

Perceived Parental Acceptance-Rejection and Interpersonal Relationship Problems among Alcohol Consuming Young Adults

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ABSTRACT

The purpose of the study was to examine the relationship between parental acceptance-rejection and interpersonal relationship problems of alcohol consuming young adults between the ages of 18-25 years. An inferential statistics-based study was carried out and the data was drawn from an online survey of 150 young adults who consume alcohol. The tools that were used in the study were Adult PARQ-Khaleque and Rohner (2002), FIAT-Q SF (Glenn M. Callaghan, 2014) and AUDIT(WHO) to screen the level of alcohol consumption. The results indicated that there is a significant relationship between Maternal warmth, Maternal Hostility/aggression, Maternal Indifference/neglect, Maternal undifferentiated rejection, Paternal warmth and Paternal Indifference on interpersonal relationships problems.

Keywords: *Parental Acceptance-Rejection, Interpersonal Relationship Problems*

Every child needs a particular kind of affirmation through acceptance, from their parents and significant relations. Regardless of differences in culture, gender, age, ethnicity, or other such defining conditions, when this need is not sufficiently supplied by the parents, children all over the world frequently describe themselves as angry and aggressive, dependent or defensively separate, lacking in optimism and feeling adequate, emotional ineffective, emotionally unstable, and holding a negative outlook on life. In addition, it appears that young people and adults who feel rejected are predisposed to behavioral issues including conduct disorders, depression or depression, and other issues like drug and alcohol misuse.

Parental Acceptance-Rejection

Parental Acceptance-Rejection Theory (PAR Theory) is a theory based purely on evidence which identifies and explains the causes, consequences, and other factors of parental acceptance and rejection. (Rohner 1986, 2004; Rohner and Rohner 1980).

The aspect of parenting warmth comes from the theory of parental acceptance-rejection. Individuals can be classified along this dimension or continuum. This is because everyone has experienced varying degrees of love from important caregivers in their youth. As a result, the warmth dimension deals with the nature of loving relationships between parents and

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children, and the actions and words parents use to express their feelings. On both ends of the continuum is one which represents parental acceptance, which describes the warmth, affection, concern, support, comfort, attention, that a child receives from their parent or other caretaker. The other end is Parental rejection, which is defined as the absence or possible withdrawal from these feelings of love and warmth, and the presence of more physical and psychological harmful behaviors and feelings, indicate the other end of the continuum. The opposite of being warm and affectionate is being cold and unloving. Other negative traits are hostile and aggressive, indifferent and neglectful, and undifferentiated rejection. Undifferentiated rejection is the perception that parents do not truly love or care for them, even when there are no obvious behavioral signs that they are unloving, unkind, or hostile. The theory postulates that the emotional need for approval from significant others and other attachment figures is a strong motivator. When children do not receive this need from their parents (or when adults do not receive this need from their intimate partners or other attachment figures), they are predisposed to react emotionally and behaviorally in particular ways.

Interpersonal relationship problems

Individuals tend to see themselves the way others see them and consider them important. When children and adults feel unloved by their caregivers, they can feel unloved and even undeserving of love. When children and adults create mental representations (also called cognitive schemas, or implicit theories) of themselves, significant others, and the world around them, they learn how certain situations and types of people want or avoid them. In fact, the way people think about themselves and their world shapes the way they live their lives. These negative mental expressions or schemas are often carried over into new relationships, where rejected children and adults develop fears of intimacy and difficulty trusting others emotionally. (Phillips et al., 2013; Rohner et al., 2019) e.

Anger, negative self-esteem, and other consequences of perceived rejection tend to reduce the rejected person's ability to effectively deal with stress. Children and adults who feel rejected often have trouble controlling their emotions. That means they tend to be less emotionally stable than children and adults who feel accepted. When accepted (loved) people are faced with stressful situations that they can deal with more emotionally calmly, they often become emotionally shaken - perhaps tearful or angry. All these acute painful feelings tend to develop rejected people into a negative worldview. In other words, according to the IPAR theory, rejected individuals are untrustworthy, hostile, unfriendly, emotionally unstable, threatening, or dangerous in the rest of the world when it comes to life, interpersonal relationships, and the nature of human existence (Batool & Najam, 2009; Rohner, 1975, 1986). This topic is elaborated on in his IPARTheory sub-theory on sociocultural systems.

Alcohol consumption

Alcohol is the most commonly used and abused drug in the world. Developed countries have the highest alcohol consumption. Alcohol consumption has been part of our culture and society for centuries. Effects of stressful life events and peer drug use on initiation and intensity of alcohol use. Exposure to stress is strongly associated with initiation and continuation of alcohol use, most often leading to the development of alcohol dependence.

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Need of the study

Previous research focused more on the aspects of understanding the relationship between perceived parental acceptance-rejection and psychological maladjustment specifically, than the concept of interpersonal relationship and the level of alcohol consumption. There have been different studies that pertain to different cultures. Thus, this form of generalization cannot be associated in India. This study involving these variables on a specific population has not been carried out in the Indian context. There have been few studies on alcohol dependence in general, but there isn't a significant finding between the two variables.

REVIEW OF LITERATURE

According to Baumeister and Leary (1995), a primary force behind enduring and rewarding relationships with close friends and partners is people's yearning for belonging. The most significant and close-by attachment figures for early teenage children are their parents and classmates. This is supported by the finding that peer acceptance (Hartup, 1996) and parental acceptance (Rothbaum and Weisz, 1994; Rohner and Britner, 2002) are strongly connected with adolescent adjustment.

In order to understand how young adults developed in connection to the warmth component of parenting, earlier research usually examined many aspects or dimensions of parenting. Parental support and control, parental responsiveness and demandingness, or parental acceptance and rejection are typically divided into two categories (Rohner, 2005; Bean, Barber, and Crane, 2006). The first and second dimensions, respectively, define the emotional and behavioral facets of parenting. According to studies (Bean et al., 2006; Mason, Cauce, Gonzales, and Hiraga, 1996), the behavioral element of parenting is frequently linked to the emotional problems that teenagers experience.

According to meta-analyses conducted by Khaleque and Rohner in 2002, Rohner and Khaleque in 2010 and Khaleque and Rohner in 2012, adults' memories of parental acceptance or rejection as children are linked to their cross-cultural psychological adjustment as adults. Parental rejection has also been linked to a number of specific mental health conditions, including substance abuse (Grey, 1997), eating disorders (Dominy, 1997; Hoppe-Rooney, 2004), depression (Heller, 1996; Yakn, 2011; Sartaş-Atalar and Gençöz, 2016), anxiety (Yakn, 2011; Sartaş-Atalar and Gençöz, 2016), and anxiety. Furthermore, studies examining the association between parental acceptance and rejection and a few maladaptive personality traits found that feeling rejected by parents was linked to lower self-esteem, pessimistic life assessments (Heller, 1996), higher levels of neuroticism and perfectionism, and a more external locus of control (Arenson- Kemp, 1995).

Few studies concentrate on the mechanism underlying these relationships, i.e., how adolescents perceive their parents, but many studies include data on children and adolescents' perceptions of parenting styles and investigate how these perceptions may be related to child and adolescent outcomes. (Jackson and Scheines, 2005)

METHOD

An inferential statistic was carried out between the two variables in order to understand the significant relationship between parental acceptance-rejection and interpersonal relationship problems in alcohol consuming young adults. The analysis of correlation and multiple linear regression helps best understand the strength and impact of these variables on each other on young adults in India.

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Hypothesis

Ho1- There is no significant relationship between maternal warmth and interpersonal relationship among alcohol consuming young adults.

Ho2- There is no significant relationship between maternal hostility/aggression and interpersonal relationship among alcohol consuming young adults.

Ho3- There is no significant relationship between maternal neglect and interpersonal relationship among alcohol consuming young adults.

Ho4- There is no significant relationship between maternal undifferentiated rejection and interpersonal relationship among alcohol consuming young adults.

Ho5- There is no significant relationship between paternal warmth and interpersonal relationship among alcohol consuming young adults.

Ho6- There is no significant relationship between paternal hostility/aggression and interpersonal relationship among alcohol consuming young adults.

Ho7- There is no significant relationship between paternal neglect and interpersonal relationship among alcohol consuming young adults.

Ho8- There is no significant relationship between paternal undifferentiated rejection and interpersonal relationship among alcohol consuming young adults.

Operational Definition

- ***Perceived Parental Acceptance-Rejection***: parental rejection is the lack of warmth, affection, or love from parents towards their children or a considerable withdrawal of such feelings is known. According to Rohner's paradigm, there are three types of parental rejection: Aggression and hostility; neglect and indifference; and undifferentiated rejection
- ***Interpersonal Relationship Problems***: Interpersonal relationships are defined as the interactions between individuals that most often involve the fulfillment of needs which are often lacking in oneself, which involves self-disclosure, or the sharing of personal and intimate information about oneself. (Xiaoting, 2020).

Sampling

The sampling technique used in the research was the snowball method which was carried out by sending out google forms to young adults who consume alcohol, who then were asked to send to other participants who would provide relevant information to the study. The age group of alcohol consuming young adults is 18 to 25 years. The researcher selected participants from all parts of India. A total of 150 samples were selected, as among which 150 were only selected as some did not meet the inclusion criteria.

Inclusion Criteria:

- Individuals who consume Alcohol.
- Age between 18-25
- Young adults who were raised by both parents

Exclusion Criteria:

- Young adults who have any form of alcohol dependence or misuse alcohol
- Young adults raised by a single parent.

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Tools used for the study

- **Adult PARQ-Khaleque and Rohner (2002)**
The Parental Acceptance-Rejection Questionnaire (PARQ), designed for adults to understand the level of remembrances, in which they experienced parental (maternal and paternal) acceptance or rejection during their childhood. It consists of 4 scales: 1) warmth and affection, 2) hostility and aggression, 3) indifference and neglect, and 4) undifferentiated rejection. There are 24 items in the questionnaire. The reliability for Adult PARQ it was from .81 to .95(fathers), .81-.93(mothers)
- **FIAT-Q SF (Glenn M. Callaghan,2014)**
The FIAT-Q SF is a client self-report measure, which consists of 32 items. The Cronbach's alpha value for each of the subscale was calculated and the internal consistency for the total scale was sufficient (α .94). The participants read individual items consisting of statements related to interpersonal interactions and respond by indicating through the use of a numeric scale (3 1/4 Strongly Disagree, 2 1/4 Moderately Disagree, 1 1/4 Mildly Disagree, 1 1/4 Mildly Agree, 2 Moderately Agree, 3 1/4 Strongly Agree).
- **AUDIT(WHO)**
The Alcohol Use Disorders Identification Test (AUDIT) developed by the WHO is a 10-item screening tool. The categorization of level of consumption is based on the total score of the test. 1-7 is low-risk consumption, 8-14 is hazardous or harmful alcohol consumption and a score of 15 or more indicates the likelihood of alcohol dependence (moderate-severe alcohol use disorder). The AUDIT had very high internal reliability (alpha 0.92) in this Indian sample. (Validation of the Alcohol Use Disorders Identification Test (AUDIT) in urban community outreach and de-addiction center samples in north India).

Ethical Considerations

An informed consent was collected from the participants in the initial phase of data collection. The google forms were designed in a manner that would allow them to proceed to fill the form if they had provided their consent. The next step involved informing the participants about confidentiality, privacy of personal information, and the need for the research. The participants were informed that they could withdraw from providing information at any time during the research process. The last step was to debrief about the purpose of the study, how it will contribute to further understanding for research purposes.

RESULTS AND DISCUSSION

According to the Shapiro-Wilk Normality test the data was not normally distributed. Both the variables were not normally distributed as the p value was less than 0.05. Thus, a non-parametric test was conducted to find the relationship between the two variables.

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Table 1 Sociodemographic Characteristics of Participants According to the Level of Alcohol Consumption

Baseline Characteristics	Low Alcohol Consumption		High Risk Alcohol Consumption		Likelihood of Alcohol Dependence	
	<i>n</i>	%	<i>n</i>	%	<i>n</i>	%
Gender						
Male	39	26.0%	20	13.3%	3	2%
Female	73	48.7%	12	8.0%	3	2%
Age						
18	1	0.7%	-	-	-	-
19	3	2.0%	1	0.7%	-	-
20	7	4.7%	3	2.0%	-	-
21	12	8.0%	4	2.7%	1	0.7%
22	43	28.7%	12	8.0%	1	0.7%
23	25	16.7%	9	6.0%	1	0.7%
24	9	6.0%	1	0.7%	1	0.7%
25	12	8.0%	2	1.3%	2	1.3%

Table 1 indicates the sociodemographic details of participants who consume alcohol. The level of alcohol consumption was categorized based on the scoring of AUDIT and they are low alcohol consumption, high risk of alcohol consumption and likelihood of alcohol dependence. Among the 150 participants, female participants were more compared to male participants. The level of low alcohol consumption is found to be more in females than in male. The level of alcohol consumption which could lead to high risk alcohol consumption is found to be in more males rather than females. According to previous research, alcohol consumption has been more in males than in females (Gmel,2009).

Table 1 indicates the age ranges and the level of alcohol consumption. The ages that have the highest number of participants are in the age of 22 and 23 years with low risk alcohol consumption. Research states that as the age increases there is a decrease in the amount of alcohol consumption (Gmel,2009). The ages 24 and 25 are the upper range in the young adults category and there is a lower population associated with it as well as the low levels of alcohol consumption.

Table 2 Result of Spearman correlation for Interpersonal Relationship Problems and dimensions of Parental Acceptance-Rejection

Variable	<i>n</i>	<i>M</i>	<i>SD</i>	1
1. Interpersonal Relationship Problems	150	94.15	15.66	-
2. Maternal Warmth	150	25.76	5.306	-.277**
3. Maternal Hostility/Aggression	150	10.87	4.367	.175*
4. Maternal Indifference/Neglect	150	10.49	3.83	.234**
5. Maternal Undifferentiated Rejection	150	6.21	2.775	.207*
6. Paternal Warmth	150	24.19	6.086	-.191*
7. Paternal Hostility/Aggression	150	11.19	4.533	0.095
8. Paternal Indifference/Neglect	150	11.52	4.236	.161*
9. Paternal Undifferentiated Rejection	150	6.55	3.097	0.13

Note. * Correlation is significant at the 0.05 level (2-tailed).

**Correlation is significant at the 0.01 level (2-tailed).

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Table 2 indicates the relationship between the four dimensions of parental acceptance-rejection and interpersonal relationship problems among alcohol consuming young adults.

As the spearman correlation was carried out, it resulted in $-.277$ which indicates a significant negative correlation between Maternal warmth and Interpersonal relationship problems. Thus, the null hypothesis is rejected, which states that there is no significant relationship between Maternal warmth and Interpersonal relationship problems.

Similar results have been found in eight more international studies, which raises the possibility of cross-cultural connections between adult individuals' mental health status and their views of acceptance and rejection by intimate partners as well as by their parents as children. (Ripoll-Nunez and Alvarez, 2008)

The correlation coefficient of Maternal hostility and Interpersonal relationship problems is $.175$, indicating that there is significant positive correlation between the two variables, Therefore, the null hypothesis was rejected, which states that there is no significant relation between Maternal hostility and Interpersonal relationship problems.

The correlation coefficient of Maternal Indifference/Neglect and Interpersonal relationship problems is $.234$, indicating that there is a significant positive correlation between the two variables. The null hypothesis is rejected, which states that there is no significant relationship between Maternal Indifference/Neglect and Interpersonal relationship problems.

According to interpersonal theory (Rohner,2021) much of the variation in dependence among children and adults is subjected to the level of acceptance-rejection by their significant others. This leads to rejected children and adults to imbibe in constant reassurance and emotional support.

The correlation coefficient of Maternal Undifferentiated Rejection and Interpersonal relationship problems is 0.207 , indicating that there is a significant positive correlation between the two variables. The null hypothesis is rejected, which states that there is no significant relationship between the two variables.

The correlation coefficient of Paternal Warmth and Interpersonal relationship problems is $-.191$, indicating that there is a significant negative correlation between the two. Hence the null hypothesis is rejected, which states that there is no significant relationship between the two variables.

The correlation coefficient of Paternal hostility and Interpersonal relationship problems is 0.095 . However, the correlation coefficient is not significant. Hence the null hypothesis, which states that there is no significant relationship, is accepted.

The correlation coefficient of Paternal Indifference/Neglect and Interpersonal relationship problems is $.161$, indicating that there is a significant positive correlation between the two variables. As there is a significant relationship between the two variables, the null hypothesis, which states that there is no significant relationship, is rejected.

The correlation coefficient of Paternal Undifferentiated Rejection and Interpersonal relationship problems is 0.130 . The correlation coefficient is not significant between the two

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variables. The findings prove that there is no significant relationship between Paternal Undifferentiated Rejection and Interpersonal relationship problems. Thus the null hypothesis is accepted.

Table 3 stipulates the results of multiple linear regression analysis for the 150 participants, which was used to assess the impact of Maternal warmth, Maternal Hostility/aggression, Maternal Indifference/neglect, Maternal undifferentiated rejection, Paternal warmth and Paternal Indifference on interpersonal relationships problems among alcohol consuming young adults.

Table 3 Result of Multiple Regression

Variable	β	SE	95% CI		P
			LL	UL	
Maternal Warmth	-0.203	0.54	-1.667	0.467	0.268
Maternal Hostility/Aggression	0.085	0.53	-0.744	1.35	0.568
Maternal Indifference/ Neglect	0.23	0.932	-0.902	2.784	0.314
Maternal Undifferentiated Rejection	-0.022	0.874	-1.848	1.605	0.89
Paternal Warmth	-0.076	0.503	-1.191	0.799	0.697
Paternal Indifference/Neglect	-0.214	0.894	-2.558	0.977	0.378

Note. Dependent Variable = Interpersonal Relationship Problems

R Square = .121

Adjusted R Square = .084

F = 3.271

P = 0.005

Table 3 stipulates the results of multiple linear regression analysis for the 150 participants, which was used to assess the impact of Maternal warmth, Maternal Hostility/aggression, Maternal Indifference/neglect, Maternal undifferentiated rejection, Paternal warmth and Paternal Indifference on interpersonal relationships problems among alcohol consuming young adults.

The regression model is best understood through the values of The R^2 . The R square in the regression model of this study is 0.121, which indicates 12.1% variance in interpersonal relationship problems is explained by Maternal warmth, Maternal Hostility/aggression, Maternal Indifference/neglect, Maternal undifferentiated rejection, Paternal warmth and Paternal Indifference among the participants. The adjusted R^2 value is .084 which indicates that R^2 will increase if another independent variable is added to this model.

The F ratio value is 3.271 ($p = 0.005$) which implies that the regression model for the overall respondents is significant. On examining the P values, we can infer that there are no significant predictors for interpersonal relationship problems and Maternal warmth, Maternal Hostility/aggression, Maternal Indifference/neglect, Maternal undifferentiated rejection, Paternal warmth and Paternal Indifference as the values are more than 0.05.

The findings in this research study are similar to findings that are explained by (Seth Alpana,1993) about the fact that adolescents who believe their parents reject them or are uncaring about them feel unsafe and unloved at home. The familial environments of such

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rejected adolescents are probably more demanding, tense, and upsetting than those of normal or accepted adolescents. Their parents do not serve as a source of motivation for them because they detest them and publicly disapprove of their behavior for no good reason. Also, they deal with their parents' hostility, unfavorable comparisons, criticism, rage, and resentment. The cause of this favorable relationship is presumably because parents who embrace their children give them greater encouragement and value even the smallest of their children's efforts highly. and they are well-appreciated and honored for their achievements in high school and college. As a result, they are inspired to keep working towards more reinforcements and consequently experience less challenges at school. A rigid and isolated character structure makes it difficult to interact warmly, while overt animosity and indifference in the kid are other forms of maternal rejection.

The absence of a positive mother-child relationship deprives the child of elements necessary for his social growth and development. As a result of this rejection, the child is unable to learn how to build positive relationships at home, and as a result, lacks the fundamental social skills that, in some people's opinion, aggravate social problems. Through the mediation of psychological processes like emotional security-insecurity and feeling adequate, parental acceptance and rejection has an impact on behavior. These psychological processes would undoubtedly depend on how each person felt about his acceptance or rejection by others, particularly his parents.

CONCLUSION

The analytical findings focus on the main aspects of the objectives in this study. The findings and the objectives are in equivalence with each other according to the results of Spearman correlation test and Multiple regression test on the variables. The main objectives of this study were, to study the relationship between maternal as well as paternal warmth, maternal hostility/aggression, maternal neglect, maternal undifferentiated rejection and interpersonal relationship among alcohol consuming young adults. The R square value indicates that there is 12.1% variance between interpersonal relationship problems and Maternal warmth, Maternal Hostility/aggression, Maternal Indifference/neglect, Maternal undifferentiated rejection, Paternal warmth and Paternal Indifference among the participants.

Implication

This research provides an understanding on how perceived parental acceptance-rejection can have a negative-positive relationship with interpersonal relationship problems. This provides an understanding of how personality and parental acceptance-rejection behaviors can play a major role in interpersonal relationship problems among young adults. It is an overview of issues that could be looked into by mental health practitioners which will enable them to construct and provide the right form of interventions that could solve such a problem especially in the Indian context. Further the problems faced by young adults in different spheres such as educational, social and personal settings due to interpersonal relationships of the young adult could be understood. The perception about parental acceptance- rejection could be further understood through the perspective of how mothers and fathers are, separately to their children. This research could be added to existing literature on how perceived parental acceptance-rejection and interpersonal relationship problems are for young adults who consume alcohol. Analysis could be conducted to understand if there is a relationship between the level of alcohol consumption and problems caused by perceived parental acceptance-rejection, as well as in the interpersonal relationship problems.

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Limitation

The limitation posed in this study is that the population size of 150 is comparatively less in order to generalize the findings of this research towards the Indian population. Administering online forms can combat fatigue which is experienced due to individual daily routines which in return affect the validity of the information that the participants provide. The possibility of social desirability is also present, as perceived parental acceptance-rejection and interpersonal relationship problems could be sensitive, as they are not always topics that are dealt with commonly. In order to achieve better findings, the use of observational methods in addition to questionnaires while evaluating perceived parent-child relationships could be helpful when trying to understand the nature of the variables, the ideologies that young adults presently have and how it could affect their notions about their childhood.

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Conflict of Interest

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