

Center for Management Science Research

ISSN Online: 3006-5291

ISSN Print: 3006-5283

Vol.3 No.1 (2025)



## When Emotions Hurt: Exploring the Impact of Guilt and Shame in Friendship among Management Students

**Zartashia Kynat Javaid<sup>1\*</sup>**

Assistant Professor, Government College University Faisalabad, Pakistan.

Corresponding Author Email: [zartashiakynat@gcuf.edu.com](mailto:zartashiakynat@gcuf.edu.com)

**Zara Pervaiz<sup>2</sup>**

BS Scholar Government College University Faisalabad, Pakistan

**Mahnoor Saifulah<sup>3</sup>**

BS Scholar Government College University Faisalabad, Pakistan

**Aneeza Arooj<sup>4</sup>**

BS Scholar Government College University Faisalabad, Pakistan

### ABSTRACT

This qualitative study accounts for the intricate relationship of friendship, guilt, and shame among male students studying in Pakistan's university in the department of Management Science. The male students from the management department in the age range of 18 to 25 years have been engaged in interviews using the semi-structured technique. It has been indicated that the quality of, stability, and dynamics of communication-related to friendships are affected due to the variables of guilt and shame. It could therefore be concluded to be an implication of guilt and shame pressure in relationships, distance emotion, and communication failure. Mostly, it appeared difficult for them to come forth and discuss it openly, whereas others spoke more candidly concerning their feelings while asking for more support. This study, calls on further investigation and the design of strategies for positive friendships and ones that are a little friendly too.

**Keywords:** Guilt, Shame, Friendship, Emotional Regulation, Negative Emotions

### Introduction

This research seeks to investigate the impact of guilt and shame on male friendships. Based on an analysis of the causes, consequences, and mitigation strategies

associated with these feelings, researchers are hoping to find a better way to understand how guilt and shame shape the nature and quality of male friendship. Guilt and shame are ambiguous and often intertwine with our relationships, especially with friends. These emotions are very often probed in a variety of situations, yet their effects on male friendships remain unexplored. This research tries to understand the role of guilt and shame in male friendships by focusing on how these emotions affect interpersonal interaction, the quality of the relationship, and well-being in general.

These are self-conscious emotion that arises when people feel they have violated a moral principle or personal standard. This sense of responsibility may lead people to perform pro-social acts to atone for their perceived transgressions (Baumeister et al., 1994). In guilt, it is the thing done or undone that is at the center of negative appraisal, rather than the self. Guilt negatively judges the self-concerning something, but it is not the central focus of the experience (Lewis, 1971). Guilt is a self-conscious feeling caused by a perceived violation of society or personal norms. Rather than a general sense of self-worth, it is often associated with specific acts or behaviors. When people experience guilt, they are likely to apologize, seek amends, or act in ways that could prevent similar errant behavior. Experientially moderate, it is viewed as a healthy emotion since it can provide social peace and moral growth. Guilt is that feeling you have when you did something wrong or thought you did something wrong, and it is linked to a specific action such as making a mistake, breaking the law, or hurting someone.

Shame is a painful emotion resulting from the perception of a threat to the sense of self. When people feel ashamed, they are usually embarrassed and humiliated and try to avoid others. (Tangney et al., 1996). The feeling of shame is connected directly with the self-being assessed. In shame, an unpleasant behavior becomes an objectionable self ("I did that horrible thing, so I am an unworthy, incompetent, or bad person.") (Lewis, 1971). Shame is a feeling that your entire being is bad, and it may not be related to a specific behavior or event; it motivates you to hide or attack yourself or others. "A voluntary relation between two individuals who like one another." Here, mutual likes, trust, and emotional involvement are given extreme importance (Baumeister et al., 1994). Male

friendship is regarded as a relation of the bond existing between men that comprises aspects of loyalty toward each other with respect for other people's differences, shared feelings, and very often, emotional closeness. Male friendships are stereotyped in the old days as primarily activity-based and shallow, but a new study indicates a more complex picture (Levant, 1996). Friendship is a social bond that develops based on mutual trust, empathy, and support. It involves common experiences, interests, and emotional bonds (Waxler, & Robinson, 2018).

### **Rationale for the Study**

In building relations, emotions play a crucial role but men are normally taught to repress them, especially the vulnerable ones like feelings of guilt and shame. This study examines the impact of guilt and shame on male friendships among university students of the management department in Pakistan. For this purpose, in-depth interviews are conducted with 10 male management department students aged 18-25 years to explore how the two emotions influence friendship quality, stability, and communication patterns. Our results reveal the ambivalent role played by guilt and shame in forming male friendships concerning positive and negative impacts. To advance such an understanding within a particular cultural context, the current study centers on emotions in interpersonal relations and social well-being.

### **Objectives**

- To judge how feelings of guilt and shame affect the relationship among young male university students' management department.
- To discuss how this feeling impacts the quality of friendship and time.
- To address guilt and shame in male friend communication through this research.
- To determine how male undergraduate students of the management department deal with shame and guilt about their friendship coping through avoidance, apology, or social support.

### **Literature Review**

The study explored the effect of stereotypical male attitudes on the psychological adjustment of prostate cancer survivors. It was found that anxiety, guilt, and shame are more dominant among those men who stick to traditional masculine norms. This study focuses on the questions related to those rigid gender norms that improve the

well-being of prostate cancer survivors, with a relationship between views on sexuality and mental health, (Gabrielle, 2023). Moreover, this article investigated the neural basis of shame and guilt in young females to understand better what happens in their brains as well as to elaborate on the neuro processes involved in those complex emotions, they are so commonly attributed (Woodyatt et al., 2017). As such, results show that different brain activity is reflected in each of these feelings, where, for example, shame reflects lower social cognition-related area activity, and guilt reflects less activity in the memory and self-awareness-related areas (Bastin et al., 2021). Ali et al., (2024) discussed conflict and psychological well-being. Javaid et al. (2024) investigated the emotional experience of music listeners on psychological well-being and concluded positive impact has some association with guilt in the present culture. The stress-caused factors are also analyzed by Javaid et al. (2024) for learners that is associated with shame.

Another study investigated the relationship between alexithymia, shame, guilt, and mental health problems in men. The results showed that the inability to recognize and articulate feelings leads to more shame, which then leads to psychological distress, and that guilt is a strong predictor of suicide-related behaviors (Rice et al., 2020). The study aimed to develop and validate a brief version of the Personal Feelings Questionnaire (PFQ-2 Brief) to measure guilt and shame in men. The new scale was thus tested on various samples, including both community and clinical populations. The PFQ-2 Brief is characterized by high psychometric qualities and is used to measure guilt and shame in males, mainly those who are susceptible to psychological disorders (Rice et al., 2018). The complicated role of guilt in masculine identity is to be explored in this paper. It examines how the Cultural Revolution and societal values have affected how men experience and express their shame. The analysis of the movie "Shame, the Study" gives an example that shame can work as a significant force that derails and reverses the given ideas of male identity. (Stepien, 2016). The investigation was done for the fact that the bereaved parents often suffer from self-blame, regret, and shame. Such feelings can exacerbate the grieving and lead to other psychiatric conditions such as PTSD, anxiety, and depression. Although it often fades in time, researchers need to run more studies and develop appropriate intervention strategies to explore their long-

term effects. (Duncan & Cacciatore, 2015) Another study that was conducted highlighted that guilt and shame lead to most of the coping mechanisms. More specifically, people experience shame at times when something is ambiguous often leading to a maladaptive strategy of overthinking. However, guilt is more likely to motivate people to do positive actions, such as seeking forgiveness or making amends. (Silfver, 2007).

The paper discusses how cultural expectations and institutional pressures might lead mothers to feel guilty and ashamed. The paper questions whether these feelings are innate to motherhood and further examines the social and cultural mechanisms that sustain the notion of the good mother. The study examined the relationship between guilt, shame, and gender. It found that even though both genders can be affected by guilt and shame, they arise in different ways based on social expectations. Women might be more ashamed, and men might be guiltier. Yet, the relation between these feelings and defense mechanisms is complex and not always linked with traditional gender stereotypes. (Ferguson & Crowley, 1997). Researchers found that guilt and shame have different influences on decision-making. Guilt is more detailed and directs attention than shame, which has a more global perspective. The source of the emotional activity vs. inaction - may also influence these effects. (Han et al., 2014).

## **Method**

### **Research Design**

A qualitative study approach was used to acquire in-depth insights into the participants' experiences with guilt, shame, and friendship. Semi-structured interviews were done with ten participants from the university campus. Each interview lasted about 8 to 20 minutes and was recorded to ensure proper transcription. The data collection process took three weeks.

### **Participants and Sampling Techniques**

Participants were between the ages of 18 and 25; we collected data from 10 unmarried male students of the management department through interviews. Participants were undergraduate students from the University of Faisalabad.

### **Inclusion Criteria / Exclusion Criteria**

Eligible participants were male students of the management department, aged 18-25, who were currently enrolled at the University of Faisalabad. Participants below the age of 18 or above 25 were excluded. Individuals with diagnosed mental health issues such as severe depression, anxiety, or bipolar disorder were excluded to ensure that the study's findings might be cleared.

### **Analysis Method**

For qualitative study thematic analysis was used to identify themes and sub-themes in interview responses. The data was then organized using common software, such as Microsoft Word.

### **Procedure**

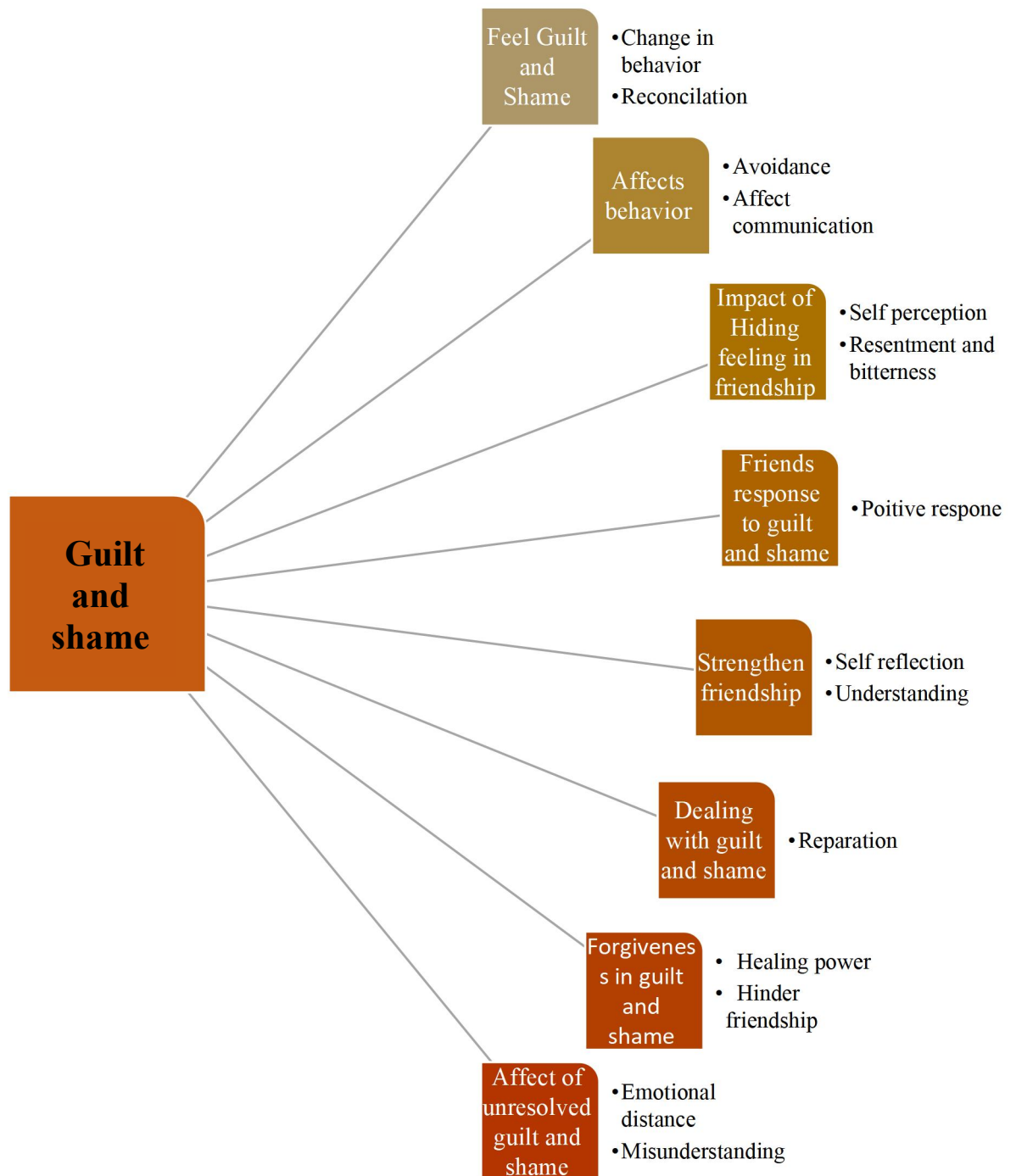
A sample of male students from the management department was chosen. All the goals of the study were conveyed to the participants after the interview questions. Researchers asked the questions and described the goal of the study during the interviews to the respondents. In-depth notes were added to the audio recordings of the interviews, and theme analysis was used to examine the gathered material. Every participant's information was kept private.

### **Ethical Consideration**

Participants were provided with detailed information regarding the study's objective, methods, and potential risks and benefits. Every participant gave their informed consent before taking part in the research. To safeguard the participant's privacy, all data was kept confidential and anonymous. Participants were informed that they could withdraw from the study at any moment without any negative consequences.

### **Findings**

The quality, stability, and communication styles of male friendships can greatly impact feelings of guilt and shame. This study examined the feelings of ten male students of the management department, ages 18 to 25, from the University of Faisalabad.



**Figure 1. Themes and Subthemes of Research Exploring the Impact of Guilt and Shame on Male Friendship**

### **Feel Guilt And Shame**

In the context of male friendships, the problem of shame and guilt is talked about here. Interviewees talked often about incidents in which their acts or oversight made them feel guilty or shamed. Sometimes, those circumstances were when they felt they had let down, betrayed, or hurt friends. These are the very ideas that, due to the negative switch in acts, prompted the respondent to describe what should have

been done to set things right. And more often than not, it entailed some positive actions on his part good regrets, redress, or enhanced endeavors to show their value in the relationship. A great deal of this male social environment, hence, attests to the importance of restoring impaired friendships and retaining good social contacts.

*Jab m guilt feel karta ho to kuch time k liy mera behavior change ho jata hai hesitation hoti hai baat karnay m. (M3).*

*Jab m apnay friends k sath kuch galat karta ho to tab mujhe guilt ni hota ku k meri ego involve ho jati hai mujhe lagta hy meri self-respect down ho gi baat karnay se lakin phir kuch time baad mujhe feel hota k m ne galat kia hai.(M1).*

### **Affect Behaviors**

This topic explores the dramatic impact feelings of guilt and shame in male friendship have both upon interaction behavior as well as patterns of communication. The subjects asserted that generally, the feelings would prompt avoidance behaviors which would place some distance from either the buddy or between the individuals from the circumstance leading to unwelcome feelings. This propensity toward aversion got in the way of the typical cadence of communication and typically materialized as a defense mechanism for talking. People would often respond with defensive answers when their friends were emotionally reacting to their actions or the consequences of their actions, which strained the friendship further and prevented open and honest communication.

*Hamari communication m gap a jata hai m un se avoid karta ho eye contact ni karta or khud hi overthinking karta rahta ho. (M9).*

### **Impact of hiding feelings in Friendship**

This theme discusses what happens when male friendships are suffering from the repression or covering of shame or guilt feelings. The study established that the relationship may come to suffer if male friends fail to publicly acknowledge or find ways of dealing with such feelings. Suppressed guilt and shameful emotions cause resentment and bitterness to mushroom inside the individual because suppressed maladaptive emotions inside an individual fester and take a negative turn toward his health. Thus, suppression of emotions can reflect upon the general self-perceptions of individuals and may help them doubt whether they have the character of being able to sustain wholesome relationships with others around them. This internal

conflict may lead to a vicious circle of nasty emotions that could further complicate the dynamics between friends.

*Kabhi kabhi mujhe lagta hai k agr m apni feelings share karo ga k mujhe guilt hai kisi chez ka to meray dost mera mazaq bnai gai meray baray m kia sochay gai k ye kasa banda hai is liy m zayada share hi ni karta.(M2).*

*Sometimes asa hota k agr hum share na karay to is se ham m bitterness a jati hai or hum face ni kartay aik dosray ko.(M4).*

### **Friends' Response to Guilt and Shame**

This theme explores how peers react when participants in a friendship between men are discussing their shameful and guilty thoughts. Because of the research done, it is found that a friend can assume a major role in helping to guide someone over these difficult feelings. When an individual was willing to open his mouth and explain to his buddies that he did feel guilty or ashamed, in most cases the reaction was beneficial from their friend. Such favorable responses included statements of understanding, sympathy, and empathy toward the other person. Friends often came out with phrases of encouragement to their friends; they assured their friends that those feelings were natural and offered guidance and support so that they might be able to cope with these difficult emotional experiences that they faced. Such positive responses could, therefore have a great influence on the way a person would deal with feelings of guilt and shame, strengthening and building up the friendship relationship.

*Mujhe lagta hai k meray friends' mazaq bnai gai agr m unko btao ga apni feelings k baray m lakin asa ni hota wo positive response detay meri help kartay hai isko resolve karnay m.(M7).*

*Kabhi asa b hota hai k jab m apnay friends ko btata ho to wo agay se koi response ni detay or phir mujhe is baat ka guilt honay lag jata hai k m ne btaya hi ku. (M8).*

### **Strengthens Friendship**

It follows the investigation of how shame and guilt could build male friendships since they might initially be painful to bear. It was realized in our study that openly disclosing guilt and shame before others strengthens relations. One also develops more critical thinking skills due to these selfsame feelings. They may discuss why people often react or perform certain things or their possible harmful consequences

on fellow humans. This process, initiated by the awkwardness of those emotions, ultimately leads to improvement and consciousness in a person. The male student, through the conveying of such feelings, is therefore willing to become honest and open, which results in trust and friendship intimacy. Since openness breeds sympathy and understanding, allowing one to correct mistakes, it makes relationships stronger.

*Jab hum share kartay hn apni feelings ko to is se understanding hoti hai hamara trust build hota aik dosray pa hamari friendship or zayada strong hoti hai or next time hum wahi chezay dobara karnay se avoid kartay hai.(M10).*

### **Deal with Guilt and Shame**

This theme examines how male students of management department navigate and deal with feelings of guilt and shame in their friendships. Participants indicated that after these feelings, they commonly attempted to restore things with their friends. Reparation may take on several forms, such as really apologizing, offering assistance, or engaging in other acts of reconciliation to mend the broken relationship.

*Mostly m direct share ni karta m isko kisi or way m handle karnay ka try karta ho umm...jasay k bahir chalay gai unko kuch treat wagera de di bs asay hi. (M6).*

### **Forgiveness in Guilt and Shame**

This theme explores how the handling of guilt and shame occurs in men's friendships, and how forgiveness can be helpful. This study provides a subtler perspective, although forgiveness can be critical in the healing and reconciliation process. While participants noted that forgiveness builds trust, participants expressed concerns regarding the demand to forgive quickly. It only increases the force such that most individuals do not even process feelings, and this will not serve to handle some root issues first behind guilt and shame. It has emphasized how great it calls on a need that every person in this world could require and thus the time as well as some space to accommodate healing and reconciliation.

*M sorry ni karta ku k mujhe lagta k is se friendship or kharab ho sakti is liy m sorry ko positive consider ni karta.(M8).*

*M directly sorry ni karta ku k meri self-respect ki baat a jati hai.....ha lakin sorry karnay m shame feel ni karni chahye but aik condition set karni chahye k agla banda b sorry kar raha hai ya ni apni galti pa.(M1).*

*Sorry karni chahye lakin sometime sorry se issue b ho sakta hai k agla banda apki baat ko kisi or way m na le jai.....ye ab next person k nature or situation pa b depend karta hai.(M2).*

### **Effect of Unresolved Guilt and Shame**

This theme shows that how the guilt feelings and shame leftover result in male friendships. My findings suggested these unexpressed emotions resulted in a cycle of negative effects on communication where both parties end up misunderstanding each other because of that hidden anger or resentment arising due to the conflict, emotional detaching generally uncomfortable feelings. Lastly, mistrust and break of intimacy were difficult to "talk about"-that is working on the root cause. These findings point out the critical importance of open communication and the feelings of guilt and shame in maintaining healthy friendships.

*Mujhe lagta hai k isko short period m resolve kar lena chahye ku k agr zayada time tak inko solve na kiya jai to is se friends m misunderstanding ho sakti...ummm or is se friendship b end ho sakti hai.(M9).*

*I think humme thori break leni chahye ta k anger ki intensity thori kam ho jai or humme thanday dimag se issue ko resolve karna chahye.(M10).*

### **Discussion**

The present study focuses on the impact of shame and guilt on male students' friendships in management department. Ten students participated in the interview and gave answers to all the topics. This study will investigate how young male university students' friendships are affected by feelings of shame and guilt. We speculate that these friendships may be affected by guilt and shame in many ways. Children who are ashamed or guilty usually get hostile, run away from friends, or may not be able to trust them anymore. Shame and guilt may lead one person not to open up freely about himself. Such things cause some misunderstandings or even arguments among friends. Shame or guilt that a person holds might also affect his friendships by hiding those from friends. On the contrary, by creating sympathy and sympathy, openly discussing these feelings might strengthen friendship (Irfan, 2022). The present study attempts to contribute to the understanding of the complex interaction between male friendships, guilt, and shame in an academic environment by exploring such effects.

Guilt and shame, according to this research, are the highest contributing factors to male friendships' instability and low quality. How hard it will be for such individuals to express and share when emotions arise, which may eventually lead to a chance of misunderstanding and hatred. It can easily destroy the trust in the relationship, thus making it hard to depend on each other and feel secure in the relationship (Stephanou, & Balkamou, 2011). In the extreme, these emotions sometimes result in verbal wars that break the ties of friendship. Low satisfaction in friendship and desires to seek relief elsewhere may become the result of misunderstanding and the lack of finding solutions to unresolved problems. And ultimately, how bad the presence of guilt and shame can break the quality of friendship can break that relationship.

This study discusses how the feelings of guilt and shame may influence the communication patterns of male friends. The individual might not want to communicate openly and candidly when they are feeling guilty or ashamed. Because of fear of judgment or rejection, he might become defensive or avoidant. This leads to a lack of honest communication and problem-solving issues. Shame and guilt may disrupt communication in extreme cases. People may withdraw from friends and retreat socially, or they simply treat others silently. This is one-way long animosity can begin and relationships badly hurt. Additionally, unreconciled shame and guilt may become bitterness and anger. This way, people feel awful about their pals and punish them for their emotional pain. This can make it hard to rebuild the trust and the solid ground that the friendship would otherwise have because of this.

This research aims to describe the experiences of male students in the management department and their friendships which are impacted by emotions of shame and guilt. This study will aim to address how these children cope with feelings of shame and guilt. It will be relevant to this paper to explore how students use avoidance techniques, make apologies, or seek social support as a means of coping with their feelings of guilt and shame. The study explores the strategies with the perspective of knowing how male students deal with complex emotional situations in their friendships (Bassan & Heimann, 2024). It focuses on the interaction of male friendships and shame and guilt with university students. According to our research, it may have severe effects on male friendships' quality and stability. In our research,

most of the students didn't utter Shame. Many male students avoid discussing their experiences freely in shame, especially while conducting research.

### **Implications**

This study has implications beyond the academic world. By understanding this complex relationship of male friendships and guilt and shame, we can foster better and more supportive connections among young men. To address the problems experienced by male students in the management department, we need to encourage open communication, and emotional expression, and make mental health resources readily available. But perhaps, through the challenge of these norms supporting toxic masculinity, we can create a kinder, gentler world. We can build an environment for young guys in which they will have control over their emotions, more intimacy with people, and satisfaction in life if these are adopted.

### **Limitations**

The sample size was very limited and data was collected from only one University of Faisalabad by taking participants from male students in the management department, aged 18 to 25.

### **Conclusions**

This research found that shame emotions may be negatively influencing male relationships, and shame is said to result in social exclusion and ruined relationships. Whereas guilt tends to have positive influences since it enhances relationships by being an actual motivator towards confession, apologizing, and restoration. For this reason, guilt feelings increase chances of the possibility of an enhanced understanding and sympathetic relations with the friend. Guilt can be a facilitator of personal development, which can motivate a person to learn from his or her mistakes and become better. On the same token, this study has also established that many male students find it hard to openly communicate about their feelings of guilt and shame, hence resulting in communication problems and emotional distance in friendships.

### **References**

Ali, A. A., Mahmood, K., Javaid, Z. K., & Athar, M. (2024). Conflict resolution, psychological well-being and marital satisfaction among spouses of working people. *Pakistan Journal of Law, Analysis and Wisdom*, 3(2), 183-191.

- Bassan, L., & Heimann, G. (2024). Dealing with guilt and shame in international politics. *International Relations*, 38(2), 256–278. <https://doi.org/10.1177/00471178221086147>
- Bastin ,C., Rakesh ,D., Harrison ,J.B.,Davey ,G.C.,Allen,B.N.,Muller ,S., & Whittle,S.(2021) · Feelings of Shame and guilt are associated with distinct neural activation in youth. *Biological Psychology*, 159, 108025. <https://doi.org/10.1016/j.biopsycho.2021.108025>
- Baumeister, R. F., Stillwell, A. M., & Heatherton, T. F. (1994). Guilt: An interpersonal approach. *Psychological Bulletin*, 115(2), 243–267. <https://doi.org/10.1037/0033-2909.115.2.243>
- Berkowitz, L. (2019). The role of guilt in social interactions. *Journal of Personality and Social Psychology*, 117(3), 434–446. <https://doi.org/10.1037/pspi0000149>
- Duncan, C., & Cacciatore, J. (2015). A Systematic Review of the Peer-Reviewed Literature on Self-Blame, Guilt, and Shame. *OMEGA - Journal of Death and Dying*, 71(4), 312–342. <https://doi.org/10.1177/0030222815572604>
- Eisenberg, N., & Lennon, R. (2018). Emotion regulation and social interactions in friendships. *Personality and Social Psychology Bulletin*, 44(4), 467–479.
- Ferguson, T. J., & Crowley, S. L. (1997). Gender Differences in the Organization of guilt and shame . *Sex Roles*, 37(1), 19–44. <https://doi.org/10.1023/A:1025684502616>
- Fisher, T., & Shaver, P. (2019). The social consequences of guilt and shame in friendships. *Journal of Social and Personal Relationships*, 36(5), 1123–1144.
- Grigar, & Gabrielle, E. (2023). *The Role of Masculine Personality Characteristics and Beliefs About Sexuality in Anxiety, Guilt, and Shame of Men Treated for Prostate Cancer—* <https://www.proquest.com/openview/15e7a955c25b838bc41b18ecfca57a7a/1?pq-origsite=gscholar&cbl=18750&diss=y>
- Han, D., Duhachek, A., & Agrawal, N. (2014). Emotions Shape Decisions through Construal Level: The Case of guilt and shame. *Journal of Consumer Research*, 41(4), 1047–1064. <https://doi.org/10.1086/678300>
- Hochschild, A. R. (2021). The emotional economy of male friendships: The roles of guilt and shame. *Sociology of Emotions Journal*, 16(2), 88–106.

- Irfan, H. (2022). Associations between shame and guilt, Self-Esteem, and Health Risk Behavior Among Undergraduate Students. *Honors Undergraduate Theses*. <https://stars.library.ucf.edu/honorsthesis/1303>
- Javaid, Z. K., Akram, D., Fatima, S. M., Ahmad, J., & Hafeez, H. (2024). Investigating Emotional Experiences of Music Listener: Impact on Psychological Well-being. *Harf-O-Sukhan*, 8(2), 494-501. Retrieved from <https://harf-o-sukhan.com/index.php/Harf-o-sukhan/article/view/1358>
- Javaid, Z. K., Chen, Z., & Ramzan, M. (2024). Assessing stress causing factors and language related challenges among first year students in higher institutions in Pakistan. *Acta Psychologica*, 248, 104356.. <https://doi.org/10.1016/j.actpsy.2024.104356>
- Javaid, Z. K., Fatima, S., & Sohail, M. F. (2024). Correlates and Dimensionality of Moral Injury in Combat Veterans around Globe: A Systematic Review. *Pakistan Journal of Law, Analysis and Wisdom*, 3(5), 93–129. Retrieved from <https://pjlw.com.pk/index.php/Journal/article/view/v3i5-93-129>
- Javaid, Z. K., Naeem, S., Haroon, S. S., Mobeen, S., & Ajmal, N. (2024). Religious coping and mental well-being: A systematic review on Muslim university students. *International Journal of Islamic Studies and Culture*, 4(2), 363-376. *Journal of Personality and Social Psychology*, 70(6), 1256-1269 <https://psycnet.apa.org/buy/199601769-013>
- Levant, F.R. (1997).The Masculinity Crisis. <https://journals.sagepub.com/doi/abs/10.1177/106082659700500302>
- Lewis, J. (1971).The Assessment of Shame and Guilt | 6 | *Advances in Personality Assess.* <https://www.taylorfrancis.com/chapters/edit/10.4324/9781315825571-6>
- Prosek, A.E.,Wei, Q., Scoffone, M.C., Gallardo, D., & Giordano, L.A.(2021).Guilt, Shame, and Empathy as Predictors of Coping Engagement among United States College Students. *International Journal for the Advancement of Counseling*. <https://link.springer.com/article/10.1007/s10447-021-09458-6>
- Rice, S. M., Kealy, D., Oliffe, J. L., Treeby, M. S., & Ogradniczuk, J. S. (2020). Shame and guilt mediate the effects of alexithymia on distress and suicide-related

- behaviours among men. *Psychology, Health & Medicine*.  
<https://www.tandfonline.com/doi/abs/10.1080/13548506.2019.1601747>
- Rice, S. M., Kealy, D., Treeby, M., Ferlatte, O., Oliffe, J. L., & Ogrodniczuk, J. S. (2018). Male guilt – and shame-proneness: *The personal feelings questionnaire (PFQ-2 Brief)*. <https://doi.org/10.26181/19669521.v1>
- Robinson, R., & Smith, D. (2020). Coping with negative emotions in friendships: Male college students' perspectives. *Journal of Adolescent Research*, 35(3), 455-474.
- Silfver, M. (2007). Coping with guilt and shame: A narrative approach.. *Journal of Moral Education*, 36(2), 169–183. <https://doi.org/10.1080/03057240701325274>
- Stephanou, G., & Balkamou, K. (2011). Children's Attributions and Emotions for their Friendships with their Best Friend. *Journal of Psychology Research*, 1(6).  
<https://doi.org/10.17265/2159-5542/2011.06.003>
- Stepien, A. (2016). Understanding Male Shame. *Masculinities: A Journal of Identity and Culture*, 1, Article .
- Sutherland, J.A. (2010). Mothering, guilt and shame. *Sociology Compass*, 4(5), 310–321. <https://doi.org/10.1111/j.1751-9020.2010.00283.x>
- Tangney, J. P., & Dearing, R. L. (2017). Shame and guilt. *The Guilford Press*.
- Tangney, Price, J., Miller, Rowland S., Flicker, Laura, Barlow, & Hill, D. (1996).
- Waxler, C., & Robinson, J. (2018). The development of guilt and shame in early childhood. *Developmental Psychology*, 54(4), 617–630.  
<https://doi.org/10.1037/dev0000484>
- Woodyatt, L., Worthington, L.E., Wenzel, M., & Griffin, J.B. (2017). *Understanding Shame and guilt Springer* [https://link.springer.com/chapter/10.1007/978-3-319-60573-9\\_2](https://link.springer.com/chapter/10.1007/978-3-319-60573-9_2)