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The Measurement of Psychosocial Issues of Female Sex Workers: Attachment Styles, Apprehension, and Psychosocial Issues

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ABSTRACT

To the psychosocial issues that affect female sex workers in Pakistan (FSWs) as well as to explore the connections between attachment styles and anxiety using infor The Measurement of Psychosocial Issues of Female Sex Workers mation gathered from FSWs representing a range of ages, educational attainment, marital situations, and family systems. The study was carried out with three scales: Adult Attachment Scale (AAT), Apprehension Scale and a specially constructed and validated on indigenous samples regarding the Psychosocial Issues of Female Sex Workers (PSI-FSWs). The study discovered a substantial correlation between the apprehension score, the five variables of psychosocial issues, and attachment styles. Education, income, apprehension, and attachment were identified as important determinants of PSI using hierarchical regression analysis. The results of an ANOVA study revealed that the FSWs' Ambivalent Attachment Style was a significant positive predictor of Psychosocial Issues, and that Apprehension fully mediates the association between Attachment Styles and PSI. Conflicts over religion, caste, and social position have become common in society because of poverty, inflation, corruption, gaps in socioeconomic status, unemployment, and ignorance. Mental health has also been overlooked and stigmatized, which has increased the sex trade. FSWs run the risk of contracting infections as well as psychological and social dangers that make life a living nightmare for them.

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1. Introduction

The WHO (2014) estimates that one in four people will experience a mental health issue during their lives, with 60% not seeking treatment. In contexts of conflict, disaster, or limited healthcare, these numbers may rise. In Pakistan, 89,178 female sex workers (FSWs) face numerous challenges, including financial, familial, and social issues that can impact their mental health (Emmanuel et al., 2013). In Pakistan, female sex workers (FSWs) are classified into six main groups (Aberg et al., 2014).

- The first group, home-based FSWs, live with their families and typically rely on intermediaries to find clients. Within this category, some FSWs keep their work secret from their families and conduct it outside the home, while others have families who are aware and even allow clients to visit their homes.
- The second group is Kothi-khana-based FSWs, who operate from small rented buildings, often located in residential areas. Some FSWs live and work there, while others only use the space for sex work.

- The third group, brothel-based workers, is the oldest form of FSW in Pakistan, dating back to when the sex industry operated in red-light districts under the guise of dance and performance art.
- Street-based FSWs make up the fourth group. They typically work alone, finding clients in public places like streets, markets, and stations. They often arrange meetings via cell phones, which has become a common method.
- The fifth and sixth groups include FSWs who work out of massage parlors and those who beg while offering sexual services (Zapf, Greiner, & Carroll, 2008).

Research on the psychological well-being of FSWs in Pakistan remains limited. This study aims to address this gap by exploring the psychosocial issues faced by FSWs, particularly in relation to attachment patterns and apprehension.

Attachment behaviors are distinct from instinct, as emotional needs are met through social connections that vary depending on one's attachment style. Ainsworth et al. identified three main attachment styles: secure, ambivalent, and avoidant (Adler et al., 2013). Adults with secure attachment see love as lasting, while those with ambivalent attachment fall in love quickly, and avoidant individuals tend to view love as temporary. While attachment styles aren't limited to adult relationships, they can often predict behavioral patterns later in life. Research has shown a strong link between insecure attachment and sexual dependency. Insecure attachment hinders the ability to form secure relationships and disrupts emotional regulation, key factors that can drive sexual compulsivity. Addressing these issues in treatment, alongside working on building secure attachments, has proven helpful. For instance, Zapf, Greiner, and Carroll found insecure attachment to be common among sexually dependent men(Zapf, Greiner, & Carroll, 2008).There's also evidence suggesting that people living with HIV (PLWH) have higher rates of insecure attachment compared to the general population(Jalil et al., 2022). This can affect their ability to adjust to life with HIV, their behavior in relationships, and their overall well-being. Helping these individuals develop secure attachments could improve their adjustment to the illness, reduce risky behaviors, and boost their quality of life. A study by Grady, Swett, and Shields examined attachment styles in a treatment program for male sex offenders (Grady, Swett, & Shields, 2016). The results showed significant reductions in anxious and avoidant attachment levels after treatment, with participants also reporting less dependent attachment. These findings were based on the Relationship Scales Questionnaire and the Adult Attachment Scale. Miga et al. (2010) explored the link between insecure attachment and aggression in adolescent romantic relationships (Grady, Swett, & Shields, 2016). They found that insecure attachment predicted both the perpetration and victimization of psychological aggression, highlighting the need to consider attachment patterns when addressing aggression in relationships. In another study, Julal, Carnaley, and Rowe used a mapping technique to track changes in attachment networks over time (Julal, Carnelley, & Rowe, 2017).They found that fathers were generally placed further from the center self than mothers, and that relationships marked by greater attachment insecurity were positioned farther away from the self as well.

2. Method

2.1. Main Hypotheses

- There is a significant relationship between attachment styles, apprehension, and psychosocial issues.
- Apprehension mediates the relationship between attachment styles and psychosocial issues.
- FSWs with ambivalent attachment styles will have higher levels of apprehension and psychosocial issues compared to those with secure or avoidant attachment styles.

2.2. Secondary Hypotheses

- Age will negatively correlate with psychosocial issues.
- Income will inversely correlate with psychosocial issues.
- There will be differences in apprehension and psychosocial issues based on marital status and family structure (joint vs. nuclear families).

2.3. Operational Definitions

- Attachment style: Patterns of behavior in relationships (Waters, Corcoran, & Anafarta, 2005).

- Apprehension: Anxious expectations or dread about future events (Fox & Alldred, 2013).
- Psychosocial issues: Dysfunction in social and psychological functioning (Crapnell et al., 2015).
- FSWs: Women who exchange sexual services for money, drugs, or alcohol (Bernstein, 2007).

2.4. Research Design

A cross-sectional design was employed to assess the relationship between apprehension, attachment styles, and psychosocial issues among FSWs. Due to the limited research in this area, an exploratory approach was also incorporated.

2.5. Setting

Data were collected from brothels and homes, with the help of an organization that provided HIV prevention services to FSWs. Participants were randomly selected, and rapport was built through pre- and post-counseling on HIV awareness. Given the population's low literacy levels, the three-page questionnaire was administered verbally. Data collection took 1.5 months, and some interviews were conducted over the phone due to the COVID-19 pandemic.

2.6. Indigenous Scale Development

An indigenous scale was developed to assess psychosocial issues among FSWs in Pakistan through the following steps:

Phase I: Semi-structured interviews were conducted to generate items based on common responses from FSWs. 74 initial items were created.
Phase II: Ten clinical psychologists validated the items, reducing the scale to 64 items by eliminating vague or overlapping responses.
Phase III: A pilot test with eight participants ensured clarity and ease of understanding. Two items were removed, leaving 61.
Phase IV: The psychometric properties of the scale were established during the main study.

2.7. Participants

The study targeted 200 FSWs aged 15 to 50 in Lahore. Participants were included if they worked in brothels or homes, had at least five months of experience, and fell within the 15 to 50 age range. Those not currently working or involved in earlier phases were excluded.

2.8. Sampling Strategy

Purposive sampling was used, and participants were approached based on the inclusion criteria.

2.9. Measures

1. Demographic Questionnaire: Collected data on age, education, marital status, family system, income, work experience, etc.
2. Adult Attachment Scale (Shaver & Hazan, 1987): The Urdu-translated version was used to measure secure, anxious/ambivalent, and avoidant attachment styles.
3. Apprehension Scale (Durrani, Mahmood, & Saleem, 2017): This 11-item Urdu-translated scale assessed apprehension among the study population.
4. Psychosocial Issues Scale: Developed specifically for this study to assess the psychosocial issues faced by FSWs.

2.10. Procedure

Data were gathered from 200 FSWs in Lahore, with consent from both participants and their organizations. Interviews were conducted in person or over the phone, depending on the participants' availability and pandemic restrictions. Due to low literacy levels, questions were read aloud. Some participants were forthcoming, while others were more reserved. Semi-structured interviews were used to establish rapport, and clinical assessments were offered when needed.

3. Result

The chapter aimed to highlight the findings of the main study. The chapter is divided into four sections. During the study three scales were used which include Adult Attachment Scale (AAS), Apprehension scale, and Psychosocial Issues (PSI-FSWs), along these scales different

demographic variables of self-report were used to find out different demographic characteristics of the participants, such as gender, age, number of children, family system, financial status, and duration of involvement in sex work.

Section I: Sample Description In this section, explained all the demographic in detailed and significant manner by giving the frequencies, mean and the standard deviation of the entire demographic variables.
Section II: Psychometric properties of Scale/ Factor Analysis All Psychometric properties of developed scale and other scales, used in this study, has been described in this section.
Section III: Testing the main hypotheses The main hypotheses of the current studies were tested through different analysis which included Correlation, t-test, Hierarchical Regression and ANOVA.
Section IV: Testing the Secondary Hypotheses It is the last section of the result chapter. The aim of this chapter was to test the secondary hypotheses. It was highlighted the relationship of the secondary hypotheses with all main variables and the demographic variables by using t-Test and ANOVA.

3.1. Section I: Sample Description

The frequencies mean and standard deviation of the characteristics of demographic variables of participant was explained in this section. The main data was based on N= 200. The characteristics were included in this study were age, education, number of children, family system, income, and duration of involvement in sex work are explained by finding their frequencies, mean and standard deviation of the collected data.

Table 1: Mean, and Standard Deviation of Participant's Age, Experience, Education, No of Children, Income of the Participants (N=200).

Variables	M	SD
Age in years	31.75	8.14
Experience in year	5.40	2.89
Income	2.56	1.56

Note: M = Mean, SD =Standard Deviation

As shown in Table 1, the mean age of the 200 participants of the current study is 31.75 (SD 8.141) it means most of the participants were around 31-32 ages people. Most of the participants had 5 years' experience. as far as the income was concerned, the collective income the mean was 2.56 (SD 1.56), it means mostly people had 5-20k income at least. This table helped in further categorization of the sample in various groups.

Table 2: Frequencies and Percentage of Demographic Variables Age, Education, Marital Status, Family System, of the Participant (N=200)

Variable	FSWs *f*	Total *%*
Age		
17-26	65	32
27-34	61	30
35-50	74	37
Education		
Uneducated	76	38
0-8(Middle)	44	22
9+ (up to college)	80	40
Marital status		
Single	28	14
Married	172	86
Family system		
Joint	112	56
Nuclear	88	44
Husband profession		
Employed	125	62
Unemployed	75	37
Monthly income		
5-19	105	52
20-60	95	48

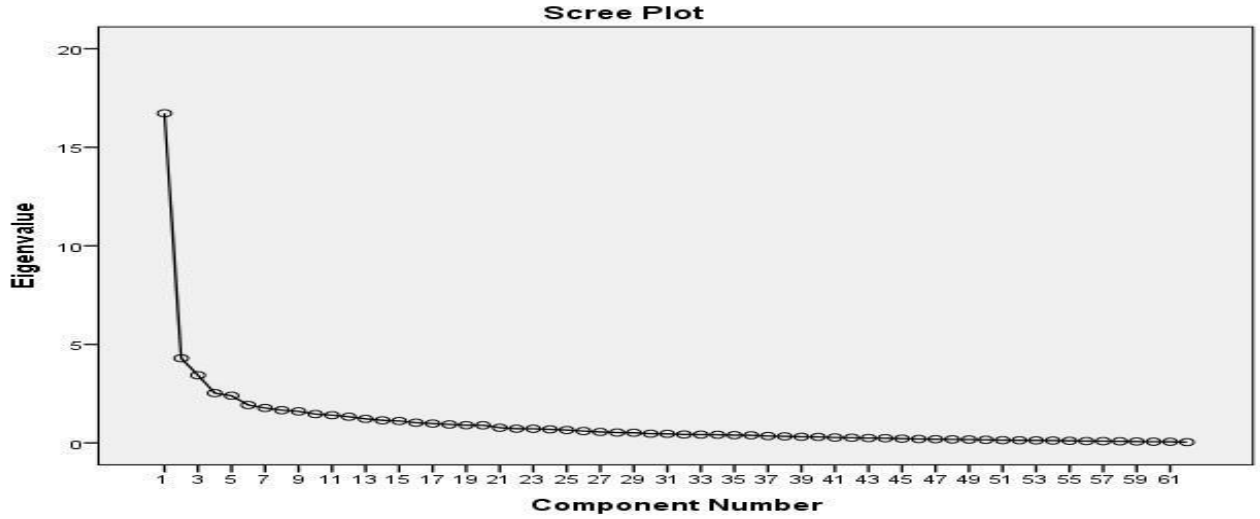
Note. F= Frequency, % = Percentage

The frequency and proportion of several factors, such as age, education, marital status, family structure, husband's occupation, and income, are shown in the table below. A large majority of participants (74%) were between the ages of 35 and 60. Most participants (86) lacked a high school diploma, although others had just an elementary (18) or middle (80) level education. Joint families accounted for more participants (112) than nuclear families (88). individuals who were married (172) outnumbered individuals who were not. Employed was the most frequent husband's occupation (125), and the salary variations between the various groups were minimal

3.2. Section II: Psychometric Properties of Scale Factor Analysis

A procedure in which we used statistics to explain interrelated measures to find out the pattern of the sets of the variable is known as factor analysis (Child, 2006). The Exploratory Factor Analysis was run to identify the pattern on Psychosocial Issues in the FSWs. The Principal Component Factor was used with the Varimax rotation on 25 items of the scale with factor loading value of 0.30. The results indicated that the scale is adequate with its population as the Kaiser Meyer Olkin measures was 0.801 and Bartlett's Test of Sphericity was 1668.68 and the value of p< is .001. The factor analysis was carried out on 61 items of PSI. When find the initial commonalities, one item was excluded which had the values less than 0.20.

Figure 1: Scree Plot Showing Extractions of Factors of Psychosocial Issues of FSWs Scale



The factors were determined based on Scree plot and Eigen values greater than 1. The criteria of retention revealed that 5 factors solution will be the best factor model. This solution of factor was found more appropriate with less unsure or doubtful items, and it clears the factor structure.

Table 3: Factor Structure of 61 items of Psychosocial Issues of FSWs with Varimax Rotation

S. No.	Item No.	FI	FII	FIII	FIV	FV
1.	6	.69	.12	.17	.12	.19
2.	46	.67	.15	.18	.20	.30
3.	45	.67	.11	.45	.16	.18
4.	1	.64	.32	.34	..24	.16
5.	3	.63	.20	.22	.13	.31
6.	47	.61	.28	.19	.27	.16
7.	7	.57	.22	.11	.13	.10
8.	5	.54	.18	.17	.16	.22
9.	57	.50	.10	.11	.18	.35
10.	09	.49	.22	.31	.23	.18
11.	4	.47	.11	.18	.27	.17
12.	08	.34	.16	.29	.16	.18
13.	29	.43	.31	.41	.12	.21
14.	23	.30	.27	.20	.12	.21
15.	62	.31	.65	.23	.17	.12

16.	20	.33	.62	.10	.35	.19
17.	19	.27	.57	.19	.40	.17
18.	54	.27	.53	.11	.19	.49
19.	55	.41	.51	.22	.13	.43
20.	53	.44	.50	.12	.10	.21
21.	34	.37	.50	.29	.19	.14
22.	26	.24	.48	.34	.27	.15
23.	33	.13	.44	.43	.12	.21
24.	2	.39	.44	.21	.27	.30
25.	24	.10	.43	.34	.28	.24
26.	22	.21	.48	.19	.16	.36
27.	15	.37	.41	.20	.10	.30
28.	39	.13	.27	.72	.12	.26
29.	36	.19	.32	.70	.19	.26
30.	35	.27	.16	.64	.16	.12
31.	40	.51	.19	.55	.28	.17
32.	42	.49	.17	.54	.11	.29
33.	32	.14	.14	.53	.12	.21
34.	44	.39	.47	.50	.27	.14
35.	38	.30	.30	.48	.17	.21
36.	43	.19	.21	.47	.12	.28
37.	41	.23	.12	.40	.12	.20
38.	25	.16	.29	.17	.63	.24
39.	27	.13	.23	.14	.62	.19
40.	31	.16	.12	.10	.61	.17
41.	30	.31	.17	.18	.57	.26
42.	21	.20	.34	.16	.54	.16
43.	49	.15	.24	.13	.53	.29
44.	28	.10	.31	.21	.49	.19
45.	17	.19	.11	.12	.39	.18
46.	10	.22	.15	.18	.37	.16
47.	14	.12	.36	.26	.42	.14
48.	13	.17	.33	.20	.38	.19
49.	12	.12	.21	.56	.39	.17
50.	18	.17	.38	.26	.34	.55
51.	16	.14	.18	.13	.26	.55
52.	37	.21	.19	.33	.31	.54
53.	51	.11	.21	.18	.19	.53
54.	52	.43	.18	.19	.21	.44
55.	58	.29	.41	.26	.11	.42
56.	61	.25	.11	.21	.19	.40
57.	11	.23	.22	.34	.12	.35
58.	50	.32	.23	.24	.11	.34
59.	56	.30	.17	.26	.15	.34
60.	48	.17	.32	.33	.13	.35
61.	59	.29	.32	.10	.13	.37
		Eigen Value	16.72	4.29	3.43	2.52
		% Variance	26.97	6.93	5.57	4.07
		Cumulative %	26.97	33.90	39.44	43.51

Note: Items with .30 or above loading are boldfaced in the corresponding

Principal components analysis with Varimax rotation and screen plot was used to exact the Factorial structure PSI. To find out the best factor solution 5 factor solution was tried with the factor loading of 0.30 and Eigen value was greater than using principal component analysis. the best fit model of factor solution was explained. The table 3 shows the structure of factors of PSI as the best approximation of simple structure was 5 factors and results can be interpreted in easiest way. The first factor had 14 items that were retained on factor loading 26.97 with the Eigen value 1. And the second factor also had 12 items, the third factor had 12 whereas factor 4 had 12 items and last factor had 13 items were retained on this factor. After the factor analysis of PSI all items were loaded out of 25 items and these items come under the retention criteria.

3.3. Factor Description

After factor analysis when factors were retained, each factor was allocated with a name with reference to commonality in theme, similarity between items and generating same meaning around one factor. The names which were chosen for factors are such as Factor 1 Self

Discontentment, Factor 2 Emotional Distress, Factor 3 Self-Criticism, Factor 4 Social Distress and Factor 5 Fear. The description of the factors is written below.

3.3.1. F1: Self-Discontentment

The first factor of the scale was consisted of 14 items.

The all 14 items shared a common theme which is mostly about poor Self-Discontentment as, "addiction", "substance abuse", "self-blaming", "conflict with family members", "self-worthlessness", "incompatibility with spouse", "easily become a subject of harassment by family", "loneliness", or "avoidance of hangouts".

3.3.2. F2: Emotional Distress

It is the second factor of the scale which is also comprised of the 13 items. These items denote the theme of emotional Distress. The items mainly included "anxiousness" "regret", "irritated mood" "restlessness" "anger" "somatic symptoms" "obsession and compulsions" etc.

3.3.3. F3: Self-Criticism

It is the third factor of the scale. In this factor of 11 items which had common theme. The items mostly explained the condition of person where they are helpless and start negative self-criticism. The items are such as "self-hating behaviour", "self-hitting", "negative self-image", "self-doubt and feeling of worthlessness", "low self-esteem", "lack of confidence", "fear of socialization", "Disputes with husbands", "to become a subject of violence", "poor physical health" etc. These kinds of items are come under the heading of third factor.

3.3.4. F4: Social Distress

There are 12 items in this factor, denoting same direction. Such as: "financial crises", "feeling of helplessness", "lack of social support", "family issues", "children's responsibility", "husband's uncompromising nature", "difficulty in tying marital relationship", and "religious factor". Which all come under term of social disruption.

3.3.5. F5: Fear

In the fifth and last factor, which is comprised of 11 items respectively. All 11 items mostly indication one main thing that is Fear. The items are like "fear of wrongdoing", "fear of being exposed in front of parents or family and society", "fear of getting divorced", "fear of being harassed", "worries about income", "fear of pregnancy", "people behaviour of taking for granted" "to be cautious about leaking videos and photos", and "humiliation".

3.4. Internal Consistency of the Scales

Psychometric of the scale "Psychosocial Issues of FSWs" was established through construct validity. Internal consistency of scale was measured through Cronbach Alpha.

Table 4: Cronbach Alpha (α) of the items of the subscales of Psychosocial Issues of FSWs (PSI).

Factors	No. of Items	Alpha Coefficients
F1	14	0.87
F2	13	0.85
F3	11	0.82
F4	12	0.82
F5	11	0.83
Total	61	0.95

As shown in the Table 4 PSI found to have high internal consistency. The value of 0.95 for 61 items of PSI showed that all items were found to be homogenous. Cronbach Alpha was also computed for 5 factors of PSI.

3.5. Split Half Reliability

Part I and part II method was used to determine the split-half reliability of the PSI. The test was divided into two halves, one comprising of first 31 items (Form A) and remaining 30 items were included in part two (Form B). The correlation between two forms was .78 ($p < .001$). The internal consistency of Form A was 0.91 and for Form B was 0.91. It means that both Form A, Form B is acceptable level of psychometric properties.

3.5.1. Section III: Testing the Main Hypotheses

In this section, we will test our main hypothesis to find out the relationship between our variables.

Hypothesis I: It is hypothesized that there will be significant relationships between Attachment Styles, Apprehension, and Psychosocial Issues of Female sex workers.
Hypothesis II: It is hypothesized that Apprehension will act as a mediator between Attachment Styles and Psychosocial Issues in FSWs
Hypothesis III: It is hypothesized that FSWs with ambivalent attachment style will have more apprehension and psychosocial issues as compared to Secure and Avoidant Attachment Styles.

3.5.2. Section IV: Testing Secondary Hypothesis

Hypothesis I: It is hypothesized that there will be no significant difference in FSWs of different age group on apprehension and Psychosocial Issues in FSWs
Hypothesis II: It is hypothesized that there will not significantly difference in FSWs of different educational level on apprehension and Psychosocial Issues in FSWs.
Hypothesis III: It is hypothesized that there will be significant difference in FSWs of different marital status on apprehension and Psychosocial Issues in FSWs.
Hypothesis IV: It is hypothesized that there will be significant difference in FSWs of different Family System on apprehension and Psychosocial Issues in FSWs.
Hypothesis V: It is hypothesized that Husband's profession will differently predict apprehension and Psychosocial Issues in FSWs.
Hypothesis VI: It is hypothesized that monthly Income will differently predict apprehension and Psychosocial Issues in FSWs.

Table 5: Table of Inter-correlation, Mean, and Standard Deviation of Attachment Styles, Apprehension, and factors of Psychosocial Issues of FSWs (N =200).

Factors	AAS	APP	F1	F2	F3	F4	F5
AAS	----	.32***	.18**	.26**	.25***	.35***	.30***
APP	---	---	.34***	.44***	.43***	.36***	.36***
F1: Self-Discontentment	---	---	---	.62***	.58***	.47***	.68***
F2: Emotion Distress	---	---	---	---	.60***	.64***	.69***
F3: Self Criticism	---	---	---	---	---	.46***	.58***
F4: Social Distress	---	---	---	---	---	---	.53***
F5: Fear	---	---	---	---	---	---	---
M	2.28	18.8	27.45	27.97	16.14	23.72	21.00
SD	.814	7.84	20.94	9.60	8.46	8.60.19	8.48

Note: M=Mean, SD= Standard Deviation, *p<.05, **p<0.01, ***p<0.001, AAT= Adult Attachment Scale, APP= Apprehension.

The above table 6 revealed there was not any negative relationship among variables, rather it was found highly significant positive relationship among Attachment Styles, Apprehension, Self-Discontentment, Emotional Distress, Self-Criticism, Social Distress and Fear. However, Attachment Style was less significant slightly with Self Discontentment and Emotional Distress as compared to Apprehension, Self-Criticism, Social Distress and Fear. Comparatively the Apprehension was highly significant with all the tested variables. Same as with rest of the variables, which shown highly positive significance with each other.

3.6. Hierarchical Regression Analysis

Regression is an analysis which is conducted to predict the significant relationship between Demographic Variable and another Variable. Multiple regression analysis was performed to find out the significant demographic characteristics that could had the impact Psychosocial Issues of FSWs.

Table 6

Model	SEB	B	t	p<
Step 1(R=.269[a],Δ R^2=.072)				
Edu	3.34	-.244	-3.52	.001***
Step 2(R=.334[b]Δ, R^2=.112)				
Income	1.69	189	-.20	.008**
Apprehension	.32	.380	5.65	001***

Note. β = Standardized Coefficient, ΔR^2 = Adjusted R^2, ns = non-significant, *p<0.05, **p<0.01, ***p<0.001.

This table shows that in first model, education was significant negative predictor, which means uneducated FSWs predicted -.24 Psychosocial Issues. In Model II Income showed as negative predictor of Psychosocial Issues in FSWs, means less income has more Psychosocial issues whereas in Model III showed that Apprehension as is highly significant positive predictor of Psychosocial Issues in FSWs.

Table 8: One-way analysis of variance of Apprehension, Self-discontentment, Emotional Distress, Self-Criticism, Social Distress and Fear across three levels of Attachment Styles.

	Secure (46)		Avoidant (53)		Ambivalent (101)			
Variables	**F**		***P<***					
Apprehension	15.45	6.55	16.96	8.84	21.45	7.84	12.76	.001***
Self Dis	20.46	11.25	20.54	10.51	24.64	8.37	4.57	.001***
Emo-Distress	24.95	10.23	22.54	9.92	28.79	6.16	10.52	.001***
Self-Criticism	17.60	9.77	16.84	9.49	23.13	9.16	10.05	.001***
Social Distress	18.97	8.46	22.67	9.37	26.42	7.15	13.974	.001***
Fear	21.97	10.63	20.84	9.21	28.94	8.77	16.56	.001***

Note. M= Mean, SD = Standard Deviation, p< .05, p< .01**, p<.001*** between group df =2, within group df = 198. Self Dis= Self Discontentment Emo-Distress= Emotional Distress*

In above table 8, Apprehension, Emotional Distress, Self-Discontentment, Social Distress, Self-Criticism, and Fear all were highly significant. According to mean, Ambivalent has more Apprehension, Self-Discontentment, Emotional Distress, Self-Criticism, Social Distress and Fear. There was no difference in means of Secure and Avoidant in Self Distress, whereas Secure had higher mean in Emotional distress after Ambivalent. But result showed a slight difference in Secure and Avoidant Attachment Style in Fear, Self-Criticism, and Social Distress.

Table 9: ANOVA Table Age Difference between Showing Mean difference of FSWs on PSI and Apprehension (N=200)

Age								
	17-26 n=65		**27-34 n=61**		**35-50 n=74**		***F***	***p<***
Variables	**M**	**SD**	**M**	**SD**	**M**	**SD**		
Apprehension	18.03	7.16	20.7	8.35	18.12	7.82	2.44	.092
Self Dis	26.7	11.54	27.96	1.10	27.60	27.45	1.94	8.23
Emotion Dis	26.0	10.47	27.85	10.8	29.81	7.40	.2.75	.066
Self-Cri	15.87	7.89	17.18	9.26	15.27	8.30	.68	.501
Social Dis	20.89	9.26	24.24	8.61	25.77	7.35	6.01	.003**
Fear	20.72	8.08	21.80	8.53	20.59	8.84	.39	.670

Note. M= Mean, SD = Standard Deviation, p< .05*, p< .01**, p<.001*** between group df =2, within group df = 127, Self Dis= Self Discontentment, Emotion Dis= Emotional Distress, Self Cri= Self Criticism, Social Dis= Social Distress

Table 9, above, shows only one variable Social Distress is significant, according to this, the age range of 35-50 had more Social Distress according to mean comparison that other younger ages. However, there is slight difference in mean of both ranges 35-50 and 27-34.

Table 10: ANOVA Table education level Difference between Showing Mean difference of FSWs on PSI and Apprehension (N=200)

	Uneducated (86)		Middle (53)		Above Middle (43)			
Variables	**M**	**SD**	**M**	**SD**	**M**	**SD**	**F**	**Sig**
Apprehension	21.2	7.09	19.09	8.26	16.60	7.92	4.74	.003*
Self Dis	28.55	9.65	28.38	11.69	26.06	11.97	1.23	.298
Emotion Dis	29.98	7.45	28.50	9.86	26.00	11.62	2.68	.048*
Self-Cri	17.35	8.35	18.02	7.97	14.00	8.78	3.58	.015**
Social Dis	26.06	7.40	23.34	9.23	21.91	8.68	4.53	.004**
Fear	22.61	7.52	19.81	8.56	20.24	9.82	4.35	.005**

Note. M= Mean, SD = Standard Deviation, p< .05*, p< .01**, p<.001*** between group df =2, within group df = 127, Self Dis= Self Discontentment, Emotion Dis= Emotional Distress, Self Cri= Self Criticism, Social Dis= Social Distress.

The above table showed the variable Apprehension significant that Uneducated had highest mean which means Uneducated had more Apprehension. Another significant variable was Emotional Distress and uneducated had higher mean whereas self-criticism was significant and mean of category 2 (Middle) had highest mean. But the last two variable Social Distress and Fear showed highly significant and in both variable uneducated groups had highest mean.

Table 11: T-test Table Showing Mean difference of FSWS of single and Married on PSI, Apprehension (N=200)

Marital Status									
Variables	**Single (*n*=28)**		**Married (*n*=172)**		***p*<**	**t**	**95% CI**		**Cohen's d**
	M	**SD**	**M**	**SD**			**LL**	**UL**	
Apprehension	21.24	7.99	18.48	7.47	.09	-1.72	-5.99	.48	5.92
Self Dis	27.75	9.77	27.39	11.15	.85	-.18	4.41	3.6	1.27
Emotion Dis	28.48	8.65	27.88	9.83	.74	-.33	-4.17	3.68	2.9
Self-Cri	17.96	8.99	15.83	8.36	.24	-1.19	-5.75	2.98	2.88
Social Dis	22.10	9.72	23.99	8.40	.33	.98	-2.00	5.78	3.9
Fear	21.96	6.68	20.84	8.75	.43	-.79	-3.96	1.71	2.67

Note. M= Mean, SD = Standard Deviation, p< .05*, p< .01**, p<.001*** between group df =2, within group df = 127, Self Dis= Self Discontentment, Emotion Dis= Emotional Distress, Self Cri= Self Criticism, Social Dis= Social Distress

Table 11 shows there is no significant variable, which means married and Single FSWs did not find any difference on Apprehension and Psychosocial Issues on basis of marital status.

Table 12: T-test Table Showing Mean difference of Family System of Nuclear and Joint on PSI, Apprehension in FSWs (N=200)

	Family System								
Variables	**Joint (n=172)**		**Nuclear (n=28)**		**p<**	**t**	**95% CI**		**Cohen's d**
	M	**SD**	**M**	**SD**			**LL**	**UL**	
Apprehension	20.08	7.21	17.36	8.37	.01*	2.41	.49	4.93	5.92
Self Dis	27.93	10.77	26.82	11.17	.48	.707	-1.98	4.20	1.27
Emotion Dis	29.20	8.23	26.40	11.04	.04*	1.98	.008	5.58	2.9
Self-Cri	16.85	8.43	15.23	8.46	.18	1.34	-.75	3.99	2.88
Social Dis	23.31	8.81	24.23	8.35	.44	-.76	-3.33	1.47	1.90
Fear	21.10	8.13	20.87	8.95	.85	.18	-2.18	2.65	2.33

Note. M= Mean, SD = Standard Deviation, p< .05*, p< .01**, p<.001*** between group df =2, within group df = 127, Self Dis= Self Discontentment, Emotion Dis= Emotional Distress, Self Cri= Self Criticism, Social Dis= Social Distress

Table 12 shows the family system had significant impact on Apprehension and Emotional Distress. And with the higher mean of joint system, it has revealed that FSWs in Joint Family System had more Apprehension and Emotional Distress as compared to FSWs living in Nuclear Family System.

Table 13: T-test Table Showing Mean Difference Husband's Profession of employed and unemployed on PSI, Apprehension in FSWs (N=200)

	Husband Profession								
Variables	Employed (n=28)		Unemployed (n=172)		p<	t	95% CI		Cohen's d
	M	SD	M	SD			LL	UL	
Apprehension	18.74	7.37	19.12	8.60	.75	-.31	-2.6	1.98	5.92
Self Dis	26.68	11.06	28.73	10.67	.19	-1.29	-5.17	1.06	1.27
Emotion Dis	27.90	9.21	28.09	10.40	.89	-.13	-3.06	2.69	2.9
Self-Cri	16.16	9.08	16.10	7.37	.95	.05	-2.26	2.38	2.88
Social Dis	23.84	8.7	23.52	8.37	.79	.25	-2.1	2.77	2.91
Fear	20.80	8.6	21.33	8.19	.66	-.42	-2.94	1.89	1.93

Note. M= Mean, SD = Standard Deviation, p< .05, p< .01**, p<.001*** between group df =2, within group df = 127, Self Dis= Self Discontentment, Emotion Dis= Emotional Distress, Self Cri= Self Criticism, Social Dis= Social Distress*

The above table revealed that there were not any variable significant in FSWs on husband's profession. Because there were slight differences were found only between means.

Table 14: ANOVA Table Income Difference between Showing Mean difference of FSWs on PSI and Apprehension (N=200)

	5-14 (46)		15-19 (59)		20-25 (56)		26-60 (40)			
Variables	M	SD	M	SD	M	SD	M	SD	F	Sig
Apprehension	17.91	7.97	19.03	8.69	17.96	8.09	21.10	5.7	1.19	.31
Self Dis	25.56	11.68	26.84	11.46	29.35	10.13	34.00	7.07	.908	.46
Emotion Dis	26.73	8.14	26.59	11.46	26.88	11.05	35.00	1.41	3.29	.01*
Self-Cri	15.84	7.92	14.86	8.83	16.71	8.54	17.40	8.62	.76	.55
Social Dis	20.34	8.04	23.15	9.71	24.41	7.71	27.40	7.71	4.0	.004*
Fear	19.28	7.88	20.07	8.87	19.88	8.77	25.75	6.68	4.3	.002*

Note. M= Mean, SD = Standard Deviation, p< .05, p< .01**, p<.001*** between group df =2, within group df = 127, Self Dis= Self Discontentment, Emotion Dis= Emotional Distress, Self Cri= Self Criticism, Social Dis= Social Distress*

The above table 14 revealed that FSWs with income range 5-14, 15-19, 20-25 and 26-60 were found significantly different on Emotional Distress, Social Distress, and Fear. Post Hoc LSD analysis showed that income range 26-60 showed higher significance on Emotional Distress, Social Distress and Fear. Which means that FSWs who had income in range of 26-60 had more problems of social distress, Emotional Distress and Fear.

4. Discussion

The findings of this study highlight the intricate relationship between attachment styles, apprehension, and psychosocial issues in Female Sex Workers (FSWs). A significant positive correlation was found between attachment styles, apprehension, self-discontentment, emotional distress, self-criticism, social distress, and fear, suggesting that insecure attachment is closely linked to psychological distress in this population. Notably, ambivalent attachment was associated with higher levels of apprehension and distress compared to secure and avoidant styles. However, no significant differences were observed between secure and avoidant styles concerning self-distress, though secure individuals reported greater emotional distress than avoidant ones. Sociodemographic factors played a crucial role in determining psychosocial outcomes. Education emerged as a significant negative predictor, indicating that higher educational attainment may act as a protective factor against psychosocial distress. Similarly, income negatively predicted psychosocial issues, emphasizing financial stability as a potential buffer. Interestingly, FSWs aged 35–50 exhibited greater social distress than their younger counterparts, while uneducated FSWs reported higher levels of emotional distress. Additionally, apprehension was significantly associated with uneducated FSWs, underscoring the role of education in mitigating fear and anxiety. Family structure also influenced psychological well-being. FSWs in joint family systems reported higher levels of apprehension and emotional distress compared to those in nuclear families, potentially due to social scrutiny and interpersonal dynamics within extended households. However, marital status did not show a significant impact on apprehension or psychosocial issues. Furthermore, no significant relationships were found concerning the husband's profession, suggesting that external familial factors may have a limited role in influencing psychosocial distress in FSWs. Finally, income disparities were evident, with individuals earning between 26–60 units displaying heightened emotional distress, social

distress, and fear. These findings emphasize the complex interplay between psychological, demographic, and socioeconomic variables in shaping the mental health outcomes of FSWs.

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