PARENTAL ACCEPTANCE AND REJECTION IN RELATION WITH SELF ESTEEM IN ADOLESCENTS

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ABSTRACT  
The study aimed at examining relationship of Parental Acceptance and Rejection with Self-Esteem in adolescents. It was hypothesized that parental acceptance will positively, and rejection will negatively affect the child’s self-esteem. In this cross-sectional study, 150 individuals with equal representation of male and female were included. The age of participants ranged from 14 to 17 years with minimum 10 years of education. A set of standard instruments comprising Urdu Version of Parental Acceptance-Rejection Questionnaire and Self-Esteem was administered. Pearson Product Moment of correlation applied for data analysis. Findings of the present study showed positive correlation between parental acceptance-rejection and self-esteem. Parentally accepted adolescents had positive self-esteem and parental rejection found to be associated with negative self-esteem.  
Keywords: PARENTAL ACCEPTANCE ; REJECTION ; RELATION ; SELF ESTEEM IN ADOLESCENTS  

INTRODUCTION  
Parental acceptance-rejection is the warmth dimension of parenting. Parental warmth has two ends, with acceptance on one hand and rejection on the other. Every individual could place himself on some point in this continuum since everyone receives more or less warmth from his or her parents (Anjel, 1993).  
The Parental Acceptance-Rejection Theory (PART) gives the central importance to parental acceptance (or warmth) as a factor in parent-child interaction. According to PART, warmth and affection from the most significant people (parents) in the child’s environment is an important physiological need of children. If this need in unfulfilled it can lead to problems in the personality development of children (Rohner, 1986).  
An absence or withdrawal of acceptance in defined as rejection in Parental Acceptance-Rejection Theory (Rohner, 1986). The rejected child is the one who is anxious, hostile, insecure and emotionally unstable and who devalues his feelings of self-worth and self-adequacy. is likely to generalize these feelings onto the nature of the world as being an unfriendly, hostile person. The bulk of research evidence to demonstrate that an inaccessible, rejecting, or hostile parent is very damaging for a child’s psychological development (Hetherington & Parke, 1986).  
Thus, Parenting has implicated as a risk factor for the development of childhood low self-esteem (Rohner, 1986). Self-Esteem is a term to reflect a person’s overall evaluation or appraisal of his or her own worth. It was conceptualize as an attitude toward the self and is similar to a judgment of oneself (Hewitt, 2009).
The reformulated theory hypothesized that in personal helplessness lowered self-esteem may occur (Abramson, Seligman & Teasdale, 1978). Any child who has experienced so much psychological hurt at the hands of people, who are most important to him, comes to expect very little more from life itself. The very nature of life for him is threatening, dangerous, and unhappy experience. That is, the child is likely to develop a negative worldview. Psychological problems stem from interpersonal relationships, in particular the parent-child relationship (Sullivan, 1953). Kapur (1986) argued that parentally accepted adolescents had positive self-esteem. Parental rejection was associated with negative self-esteem.

Rohner’s theory thus underscores an assumption that all human beings, at all ages, appear to possess a generalized need for positive response from people who are “significant” or closest to them. A denial of any or all such need or any uncalled for description of the channels of expressions of these gestures would lead to negative consequences on the overall and healthy personality development. This, in turn, would result in a variety of mild to severe maladaptive behaviors. Furthermore, if their parents reject children they are likely to express themselves unworthy of love and affection of others. Such rejection leads to, among other things, emotional instability and negative self-esteem which inhibit warm and intimate relationships with others, such emotional handicaps aggravate the rejected individual’s negative perspective of life, and he/she becomes hostile and insecure and devalues his/her self-worth.

To be more specific parental acceptance-rejection theory (PART) predicts that rejected children are more likely to be aggressive, passive-aggressive or to have problems with the management of hostility and aggressive, and to a negative worldview. All or part of these expectations have been confirmed repeatedly in a worldwide hollow cultural study of 101 societies (Rohner, 1975), in the U.S.A. (Rohner & Nielson, 1978; Rohner, 1986), Korean-American (Hahn, 1978), and among Pakistani children (Haque, 1987).

The aim of the present study was to explore the relation of self-esteem and parental acceptance-rejection among adolescents. Before conducting the present research, the hypothesis was formulated that is “Parental acceptance will positively, and rejection will negatively affect the child’s self-esteem.”

**METHODOLOGY**

**Sample**
The sample of the study consist 75 males and 75 females. Their age ranges from 14 to 17 years. Their minimum level of education was matriculation.

**Instrument**

*Maternal and Paternal Acceptance Rejection Questionnaire*

Urdu version back translation technique, (Haque 1981) of the abbreviated maternal and paternal acceptance rejection questionnaire (PARQ) (Ahmed and Gielen 1987). The split half reliability of maternal and paternal PARQ were found Mother PARQ = 0.85, Father PARQ = 0.82. All the four scales of PARQ (mother and father, totaling 60 items) each were used in the study. The PARQ consist of four subscales which measure parental warmth / affection ( 20 items ) ; parental hostility / aggression ( 15 items ) and parental neglect / in difference ( 15 items ) ; and parental rejection ( 10 items ). The self-report questionnaire items were score on a 4-point Likert–Scale i.e. “Almost Always True” was assign a score of one. In order to avoid response set bias, some of the items were key in the opposite direction and were scored reversely.
Self Esteem
Urdu Version of Self Esteem Scale (Rosenberg, 1965) which consists of 10 items and measures the self-esteem levels of individuals. The scale of self-esteem CRONBECH α of translated version is 0.238.

Procedure:
For the purpose of data collection, the participants were brief about the purpose of the study. The Urdu version of Maternal and Paternal Acceptance Rejection Questionnaire and Self-esteem were distributing among the participants to be filled in. The participants were also assuring of the confidentiality of the information obtained through the present study. The total score for each participant was calculated from the responses on a 4-point scale. The results were calculated through the Pearson product moment of correlation and t-Test.

ETHICAL CONSIDERATION:
The participants were given complete right to withdraw their data even at the end of the research. They were assured that the data obtained from the present study would be kept confidential with no name being highlighted in the research.

STATISTICAL ANALYSIS:
Scoring of Maternal and Paternal Acceptance Rejection Questionnaire and self-esteem was done according to the standard scoring system given along with the scale. Pearson method of correlation was used to interpret the data.

RESULT:
Pearson’s Product Moment correlations between parental acceptance or rejection and Self-Esteem.

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<td>Parental Acceptance and Rejection and Self-Esteem</td>
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Pearson product moment was computed to know the relationship between the Variables. Result show that there is a weak positive correlation between parental acceptance or rejection and self-esteem.

CONCLUSION:
Parental acceptance-rejection effects on behavioral, cognitive and emotional development of children. Parental acceptance or rejection has a significant role in relation to self-esteem and functioning in adolescents and parenting in considered one of the major risk factor for the development of low self-esteem in children.

DISCUSSION
Present study revealed that parental acceptance and rejection plays an important role in the behavior of a child. A child-getting acceptance from his or her parents is more likely to be confident, as compared
to a child who is getting rejection and facing negligence from his or her parents. The result shows a weak but a positive correlation (0.2) between acceptance and rejection of parenting in relation with self-esteem. Low self-esteem ranks among the strongest predictors of emotional and behavioral problems. Compared to people with high self-esteem, people with low self-esteem tend to be more anxious, depressed, lonely, jealous, shy and generally unhappy. (Baumeister, Bedner, Well & Peterson, 1989). Previous researches on this topic also suggest that low self-esteem is a risk factor for psychological distress and behavior problems. A similar research study about social class differences in perceived Parental Acceptance-Rejection and self-evaluation among Korean-American children was conducted on a sample of sixteen middle class and nine working class Korean-American families. The study confirmed two hypotheses: children in middle class Korean-American families perceive their mothers as being, overall, significantly less rejecting than do children in working class families; and children in middle class Korean-American families show more positive feelings of self-esteem and self-adequacy than do children in working class Korean-American families. Parental acceptance-rejection and children's self-evaluation was measured by the Parental Acceptance-Rejection Questionnaire and by the Personality Assessment Questionnaire. The findings of this study were consistent with the Universalist postulates of parental acceptance-rejection theory (Ronald, 1988).

Nature of interpersonal relationships especially parent-child relationship has developmental implications for humans, regardless of gender, race, ethnicity, culture, socioeconomic status, in addition, geographic boundaries. Parental acceptance and rejection can be experienced by any combination of four principal expressions: Warm and affectionate, Hostile and aggressive, Indifferent and neglecting and Undifferentiated rejection. There is a variety of ways to think about the self. Two of the most widely used terms are self-concept and self-esteem. Self-concept generally refers to the totality of a complex, organized, and dynamic system of learned beliefs, attitudes and opinions that each person holds to be true about his or her personal existence. Self-esteem refers to how we value ourselves. Similarly, there is another study, designed at examining relationship of parental acceptance and rejection with self-concept, life satisfaction, self-esteem and self-efficacy in young adults. The study included 152 individuals, with equal representation of male and female. The mean age of the participants were 25 years with minimum 12 years of education with equal representation of students and professionals. The Findings of study showed high rates of parental acceptance from both fathers (60%) and (65%) from mothers. Rejection from mother was more strongly associated with poor self-concept (r=-.321; p=.000), low self-efficacy(r=-.267; p=.001) and less satisfaction with life (r=-.197; p=.01). This was an expected finding keeping in view the demographic characteristics of the participants. As, the participants were either students or professionals recruited from four recognized educational institutions of Rawalpindi and Islamabad. Most of them belonged to middle and upper middle socioeconomic class as indicated by their better family monthly incomes and higher educational levels. It is imperative to cross-examine the psychological acceptance and rejection of adults belonging to different demographic strata of the society.

Parental guidance and support plays a vital role in the upbringing of a child. This is supported by another study, done on Arab adolescents to measure the relationship of self-concept and self-esteem with parenting styles. Findings of different studies suggested that perceived parental support is the positive correlate of life satisfaction. On the contrary Sche R et.al take the effect of parental behavior, on offspring’s’ satisfaction, as unpredictable. They consider interference by other factors, i.e. income, high education (Suldo, 2004).
Thus, significant positive relationship exists between the authoritative parenting style and the mental health of children. Findings showed that more accepting the participants perceived their mothers and fathers to be, the more likely the students were to hold positive self-esteem.
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