



The Psychological Effects of Rejection on Our Life

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To cite this article: Engin Kireç, Current Science, Volume 5, No. 5-5, 2023, p. 72 – 109. - 0099-0001-2306-0303. Our studies are in a format accredited, approved, and supported by EAALS - European Academic Studies and Laboratory Services. ("Scientific Studies - Current Science Georgia") "EAALS offers all our works, services, and publications to the world scientists at the stage of carrying our control, accreditation, and support processes to the international platform." ("CURRENT SCIENCE") ("Scientific Studies - Current Science Georgia")

ISSN: 2667-9515

Barcode: 977266795001

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Submission Date: 14.06.2023 Acceptance Date: 14.06.2023



Abstract

The purpose of this research, which was carried out in the form of a literature review, was to investigate the psychological repercussions of rejection on our lives. It elevates certain already-important aspects of our lives, particularly in terms of our human connections. Because of the disapproval of the family, it is



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also accompanied by certain difficulties. The findings of this research indicate that rejection in a person may induce a variety of negative emotions and mental states, such as anxiety, worthlessness, social isolation, silence, insecurity, sadness, and so on. It has been discovered that there is a connection that disrupts interpersonal communication and relationships, which will lead people to adjust to personality development and psychological difficulties. This was discovered via a relationship that disrupts interpersonal communication and relationships. On the other hand, it has been discovered that rejection sensitivity in childhood is the result of parental emotional attachment dimensions. This is the cause of the experience of childhood rejection. The findings are analyzed taking into consideration the results of previous study, and the findings are presented with the intention of informing future research. Even if we are unaware of the significance of rejection, it has a significant impact on many facets of our lives, including the development of our personalities, our responses to situations behaviorally and emotionally, and our cognitive processes. On the other hand, rejection at work is a significant aspect that plays a role in the social and psychological adjustment of interpersonal relationships. the most major source of ugh rejection at work is parents, and its work is directly tied to attachment and parenting methods that are described. At the same time, it has also been suggested that rejection sensitivity is connected with certain psychopathologies and that it has the greatest impact on a person's love relationships. When seen from this angle, the purpose of this effort was to make a contribution to and help direct the direction of future research by focusing on the factors that safeguard interpersonal relationships, marriage, psychological disorders, and even certain mental disorders.

Keywords: *Rejection, Attachment, Rejection Sensitivity, Parental Acceptance Rejection*



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1. Introduction

Rejection or acceptance of the kid by the parents may have a significant impact on the child's social, emotional, and mental development as well as all of their effects (Rohner, 1986).

It was found that children who were rejected by their parents had seven fundamental characteristics: These are the characteristics that are shown when confronted with challenges. rage, violence; addiction; poor self-efficacy and self-esteem; emotional numbing; emotional instability; and a pessimistic worldview are all symptoms of a negative worldview. (Rohner and Khaleque, 2005; Khaleque and Rohner, 2002a). youngsters who were rejected by their parents as youngsters often go through a difficult adolescence and adulthood. It has been shown that the chance of entry is greater for such individuals when compared to children who are accepted by their parents (Rohner and Khaleque, 2005). These individuals have more behavioral issues as adults than children who are accepted by their parents. According to Rohner (1975, 1986), children's personalities are badly affected when they are rejected by their parents. (Khaleque & Rohner, 2002a; Rohner & Venezuelan 1998) Research has revealed that the good and negative implications of parental approval and rejection may not alter depending on factors such as culture, language, gender, or race.

Additionally, individuals, relationships, and the crucial roles they play in our lives all contribute to an increased degree of vulnerability. These sexual ties, along with those with friends and family, it also comes with it various difficulties that are associated with being rejected. Individual characteristics such as rejection, sadness, sensitivity, and social anxiety are examples of adaptation. It is a condition of emotional distress that interferes with communication and interactions with other people. Rejection, anxiety of being criticized, individual worthlessness, social phobia (social anxiety), social avoidance, depression, stress, fragile, oppressive, violence, humiliation, underachievement, introversion closed, quiet, insecure, damaged self, psychological exclusion, and anger are like the problems that are the reason for what is happening.

The capacity to communicate verbally is one of the features that sets humans apart from other living beings because of their evolutionary history. This quality is the feeling that has to be developed in the other persons. a key step in developing connections is the sharing of one's opinions. In this process of contact, parents, relatives, friends, romantic partnerships, and other types of interactions all play a role. It's crucial to pay attention to how your emotions, thoughts, and actions interact throughout the process. When it comes to relationships, the single most crucial component is the degree to which both parties accept one another. That is, the feeling of belonging, being sociable, having value, acquiring an identity,



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and having their needs met. In a sense, whether a decision is made to reject or accept anything, the persons involved use that time as an opportunity to either establish themselves as workers in the relationship that was accepted or to establish themselves as members of the unaccepted state sign it does.

In Turkey, an increasing number of studies on parental acceptance and rejection have been conducted throughout the years. However, when looking at the studies that take place during the school pre-period with their children, very little evidence of the work that is done can be found (Gulay, 2011; Toran, 2005).

2. Rejection

Being rejected may mean not being accepted, not seen, or being rejected by more individuals, communities, groups, or organizations. Rejection is examined from a variety of angles. implies to be disregarded or disregarded entirely. The feeling of being rejected permeates all area of our existence. Rejection may take the form of breaking up a relationship, getting turned down for a job, or being excluded from a group of friends. Other forms of rejection include not being able to be included. Rejection not only makes us feel unwelcome, but it also has the potential to make us feel worthless or incompetent. The experience of being rejected may also leave a psychological damage. These wounds are the consequence of being rejected as a kid, which may linger into adulthood and lead people to feel the same way about themselves and their circumstances.

General in the sense that it can occur in our lives, rejection, stress, anger, hostility, anxiety, depression, phobia, anxiety, depression, self-mute, loneliness violence, do not scream, swear don't, hardly acceptance making, unfriendly attitudes, hopelessness, confidence lack, insecure connecting jealousy, and other emotional and behavioral extremes can open the path to reactions. In addition, the individual doesn't be criticized anxiety, individual insignificance, social phobia (social anxiety), social avoidance, fragile, oppressive, humiliation, failure, introversion, silence, insecurity, damaged self, psychological exclusion, etc. are all difficulties that may be caused by other factors. Because of this, both societal and interpersonal failures in interaction are contributing factors in the occurrence of this phenomenon.

Bowlby (1969, 1973, 1980) says that children who are rejected by their parents describe their mental models and their future relationships. He also says that these children develop the formations that affect them on their own and that the needs expressed by children who are rejected by their parents are rejected by their parents even when those needs are met. Bowlby's research on this topic was published in 1969,



1973, and 1980.

Rejection sensitivity is a sort of intimacy that involves nervous rejection expectancies, as defined by Downey, Lebolt, and O'shea (1995). interpersonal interactions by causing strain in adolescents' and young adults' relationships with their parents, instructors, friends, and romantic partners. Interpersonal relationships are strained as a result. disruptive "It is an ongoing process," he said.

According to Gerber and Wheeler (2009), psychological exclusion, ignoring, being ignored, and being rejected as part of rejection before us interest are all components of rejection.

It was made clear in these explanations that rejection, in its broadest sense, is a very significant component of our existence. This is our life that is developing the difficulties, and in this interaction process, emotions, thoughts, and your behavior interaction in the process that it is essential to emphasize are being shaped by parents, relatives, friends, romantic connections, and other significant interactions.

3. Rejection; opened wounds

Your viewpoint being rejected when you were a youngster opened up a great deal of scars and hurts. These, emotional coldness, from love avoidance, hatred, aggressiveness, apathy, disregard like your emotions one or in more to the growth of more from where is occurring.

viewed throughout one's formative years Rejection causes nervous and insecure attachment to develop in the recipient. (Rohner, 2014). Anxious and insecure connecting, on the other hand, however this children's positive attitude and acceptance seeing with relating to your expectations by expanding, to be loved for to their parents' reliant connections to their growth from where they may be (Rohner & Khalique, 2010). According to Rohner and Khaleque (2010), when it comes to teenagers as well as adults, the importance that they placed on other people might be interpreted as a need for continuous acceptance and emotional anticipation. As a consequence of what was seen to be rejection, anger, violence, passive aggression, difficulty in managing impulses, holding a grudge, a lack of empathy, emotional coldness, a pessimistic worldview, poor self-esteem, a low sense of competence, and emotional swings might occur. According to Rohner and Khaleque (2010), some youngsters exhibit dependent behaviors in their relationships, emotional inconsistencies, poor self-respect and self-sufficiency, and a negative worldview with regard to the potential ownership of their opinions.

In addition, having the experience of being rejected as a kid might damage mental schemas at the level



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of social cognition (both from themselves and from themselves). value that they received from other people, both interpersonally and in terms of their relationships, as well as in terms of the expectations and beliefs that stemmed from their lives) And as a result, rejection sensitivity in adulthood is affected in a negative direction by specified (Downey & Feldman, 1996).

As a consequence of this, the physical and mental scars inflicted by the experience of being rejected as a kid influence the individual's expectations and views about life as an adult, as well as their relationships, their conduct, and the negative direction that it impacts. In addition, it has a negative impact on the owner's opinion that they are able to express.

3.1 Failure

This plan is predicated on the assumption that the individual is unsuccessful or will be unsuccessful, and that he is lacking in comparison to his contemporaries in fields that need achievement, such as academics, athletics, and professional endeavors. has a connection (Raphaeli and others, 2018). According to Roediger (2015), this particular individual is "One heat everybody's from him Better will do, himself never can't do to the thought has." his own ideas include the notion that he is unsuccessful, inept, uninformed, and lacking in aptitude (Young et al., 2013).

This individual had a learning deficit as a youngster, a lack of attention, or a coordination disorder, and they did not learn how to read, therefore they lacked the essential discipline. They were also described as being "lazy" and "untalented." tagged And This for reasons from trying gave up may be like, parent by over-criticized for his performance, compared negatively with his siblings, unable to meet the standards of his very successful parents may have thought about it and stopped trying to believe that he could not keep up with them (Young and Klosko, 2018). And This for reasons from trying gave up may be like, unable to meet the standards of his very successful parents may have thought about it and stopped trying to believe that he could not keep up with them. In a sense, that is, in all of your interactions as well as in their conduct, the assumption that he cannot be negative and unsuccessful might be a facet of it.

In the context of schema therapy, safe connection, freedom, a feeling of success and identity, realistic limits, spontaneity and play, and the need for parents to provide necessary fundamental psychological requirements throughout childhood are all considered needs. In the event that you build schemas that are tough to modify, this indicates that your needs are not being addressed. The failure schema is the



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antithesis of the success schema. This diagram illustrates several types of interpersonal relationships. forming one's fundamental views, in other words. This has the potential to cause disconnection/rejection, a breach in autonomy, and a breach in boundaries for others. 18 early maladaptive schemas, also known as insecure or abusive schemas, correspond to one of five schema domains, including directness and suppression/over-alertness. use, fault or shame, emotional deprivation, social isolation, suppression of emotions, failure, against illness and harm frailty, dependency or insufficiency, inclusion or an underdeveloped self, abandonment, submissiveness, negativity or pessimism, vindictiveness, inadequate self-control, approval-seeking, high standards, punitiveness, and self-sacrifice) (Young et al., 2009). This schema identifies crucial childhood emotional dimensions, each of which was either not satisfied by parent-caregivers or oversupplied by them (Louis and colleagues, 2018). As a result, the needs equivalent is declining. For example, in this manner, a strategy for failure was devised. One youngster who interacts with others

In romantic relationships, including the one with the woman he would eventually marry, as well as in the settings of friend groups and professional life, he will perpetually face rejection. will take place as a result of your confidence the providers. Along with this, parent rejection of the idea according to particularly your parents the kid age-appropriate non-high expectations for abilities, overprotective attitudes, or failure to praise the child's achievement to create may all contribute to the child's inability to build healthy attachments. Where did the possibility originate?

Responding with animosity, jealousy, or controlled conduct in response to what they believe to be rejection or threats of rejection from the person with whom they are talking because of the reaction that they exist. According to Creasey-McInnis (2001), page 89, this kind is characterized by failures in intimate relationships that take place within the framework of socially disturbing aspects in are analyzed. There is a connection between these shortcomings and their failures in the research of the development of social anxiety. The results indicate. Social anxiety, avoidance in the DSM-IV diagnostic classification system, or when an action occurs problem hearing, of the person's usual daily their work, vocational either in by education relating to its functionality, social their activities either in interpersonal their relationship spoils, is defined as (First, Frances, Pincus, 1999, p.167). For instance, dining in public areas or having private phone talks in public. The experience of intense shame or embarrassment as a result of doing anything, including using public facilities, writing one's name, or signing one's name in front of other people. sensations and terror (Ozturk, 2002, p.355). These kinds of actions lead him to believe that he has failed, which leads him to avoid or avoid dealing with the situation, as you heard we may say.



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In addition, those who suffer from social anxiety are more likely to experience rejection in research and interpersonal conflict in relationships because of the great sensitivity with which they are seen. People who suffer from social anxiety have a substantial concern of embarrassing themselves or failing to perform adequately in social settings that demand connection with others. One of these parallels is the fact that both parties hear even the least error and judge it to be an insufficiency or a failure. In light of the fact that the road of rejection opened up to link avoidant persons with owners, your connection's failure rate is high, it was discovered that avoidant individuals have relationship failure rates that are particularly high.

In conclusion, the rejection-failure schema that is recognized in the kid by the family is the source of what happens. In this Venn diagram, one person is not sufficient. He is under the impression that he is deficient and a failure, and that he will be unsuccessful in whatever job he does in the future. According to Young, Klosko, and Weishaar (2003), when an individual is skilled in his profession, the others around him care little about their failures, and the individual feels as if they are falling. Because of this, both your parents and their children are likely to criticize you or your siblings when they make comparisons among families. Your parents have very high expectations for themselves, and their children are likely to do the same. There is a potential that this will occur throughout the process of schema construction (Young and Klosko, 1993).

Some researchers believe that a person's upbringing may have a role in the development of avoidant personality disorder. In a way, his family, siblings, or friends are constantly being ridiculed and rejected in order to accomplish the things they desire a lot of extreme high. This is because of his extreme high level of success. But since you can't and are terrified of withdraws or not getting what you want (Tough, 2013), you don't want to.

Coming from the University of Stanford Carol Dweck and Lauren howe by produced a lot of study, in love with the one which... And rejected yet to the mindset owner persons, of rejection's bad effects on them for a longer LONG duration their experiences emerge has placed it. that individuals will not modify their beliefs, and that they would not accept good One new experience or step forward for One opportunity they may have been to think in its proper context, to be rejected due to your own personal failings related to One failure component they have seen (<https://listelist.com/reddilme-korkusu>). One possibility is that this will provide them the chance to consider in its proper context.

Rejection of the plan brought about by belief in the one which... failure, then you can find more simple employment acceptance don't, to your destiny neck bending, back withdrawal, education not continue,



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at risk do not enter, perfectionism, of others their success despises like incompatible schematics forms.

3.2 Insecurity

People who were brought up by parents who rejected them as children have a heightened feeling of loneliness and uncertainty. Rejecting one's parents as a kid and continuing to do so as an adult may lead to feelings of isolation and uneasiness about how one is developing. More later in your life next throughout the times in partnerships in which they live the drawbacks readily hurt and depression live persons aspect they continue their lives.

According to Roediger (2015), insecurity is connected to the feeling of not being able to fulfill a desire for connection. stability, dependability, and the fear that their needs of being cared for, having empathy, expressing their thoughts, being accepted and respected, and so on, would not be addressed in any way, shape, or form. The sensation of insecurity helps to maintain it.

When evaluated from the perspective of the parents who are rejecting the child, however, an insecure schema region is generated. This strategy is safe; however, others might get you into trouble. and the belief that the individual will suffer some kind of harm as a result (Roediger, 2015). Others will verbally attack, physically injure, and publicly humiliate the victim, The preponderant notion is that he will be misled and that he will be lied to in this situation. These individuals are of the opinion that the majority of the harm they have sustained was either intentionally or negligently caused. (Rafaeli et al., 2018) They think that they came into being when they were born. In addition, the children of parents who reject them are badly affected in a variety of ways, including uneasiness and hesitancy. influencing how new features and improvements are implemented Where did you get it (Erkan and Toran, 2004)?

in their youth, insecure linking of styles more little life satisfaction and more however, social (for example, loneliness) / psychological issues that are associated is it is recognized (Gerfalcon, 2017; Levy and Johnson,2019; mathematics and arc., 2020; Mikulincer and Nachshon 1991; wei and arc., 2005). adults who have a style of connection that is insecure and have difficulty regulating their emotions (Kawamoto, 2020). adults may have persistent pain for which there is no identifiable medical explanation as a consequence of having learned, throughout maturity, to react to physical symptoms rather than symptoms. According to the relevant research, it is responsible for the development of somatic symptoms such as fibromyalgia (self., attachment anxiety). (Lin and arc., 2020; McWilliams,



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2017) spot takes.

Because they are insecure, persons who are sensitive to rejection often have a negative perspective of themselves and a schema that revolves around obtaining acceptance from others. are those who have achieved something. He believes that the mistrust schema stands out from the others since it is distinct from them. expresses the notion that an individual is not part of the same group as other people. Because it incorporates the idea that other people will not accept the person as they are, this schema suggests that the individual has a pessimistic perspective of other people. People who have these schemas are able to judge others in a manner that is dismissive. possessing a mental framework that encourages individuals to mistrust other people who are different from them and believing that this is the primary reason why they do not belong to the community. This distinguishes individuals from other people more. They feel that others will not accept them because of their inadequacies and they believe that others will not accept them because of their inadequacies (Clark & Wells, 1995: 69-93; Rapee & Heimberg, 1997: 741-754).

Bowlby's connecting in theory, children's own selves and to your connections belonging has evolved mental models, individuals by on whether or not to be rejected are expected. Bowlby, John. "Connecting in Theory." In contrast to your anticipations, the caregiving person in question gave a negative answer. When presented with it, the individual will build a model based on their fears and insecurities. Because of this circumstance, their future relationships are fraught with great emotional agony. in order to survive and maintain a suspicious mindset in order to establish a way (Downey and Feldman, 1996).

According to Purdie and Downey (2000), high levels of rejection sensitivity, romantic insecurity, and antagonism are connected with one another in romantic partnerships. Humans have a strong sensitivity to being rejected, which may lead to trust issues. Rejection of very sensitive people, of your partners in your conduct, uncertainty despite brilliance, and certainty and net According to Creasey and Melnis (2001), those who perceive one rejection also exhibit insecurity.

When parents do not respect their children's personal space, abuse them verbally, physically, or sexually (Young, Klosko, and Weishaar, 2003), or when they lie regularly (Young and Klosko, 1993). But in this area, people who have a belief that they would be exploited and harmed by others despite there being no proof (Raphaelia, Bernstein, And young, 2011).

Meaning has uploaded other people's rejection by sensitive high individuals, of your partners in your behavior, uncertainty despite genius, definite and the internet perceives a rejection, the negative and negative thought system that comes with insecurity, in response to the threats of rejection, hostility, declining support, controlling, and controlled behaviors with react (Creasey and Melnis, 2001).



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According to Purdie and Downey (2000), high levels of rejection sensitivity, romantic insecurity, and antagonism are connected with one another in romantic partnerships.

As a consequence of this, Erikson (1998) said that there would be a sense of uneasiness when the fundamental requirements of the infant are not satisfied. Rejection to the sensitivity owner folks will be the result, as will the continuation of the rejector parents' and grown children's anxieties in your interactions. This is due to the fact that the rejector parents' grown children feel insecure connecting to your styles. When it comes to caring for themselves, individuals tend to construct a model that is built on uneasiness and worry when they are offered negative opposites. In addition, people who struggle with anxious attachment have an overwhelming need for closeness, which depicts your partner's the proximity of inadequacy and him as the antithesis of insecure folks. This idea comes from Hazan and Shaver (1987).

3.3 Insignificance belief

Rejection experiences create a hurdle in achieving his needs, which causes him to feel as if he is worthless and to have unsettling ideas about his wellbeing. presents a danger to (Romero - Canyas, Downey, Berenson, Ayduk and Kang, 2010; Sarcam et al., 2012; Staebler, Helming, Rosenbach, and Renneberg, 2011).

Insignificance faith One particular person making their unconscious mind accessible the only religion that is specified is the name. beliefs differing Reading is one example of this. deliberately or unconsciously, each kind There are manifestations of faith or conviction in one's daily life. Individuals are able to carry out their activities within the context of this idea in their lives because to the power of their subconscious. waits. It seems that your beliefs are reflecting your sentiments through right now. The difference it makes to a person's conscious awareness of their own worthlessness is described in Uran (2018).

our subconscious base stones are our beliefs. Unconscious thoughts and beliefs the one whose concept are accepted in its TRUE form. Both of these are propositions. uranium insignificance Your religious practice demonstrates that this is a core conviction for you. According to him, these beliefs are what produce the myriad of sub beliefs that are tied to him. "If I'm worthless, I'm weak." "If I'm worthless, I'm weak." "If I'm worthless, I'm weak."

" Individuals To me, value is not something that can be given; thus, I am worthless.



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This is comparable to the ideas held by one herd. This in peculiar behavior should be your models to the development and to strengthen from where they may be (Uran,2018).

The development of people' abilities to conceal their own worthlessness takes place outside of their conscious awareness. Its objective is concealed behind a myriad of distinct patterns of behavior, which it uses to conceal itself. The patterns of behavior, thinking, and emotion, as described by Uran, are said to constitute the fundamental mechanism. every conceivable kind of verbal and linguistic and He is of the idea that one's behavioral attitude might contribute to the formation of a notion that one is worthless. People who grow up in homes where conflict and discord are the norm, According to Butler and Matthews (1983), people's perceptions of risk are similarly elevated when compared to ambiguity. In a way, Rohner (2004) was raised by his parents. According to him, a youngster who has the experience of being rejected will warp the mental representations that he makes of himself, the people around him, and the universe. Because, generally (Rohner and arc. 2005) People have a tendency to seek out settings or experiences that are consistent with their mental representations and to avoid situations that are inconsistent with their mental representations.

In this context, the distinction between sensation and belief is not an insignificant one. A sensation is a bodily experience that may be felt in our bodies. Therefore, an emotional shift It is a manifestation in the physical form. The condition of faith cannot be altered. The fact that feelings and beliefs may both be altered is the characteristic that most clearly differentiates the two. Well feeling changing belief is immutable (Uran, 2018).

The conclusion is that rejection and exclusion in situations in which this that we require breaks down and by feeling that our pleasure is damaged we are left all by ourselves. Individual This unaccepted candidate One action that is detrimental to one's own well-being. It's possible for this rejector behavior against in itself value not offered to lead to being excluded judgment. In this state of mind, the sense of dread is activated in the subconscious mind, which causes it to be experienced as an unpleasant sensation throughout the body. It is entirely feasible. The presence of this unpleasant emotion felt throughout the body is indicative of the impression of danger. This indicates that the person has ingrained within them the feeling that they have no value, which might be seen as being rejected. closure and isolation from the social environment, a reduction in the opportunities to interact within their connections, family relations, bilateral partnerships, and other relationships, and it has the potential to result in the degradation of relationships with other people. According to this point of view, rejection, ignorance, or psychological exclusion may arise as a result of the behavioral or discourse part of therapy when it is



developed, and we are able to claim that this can result in insignificance belief.

3.4 None Be counted (Psychological exclusion)

According to Williams (2007) and Aydn (2008), there is a link between the person who is psychologically excluded and the individual or group that is doing the excluding in the process of psychological exclusion. In many cases, there is no connection between the two. The group or the individual in question is unaware of the person they have chosen to exclude. Because of this, members of the group may have unfavorable opinions against the person who has been ostracized. Either in the group or in the reaction itself, one may be discovered. One possible interpretation of this is that you do not want to make it plain that you do not intend to bring about the promise.

Therefore, when seen from this angle, psychological exclusion is often the outcome of the individual being verbally or behaviorally treated in an unfavorable manner. is not really clear. In many cases, the person who is being excluded does not know if this is the case or why. Eye contact with the person who was excluded Ignorance came, no counted either in from himself far convolute sentimental produces (Williams, Govan, Croker, Tyanan, and Cruickshank, 2002). Psychological exclusion may be witnessed in a variety of ways, such as avoiding touch or not reacting vocally.

In the psychological phenomenon known as "psychological exclusion," in which persons are ignored or practically ignored, excluded individuals continue to exist within the context of the relationships that already exist. because of their state, they won't be able to make any headway either in new connections or in the ways that they can think. Because of this, not only are they unable to establish a social interaction, but they also have the impression that they may be detected. Because of this, psychological isolation might keep some folks in your relationships from flourishing. One piece of good feedback that they did not get for the angle that they feel (Molden, Lucas, Gardner, and Dean, 2009).

According to Leary (2005), the act of isolating the individual who is being ostracized from the others who are engaging in the isolating behavior constitutes ostracism. a kind of dismissal in his view; this is his perspective. Individual psychological in exclusion as if there as if it wasn't be treated promise topic as if it wasn't be treated.

It's possible that this is the case when seen from the perspective of a person who has entirely rejected either in preference undelivered someone to be more future maturity throughout the times of withdrawing or shutting down in relationships, avoiding, humiliating, or failing to establish eye contact, whether the individual is male or female. Psychological exclusion is one of the factors that contribute to the iciness in their interactions and the gap that exists between the parents. That's a possibility. According to what



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I've read, there are advantages to psychological isolation in this case, particularly when it comes to quitting.

When these studies are analyzed, it becomes clear that social exclusion poses a greater risk to an individual's ability to maintain a healthy sense of self-worth. One in the sense that psychological exclusion aims at the individual as a response to the person being judged to be insignificantly worthless is the gift that your message delivers.

The psychological exclusion model that was created by Williams proposes that different forms of exclusion may be categorized using certain criteria. The visibility (visibility), the cause (motivation), the amount (quantity), and the clarity (clarity) are the requirements. The concept of exclusion is examined in relation to three aspects of visibility: the physical, the social, and the virtual. types of conduct that are concrete and easily observable, such as physical exclusion, expulsion, or exile; types of behavior that are more ambiguous, such as avoiding eye contact with the targeted individual or being silent; There is now a phenomenon known as virtual exclusion, in which you are being excluded from phones, texts, and emails because you do not respond to these types of virtual communication tools.

Williams' approach broke down the reasons individuals exclude others into three distinct categories and investigated each one. The first of these characteristics that disqualify you as the owner of your aim is socially unacceptable characteristics. Latter exclusion of the source owner is and others exclusion trend rising indecisive connecting like are characteristics. Latter exclusion of the source owner is. Thirdly, in contrast to societal considerations Another kind of conduct for which One did not grant permission is the scenarios (for instance, when he was busy inside and his wife was upset with someone else, and everyone inside was fighting since you can't exclude preference can).

In addition, Williams (2001, 2009) does not exclude harm see the following four grounds as necessary mentions: (one) belonging being need, universal element all in humans there is the one which, to groups and to relationships acceptance being created need shaped definitions And very understandable manner exclusion from your life harm sees There is the one which, to groups and to relationships acceptance being made need shaped definitions And very comprehensible way exclusion from your life damage sees.

(2) The individual's tendency to place responsibility on themselves for the reasons they are not accepted by others is one of the characteristics of the requirement to have healthy levels of self-esteem. are harmed as a consequence of exclusion as a direct result of the creation of references. (3) The urge for control arises from the need to exert authority over the social milieu in which people find themselves. They want to believe that it is predetermined and predetermined. In the event of exclusion, the individual feels as if he has lost control of the situation, and the ambiguity over whether or not it will be re-admitted to the



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environment produces a feeling of danger. (4) the need for one's life to have significance

It is a result of their propensity to give a purpose, value, and significance to their own life, and as a consequence of being excluded, those who are more focused on themselves. These constructive impressions have been harmed. This four-part foundation requires distinct exclusions of the many sorts of dimensions that are being impacted, and which of your requirements is more A variety of distinct behavioral, emotional, and cognitive responses are brought into existence as a result of the connection between these factors. Researchers have shown that the danger of being excluded has a detrimental impact on the participants' ability to meet these four requirements (for example, Abrams et al., 2011; Chernyak and Zayas, 2010; Rock, 2012; Williams and others., 2002; Zadro, Boland, and Richardson, 2006; Zadro Williams and Richardson, 2004).

3.5 Belonging (Exclusion concept)

As a level in Maslow's hierarchy of needs, belonging refers to the capacity of an individual to cultivate a constructive sense of identity within the context of a society or community. group, group, etc. arises when it is associated with an event or phenomena such as belonging, adoption, sense of belonging, integration, and definable. Other examples are group, group, etc.

The feeling of belonging that a person has may be traced back to the individual's infancy and is connected to the connection that a baby has to its mother throughout this stage of development. (Alptekin, 2001: 28).

According to social psychologists, an individual's sense of belonging and the ability to strengthen themselves for one another inside a group is strengthened by doing what the psychologists believe they should do.

When a person has strong indirect or direct relationships with the social environment that surrounds them, they are more likely to have a strong sense of belonging to that community. Individual in your being, inside of born social environment One on the side directly One feeling of belonging construction while; other on the side social One particular specific presence facet It is also possible with decisions made with perfect awareness. Individual with some innate characteristics such as belonging spontaneously while forming; education, politics, and economic circles either in clear age to categories including owned social groups shaped individual conscious with their preferences also shaped,



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updatable, and variable supply (Alptekin; 20-21: 2011).

Being excluded implies not being accepted as a word, being disliked, being put into the background, being unloved, and being included in an environment or a group. Exclusion may also refer to being excluded from a group or an environment. to not be means to earn money. Another example of D irradiation may be found in the phrase "individuals either in your households, either from sources either in wider One at scale in congregation or the process of being deprived of social ties with the society" (Gordon, 1999: 150). These examples refer to people who are either living in their own homes or coming from sources that are more widespread. In addition, the idea of social exclusion encompasses biases and stigmatizations that are ascribed to individuals (Semerci, 2011: 4). This structure is what affects people's feeling of membership and belonging in a group, as well as their understanding of what it means to be included in society and what it means to be excluded from society. It all comes down to this construction. (Bolukbaşı, 2008: 12).

The state of an individual's sense of belonging to a group is a condition that has an effect on how that person conducts their life. As a result, the urge to belong is something that every person works hard to fulfill. On the other hand, the importance of not being bound to a certain location cannot be overstated. The most complicated feeling that an individual may have been that of belonging to a group. "On the one hand, individual soul is fond of independence, while the other branch strives to cling on to it. capable of holding a significant amount of oneself in safety feels" (Sun, 2018:11).

The urge to feel like one is part of a group is considered by some thinkers to be the most fundamental need of the person. Abraham Maslow and Erik Erikson are considered to be the most influential of these thinkers. Adolescence, according to Maslow, is the most crucial time in a person's life when it comes to developing a feeling of belonging to a group. in accordance with Maslow's theory of physiological and safety from their demands later on, such as experiencing individuality, belonging to a society or a group, and going through puberty and the menstrual experiences (Citizen, 2018).

The sensation of being how important there is a need is observed throughout the processes encountered from childhood all the way through maturity. If a person does not experience this emotion, the individual's inner world may become unsettled, and the individual's interactions with other people may not be able to satisfy the individual. can be stated.



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People with mental and physical impairments, as well as criminals, the ill, and those in need of care, were all considered to fall under the category of "excluded" in France during the 1960s. Problem families, marginalized and asocial individuals, and other socially maladjusted persons include the elderly, mistreated children, drug addicts, suicidal people, single parents, immigrants, authors, and immigrants. Immigrants are often classified as being socially maladjusted. (Copuroglu et al. Mengi, 2014: 609) It has occurred in the literature as groups that are excluded from society due to distinctions that arise from economic considerations.

Within the found society, either in a small group through acceptance seeing, within an individual through healthy close relationships to the development contribute found, belonging, and love of your need in the saturation mother of the determinants someone creates (Baumeister and Leary, 1995; Yellow pine, Gencdogan, and Erozkhan, 2012). biopsychosocial the responsibility for one presence rests on the shoulders of the one who... person, healthy life of the cycle more for life along with your necessities by meeting. According to Baumeister and Leary (1995), Teneva and Lemay (2020), and Uziel, Seemann, and Schmidt-Barad (2020), the desire for love and belonging is one of the most essential requirements for meeting these needs. In order to maintain close social ties with other people, which affect emotions, attitudes, and behaviors, it is essential to meet. This is because fundamental love and the desire to belong to a group are essential.

However, there is an influence on the backdrop of the variation in feelings of loneliness that emerge as a consequence of not satisfying the desire for belonging. This effect is due to the fact that different people experience loneliness in different ways. is thought to be related to psychological factors, important variables, and aspect areas in the summer place research more Investigations uncovered a significant number of dual connections that formed. According to research carried out by Demir et al. (2005), teenagers in our nation place their friendships with their peers above those with their family. They have arrived at the conclusion that they would rather be among their pals since they feel less pressure and are able to relax more easily with them. Peer groups A feeling of belonging is stimulated in teenagers, which is beneficial to their process of socialization, and their peers look to them for approval, which they do not get from their own parents. using any means, they can (Yorukoglu, 1996).

In conclusion, the component of belonging, the need that you have not been satisfied One in the sense that rejection or exclusion follows from the individual's emergence as a consequence. It is an absolute prerequisite for human existence, and as such, it both molds a person's life and makes it possible for them to live on. direct requirements of the person in question. Every action that he does toward obtaining



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food is, in reality, a step toward establishing the foundation for social life. Your requirements are not being satisfied, as a result of an obstruction of belonging, exclusion, rejection of status, of individuals, or of social interactions, as we might say.

3.6 Loneliness

In general, the definitions of loneliness that have been produced by researchers emphasize that it is a painful and difficult process. The sense of loneliness is often associated with being by one's self, however it is also conceivable for a person to be in the company of other people and yet have the experience of loneliness. Loneliness is caused by a combination of a person's inadequate social connections with other people and a lack of happiness derived from such connections. This is the primary contributor to loneliness. (Meet, 1997). that this is the case.

Williams (1983) defines loneliness as the state of wishing to establish deep relationships with other people but being unable to achieve such connections with others. He characterized the discomfort he felt as a consequence of it as a terrible awareness that he experienced. That is, feelings of loneliness develop when a person's demand for connection is not satisfied. a newly developing procedure is being told.

Pepleu and Perlman (1984) argue that there is a disparity between the social connections an individual has and the social interactions he seeks, and that this circumstance in a person that was established by insight at the end developed an unpleasant sensation of loneliness. Aspect of loneliness has been described.

On the other hand, while defining loneliness, Rook (1984) placed an emphasis on the many elements that contribute to it. He believes that the person has been misunderstood by other people. anxiety that is comprehensible when you experience rejection anxiety that occurs when you experience being excluded or anticipate being excluded when you believe that your loneliness may be fixed the inability of his social companions to locate instances in which he felt the unpleasant side of loneliness was defined.

folks who own they are social with connections wish that they social interactions between your difference more to be because arise coming out of the process of development of loneliness and the person, himself, the establishment of a close connection concerning insufficiency is prompted (also see jong, _ 1998).

This lack in the person is the reason why he likes to be alone, why he is reluctant to meet new people, and why he has less drive than other individuals. The individual's inability to locate a buddy with whom



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they may freely discuss their thoughts and emotions is one factor that plays a significant role in the development of the sense of loneliness that they experience. are subtracted from the total (Gravel, 1998; Yaparel, 1984).

There are six different types of connections that, in accordance with the idea of emotional and social isolation, contribute significantly to the development of loneliness. According to Michael, Peplau, and Weeks's (1982) research, the fear of being rejected is at the root of one of these partnerships.

It has been theorized by a number of researchers that individuals who do not spend a significant amount of time with their family, the death of a parent, or being rejected are all conditions that might lead to feelings of isolation (Celen, 2007), because of the absence of companionship throughout childhood and even infancy during that time period, those foundations were thrown away. This was notably true for the closeness setting of your requirements at that time period. According to Kaya (2007), it is believed that this circumstance also has an effect on the time of maturity. If the youngster is excluded or rejected, his or her requirements when assistance can't be found if he believes, progressing in moments of despair and loneliness like your sentiments damaging while under the impact of battle don't about is pushed (Horney, 1997; referenced by Sarcam, 2011).

The psychodynamics of the approach, according to your sense of isolation, with others the one which... closeness of your need complete aspect failure to meet outcomes arise out is taken into consideration. Individuals might slide into hopelessness and isolation if their surroundings aren't supportive of social interactions, according to Late (2005).

About loneliness in general There is a connection between being sensitive to being rejected and experiencing feelings of isolation, as shown by the data gained from the study conducted. identified a link between them. Rejection, strained relationships, and a loss of confidence in one another brought on by increasing physical distance between people are all factors that contribute to the decline of one's social life. It is a phenomenon that contributes to the experience of feeling alone. (Gonzaga, Keltner, Londahl and Smith, 2001). This feature It is believed that there may be a connection between being sensitive to rejection and experiencing feelings of isolation. On the other hand, one must take into account factors such as rejection sensitivity, loneliness, and alexithymia (emotional between blindness and having a connection).

In light of their study, Michela, Peplau, and Weeks (1982) have compiled a list of the factors that contribute to feelings of isolation. They have concluded that there are internal and external causes of loneliness, as well as reasons that can be changed and reasons that cannot be changed. These: •



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Pessimism.

- A dread of being rejected.
- The effort is not apparent.
- Misfortune. • Ignorance (the lack of appropriate social relationships to build up your skills).
- Shyness.
- You have lost some of your appeal physically.
- Other connections and/or groups (although this circumstance originates outside of the individual, it relies on the attitudes of other people towards the person who is suffering loneliness). mentions).
- The worries of others, their own.
- Individual circumstances that do not include a personal non-One interaction with others (personal non-One relationships with others are established).
- The absence of any opportunities.
- The resistance of other people.

A personality structure that is unappealing.

If it is believed that rejected individuals generate issues in communication, which in turn causes the person to withdraw from other people and experience increased loneliness, then the interaction between this idea, which has a negative impact on the mental health of people, and other concepts becomes essential. topic it is possible to be, Rocakch (2004) found that the repercussions of your loneliness in person include: According to Yilmaz and Black Wolf (2012), this approach has been resolved. These:

- Loneliness due to the fact that individuals from other groups move on. Because of this circumstance, your connections will become a barrier. It is entirely feasible.
- There is a decline in effectiveness in the connection that is built with other people. The bond between them can no longer be maintained. It brings for the emergence of various undesirable feelings, such as envy, in people. Loneliness damages relationships. A person who lives alone and has a profound desire to be loved, when he finally does find love, he makes excessive efforts to hold on to it and does not want to let it go. effort into may enter, and this might lead to bad effects if it is applied to your scenario.
- Loneliness is a potential impediment that requires attention by means of the distribution of energy



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productive to use. your inventiveness in the face of the challenge may generate.

- Loneliness with the sensation that time has not passed, loneliness as an individual for your life ahead being a determining factor in arriving income.
- The experience of loneliness leads to the development of problematic mental patterns in the individual. These rash and erroneous conclusions about life are brought on by these notions. to receive, for a person's benefit, an incentive that may be reduced by its functioning. This in terms of your feelings of isolation, from where may be possible dysfunctional ideas about your individual career, marriage, social life, and even your sex life may impact you in a bad manner.
- Loneliness may be caused by a person being very sensitive to, or thick with, someone else as much as possible.
- Emotional traces left behind, a transmitter of angle The first is a feeling; because of being alone A lot has been stated both about the element that may have an influence and the numerous other variables that can be affected by it. For instance, those with low ego esteem tend to focus more inwards. According to the findings of many research, these individuals are reclusive and have a strong preference for being alone when it comes to social or interpersonal ties. (Inanc and Yerlikaya, 2008). On the other hand, the findings of certain studies point to a connection between feelings of isolation and depressive symptoms. an element of depression that may be hand taken as a subtype; to summarize it all This information should be considered in light of the fact that being alone causes people to provide a lot of things active, and individuals are impacted by promise subjects. No counting may be done on these within-group rejections or exclusions, these within individual rejections or exclusions. Loneliness is a widespread idea, and its effects are felt to a great depth in one region. One subject is responsible for many additional aspects. It has been argued that these ideas have a detrimental effect on the psychological well-being of humans. And this, like a lot of your conduct share, is something that we can state from this perspective on man's soul health and its potential bad consequences on you in the examination of rejection.

4. Old their pain Describing

Because of the lyrics of others, his glance or motions, some of our reaction sentiments expose themselves to take out or bring an internal component inward to our closure, which causes us to get lonely. The answer to this question relies on where it takes place, both in our senses and in our definitions. In general,



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our response to our upbringing, depending on the suffering we had in the past, is proportionate.

Over the course of many years, this particular form of pain has accumulated. throughout one's formative years in childhood This kind of incidents may cause scars, and they can arise from our parents, our neighbors, or our social circles, all without our elders having to reject us.

The old hurts, the feelings that all this rejection causes in us—hurt, anger, anger, worthlessness, powerlessness, being ignored and unsupported—we feel this; I know stating we believe we think we feel this way because we think we feel this way. There are instances when a clear or uncertain net is the one which... or non-are communications.

Rejection One kind of psychological dysfunction the first is one's conduct. Causer of harm that lasts a lifetime and beyond Only clearly visible behaviors are not acceptable. This manner on your part the signals of rejection are what are hidden behind the scenes. It is not usually the case that one only experiences rejection, anguish, and disappointment once. Always and at every time it repeats; with each occurrence, the other one takes precedence. youngsters who are affected by adults in their conduct are more likely to have LONG-TERM DAMAGES. This, in age, life duration, experiences, and events, impacts how a person reacts to those experiences and occurrences (Savage, 1999).

How can we become better at recognizing our own lingering aches and pains? Mary Main is an anthropologist and psychologist who works at the University of California, Berkeley. Spirit Research by Goldwyn was conducted by her. In order to conduct their research on commitment, the researchers separated children aged twelve months from their mothers for a brief period of time and placed them in an artificial environment inside a laboratory. The purpose of this experiment is to see how newborns react when they first see their moms. The vast majority of infants express little interest in seeing their mothers. To be happy is to actively engage them by meeting and once again, the ignition system that they seek should be shown to have the solution. However, two of the babies and their moms did not seem to be pleased in the least by what they saw; rather, it was noted that they were distressed. The infants both turn their faces away from their moms and turn away from their mothers. either ignoring them, going away from them, or coming from them, they had fled.

Why did they decide to run away from the police? The degree to which the researcher agrees or disagrees with the mother's commitment to the child's belief that you slept is determined by this factor. their moms were hesitant to have a physical or emotional connection with their newborns, and despite several attempts, they had refused. their mothers were unwilling to have a bond with their children. In the



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laboratory setting, when moms were removed from their children, the youngsters saw this separation as another kind of rejection from their mother. (Savage, 1999) It looked that they were.

In his research, Rohner has looked at a large number of acceptances and rejections. Adoption," the parental warmth, love - in the sense of support and acceptance, and "rejection" "heat and of your love absence or in obvious to be avoided' molded the explanation (Savage, 1999).

Children need to be able to concisely characterize their conduct if they are to avoid the feeling of being unwanted, uncared for, or unappreciated. to not be required in any way. made a certain action or behavior apparent to the youngster Even if the foundation was the one that... one of the damages did not provide favor. The consequences of this message will be felt for a very long time.

Even stating that you let me down is a severe characterization of the situation. Children who hear this description often report feeling as if they have let someone down. They are conscious of the fact that they were turned away. Some of these ideas remain with us even after we become adults. Our parents are the source of these views. not begun it's possible that, some century ago, they lain down and went to sleep (Savage, 1999).

People's memories are stuck in the past when it comes to the paradigm of remembering the experience of being excluded from study. It has been shown that remembrance of exclusion is effective (for example, Maner, DeWall, Baumeister, and Schaller, 2007; Pickett, Gardner, and Knowles, 2004; Sacco and others., 2012).

4.1 Anger

The expression "in the face of frustration, hurt, or intimidation" is how the dictionary defines anger, which is a feeling that numerous scholars have described in a variety of ways. hostility, rage, kinship, anger, wrath" (Turk Dil Kurumu Sozluđu, 2017). "Anger is defined as disturbing objective feelings and is a quality of all emotions," according to the Dictionary of General Concepts in Psychology (1988). the word "contains" is being used in a way that elicits psychological emotions about an awareness of the current state.

wrath; obstacle; to injustice don't stop; criticism; menacing perception; like unpleasant persuasive examples develop coming out of the literature of researchers. It can be observed that they consider it to be an emotion (Bilge and Sayn 1994; Genctan, 1999; Kennedy, 1997; Ksac, 1999; Koknel, 1999; Nazik,



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2003; Torestad 1990; Nazik, 2003; Superior and Yavuzarslan, 1995).

The child's impression of whether or not they will be welcomed by their family is directly influenced by the attitude that is shown in the family, which is the first setting in which the person will undergo the process of socialization. And members of your family who are deemed to be emotionally insecure and who are the major source(s) of rejection in your life (Burn, 2019), as taking form schematics too angry with is supposed to be associated. according to Rising and Rohner (2020), excitement is a stimulating feeling that also has the potential to be employed in a beneficial manner to produce. The capacity of rejected children and adults to successfully manage with stress is negatively impacted by anger, bad emotions, a poor sense of self-efficacy, and other effects of perceived rejection. has the tendency to decrease their capacity. Because of this, a significant number of persons who are rejected have lower levels of emotional stability than those who are accepted. tends to. In general, acceptance made individuals more emotionally balanced, and it helped them to emerge out of difficult situations in which they may have been coerced (Rohner And rising, 2019).

According to Khaleque and Rohner (2012), children and adults who suffer severe rejection from perceived rejection may feel heightened anger, resentment, and other harmful emotions. In a way, the majority of the folks who are rejected go through this agony at the price of preventing themselves from being rejected an excessive amount of the time. your emotions are very close to them This may show up in their life as well as in your relationships, giving your fury a feeling of the opposing element.

rejection, whether it be by society, by family, or by friends, may provoke a great deal of rage. happens (Baltaş,2013).

This physical and verbal aggressiveness part emerge may come out either in more passive aggressive aspect pouting, stubbornness, and deliberate delay aspect evident. Rejection in childhood and maturity may cause an individual to experience heightened anger and resentment. Those persons may have problems regulating their sentiments if they are like this. With all of this taken into consideration, perceived rejection connected to the one which... A substantial amount of space is available. (Rising & Rohner, 2020).

2001: the year in question Opinion of the Surgeon General Regarding the BASE According to a paper that was prepared by researchers, adolescents who are rejected at puberty because to problems with drugs, poverty, or other factors face a bigger danger than gang participation. According to the findings of a number of research, even minor rejection may promote aggressive behavior in people. and that individuals who are rejected have a tendency to take their anger out on 'innocent' persons who are around



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them. armed individuals present at school functions, violence against women, and unbridled aggressiveness on the part of terminated employees are all examples. There is a clear connection between being rejected and being aggressively exposed. However, a significant portion of the rage that is created by being rejected is channeled inward (about the experience of being rejected) certain truths - Earthlings (dunyalilar.org).

And we were rejected suspicion when you become stronger angrily to our surroundings response we can offer (Rejection Sensitivity Why? - Close Relationships (yakiniiskiler.com)). Potential One rejection sign when we grab our attention Only This doubt will feed to the signals that can concentrate.

Past for refusal justice to call of the person emotional your health it may not rain and anger and resentment / resentment into slavery road may open up in the present.

Many individuals are unaware that they have unresolved anger stemming from experiences of rejection that they had in the past. A failure in the past to pursue justice may have a negative impact on mental health, which can then lead to persistent anger. Managing resentment resulting from previous rejections is essential. One of its functions is to recognize erroneous ideas that have developed as a result of previous failures. and exchanging them with beliefs that are more accurate (Rising & Rohner, 2020).

Children and adults who have suffered considerable rejection beyond a certain point are more likely to feel heightened anger, resentment, and other harmful emotions (Khaleque & Rohner, 2012). To put it another way, the agony of being rejected causes individuals to overcompensate by trying to protect themselves. they shut down, and rejection, perception, and rage with their heads were able to reach their potential that you had fallen.

Substantial rejection may cause a person to feel heightened anger and resentment, and the resulting physical and verbal aggressiveness feature might manifest either in more passive-aggressive aspects such as sulking or in more obvious forms such as stubbornness and purposeful delay. In the same way that this person has trouble controlling their angry nightmares, they may also have trouble regulating their hostile sentiments because they worry about their dreams or the imagined hostility of other people. defender independence rage sentiments and acts that is associated and this counterargument to the refusal reason it could be (Rising and Rohner, 2020).

In point of fact, as a consequence of this, they are less able to properly manage with other unpleasant emotions such as rage as a result of the sense of being rejected. We are able to classify it as a factor.



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Also, the feeling of being rejected, whether it is by one's parents when they are young or by a love partner when they are adults. Problems in controlling one's anger may also be seen in tendencies. In this scenario, when the person believes that they have been rejected, their anger may sometimes spiral into a cycle of violence, which can also create additional difficulties in their relationships. On the other hand, hatred, resentment, and rage are often the direct results of an individual's perception that they have been rejected. aggressiveness produces issues. When a child is rejected by their parents, it is common for the child to feel rage at their parents. This anger may either erupt directly from the child or may be collecting in the child in preparation for an explosive outburst. Because of this, hatred and violence, their calm might be lost, which can lead your expectations not to be fulfilled because of stress. And this is what being furious brings about:

4.2 Dependence

People who have not been able to totally separate from their family and have not been able to safeguard their own space are often the ones who have a damaged autonomy schema region. (Roediger, 2009). To put it another way, it has difficulties functioning as an independent person in the traditional sense. This occurs often when either the child's parents or the family are overprotective of them. According to Rafaeli, Bernstein, and Young (2011), it is in a profile that is inadequate to support the child's independence or to make choices on the child's behalf. This in-dependence diagram serves as the area's foundation.

There is also an attitude that is excessively prescriptive and critical, in which parents undertake the kid's daily tasks for them while simultaneously expecting the youngster to take responsibility for their actions. attitude, does not permit independence (Rafaeli, Bernstein, & Young, 2011), or does not experience the emotion of connecting in any way. (Young and Klosko, 1993) occasions when it was seen. The individual who has the schema in this area is able to function independently in day-to-day life without the support of other people. according to Young, Klosko, and Weishaar (2003), with events at the head, one cannot bring faith carrying, own their judgments giving, and their obligations accepting trouble. in its place, one also cannot take responsibility for one's responsibilities.

Your rejection as a parent, both in children and adults, and in people' personalities has been the road that has been forced ahead to open up new possibilities. These include hostility, aggressiveness, or latent aggressiveness, either out of dissatisfaction with the management or in relation to difficulties; rejection of shape, frequency, and frequency in relation to density; reliance or vulnerability. One is independence



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(Khaleque and Rohner, 2002).

Dependence; In order for youngsters to feel safe and secure, they like receiving affection from attachment objects. They also enjoy being cared for and having their needs met by other people. emotions to understand what they desire. This kind of expression of your sentiments requests that people display their devotion. Small in children, children to their parents showing excessive attachment, responding such as whining and weeping when they go to a location, and expecting excessive attention as soon as they see them all suggest that they are reliant on their parents. Small in children, children to their parents showing excessive attachment to their grandparents, reacting such as whining and crying when they go to a place. At later ages, when children are experiencing challenging moments, their parents provide a safe haven, support from them to wait, and encouragement behind them to refrain from wanting to behave in a certain way (Rohn, 2005).

Addiction may be defined as the degree to which a person is dependent on the existence of the other person with whom he or she is in a relationship or on this specific connection with reference to the individual's future processes. unique way that you trust points (Rusbult, Martz and Agnew, 1998).

from close relatives to far strangers with exceptional connections and autonomy. One character in order to be in winning strain with define dead This framework in the field, when you were young in people who are unable to experience socialization in the context of the family and are thus incomplete at the point of engagement within social contexts. (Solmaz, Sayar, Ozer, Ozturk, & Acar, 2000) There are study results that demonstrate that the degree of alexithymia is high. dependence schema area connecting in principle unsafe linking formats with resemblance it displays observed. dependency schema area connecting.

In a way, the situation of being rejected demonstrates that it is capable of causing a variety of difficulties in people, including those related to the attachment processes. Because of this, it can be shown that dependence schemas are generated in people whereas regions of autonomy schema do not emerge. Also found in research is a link between perceived parental rejection and clinical depression, substance abuse, and addiction problems. It has also been observed that eating disorders are related with psychopathologies (Amato, 1994; Dominy, 1997; Heller, 1996).

Attachment theory, as described by John Bowlby (2012), suggests that when a baby is anxious or in need of something, he may calm down and focus on what you want him to emphasize by identifying himself with a person to whom he is connected. In a theoretical sense, connecting This participation in monitoring the procedure for There must be at least one potentially dangerous or unwelcome



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development in your circumstance. The fundamental presumption behind attachment theory is that a newborn who starts out life unprotected or uncared for won't be able to remain in that state for very long.

According to Bowlby (1980), children are sensitive to rejection when the wishes and needs they express to their parents are disregarded. They grow with time. This problem presents itself later in their life, and when they try to get help from significant people, they are turned down. They believe that they will be changed as a result of it. Because of this, if they are forced to articulate their requirements, preferences, or emotions, they start to feel anxious. Despite the fact that this anxiety was brought on by the anticipation of being rejected, it renders one hypersensitive to any and all signs. Even if the signs of rejection are not immediately apparent, this kind of rejection is referred to as purposeful rejection. Individuals become aware of, and eventually begin to feel, unpleasant emotions. This shift in vision may induce a variety of negative sensations, including pessimism, resentment, and sentiments similar to envy.

According to Rohner, Khaleque, and Cournoyer (2005), those who fall into the addiction dimension also have a want for ongoing acceptance, trust, and support. These people are the ones who interpret rejection as a negative experience. The notion that persons who seek assistance that they either didn't receive or that was randomly assigned to them can't acquire, according to the rejection life hypothesis.

According to Rohner, Khaleque, and Cournoyer's (2005) research, they have a propensity to be too reliant until they acquire it. This is a life of being turned away. Along with addiction, it leads individuals to begin exhibiting excessive levels of animosity, violence, and fury. Both eating problems and addiction disorders may be caused by its usage. If a need is not supplied in a timely way, there is a rejection, and if a trustworthy connection is not made, the need will not be met.

Because of this, people who are very sensitive to the feeling of being rejected tend to exhibit a number of consistent personality features. These are actual lives. Dependency and defensive independence are both valid terms, but which one we choose depends on the nature and intensity of the rejection. According to Feldman and Downey (1994), dependent personality disorder and at the border personality disorder, both of which are regarded to be disorders in rejection sensitivity, have a component called rejection sensitivity.

4.3 Emotional Imbalance

When we are rejected, we feel physically and emotionally worthless, and we are unable to have a sensible



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conversation with ourselves as a result. This causes us anguish. Reject the emotion you have for them. This much of an angle to have your intellect, logic, and reason, in addition to your common-sense A significant amount of effort despite your suffering in order to maintain your state of weakness.

The experience of being rejected has a negative impact on our capacity to utilize reasoning and think in new ways. People who suffer from chronic They were asked to think back on their experiences of being rejected in an experiment. The inferior performance of these individuals was seen in later evaluations of their intelligence quotient (IQ), short-term memory, reasoning, and decision-making abilities (Winch, 2015).

Many of us have a difficult time conceptualizing the unstable emotional state that might result from experiences such as rejection, loss, grief, and helplessness. and this comes as a surprise to us. Confusion and a loss of confidence in our favorable evaluations result when we are rejected, particularly in love relationships. about A great deal more effective (Winch, 2015).

When one is going through a period of emotional instability, it is not simple to recognize this experience. In addition, emotional instability, fury, wrath, poor self-efficacy, and other negative outcomes associated to rejection may result in lower capacity. These negative repercussions may be related to rejection. Many individuals who are rejected have a lower level of emotional stability than those who are accepted because of this reason. being attended to. They tend to be more stressful than chic circumstances, and they may quickly suffocate you. (Raising And Rohner, 2020).

The majority of individuals who are rejected have a tendency to have a lower level of emotional stability than those who are accepted. According to Rohner and Rising (2019), people largely recognized the possibility that they may struggle when placed in stressful conditions in which they can handle with greater emotional balance. In most cases, emotional People who struggle with instability have often been rejected by others on a major scale in their interpersonal interactions and need to learn how to control their emotions. There is no helper that will be solid partnerships (Rohner And growing, 2019).

Many individuals are unaware of the connection that exists between emotional instability and previous and current experiences of what they believe to be rejection. Awareness Without it, it is difficult to alter bad ideas or recuperate from the suffering associated with emotional instability. Without it, it is difficult to change negative beliefs. Additionally, many individuals struggle with their emotions. an emotional imbalance in your own being and well-being How that you broke and the same in time with others trustworthy and healthy connections establish your ability to be negative conscious of the impact is not



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(Rohner And raising, 2019). Unbalanced emotions, partly caused by a failure to deal with their past experiences pertaining to rage and pain from whence they might be coming.

The following are the six components that make to a knowledge of emotional instability: 1) Frequent shifts in emotion; 2) High emotional intensity; 3) Fast rising time at the beginning of the feeling; 4) Slow rate of return to emotional starting point; 5) Negative psychosocial signals (for example, negative comments from others). remarks) excessive reactivity and 6) erratic, disorganized, or rapidly cyclical shifts in emotion (R. P. Rohner, personal communication, December 2, 2019).

components of emotional instability, including but not limited to bipolar illness, attention deficit hyperactivity/disorder, thyroid diseases, and other conditions (Quinn, 2007). Also observed were difficulties with spiritual health and medical in functioning.

Nonetheless, teenage emotional instability (Eryilmaz, 2009), risk-taking behaviors associated to social status (Ucan, 2013), As their trait anger and stress levels (Kucukose, 2015), aggressiveness (Gundogan, 2016), and school fatigue (Akpinar, 2016) grow, good becoming levels decrease in adolescents.

In addition, Eysenck discovered that extraversion, when paired with emotional instability, brought people to the edge of a precipice, most often leading them down the path of criminal activity. Emotional instability to the point that those closest to you are stressed over the quick response they provide, and it takes a very long time to settle down.

In conclusion, emotional instability occurs when our feelings display symptoms as a result of being rejected, even though we are unaware that this is happening. shows. These are the functional and emotional reactions that contribute to our well-being by destroying trusting relationships with others. And stable relationships provide the groundwork for the positive effects that it may have on your talent. With all of this together, our romantic relationships, our interpersonal connections, and our relational emotional imbalances might result from where. Aspects general, emotional, and imbalanced battle with the person or individuals in their life who reject people who lived.

4.4 Ego respect

According to Hewitt (2009), the term "self-esteem" refers to a person's overall evaluation of his or her own value. According to contemporary psychological theory, there are four fundamental components that make up one's sense of self-worth: (I) acceptance; (II) appraisal; (III) comparison; and (IV) impact.



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According to Hewitt (2002), the ability to accept oneself as one is early in life, to get good feedback from others who are near to them, to make favorable comparisons, and to take constructive action is the root of self-esteem.

Harris (2021) on the individual and his views about himself your thoughts Blood is one of the realities that should be reflected upon in its position; a lack of confidence; clinical depression (Brown, Bifulco, Veiel, & Andrews, 1990); anxiety disorders (Sowislo & Orth, 2013); personality disorders (Linum, Wilberg, & Karterud, 2008); obsessive compulsive disorder (Ehnholt, Salkovskis, & Rimes, 1999); eating disorders (Gual, Perez-Gaspar, Martinez-Gonz To put it another way, it may be said that a feeling of self-esteem is observed to be associated with one another. Peterson and some of your other buddies produced a discovery in their research that indicated love, hope, curiosity, and taste ego to be the most powerful component of respect-oriented character.

According to the findings of Rosenberg and colleagues' research, there is a correlation between the general component of self-esteem and both emotional and general well-being. particular size in contrast to judgemental, evaluative, more cognitive, and behavioral results concerned with conduct. Robins, and Widaman (2012) observed that, in their study, ego and respect from youth through middle law TRUE growing 50 age around to the peak have been achieved. Additionally, they discovered that the point later in to the decline has gone.

The genesis of your low ego stems from the pain of your peers, and the journey from respect to worry is paved with social interaction. In addition, a number of research have shown that the idea that is most strongly linked with happiness is self-esteem. However, the more one's ego is deflated by respect, the flimsier the "i am narcissistic" claim becomes.

His research on interpersonal processes, as well as his own experiences and the ways in which he interacts with other people, all contribute to the formation of the self and psychopathology. Sullivan contends that the need for safety and the need to have high self-esteem are the driving forces behind these connections. he did. Leary (1957), Interpersonal Personality, laid the foundation for his theory by taking into account the interpersonal fundamentals of behavior and motivation. And based on their requirements, the "security" concept was substituted for the "proximity" (affiliation) idea, while the "ego respect" concept was substituted for the "dominance" concept. This is what it required.

Formal (2000) investigated the connection between assertiveness and self-esteem in eighth grade primary school children, taking into account both the views of the students' parents and the attitudes of the students themselves. There was discovered to be a large gap between the various degrees of self-



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esteem. pupils with a democratic parental perspective of pupils according to more high ego to your respect owner were found to be authoritarian and overprotective of one another.

According to Case and Williams (2004), a person's self-esteem and meaningfulness are affected in the event that they are rejected, excluded, or neglected by other people. He asserts that some of his fundamental requirements, such as continuing to exist, are at jeopardy. at other words, a high level of rejection sensitivity might put a person's self-esteem at jeopardy. been done we can state.

The psychological danger of being excluded is something he has to weigh between his ego and respect for place. Rejection And failure like negative People who have a poor sense of their own worth are more likely to put themselves in dangerous situations than those who have a healthy sense of their own worth. It is going to be. The reason for this is that people who have poor self-esteem have a greater urge to protect themselves from circumstances in which they may hurt themselves. They do not have enough resources for assessment (Zeigler-Hill, 2013). In this particular scenario, the person who has a low self-esteem really has a higher level of self-confidence. inadequate, worthless, and lacking in order to prevent the experience of avoidance, which is proving to be a promising issue for research on the impacts of rejection on ego respect on you seeing various studies. executed One humanoid used for research purposes One robot that plays games with the people who are participating in the game ultimately accepts input from the other robot. Rejection in the condition wherein again to meet that you don't want is indicating that you don't want to meet, and acceptance in the condition robot to the participant again that you want to meet. In the participants' acceptance and control conditions, rejection was seen. According to Nash et al. (2018), there was a statistically significant difference between those who found their self-esteem to increase and those who found it to decline. We are able to argue that the connection is significant despite the possibility of rejection and the impact it might have on one's ego.

According to Irvanl Ozen and Guneri (2018), an individual's sensitivity to rejection might be seen as an early warning system for potential dangers to the self. A lack of respect for oneself, on the other hand, makes a person more vulnerable to being turned down. Negative correlation between rejection sensitivity and self-esteem and its strong negative direction According to Watson and Nesdale (2012), one of the relationships may be observed.

We might claim that an individual's lack of self-esteem can make them more vulnerable to being rejected. The person who develops a hypersensitivity to rejection may be going through cognitive fusion, particularly if they have poor self-esteem and are constantly thinking about being rejected. This aspect of the process and its operation was addressed in a similar manner by Berenson and Downey (2006).



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This is about belief, rejection sensitivity, and self-esteem coming out together in order to create a road. This is according to ego respect, and others by acceptance of seeing each other related.

According to Haliloglu (2008), low self-esteem, inadequacies in social skills, poor social interactions, unrealistic assessments, experiences in attachment issues, and another environmental element are some of the causes for your loneliness on the basis of location area.

On the other side, Iwaniec (2003) describes emotional neglect as a parent who lowers their child's self-esteem and has a negative impact on the child's overall well-being via their actions.

It is conceivable for ego to accept low people's pleasant social feedback and use it to summon reason. Ego esteem is low in the one who... individuals themselves would refuse to provide good feedback since person by will be rejected what is in progress (Kagitcibasi, 2014). According to Baumeister, Hutton, and Tice's (1989) research, persons who have low self-esteem try to avoid making errors, feeling embarrassed, being rejected, and experiencing other types of setbacks. They do this to protect themselves and give the impression that they have high self-esteem, even when they do not.

According to the findings of several research, those who have poor self-esteem earn less money, develop an addiction to drugs, and develop a much stronger addiction to drugs. (Salmela-Aro and Nurmi, 2007) discovered that those who thought they weren't depressed really were.

people are shown to be significantly impacted by the fact that they are excluded and rejected (for example, Leary, Tarnbor, Terdal, and Downs, 1995; Baurneister, 2000). This is shown by the fact that studies that people have made about themselves and their judgments of others by approval to view, acceptance to be taken either in reveals this.

Low self-respect in conjunction with depression the one that is... particularly significant among the components comes from where. Ego respect, particularly high expectations for the one that...perfectionist parents may be impacted by acceptance of the kid not noticing bad outcome direction (from Sire, 2012).

Low self-esteem is linked to a number of mental and physical health problems, including eating disorders, anxiety, depression, drug abuse, aggressive behavior, and failure, as well as loneliness. relevant research was discovered (Mann, Hosman, Schaalma, and Devries, 2004; Donnellan, Trzesniewski, Robins, Moffitt, and Caspi, 2005). relevant research was discovered. This in the context of the self-respect level of the individual in your life may be observed to effect practically everything (Sanford and Donovan, 1984).



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A significant number of rejected children and adults tend to perceive themselves in the same way as they believe their parents and other attachment figures see them. Therefore, so long as children and adults have the impression that the characters that serve as their attachments do not like them; that they would not be loved, maybe even that they wouldn't feel loved, they will continue to have that impression. damaged ego respect as a result of, open either in gaze made from criticism as a result of feeling crushed (Rohner and rising, 2014).

It is stated that experiences of rejection, either in the past or in the present, may cause damage to one's self-esteem. Many individuals, their self-respect having been previously or now injured, think that they have been rejected because of their experience. To what extent is it connected to the fact that it is not aware? Bruises on the outside of awareness It might be challenging to shift the negative beliefs that serve as a fuel source for low self-esteem. They are ignorant of how it might weaken their need to accept and prepare them for additional rejection (Rohner et al. Khalique, 2005). Furthermore, many individuals believe that these mistaken views; their love and They are unaware of how it can undermine their need to accept and prepare them for later rejection.

On the other hand, negative thinking patterns (also known as negative self-talk) are an important component of comprehending the effects of rejection over time. evolves in its manner Aspect. For instance, one parent not spending enough quality time with their children did not ensure that the children would grow up to be "enough good that they are not," particularly considering that this is something that they are able to comprehend. One part of your parent's character that should inspire greater affection from them. One with a sibling who has gone through more time than you have if they perceive that you have certain qualities (such as being physically appealing, academically smart, or athletically talented). In certain cultures, the value of a boy's ability to get a female pregnant is higher than that of their own kid. This might occasionally cause young women to come to the incorrect notion that they are not as important as their brothers. According to Rohner and Khaleque (2005), having too much self-esteem might prevent a route from opening up.

As a consequence of this, there may be swings in mood along with poor levels of self-esteem brought on by the perception of being rejected. Accept it and move on Some youngsters who have this goal may display behaviors such as avoiding situations or becoming defensive when they are confronted with them. It is also one of the traits that individuals who feel lonely have with one another. research have shown evidence of poor self-esteem. People who have poor self-esteem and mental health conditions like depression are more likely to be rejected. They have a delicate nature. Furthermore, when the



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connection between the idea of self-esteem and psychiatric symptoms is taken into consideration, the sensitivity to rejection stands out as a key factor. In this context, one who runs a high risk of anything happening is considered to be part of the risk group. It has been shown that being rejected may have an effect on one's self-esteem. According to the findings of the study, a high level of rejection to the sensitivity and ego of the person's owner corresponds to a low level of respect.

4.5 Control need

People often make an effort to dominate or control their surroundings in the hopes of achieving good outcomes and avoiding unfavorable outcomes. They are proactive in their approach. According to Case and Williams (2004), it is essential for humans to satisfy their need to dominate their surroundings in order to successfully adapt to those surroundings. In spite of the fact that Williams, Cheung, and Choi (2000) found that participants in their research had very mild ostracism, it was reported that the individuals felt worse and had less control. This control, which they formerly had, was taken away from them as a result of being excluded. It seems to me that some folks would be interested in regaining it (Warburton, Williams, and Cairns, 2006). Aggressive to exclude your response when persons This control of your demand threatens to come out in order to make a statement that is achievable (Warburton, Williams, and Cairns, 2006). The struggle for control and dominance between This connection puts an eyelid in front when it's accessible, of exclusion aggressiveness emerges extraction degree, person According to Warburton, Williams, and Cairns (2006), it is stressed that it is partly driven by the extent of personal control that is experienced after being excluded from the group.

Neglected, disregarded, or disregarded entirely in order for a person to adjust to new circumstances, they will feel the need to exert control over oneself so that they do not have negative feelings about themselves. out and regulate the amount of severity, while individuals are responsible for their own actions. We are able to state that it has been decided.

5. Conclusion

Rejection, disapproval, feelings of unworthiness, failure, loneliness, dependence, and anger are some of the possible reactions to being rejected or disapproved of.

When Türkiye and international research are evaluated, the findings that are produced and the resources



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that are available are regarded to be inadequate. The gaps in the literature will be filled by more study on this subject, which is in accordance with additional research. Because of this, it is essential for practicing psychotherapists, psychiatrists, and psychologists. will serve as a repository for information. It is necessary to be aware of the fact that clients' rejection is a contributing factor in the difficulties they have in their personal life, marriages, and other relationships. Nevertheless, schema therapy, cognitive behavioral therapy, acceptance and commitment therapy, and other therapies are among the approaches that therapists use when responding to clients' requests for aid in finding a suitable caregiver.

Moreover, to conduct study in accordance with, rejection, rejection of sensitivity said, we are psychologically connected with wounds observed. These impacts are dependent on the person and include aspects of their upbringing, maturity, experiences and experiences, educational level, age, psychological condition, and taste preferences. linked aspects have a variable degree of variability.

Your discontent in marriages, interpersonal interactions, and individual connections, as well as your dissatisfaction in relationships, may all be attributed to this. One of the roles that this subject, which is becoming more essential, plays is shown. Your investigation, such as this, is growing the samples and covering word in terms of the topic that may be the case.

Writer grade

This research; Clinic Psychology branch Doctorate in the Program, wide Lime by "In our life of rejection Psychological and Traumatic Examining the Effects" named doctorate from the thesis generated was produced.

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