

A comparative study on rejection sensitivity among male and female adults

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ABSTRACT

Every one of us at some point in our lives feel rejected by a friend, family member or romantic partner and a question often strikes our mind “Am I not good enough” “Why me” “Am I a failure”- and many other related questions. It’s perfectly fine to feel that way but some individuals develop exaggerated fear of being rejected. The main aim of the present study is to assess the significant differences among male and female on rejection sensitivity. For this purpose, a sample of 100 youth belonging to age group of 25-30 years was taken from Delhi NCR region. Data was analysed by using t-test. Following questionnaire was used for collecting the data i.e. Rejection Sensitivity by Berenson, Gyurak, Downey, Ayduk, Mogg, Bradley and Pine (2013). There would be a significant difference among male and female adults on rejection sensitivity.

Keywords: Rejection Sensitivity, Adults.

INTRODUCTION

While no one appreciates being rejected, some people are more sensitive than others to social rejection. Rejection sensitivity is a trait in which people are so afraid of and averse to rejection that it affects their daily life. Appearance-based rejection sensitivity (appearance-RS) is the tendency to eagerly anticipate, rapidly recognise, and overreact to symptoms of rejection based on one's appearance, which has been linked to a variety of psychological and social issues (Park, 2007). Rejection sensitivity is a psychological syndrome in which a person is overly sensitive to rejection or perceived rejection in interpersonal relationships. As a result, these people anticipate to be rejected on a regular basis. They often act in ways that push other people away as they anxiously hunt for evidence that someone doesn't want to be with them. This behaviour sets in motion a painful cycle that is difficult to interrupt.

Signs of Rejection Sensitivity

Individuals with high rejection sensitivity constantly look for signs that they're about to be rejected.

Facial Expressions

Rejection sensitive people may misread or overreact to different facial expressions.

Heightened Physiologic Activity

When persons with rejection sensitivity are afraid of being rejected, they have more physiologic activity than people who are not sensitive to rejection.

Misinterpreted Behaviour

Individuals who are hypersensitive to rejection will frequently misunderstand and misinterpret the acts of others. When friends don't answer to a text message soon away, for example, a rejection-sensitive person might assume, "They don't want to be friends with me anymore."

Attention Bias

Furthermore, people with high rejection sensitivity pay more attention to rejection or indicators that they have been rejected. Attentional bias is the term for this.

Interpersonal Sensitivity

Individuals who have a high level of interpersonal sensitivity are preoccupied with all sorts of rejection, including perceived and genuine rejections.

Harper, Dickson, and Welsh (2006) investigated the relationship between rejection sensitivity, self-silencing, and depressed symptomatology in adolescent dating couples. Self-silence was proposed as the mechanism mediating the link between rejection sensitivity and depression symptoms. For this study, 211 couples aged 14 to 21 who had been dating for at least four weeks were chosen. When compared to dating adolescents who were not as sensitive to rejection, the results showed that dating adolescents who were sensitive to rejection had more depressed symptomatology and self-silencing behaviours within their romantic engagement. Self-silencing was also identified as a partial mediator of the relationship between rejection sensitivity and depressed symptomatology among dating teenagers, according to the findings.

Erozkan (2009) conducted a study with Turkish students on rejection sensitivity levels with respect to attachment styles, gender, and parenting styles. The effects of attachment styles of a group of university students on their rejection sensitivity levels in relation to gender, and parenting styles were investigated. Results of the study revealed that rejection sensitivity levels of female students who had fearful attachment styles and of students who experienced authoritarian parenting styles were found to be significantly higher than those of others. Findings of the study also showed that effect of attachment styles on rejection sensitivity and relationship between rejection sensitivity and attachment styles were both found to be significant.

Webb, Zimmer-Gembeck and Donovan (2014) examined linking the appearance culture between friends with appearance-RS in adolescent boys and girls, via internalisation of appearance ideals, social comparison, and body dissatisfaction. For this purpose, 380 adolescents were taken and gender differences were also tested. Results of the findings revealed that consistent with expectations, appearance-focused characteristics of the friendship context were associated with heightened appearance-RS via internalization of appearance ideals, social comparison, and body dissatisfaction. The appearance-focused friend characteristics that were associated with appearance-RS included exposure to friends' appearance conversations, appearance teasing that caused distress, and perceived pressure to be attractive. Results of the study also showed that associations rarely differed for boys and girls, with one exception: the association between BMI and body dissatisfaction was stronger in girls than in boys.

Purpose of the study

The main aim of the present study is to discover the significant difference between male and female adults on rejection sensitivity.

Objective of the Study

To study the significant difference among male and female adults on rejection sensitivity.

Hypotheses of the Study

There would be significant difference among male and female adults on rejection sensitivity.

METHODOLOGY

Design:

A two-group design was used for present study and data was analysed by using t- test.

Sample: a sample of 100 adult participants belonging to Delhi NCR region having age group of 25-30 years was selected on the basis of availability.

TOOLS USED

REJECTION SENSITIVITY RS- Adult questionnaire (A-RSQ): Rejection Sensitivity questionnaire was developed by Berenson, Gyurak, Downey, Ayduk, Mogg, Bradley and Pine (2013). It includes total of 9 items which tells about rejection sensitivity of an individual. It is a 6- point Likert scale. This test has a good reliability coefficient i.e., the Cronbach alpha coefficient (internal consistency) of this test is 0.89.

Procedure

All of the participants were individually contacted for data collection, and a rapport was built with them by making them feel at ease prior to the start of the test. After establishing rapport, the participants were given the questionnaire,

which included an explanation of the items and scoring. The questionnaire was collected after completion, and the participants were thanked for their assistance.

Statistical Analysis

SPSS-21 version was used for statistical analysis. The t-test was employed to found out the difference among male and female adults on rejection sensitivity.

RESULTS

Table 1: Showing the Mean, SD and t- value of male and female adults on rejection sensitivity.

Variables	group	N	Mean	S. D	t	df
Rejection sensitivity	Male	50	39.96	6.57	2.45*	48
	female	50	28.64	7.22		48

* Value is significant at .05 level

Discussion

From the table no.1 t value was found to be 2.45 which is significant at the level of 0.01 which clearly states that significant difference exists among male and female adults on rejection sensitivity. The main aim of the study was to compare rejection sensitivity among male and female adults living in Delhi NCR region.

Findings from the above table revealed that rejection sensitivity in male adults significantly differs with female adults indicating that males have more rejection sensitivity in comparison to females. The male adults show more rejection sensitivity as compared to female adults stating that they are more sensitive and anxiously expect themselves to be rejected.

Limitations

- It was a very small study; the sample taken was very small.
- Some other variables would have been taken as urban or rural background of the sample for study to make the comparison.

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