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Original Research Article

OUTCOMES OF INTERPERSONAL PARENTAL ACCEPTANCE AND REJECTION AMONG ADULTS

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ABSTRACT

Present study was conducted to examine the outcomes parental acceptance and rejection among adults. Sample consisted of 259 adults with age ranges (19-25). Convenient sampling was used. Sample was selected from different departments of university of Lahore and university of Sargodha. Four self-report measures including, Adult Version of the Personality Assessment Questionnaire (Adult PAQ) Urdu version short, Warwick Edinburg Well Being Scale (SWEWS), Depression, Anxiety, Stress Scale (DASS) and Coping Strategies inventory. Pearson correlation and regression analyses were employed for data collection. Results suggested that parental acceptance-rejection has significant contribution in determining wellbeing, depression, and coping strategies among adults. Findings have important implication in clinical, health and family psychology.

Key words: Parental acceptance-rejection, Wellbeing, Depression

Authors' Contributions: 1 Conception, study design, data collection & processing, critical review. 2 & 4 Conception & study design, data collection & processing. 3-4 Data analysis and/or interpretation. 3 Drafting of manuscript. 4 Drafting of manuscript, critical review.

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INTRODUCTION

Parental Acceptance Rejection

The concepts of parental acceptance and rejection came from IPAR Theory. This term refers to whoever the major caregiver(s) is/are of a child—not necessarily biological or adoptive parents. Theorists and researchers agree that parenting is a very tough responsibility which needs to keep improving parent child relationship. Parenting style directly affects parent child relationship, which is very important for the upbringing of their children (Baumrind, 1991; Bowlby, 1985). So, whenever parents show lovely tenderness, they are affectionate as noted in the figure. rejection these question divided in to three different sub theories : personality sub theory. The theory attempts to answer five different types of questions concerning parental accept rejection. These questions are divided in to three different sub theories: personality sub theory (1,2), sociocultural system sub theory(3,4), and coping sub theory(5).

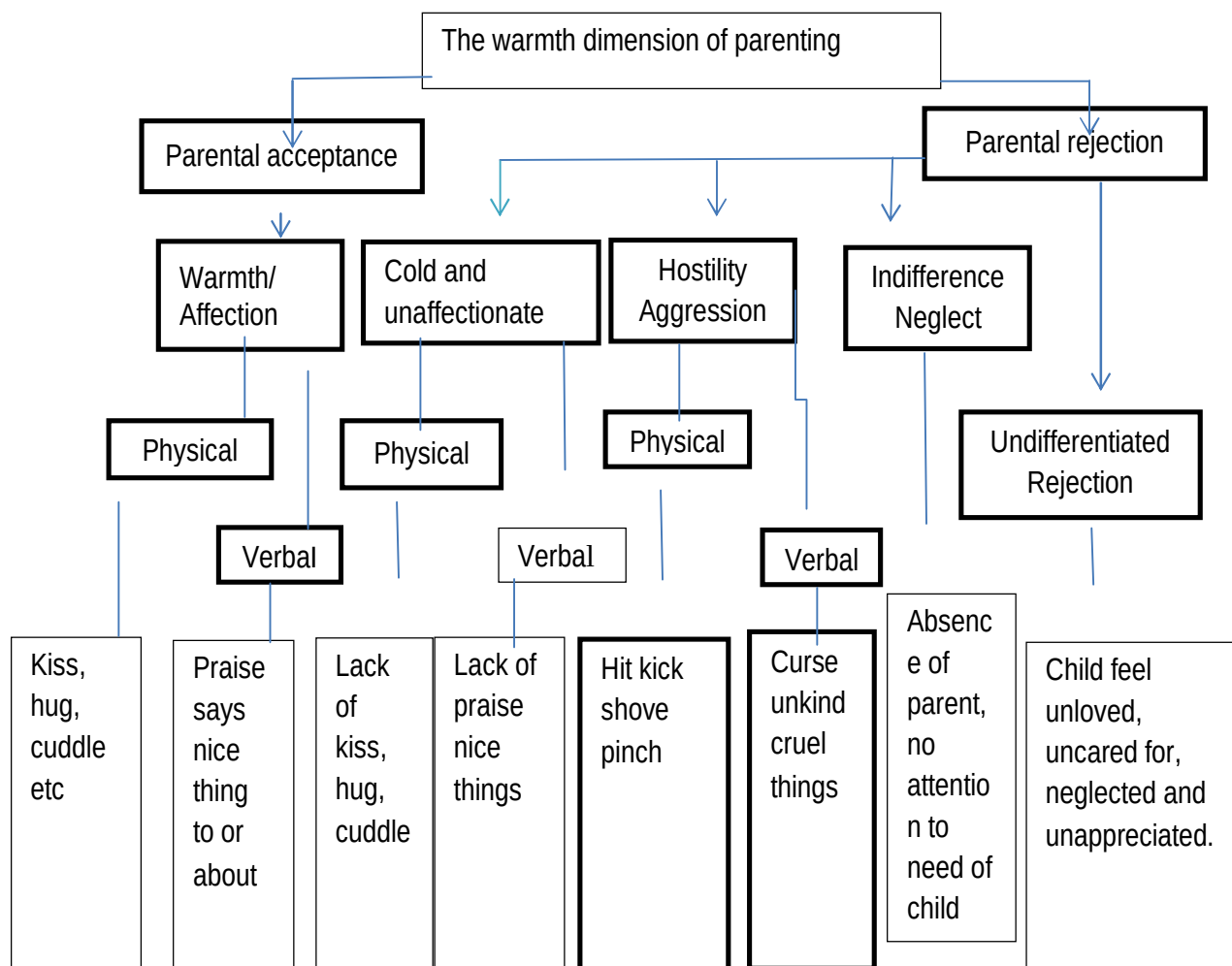


Figure 1. The warmth dimension of parenting

Depression

Literature provided the notion about complexity of depression. According to Rost and Snith (2001) individual's life is affected by depression on various stages. Usually depression considered as "affective condition" that is closely linked with pathology and marked with the feeling of helplessness and hopelessness and low level of psycho physiological activity (Rapmund & Moore, 2000). In Psychiatric term when person expresses no response to the pleasurable life event, he is depressed (Rebor, 1985). This same thing is confirmed by DSM IV (1994) that described common features of depression are loss of pleasure, depressed mood along with other specific problems such as difficulty in decision making and concentration, weight loss or gain, psychomotor agitation, feeling of fatigue and guilt, worthlessness and suicidal ideation. According to Lovibond and Lovibond (1995)

Rationale

Present study is interested to find out the outcomes of parental acceptance and rejection among adults. This study were partially based on a theoretical model proposed by Rohner and Britner (2002) According to Rohner and Britner (2002) parental rejection is the main predicator of almost all the emotional and behavioural problems. Cross cultural and longitudinal studies also support these findings. Parental acceptance- rejection theory's sociocultural system sub theory tries to explain worldwide correlates of parental acceptance and rejection. Theory revolves around parental love, its expression, impact and origin. Near about 2000 studies in the United States and across the culture evaluate that acceptance (love) is very important for children from their parents and other attachment figures. Further evidences concluded that if the need of acceptance is not met during childhood this can lead toward maladjustment regardless of variations in culture, ethnicity, age and gender. The individuals who perceive themselves rejected are more prone to indulge in behavioral problem, negative affect, negative worldview and coping disability as compare to accepted individuals. Moreover such problem remain stable almost all stages of life (Rohner and Britner, 2002)

Objectives of the Study

- To examine the effect of interpersonal parental acceptance on the prediction of depression among adults.
- To examine the effect of interpersonal parental rejection on the prediction of depression among adults.
- To examine the effect of interpersonal parental acceptance on the prediction of subjective well-being among adults.
- To examine the effect of interpersonal parental rejection on the prediction of subjective well-being among adults.
- To examine the effect of interpersonal parental acceptance on the prediction of problem solving coping among adults.
- To examine the effect of interpersonal parental rejection on the prediction of problem solving coping among adults.
- To examine the effect of interpersonal parental acceptance on the prediction of problem avoidant coping among adults.

- To examine the effect of interpersonal parental rejection on the prediction of problem avoidant coping among adults.

Hypotheses

On the basis of the extensive literature review and the thorough analysis of previous researches, following hypotheses were formulated:

- H1. Interpersonal parental acceptance will negatively predict depression among adults.
- H2. Interpersonal parental rejection will positively predict depression among adults.
- H3. Interpersonal parental acceptance will positively predict wellbeing among adults.
- H4. Interpersonal parental rejection will negatively predict wellbeing among adults.
- H5. Interpersonal parental acceptance will positively predict problem solving coping among adults.
- H6. Interpersonal parental rejection will negatively predict effective problem solving coping among adults.
- H7. Interpersonal parental acceptance will negatively predict problem avoidant coping among adults.
- H8. Interpersonal parental rejection will positively predict ineffective coping strategies problem avoidant coping among adults.

RESEARCH METHODOLOGY

Sample

In the present study cross sectional survey research design was used. The sample consisted of 259 adult with the ages range between 19 to 25. Convenient sampling technique was used to collect the information. Before administering the questionnaire inform consent was taken.

Instruments

Four self-report measures including, Adult Version of the Personality Assessment Questionnaire (Adult PAQ) Urdu version short, Warwick Edinburg Well Being Scale (SWEWS), Depression, Anxiety, Stress Scale (DASS) and Coping Strategies inventory along with a demographic sheet were used to collect the information

Procedure

First of all, sample was personally approached by researcher at different departments of university of Lahore and university of Sargodha. Informed consent was obtained both from concerning authorities and participants. Participants were informed about the study as an attempt to explore adults' experiences of their childhood. They were told that the information derived from them will be kept confidential will only be used for research purpose. Moreover, they were also informed about their right to withdraw from the study participation at any stage. They were provided instructions about how to respond to the statements. To motivate the participants and boost their interest, importance of study were explained to them. All their questions about the study were answered during the administration of questionnaires.

RESULTS

1. Descriptive statistics were computed. Alpha reliability coefficients were used for testing the internal consistency of the scales.
2. Pearson product moment correlation was used to find out association between variables.
3. Regression analysis was applied to gauge the effect of parental acceptance and rejection on the prediction of outcome variables.

Table 1. Frequency and percentage of participants (N = 259)

Demographic variables	<i>f</i>	%
Gender		
Male	112	43.2
Female	147	56.8
Family System		
Nuclear	113	43.6
Joint	146	56.4
Family income		
Low	17	6.6
Medium	227	87.6
High	15	5.8

Frequency and percentage of students, with respect to gender, family system and income has been shown in Table 1. Male students ($f = 112$, 43.2%) were smaller in number as compared to female students ($f = 147$, 56.8%). Students belonging to nuclear family system $f = 113$, 43.6%) are smaller in number as compared to joint family system ($f = 146$, 56.4%). respect. Students with medium income ($f = 227$, 87.6%) were greater as compared to low ($f = 17$, 6.6%) and high ($f = 15$, 5.8%)

Table 2. Descriptive statistics, skewness, kurtosis of all study variable (N = 259)

Sr.	Variables	<i>M</i>	<i>SD</i>	α	Skew	kurtosis
1	Warmth/Affection	24.40	4.58	.70	-.94	.23
2	Hostility/Aggression	9.95	3.26	.72	.87	.55
3	Indifference/Neglect	13.66	2.80	.73	.65	.38
4	Undifferentiated/Neglect	7.71	2.49	.82	.91	.68
5	Depression	20.96	4.65	.78	-.80	.60
6	Subjective Well Being	39.22	7.51	.87	-.44	-.36
7	Problem Solving Coping	33.14	6.10	.83	-.16	-.34
8	Problem Avoidance Coping	31.90	5.43	.75	-.21	-.40

Table 2 indicates descriptive statistics, skewness, kurtosis and internal consistency index (alpha coefficients) for all the scales and sub-scales used in the study. Reliabilities coefficients for all scales are ranged from .72 to .87. The values of skewness and kurtosis are less than 2 indicating that univariate normality is not problematic.

Table 3. Person product moment correlation among all study variables (N=259)

Sr.	Variables	1	2	3	4	5	6	7	8
1	Warmth/Affection	-	-.236**	-.089	.145*	-.222***	.375***	.226***	.221***
2	Hostility/Aggression		-	.321**	.493**	.176*	-.233**	-.154*	.148*
3	Indifferentiated/Rejection			-	.406**	.157*	-.212**	.159**	.051
4	Undifferentiated/Neglect				-	.205**	-.121*	-.135*	.185*
5	Depression					-	-.396**	-.118	.129*
6	Subjective Well Being						-	.174**	-.012
7	Problem Solving Coping							-	.539**
8	Problem Avoidance Coping								-

1. *** $P < .001$, ** $P < .01$, * $P < .05$

Table 3 shows Pearson correlation among study variables. The findings indicate that parental warmth and affection has significant negative correlation with hostility/aggression ($r = -.236, p < .01$) undifferentiated rejection ($r = -.145, p < .05$) depression ($r = -.222, p < .001$) and positively correlate with subjective well-being. ($r = .375, p < .001$) Furthermore it also has significant positive problem solving coping ($r = .226, p < .001$) and negative correlation with problem avoidance($r = -.222, p < .001$). Parental hostility and aggression has significant positive correlation with depression ($r = .176, p < .05$) and negatively correlate with subjective well-being ($r = -.233, p < .01$). Furthermore it has significant negative correlation with problem solving coping($r = -.154, p < .05$) and positive correlation with problem avoidance($r = .148, p < .05$).Parental indifferentiated rejection has significant positive correlation with depression ($r = .205, p < .05$) and negatively correlate with subjective well-being ($r = -.212, p < .01$). The sub scale has significant negative correlation with problem solving coping($r = -.159, p < .05$).Parental undifferentiated rejection has significant positive correlation with depression ($r = .157, p < .05$) and negatively correlate with subjective well-being ($r = -.121, p < .01$) and problem solving coping ($r = -.135, p < .05$) whereas significant positive correlation with problem avoidance($r = .185, p > .05$). Depression has significant negative correlation with subjective well-being ($r = -.396, p < .001$) and positively correlated with problem avoidance($r = .122, p > .05$).Other correlation were found non significant.

Table 4. The result of linear regression of warmth and affection on depression (N=259)

Variable	ΔR^2	B	F(Model)
Warmth and affection	.046	-.222***	13.338***

*** $p < .001$

Table 4 indicates regression analysis of predictor variable i.e. warmth and affection on depression among adults. The ΔR^2 value of .046 indicates 04.6% variance in depression. Warmth and affection negatively predicts depression among adults ($\beta = -.222, p < .001$) with $F(1,258) = 13.34, p < .001$.

DISCUSSION

The present study Interpersonal Parental Acceptance Rejection (IPAR) and its outcome is composed of 259 participants who were divided in 112 males and 147 females.

For the measurement of Parental Acceptance Rejection (IPAR) interpersonal parental acceptance rejection questionnaire (IPARQ) was used (Ronald, 1986). At first step alpha reliability were measured (see table 2). As the reliability gives the confidence to the researcher that the measure being used are providing meaningful information, so it was very essential to compute reliabilities for all the scale being used. In present study the reliabilities of all scales more than .70 that is acceptable for social sciences (Nunnally, 1978).

The present study is conducted to examine the relationship between parental acceptance-rejection and its outcomes including depression, subjective well-being and coping strategies among adults. It was hypothesized that there were a significant positive correlation between parental rejection and depression while significant negative correlation between parental acceptance and depression. The findings are consistent with the results of Ronald's study (1986) that depression is an outcome of parental rejection in adults. Rohner, Khaleque and Cournoyer (2007) found that perceive parental rejection, negative interpersonal relations between parents-children will lead toward depression in adult's life and bring significant impact on their personalities. Barnow, Lucht, and Freyberger, (2001) concluded that the main risk factor of depression are disapproval, emotional rejection, hard punishment given by their parents. Moreover parental rejections, aggression, hostility, were the major variables in the history of depression among adults (Simons, Robertson, & Downs, 1989).

In the same vein the findings of present study are also consistent with the investigation of Baron and MacGillivray (1989) that is based on Rohner's theory that there is positive relationship between perceived rejection of parents and depressive symptoms among adults. They found that perceive parental rejection has significant impact on individual personality and cause depressive symptoms. The consequence of interaction between parents and children decide the behaviour of adults (Ainsworth, 1989). Individual who feel rejected by his or her attachment figure are likely to be anxious and insecure and upset (Bowlby, 1982). Recent evidences suggest rejection of parents and any significant figure lead to dependence, hostility, aggression, passive aggression (David, 2012).

In this respect, Blustein and associates found that decisiveness, high self-esteem, confidence, satisfaction from life among adult was related with reciprocal trust and positive communication with both parent Castle-Kroll (2004). These authors also found that same factors among adult males tended to be associated most strongly with measures of attachment with their fathers, along with attitudes, values, and beliefs shared with those of their fathers. Thus, in the research of Blustein et al. the father-son relationship appeared to be especially salient for adult males, whereas relationships of parents with their children were important for adult females. In a more recent study, Huang (2001) found that women's self-efficacy was an important factor influencing their parent's behaviors. Accepted adult and get support, care, concern nurturance and the like by his parent can best satisfy from his life (Baumeister & Leary, 1995). Adult's sense of emotional security, comfort and high self-esteem is positively correlated with parental acceptance (Colin, 1996).

Second hypothesis of present study postulated "Interpersonal parental acceptance was positively correlated with subjective wellbeing among adults." This hypothesis was supported in present study that the children who spent more of their time with loving and caring parents in home show the better score on well-being (Keyes, 1995).

Person with positive relation with parents will have trust in other, accepting himself with good and bad qualities, satisfy from his life and show effective reaction in his environment (Ryff, 1989). Farther more parents 'attitude, thinking, belief, traits and state of mind can further affect children's health and well-being (Maccoby 1980), as well as the quality of parent-child relationships, which are in turn connected with positive child outcomes (Musick & Meier 2012), the specific accepted behaviors that is shown by the parents leads confidence, high self-esteem and positive self-image (e.g., Craig and Mullan 2014; Raley, Bianchi, and Wang 2012).

Those individuals who belong to big families and did not get the proper attention from their parents showed low score on the assessment of life satisfaction (Maccoby 1980). Alteration in the subjective well-being time to time correlate with the life circumstances and unstable behaviors of attachment figure and parents (Lucas et al. 2003). Nelson and colleagues (2013) found that adults show positive emotion effectively manages the stressful situations and become more satisfied when engaged any home activity with parents. Individual who perceive himself as a rejected child appear to more dispose to develop behavior problem, low self-image, depression or depressed affect, substance, and other behavior problems (Ronald, Khaleque & David, 1998).

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