

Relationship between Acceptance and Happiness among Adolescents and Young Adults

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ABSTRACT

Acceptance is the generally consistent and relationship-specific cognitive judgment that other people value and care about us, and that their concern is not contingent on our adopting particular beliefs or acting in a particular way. We anticipated that acceptance would reflect the quality of a bond and have an impact on how people perceive the relationship between emotional adjustment and social support. The OHQ contains items that are comparable to those in the OHI and are each given as a single statement that may be affirmed on a common six-point Likert scale.

Keywords: Acceptance, Happiness- Adolescents and adults

Heerer cites Rogers who proposed that social psychology might benefit from a link between attitudes of acceptance of oneself and others. A person's hatred of others or specific groups of people may be driven by their own rejection of themselves, according to such a connection. According to Fromm (2), for instance, the widespread anti-Semitism in Germany was caused by a sort of cultural self-rejection, which in turn was a product of a culture of authoritarian parenting that tended to stifle spontaneity. A concept that would be useful in comprehending and explaining issues related to social conflict and antagonism would appear to be provided by such a connection for social psychology. However, it must first be assessed to determine its viability before being used in an explanation.

Recently, efforts have been made to fully study this relationship. The majority of studies on the relationship between one's own and another person's sentiments have only looked at clinical data. Adler, Alfred I was one of the first to claim that "a predisposition to degrade" developed as an excessive response to inadequacy feelings. Horney has more recently argued that a person cannot love others if they do not believe they are capable of love. We should love ourselves since doing so will make it easier for us to love others, according to Fromm (2). In addition, he asserts that suppressing spontaneity or one's "true" personality causes a person to develop a fundamental animosity towards other people. More studies on the connection between one's attitude towards oneself and one's attitude towards others have

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been carried out at the University of Chicago under Carl R. Rogers' leadership. These studies used rating scales to gauge people's opinions about themselves and other individuals, as opposed to drawing conclusions from clinical experience.

The information came from the remarks that clients made during videotaped counselling sessions. Using the method outlined above, Sheerer discovered a "clear and substantial association" between attitudes of acceptance and respect for oneself and those for others. The findings stated by Sheerer were supported by a section of a research by Stock. However, it should be noted that seven of the same counselling circumstances were employed in both research.

We thought it was

1. To create a group tool to measure one's acceptance of oneself and of others.
2. Using the created instruments, assess the association between these variables in several groups.

It is common knowledge that the desire for social approval and happiness are related. Depending on how strong or weak their desire for social approval is, according to Karasar, people may experience a variety of issues in their social and emotional lives. Unmet needs can result in pathology in the areas of medicine, psychology, or behaviour, according to Baumeister and Leary. According to a survey of the literature, there doesn't appear to be any research on the demands for happiness and social approval. A study by Karasar and ülmüş found that the need for social acceptance is a poor indicator of pleasure. Given the distinctions made above, it is obvious that social connections are one of the main causes of happiness. People who want to connect with others but find it harder to do so or who are more perceptive to and aware of other people's opinions in social circumstances may find it less enjoyable as a result of these considerations. It is crucial to comprehend the relationship between the traits that threaten the joyful social interactions that contribute to people's happiness. The goal of the current study is to pinpoint social anxiety's role as a mediator in this circumstance.

According to studies on this population, social phobia and social anxiety are very common among university students in Turkey. According to zgiç et al., the age range when social phobia is most usually experienced is 21 to 24. Tekin found that 48.8% of college students in his study exhibit symptoms of social anxiety disorder. According to a study by Gültekin and Dereboy on college students, social anxiety affects 20.9% of them annually and 21.7% of them for the rest of their lives. The results of this study demonstrate how serious social anxiety is among college students.

Concerned with "happiness" as a theoretical construct/[discuss] the lay conception of happiness as an emotion [and recognize] the multifaceted nature of this conception/[presents] a systems approach to happiness [that] concerns the origins and functions of behavior/consider three general approaches to understanding happiness, namely, happiness in relation to:

1. systems of behavior, the role of social anxiety as a mediator in the relationship between hasn't been studied, though. It is fair to assume that social anxiety will act as a mediator between the two variables since it is closely tied to both the desire for social approval and happiness. This shows that having a strong need for social acceptance may be linked to increased social anxiety symptoms and decreased

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enjoyment. The current study's main question is whether social anxiety affects the relationship between the need for social acceptance and happiness.

2. enabling mechanisms, and
3. personality characteristics/[defines] happiness in terms of the optimal functioning of behavioral systems.

The Promise of Happiness provides a new and insightful perspective on some of the most pressing contemporary feminist challenges by bridging philosophy and cultural studies, phenomenology and feminist theory. Ahmed communicates concepts that are both intricate and personal and approachable with a voice that is both clear and warm. Ahmed is able to pay attention to intersectional and global power relations with sensitivity and originality thanks to her view of affect as a phenomenological endeavor, which offers feminist theorists a path out of mind-body divides without succumbing to essentialisms.

Researchers have started looking at whether or not acceptance is related to happiness after comparing the degree of happiness over the last ten years. 2019 (A. Saiphoo et al.). The relationship between acceptance and body image—a person's multidimensional impression of their own level of happiness—has received a lot of attention in this research (Cash & Pruzinsky, 1990). Happiness and acceptance have been conceptually linked because of their resemblances to many factors, a well-known influencer of happiness. However, Ferguson (2013) offers different findings. Numerous outside influences have been linked to happiness in both male and female subjects (Barlett, Vowels, & Saucier, 2008; Grabe, Ward, & Hyde, 2008).

There have been numerous studies investigating the connection between acceptance and happiness to learn more about the many features of association, notably in the acceptance-related dimensions and correlation. To the best of the researcher's knowledge, little research has been done on how acceptance and happiness relate to the population and environment that exist now.

This age group has many pressures in today's culture, and adolescence is regarded as a highly stressful time of development. Although the majority of research on stress and coping has centred on adults, recent attention to teenagers has shown that there are developmental changes in coping at this age and that particular coping mechanisms vary by gender and the sorts of stresses adolescents face. According to Wolchik and Sandler (1997), these pressures might be personal, family, physical, social, or environmental in nature and can arise in both the intrapsychic and interpsychic realms of the adolescent's functioning. Despite their circumstances, some adolescents choose to cope and prosper, while others do not and are more likely to engage in delinquent conduct, academic challenges, substance abuse, depression, and even suicide. Parenting style is one of the factors that affect this transitory stage of development (Baumrind, 1991). Because adolescence is a time of transition, problems arise more frequently, therefore resilience is critical throughout this stage of development.

Understanding the relationships between the psychosocial adjustment of youngsters with chronic illness, family resilience, and parenting styles would help to develop interventions to boost the psychosocial well-being of youngsters with chronic illness and their families.

The purpose of this study is to understand the relationship between acceptance and happiness in young adults and adolescents between the age group of 18-24 years. The

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research method used is correlational and the statistical population of the study included both girls and boys (university students). The sample population includes approximately 40 students.

REVIEW OF LITERATURE

Happiness

Gender

Previous studies with a sample of 50 married couples over two years have shown that marital happiness is related to self-acceptance in both sexes, acceptance of others, and psychological status in both subjects and their partners. However, acceptance of others is probably only true for wives, and psychological status is probably only true for husbands. Average psychological variations between the sexes influence the relationship between marital happiness and self-acceptance, acceptance of others, and psychological status in a number of additional quantifiable ways.

The current study's significant correlations between maternal and paternal warmth and rejection and subjective happiness not only confirm the PARTheory's supposition that memories of one's childhood upbringing and adult functioning are related, but also highlight the potential benefits of parental acceptance for long-term happiness. The present study's discovery of statistically significant positive relationships between both adaptive humour trajectories and subjective happiness is consistent with earlier investigations of humour trajectories and psychological wellbeing.

These results show that, especially for individuals who were less prone to accept their internal experiences, being motivated by happiness values may improve well-being in an interdependent situation. The motivational mechanisms involved in pursuits of personal happiness were addressed in relation to the implications.

METHODOLOGY

Problem Statement

The current research project attempts to study the correlation between parenting styles and resilience among adolescents and young adults.

Objectives

- To study the relationship between acceptance and happiness
- To study differences in happiness of males and females.
- To study differences in acceptance of males and females.

Research Design

Correlational research design has been used in the study. According to Artem Cheprasov (2018) correlational research design is where a researcher seeks to understand what kind of relationships naturally occurring variables with one another

Hypothesis-

Hypothesis 1. There is a negative correlation between the need for acceptance and happiness.

Hypothesis 2. There is a positive correlation between the need for acceptance and happiness.

Hypothesis 3. There is a positive correlation between the need for acceptance and happiness

Hypothesis 4. There is a positive correlation between the need for acceptance and happiness

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Variables

Acceptance- The Perceived Acceptance Scale

Happiness- “The Oxford Happiness Scale” developed by Hills and Argyle

Sample

In Telangana, 61% citizens comprise adolescents. A sample of 40 adolescents ranging from the age group between 18 to 24 were selected for this study using a convenient sampling method. The participants were from different locations of Telangana like Hyderabad, Medchal, etc. covering all the corners of the state.

Inclusion and Exclusion Criteria

The sample was collected from the different states of India. The sample was obtained from college students and office workers in the age group of 18 to 24 yrs. The samples were collected from literate people from the different states of India. The sample from outside India was excluded from the study. The study excluded the data from all other age groups other than young adults.

RESULTS

Table 1

		My father disciplines me too often	I do not have particularly happy memories of the past
My father disciplined me too often	Pearson Correlation	1	.997**
	Sig. (2-tailed)		.000
	N	31	31
I do not have particularly happy memories of the past	Pearson correlation	.997**	
	Si. (2-tailed)	.000	1
	N	31	31

In the current study, it was found that the total effect of the need for acceptance is significant. As the above table shows that there is a high correlation between acceptance and happiness among college students ($r=0.997$), Hence H2 got accepted which means there is a significant relationship between acceptance and happiness among college students. There are no evidence that supports the findings of the paper.

CONCLUSION

The research concludes that there is a significant correlation between acceptance and happiness among Adolescents and young adults

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Conflict of Interest

The author(s) declared no conflict of interest.

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