

Relationship between Perceived Parental Rejection and Depression among Adolescents

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ABSTRACT

The present research aimed to investigate link between perceived parental rejection and depression among adolescents with age ranged of 13 to 19 years. The sample size was 100 students (Male =50, Females =50) were incorporated in current research. A purposive sampling technique was employed based on cross-section design. Two scales were used to assess revealed that perceived parental rejection was significantly positive correlated with depression among adolescents students. Results of the study also highlighted that both male and females equally face depression when their parents reject them. Moreover, the relationship signified by the present study will be help in guiding and counseling the parents regarding health personality development of their kids. And these results are also helpful for counselors and professional practitioners while dealing with the adolescents having same issues.

Keywords: Perceived parental rejection, Depression

INTRODUCTION

Perceived parental rejection is definite as an adolescent's faith that his or her parents are not interested in him or her as a person (Carson and Pattit, 1995). It has been demonstrated that perceived parental rejection is strongly associated with adolescent depression. However, latest studies shown that the association among rejection of parents and depression among adolescents. Some of study by researcher found that adolescent faith of rejected by their parents leads to adolescent depression (Noack and Puschner, 2005).

Parental Acceptance means the warmth, love, be concerned, calm, worry, hold up that parents and others can shown toward their kids (Blumberg & Izard, 1995). Adolescent's point of view about their parental warmth and rejection are often related to their internal problems like depression (Khaleque & Rohner, 2002).

Adolescence is a stage of bodily and mental human development that usually occur between puberty and legal adulthood but largely describe as beginning and ending with the teenage. Erik Erikson research shown as an adolescent is a person with age range of 13 and 19 (Erikson, 1982).

Adolescents have sever risk to develop such problems like internalizing and externalizing behavioral problems, e.g depression and aggression, when they actually feels that they are rejected by their parents. (Buehler and Gerard, 2002). Sometimes parents rejection can make their children victim to negatively perceive themselves and evaluations which leads them to be depressed (Kim & Nolan, 2003).

People who suffered from depression are after lose their interest in daily life activities, and sometimes faces cognitive impairments. They have chance to commit suicide. Their weight is also lose day by day. (Hammen and Brennan, 2001).

Pakistan is a developing country in which boys are given preferences to girls in almost every aspect of life especially in lower socio-economic class in the society. Parents consider girls as a burden for family. They feel pressure by raising girls, to educate them and to manage dowry for their marriage. So, may be in the context of this scenario, they develop, hostility, aggression and rejection towards their daughters (Hanif, 1994). Researcher found high authoritarian attitude of fathers towards children. She found that severely abused children perceived their parents to be rejecting. She also found psychological/emotional abuse more than physical abuse (Malik 2012). Researcher found that negative relationship with parents and children make their children vulnerable to be depressed in future. (Najam and Kausar,2012).

The current study focus on relationship between perceived parental rejection and depression among adolescents. Query of association between parental rejection and depression in adolescents has not received much attention yet by researchers in Pakistan. The main objective of our research was to find out relationships between perceived parental rejection and depression.

OBJECTIVES OF THE STUDY

The main objectives of this study are.

1. To find out relationship between parental rejection and depression among Adolescence.
2. To investigate the relationship between parental rejection and depression among adolescents on the basis of gender.

HYPOTHESIS

1. There would be positive relationship between maternal rejection and depression among adolescents.
2. There would be positive relationship between paternal rejection and depression among adolescents.
3. Level of depression would be high in females than in males.

METHOD

Sample

The participants of the study were adolescents with the age range 13-19 years. For this purpose 100 student from different schools and colleges were taken as a sample. Total number of the sample is n=100 in which 50 were male and 50 were females. Convenient sampling were use to collect the data.

Instrument

Perceived Parental Acceptance/Rejection Scale (Rohar, Saaverda, and Granum, 1980)

Translated Urdu version of Parental Acceptance-Rejection Control Questionnaire (PARQ/C; Varda, 2005) was used in the present study to investigate parenting styles. PARQ/C Scales

was originally developed by Rohar, Saaverda, and Granum in 1980. There are two parts of the questionnaire, maternal and paternal each containing 73 items. In the present study, the latest version (Revised, 2004) of Urdu version of PARQ/ is used. The PARQ is a self-report questionnaire that asks children to reflect on the way their parents treat them, assessing behavior in terms of four subscales:

- (a) Perceived warmth and affection,
- (b) Perceived hostility and aggression,
- (c) Perceived indifference and neglect,
- (d) Perceived undifferentiated rejection.

An analysis of the reliability of translated PARQ showed that the instrument is psychometrically adequate (Haque, 1987). Internal reliability of the scale on the child PARQ/Control, range from .72 to .90 (Rohner, 2000). Highest score range is 292 where's lowest score range is 73.

Beck Depression Inventory (Beck, Ward, Mendelson; Mock and Erbaugh in 1961)

Beck depression Inventory is a standardized psychometric scale that was developed by Beck, Ward, 1961. This inventory has of 21 items, each consisting of four statements or gradation of intensity of the symptoms. The scores on each item are summed to obtain total depression score. Scores of this inventory range from 21 (lowest score) to 84 (highest score). The reliability and validity of this test is high. Internal consistency of BDI are range from 0.73 to 0.92 with the mean of 0.86.

Demographic Information Questionnaire

It contained information about name, age, and gender and socio economical class of the participants.

Procedure

The main motive of the present study was to find out the relationship between depression and perceived parental rejection among adolescents. Beck depression inventory (BDI) was used to test the level of depression among adolescents due to their parental rejection and (PARQ/C-F and PARQ/C-M) was used to measures the level of rejection or acceptance a child perceived from his or her parents. For data collecting procedure the researcher met the principal of all institutes and briefed them about the purpose of the study.

After getting permission from authorities the researcher personally distributed Urdu version of the Beck depression inventory (BDI) and (PARQ/C) perceived parental acceptance rejection scale among students of different English and Urdu medium schools and colleges of Rawalpindi.

The sample of 100 adolescents in which 50 were male and 50 were female were asked to fill the questionnaire. The questionnaires were filled in the presence of researcher. SPSS was used to analyze the data.

RESULTS

Table 1. Alpha Coefficient values for Beck Depression Inventory and Parental Acceptance Rejection Questionnaire/Control-Father and Mother Forms (n=30)

Name of Scales	No of Items	Alpha Reliability
Beck Depression Inventory	21	.77
PARQ/C-M	61	.73
Warmth/Affection	16	.86
Aggression/Hostility	12	.80
Neglect/Indifference	9	.66
Reject/Indifferent	6	.63
Control	12	.62
PARQ/C-F	60	.77
Warmth/Affection	16	.86
Aggression/Hostility	10	.71
Neglect/Indifference	9	.57
Reject/Indifferent	7	.58
Control	13	.70

Table No 1 shows the alpha reliability coefficients for all measures used in the study. The reliability of BDI is .77 which shows that this scale is quite reliable for using in this research. The reliability of (PARQ/C-F) is .73 and the reliability of (PARQ/C-M) is .77. This shows that PARQ/C is reliable tool to be used in present study.

Table 2. Correlation between depression and perceived parental rejection (N=100)

	<i>Perceived Father rejection</i>	<i>Perceived Mother rejection</i>
Depression	.97**	.36**

Table 2 shows that strong positive correlation was found between depression and perceived parental rejection for father (r=.97). Moderate positive correlation was found for depression and perceived parental rejection for mother (r=.36).

Table 3. Correlation of Perceived Mother rejection with depression on the basis of gender

	<i>Depression</i>	
	<i>Male</i>	<i>Female</i>
Perceived Mother Rejection	(n=50) .57	(n=50) .41

Table 3 indicates that depression was moderately correlated is related with perceived mother rejection among males and females adolescents. It was comparatively ($r=.57$) in male than in females ($r=.41$).

Table 4. Correlation Perceived Father rejection and depression on the basis of gender

	<i>Depression</i>	
	<i>Male</i>	<i>Female</i>
Perceived Mother Rejection	(n=50) .58	(n=50) .65

Table 4 indicates that depression was positively correlated with perceived father rejection among males and females. It was ($r=.65$) in females than in males ($r=.58$). The results of the present study shown that difference is minor which shows that on depression both male and females equally face depression when their parents reject them. Moreover, the relationship signified by the present study will be help in guiding and counseling the present regarding health personality development of their kids.

DISCUSSION

These results are supported by previous research conducted by Noack and Puschner, 2005) The study shown that perceived parental rejection is strongly with adolescents depression. Because rejection is significantly related to adolescent depression studies have also shown that adolescents depression and aggression are strongly related with each . there are fewer studies have been conducted and shown that there is an association among perceived parental rejection and depression

Another research is also support researcher results (Buehler and Gerard 2002) who find out that Adolescents have high risk for developing internal and external behavioral problem, like depression and aggression, when child feels rejected by their parents .Parental rejection can lead adolescents and make them vulnerable to be negatively evaluate themselves which cans be cause of depression and other behavioral problems. (Kim, 2003; Nolan et al, 2003).

The results are also supported the literature as reported by (Malik, 2012) found typical Pakistani familial context in her research and found high authoritarian attitude of fathers towards children. She found that severely abused children perceived their parents to be rejecting. As table 2 indicates that strong positive correlation was found between depression and perceived parental rejection for father ($r=.97$). Moderate positive correlation was found for depression and perceived parental rejection for mother ($r=.36$). Some other researches also support the researcher results as reported by (Najam and Kausar , 2012) . They found significant negative

relationship with parents leads a child towards , addiction, negative self-esteem, to see world negatively and shows depressive symptoms.

In summary, we find out that perceived parental rejection are inter-related with depression . The observed prospective relation that relationship of child and parents are very much important for a child's life.

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