Effects of Rejection Sensitivity on Personality and Life

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Abstract

The findings of research published in the relevant body of scholarly literature for childhood bad life personalities indicate its influence. early infancy at the phase of caregiver interaction, interpersonal refusal theory It focuses on the consequences of relationships on personality characteristics as well as the psychological well-being of individuals and gives an in-depth analysis of this topic. gives a point of view. This research examines the origins of parental rejection of their children as well as the effects such rejection has on the maturation of children.

The purpose of this research is to investigate how one's personality develops as a result of experiencing parental rejection in adulthood. According to the findings of this research, rejection is a connection that interrupts interpersonal communication and relationships. As a consequence, the individual will be forced to adjust to the personality development produced by rejection in addition to psychological issues.

The manner in which an individual's requirements are satisfied may have either a good or a negative impact on the person's response to various motivating factors, which themselves come from a wide range of origins. On the other side, there is an overall positive value for the individual, a yearning for acceptance and belonging, which is thought to increase functionality. This value is believed to contribute to the person's functionality. There is an individual's acceptance by other people, affection, and a strong desire to be involved in partnerships and groups as well as to sustain intimate ties that have already been created. It is common knowledge that feeling accepted by other people boosts one's sense of self-confidence and self-esteem, as well as the degree to which one experiences happiness in their lives. On the other hand, there is an expectation of rejection against uncertain real-life situations, which affects the individual's psychological well-being, particularly personality, in which negative cognitions, emotions, and behaviors are exacerbated, and which is frequently characterized by withdrawal in social interactions. Acceptance and rejection, to put it another way, act as guides for interpersonal interactions and play a significant part in the development of healthy relationships as well as the proper functioning of the human mind. It is generally agreed upon that there are two extremely significant ideas that may be used to shed light on the issue at hand.

Keywords: *Rejection, Personality, Rejection Sensitivity, Parental Acceptance Rejection, Perceived Parenting*

1. Introduction

connections occupy a highly significant position in the life of the person in modern times, and difficulties in such connections, such as the feeling of not being accepted by others, contribute to an individual's heightened sense of vulnerability. The experience of having key individuals in one's life, such as parents, close friends, colleagues, lovers, etc., reject or ignore one's

advances may lead to a variety of difficulties. Because the need to be accepted is on par with the need for food, water, shelter, and clothing for every human being. The outcomes of a person's previous life, particularly their interactions with their parents, become significant throughout this time period. When these individuals experience rejection from significant others in their lives, and they overreact to the feeling of being rejected. This condition is brought on by an anxious anticipation of being rejected, which was developed throughout infancy.

The notion of rejection sensitivity is said to have originated from the phenomena of childhood rejection, and it has been shown in a number of studies that exposure to parental rejection in childhood, hypersensitivity to rejection, and the concept of rejection sensitivity all emerge from the phenomenon of childhood rejection. This sensitivity persists from adolescence to adulthood. others who have a high sensitivity to rejection are characterized by relatively high levels of anxiety and concern about the prospect of abandonment or rejection, while others who have a low sensitivity to rejection feel the possibility of both acceptance and rejection.

2. PSYCHOLOGICAL SYMPTOMS OF PARENTAL REJECTION

Psychological symptoms are manifested in the cognitive, emotional, physiological, and behavioral domains of an individual's life, and they have an impact on that individual's psychological well-being. According to the DSM-V (2013), it is characterized as a collection of symptoms that may point to underlying psychiatric issues. In order for a person to have what are known as psychological symptoms, the condition that they are dealing with must be a psychological illness, the symptoms must interfere with the person's ability to function, and many of the same symptoms must be regular and frequent in everyday life (DSM-V, 2013).

According to Rohner and Britner (2002), the absence or lack of acceptance from one's parents throughout childhood has a significant impact on the individual's overall development and may lead to psychopathology. Another research that looked at the connection between overall mental health and the acceptance or rejection of children by their parents found that parental rejection may have an effect on an individual's psychological adjustment (Bouma, Ormel, Verhulst, & Oldehinkel, 2008). In a similar vein, Repetti, Taylor, and Seeman (2002) discovered that there

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were families that were uncooperative, conflicting, furious, and neglected. They came to the conclusion that these features have an impact on overall childhood development and put children at a higher risk for psychiatric problems. Putnick et al.'s longitudinal research, which was carried out in nine different nations in 2015, indicated that significant levels of parental rejection and increasing difficulties of internalization and externalization in children were present. Similarly, in a study that followed 225 mothers and their children over the course of nine years (Feng et al., 2009), researchers found that being rejected by one's parents was linked to sadness later in life. According to the findings of a research conducted by Khaleque and Rohner (2002), children who have a behavior problem, drug use disorder, or addiction have a detrimental effect on psychological adjustment, and they also have a heightened awareness of their parents' rejection. It has been shown that persons are more likely to suffer from conditions such as depression. It was discovered by Hale, Akse, Engels, Raaijmakers, and Meeus (2004) that parental rejection leads to aggressive behavior in adolescents and predicts depression (Ince, 2020).

According to Rohner and Britner (2002), regardless of culture, depression, behavioral disorders, and drug use are concerns that are tied to parental approval or rejection. Similarly, Kessler et al. (2010) discovered that unfavorable early life events connected to family functions were associated with psychopathology in research that they carried out on 51,945 individuals from a variety of socioeconomic levels in 21 different nations. This study was done by Kessler et al. (2010). According to Quirk, Wier, Martin, and Christian (2015), university students who experienced parental rejection while they were children are more likely to engage in self-defeating behavior owing to the presence of depressive symptoms as compared to controls (Ince, 2020).

In light of the research that has been carried out in our nation on the topic of parental rejection, it has been shown that there is a positive association between parental rejection and mental health symptoms (Bayat, 2015; Abac, 2018). In a separate piece of research, Anıl and Karl (2010) discovered a correlation between feeling rejected by one's parents and experiencing feelings of anxiety and sadness. It was discovered in research that was carried out on college students that sentiments of rejection from one's parents were a predictor of sadness in persons (Kılıc, 2012). Pektaş (2015) identified evident and substantial connections between parental

rejection and anxiety and depression symptoms in both men and women in research that she did (Ince, 2020).

Another research that looked at the physiological effects found that persons whose brains were triggered by negative emotions, feelings, and self-evaluations were those who perceived parental rejection. (Slavic, O'Donovan, Epel, & Kemeny, 2010) Changes have been seen in the anterior, posterior, and cingulate cortex. According to Ince (2020), it is believed that the sentiments, emotions, and self-evaluation rejections of the parents that are detected in childhood might damage the structure of the individual's brain and lead to depression.

Parental rejection, general psychopathology, OCD (Alonso et al. 2004), anxiety (Cunha and Santo, 2013; Giaouzi and Giovazolias, 2015), eating disorders (Herraiz-Serrran et al., 2015), depression and suicide (Robertson and Simons), 1989; Campos, Besser, and Blatt 2013), delinquency and behavior problems (Simons, Robert

In a nutshell, several research have shown that certain attitudes held by parents are linked to the presence of psychopathology in their offspring. Growing up in a dysfunctional or apathetic home puts a person at risk for developing psychopathology (Ince, 2020). This is because the individual is influenced by their environment. According to the findings of a research that was conducted by Vulic-Prtoric and Macuka (2006), felt rejection from the father was linked to feelings of anxiety, and experienced rejection from both parents was the strongest predictor of feelings of sadness. According to the findings of a research that Gulay and Onder (2011) carried out in 2011 on children aged 5-6 years old in Denizli, our nation, they discovered that mother rejection is the predictor of psychological maladjustment in children, but paternal rejection is not the sole driver of psychological maladjustment. In different research that Kılıc (2012) carried out, it was discovered that the amount of parental rejection positively predicted the level of depression in children, but the level of perceived father rejection was essential in this regard. This was one of the key findings of this study. According to the findings of a research that was carried out by Near and Gencoz (2011), anxiety symptoms were linked to the feeling of being rejected by one's parents. On the other hand, Azevedo et al. (2013) found that the amount of anxiety in teenagers increased in proportion to the degree to which their fathers rejected them. According to the findings of the same research project, defensive factors, and not parental rejection, are another cause of increased anxiety (ınce, 2020).

3. PERCEIVED PARTNERSHIP

The significance of an early connection to a caregiver is emphasized in a number of different ideas. Beginning in the very early days of a person's existence, there is an immediate and pressing need to create a social connection. According to Baumeister and Leary (1995), the desire to belong to a group and to have that group accept one has crucial consequences for a person's psychological growth and overall well-being. This need exists in addition to the need for physical care and protection. Nevertheless, issues in the parent-child connection might have an impact on the schema and lead to psychological challenges throughout the process of personality development. Interpersonal theory (Sullivan, 1953) is one of the several theories that have been proposed to explain human behavior. This theory places an emphasis on interpersonal contact as a means of doing so. Because one's first romantic partnership is often with a person to whom they make a lifetime commitment, the dynamics of this particular connection are also of the utmost significance. According to Bowlby (1973), attachment theory is one of the most influential theories that has ever been developed in the field of interpersonal psychology and focuses on the development of deep personal bonds. According to attachment theory, humans are born with a fundamental need for close personal relationships. According to Bowlby (1982), the purpose of this system is to provide support and protection so that the user may have a sense of safety. Attachment systems continue to function throughout a person's life (Bowlby, 1988), despite the fact that with time, individuals develop internal representations of external attachment pictures. Bowlby makes an effort to understand the influence that early love experiences have on subsequent romantic partnerships. Bowlby (1977) contends that individuals construct their expectations for new relationships based on the experiences they have had in the past. People have a propensity to act in certain ways as a direct result of the schemas that were created in the course of their prior relationships. For instance, individuals who have been in supportive relationships in the past tend to anticipate that they will continue to be in supportive relationships in the future. However, if the individual in the new relationship has a history of being harassed or cheated on in past relationships, they are more likely to believe that their current relationship would also deteriorate (Sarsoy, 2017).

The impacts of parental approval and rejection, both in the short and long terms, were investigated by Rohner. Two components of parenting, according to Rohner (1986), are parental control and parental warmth. signs of rejection include warmth, love, and a lack of attention, whereas signs of warmth include your presence, care, approbation, nursing, kissing, embracing, smiling, and supporting your child's needs. It is characterized by anger and aggressiveness (Rohner, 1986). a cold, uncaring, and unloving manner; being physically or mentally unavailable; it is defined by these qualities. According to the idea of parental acceptance and rejection, previous rejection experiences have a substantial influence on an individual's psychological adjustment, worldview, self-perception, and mental health. This hypothesis was developed to explain why some children are accepted by their parents while others are rejected. According to the findings of Rohner, Khaleque, and Cournoyer (2007), individuals who have been rejected in the past are more likely to feel rejection and hostility even in circumstances that are not hostile. They claimed that these individuals were predisposed, that they had a limited ability for coping, and that they were emotionally unstable.

Research in psychology has often focused on determining the reasons for mental health issues throughout history and into the current day. These studies demonstrate that the early events of one's life are of a psychological character. It adds to the body of information about the consequences that it has on one's health. The findings are related to perceived parenting styles and depression (Richter, Richter, Eisemann, Seering, et al. Bartsch, 1995); personality pathology (Thimm, 2010); psychological problems such as internalization and externalization (Roelofs, Meesters, ter Huurne, Bamelis et al. Muris, 2006); obsessive-compulsive disorder (OCD; Alonso et al. It has been shown by Turkuler, Aka, and Gencoz (2014) that there are substantial correlations between

The findings of the most recent studies are all over the place when it comes to examining the connection between perceived parenting style and personality. These discoveries may have something to do with the use of a variety of instruments or with the intricate character of personality disorders. Over-intervention and inadequate attention to children were found to be prevalent motifs in individuals with borderline personality disorder, according to Links and Monroe-Blum (1990), who conducted a review of 10 papers on the topic of borderline personality disorder. Additionally, borderline personality disorder has been linked to parenting styles that are both inconsistent and persistent. In the body of research that has been done (Paris,

1996; Reich and Zanarini, 2001), there is evidence that this connection exists. In addition, Timmerman and Emmelkamp (2005) discovered that signs of cluster B personality disorder were connected with a perception of insufficient care and attention from family members, as well as a perception of overprotection and control. This finding was based on research conducted with inmates. Inadequate maternal care was shown to be connected with signs of cluster A personality disorder, according to the findings of the research. According to the findings of a research conducted by Thimm (2010), an increase in cluster A and cluster B personality disorder symptoms was connected with a lack of appropriate maternal emotional warmth as well as rejection from both the mother and the father. It has been suggested that those who suffer from C personality disorder also experience rejection from their fathers. After going over the available research, it has become clear that they are deemed to be parents. According to Sarsoy (2017), there is a need for research to better understand the influence that parenting styles have on personality disorders.

3.1 Recognition of parental rejection and psychopathology

According to Rohner, Khaleque, and Cournoyer's (2005) research, those who believe that they are not accepted by their parents are more likely to develop mental health issues than individuals who have the perception that they are accepted. In this context, when the literature is examined, it has been found that parental rejection was previously associated with anxiety (Giaotsa, Kyriazos, Mitrogiorgou, 2018), depressive symptoms (Sart, Börkan, Erkman & Free, 2016), eating disorders (Dominy, Johnson, & Koch, 2000) and obsessive- compulsive symptoms. (Hacıömeroğlu, 2008), somatization (Naz, 2012) and suicide (Sobrinho, Campos & Holden, 2016). In addition, according to Rohner and Rohner (1980), children who are rejected by their parents are more likely to develop a variety of psychopathological conditions, including depression, eating disorders, behavioral issues, and borderline personality disorder.

3.2 The Role of Parental Rejection in the Development of Depression

According to the parental acceptance and rejection hypothesis, individuals have a tendency to display particular emotional and behavioral reactions when they do not have a fundamental emotional need, which is the need to be accepted, satisfied by their parents. This desire for acceptance during infancy and childhood may be satisfied by a parent or another significant attachment object; however, non-parent attachment objects may also arise throughout adolescence and adulthood. This need for acceptance during infancy and childhood may be met by a parent or another significant attachment object. (Rohner, 2004). (Rohner, 2004). On the other hand, according to the conceptual framework of the part that parental rejection plays in the maturation of a person, it is generally accepted that individuals who go through the trauma of being rejected by their parents as children have a propensity to interpret and/or view the people in their life as being hostile, deceptive, and dangerous. That is to say, these individuals live in a negative environment, the concepts they have point to a negative self-perception, and there is a chance that they may acquire a negative sense of their own ability to succeed (Rohner & Rohner, 1980; Rohner, 2004). People who perceive that they have been rejected are more likely to be hostile and aggressive, dependent or defensively independent, have low self-esteem and poor self-efficacy, emotional instability, tend to develop emotional unresponsiveness, and have a pessimistic worldview, according to the PAR personality sub theory (Khaleque and Rohner, 2004).

According to this hypothesis, parental rejection has an ongoing and detrimental effect on the psychological adjustment and behavior of children and people all over the globe (Rohner and Rohner, 1980; Rohner, Khaleque, and Cournoyer, 2005). This idea was proposed by the researchers Rohner and Rohner. Children who experienced rejection from their parents were more likely to acquire pathologies such as behavioral disorders, depression, and drug misuse, as shown by Khaleque and Rohner (2002), who discovered a negative association between parental rejection and psychological adjustment. They also found that children who experienced rejection from their parents were more likely to develop pathologies. Rohner and Britner (2002) suggested that there is a directly associated pathology and that there is a linkage between depression, behavioral difficulties, and drug misuse, regardless of culture, and that there is a relationship between the two. The findings of a meta-analysis that was carried out by Khaleque (2014a; 2014b) indicate that the feeling of being rejected by one's parents is experienced along

the sub-dimensions of indifference or ignorance and hostility or violence. It has a significant impact on children's general psychological adjustment regardless of factors such as race, culture, gender, or geographic location. At this moment, when the literature is evaluated, it is indicated that all sub-items of Yldz and Da's (2017) Parental Acceptance-Rejection Scale (PARQ) are connected with the degree of depression symptoms and predicted judgments of acceptance or rejection of depression. Yldz and Da's research was published in 2017. According to a number of studies (Feng et al., 2009; Nolan et al., 2003; Pektaş, 2015; Salahur, 2010), when children and adolescents are disowned by their parents, they are more likely to display signs of clinical depression. Acceptance or rejection of fathers' perceptions affects a large number of people, not just children and adults, and their psychological well-being is influenced by psychopathology, including depression (Magaro & Weisz, 2006). The effect of the perception of parental rejection on depression symptoms is more important than the perception of control. Rohner and Veneziano's research was published in 2001. discovered that the feeling of being rejected by one's parents was a predictor of sadness, and that males were more likely than girls to have this experience of being rejected by their parents. According to Vulic-Prtoric and Macuka (2006).

3.3 Recognition of Parental Denial and Risky Eating Habits

According to research by Deas, Power, Collin, and Yellowlees and Grierson (2011), unfavorable perspectives held by one's parents play a significant part in the onset of eating disorders. Because a person's connection with food may spill over into their relationships with the people who are important to them (Elgin and Pritchard, 2006; Ward, Ramsay, Turnbull, Benedettini, and Treasure, 2000). In accordance with this, it was shown in a research of female college students that those participants whose moms gave them unfavorable verbal signals about eating and drinking had more poor eating habits. Gross and Nelson's research was published in the year 2000. Another research found that bulimic women were more likely to be rejected by their dads compared to controls (Dominy, Johnson, and Koch, 2000). Cooper, Wells, and Todd (2004) found that persons who were rejected or neglected as children had negative self-perceptions and adopted behaviors such as dieting and attempting not to gain

weight as a result of their experiences (Cooper, Wells, & Todd, 2004). This finding led people to adopt attitudes such as trying not to gain weight and dieting. Yurtsever and Sutcu (2017) discovered that the majority of individuals engage in unhealthy eating practices. They demonstrated that college students who consumed hazardous diets had a more unfavorable perception of the parenting practices of their moms and dads than students who did not consume risky diets. Similarly, individuals in the risk group sensed parental rejection more strongly than their own parents did, according to the findings of another research (Hoppe-Rooney, 2004). This perception was related to participants' eating behaviors.

3.4 Emotional Regulation and Difficulty Regulating Emotions

According to research conducted by Marchica, Mills, Keough, Montreuil, and Derevensky (2019) and Zimmermann and Ivansky (2014), one of the characteristics that seems to have a role in the development of depressive symptoms in young people is the individual's ability to regulate their emotions. According to Rohner's research from 1986, people who were rejected when they were children likely to develop particular emotional tendencies. According to Cole and Deater-Deckard (2009) and Crow, Cross, Powers, and Bradley (2014), acknowledging the experience of being rejected as a kid may also play a part in the development of psychopathology by way of the systems involved in emotion regulation. The capacity of individuals in early infancy to receive, analyze, and interpret emotional signals is distinct from the interactions that they have with their parents and the other people in their social context. According to Zeman and colleagues' (2006) research, this trait is associated with the capacity to control one's emotions. Emotional dysregulation may contribute to symptoms of depression, according to research published by Menin, Holaway, Fresco, Moore, and Heimberg (2007). Emotional dysregulation can be caused by either an excess or a deficiency of this ability (Cole, Michel, & Teti, 1994).

It is possible that the idea of emotional control, which refers to either the control of emotions or the self-regulation of emotions, seems to be confusing on its own. Gross and Thompson's study was published in 2007. From this vantage point, the first thing that comes to mind when we are asked to discuss emotion regulation is that, at its core, it can be boiled down to the efforts that a person makes to control his or her feelings. According to Cole et al. (1994), emotion

management is the capacity to react to a wide variety of emotions that arise in the course of everyday life and to demonstrate or postpone the expression of intentional emotional responses when appropriate. According to Thompson (1994), emotional responses are the key problem at hand in this scenario. There are procedures both within and outside of the company that are responsible for monitoring, assessing, and coordinating the time of its occurrences. To put it another way, emotional regulation is a process that involves both the efforts of a person to self-regulate and the effects that come from the surrounding environment.

According to Gross and Thompson (2007), a person's capacity to manage their emotions is dependent on how they feel emotions, what emotions they experience, and how they express those emotions. There is a possibility that it may not operate effectively and in accordance with its intended purpose (Koole, 2009; Werner & Gross, 2010). Having trouble keeping one's emotions in check may have negative effects on one's behavior, physiology, and physique. It is possible for it to present itself in both thoughts and feelings (Koole, 2009), and emotional dysregulation is considered to be a component of emotional regulation by Cole, Martin, and Dennis (2004). Approaches that investigate topics like emotion control, techniques for emotion control, emotion dysregulation, and the inability to exert control over one's feelings may be found in published works, and you could come across some of them.

According to Gross and Thompson (2007), there are three fundamental aspects of emotion regulation. The first method is to exert one's will on another person by modulating the amount of happy or negative feelings they experience. Second, the activity of emotion regulation takes place predominantly at the conscious level and, on a scale that ranges from conscious emotion regulation to automatic emotion regulation, it advances from conscious emotion regulation to automatic emotion regulation. Third, the process of emotion regulation may take different forms depending on the circumstances, which can either improve or worse the situation.

Emotion regulation was investigated by Garnefski, Kraaij, and Spinhoven (2001) within the framework of emotion control techniques. These strategies may be divided into two categories: functional and dysfunctional. There are two distinct approaches to managing one's feelings and emotions. The five functional strategies are acceptance, planning, active rearrangement, perspective, and active reevaluation. Acceptance is the first functional strategy. The following

are examples of dysfunctional coping strategies: (1) blaming oneself; (2) blaming others; (3) brooding; and (4) catastrophizing.

Mennin (2007), Holaway (2007), Fresco (2007), and Heimberg (2007) each identify four aspects of emotional dysregulation in their respective works. These include (1) an elevated level of emotional intensity and (2) an insufficient awareness of one's own feelings. (3) having a negative reaction to the emotional state of another person (for example, being afraid of the emotional implications of one's actions); (4) having maladaptive reactions to managing one's emotions; According to the authors, difficulties in addressing these issues are linked to a variety of illnesses, including depression.

Gratz and Roemer (2004) investigated the issue of challenges in emotional control via their research. According to the authors, the capacity to perceive emotions, analyze emotional data and reactions, accept feelings, employ situational emotion management tactics, and regulate negative emotions and impulsive conduct are all components of the emotional step. If any or all of these processes are skipped, it suggests that you have difficulties managing your emotions.

It is well known that problems in controlling one's emotions may have a negative impact on an individual's quality of life as well as their ability to perform (Gross and Munoz, 1995; Koole, 2009). On the other hand, these challenges are often implicated as fundamental causes or enduring components in a variety of kinds of psychopathology (Cole et al., 1994; Gross and Munoz, 1995; Joormann and D'Avanzato, 2010; Mennin et al., 2007; Kring and Verner, 2004).

3.5 Relationship Between Emotional Regulation Difficulties and Parental Rejection

It is common practice to address emotional control in conjunction with parental views. Attachment theory proposes that infants learn how to regulate their emotions as they search for answers to the questions they have about the world from their parents and other caregivers (Bowlby, 1988). In a similar vein, the development of more constructive emotion control abilities in children is dependent on parental acceptance and supportive reactions, as stated in the research conducted by Eisenberg et al. (1998). When viewed from this perspective and taking into consideration the role that these factors play in explaining depressive symptoms, it

is possible to assert that the importance of parental attitudes in the process of development is taken into account. Emotional regulation is something that develops after neglect or trauma in infancy. According to the findings of Weissman et al. (2019), challenges of a psychopathological nature have been demonstrated to be connected with the development of generalized psychopathology. The link between these two significant factors has been the subject of investigation in a number of research that have been published in Turkish and international journals. (Chang, Schwartz, and Dodge, 2003; Pektaş, 2015; Sartaş and Gencoz, 2011; Vandewalle, Moens, and Beyers, 2016).

4. PERSONALITY THEORY

People who have experienced rejection have reported that it has seven distinct consequences on personality, despite the fact that they come from a variety of various ethnic, religious, and social backgrounds. These are ambivalent, ranging from favorable to negative aspects. It was shown that persons were more likely to exhibit the unfavorable side of these seven qualities if they felt that they had been rejected. On the other hand, according to the personality theory of interpersonal relations theory, the acceptance and rejection of a kid by his or her parents has a significant influence on the child's personality development throughout his or her life (Khaleque & Rohner, 2002).

4.1 Dependency or Defensive Independence

Dependency is one facet of this characteristic, whereas independence is another facet to consider. The disadvantage of the feature is represented by the dependent side. On the dependent side, there are challenges such as the need for approval, difficulty in making choices on one's own, and difficulties in achieving autonomy. On the independent side, however, individuals are able to make their own decisions and have no trouble dealing with the challenges they face. People who have dependent personality traits try to center their attention on themselves when they are children when they experience rejection from their parents. When

these people are later separated from their parents, they may experience situations in which they are anxious, reluctant, do not feel safe, and have a need for closeness.

In addition, in order for them to feel at ease, youngsters need to see feelings of being loved, cared for, and given attention by the attachment objects in their environment. The fact that they insist on having such sentiments demonstrates their dedication. Young children who display behaviors such as excessive attachment to their parents, such as whining and sobbing when their parents leave the room, and who anticipate an excessive amount of attention as soon as they see their parents are reliant on their parents and should be treated as such. At higher ages, children may exhibit behaviors such as seeking protection from their parents, anticipating support from their parents, and asking their parents to stand behind them (Rohner, 2005).

People that have personalities that lend themselves to independence do not have the same difficulties when they are separated from one another, and they are better able to adjust to their surroundings. It is reasonable to assume that the amount of addiction in children who have a healthy relationship with their parents and who feel that they are welcomed by them would be at a level that is not troubling. When a person feels that they have been rejected, they will try many different things until they get the emotion that they are looking for, and this process will cause the person to become dependent. While this process is ongoing, the one who views it as being rejected will decrease the amount of effort he puts in to observe the anticipated response after an unspecified amount of time has passed. After experiencing anything of the such, a kid may give off the impression that they are self-reliant, but in reality, this independence will not be what it should be; rather, it will be what is known as a defensive independence. This kind of independence refers to a type of independence that the child has taken against himself and uses as a form of protection.

Children who are raised with such a high level of autonomy are more likely to emotionally separate themselves from their parents, seek their company less often, and struggle less effectively with feelings of rage. According to this hypothesis, the end consequence is that children's perceptions of acceptance or rejection creates a difference in addiction. This difference might present itself in persons who are thought to be rejected as a craving for emotional support and ongoing approval (Rohner, 2005). The notion of "immature addiction" is another subject that is discussed in this article. This kind of dependence manifests itself when

the parents become too controlling of their children, which leads to an increase in reliance. Additionally, these parents do not let their children to test the limits of what they are capable of doing. This particular kind of addiction was referred to by Rohner as "suffocating love" (Rohner, 2005).

4.2 Emotional Unresponsiveness

Children, in general, learn not from the words of the parents they model in the family but rather from the attitudes the parents exhibit for them. Children who are rejected by their parents are unable to learn how to accept and offer love since they are not shown affection by their parents. youngsters who have been rejected may have a propensity to retreat, make few efforts, and cover up their emotions in order to protect themselves emotionally because they are emotionally spent. This tendency may be caused by the fact that these youngsters are emotionally exhausted. In a nutshell, they have a propensity to give up trying. These youngsters often have a strong need to be loved. These youngsters who have been rejected have difficulties in relationships that are straightforward, friendly, open, emotionally distant, and freely intimate. They also struggle with restrictions in attachment, as well as difficulties related to defensiveness. Indifference and the flattening of emotions are symptoms that may point to a more severe disease.

According to Rohner (1984), people who have been rejected by their parents tend to withdraw from other people and bury their sentiments in order to shield themselves from the discomfort of the painful emotions they associate with being rejected. As a result, they develop into persons who are emotionally unresponsive. On the other hand, they often experience harmful feelings such as rage, resentment, and hostility, which may be a source of ongoing misery because of their emotional inability to respond appropriately.

It is a sign of emotional sensitivity to be able to openly communicate one's sentiments and emotions in one's relationships, without having any difficulties with trusting the other person and without having any concerns about oneself. These individuals are able to form connections with ease and have no trouble expressing who they are as individuals. People who are emotionally insensitive, on the other hand, may have trouble initiating and sustaining

connections, and they may be reluctant to form emotional attachments within their relationships (Khaleque & Rohner, 2002).

Those who suffer from emotional unresponsiveness are emotionally isolated from other individuals as a result of this condition. Their interactions with other people are quite restricted, and when they do interact with other people, they often exhibit a protective tendency. Even though such individuals may give off the impression that they are warm-hearted and sociable, their capacity for developing meaningful connections is relatively limited. According to Rohner (2005), their connection is often one that is more guarded and fake.

4. 3 Hostility Aggression and Passive Aggression

Hostile and aggressive attitudes, which are successful in the actions of parents that cause their children to be regarded as rejected, may drive children to express their behaviors as being more furious and angrier. This can lead to the children feeling rejected themselves. These same tendencies continue throughout adulthood as well. Furthermore, according to Rohner (1990) and Yetkin (2016), children who have difficulty expressing their feelings may experience anxiety or adopt a passive-aggressive stance when they are angry (Rohner's research was mentioned in Yetkin's study).

The term "passive aggression" refers to the conduct of persons who are angry toward others but do not directly attack them. These actions are non-aggressive yet may be quite aggravating. These actions may include insulting the other person, placing barriers in his path, acting in an obstinate manner, and purposefully delaying duties (Rohner, 2005).

4. 4 Negative Self-Esteem

"Self-esteem" and "self-efficacy" are the two titles that are used to represent one's own self-assessment according to the PAR theory. The term "self-evaluation" refers to an individual's view, both good and negative, of the sum total of their feelings, perspectives, and attitudes. A person's self-esteem may be defined as their overall emotional perception of how they look to

themselves. On the other side, having a negative picture of oneself, disapproving of himself, blaming himself, and perceiving himself as inferior and worthless in comparison to others are all signs of having poor self-esteem, according to Rohner (2000).

Negative self-esteem is a characteristic that may be seen in people who have a high sensitivity to being rejected as a result of their social interactions. Moreover, A lack of self-esteem is referred to as a bad and harmful form of the condition. A self-evaluation that is emotionally driven might be described as having negative self-esteem. However, he is a person who has a feeling of worthlessness, hates and disapproves of themselves, views themselves as having no value, sees themselves as guilty, thinks themselves to be inferior to other people, and deserves to be punished for their actions.

In addition to this, those who are anxiously attached have a tendency to focus more on the negative aspects of themselves (Mikulincer, 1995).

A person's views about themselves are often included in cases of low self-esteem. When a person has healthy self-esteem, it indicates that they accept themselves as they are, love and respect themselves, and seldom have negative sentiments about themselves. Negative self-esteem, on the other hand, describes a person who has unfavorable thoughts about himself, reduces the significance he places on himself, demeans oneself, and considers others to be more significant than themselves. If a youngster believes that his or her parents do not care about them, the child may come to the conclusion that they do not deserve to be cared for since their parents do not care about them. According to Rohner (1990), as stated in Yetkin (2016), when something like this happens, a person's level of self-esteem might start to decline.

4. 5 Negative Self-Efficacy

A person is said to have negative self-efficacy when they do not believe they are capable of achieving their objectives, making progress toward those goals, or overcoming challenges. The individual's level of self-confidence and belief in themselves declines when this characteristic shifts from a good to a negative state. The more he thinks about it, the more anxious he becomes. The level of a person's self-sufficiency and confidence in themselves is largely influenced by

the perspective of their parents in this area. A youngster who gets the impression that his or her parents disapprove of a person may get the opinion that the individual will not be successful, that he will not be able to triumph over challenging circumstances and that he will not be able to fend for himself when things get tough. (Rohner, 1986; Tezcan, 2015 cites this research).

A person who is self-confident, able to develop a clear and clear comfortable connection in social contacts, and believes that he will be successful in the job that he will do is said to have self-efficacy. Self-efficacy may also be stated as a person who thinks that they will be successful in the work that they will perform. According to Orun (2010), the term "self-efficacy" refers to a person's belief that they are unable to fulfill their own demands in the midst of the rush and bustle of everyday life, that they lack the power to fight, and that they are unable to deal with issues.

Because of this, a youngster who believes that he is being rejected by his parents may lose his life commitment, become unable to feed on his ambitions, and experience a decline in drive to achieve these goals while maintaining a feeling of self-efficacy. A person's mental health suffers when they are unable to fully understand who they are as an individual.

4. 6 Emotional Inconsistency

People who are described as having "emotional consistency" according to the PAR theory are those who do not go through frequent shifts in their mood, who are able to maintain their composure despite the hectic pace of everyday life, who are resilient in the face of adversity, and who respond to situations with composure and sensitivity rather than becoming anxious or irrational. These individuals, who do not experience many changes in their overall mood, do not have difficulties returning to their usual routines and adjusting, even if they endure tensions and stressful circumstances (Rohner, 1986). This is because they do not experience as many swings in their general mood. On the other side, it has been observed that persons who suffer emotional inconsistency are those who feel irritated and upset when their "daily routines" are broken, as well as if the events they go through do not proceed as they had intended. According

to Rohner & Rohner (1986), people who experience depression are capable of displaying an instantaneous hostile and furious attitude even while they are in a pleasant attitude.

This attribute of personality is connected, in a way, to the stability that is shown by parents in the manner in which they interact with their offspring. Emotional constancy may be defined as the harmony that a person displays in the environment in which he lives, in the issues that are not too large, and in the bad circumstances that he comes into contact with. Inconsistency may be defined as the individual's incapacity to adjust to new circumstances, to stretch and strain themselves. This trait was shown to be more prevalent in those who had been disapproved of by their parents (Rohner, 1986; Akt: Tezcan, 2015).

In the light of this information and based on this information, according to the parental acceptance and rejection theory, psychological adjustment can be predicted by parental acceptance and rejection, and the implicit variables of psychological adjustment are hostility, addiction, negative self-esteem, negative self-efficacy, emotional unresponsiveness, emotional inconsistency, and negative worldview dimensions.

4. 7 Negative World Views

The person's birth, existence, life, and the significance of the environment in which he lives are all seen in a negative light, giving rise to the concept that this phenomenon might be classified as. In this instance, the individual has bad thoughts towards trusting friendship relationships, having expectations, and having friendship interactions. According to Rohner (1986), as described in Tezcan (2015), a person with a positive outlook is the kind of person that does not fear for their safety, has no trouble establishing new acquaintances, and has optimistic aspirations and objectives for their life.

A person who has a pessimistic outlook on the world views the world, as well as the life he leads, as a place filled with uncertain, risky, potentially harmful, and even life-threatening circumstances (Rohner, 1986).

Both the interpersonal acceptance-rejection theory and the personality theory have traditionally centered their attention on two overarching concerns. To begin, are children's impressions of being accepted or rejected by their parents and other related persons the same across various sociocultural systems, racial or ethnic groupings, genders, and other categories of individuals, and are their responses to this acceptance and rejection the same as well? The second question is: What are the impacts and extensions of being accepted or rejected beginning in childhood? (2016) According to Rohner

In conclusion, in light of all of this knowledge, the following is a summary that we can provide. According to Rohner (2015), feeling rejected by one's parents may lead to a variety of personality issues in addition to addiction. These characteristics include an inability to respond emotionally, anger and aggressiveness, self-confidence, self-perception, self-esteem, negative self-esteem, negative self-efficacy, emotional inconsistency, and a pessimistic outlook on the world.

5. TEMPERATURE DIMENSION OF PARENTS

It is essential that all individuals, regardless of who raised them, provide their offspring with attention, affection, and warmth. In most cases, parents are the individuals who are responsible for their children and who shower them with love and attention. Praise, both verbal and physical, supporting facial expressions, singing songs, and telling tales are all wonderful ways for parents to demonstrate their affection for their children. In addition, actions such as providing for one's children and demonstrating compassion are manifestations of a parent's acceptance of his or her child(ren), according to Arman (2019).

According to Candan (2006), the quality of warmth in parenting is tied to the bond between the parent and kid as well as the manner in which parents communicate their emotions to their offspring. In the dimension of warmth, it is important to note that, in addition to the behavioral components that take place between the kid and the caregiver, it represents the child's mental goal for this relationship as it takes place. To put it another way, it is essential that the kid has the impression that he or she is loved and welcomed. One way to think about the temperature dimension is as having two different sides. On the one hand, there is love, attention, affection,

and closeness offered to the kid; this is an example of "acceptance." On the other hand, there is "rejection," in which these sentiments are lost and even the feelings they display are harmed (Arman, 2019). "Acceptance" and "rejection" are two sides of the same coin.

According to Rohner (1986), there is a possibility that parents hold unfavorable sentiments about their offspring. There are four distinct ways in which this rejection might take place. (1) Sometimes parents treat their children in a manner that is unloving, uncaring, and emotionless. (2) They are unrepentant in their actions and may be cruel, confrontational, and violent toward others. (3) Could treat youngsters with indifference and a lack of consideration. And lastly, number four, they could think that they are unloved ("undifferentiated rejection"), even if there does not seem to be any carelessness or anger toward them.

In the event of undifferentiated rejection, children may feel that their parents do not love or care about them, even when there are no evident symptoms of violence, hostility, neglect, or indifference on the part of the parent (Arman, 2019). Children may believe this even though there are no obvious signs of aggression, hostility, neglect, or indifference on the part of the parent.

In his view, Rohner distinguishes between four different dimensions of conduct and emotion. He began by examining the connection between a hostile attitude and aggressive behavior, as well as apathy and neglect. On the one hand, sentiments of hostility might result in violent conduct, while on the other, they can lead to feelings of apathy. On the other hand, anger and aggressive behavior are linked to the connection between carelessness and apathy. This is due to the fact that there are numerous causes besides apathy on the part of parents that might result in their children not receiving enough care. Pektas' research from 2015 is cited here.

It's possible for parents to be unfeeling, insensitive, aggressive, or furious with their children because of the way they behave. Because of their violent actions, people often experience feelings of wrath, resentment, and hate. On the other side, there are those parents who are unable to tolerate their children, who are apathetic about them, or who are unaware of them. Indifference is shown in a person's actions when they neglect something. One example of how to handle this circumstance would be to ignore the kid or to ignore the child in order to cope with the anger that has been directed against the youngster. No matter how they seem on the

outside, children who engage in any of these activities run the risk of feeling unloved and unwanted. Even if the parent did not disapprove of it, the kid may have a different viewpoint on the matter. This is a kind of undifferentiated rejection in which the parent does not love the kid, but the child is aware that the parent does not love, care for, or pay attention to him; hence, the child does not feel loved by the parent. (1986 according to Lorner).

5.1 The Control Dimension of Parenthood

The influence that a parent has on the growth and development of their kid is highly significant. Control exercised by parents is one example of this kind of influence, and the effects of this control on children as they approach puberty and adulthood are especially important. In his study from 1985, Rohner looked at parental control as an extension of two different components of his theory. The first of these two extremes are parenting that is extremely restrictive, and the second is views that are too liberal. The term "control" refers to the degree to which a parent has an impact on the actions and behaviors of their kid; more specifically, control refers to the degree to which the parent sets boundaries for their child. According to Gultekin (2011), the primary concerns of parents include potty training, instilling moral values, teaching domestic responsibilities, maintaining order, compliance, and conduct, and controlling aggressive tendencies.

The acceptance or rejection of a child by his or her parents is a two-sided coin, with one side emphasizing parental authority and the other emphasizing the child's autonomy. A lenient attitude and insufficient ability to manage the child's conduct are both indicators of a poor degree of control. When high levels of control are exercised, it is the attitudes of the parents toward their children that determine how they behave. On one extreme of this dimension, the amount of control is minimal, if not nonexistent. There are several factors that may affect the general well-being or safety of children, however there is a deficiency in the regulations that need to be developed. In cases when instruction is necessary, the kid alone is responsible for making the choice.

Parents that are too controlling often place restrictions on their children and need them to adjust to a wide range of environments and activities. They take on the attitude of making direct

choices, of setting an excessive number of rules and insisting that children follow them, and of limiting themselves in a variety of locations and circumstances. This is done rather than assisting children in making the appropriate decisions. These processes also play an invasive role in the kid acquiring specific abilities, making his own choices, developing his own norms, and growing his autonomy while the child is not in the company of his or her parents (Armagan, 2019).

5.2 The Effect of Rejection on Interpersonal and Close Relationships

thinkers in the field of psychoanalysis who came after him. These thinkers believed that interpersonal connections were an essential component in the development of personality as well as the emergence of psychopathology. Freud put a lot of emphasis on the interpersonal ties that were responsible for the sadness that was brought on by the internalization of previous relationships and the loss of objects. Other theories have suggested that it is a factor that plays a decisive role in the development of personality as well as the emergence of psychopathology (BALDWIN, 1992, page 462).

When two individuals begin the process of developing a romantic connection with one another, it is inevitable that their behaviors will have an effect on one another. The exchange that takes place between these two individuals involves emotions, actions, and beliefs on both sides. Dependency and solidarity in relationships may have a favorable impact on this connection at times, but ignorance can have a detrimental influence on relationships and lead people to pull away from one another. The significance of being alert and attentive cannot be overstated in this context. To put it another way, it may be seen of as a process that involves the gathering of knowledge about one another. According to MYERS (1990), this time period provides the chance to expose the common aspects that need to be taught in comparison to each other.

individuals to whom the person is connected and close is more painful to the person than the rejection of other people. persons who the person has no attachment or closeness to at all. This results in the development of ideas, attitudes, and actions that are inconsistent with one another in regard to the persons in question. When it comes to romantic connections and interpersonal interactions, a person might behave cautiously on the first encounter, and they may start to think

about themselves in a way that the other party will not accept or enjoy, or they may avoid it. This can cause tension in the relationship. In addition to being rejected, one may also experience indirect types of rage, such as extreme direct anger or words that are full of sarcasm. According to Romero-Canyas et al. (2010), individuals who have experienced childhood sexual abuse are more likely to shun romantic and interpersonal connections in adulthood. In addition, those who are very sensitive to the feeling of rejection may respond to it in a variety of ways, including avoiding intimate connections, under-engaging in the relationship, responding carefully and making great attempts to sustain the relationship, investing more, and investing more heavily. When taking a different strategy, there is a greater likelihood of resorting to violence in order to maintain control over one's partner and remove any element of uncertainty. (Ozen and Guneri, 2018). "(Ozen and Guneri, 2018)."

According to DeWall et al. (2009), children who participate in violent conduct are shunned by their peers, while adults who engage in aggressive behavior are imprisoned and secluded from society. People who are excluded and isolated often have hostile cognitions and beliefs about their surroundings, which paradoxically creates the conditions for aggressive behavior (DeWall et al., 2009). This opens the door for aggressiveness. A heightened sensitivity to being rejected results in dysfunctional interpersonal relationships. According to DeWall et al. (2009) and Leary et al. (2003), researchers believe that aggressive behavior might be linked to interpersonal connections and social rejection, both of which can have a reciprocal effect on one another.

Sensitivity to rejection acts as a protective strategy for maintaining motivation, which in turn has a variety of effects on both behavior and psychological functioning. People who are sensitive to rejection seem to have two different responses, in a sense, to the anticipation that they would be rejected. Those who attribute the reason for rejection to the other person have angry rejection sensitivity and give outward-type reactions (such as aggression, anger, and anger) in the event of rejection (Ayduk et al. 2001). Those who attribute the reason for rejection to themselves have anxious rejection sensitivity, and in the event of rejection, they give internalizing type reactions (such as anxiety, withdrawal, depression).

Because of this, we are able to claim that the intensity of rejection from the outside world is high in romantic relationships, interpersonal connections, and many other types of interactions.

This includes the individual's emotional and physical reaction to both himself and his surroundings.

5.3 Rejection and Its Basis

Some individuals overreact to their optimistic and moderate ways, viewing some insensitivity as rejection, while other people perceive their approach in relationships as being moderate and optimistic. In point of fact, when we examine the outcomes that they acquired from their earlier experiences, we find that these responses are dependent on their connections with their parents. This comes to the forefront when we take a look at the data. Because such individuals have a predisposition to be worried and anticipate to be rejected from a young age, it is simpler for them to be ready to sense rejection in their life and to have emotional responses to it when it occurs.

Bowlby's attachment theory is a hypothesis of psychological processes that demonstrates a connection between interpersonal functioning and rejection. The idea was developed by Bowlby. Bowlby suggests that children build their own mental models and forms, which will have an effect on the interactions they have later in life. Bowlby contends that children develop a heightened sensitivity to rejection when the needs they communicate to their parents are met with opposition from those parents. In other words, when they seek help, the anticipation that they would be rejected by others is realized, and they place a high value on avoiding this form of rejection. Additionally, they construct a high value in avoiding rejection in general. They start to feel anxious as a result of expressing their needs to other people or letting other people know when they are wounded or unhappy. Because of this, they become extremely cautious. They interpret it as an intentional rejection even if the indications of rejection in their interpersonal connections are ambiguous or ineffectual. As a result, they experience acute feelings of rejection. This apparent rejection might be the result of emotional and behavioral overreactions, such as wrath, hostility, despair, a lack of support, jealously, aggressiveness, fury, and excessive control that are not suitable for the conduct. This leads to the individual's failure in relationships and their inability to keep the connection going.

When it comes to supporting their needs in early life, the attitudes of their parents are a significant impact. When parents fail to recognize and satisfy their children's needs, the youngsters will wonder, "Will I be accepted and supported by others?" This will result in an uneasy functioning, which will give rise to questions and worries. They will approach each of the connections in their life with a sense of uncertainty and a problem orientation if they have insecure functioning models. According to West and Keller (1994, page 118), the reinforcing of insecure attachment and negative mental representations of "me and others" are both contributed to by poor parental attitudes. The strength of an individual's connection throughout childhood increases, both in terms of its ability to structure relationships during subsequent phases of life and the harmony of negative mental images.

The findings of Dodge (1991) revealed that children who were sent away had a number of features in common. It was discovered that these children were more hostile, withdrawn, timid, and did not communicate (related to play) with the other children in this group in comparison to the children in their other buddy groups. It has been shown in earlier research that children who have been rejected have a unique perspective on some aspects of social life (the intentions, personalities, connections, and efforts of others), and they place less value on interacting with other people. In point of fact, in a certain sense, it was discovered that their social senses were not as developed as those of other youngsters. In addition, it has been shown that these youngsters have a bad self-perception, are introverted, shy, melancholy, suspicious, and lack initiative. They also exhibit socially undesirable behaviors such as being withdrawn, introverted, timid, insensitive, shallow, and cowardly.

It has been seen that the capacity of the youngsters who were sent away to find solutions to their difficulties is poor as well. To put it another way, those who have had experiences of rejection often have heightened sensitivity to subsequent rejection, which leaves a psychological legacy in terms of perception. According to CREASEY-McINNIS (2001), it sheds light on the possible significance of rejection sensitivity in later adolescent, adulthood, and maturity-stage relationships.

projected psychological adjustment, which is in line with the findings of the investigation. In romantic relationships, interpersonal relationships, social interactions, skills and capacities, and rejection in relationships associated to divorce and interpersonal violence, it seems that familial

factors have a major role beginning in infancy. In addition, it has been shown that those who are involved in romantic relationships have a much-increased chance of experiencing stress and violence. In this scenario, children acquire certain behavioral patterns from their parents by watching and mimicking the patterns that they notice.

5.3.1 Developmental Process of Rejection Sensitivity

A great number of authorities have offered their opinions on how an individual's sensitivity to rejection grows throughout time. It is generally agreed upon that a sensitive disposition and a strong commitment go hand in hand with one another. It is vital to analyze the process of attachment formation before delving into the topic of the link between rejection and attachment (Uncu, 2021).

In order for a newborn to have any chance of surviving, they need the care of an adult. This concept is referred to as "attachment" in the research that has been done. The primary caregiver is initially solely responsible for the care of the infant; but, as time progresses, the primary caregiver's duty starts to shift toward teaching the kid the skills essential for survival and serving as a companion who may assist the primary caregiver when necessary. The importance of developing a close connection with the kid that is being cared for cannot be overstated. Caregivers are able to protect the safety of children if they correctly understand the signs that children are giving them, react to the children's needs in a timely way, safeguard the children's safety, and keep regular physical touch with the children. You start to become aware of your surroundings and the wider world, and you form favorable opinions about both as a result. The formation of what is known as a secure connection may be achieved via the technique described below. On the other hand, circumstances that contribute to insecure attachment include conflicts between children and their parents as well as frequent shifts in the primary caregivers (Bowlby, 1969, 2012).

The early mental models that children build about themselves and their parents involve particular expectations, according to the attachment theory. These early mental models are formed while children are very young. These expectations also take into account the anticipations of others who have a significant place in your life. Patterns of dread and anxiety

are developed in the kid when the parents often respond adversely to the child's demands and expectations, regardless of whether the child's needs are fulfilled and their aspirations are granted or not. According to Hazan and Traş (1994), children who are put in this position have extreme feelings of emotional perplexity and uneasiness.

According to Bowlby (1980), children develop a sensitivity to rejection when their parents ignore their wishes and needs. The symptoms of this condition don't appear until later in life, and they might give you the impression that your loved ones would turn their backs on you if you seek for help. Therefore, if they are in a position where they need to communicate their wants, desires, or emotions, they do so with fear. This dread is caused by the anticipation of being rejected, which leaves people open to being hurt by a variety of different types of rejection signals (Uncu, 2021). They focus their attention on these indicators of rejection, even if they are not immediately apparent, and this leads to the emergence of unfavorable feelings. This shift in perspective might bring on negative feelings such as pessimism, resentment, and envy. This may also have an effect on their conduct, leading to an exaggerated response. For instance, it may take an incredible amount of effort to attempt to regulate the conduct of other people. According to Erozkan (2004c), all of these habits have a detrimental impact on one's ability to maintain healthy interpersonal relationships. Children who are not accepted as they grow up may have poor self-esteem and feel as if they have no value. They might be under the impression that they have no power over the events occurring around them and are only witnesses to such happenings. It's possible that they'll come to feel that they have no say in anything and that the outside world is hostile and unforgiving. Children tend to become more self-assured as they become older. They have a greater capacity to bounce back from setbacks and adverse circumstances. They learn self-confidence, self-respect, and self-acceptance by being accepted by the people they care about, which contributes to the development of a realistic sense of who they are (Savage, 2006). Others, namely the people they care about, are significant.

According to Downey and Feldman (1996), the fundamental component of rejection perception is an apprehensive anticipation of being rejected. Conflict in relationships, namely the anticipation of being rejected, is presumably the source of this foundation's motivation. According to Erozkan (2004b), persons who are sensitive to rejection create difficulties in their

relationships because they do not trust others, they are afraid of being rejected, they have poor communication skills, and they avoid confrontation.

According to the findings of study conducted by Ayduk (1999), people' levels of rejection sensitivity vary depending on how they understand the reasons for being rejected. To put it another way, those who have a low sensitivity to rejection and those who have a high sensitivity to rejection interpret the information they get from others in quite different ways. Interpersonal connections that are assumed to have their roots in childhood may be severely damaged when they are rejected. Children who experience rejection from their parents are more likely to experience rejection in their adult relationships. People who are susceptible and have poor self-esteem are also sensitive to rejection. People who are sensitive to rejection also have low self-esteem. They run the risk of becoming dependant on their interactions with other people. People who are hypersensitive to being rejected are also more likely to have troubles in their romantic relationships. According to Uncu (2021), it is an issue for others as well and contributes to the unhappiness of everyone involved in a partnership.

People who have a high rejection sensitivity find it difficult to form connections with others, and this difficulty is made worse by feelings of dread and uncertainty. These worries and concerns are connected to the desire to have a place to call home. It has a one-to-one correlation to one's level of social acceptance. When it comes to interpersonal interactions, they are more combative and antagonistic. It brings the quality down, making them and others unhappy in the process. According to Ayduk, Mendoza-Denton, Mischel, Downey, and Rodriguez (2000), this renders people more prone to problems such as depression and social anxiety.

People who are very sensitive to rejection struggle to form intimate, healthy relationships owing to a variety of maladaptive behaviors, which makes it difficult for them to do so. Any recognition or rejection signal that is ready to capture might be shaped by the anticipation of being rejected. According to Ayduk, Mendoza-Denton, Mischel, Downey, and Rodriguez (2000), the impression that develops in this manner also supports the anticipation of being rejected.

Those who are vulnerable to being rejected steer clear of unpleasant emotions. To put it another way, they do not risk being rejected by entering into connections with others who may or may not accept them. This is true not just in romantic but also in professional and other kinds of

relationships, such as friendships and business partnerships. These individuals could have trouble approaching the ladies or men they admire, which can cause them to retreat from social situations. For instance, when a guy approaches a woman, he has feelings for, the woman can get the impression that he doesn't truly desire her since he doesn't gently decline her advances. Or, it's possible that people believe that women are in a superior position in this respect (Honeynet, 1997).

People who are sensitive to rejection are particularly sensitive to the act of being rejected as well as any other kind of rejection. People who think like this interpret everyday occurrences like missed appointments, unfilled requests, and extended wait times as personal slights. According to Honeyney (2007), being rejected may result in outbursts of fury, as well as apathy and carelessness in certain cases.

People who are very sensitive to rejection often have unrealistic expectations of being rejected and have had negative life experiences that failed to live up to their expectations. It is important to recognize that this may occasionally cause relationships to fail. A number of research have shown that there is evidence to support this association. Nevertheless, even while people who have rejection sensitivity are comparable, they do not have the same relationship issues and are not as severely impacted by this sensitivity as one another. According to the findings of the study, one of the probable explanations for these variations is the individual's capacity to exert control over themselves. According to the findings of these research, even those who are very vulnerable to being rejected seem to adopt tactics that require self-control in order to create connections. They will be less likely to overreact to potentially disastrous relationships as a result of this. In this context, self-regulation also includes behaviors that include delaying the pleasure that is necessary for the process. To put it another way, an individual's capacity to self-regulate improves in direct proportion to the length of time they are able to go without satisfying a need. According to Ayduk, Mendoza-Denton, Mischel, Downey, and Rodriguez (2000), when an individual has stronger self-regulation, also known as a higher self, they have a more positive self-concept, and their sensitivity to rejection does not substantially affect the quality of their interpersonal interactions.

In a similar vein, a deployed defensive strategy places an emphasis on avoiding compliance with regulatory requirements. This idea is outlined in the regulatory foci theory, and some

research shows that it may be one of the forms of self-defense that individuals who are prone to rejection adopt. Two distinct foci are said to be responsible for regulating motivational orientations in accordance with this notion. These:

- Orientational regulatory focus.

- Avoidant regulatory focus.

The aim of the orientational regulatory system is on achieving the objective while simultaneously maximizing profits. The goal of the avoidant regulatory strategy is on limiting damage in order to steer clear of unfavorable circumstances (Higgins, 1997).

"Hiding negative emotions and avoidant regulatory focus in individuals who are sensitive to rejection" is a hypothesis that has been supported by Ayduk, May, Downey, and Higgins (2003). These researchers believe that this hypothesis is true. As a result, these people rely on their avoidant regulatory concentration to keep themselves from displaying their bad feelings to the others around them. People who are like this often overreact to the actions of others in real life. By exercising extreme caution, their goal is to prevent making strategic relationship blunders. In this path, rather than expressing unpleasant sentiments and ideas, they choose to be aloof, to keep mute in conversations, and to be cold and distant. This shows that they are moving in the right route. People come up with a variety of techniques to combat rejection in order to shield oneself from the potential damage that might result from being rejected. On the other hand, the techniques that they use might, in the long term, be detrimental to relationships (Uncu, 2021).

Rejection sensitivity leads individuals to behave in two different ways due to the fact that it is both a motivational and protective mechanism. The term "anxiety rejection sensitivity" refers to one of these responses. To put it another way, the individual attributes the cause for the rejection to himself. In a way, it searches inside itself for the cause for the rejection and then bears full responsibility for the outcome. In most cases, individuals that fit this description would rather steer clear of committed partnerships. They are more likely to experience feelings of loneliness, social anxiety, and despair as a result of their tendency to turn their emotions

within. The term "anger rejection sensitivity" refers to a different kind of reaction. In this scenario, the individual channels the angry and destructive feelings that arise as a direct consequence of the rejection he has experienced and shifts the blame for the rejection onto the other party. When seen from this angle, the role is that of the one who has been treated unfairly. As a direct consequence, rage, animosity, and aggressiveness are produced. According to Ayduk, Downey, and Kim's (2001) research, the emotions that are directed towards them are amplified, which might lead to verbal or physical hostility.

There are a number of psychopathologies that are linked to being too sensitive to rejection. When social avoidance, social phobia, and avoidant personality disorders are evaluated in terms of social inclusion, it is assumed that there are other disorders, such as dependent personality disorder and borderline personality disorder, in which there is a sensitivity to rejection (Feldman & Downey, 1994). This is because it is assumed that people with these other disorders have social avoidance, social phobia, and avoidant personality disorders. People who suffer from dependent personality disorder have a greater perception that their parents did not accept them as children, in comparison to those who suffer from social phobia. In addition, those who suffer from dependent personality disorders and social phobias stated that they were rejected by their parents more often than healthy people (Blatt & Zuroff, 1992; Parker et al., Roy, Hadzi-Pavlovic, & Pedic, 1992). These findings were published in two studies. Avoidant and borderline personality disorders reported maladaptive responses to situations where rejection sensitivity is high and therefore interpersonal stress factors are high (Gadassi, Snir, Berenson, Downey, & Rafaeli, 2014; Berenson, Downey, Rafaeli, Coifman, and Paquin, 2011; Staebler, Helbing, Rosenbach, and Renneberg, 2011; Berenson, Gregory, Glaser, Romirowsky, Rafaeli, Yang, and Downey, 2016). The specific condition known as borderline personality disorder is a kind of personality disorder that is characterized by high impulsivity. In addition to this characteristic, there are research that reveal a high propensity for rejection and improper conduct (Berenson, Downey, Rafaeli, Coifman, & Paquin, 2011; Coifman, Berenson, Downey, & Rafaeli, 2012). Paquin et al. (2011) and Berenson, Downey, Rafaeli, Coifman, & Paquin (2011) are two examples of these studies. It is also believed that early experiences of rejection are absorbed by the person, and the effects of those events manifest themselves in later stages of development. There are scientific studies showing that this situation may lead to psychopathologies such as depression, social anxiety, substance use, and borderline personality

disorder in the future (Maccoby and Martin, 1983; Campo and Rohner, 1992; Ayduk, Downey and Kim, 2001; Ayduk, Gyurak and Luerssen, 2008; Downey, Bonica, and Rincon, 1999; Downey, Lebolt, Rincón and Freitas, 1996; Downey, Freitas, Michaelis and Khouri, 1998).

5.3.2 Rejection Sensitivity (Rejection Sensitivity) and Mental Health

According to Creasey and McInnis (2001), he described the idea of rejection as a circumstance in which emotions of worthlessness emerge as a consequence of the invisible acceptance from persons who are given significance in interpersonal interactions. He said that this is an example of a scenario in which rejection might take place.

According to AYDUK et al. (2000), rejection sensitivity is a process that is shaped by adverse experiences in childhood, includes anxious rejection expectations, and disrupts interpersonal relationships by creating difficulties in close relationships between adolescents and adults, including those with their parents, teachers, friends, and romantic partners.

According to De Rubeis et al. (2017) and Sommerfeld and Shechory (2017), the term "rejection sensitivity" refers to a phenomenon that may be defined as a cognitive-emotional information processing propensity that enables a person to predict and readily notice rejection signs in the conduct of others, as well as to respond passionately when they are rejected. Bitton et al., 2020). According to Feinstein and 2020, rejection sensitivity is connected to the manner in which an individual experiences and interprets stress.

Another description of rejection anxiety is the propensity to recognize rejection readily and to respond to it (Downey & Feldman, 1996; Kross, Egner, Ochsner, Hirsch, & Downey, 2007; Downey & Feldman, 1996). This explanation describes the nervous anticipation of rejection.

The nervous anticipation of rejection is the single most critical factor in determining how sensitive a person is to rejection. Low rejection sensitivity may be characterized as expecting

to be accepted and not experiencing a great deal of worry about the chance that one would be rejected (Downey and Feldman 1996). High rejection sensitivity is described as both expecting to be rejected and having a high level of fear that it will occur.

According to Baumeister and Leary (1995) and Maslow (1954), the desire for acceptance by the society is at the beginning of the most fundamental forms of motivation and energy sources that are present in the body. According to Butler, Doherty, and Potter (2007), the primary objective of the organism throughout its existence has been to become a member of the community in which it resides.

Specifically, it satisfies a broad range of need that other people have, such as a desire for love, acceptance, and belonging; for sharing; for enhancing pleasure via sharing; and for obtaining an identity. These are only some of the requirements that may be fulfilled by other people. To put it another way, it is essential for him to acknowledge his status as a social entity. According to Sapmaz (2006:43), the most fundamental need for a person to not be separated from society and to be able to live in society is the requirement that they engage with other people. As a consequence of this, for human beings, the experience of not being able to create good connections or of not being rejected by them will be one that may be avoided and can be excruciating. A person's inability to deal with prior instances of rejection as well as future social interactions may suffer as a result of being rejected by other people, in addition to the anguish that this experience causes. The idea of rejection is somewhat wide, but for the sake of this discussion, we will focus on the rejection of the person within the context of social connections. According to Harb, Heimberg, Fresco, and Leibowitz (2002), this circumstance, which is seen as disapproval or rejection in the context of human connections, has been narrowed down to the concept of interpersonal rejection sensitivity.

According to what they found, those who are very sensitive to rejection anticipate that others will reject them, and they see ambiguous interpersonal signals as signs of rejection. According

to them, those who have a high rejection sensitivity also exhibit an excessive response to actual or imagined rejection (Downey & Feldman, 1996; Downey & Feldman, 2007; Downey & Feldman, 1996)., 2007; Downey & Feldman, 1996)., 2007; Downey & Feldman, 1996). Studies have shown that adults who were exposed to a rejecting attitude by their parents during childhood had a greater sensitivity to rejection (Downey, Lebolt, & O'Shea-Lauber, 1995); and played a negative influence in interpersonal interactions (Creasey & McInnis, 2001; et al., 2012). This was reinforced by the fact that adults who were exposed to a rejecting attitude by their parents during childhood had a higher sensitivity to rejection.

that persons who are very sensitive to rejection also have the cognitive, physiological, and behavioral symptoms that are typical of people who suffer from social anxiety.

both social anxiety and sensitivity to rejection were shown to have a number of common characteristics. It has been hypothesized that exposure to or participation in traumatic events in the past may play a role in the development of social anxiety (Mullens and Bogels, 1999; Kimbrel, 2008; Stemberger, Turner, Beidel, and Calhoun, 1995). These hypotheses have been supported by research (Mulkens and Bogels, 1999; Kimbrel, 2008). Childhood is the time when a person first develops a sensitivity to rejection. According to the hypotheses of several theorists (Bowlby, 1969, 1973, 1980; Erikson, 1950; Horney, 1937; Sullivan, 1953), the factors that contribute to a person's susceptibility to rejection include interpersonal issues and previous instances of being rejected. For instance, Horney (1937) said that rejection sensitivity is founded on desertion and abuse, as well as on dysfunctional orientations in relationships, as opposed to fundamental worry about humiliation and betrayal.

A youngster who grows up to be sensitive to rejection is less able to generalize their learning and more likely to struggle in their relationships with other people later in life. People who are very sensitive to rejection, on the other hand, have a tendency to avoid or participate in less personal connections in an effort to cut down on the likelihood that they would be rejected.

According to Thomas (2000), the fear of being rejected causes both rejection sensitivity and social phobia, which leads a person to avoid expressing what they are thinking or how they are feeling.

Because of the evidence presented here, it has become clear that the notions identified as rejection sensitivity and interpersonal sensitivity are connected to social anxiety in a manner that is rather close.

It was observed that there was a difference between rejection sensitivity and gender, mother's education level, father's education level, and socio-economic level. These conclusions were based on the data that were gathered. Finally, it was found that there was a substantial connection between social anxiety and sensitivity to rejection (Erozkan, 2004b). This was one of the findings.

According to the findings of many research on the topic of rejection sensitivity, those who are very sensitive to the feeling of being rejected tend to restrict their interactions with other people and go to great lengths to avoid being rejected by others. According to Downey and Feldman (1996) and Downey, Mougios, Ayduk, London, and Shoda (2004), the actions that were shown in order to avoid being rejected have disturbed or hampered social contact.

However, one of the distinguishing characteristics of those who had a high rejection sensitivity was that they had a bias in the way that they processed information. In research conducted in Turkey by Erozkan (2004b), in which university students' sensitivity to rejection and their social anxiety levels were analyzed according to specific characteristics, it was shown that there was a substantial association between social anxiety and rejection sensitivity. The study also indicated that there was a significant relationship between rejection sensitivity and social anxiety. Another one of our presumptions is that our biopsychosocial past is to blame for our

susceptibility to feeling rejected. Therefore, it can be said that via our experiences, in combination with our innate biological responses to danger (Romero-Canyas et al. 2010), we learn to anticipate either acceptance or rejection from the world around us. In a nutshell, we may say that developing sensitivity to rejection is a process that continues throughout one's whole life. In addition, it has come to be realized that the variable of rejection sensitivity plays a partial mediator function between self-hiding behavior and fragile narcissism (Mirror Journal of Clinical Psychology, 2019, 6(2), 127–148). This has been established as a result of the research published in the Mirror Journal of Clinical Psychology. According to research conducted by Besser and Priel (2009) and Besser and Priel (2010), people who have a high degree of fragile narcissism have a low level of self-esteem, which causes them to be more sensitive to the negative effects of rejection. According to Horney (1937), rejection sensitivity is the primary anxiety tendency that contributes to concerns about being abandoned, mistreated, humiliated, and deceived in intimate relationships.

According to Koc, Ugur, Olak, and Yolcu (2018), rejection sensitivity and avoidance are both factors that predict mental health. According to Fontana et al. (2018), psychopathology was linked to feelings of rejection and anger connected with rejection, and issues with internalization were linked to a fear of being rejected. According to Ayduk, Gyurak, and Luerssen (2009), it has been discovered that persons who are sensitive to rejection have a decline in the clarity of their self-concept when they meet rejection. According to Oktan (2012), there is an inverse correlation between teenagers' levels of subjective well-being and their sensitivity to being rejected. Rejection sensitivity encompasses borderline personality features as well as borderline personality disorder (Ayduk et al., 2008; Berenson et al., 2016; Staebler, Helbing, Rosenbach, & Renneberg, 2011). Additionally, rejection sensitivity is associated with depression (Ayduk, Downey, & Kim, 2001; Beeson, Brittain et al., 2011). 2020, in the city of Vaillancourt. 2006 publication by Harper, Dixon, and Wales. The Cranes and the Wells, 2017. (2008), Mersin. 2017 publication by Normansell and Wisco. Zimmer It was claimed by Genbeck, Nesdale, Webb, and Clerk (2016), as well as Downey (2016), that they are connected. However, sensitivity to rejection. There have been a number of research that demonstrate links with social anxiety (McDonald et al., 2010; Bintaş-Zorer, 2015), post-traumatic stress disorder (Wang & Chung, 2020), and hostile self-actualization (Breines & Ayduk, 2015). According to

the findings of the research that were discussed, we are able to conclude that an overly sensitive response to being rejected is detrimental to one's mental health.

Taking into account the findings of the research on rejection sensitivity, it has been determined that our nation has a relatively small number of studies and resources pertaining to this topic. Protecting and enhancing people's mental health is critical work that must be done for the good of society.

6. CONCLUSION

According to studies conducted on parental attitudes, having unfavorable parental views may have a detrimental effect on an individual's personality and existence throughout infancy, adolescence, and adulthood. In this particular setting, it has been shown, however, that an individual's views of parental rejection when they were younger have a detrimental impact on their interactions with other people.

As a consequence of this finding, the blunders made by individuals who are responsible for raising children in childhood may cause significant emotional damage. It's possible that emotional deprivation is at the bottom of most people' inability to articulate their complicated feelings.

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