RELATION OF PARENTAL REJECTION WITH SELF-ESTEEM AND LIFE SATISFACTION OF YOUNG ADULTS

SHAMIMA YASMIN AND AFROZA HOSSAIN

Department of Psychology, University of Dhaka, Dhaka-1000, Bangladesh

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Abstract

The present study was designed to study the relation of parental rejection with self-esteem and life satisfaction. A total of 30 males and 30 females were selected purposively from Dhaka city. Correlation analysis indicated that paternal- and maternal rejection had significant negative correlation with self-esteem and life satisfaction. Adjusted R^2 of regression analysis indicated that parental rejection was the most important predictor which explained 70.4% of self-esteem and 25.6% variance of life satisfaction. Parental rejection greatly influence in offspring's self-esteem and life satisfaction. Self-esteem is more influenced by parental rejection than life satisfaction.

Introduction

Parental acceptance rejection (PAR) theory predicts that parental rejection has consistent negative effects on the psychological adjustment and on behavioral functioning of both children and adults worldwide. Parental acceptance-rejection sometimes has significantly greater impact than maternal acceptance-rejection on offspring's psychological adjustment[1-2]. Maternal and especially paternal acceptance always make significant contributions to offspring's psychological adjustment, even after controlling for a variety of psychological as well as demographic factors[2-4].

Emotional support from parents positively relates to identity achievement during adolescence investigated the relationship between parental unconditional positive regard and adult self-esteem and found higher parental unconditional positive regard was related to higher self-esteem in both adult men and women[5-6]. Low care, overprotective parenting style has been found to be harmful to children's self-esteem[7-8] and low self-esteem negatively impacts one's psychological well-being and overall life satisfaction[9-10]. Amato found that emotional closeness to parents significantly predicted offspring happiness and life satisfaction with both mother and father making unique contributions to offspring happiness and life satisfaction[11].

Self-esteem is a term in psychology to reflect a person's overall evaluation or appraisal of his or her own worth[12,13]. Parenting, and in particular parental involvement and closeness to parents have been investigated as predictors of later psychological outcomes which are likely to determine life satisfaction[14,15].

A lack of parental emotional support is associated with increased levels of depressive symptoms and chronic health problem in adulthood. Sato found that individuals who view their parents as overprotective and less caring, and tended to have depressive disorders as adults[16].

Western individualistic societies have identified many factors with parental rejection as the strongest predictors. In Bangladesh there is so far no deal with the possible relationship between paternal rejection and offspring's self esteem and life satisfaction, even though they are future contributors to the nation. According to above reviews and objectives it was hypothesized that parental rejection will be negatively correlated with self-esteem and life satisfaction. The aim of the present study is to investigate the relation of parental rejection with self-esteem and life satisfaction.

Materials and Methods

A total of 60 young adults were taken from different area of Dhaka city by purposive with non probability sampling technique. Among them 30 were males and 30 were females. The age of the respondents was between 20 and 40 years. Their educational qualification ranged from class twelve to post graduation. Purposive sample has been taken to collect data with convenient time and financial involvement.

To measure the parental acceptance and rejection, the father and mother versions of the PARQ/control are originally developed by Rohner[17-18], and adapted in Bangla by Jasmine *et al.*[19] is used. Self-esteem is measured by Ilyas's (Personnel communion) Bangla version of Rosenberg self-esteem scale. Ilyas's Bangla version of Rosenberg's Self-esteem scale[12] was originally developed to measure adolescent's feeling of self-worth or self-acceptance. Adapted Bangla version by Ilyas[10], Diener's satisfaction with life scale (SWLS)[10] was used for measuring life satisfaction.

The above instruments were administered individually to the members of the sample. They were informed of the purpose of the present study and necessary rapport was established before administering the questionnaires. Individual setting was made during administering questionnaire. Respondents were instructed to read the items of the scales attentively and to respond carefully. All necessary clarifications were made regarding the items. They were asked to give tick (√) mark in the appropriate box. They were also requested not to omit any item in the questionnaire and told that there was no right and wrong answer and no time limit for answering. All the data were collected within one month.

Results and Discussion

It was hypothesized that parental rejection would be negatively correlated with self-esteem and life satisfaction. To investigate the relation of parental rejection of variables correlation and multiple regression analysis were used.

The inter correlations of the subscales and total PARQ; Mother, self-esteem and life satisfaction indicated that mother's reverse warmth/affection has significant negative correlation with self-esteem (r = – 0.322, *p < 0.05) but no significant correlation with life satisfaction (r = – 0.025), Hostility/aggression has significant negative correlation with self esteem (r = – 0.417, *p < 0.05), and negative but no significant correlation with life satisfaction (r = 0.055), Indifference/neglect has significant negative correlation with self esteem (r = – 0.300, *p < 0.05), and negative but not significantly correlated with life satisfaction (r = – 0.109), Undifferentiated/rejection has negative correlation with self esteem (r = – 0.172) and life satisfaction (r = – 0.098), Total mother PARQ score has significant negative correlation with self esteem (r = – 0.717, **p < 0.01) and life satisfaction (r = – 0.515, **p < 0.01)and self esteem has significant positive correlation with life satisfaction (r = 0.503, **p < 0.01). The results of correlation showed that a person with higher scores in the scale measuring maternal rejection (PARQ: Mother) had lower scores in self-esteem and life satisfaction scale.

The inter correlations of the subscales and total PARQ; Father, self-esteem and life satisfaction indicated that father's reverse warmth/affection has significant negative correlation with self esteem (r = – 0.315, *p < 0.05) and negative but no significant correlation with life satisfaction (r = – 0.125), hostility/aggression has significant negative correlation with self esteem (r = – 0.316, *p < 0.05), and negative but not significantly correlated with life satisfaction (r = – 0.052), indifference/ neglect has significant negative correlation with self esteem (r = – 0.295, *p < 0.01), and negative but no significant correlation with life satisfaction (r = – 0.095), undifferentiated/rejection has negative correlation with self esteem (r = – 0.156) and negative correlation with life satisfaction (r = – 0.211), total father PARQ score has significant negative correlation with self-esteem (r = – 0.775, **p < 0.01) and life satisfaction (r = – 0.438, **p < 0.01)and self-esteem has significant positive correlation with life satisfaction (r = 0.503, **p < 0.01). The results of correlation showed that, a person with higher scores in the scale measuring paternal rejection (PARQ : Mother) had higher scores in self-esteem and life satisfaction scale.

Thus results of this research confirmed the hypotheses. This result also showed that self-esteem is positively correlated with life satisfaction (r = 0.503, **p < 0.01). The result supports previous study. Forsman[6] investigated the relationship between parental unconditional positive regard and adult self-esteem and found higher parental unconditional positive regard was related to higher self-esteem in both adult men and women. Amato[11] found that emotional closeness to parents significantly predicted offspring happiness and life satisfaction with both mother and father making unique contributions to offspring happiness and life satisfaction. So, it is stated that, in Bangladesh context, the young adults who viewed their parents as rejecting reported low self-esteem and low satisfaction in life. Correlation among self-esteem and subscales of

PARQ : Mother (Reverse warmth/affection, hostility/aggression, indifference/neglect) is significant.

Regression analysis of self-esteem on sub scales of PARQ: Mother is shown in Table 1. The value of adjusted R^2 (adjusted $R^2 = 0.172$, $F_{3, 56} = 5.079$, $p < 0.01$) of Table 1 indicated that the model explained 17.2% of the variance in self-esteem. Standardized beta coefficients (β) in Table 1 indicated that 1 unit increase in maternal reverse warmth/affection decreases 0.180 unit in self-esteem ($\beta = -0.180$), 1 unit increase in maternal hostility/aggression decreases 0.302 unit in self-esteem ($\beta = -0.302$) and 1 unit increase in maternal indifference/neglect decreases 0.067 unit in self-esteem ($\beta = -0.067$). Furthermore, the value of part correlation indicated that the unique contribution to the explanation of variance in self-esteem was highest for mother's hostility/aggression (8.47%) followed by reverse warmth/affection (3.84%) and indifference/neglect (0.22%). The result showed that, mother's hostility/aggression was more influential for offspring's self-esteem.

Table 1. Regression analysis of self-esteem on sub scales of PARQ : Mother.

Predictor variables	Unstandardized coefficient		Standardized coefficient	t	p	r_p	Unique contribution
	B	SE	β				$r^2_p \times 100$
Constant	46.788	4.686		9.985	0.001		
PARQ : Mother							
Reverse warmth/ affection	− 0.180	0.108	− 0.227	− 1.658	0.103	− 0.196	3.84
Hostility/aggression	− 0.302	0.123	− 0.381	− 2.457	0.017	− 0.291	8.47
Indifference/neglect	− 0.067	0.190	− 0.060	− 0.354	0.724	− 0.047	0.22

Adjusted $R^2 = 0.172$, $F_{3, 56} = 5.079$, $p < 0.01$.

Table 2 is delineating the regression analysis of self-esteem on sub scales of PARQ: Father. The value of adjusted R^2 (adjusted $R^2 = 0.100$, $F_{3, 56} = 3.175$, $p < 0.01$) of Table 2 indicated that the model explained 10% of the variance in self-esteem. Standardized beta coefficients (β) in Table 2 indicated that 1 unit increase in father's reverse warmth/affection decreases 0.183 unit in self-esteem ($\beta = -0.183$), 1 unit increase in father's hostility/aggression decreases 0.141 unit in self-esteem ($\beta = -0.141$), 1 unit increase in father's indifference/neglect decreases 0.071 unit in self-esteem. Furthermore, the value of part correlation indicated that the unique contribution to the explanation of variance in self-esteem was highest for father's reverse warmth/affection (3.49%) followed by hostility/aggression (1.79%) and indifference/neglect (0.17%). The result showed that father's reverse warmth/affection had greater impact on self-esteem.

This result also showed that maternal rejection can explain 17.2% variance of self-esteem (Table 1) and paternal rejection can explain 10% variance of self-esteem (Table 2). It is revealed from the result that maternal rejection is more influential for the variation in

self-esteem. Maternal rejection has a significantly greater impact on life satisfaction than paternal rejection. This result also showed that parental rejection can explain 70.4% variance of self-esteem and 25.6% variance of life satisfaction. This result suggests that, self-esteem is more influenced by parental rejection than life satisfaction. This result support previous study. Research conducted in Western societies had reported that warm loving and caring parenting practices in childhood helped to faster the development of healthy self-esteem in children and therefore increased their psychological well-being as young adults[21]. Previous research has shown that individuals who perceived parents as punitive, rejecting, and controlling reported lower ratings of life satisfaction than those with a more positive experience with parents[22-24]. Parental acceptance is necessary for the development of a positive self concept[25]. So, we can conclude that, in the context of our country parent's warmth and affection is necessary for the development of both high self-esteem and life satisfaction. Between these two parental love is more necessary for self-esteem and life satisfaction may be influenced by other factors that should be identified by further research.

Table 2. Regression analysis of self-esteem on sub scales of PARQ : Father.

Predictor variables	Unstandardized coefficient		Standardized coefficient	t	p	r_p	Unique contribution
	B	SE	β				$r^2_p \times 100$
Constant	46.097	5.37		8.585	0.001		
PARQ : Father							
Reverse warmth/affection	− 0.183	0.121	− 0.213	− 1.515	0.135	− 0.187	3.49
Hostility/aggression	− 0.141	0.130	− 0.190	− 1.085	0.238	− 0.134	1.79
Indifference/neglect	− 0.071	0.211	− 0.062	− 0.338	0.737	− 0.042	0.17

Adjusted $R^2 = 0.100$, F3, 56 = 3.175, p < 0.01.

Regression analysis of self-esteem on PARQ : Father and PARQ : Mother is shown in Table 3. The value of adjusted R^2 (adjusted $R^2 = 0.704$, F2, 57 = 71.215, p < 0.01) Table 3 indicated that the model explained 70.4% of the variance in self-esteem.

Table 3. Regression analysis of self esteem on PARQ : Father and PARQ : Mother.

Predictor variables	Unstandardized coefficient		Standardized coefficient	t	p	r_p	Unique contribution
	B	SE	β				$r^2_p \times 100$
Constant	64.072	2.808		22.819	0.001		
PARQ : Father	− 0.131	0.027	− 0.468	− 4.890	0.001	− 0.346	11.97
PARQ : Mother	− 0.141	0.030	− 0.485	− 4.769	0.001	− 0.388	15.05

Adjusted $R^2 = 0.704$, F2, 57 = 71.215, p < 0.01.

Standardized beta coefficients (β) in Table 3 indicated that 1 unit increase in paternal rejection decreases 0.468 unit in self-esteem (β = − 0.468) and 1 unit increase in maternal

rejection decreases 0.485 unit in self-esteem   (β = – 0.485). So, paternal and maternal rejection both were strong predictor of self-esteem. Furthermore, the value of part correlation indicated that the unique contribution to the explanation of variance in self-esteem was highest for Mother : PARQ (15.05%) followed by father : PARQ (11.97%).

Multiple regression of life satisfaction on PARQ : Father and PARQ : Mother is shown in Table 4. The value of adjusted R^2 (adjusted R^2 = 0.256, F2, 57 = 11.124, $p < 0.01$) of Table 4 indicated that the model explained 25.6% of the variance in life satisfaction. Standardized beta coefficients (β) in Table 4 indicated that 1 unit increase in paternal rejection decreases 0.167 unit in life satisfaction   (β = – 0.167) and 1 unit increase in maternal rejection decreases 0.403 unit in life satisfaction (β = – 0.403). Furthermore, the value of part correlation indicates that the unique contribution to the explanation of variance in life satisfaction was highest for mother: PARQ (8.88%) followed by father: PARQ (1.53%). The result showed that, maternal rejection was the strongest predictor of life satisfaction between maternal and paternal rejection.

Table 4. Multiple regression of life satisfaction on PARQ : Father and PARQ : Mother.

Predictor variables	Unstandardized coefficient		Standardized coefficient	t	p	r_p	Unique contribution $r^2_p \times 100$
	B	SE	β				
Constant	43.091	3.981		10.825	0.001		
PARQ : Father	– 0.042	0.038	–0.167	– 1.101	0.275	– 0.124	1.53
PARQ : Mother	– 0.111	0.042	– 0.403	– 2.654	0.010	– 0.298	8.88

Adjusted R^2 = 0.256, F2, 57 =11.124, $p < 0.01$.

The unique contribution of maternal rejection in variance of self-esteem was 15.05% and it was 11.97% for paternal rejection (Table 3). The unique contribution of maternal rejection in variance of life satisfaction was 8.88% where it was 1.53% for paternal rejection (Table 4). So, the result suggests that maternal and paternal rejection both are strong predictor of self-esteem and maternal rejection is the strongest predictor of life satisfaction.

The hypothesis that parental rejection would be associated with low level of self-esteem and low level of life satisfaction was verified in this study. Consistent with the expectations, parental rejection was found to be negatively associated with self-esteem and life satisfaction scores. This result also suggests that maternal rejection has greater impact on self-esteem and life satisfaction than paternal rejection. The close affection bond with mothers and their children develop higher self-esteem and higher life satisfaction in their children. Mother involvement at age 7 was more significantly related to self-esteem and life satisfaction. It is speculated that the close affection bond between mothers and their children forms the core of Bangladeshi family relationship. In Bangladeshi child rearing mothers generally spend more time with children than do

fathers. For this reason, children may become less attentive to fathers' behavior than do mothers'. So it may be natural that, mothers, rejected behaviors sometimes have greater impact on offspring's self esteem and life satisfaction. Although maternal rejection has greater impact on self esteem and life satisfaction, the result shows that, paternal rejection has also significant impact on self-esteem and life satisfaction. Both maternal and paternal involvement in childhood is important to develop offspring's high self-esteem and life satisfaction in adulthood.

In conclusion, professionals seeking to improve the general psychological well-being of young adults may use the results of this study to consider evidence-based interventions aimed at increasing self-esteem and life satisfaction.

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