, interests, utility, and quality of life (Burris, Brechting, Salsman, & Carlson, 2009).

### Instruments

### Friendship Quality Questionnaire (FQQ)

Friendship Quality Questionnaire is design to assess various aspects of best friendships among adolescents (developed by Parker & Asher, 1993). Alpha reliability of FQQ is .80. This questionnaire contained 40 items and comprise of six sub scales: *Validation and caring:* ($\alpha$ = .90) with items, 4, 5, 6, 8, 10, 12, 13, 15, 30. *Conflict resolution:* ($\alpha$ = .73) with items, 11, 26, 35. *Conflict and betrayal: (*$\alpha$ = *.84)* with items, 3, 9, 20, 21, 27, 31, 37. *Help and guidance:* ($\alpha$ = .90) with items, 17, 18, 24, 28, 32, 33, 34, 36, 39.*Companionship and recreation:* ($\alpha$ = .75) with items, 2,

7, 19, 22, 23. *Intimate exchange:* (α = .86) with items, 14, 16, 25, 29, 38, 40, (Aoyama, Saxon, & Fearon, 2011).

Response categories are in the form of a 5-point scale telling how true a particular quality is of their relationship with a specific friend. The scale consists of specific range and the range of scale is from *not at all true* (0), *to a little true* (1), *to somewhat true* (2), *to pretty true* (3), and *to really true* (4).

## Mattering to Others Questionnaire (MTOQ)

The MTOQ (Marshall, 1998, 2001) is an 11 item scale. Marshall (2001) developed a measurement used to determine how much adolescents perceive they matter to significant others. Respondents answer based on a five-point Likert scale ranging from *1 = Not much to 5 = A lot.* Scores are the mean of item responses, and higher scores reflect greater self-reported perceived mattering. According to Marshall (2001), the MTOQ met both the theoretical and empirical criteria.

These criteria were tested by using Loevinger's (1957) three-component model for construct 13 validations. Specifically, this model sought to examine the substantive, structural, and external components of the questionnaire (Marshall, 2001). There were 22 professionals who assessed the items on the MTOQ followed by 12 adolescent raters. After few alterations, it was concluded that the items and instructions on the questionnaire were appropriate. Marshall (1998, 2001) conducted several studies to establish reliability and validity of the MTOQ. In a study with 110 undergraduate social science students from a Canadian university, she reported Cronbach's α's of .89, .95, and .93 for three referent versions of the scale: mother, father, and friends.

## Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

WEMWBS was developed by an expert panel drawing on current academic literature, qualitative research with focus groups, and psychometric testing of an existing scale (Tennant et. al. 2007). It was validated on a student and representative population sample. It is a 14 item scale of mental well-being covering subjective well-being and psychological functioning, in which all items are worded positively and address aspects of positive mental health. Individuals completing the scale are required to tick the box that best describes their experience of each statement over the

past two weeks using a 5-point Likert scale (none of the time, rarely, some of the time, often, all of the time). The Likert scale represents a score for each item from 1 to 5 respectively, giving a minimum score of 14and maximum score of 70. All items are scored positively. The overall score for the WEMWBS is calculated by total-ling the scores for each item, with equal weights.

## Procedure

The study was conducted in the twin cities of Pakistan i.e., Islamabad and Rawalpindi. The individuals were personally contacted and were explained the purpose of the study. The data was collected from the students of both private and government colleges. The session starts with an introduction to the project and initial information of the studies. The students were requested to respond to each item honestly and not to skip any item. No time limit was mentioned for the completion of questionnaires. Informed consent was shared with the participants. Queries of respondents were answered. They were assured that their information will only be used for research purpose. In the end of the data collection all the students and staff were thanked for their cooperation and participation in the study.

# RESULTS

# Results

The present study aims at investigating whether there is relationship between friendship quality, perceived mattering and wellbeing. In order to meet the objectives of the study and to test the formulated hypothesis a series of statistical analysis were carried out, for this purpose statistical package for social sciences (SPSS) was used to analyze the data, following are the results of the study:

Table 2

*Descriptive Statistics and Alpha Reliability of Study Variables (N=362)*

| Variables | Items | $\alpha$ | $M$ | $SD$ | Range Actual | Potential | Skewness | Kurtosis |
|---|---|---|---|---|---|---|---|---|
| Friendship Quality | 40 | .79 | 111.91 | 15.06 | 78-149 | 40-200 | .24 | -.29 |
| Validation and Caring | 9 | .42 | 27.24 | 4.54 | 15-37 | 9-45 | -.16 | -.37 |
| Conflict Resolution | 3 | .30 | 8.83 | 2.35 | 3-15 | 3-15 | .13 | -.48 |
| Conflict and Betrayal | 7 | .50 | 20.35 | 4.06 | 11-33 | 7-35 | .43 | -.29 |
| Help and guidance | 9 | .42 | 26.95 | 4.57 | 17-40 | 9-45 | .26 | -.38 |
| Compship and Creation | 5 | .37 | 13.64 | 3.09 | 7-21 | 5-25 | .27 | -.44 |
| Intimate Exchange | 6 | .40 | 18.46 | 3.62 | 9-27 | 6-30 | .02 | -.60 |
| Perceived Mattering | 10 | .70 | 24.23 | 3.72 | 15-34 | 10-50 | .17 | -.28 |
| Well-being | 13 | .74 | 38.73 | 7.72 | 20-56 | 13-65 | .23 | .00 |

Table 2 shows the descriptive statistics for all the variables in the study. Mean scores for Friendship Quality is 111.91 and ranges from 78-149. Mean score for Perceived Mattering is 24.23 and ranges from 15-34. Mean score for Well- Being is 38.73 and the scores range from 113-65. The overall reliability of scales is Friendship quality scale=.79, Perceived mattering scale=.70 and well-being scale reliability is .74. The mean values of the subscales of Friendship Quality shows that maximum value is obtained on Validation and Caring subscale that is 27.24 and the minimum is

for Conflict Resolution that is, 8.83 that represent more reporting of Validation and Caring in present sample.

Table 3

*Correlation between Friendship Quality and Its Subscales, Perceived Mattering, Well-Being, Importance in Life (N=362)*

| | Scales | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | Friendship Quality | - | | | | | | | | | |
| 2 | Validation & Caring | .74** | - | | | | | | | | |
| 3 | Conflict Resolution | .48** | .20** | - | | | | | | | |
| 4 | Conflict and betrayal | .75** | .39** | .30** | . | | | | | | |
| 5 | Help and Guidance | .71** | .43** | .27** | 41** | - | | | | | |
| 6 | Compship &Creation | .66** | .41** | .24** | 43** | .39** | - | | | | |
| 7 | Intimate Exchange | .67** | .47** | .25** | 45** | .38** | .33** | - | | | |
| 8 | Perceived Mattering | .40** | .34** | .16** | 29** | .29** | .22** | .32** | - | | |
| 9 | Well-being | .48** | .36** | .18** | 37** | .39** | .25** | .37** | .60** | - | |
| 10 | Imp. in life | -.17** | -.08** | .01** | -.11** | -.13** | -.11** | -.19** | .08** | -.18 | - |

** $p < .05$

Table 3 shows that there is a positive relationship between friendship quality and perceived mattering *(r=.40, p<.01)*. There is a positive relationship between perceived mattering and friendship quality. Well-being also has positive relationship with friendship quality *(r= .48, p<.01)*. Importance in life has negative relationship with friendship quality *(r=-.17, p<.01)*. Perceived mattering and well-being has positive relationship between them *(r= .60, p<.01)*. Importance in life has positive relationship with perceived mattering *(r=.08, p<.01)*. Well-being and importance in life has no relationship with each other.

Table 4

*Linear Regression Analysis Predicting Well-Being with Reference to Friendship Quality and Perceived Mattering (N=362).*

| Variable | Well-being | | |
| --- | --- | --- | --- |
| | *B* | *SE* | *p* |
| Constant | | | .379 |
| Friendship Quality | .148 | .022 | .000 |
| Perceived Mattering | 1.010 | .090 | .000 |
| $R^2$ | | .69 | |
| $\Delta R^2$ | | .43 | |
| *F* | | 137.31 | |

Table 4 shows the significant prediction of friendship quality and perceived mattering. It predicts .433% variance of friendship and perceived mattering. $\beta$ value of Friendship Quality is .288 and $\beta$ value of Perceived Mattering is .487. Constant value of it is -.881 and *p* is .379.

Table 5

*One Way Analysis of Variance for Education and Study Variables (N=362)*

| Variables | 1st year (n=42) | | 2nd year (n=89) | | 3rd year (n=127) | | 4th year (n=104) | | F | p | | M(i-j) | Lower bound | Upper bound | Eta square |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | M | SD | M | SD | M | SD | M | SD | | | | | | | |
| Friendship Quality | 103.7 | 11.5 | 112.9 | 13.7 | 112.4 | 15.6 | 113.6 | 15.7 | 4.9 | .00 | 1<2 | -9.88 | -16.87 | -2.88 | .039 |
| Validation &Caring | 24.90 | 4.10 | 27.78 | 4.76 | 27.5 | 4.57 | 27.29 | 4.25 | 4.51 | .00 | 1<2 | -2.88 | -5.04 | -.715 | .036 |
| Conflict Resolution | 7.95 | 1.98 | 8.77 | 2.34 | 9.03 | 2.31 | 9.00 | 2.48 | 2.48 | .06 | - | - | - | - | - |
| Conflict & Betrayal | 19.28 | 2.97 | 20.53 | 4.13 | 20.0 | 4.16 | 21.00 | 4.17 | 2.18 | .09 | - | - | - | - | - |
| Help and Guidance | 24.57 | 4.20 | 27.10 | 4.38 | 27.1 | 4.43 | 27.60 | 4.80 | 4.71 | .00 | 1<2 | -3.03 | -5.16 | -.907 | .037 |
| Companionship&Recreation | 13.16 | 2.98 | 13.74 | 3.08 | 13.7 | 3.01 | 13.59 | 3.32 | .45 | .71 | - | - | - | - | - |
| Intimate Exchange | 16.59 | 2.90 | 18.46 | 3.43 | 18.7 | 3.62 | 18.84 | 3.87 | 4.52 | .00 | 1<2 | -2.17 | -3.82 | -.532 | .036 |
| Perceived Mattering | 23.78 | 2.59 | 24.96 | 3.64 | 23.8 | 3.77 | 24.25 | 4.05 | 1.79 | .14 | - | - | - | - | - |
| Well-being | 36.54 | 4.07 | 40.53 | 7.94 | 38.0 | 8.17 | 38.92 | 7.83 | 3.16 | .02 | 1<2 | -3.99 | -7.69 | -.291 | .025 |

Table 5 shows the one-way analysis of various for the effect of education on friendship quality, perceived mattering and well-being. As table is indicating that friendship quality, validation and caring, help and guidance and intimate exchange is showing significant differences $(p<.5)$. There is non-significant difference on Conflict Resolution, Conflict and Betrayal, Companionship and Recreation, Perceived Mattering. From the mean values, friendship quality and its subscales indicate that it is greater in fourth year students than first year students. Perceived mattering is greater in fourth year students and well-being is greater in first year students.

Table 6

*Mean Differences in Gender among Variables of the Study (N=362)*

| Variables | Male (n=276) | | Female (n=87) | | t | p | 95% CI | | Cohen's d |
|---|---|---|---|---|---|---|---|---|---|
| | M | SD | M | SD | | | LL | UL | |
| Friendship Quality | 112.49 | 14.59 | 110.00 | 16.47 | 1.33 | .18 | -1.18 | 6.18 | - |
| Validation and Caring | 27.39 | 4.46 | 26.73 | 4.79 | 1.16 | .24 | -.45 | 1.77 | - |
| Conflict Resolution | 8.76 | 2.34 | 9.07 | 2.37 | 1.05 | .29 | -.88 | .26 | - |
| Conflict and betrayal | 20.49 | 4.08 | 19.88 | 3.97 | 1.21 | .22 | -.38 | 1.60 | - |
| Help and Guidance | 27.16 | 4.42 | 26.26 | 5.02 | 1.58 | .11 | -.21 | 2.01 | - |
| Companionship & Recreation | 13.75 | 2.99 | 13.28 | 3.42 | 1.22 | .22 | -2.85 | 1.23 | - |
| Intimate Exchange | 18.56 | 3.62 | 18.13 | 3.63 | .96 | .33 | -.45 | 1.32 | - |
| Perceived Mattering | 24.34 | 3.65 | 23.85 | 3.94 | 1.06 | .28 | -.41 | 1.40 | - |
| Well-being | 39.35 | 7.65 | 36.66 | 7.62 | 2.82 | .00 | .81 | 4.56 | .35 |

Table 6 illustrates the results of t-test for measuring gender differences on all the study variables. The results showed significant mean differences among males and females on well-being $(p<.5)$. Furthermore, there is a non-significant difference among males and females on friendship quality, and its subscales: validation and caring, conflict and betrayal, help and guidance, intimate exchange, Perceived Mattering and well-being, where male scored higher than females and conflict and resolution where females scored higher than males

# Table 7

*One Way Analysis of Variance for Age-Based on Study Variables (N=362)*

| Variables | Teenagers (n=61) | | Adolescents (n=68) | | Early adults (n=61) | | Young adults (n=48) | | Middle adults (n=68) | | Adults (n=55) | | F | p | Tukey's Post hoc | Post hoc (i-j) | lower bound | Upper bound |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | M | SD | M | SD | M | SD | M | SD | M | SD | M | SD | | | | | | |
| Friendship Quality | 104.3 | 10.7 | 114.5 | 13.5 | 110.8 | 14.7 | 115.1 | 13.2 | 111.1 | 17.7 | 116.2 | 16.2 | 5.2 | .00 | 1<2 | -10.2 | -17.6 | -2.83 |
| Validation &Caring | 25.27 | 4.06 | 28.23 | 4.1 | 26.3 | 5.10 | 29.0 | 3.8 | 27.0 | 4.51 | 27.8 | 4.59 | 5.3 | .00 | 1<2 | -2.95 | -5.18 | -.725 |
| Conflict Resolution | 8.24 | 2.21 | 8.77 | 2.47 | 8.81 | 2.17 | 9.00 | 2.3 | 9.30 | 2.51 | 8.83 | 2.27 | 1.3 | .23 | - | - | - | - |
| Conflict & Betrayal | 19.22 | 3.11 | 20.77 | 4.15 | 20.2 | 4.13 | 20.85 | 4.2 | 19.73 | 4.15 | 21.4 | 4.23 | 2.4 | .03 | - | - | - | - |
| Help &Guidance | 24.80 | 4.31 | 27.30 | 4.37 | 27.52 | 4.56 | 27.22 | 3.8 | 26.8 | 4.46 | 28.1 | 5.16 | 3.9 | .00 | 1<2 | -3.37 | -5.75 | -.99 |
| Compship &Receartion | 13.06 | 2.71 | 4.48 | 3.15 | 13.24 | 2.99 | 13.56 | 2.9 | 13.25 | 3.30 | 14.2 | 3.18 | 2.3 | .04 | - | - | - | - |
| Intimate Exchange | 16.59 | 2.95 | 19.00 | 3.39 | 17.98 | 3.64 | 19.37 | 3.6 | 18.5 | 3.71 | 19.4 | 3.72 | 5.5 | .00 | 1<2 | -2.40 | -4.18 | -.63 |
| Perceived Mattering | 23.40 | 2.80 | 24.98 | 3.92 | 24.31 | 3.60 | 24.50 | 3.4 | 23.85 | 4.14 | 24.2 | 3.72 | 1.3 | .24 | - | - | - | - |
| Wellbeing | 35.60 | 4.86 | 40.91 | 8.82 | 37.62 | 6.46 | 40.27 | 8.1 | 37.9 | 7.75 | 40.3 | 8.42 | 4.6 | .00 | 1<2 | -5.30 | -9.11 | -1.49 |

Table 7 shows the one-way analysis of various for the effect of age on friendship quality, perceived mattering and well-being. As table is indicating that friendship quality, validation and caring, help and guidance, intimate exchange and well-being is showing significant differences (p<.5). There is non-significant difference on Conflict Resolution, Conflict and Betrayal, Companionship and Recreation and Perceived Mattering. From the mean values, friendship quality and its subscales indicate that it is greater in adults than others. Perceived mattering and well-being is greater in adolescents than others.

Table 8

*Mean Differences in Father Work Status among Variables of the Study (N=362)*

| Variables | Father Working (n=169) | | Father Non-working (n=194) | | t(360) | p | 95%CI | |
| | M | SD | M | SD | | | LL | UL |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Friendship Quality | 111.86 | 14.99 | 112.56 | 16.30 | -.22 | .82 | -.68 | 5.45 |
| Validation & Caring | 27.28 | 4.53 | 26.68 | 4.83 | .64 | .52 | -1.24 | 2.46 |
| Conflict Resolution | 8.86 | 2.35 | 8.40 | 2.32 | .95 | .33 | -.49 | 1.42 |
| Conflict & Betrayal | 20.27 | 3.97 | 21.40 | 5.10 | -1.34 | .18 | -2.78 | .52 |
| Help & Guidance | 26.90 | 4.60 | 27.64 | 4.21 | -.77 | .43 | -2.60 | 1.12 |
| Compship&Recreation | 13.66 | 3.12 | 13.40 | 2.84 | .41 | .67 | -.99 | 1.53 |
| Intimate Exchange | 18.43 | 3.56 | 18.92 | 4.43 | -.65 | .51 | -1.97 | .99 |
| Perceived Mattering | 24.18 | 3.72 | 24.88 | 3.75 | -.89 | .37 | -2.21 | .82 |
| Well-being | 38.64 | 7.73 | 40.00 | 7.68 | .90 | .39 | -4.50 | 1.79 |

Table 8 illustrates the results of t-test for measuring father work status on all the study variables. The results showed significant mean differences among working and non-working fathers on friendship quality, validation and caring, conflict and betrayal, and intimate exchange. Furthermore, there is a non-significant difference among working and non-working mothers on conflict resolution, help and guidance, Companionship and Recreation, Perceived Mattering, well-being, where working fathers scored higher than non-working fathers on Friendship Quality , Validation and Caring, Conflict Resolution, Conflict and Betrayal, Help and Guidance, Companionship and Recreation, Intimate Exchange, Well-being, where non-working fathers scored higher than working status scored on perceived mattering.

Table 9

*Mean Differences in Mother Work Status among Variables of the Study (N=362)*

| | Mother Working (*n*=169) | | Mother Non-working (*n*=194) | | | | 95%CI | | Cohen's |
|---|---|---|---|---|---|---|---|---|---|
| Variables | *M* | *SD* | *M* | *SD* | *t* | *p* | *LL* | *UL* | *d* |
| Friendship Quality | 114.17 | 15.50 | 110.00 | 14.44 | 2.64 | .00 | 1.07 | 7.26 | .27 |
| Validation & Caring | 27.87 | 4.64 | 26.70 | 4.40 | 2.45 | .01 | 2.33 | 2.10 | .25 |
| Conflict Resolution | 9.00 | 2.28 | 8.69 | 2.40 | 1.23 | .21 | -1.81 | .79 | - |
| Conflict &Betrayal | 20.89 | 4.15 | 19.89 | 3.93 | 2.34 | .02 | .16 | 1.83 | .24 |
| Help & Guidance | 27.22 | 4.80 | 26.71 | 4.37 | 1.05 | .29 | -4.39 | 1.45 | - |
| Compship &Recreation | 13.84 | 3.18 | 13.48 | 3.02 | 1.09 | .27 | -.28 | 1.00 | - |
| Intimate Exchange | 19.01 | 3.60 | 18.00 | 3.59 | 2.66 | .00 | .26 | 1.75 | - |
| Perceived Mattering | 24.15 | 3.85 | 24.30 | 3.61 | .36 | .71 | -.91 | 6.28 | - |
| Wellbeing | 39.15 | 8.26 | 38.38 | 7.23 | .94 | .34 | -.83 | 2.37 | - |

Table 9 illustrates the results of t-test for measuring mother work status on all the study variables. The results showed significant mean differences among working and non-working mothers on friendship quality, validation and caring, conflict and betrayal, and intimate exchange. Furthermore, there is a non-significant difference among working and non-working mothers on conflict resolution, help and guidance, Companionship and Recreation, Perceived Mattering, well-being, where working mothers scored higher than non-working mothers on Friendship Quality , Validation and Caring , Conflict Resolution, Conflict and Betrayal, Help and Guidance, Companionship and Recreation, Intimate Exchange, Well-being, where non-working mothers scored higher than working status scored on perceived mattering

Table 10

*One-Way Analysis of Variance for Close Friends Based on Study Variables (N=362)*

| Variables | Best friend (n=61) | | Close companion (n=68) | | Partner (n=61) | | Bosom friend (n=48) | | Close comrade (n=68) | | Buddy (n=56) | | F | p | Tukey's Post hoc | Post hoc (i-j) | Lower bound | Upper bound |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | M | SD | M | SD | M | SD | M | SD | M | SD | M | SD | | | | | | |
| Friendship Quality | 111.7 | 17.8 | 110.5 | 14.4 | 113.6 | 12.3 | 113.2 | 17.2 | 117.0 | 14.1 | 107. | 13.6 | 2.0 | .07 | - | - | - | - |
| Validation & Caring | 26.9 | 4.9 | 27.3 | 4.7 | 27.3 | 3.68 | 27.7 | 5.1 | 27.8 | 4.2 | 26.3 | 4.59 | .65 | .66 | - | - | - | - |
| Conflict Resolution | 9.08 | 2.2 | 8.59 | 2.2 | 9.02 | 2.46 | 8.78 | 2.2 | 8.77 | 2.3 | 8.73 | 2.64 | .49 | .77 | - | - | - | - |
| Conflict &Betrayal | 20.2 | 4.1 | 19.9 | 3.7 | 20.9 | 3.3 | 20.5 | 4.5 | 22.6 | 4.5 | 18.6 | 4.21 | 4.2 | .00 | 1<2 | -2.73 | -5.06 | -.399 |
| Help & Guidance | 26.8 | 4.8 | 26.6 | 4.1 | 27.3 | 4.1 | 28.5 | 5.3 | 27.4 | 4.5 | 25.2 | 4.62 | 2.4 | .03 | 1<2 | 3.34 | .433 | 6.24 |
| Compship &Recreatin | 13.7 | 3.1 | 13.5 | 2.9 | 13.7 | 3.0 | 13.2 | 3.1 | 14.5 | 3.3 | 13.3 | 3.12 | .81 | .54 | - | - | - | - |
| Intimate Exchange | 18.9 | 3.7 | 18.1 | 3.7 | 18.7 | 3.5 | 18.2 | 3.3 | 19.0 | 3.9 | 17.5 | 3.12 | 1.1 | .35 | - | - | - | - |
| Perceived Mattering | 23.4 | 4.0 | 24.6 | 3.4 | 24.7 | 3.2 | 25.6 | 3.5 | 24.1 | 3.9 | 22.7 | 3.9 | 3.1 | .00 | 1<2 | 2.44 | .095 | 4.80 |
| Well-being | 36.7 | 8.1 | 39.1 | 6.7 | 38.4 | 7.6 | 41.6 | 7.3 | 41.1 | 8.0 | 35.1 | 7.78 | 5.0 | .00 | 1<2 | 6.44 | 1.62 | 11.26 |

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Table 10 shows the one-way analysis of various for the effect of age on friendship quality, perceived mattering and well-being; as table is indicating that conflict and betrayal, help and guidance, perceived mattering and well-being is showing significant differences ($p<.5$). There is non-significant difference on Friendship Quality, Validation and Caring Conflict Resolution, Companionship and Recreation and Intimate Exchange. From the mean values, Friendship Quality and its subscales indicate that it is greater in buddies than others. Perceived mattering and well-being is greater in bosom friends than others

Table 11

*One Way Analysis of Variance for Time Spent with Friends Based on Study Variables (N=362)*

| Variables | 1 hour or less (*n*=184) | | 2-4 hours (*n*=126) | | 4 or more hours (*n*=52) | | *F* | *p* | | M (i-j) | Lower bound | Upper bound |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | *M* | *SD* | *M* | *SD* | *M* | *SD* | | | | | | |
| Friendship Quality | 110.05 | 14.80 | 113.53 | 14.68 | 114.55 | 16.28 | 2.96 | .05 | 1<2 | -3.47 | -7.55 | .597 |
| Validation & Caring | 26.58 | 4.44 | 27.87 | 4.50 | 28.05 | 4.72 | 4.02 | .01 | 1<2 | -1.28 | -2.51 | -.058 |
| Conflict Resolution | 8.84 | 2.22 | 8.76 | 2.39 | 8.96 | 2.69 | .13 | .87 | - | - | - | - |
| Conflict &Betrayal | 20.04 | 3.75 | 20.40 | 4.45 | 21.28 | 4.03 | 1.91 | .14 | - | - | - | - |
| Help & Guidance | 26.81 | 4.54 | 27.03 | 4.65 | 27.23 | 4.58 | .20 | .81 | - | - | - | - |
| Compship&Recreatin | 13.31 | 3.02 | 13.96 | 3.18 | 14.05 | 3.07 | 2.20 | .11 | - | - | - | - |
| Intimate Exchange | 17.91 | 3.49 | 19.11 | 3.64 | 18.82 | 3.80 | 4.42 | .01 | 1<2 | -1.19 | -2.17 | -.214 |
| Perceived Mattering | 23.75 | 3.57 | 24.32 | 3.73 | 25.71 | 3.88 | 5.80 | .00 | 1<2 | -1.95 | -3.31 | -.597 |
| Wellbeing | 37.88 | 6.89 | 38.76 | 8.07 | 41.67 | 8.96 | 4.98 | .00 | 1<2 | -3.78 | -6.61 | -.962 |

Table 11 shows the one-way analysis of various for the effect of time spent with friends on friendship quality, perceived mattering and well-being. as table is indicating that friendship quality, validation and caring, intimate exchange, perceived mattering and wellbeing is showing significant differences ($p<.5$). There is non-significant difference on Conflict Resolution, Conflict and Betrayal, help and guidance and companionship and recreation. from the mean values, friendship quality and its subscales indicate that individuals spend 4 or more hours with their friends. Perceived mattering and well-being is greater in individuals who spent 4 or more hours with their friends than others.

Table 12

*One Way Analysis of Variance for Importance in Life Based on Study Variable (N=362)*

| Variables | Essential (n=98) | | Significant (n=77) | | Meaningful (n=73) | | Inessential (n=65) | | Unimportant (n=49) | | $F$ | $p$ | | M(i-j) | Lower | Upper |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | M | SD | M | SD | M | SD | M | SD | M | SD | | | | | | |
| Friendship Quality | 116.7 | 13.6 | 109.5 | 16.4 | 112.3 | 14.1 | 109.64 | 13.4 | 108.42 | 16.7 | 4.15 | .00 | 1>2 | 7.19 | 1.00 | 13.3 |
| Validation & Caring | 27.94 | 4.13 | 26.81 | 4.88 | 27.26 | 4.11 | 27.20 | 4.57 | 26.55 | 5.30 | 1.04 | .38 | - | - | - | - |
| Conflict Resolution | 8.90 | 2.35 | 8.54 | 2.29 | 8.94 | 2.22 | 8.90 | 2.58 | 8.87 | 2.35 | .37 | .82 | - | - | - | - |
| Conflict &Betrayal | 21.20 | 3.96 | 19.96 | 4.69 | 20.39 | 4.18 | 19.92 | 3.19 | 19.75 | 3.91 | 1.71 | .14 | - | - | - | - |
| Help & Guidance | 28.12 | 4.20 | 25.96 | 4.91 | 27.67 | 4.32 | 25.89 | 4.24 | 26.51 | 4.96 | 4.07 | .00 | 1>2 | 2.16 | .28 | 4.04 |
| Compship &Recreatin | 14.30 | 3.24 | 13.48 | 3.11 | 13.57 | 2.70 | 13.26 | 3.36 | 13.22 | 2.88 | 1.66 | .15 | - | - | - | - |
| Intimate Exchange | 19.69 | 3.25 | 18.23 | 4.04 | 18.21 | 3.52 | 17.55 | 3.05 | 17.93 | 3.99 | 4.41 | .00 | 1>2 | 2.14 | .577 | 3.70 |
| Perceived Mattering | 24.06 | 3.55 | 23.66 | 3.68 | 25.15 | 3.66 | 23.58 | 3.81 | 24.97 | 3.82 | 2.64 | .00 | 1>2 | .398 | -1.1 | 1.93 |
| Wellbeing | 40.87 | 6.62 | 39.11 | 6.99 | 39.63 | 8.13 | 35.04 | 8.72 | 37.40 | 7.12 | 6.63 | .00 | 1>2 | 5.83 | 2.54 | 9.11 |

Table 12 shows the one-way analysis of various for the effect of importance in life on friendship quality, perceived mattering and well-being; table indicates that that friendship quality, help and guidance and intimate exchange, perceived mattering and wellbeing is showing significant differences ($p<.5$). There is non-significant difference on validation and caring, conflict resolution, conflict and betrayal, and companionship and recreation. from the mean values, friendship quality and its subscales indicate greater importance in life of their essential friends as compared to others. Perceived mattering and well-being is greater in individuals who have significant and meaningful importance in life of their friends.

# DISCUSSION

## Discussion

The present study examines the relationship between friendship quality, perceived mattering and well-being in life of college students. The study also examined the role of demographic variables such as gender, age, education, birth order, no of close friends, siblings and time spent with friends, father work status and mother work status. A sample of 400 adolescents was contacted from different colleges of Islamabad and Rawalpindi, out of which 362 individuals were left behind for analysis after cleaning of the data

Friendship is a relationship that an individual need at any phase of his\her life. It was hypothesized that Friendship will be positively related to Perceived mattering. The outcomes demonstrated a positive connection amongst friendship and perceived mattering (see Table 3). This finding upheld the past writing that (Demir, 2015; Demir & Davidson, 2013; Demir & €Ozdemir, 2010; Demir, €Ozen, & Dogan, 2012; Demir, €Ozen, Dogan, Bilyk, & Tyrell, 2011) contend that friendships increment joy since they fulfill some essential psychological needs, for example, relatedness, the information that one is significant to others, and the craving to share and open up uplifting news and occasions (caught in the Swedish knowledge 'Shared euphoria (happiness) is a twofold happiness, shared distress is a large portion of a grief).

Hypothesis proposes that people depend on numerous correlations while assessing the self as significant to others. Marshall (2001) recommends that individuals decide the amount they matter by "looking at the view of consideration from a specific other with impression of the consideration the specific different coordinates to different items in the surroundings" (p. 475). In this circumstance, people analyze the measure of consideration that they are given by the companion being referred to the measure of consideration that specific individual provides for different exercises, companions, and things (Elliott et al., 2004).

Furthermore, people likewise assess the amount they matter by looking at the measure of consideration a specific companion provides for them with the consideration that is given to them by other individuals. Additionally, an individual can decide the amount they matter in a friendship by contrasting past encounters of a

specific companion that involves a feeling of mattering to current occasions (Marshall, 2001).

The research additionally hypothesized that friendship will be positively related to well-being. The outcomes demonstrated a positive connection amongst Friendship and well-being (see Table 3). This finding upheld the past writing that, in an examination directed by Akın et al., (2016) on university students in Turkey, a positive and important relationship was found between friendship quality and abstract satisfaction. Şahin (2011) found a positive and meaningful connection between perceived social support and well-being, Doğan and Yıldırım (2006) found a positive and noteworthy connection between well-being and friendships of university students. Therefore, large amounts of friendship quality have been connected to positive psychological results. Especially in times of change like youth and puberty, friendship quality predicts well-being (Bagwell et al., 2005).

The study further hypothesized that perceived mattering will be positively related to well-being. The outcomes demonstrated a positive connection between perceived mattering and well-being (see Table 3). The discoveries are predictable with the past writing that view of perceived mattering to others has been depicted as essential for psychosocial well-being (Coppersmith, 1967; Rosenberg, 1985).

Perceived mattering is simply the psychological trend to notice the self as important to particular other individuals. The investigation shows that young people's apparent Perceived mattering crosswise over social circles (parents and companions) is added substance or compensatory in foreseeing teenagers' well-being. Perceived mattering in both social circles appeared the ideal condition for youths. Perceived mattering to companions "included" to Perceived mattering to parents in clarifying change in appraisals of well-being in the two examinations (Marshall, 2004). Feelings of mattering to noteworthy others are emphatically connected with different files of well-being (e.g., confidence) (Connolly, & Myers, 2002; Dixon, & Rayle, & Chung, 2007; Elliott et al., 2004; Schieman, & Taylor, 2001; Taylor, & Turner, 2001).

Last hypothesis of the research is that perceived mattering will mediate the relationship between friendship and well-being. Past studies demonstrate that ongoing experimental research likewise explored the relationship between Perceived mattering to companions and positive psychological well-being. For example, Dixon, and Rayle,

(2005) and Marshall, (2001) have announced that people who see that they matter to their companions detailed larger amounts of well-being (e.g., confidence).

All the more significantly, Demir and his associates (Demir et al., 2011) demonstrated that mattering to companions was emphatically connected with joy. In light of the observational confirmation, it was anticipated that apparent Perceived mattering to a same-sex closest companion would be positively connected with joy. Rationally, one must have a friendship in any case to build up a view of these different relationship particular sentiments and encounters (e.g., mattering). The developing findings inspecting different fellowship particular encounters have demonstrated that these factors (e.g., Perceived mattering,) are emphatically connected with various lists of companionship (e.g., Friendship fulfillment, in general quality) normally considered in the findings (e.g., Deci et al., 2006; Demir, 2011; Marshall, 2001).

Hypothetical contentions and experimental discoveries, it is recommended that apparent Perceived mattering would mediate the connection between Friendship quality and joy. This model depends on hypothetical contentions recommending that mattering to significant others creates inside the relationship (Marshall, 2001; Rosenberg, 1985).

**Confinements and Suggestions**

Most importantly three questionnaires were utilized for information accumulation. Altogether countless were utilized to be filled by every member which was a major trouble. Students at first took interest however continuously lost it in due time. Hence the length of the questionnaire must have implication on the outcomes.

One limitation of this examination is that sample represents to a little level of youths in Rawalpindi and Islamabad. The sample isn't the national agent as it was gathered from just a single city which was too short to sum up to the entire population of Pakistan. There were next to no known findings in Pakistan on Perceived mattering so this variable is of extraordinary significance in one's lives so it can be additionally contemplated.

Instruments utilized for information accumulation ought to be straightforward and an analyst ought to stay away from exceptionally extensive questionnaire or

apparatuses for information accumulations. Survey with fewer things can be utilized. As time is particularly important factors in an individual's life and no one needs to invest considerably more energy in the exercises other than their expert work. The instrument utilized for the information accumulation ought to be brief however much as could be expected. Sample ought to be developed for future findings for the generalizability of the outcomes and it ought to be taken from various regions of Pakistan.

## Implications and Conclusion

The present study is useful for those researchers who are occupied with researching nature of friendship, perceived mattering and well-being in college students. It can be suggested in increasing additional data about perceived mattering, particularly the effect of apparent perceived mattering on person's well-being and friendship. This investigation is exceptionally useful in understanding the significance of perceived mattering for improvement of well-being and friendship in people.

The exploration expects to investigate the lives of college students and how the examination factors are identified with their lives. It is presumed that both more youthful and more seasoned young people did not vary in their friendship quality, perceived mattering and well-being. as indicated by age and gender there are non-noteworthy contrasts among males and females on friendship quality, perceived mattering and well-being where males scored higher than females. There are significant contrasts among males and females on well-being. It's likewise concluded from the present research that higher the nature of friendship, higher will be the perceived mattering and well-being.

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# APPENDICES

## Informed Consent

Dear Participant,

I am a student of National institute of Psychology (NIP). I am conducting a study on friendship and its effects on people's life. You are requested to provide data for this purpose. There are no right and wrong answers to the questions below. Please indicate the degree to which you agree or disagree with each statement. I assure you that all information will only be used for research purpose and will be kept confidential. Please fill in the information below regarding you self before going onto the questions on the next page.

**Thank you**

## Demographic Sheet

Gender: Male Female

Age: _____

Education: _____

No. of Siblings: _____

Birth order: _____

No. of close friends: _____

Time spent with friends after school (daily):

| 1 hour or less | | 2-4 hours | | 4 or more hours |

Activities that you do with Friends:

_____

_____

_____

Parents working status:

☐ Father working   ☐ Father not working   ☐ Mother working   ☐ Mother not working

# Friendship Quality Questionnaire (FQQ)

| S.No | Items | Not At All True | A Little True | Somewhat True | Mostly True | Really True |
|---|---|---|---|---|---|---|
| Fill in the following questionnaire while thinking about the relationship between you and your friend | | | | | | |
| 1 | Always sit together at lunch | | | | | |
| 2 | Get mad a lot | | | | | |
| 3 | Tells me I am good at things | | | | | |
| 4 | Sticks up for me if others talk behind me | | | | | |
| 5 | Make each other feel important and Special | | | | | |
| 6 | Always pick each other as partners for things | | | | | |
| 7 | Says "I'm sorry" if [he/she] hurts my feelings | | | | | |
| 8 | Sometimes says mean things about me to other kids | | | | | |
| 9 | Has god ideas about games to play | | | | | |
| 10 | Talk about how to get over being mad at each other | | | | | |
| 11 | Would like me even if others didn't | | | | | |
| 12 | Tells me I am pretty smart | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| 13 | Always tell each other problems | | | | | |
| 14 | Make me feel good about my ideas | | | | | |
| 15 | Talk to her when I am mad about something | | | | | |
| 16 | Help each other with chores a lot | | | | | |
| 17 | Do special favor for each other | | | | | |
| 18 | Do fun things together a lot | | | | | |
| 19 | Argue a lot | | | | | |
| 20 | Can count on to keep promises | | | | | |
| 21 | Go to each other's houses | | | | | |
| 22 | Always play together at recess | | | | | |
| 23 | Give advice with figuring things | | | | | |
| 24 | Talk about the things that make us sad | | | | | |
| 25 | Makeup easy when we had a fight | | | | | |
| 26 | Fight a lot | | | | | |
| 27 | Share things with each other | | | | | |
| 28 | Talk how to make ourselves feel better if we are mad at each other | | | | | |
| 29 | Does not tell others | | | | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| | my secrets | | | | | |
| 30 | Bug each other a lot | | | | | |
| 31 | Come up with good ideas on ways to do things | | | | | |
| 32 | Loan each other things all the time | | | | | |
| 33 | Helps me so I can get things done quickly | | | | | |
| 34 | Get over our arguments really quickly | | | | | |
| 35 | Count on each other for good ideas on how to get things done | | | | | |
| 36 | Doesn't listen to me | | | | | |
| 37 | Tell each other private things | | | | | |
| 38 | Help each other with schoolwork a lot | | | | | |
| 39 | Tell each other secrets | | | | | |
| 40 | Cares about my feelings | | | | | |

## Mattering to Others Questionnaire (MTOQ)

| | | Not much | | | | A lot |
|---|---|---|---|---|---|---|
| | | | | Some what | | |
| 41 | I feel special to my FRIENDS | 1 | 2 | 3 | 4 | 5 |
| 42 | I am needed by my FRIENDS | 1 | 2 | 3 | 4 | 5 |
| 43 | I am missed by my FRIENDS when I am away | 1 | 2 | 3 | 4 | 5 |
| 44 | When I talk, my FRIENDS try to understand what I am saying. | 1 | 2 | 3 | 4 | 5 |
| 45 | I am interesting to my FRIENDS. | 1 | 2 | 3 | 4 | 5 |
| 46 | My FRIENDS notice my feelings | 1 | 2 | 3 | 4 | 5 |
| 47 | My FRIENDS give me credit when I do well | 1 | 2 | 3 | 4 | 5 |
| 48 | My FRIENDS notice when I need help | | | | | |
| 49 | I matter to my FRIENDS | | | | | |
| 50 | | TOP | ----------- | | | BOTTOM |
| 51 | People have many things to think about. If your FRIENDS made a list of all the things they think about where do you think you'd be on the list? | 5 | 4 | 3 | 2 | 1 |
| 52 | If your FRIENDS made a list of all the things they care about, where do you think you'd be on the list? | 5 | 4 | 3 | 2 | 1 |

Each person has ideas or feelings about how other people see them. I am interested in how you think people think about you. Choose the rating you feel is best for you and circle the number provided.

# Warwick-Edinburgh Mental Well-being Scale
## (WEMWBSWEMWBS)

| S.No | | None of the time | Rarely | Some of the time | Often | All of the time |
|---|---|---|---|---|---|---|
| | Please tick the box that best describes your experience of each over the last 2 weeks. | | | | | |
| 1 | I've been feeling optimistic about the future | 1 | 2 | 3 | 4 | 5 |
| 2 | I've been feeling useful | 1 | 2 | 3 | 4 | 5 |
| 3 | I've been feeling interested in other people | 1 | 2 | 3 | 4 | 5 |
| 4 | I've had energy to spare | 1 | 2 | 3 | 4 | 5 |
| 5 | I've been dealing with problems well | 1 | 2 | 3 | 4 | 5 |
| 6 | I've been thinking clearly | 1 | 2 | 3 | 4 | 5 |
| 7 | I've been feeling good about myself | 1 | 2 | 3 | 4 | 5 |
| 8 | I've been feeling close to other people | 1 | 2 | 3 | 4 | 5 |
| 9 | I've been feeling confident | 1 | 2 | 3 | 4 | 5 |
| 10 | I've been able to make up my own mind about things | 1 | 2 | 3 | 4 | 5 |
| 11 | I've been feeling loved | 1 | 2 | 3 | 4 | 5 |
| 12 | I've been interested in new things | 1 | 2 | 3 | 4 | 5 |
| 13 | I've been feeling cheerful | 1 | 2 | 3 | 4 | 5 |
| 14 | I've been feeling relaxed | 1 | 2 | 3 | 4 | 5 |

≡ 📭 **Gmail**          🔍  in:sent                                              ✕  ▾

Compose

## permission for 'Mattering to others' scale

Inbox

Starred          **Sitara Asim**                                              Apr 25, 2018, 12:57 PM

Snoozed          Dear Dr. Sheila K. Marshall , I am Sitara , interested in using the 'Mattering to others' Questionnaire in a graduate research project. Can you please authentic

Sent

Drafts           **Marshall, Sheila** <Sheila.Marshall@ubc.ca>                 Apr 25, 2018, 8:58 PM

More             to me

                 Dear Sitara,

                 Thank you for your interest in using the MTOQ.

                 I am currently updating the measure as there are items in the original that tend to tap into the 'source' of mattering (different forms of attention). Below is the
                 set of items I currently use. Please feel free to use these ones – or the original MTOQ.

Sitara      +    I am important to my _____.
                 I am missed by my _____ when I am away.
                 My _____ respect me.
                 I matter to my _____.

                 We ask adolescents/young adults to insert the referent we are interested in (mother, father, or best friends, or ?)

No Hangouts contacts    Responses are from 1 to 5. I only have anchors for the ends and middle of the responses. Feel free to adjust as you see fit:
  Find someone

                 1 = Not much. 3 = Somewhat. 5 = A lot