Impacts of acceptance on self-esteem

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ABSTRACT

The present study was designed to explore the impacts of acceptance and rejection on self-esteem of adolescents. In order to measure the self-esteem of adolescents a rating scale developed by Rifai (1999) was used. Factor Loading Self-esteem Scale consists of 26 items and four factors that were; Self-Acceptance (AC), Self-Competence (SC), Physical Acceptance (PA), Social Acceptance (SA) and Academic Competence (AC). The population consists of 46 female and 54 male adolescents. After data collection reliability, mean and SD were computed. Study found that there is a positive relationship between acceptance-rejection and self-esteem. Adolescents, whose mothers are homemakers, get more acceptances from their parents and friends as compared to those adolescents whose mothers are working outside home.

Introduction

The most important relationship people have in their lives is with their families. Family is the basic unit, which helps in the development of person's personality, self-esteem, self-identity etc. Parents and siblings are the most important part of the family from childhood to adolescent period; children totally rely on their parents for their needs and comfort. By the middle of their adolescence, they start to depend on their peers or partners, but this does not mean that their relationship with their parents means less to them.

According to Branden (1969); "Self-esteem is a confidence in our ability to think, to cope with the basic challenges of life and confidence in our right to be successful and happy". Hamates (1992) concluded that the development of self is a lifelong process. It is developed by the interaction of individual's potential and the environment experiences. It starts to develop with the help of four primary input channels; auditory cues (hearing names or descriptive words like good, bad, tall, short), physically sensations (movement of body parts, crawling). Body image and personal experiences (accepting or rejecting).these four primary input channels lead to the self-awareness. Researchers started that individual personality and potentials begins from very early stage.

Mruk (2006) stated that in children the cognitive abilities and identity develop in their childhood. Although the cognitive abilities are not that much advanced. In middle age, the children are able to evaluate their motor, social, intellectual, and behavioral characteristics. They compare themselves with their fellows in every task. Moreover, by this comparison they develop their self-esteem. At this stage, they now have a broader level of self-esteem.

In adolescence, child's sense of worthiness develops by the acceptance from his attachment figures like, parents, peer group, teachers, and siblings. They can evaluate their relationship with their attachment figures. In this period, they developed their self-esteem by social acceptance and achievements. With the passage of time, children master new types of relationships, acquire new abilities and this helps them in raising their self-esteem.

Home is considered the most important place for a child where he/she first experiences a feeling of affection and acceptance. Good family relationships plays a vital role in the development of positive feeling that serve as a base for social relationships that the child formed in the later stages of life. Family is considered as the most powerful socialization agent in the development of child. For the physical survival, family is very essential and is considered as a primary source of love and attention. The word family is used for the parents (mother, father), siblings, grandparents, cousins, uncle, and aunt.

Rohner (1984) argues that the child's personality formation and development is effected by both acceptance and rejection. He concluded that the child's early experiences with parents greatly affect the personality development in later stages of life. Rohner in his PAR Theory states that accepting parents show love and affection verbally or physically. Rejecting parents show disapproval and they treat their children as a burden. The characteristics of home environment like acceptance and rejection are related to aggressive behavior of children. The cold relationship between parents and child is harmful for child's overall development like, emotional, behavioral, and social development. The rejecting parents use humiliating words and physical punishment as a disciplinary technique whereas warm parents use love, and care as a disciplinary technique.

The present study was a descriptive research, in which scientific methodology was used to explore the research objectives and hypothesis. In order to demonstrate the interrelationship between the acceptance and rejection experienced by the adolescent and its effects on their self-esteem in Pakistani context.

Statement of the Problem

The statement of the problem was to explore the impacts of acceptance and rejection on self-esteem of adolescents. It further aimed to measure the acceptance and rejection and self-esteem of adolescents according to demographic variables such as gender, age, birth order, family income and number of siblings.

Research Objectives

The objectives of the study were:

● To explore the phenomena of acceptance and rejection among adolescents.

● To study the role of acceptance and rejection in determining the self-esteem.

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- To measure various levels and dimensions of self-esteem among adolescents.
- To investigate the role of demographic variations such as, gender, age, birth order, family income level, number of siblings and mother professions in determining perception of adolescents' acceptance-rejection.
- To investigate the role of demographic variables such as, age, gender, birth order, family income, number of siblings and mother profession in determining the level of self-esteem of adolescents.

Sample of the Study

The samples of this study were 100 adolescents from private and public schools of Rawalpindi and Islamabad, namely; The Educators Capital Campus Islamabad, Global System of Integrated Studies (GSIS), OPF College, Roots School System, Islamabad Model School G-9/1, Army Public School Rawalpindi, Beacon House and City School Capital Campus Islamabad. Age of the respondents ranged from 13-17 years.

Results

Reliability of Factor Loading Self-Esteem was computed with the help of Split half method by dividing the inventory in to two parts. Each part was consisted of 13 items. The reliability index of part I was .684 and part II was .711 whereas Correlation between forms was .589. Reliability of Acceptance and Rejection Inventory was calculated by the same procedure. The whole inventory was divided into two equal parts. Each part was consisted of 16 items. The Reliability index of part I was .701 and part II was .826, whereas Correlation between forms was .726.

Table 1. Relationship between Acceptance-Rejection and Self-Esteem of Adolescents

Scales	SE	PA
Self Esteem	1	.545**
Acceptance	.545**	1

Table#1 shows the interrelationship between self-esteem and acceptance-rejection of adolescents. It is cleared from the above table that there is a positive relationship between these two variables.

Table 2. Comparison of Mean and SD of Adolescents Scores on Acceptance-Rejection and Self-Esteem Inventory on Variable Family Income

	FAMILY INCOME			
	RS.1500-10000		RS.20000-50000	
	N=4		N=40	
	M	SD	M	SD
PARENTAL ACCEPTANCE	42	6.976	50.15	9.61
SIBLINGS ACCEPTANCE	6.75	2.986	10.77	2.61
ACCEPTING H.ENVIRO	21	5.831	22.92	5.25
SELF-ACCEPTANCE	4.5	2.646	6.95	2.06
FRIENDS ACCEPTANCE	21.25	4.113	20.95	5.24
TOTAL	95.5	22.476	111.74	24.792
Self Esteem	98.47	11.23	104.87	14.76

(Table 2 continued)

	FAMILY INCOME			
	RS. 60000-90000		RS.100000-300000	
	N=40		N=16	
	M	SD	M	SD
PARENTAL ACCEPTANCE	48.45	10.605	47.94	10.11
SIBLINGS	9.45	2.552	8.63	3.68
H.ENVIRO	24.42	3.882	25.06	5.43
SELF	6.8	2.053	6.5	2.12
FRIENDS	21.35	3.752	21.44	4.64
TOTAL	110.47	22.844	109.56	23.012
Self Esteem	100.45	11.78	101.02	18.90

Table 2 shows that adolescents with family income of Rs. 20000-50000 get more acceptances from their parents, siblings and self. While the adolescents with family income of Rs.100000-300000 get more acceptance or a good home environment. This table further describes that adolescents, with family income of Rs.60000-90000 and Rs.100000-300000 get more acceptances from their friends as compared to adolescents with low family income. The total mean scores of adolescents on family income of Rs. 20000-50000 are higher as compared to other adolescents. Since Acceptance and Rejection has a positive relationship with Self-esteem, so therefore self-esteem is higher in those adolescents who are on family income of Rs. 20000-50000 like mediocre. One important thing which is evident from this table is, that students from lower income families experience higher rejection and possesses lower self -esteem as compared to the other groups of adolescents.

Discussion

The study was conducted on sample of 100 adolescents studying in educational institutions of Rawalpindi and Islamabad. In this research, the main objective was to measure the impacts of acceptance and rejection on self-esteem of adolescents. Second objective was to determine the various dimensions of self-esteem among adolescents. The third objective was to investigate the role of demographic variations such as, gender, age, and birth order, and family income level, number of siblings and mother professions in determining perception of adolescent's acceptance-rejection. Likewise, the fourth objective was to investigate the role of demographic variables such as, age, gender, birth order, and family income, number of siblings and mother profession in determining the level of self-esteem of adolescents. To fulfill these objectives and various hypotheses were formulated and various statistical analyses were carried out various appropriate statistics.

In the present research various hypothesis were formulated to analyze the research objectives. The first hypothesis was that there is a positive relationship between acceptance and higher self-esteem of adolescents. The present study shows that acceptance can help the adolescents in development of their self-esteem. The reason is that when parents, siblings and friends show love and care to adolescents, they feel good about themselves and they build confidence.

One of the hypotheses of the study was that boys get more parental acceptance when compared with girls. The study shows

that female adolescents get more acceptances from their parents, siblings and friends. The reason is maybe due to parent's exposure to the modern world and the increase in development of women. Now-a-days parents care more about their daughters because now they have realized that daughters are much loving and caring than sons. Daughters spent most of the time with their parents and they share their feelings with them.

Hypothesis was formulated to check the impact of socioeconomic status on the acceptance and self- esteem. The study also shows that adolescents with higher economic status get more acceptances from their parents because wealthy parents are not financially restricted so they can provide better school, care, vacation and clothing for their children.

One of the hypotheses was regarding mother profession results of the study shows that those adolescents get more acceptances whose mother are homemakers. The reason may be is that non-working mothers stay at home and care for their children from morning until evening. Due to this they could not give proper care and attention to the children.

Conclusions

Based on above findings following conclusions were drawn;

1. Study found that there is a positive relationship between acceptance-rejection and self-esteem. This means if adolescents get acceptance from their parents, siblings and friends their self-esteem will be automatically high.
2. Acceptance has positive impact on the self-esteem of adolescents.
3. Due to more acceptances from attachment figures, female adolescents have higher self-esteem as compared to male adolescents.
4. Age affects the acceptance and self-esteem in adolescents. 13 yrs. old, adolescents get more acceptance and they have higher self-esteem as compared adolescents with age 14-17.
5. Adolescents studying in grade 8 get more acceptances as compared to other adolescents. Likewise, adolescents studying in grade 8 have higher self-esteem as compared to other adolescents.
6. Birth order also affects the parental acceptance and self-esteem in adolescents.
7. Adolescents whose mothers are working have low self - esteem and less parental acceptance as compared to the adolescents whose mothers are homemakers.
8. The results indicate that adolescents having middle birth order get more acceptances from their parents, siblings and friends as compared to other siblings

Recommendations

It is recommended to parents that they should appreciate their children in their success and encourage them in their failure. This act parental of love will help the adolescents to raise their self-esteem. The parents support makes the children feel special; they not only feel proud about their parents but they also feel proud about themselves for having such supportive parents. Such children make decisions more boldly because they know that their parents are always there to support them. This attitude of children helps them to develop healthy self-esteem.

Gender discrimination is one of main problems in our society. It is true that discrimination starts from the home. Parents play a vital role in overall development of their children, therefore parents should treat their children equally and there should be no discrimination between male and female child. This will help the children in building their self-esteem and it will help the children in their future in treatment of their children.

It is responsibility of parents to create a psychological healthy, safe and loving home environment for their children. A psychologically healthy home environment is very important for their overall personality development. As adolescence is, a critical period of a child's life so care should be taken. Disturbed and abusive home environment can have a bad impact on adolescence's behavior.

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