SELF-SILENCING, REJECTION SENSITIVITY AND PSYCHOLOGICAL MALADJUSTMENT IN ADOLESENCTS: ROLE OF PARENTAL AND PEER SUPPORT SYSTEM

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BAHRIA UNIVERSITY LAHORE CAMPUS

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Dedications

This study is wholeheartedly dedicated to Allah Almighty, thank you for the guidance, strength, power of mind, protection and skills for the completion of this study.

And lastly, to my beloved parents, who have been my source of inspiration and gave me strength when I thought of giving up, who continually provide their moral, spiritual, emotional, and financial support.

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Abstract

The present study intended to find out the relationship between self-silencing, rejection sensitivity (RS), psychological maladjustment (depression, anxiety, loneliness), social support including parental and peer support in adolescents. Self- silencing and rejection sensitivity would positively predict psychological maladjustment (depression, anxiety and loneliness) in adolescents. Self –silencing and rejection sensitivity would negatively predict social support (peer and parental) in adolescents. Correlational research design was used. The sample consist of N = 400 adolescents having age range of (11 to 17) which were selected using purposive sampling technique, sample was collected from public and private schools and colleges. The Children-Rejection Sensitivity Questionnaire (Downey et. al, 1997), The Silencing the Self-Scale (Jack, D. C., & Dill, D. (1992) and Network of Relationships Inventory- Behavioral Systems Version (NRI-BSV) (Furman & Buhrmester, 2009), Depression Anxiety Stress Scales – Short Form (DASS-21) (Lovibond, 1995). UCLA loneliness scale version 3 (Russell, 1996) was used for data collection. Data was analyzed using SPSS (version 21). A Pearson correlation analysis was conducted to examine the strength and direction of associations between the variables. Additionally, Multiple regression analysis was performed to assess the predictive ability of self-silencing and rejection sensitivity (anxious and angry expectations of rejection) on psychological maladjustment (depression, anxiety, loneliness) and parental and peer support and a T-test was carried out for gender analysis. The results indicated that majority of the variables significantly predicted the expected outcome and proved the hypothesis above. These findings provide valuable insights into some adolescent's mental health and future interventions related to these issues.

Keywords: Rejection Sensitivity (RS), Self- silencing/ Silencing the self (STS), Psychological Maladjustment, Depression, Anxiety, Loneliness, Parental and Peer support.

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List of Abbreviations

Abbreviations	Full Form
STSS	Silencing the self-scale
RSQ anxious	Rejection sensitivity Questionnaire as anxious expectations of rejection
RSQ anger	Rejection sensitivity Questionnaire as angry expectations of rejection
DASS A	Depression Anxiety Stress Scale (Anxiety subscale)
DASS D	Depression Anxiety Stress Scale (Depression subscale)
NRIP	Network of Relationship Inventory (Parental support)
NRIF	Network of Relationship Inventory (Peer support)
M	Mean
SD	Standard Deviation
%	Percentage

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