

CHAPTER 1

INTRODUCTION

Context of the Study

Young adulthood is the most important, transitional, period in the life of an individual because the significant milestone of forming and maintaining healthy intimate relationships is accomplished at this stage, as predicted by Erikson's psychosocial theory (Erikson, 1959; 1963; 1968). The researchers have presented a view that parental practices are vital in accomplishing healthy transitions for people from one stage of life to another, and this is true particularly for the intimacy versus isolation stage (Rohner, 2004; Rohner et al. 2019; Rohner, Khaleque, & Cournoyer, 2012). It is, therefore, important to understand and study the several changes that occur throughout this phase.

The experience or perception of parental and interpersonal acceptance and rejection in childhood can have long-lasting effects on persons, which are revealed at later stages of life (Putnick et al., 2019; Rohner, 2004; Rohner et al., 2012; 2019). The parent-child relationship can either lead to the development of insecurities, due to inadequacy in the experienced relationships (Rohner, 2004). This can lead to perceptions of rejection by others at later stages; or, it can help in developing healthy relationships, because of the acceptance by the attachment figures (Rohner, 2004). Parental acceptance means the love, comfort, care, affection, nurturance, support, and other similar behaviours that are displayed by the close relations and felt by the children. Parents can express this acceptance towards their children or can feel it for them (Rohner et al., 2012; 2019). On the other hand, feeling rejected from these

relations includes the removal of love, warmth, fondness, or care from them or their absence altogether (Rohner, 2004).

Similarly, acceptance or rejection by attachment figures in the early years of life influences the psychological well-being of the individual (Rohner, 2004). Due to the acceptance by parents in childhood, psychological adjustment is enhanced and has a positive impact on children in developing feelings of emotional stability, receptiveness, and an optimistic opinion about the world (Rohner, 2004). Contrarily, negative feelings developed due to parental rejection result in the development of a constellation of negative personality dispositions by culminating in feelings of anger, hostility, aggression, negative self-esteem, feeling of inadequacy, and negative worldview collectively termed as psychological mal-adjustment (Rohner, 2004).

It has been observed that the rejected children grow up to become adults who are reluctant and anxious to share their views and feeling of an extremely private nature with anyone (Rohner, 2005). The rejection in childhood by one or both parents inculcates fear of rejection at later stages. They are more inclined to develop distorted psychological images of themselves, their close relations, as well as the world around them (Rohner & Lansford, 2017). It prevents such individuals from developing and keeping meaningful and close relations as adults (Rohner, 2005) because these individuals perceive and interpret the environment around them including their close associations with others in a manner that is aligned with their disturbed cognitive images (Dodge et al., 2003). They mentally represent their personal and close relationships as unreliable, unpredictable, insecure, or unkind. This results in the development of being afraid of forming close relations (Rohner et al., 2019) and feelings lonely (Putnick et al., 2019) in later years of life as an adult (Gomez & Rohner, 2011; Martorell & Carrasco, 2014; Rohner, 2004; Rohner, 2015; Rohner &

Khaleque, 2005a; Senese et al, 2016; Uddin, Khaleque, Aktar, & Hossain, 2014; Zimmer-Gembeck, Trevaskis, Nesdale, & Downey, 2014).

It has also been established in separate researches that the presence of character strengths such as empathy and gratitude along with appropriate coping can effectively compensate for the negative outcomes of being neglected by caregivers at a young age, by significantly improving social as well as psychological adjustment of young adults (Algoe et al., 2008; Bodenmann, 2005; Gladstein, 1983; Tsang, 2006). Therefore, it is significant to address both positive as well as negative outcomes related to paternal acceptance and rejection during childhood to fully grasp the significance of this concept and fear of intimacy, loneliness, psychological adjustment, and maladjustment among young adults.

To fulfill the above-stated objective this research has been designed keeping in consideration the exciting literature (Khaleque & Rohner, 2012a; Gomez & Rohner, 2011; Martorell & Carrasco, 2014; Putnick et al., 2019; Rohner, 2004; Rohner, 2015; Rohner et al., 2019; Rohner & Khaleque, 2005a; Senese et al, 2016; Uddin et al., 2014). Two models presented by Putnick et al. in 2019 and the multicultural study by Rohner et al. (2019), about the remembrances of being rejected by close relation and its association with feeling lonely, fear of intimacy, and the effects of mental health, have been modified to achieve a good understanding of neglect in childhood, loneliness, and fear of forming new relations along with the moderating and mediating roles of psychological adjustment and mal-adjustment respectively, among young adults.

1.1 Rationale

Parental rejection in childhood can have far-reaching consequences for young adults. Rejected children tend to grow up into hypersensitive and hyper-vigilant individuals who feel threatened and may develop psychological maladjustment. The problems precipitated by parental rejection in the form of psychological issues surface as feelings of loneliness and intimacy issues as such individuals age. This model has been adequately explained by the Interpersonal acceptance-rejection theory (IPARTheory; Martorell & Carrasco, 2014; Putnick et al., 2019; Rohner, 2004; Rohner, 2015; Rohner & Khaleque, 2005a; Senese et al, 2016; Uddin et al., 2014). The model takes into account the negative aspects of parental rejection and the resultant outcomes in the form of hampered social relationships as well as compromised well-being. However, positive mental capabilities such as coping, gratitude, and empathy can significantly contribute to the adjustment of an adult along with influencing the outcomes despite perceived parental rejection as children.

Indigenous and culture-specific research on this model is limited in scope and requires considerable attention because of the family set up in our local context. Children are often neglected or perceived as too small to understand the harsh behaviour and neglect by parents or close ones. Their remembrance of parental rejection in childhood can result in psychological maladjustment culminating in loneliness and fear of intimacy as young adults. This aspect of the model has been tested repeatedly pan-culturally. However, the modified model presented in this research catering to both psychological adjustment and mal-adjustment is relatively new.

In is imperative to promote the concept of actual or perceived parental neglect that can occur in various forms from the caregivers because children are not taken

seriously. These neglected children develop issues in forming and maintaining relationships in later years of life. Because of lack of fulfillment in the social domain they become incapacitated to lead a fully functional life as effective members of any society. Within our indigenous context this phenomenon of perceived neglect has been observed despite parents being available and strong family bonds in a collectivist culture. Mental health practitioners can utilize this research in order to address the related factors of parental neglect that might have been previously ignored because of the apparent presence of caregivers in homes. The perception of neglect requires more attention among young adults as has been clearly revealed by this research.

This research also highlights the need for counselling of parents to equip them with sound parenting skills and lay the foundation of stable mental health, capability of forming and maintaining sound intimate relationships, and developing psychologically adaptive youth. It also highlights the significance of character strengths such as empathy and gratitude as well as the effectiveness of coping in generating positive mental health outcomes for young adults.

1.2 Problem Statement

To study the association of childhood parental rejection with current levels of loneliness, fear of intimacy, psychological adjustment, and mal-adjustment among young adults

1.3 Research Objectives

The objectives of this research include:

- To explore the association of remembrance of parental acceptance and rejection in childhood (both father and mother), loneliness, fear of intimacy, and psychological adjustment and maladjustment among young adults.

- To explore the group differences (gender, relationship status, number of siblings, birth order, socioeconomic status, the status of parents' relationship, and sharing in the family) in parental acceptance and rejection in childhood, loneliness, fear of intimacy, psychological adjustment and maladjustment among young adults.
- To explore the moderation effect of psychological adjustment (dyadic coping, gratitude, and empathy) on the association of remembrance of parental acceptance and rejection in childhood, loneliness, and fear of intimacy among young adults.
- To explore the mediation effect of psychological maladjustment on the association of remembrance of parental acceptance and rejection in childhood, loneliness, and fear of intimacy among young adults.

1.4 Research Questions

1. There is a positive relationship between remembrance of parental rejection in childhood and loneliness among young adults.
2. There exists a positive relationship between remembrance of parental rejection in childhood and fear of intimacy among young adults.
3. There is a positive relationship between fear of intimacy and loneliness among young adults.
4. There exists a positive relationship between remembrance of parental rejection in childhood and psychological maladjustment (in the form of hostility/aggression, dependency, negative self-esteem, negative self-adequacy, emotionally unresponsive, emotional instability, and negative worldview) among young adults.

5. There is a negative relationship between psychological adjustment (dyadic coping, gratitude, and empathy) and remembrance of parental rejection in childhood among young adults.
6. There is a negative relationship between psychological adjustment (dyadic coping, gratitude, and empathy) and loneliness among young adults.
7. There is a negative relationship between psychological adjustment (dyadic coping, gratitude, and empathy) and fear of intimacy among young adults.
8. Psychological maladjustment mediates the association of remembrance of parental rejection in childhood and loneliness among young adults.
9. Psychological maladjustment mediates the association of remembrance of psychological rejection in childhood and fear of intimacy among young adults.
10. Psychological adjustment (dyadic coping, gratitude, and empathy) moderates the association of remembrance of psychological rejection in childhood and loneliness among young adults.
11. Psychological adjustment (coping, gratitude, and empathy) moderates the association of remembrance of psychological rejection in childhood and fear of intimacy among young adults.

1.5 Null Hypotheses

1. There is no relationship between remembrance of parental rejection in childhood and loneliness among young adults.
2. There exists no relationship between remembrance of parental rejection in childhood and fear of intimacy among young adults.
3. There is a no relationship between fear of intimacy and loneliness among young adults.

4. There exists no relationship between remembrance of parental rejection in childhood and psychological maladjustment (in the form of hostility/aggression, dependency, negative self-esteem, negative self-adequacy, emotionally unresponsive, emotional instability, and negative worldview) among young adults.
5. There is no relationship between psychological adjustment (dyadic coping, gratitude, and empathy) and remembrance of parental rejection in childhood among young adults.
6. There is no relationship between psychological adjustment (dyadic coping, gratitude, and empathy) and loneliness among young adults.
7. There is no relationship between psychological adjustment (dyadic coping, gratitude, and empathy) and fear of intimacy among young adults.
8. Psychological maladjustment does not mediate the association of remembrance of parental rejection in childhood and loneliness among young adults.
9. Psychological maladjustment does not mediate the association of remembrance of psychological rejection in childhood and fear of intimacy among young adults.
10. Psychological adjustment (dyadic coping, gratitude, and empathy) does not moderate the association of remembrance of psychological rejection in childhood and loneliness among young adults.
11. Psychological adjustment (coping, gratitude, and empathy) does not moderate the association of remembrance of psychological rejection in childhood and fear of intimacy among young adults.

1.6 Conceptual Model

The remembrance of the notion of acceptance from parents and/ or absence of warmth from them in childhood can influence the individuals in young adulthood in multiple forms (Putnick et al., 2019; Rohner, 2004; Rohner et al., 2012; 2019). If the child felt neglected and rejected chances are that he/she developed insecurities and feelings of rejection which will influence his/her relationships at later stages of life (Rohner, 2004). Parental acceptance is the providence of love, affection, care, and support to the children whereas the withdrawal of these feelings of warmth and love is known as parental rejection (Rohner et.al, 2005).

The remembrance of attention and neglect from parents in childhood is associated with the development or reduction in psychological adjustment among young adults (Rohner, 2004). Psychological adjustment is developed due to the notion of being neglected by caregivers and it is manifested in the form of positive feelings such as steadiness in emotional reactions and receptiveness along with an optimistic opinion of the world around one develops due to the acceptance by parents in childhood (Rohner, 2004). On the other hand, lack of regard from caretakers in childhood culminates in developing a cluster of negative personality dispositions that are manifested in adulthood in the form of feelings of anger, hostility, aggression, negative self-esteem, feeling of inadequacy, and negative worldview collectively termed as psychological mal-adjustment (Rohner, 2004).

It has also been observed that rejected children grow up as insecure, reluctant, and anxious adults who are unable to express their thoughts and deep feelings with others (Rohner, 2005). This reluctance to share feelings emerges due to a fear of being rejected by others in the same manner as the person was rejected as a child by the parents. They view themselves as deficient and develop negative images of

themselves and others around them (Rohner & Lansford, 2017). Therefore, individuals who remember their childhood experiences of parental rejection are unable to maintain meaningful relations as adults because of a lack of trust, predictability, and security in future relations (Dodge et al., 2003; Rohner, 2005; Zimmer-Gembeck, Trevaskis, Nesdale, & Downey, 2014). This results in the development of fear of forming new relationships (Rohner et al., 2019) and feelings of loneliness (Putnick et al., 2019) in later years of life as an adult (Gomez & Rohner, 2011; Martorell & Carrasco, 2014; Rohner, 2004; Rohner, 2015; Rohner & Khaleque, 2005a; Senese et al, 2016; Uddin, Khaleque, Aktar, & Hossain, 2014).

It has also been detected in separate researches that the presence of character strengths such as empathy and gratitude along with appropriate coping can effectively compensate for the negative outcomes of perceived neglect from parents in the early years of life by significantly improving social as well as adjustment of young adults mentally despite the impacts of wrong parenting (Algoe et al., 2008; Bodenmann, 2005; Gladstein, 1983; Tsang, 2006). Therefore, it is very significant to address the constructive and damaging outcomes related to parental devotion and ignorance towards children. The result of the association of this concept as well as the concepts of fear of intimacy, loneliness, psychological adjustment, and maladjustment among young adults should also be explored.

For the current research the models presented by Putnick et al. in 2019 about the memory of perceived disregard from caregivers allied by loneliness, as well as facilitated by a mental disturbance in young Bangladeshis, and the multicultural study by Rohner et al. (2019) about the mediation by psychological maladjustment of the relation between remembering perceived neglect from parents in later years of life and the prevalent fear of forming new relationships has been modified for achieving more

awareness about remembering perception of parental neglect in childhood and the culminating feelings of loneliness and intimacy-related issues as adults. This research aims to explore the mediation by psychological maladjustment on remembering perception of parental rejection in early years of life, loneliness, and intimacy-related fears among young adults.

Similarly, another modification in the existing model has been performed to explore the mitigating role performed by character strengths after the perceived or actual acceptance and rejection by parents in childhood. The psychological adjustment has been used to understand the role of these character strengths such as coping, empathy, and gratitude as moderators for the association of neglect from caregivers in early years of life, loneliness, as well as fear from closeness with others among young adults.

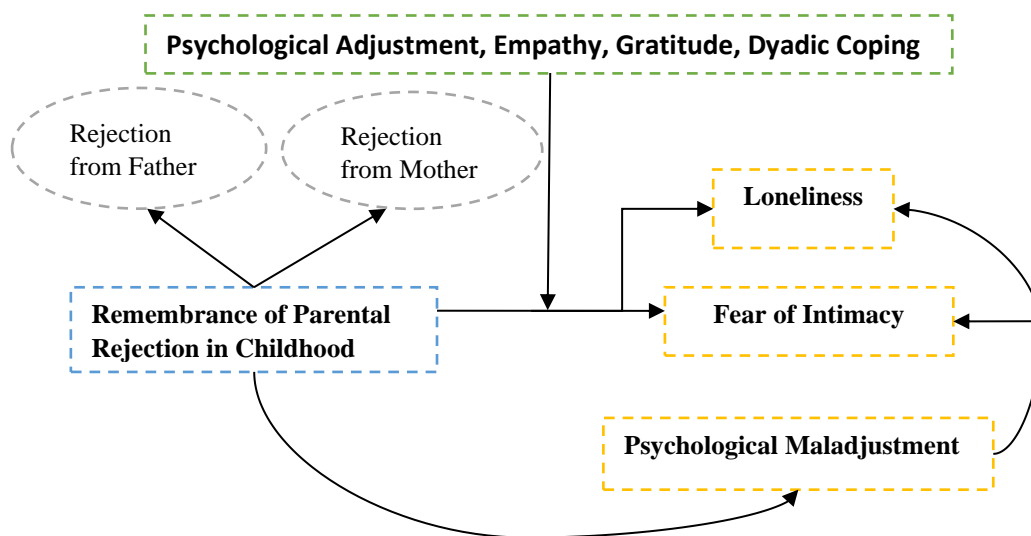


Figure 1. Figure showing the Modified Model of the association of Remembrance of Parental Rejection in Childhood, Loneliness, and Fear of Intimacy and Moderation and Mediation effect of Psychological Adjustment, Empathy, Gratitude, Dyadic Coping, and Maladjustment respectively among Young Adults

1.7 Significance of the Study

This research is of immense significance because of the dearth of researches that explores the relationship of the variables based upon the conceptual model designed for this particular research especially in the sample of local young adults. Similarly, the research highlights relationships among variables that are of paramount significance during the years of the breakout and prevalence of the Co-vid 19 pandemic. The exploration of dating relationships in interaction with other demographics is also unique for this research.

1.8 Methodology

This research is a correlational study. Cross sectional survey design was followed in order to obtain the objectives of the study to explore the association of remembrance of parental rejection in childhood, loneliness, and fear of intimacy and moderation and mediation effect of psychological adjustment, empathy, gratitude, dyadic coping, and maladjustment respectively among young adults.

1.9 Delimitations

The research, despite being very useful, has some limitations too. One of the limits of this research comprises the shortage of availability of time and funds to collect data because of the lock-down from the Government of Pakistan to curtail the Covid-19 pandemic. The variables might have been influenced by the impacts of this lockdown and the Covid pandemic such as the development of new fears of forming intimate relationships or excessive loneliness due to social distancing. The effects of variables were also not explored in a longitudinal study such as the effects of coping over time because this research was limited to young adults only and self-report measures were used. Similarly, the impact of external factors such as a dyadic study

about the attachment within the couple and consequent relationship among research variables was not aimed in this research. The scales used in the research were too long and time-consuming because the scoring for each scale varied.

1.10 Operational Definitions

Remembrance of maternal and paternal acceptance and rejection in childhood. The approval from caregivers comprises feelings of care, regard, warmth, provision, or fondness by them toward their offsprings, whereas, rejection from the caregivers means nonappearance or removal of these feelings either in actual experience or perception of the person as a child (Rohner et.al, 2005). Adult Parental Acceptance-Rejection Questionnaire (PARQ): Mother and Father- Short forms (Rohner, 2005b) translated in Urdu by Malik & Musaffa in 2012, were used to measure remembrance of maternal and paternal rejection in childhood along with hostility/aggression, undifferentiated rejection, indifference/neglect, and lack of warmth/affection among young adults. A higher score on the scale and each sub-scale (except the warmth scale that is reverse coded) indicated higher parental rejection among young adults.

The dimensions of this variable are following:

Hostility/aggression. Feelings of hostility, neglect, bitterness, anger, and impatience may be collectively termed as aggression or hostility as experienced or perceived by the child due to the parents' behaviour in childhood (Rohner et al., 2012). A higher score on this sub-scale of the PARQ (mother and father; Malik & Musaffa, 2012) indicated higher hostility and aggression by parents felt or perceived as a child among young adults.

Undifferentiated rejection. The feelings of disregard from caregivers either supposed or genuine is the absence of actual behaviours of neglect and lack of affection is referred to as undifferentiated rejection (Rohner et al., 2012). A higher score on the respective sub-scale of the PARQ (mother and father; Malik & Musaffa, 2012) indicated higher undifferentiated rejection by parents felt or perceived as a child among young adults.

Indifference/Neglect. The feelings or perception of indifference by parents as experienced by the child and a general lack of interest in his/her overall well-being refers to undifferentiated rejection (Rohner et al., 2012). A higher score on this sub-scale of the PARQ (mother and father; Malik & Musaffa, 2012) indicated higher indifference and neglect by parents felt or perceived as a child among young adults.

Warmth/affection. The warmth dimension is related to feelings or perceptions regarding care, provision, acceptance, and regard provided by caregivers and experienced by a child (Rohner et al., 2012). A higher score on this scale indicated higher warmth and affection by parents felt or perceived as a child. This scale is reverse coded and therefore lack of warmth and affection in the form of neglect contributed to the over parental rejection in the PARQ (Mother and Father; Malik & Musaffa, 2012).

Loneliness. Loneliness involves the emotional feeling of gloominess because of the lack of close relationships and a strong yearning for such relationships after the removal or withdrawal of such a relationship from life (Rohner & Molaver, 2015). Urdu translation of the Interpersonal Acceptance-Rejection Loneliness Scale (IPARLS; Rohner & Molaver, 2015) provided by the author was used to measure loneliness among young adults. A higher score on the scale indicated more loneliness.

Fear of intimacy. It is the anxiety related to forming as well as maintaining new close relationships which require sharing of very intimate and personal emotions and desires with someone who is of significance in life (Rohner, 2005). Urdu translation of the Fear of Intimacy Scale (FIS; Descutner & Thelen, 1991) performed for this study was used to measure the variable and a high score on the scale indicated higher fear of intimacy.

Psychological mal-adjustment. Children rejected by parents or attachment figures can acquire and demonstrate a group of undesirable personality characters and a negative personality pattern as adults resulting in numerous issues related to psychological well-being (Khaleque, 2015; Rohner, 1999; 2004) such as conduct difficulties, pervasive despair, a tendency for a felony, risky behaviors, drug abuse, and posttraumatic stress disorder (Courtois, 2004; Rohner & Britner, 2002). According to the theory of parental acceptance and rejection, these tendencies give a cumulative effect of either a psychologically well-adjusted personality or a mal-adjusted one (Khaleque, 2015).

Psychological mal-adjustment comprises of seven sub-domains: (a) hostility/aggression, (b) dependence, (c) negative self-esteem, (d) negative self-adequacy, (e) emotional unresponsiveness, (f) emotional instability, and (g) negative worldview. It was measured using the Adult Personality Assessment Questionnaire (PAQ; Rohner & Khaleque, 2005). A higher score of each sub-scale and overall scale indicated more psychological maladjustment.

Psychological adjustment. The adjustment represents the response by an individual as a reaction to the stresses and difficulties created within the societal settings as people live together (Brown, Berrien, & Russell, 1966, p. 52; as cited in Mahmood & Iqbal, 2015). The psychological adjustment will be measured using the

Psychological Adjustment Scale (PAS; Sabir, 1999) in Urdu developed in the National Institute of Psychology, Quaid-i-Azam University. It comprises dimensions such as accurate perception of reality, ability to cope with stress and anxiety, positive self-image, ability to express the full range of emotions, and good interpersonal relationships. Higher scores on this scale and its sub-scales indicated more psychological adjustment.

The psychological adjustment was measured making use of the adaptive concepts of coping, gratitude, and empathy using Urdu Version of the Dyadic Coping Inventory (DCI; Bodenmann, 2008) by Hilpert et al. in 2016, Urdu translation of Gratitude Questionnaire (GQ-6; McCullough, Emmon, & Tsang, 2002), and Urdu translation of Empathy Scale (Caruso & Mayer, 1998) respectively. The last two scales have been translated for this particular research. Higher scores on all of these scales and the sub-scales will indicate more psychological adjustment.

CHAPTER 2

REVIEW OF THE RELATED LITERATURE

2.1 Paternal Acceptance–Rejection in Childhood

A parent is any person who develops a long relationship of providing care to a child. This role can be assumed by biological relations and any other relation in close contact, or they could also be any non-kinspersons. The approval and rejection from parents' links with the domain of parenting with regard from parents at one extreme, and neglect on the opposite extreme (Rohner, Khaleque, & Cournoyer, 2005). Approval and regard from the close relations include love, warmth, attention, regard, sustenance, amongst actions from caretakers as a token of expression and regard for the off springs (Rohner et.al, 2005). Neglect and lack of regard from the close relatives relate to non-appearance or removal of regard, care, or warmth for their young ones (Rohner et.al, 2005). It is remarkable that warmth or neglect from parents' does not comprise of certain behaviors of the caregivers but an idea and perceptual notions strongly held by the child (Rohner et.al, 2005).

Perception of being neglected and ignored by the parent is correlated with many issues related to psychological well-being particularly issues such as drug abuse, pervasive sadness, antisocial behaviors, PTSD, and criminal tendencies (Courtois, 2004; Rohner & Britner, 2002; van der Kolk, 2010). Therefore, it is established that wrong parenting particularly unnecessary use of abuse and punishment has adverse effects on the well-being of the child and leads to psychological problems in personal, emotional, and social domains (Glaser, 2000).

Dimensions of Remembrance of Perception of Being Rejected by Close Relations

The domains of remembrance of perception of being neglected by the significant figures are four in number which are as following:

Lack of Warmth or Affection. This domain relates with the belief system that the caregiver is felt to be emotionless and lacking regard for the child. The regard and care are reflected in the physical gestures produced by the caregiver in the form of physical touch, oral expression, or representative actions that link with the specific traditions of showing love and care (Rohner et al., 2012).

Hostility or aggression. The caregiver may be viewed as aggressive, annoyed, unpleasant, offended, ill-tempered, edgy, or opposed to the child. The behaviors of the caregivers might feelings or expressions of disregard for the young one and the behavior is at times so harsh that it can be termed as blatant aggression against the child. This reaction can be both physical such as beating and bashing, as well as psychological such as insulting or passing hurtful remarks (Rohner et al., 2012).

Indifference/neglect. In other instances, the caregivers may be perceived to have uninterested and unsympathetic emotions for the child and the behavior might reflect a lack of regard and interest in the comfort and security of the child (Rohner et al., 2012).

Undifferentiated Rejection. This type of neglect and rejection denotes views that their caregivers do not have regard for them despite no clear gestures or indications of disregard from the caregivers (Rohner et al., 2012).

Theoretical background

The extensive theory of parental acceptance and rejection has laid the foundations of advanced research in psychology about the impacts of neglect and disregard from caregivers in childhood. This theory is underpinned upon the notion of a genetic predisposition in humans that requires love, regard, care, and support from immediate relations (Bjorklund & Pellegrini, 2002). In the case of children, the expectation of such love and care rests upon the immediate caregivers near the child in the home. However, this need becomes diverse with age and starts to encompass the need for regard from close ones. The theory also states that when the need for regard is not fulfilled it results in a group of problems in societal, emotive, and mental domains (Rohner, Khaleque, & Cournoyer, 2012).

A section of this theory addresses that the children are influenced by how they are looked after with regard or disregard. Simultaneously, the theory contends that actual regard and love from the caregivers is correlated with the belief of being cared for or neglected. Another important postulate of the theory is that the consequences in terms of well-being and psychological health that originate due to the perception of being cared for tend to be similar to the ones that originate due to a close association with intimate relationships formed later in age. The last postulate of the theory states that demographics such as gender, age, culture, and related factors do not account for any reduction in the association of the development of psychological deficits and issues due to lack of regard by the caregivers (Rohner, 2004).

The individuals who are rejected as children tend to compensate for the feelings by becoming more demanding and dependent upon others later in life. They remain under stress due to these sentiments. This results in numerous relations cut-offs and becoming less interactive to avoid being rejected or hurt again. These

individuals cannot formulate new close relationships and cannot show attachment and regard (Rohner, 2004; 2008).

Factors Affecting Remembrance of Perception of Rejection from Caregivers

Gender. Numerous researches have explored the variation as a consequence of the gender of an individual on perception by children about their caregivers as either accepting or rejecting and their mental well-being. There were revealed to be no differences based upon gender on these variables. However, an association between the early childhood experiences of neglect from caregivers was greater in the case of young adult males as compared to females (Ali, Khaleque, & Rohner, 2015; Hussain, 2012; Rohner, 2008).

Age. An investigation of age-based differences has revealed that the perception and feelings of being rejected by the caregivers are similar for youngsters and adults in various regions of the world (Ali et al., 2015).

Culture. Research shows that the association of rejection from caregivers in early years of living with mental and psychological well-being as well as the associated outcomes tends to remain the same for almost all regions and traditional backgrounds in the world (Ali et al., 2015).

2.2 Loneliness

Loneliness is the sensation felt in case of discontent, stress, and sadness when nearby and warm relationships are missing. It is also perceived as a deficit in the public domain of the life of a person (Larose, Guay, & Boivin, 2002; Putnick et al., 2019). Therefore, this variable can be explained as incongruence in the real and wanted communal associations and a reaction to social seclusion. Social loneliness is

resultantly a unique quantification of the absence of societal acquaintances or connections. Loneliness is associated with the nature of relations in terms of their worth and significance (Holt-Lunstad & Smith, 2016; Masi, Chen, Hawkley, & Cacioppo, 2011).

Humans require close and personal relations to obtain self-confidence and a feeling of being respected, maintain sound interaction, and form alliances along with a need for the physical existence of others around them. They also tend to develop common milestones and work towards achieving them. It is usually believed that social seclusion develops loneliness, but this feeling can develop in highly social settings such as a matrimonial relationship, a household, close acquaintances, or a bigger communal gathering. On the contrary, a person can experience social fulfillment although he is not accompanied by others (Cacioppo, Cacioppo, Capitanio, & Cole, 2015).

The inherent nature of feeling isolated and alone can have adverse effects on the psychological well-being of a person and has been revealed to lead to issues such as pervasive and long-term sadness (Wei, Russell, & Zakalik, 2005). The overall community is also seriously influenced by the level of loneliness experienced by the individuals residing within that society (Asher & Weeks, 2014). The extent of loneliness in individuals can lead to issues related to overuse of drugs, viciousness, association with criminals, and the tendency of self-harm along with a proneness to physical ailments (Cacioppo & Patrick, 2008).

Types of Loneliness

Loneliness can be divided into various types depending upon the nature of isolation experienced (Weiten & Lloyd, 2003), which are as follows:

Emotional Loneliness. Emotional loneliness is a consequence of the lack of existence of a close intimate relationship.

Social Loneliness. This type of loneliness is a consequence of the deprivation of close friendly acquaintances.

Transitional Loneliness. This loneliness results from a sudden loss of social connections despite previously having sound and fulfilling communal contacts.

Chronic Loneliness. This loneliness is prominent in people who cannot form sound and fulfilling relationships for longer durations over years.

Theoretical Approaches to Loneliness

The review of existing literature available on loneliness has revealed distinct domains related to the theory-based foundations of loneliness (Cacioppo et al., 2015; Perlman & Peplau, 1982). Some of these theories are underpinned in the psychodynamic perspective while others are based upon existential ideology. Few approaches upon the role of the communal set-up in inculcating the feeling of isolation in the members of that particular society while others focus upon the individual's characteristics and their link with the environment (Cacioppo & Hawkley, 2009). Later, concepts related to the rights to a private life have also been discussed to address the issues related to loneliness and social seclusion because of a lack of open interaction (Cacioppo & Hawkley, 2009). Another approach is based upon the idea of neurology-based themes of communal foundation (Cacioppo & Patrick, 2008).

The available literature reveals that although there are multiple theories available that address loneliness, most of these theories have shared concepts. Most of these ideas highlight that this kind of social isolation results from a lack of adequate relationships, and involves a personal feeling which is upsetting (Cacioppo & Patrick,

2008). These researches also reveal that the feeling of social isolation and loneliness is impacted by a need for close personal relationships which is left unaccomplished (Cacioppo & Hawkley, 2009; Peplau, Miceli, & Morasch, 1982).

Newer theories highlight that loneliness results from early childhood experiences of being neglected and ignored by the caregivers and the subsequent issues of mental health arising due to this neglect (Putnick et al., 2019). The lack of warmth renders these adults incapacitated to establish healthy and close relationships and resultantly inculcates feelings of isolation and seclusion because of lack of appropriate social interactions (Putnick et al., 2019; Rohner, 2004; 2019).

Factors Affecting Loneliness

Age. Age-based differences on loneliness reveal that it is more prevalent in adults who perceive it as a continuous source of distress in their lives (McPherson, Smith-Lovin, & Brashears, 2006; Steptoe & Kivimaki, 2013). Youngsters grieve from this feeling of isolation which causes physical health issues and mental well-being complications such as heart attacks and suicidal tendencies (Pervin & Ferdowshi, 2016; Valtorta et al., 2016).

Gender. Researches on adolescents have revealed that gender differences in loneliness have not been found, whereas limited researches are available addressing the demographic differences in adults (Tariq & Masood, 2011).

Marital Status and Culture. Researches show that the tendency towards loneliness is found to be higher due to delay in weddings and a greater number of houses with multiple earners (Masi et al., 2011). It has also been found that the notion of social isolation is seldom studied due to the incongruence of culture-based ideas of independence and mutual dependency (Rokach & Sha'Ked, 2013). It has been found

that traditional values make it difficult to comprehend that loneliness can result while being in close relationships such as being married. Numerous cultures believe that marriage leads to ultimate feelings of contentment and accomplishment in lives (Rokach & Sha'Ked, 2013).

2.3 Fear of Intimacy

The acquiring of intimacy is an important milestone for adulthood. This concept is elaborated through the idea of formulating close, associated, and reliable relations culminating in overall well-being (Thelen et.al., 2000). The need for social contact is found to be related to the development of emotional stability, gladness, pleasure, and efficiency (Hook, Gerstein, Detterich, & Gridley, 2003). On the other hand, the individual unable to form close relationships is not considered psychologically healthy (Thelen et.al., 2000). It has been revealed that lack of this ability is related to low self-confidence, pervasive sadness, psychological disorders, physical ailments, and a higher rate of early deaths (Hook et al., 2003).

The inhibition to initiate and retain close relationships happens due to fear of intimacy which can be explained as the lack of capability to communicate one's ideas, emotions, and sentiments to a close relative (Thelen et al., 2000). This phenomenon occurs because opening up and expressing emotions of an extremely personal nature make an individual susceptible to emotional hurt. Fear of intimacy comprises of three components namely, (i) content, which includes ideas of personal nature that require sharing, (ii) emotional valence, which is the value associated with the information being shared, and (iii) vulnerability, or the risk of being hurt (Descutner & Thelen, 1991; Sherman & Thelen, 1996).

The feeling of prior rejection and neglect have also been found to be associated with an inability to form and maintain new and intimate relations, as the individuals lack confidence and develop psychological maladjustment issues (Wu, et al., 2020) that hamper the formation of newer healthy relationships (Dominguez-Pereira, et al., 2019).

Theoretical Perspective on Fear of Forming Intimate Relationships

The notion of fear in forming intimate relationships has been explained as the anxiety in initiating and maintaining acquaintances. It is highly valued with having a prior sentimental link and is considered irreplaceable, as discussed in the interpersonal acceptance-rejection theory (Rohner, 2005). This phenomenon occurs because of the distress of being neglected and left stranded emotionally which prevents individuals from formulating and upholding emotionally expressive relations.

The occurrence of inhibition in the formation of new bonds is comprehensible because of a theory-based explanation available that addresses how feelings of rejection from someone close can damage psychological well-being and the nature of relationships for the rest of the life of an individual. Rejected and neglected children tend to grow up with wrong perceptions and images of themselves, of close relations, and generally the entire world (Rohner & Lansford, 2017). They also tend to view the relationships in light of their wrong perceptions and formulate distorted explanations for events occurring around them because of these mental images (Dodge et al., 2003). Therefore, individuals who have suffered traumatic neglect in the early years of their lives often misconstrue and create an impression of their intimate relationships as unreliable, undependable, insecure, erratic, and emotionally disturbing (Dominguez-Pereira, et al., 2019).

The preceding researches are consistent with adult attachment theory-related findings on attachment transference (Holmes, 2017). It is a course that leads to images formed in the mind about the close relationships in the life of a person come to the surface again later in life and effect future relationships in the form of fear in forming close bondings (Andersen & Cole, 1990; Dominguez-Pereira, et al., 2019).

Factors affecting Fear of Intimacy

Gender. Research shows that both genders differ in the feelings of being scared of forming and maintaining new and close relationships (Dominguez-Pereira, et al., 2019). Similarly, in another research males reported higher FIS scores than females (Hamby, 2014), however, very few researches are available addressing the gender differences on fear of intimacy. The concept has more often been studied concerning intimate partners and sexual violence (Anderson, 2005; Hamby, 2014).

2.4 Psychological Adjustment

Adjustment instigates in biology-related terminology that is “adaptation”. It has been used strictly to address strains by situational pressures on the individual. However, this terminology has also been explained as the changing circumstances about social connections formed in a community. It refers to a response as a result of stresses or burdens from societal setting levied on a person as pressures (Brown, Berrien, & Russell, 1966, p. 52; as cited in Mahmood & Iqbal, 2015). The pressure to which the individual has to respond may be exterior or interior depending upon the nature of the stressors. The individual who is psychologically adjusted is also termed as healthy or normal but the actual concept of mental health as presented by Meninger explains that the adjustment human beings make to the world and each other are actually for effectiveness and happiness rather than mere efficiency to obey rules or

overcome life stressors. It is an ability to maintain an even temper, alert intelligence, socially considerate behaviour, and a happy disposition (Mahmood & Iqbal, 2015).

In Freud's view, the quality of adult adjustment depends upon how instinct-gratification is managed at the psychosexual stages- how satisfying the feeding experience is, how harsh the toilet training, and so forth. Good adjustment assesses whether there is a reasonable balance, in childhood, between gratification and inhibition of the impulses. Later more importance was given to the social aspect of adjustment, how individual interacts with other human being particularly parents and caregivers in childhood. This is particularly highlighted in the psychosocial developmental stages by Erikson elaborating adjusted and healthy individual as a consequence of the resolution of crisis involving the individual's relationships. Maslow also highlighted the development of a healthy and adjusted personality as a result of fulfilled needs at the initial levels before higher needs arise (Calhoun & Acocella, 1990).

Numerous character strengths also account for an enhancement in the psychological adjustment of a young adult by mitigating and overcoming the negative implications of parental neglect in the early years of childhood as is revealed by numerous researches (Algoe et al., 2008; Bodenmann, 2005; Gladstein, 1983; Tsang, 2006). Therefore, it is important to understand the impact of some of these character strengths such as empathy, gratitude, and dyadic coping among young adults.

Empathy. Empathy is the capability to comprehend the feeling of others around a particular person. Empathy has been described in multiple ways which differ from each other. According to a few researchers' empathy is a personal attribute and it reflects a unique skill-set. Therefore, taking this perspective into account, empathy can be explained as a characteristic related to gaining awareness about the other

person's internal and personal experience (Watson, 2001). It also involves sensing, noticing, perceiving, comprehending, and understanding the sentiments of the other person (Elliott, Bohart, Watson, & Greenberg, 2011; Watson, 2001). The terminology of disposition has been used to explain empathy as an innate tendency or a natural response to the feelings and emotions of others. The followers of the psychodynamic perspective have particularly propagated this approach that empathy is a steady characteristic. Whereas, others have explained the nature of empathy to be a situational mental and emotional response system. According to these theorists, empathy is the vicarious response to an environmental trigger or a particular person and perceiving or interpreting the other person's experience as uniquely personal (Elliott, et al., 2011).

Empathy has been explained by most researchers as an emotional experience that is about understanding the experiences of others. Some researchers, on the other hand, explain empathy as a mental concept related to the comprehension of the other person's experience at the mental level. There are still others who believe that empathy comprises both cognitive and affective components that can be utilized based upon the circumstances (Ashraf, 2004). To diminish the misperception in comprehending the existing work, Gladstein (1983) mentioned cognitive empathy as "intellectually taking the role or perspective of another person" (p. 468) and affective empathy to indicate "responding with the same emotion to another person's emotion" (p. 468).

Empathy has numerous beneficial outcomes because human beings can feel the emotions of others and, therefore, leads to an improvement in social interactions. It helps in enhancing group coherence and engagement by an enhanced understanding of what the other person desires or needs (Eisenberg, Zhou, & Koller, 2001). Empathy

tends to contribute to important health-related objectives such as adjustment, prosocial behavior, emotional and social intelligence, and better conflict resolving abilities. It significantly contributes to the development and maintenance of vigorous and strong associations. This behavior tends to emerge in the very early years of the life of a person.

Theoretical approaches of empathy. The concept of empathy emerged and gained immensely in the early years of the twentieth century. Initially, empathy was known by different terminology and used to describe various situations. As a consequence, various theories emerged to highlight the underlying conceptual framework of empathy which are as following:

According to the followers of the psychodynamic perspective, empathy emerges due to the emotional bonding in the initial years of life between a mother and her newborn child (Ashraf, 2004). The interpersonal theory provides a sound explanation of empathy as a mutual relationship of bonding and association between the mother and child. Similarly, the object relations theory also signifies that empathy emerges during the early years of life due to an infant's association with the mother. Another approach within this perspective is that the empathy is acquired by the child in the form of a mirroring technique, whereby, the feelings and responses of the mother are assimilated by the child (Ashraf, 2004).

On the other hand, behaviorists argue that basic principles of learning are applied to comprehend the emergence of empathy. Empathy might become a part of the self in the form of an acquired cognitive component. The hints and cues received from the environment influence the corresponding outcomes due to an association that is formed between them. The concepts of empathy are also acquired through conditioned responses (as cited in Ashraf, 2004).

Another perspective that explains the formation and emergence of empathy in individuals is the humanistic perspective (Ashraf, 2004; Rogers, 1975). The concept of empathy during therapy has been highlighted by the followers of this perspective. The concept of empathy becomes an essential requirement to understand the world of the client and make the client aware of his response systems. The empathetic environment encourages emotionally viable settings that assist the client in comprehending his or her internal experiences (Ashraf, 2004).

The most elaborative idea of empathy states that it has a biological basis to it as well as a mimicry of the reactions and response set of another person. It is understood as the underlying concept that results in matching the feelings to another person's situation or circumstances. According to him, once the feeling or emotional responses of empathy emerge, they are processed at the mental level as the mental faculties of the child develop and gain maturity over the years. As the child grows, he/she tends to shift from ego-centric to global empathy because the child comprehends that others are separate from him/her. The child must now express empathy towards others (Ashraf, 2004).

Dyadic Coping. Dyadic coping involves the reciprocal relational component that is a part of the relational context and helps the individual in reducing stress faced due to support by the partner. Only recently researchers have started addressing how stress impact individuals in a relationship mutually rather than as separate individuals (Bodenmann, Falconier, & Randall, 2019). This stress can be due to a stressor that directly impacts both partners or due to a stressor faced by only one of the partners and indirectly influencing the other as a spillover. In short, stress and coping with stress in couples is no longer viewed as an individual phenomenon but as a dyadic affair (Bodenmann, 2005).

Theoretical approaches of dyadic coping. Researches based upon the idea of distress and discomfort frequently make use of the model of stress and coping (Lazarus & Folkman, 1984). This model signifies the most commonly documented and practical stress model in concept and investigation. The method of understanding mental strain has been the foundation for numerous academic as well as model-based explanations of dyadic coping that have come forth in recent years (Bodenmann, 2005).

Included in these approaches are two very distinct explanations that can be differentiated. These approaches emphasize the distinct managing methods of the companions plus the coping methodologies that are matching or distinct between both companions. According to recent researches, it has been revealed that the level of agreement between the approaches followed by both partners or inconsistency of their approaches is linked with the extent of matrimonial fulfillment as well as individual well-being.

The researchers believe that one companion's coping strategies tend to impact and influence the coping strategies of the other partner. It is, however, still understood that coping is a very personal experience and mechanism and, therefore, it is quantified for each member of the couple distinctly. Total calculations resultantly measure the scores obtained by each member by addition or by determining a congruency or incongruency in the scores obtained (Pakenham, 1998). Another perspective on coping views it as a purely mutual experience. In this case, coping is explained as the reception of signs of stress from one partner to the other and evaluation of their responses to determine overall coping (Bodenmann, 2005). These perspectives explain dyadic coping as a process in which both partners are involved.

Gratitude. The concept of gratitude has been addressed as an emotional experience that tends to be associated with an appreciation of the altruistic and helping actions of others (McCullough, Kilpatrick, Emmons, & Larson, 2001). It has been revealed that gratitude has numerous communal consequences which include healthy and fulfilling relationships. The relationship of gratitude with the apparent eminence of associations has been measured and quantified using both self-report and peer-report methods (Algoe, Haidt, & Gable, 2008; Emmons & McCullough, 2003; Wood, et al., 2008). This variable has also been revealed to be associated with an inclination to forgo and nonappearance of abnormal and pathological tendencies (DeShea, 2003; Maltby et al., 2008). It is, therefore, associated with psychological well-being and results in a fully functional individual (Maltby, Day, & Barber, 2004). Gratitude results in supporting the formation of healthy associations and helps in their conservation over an extended period and nature of association and fulfillment (Algoe et al., 2008; Algoe, Gable, & Maisel, in press). Other researches of similar nature have revealed that gratitude results in resolving skirmishes and enhances mutual cooperative actions (Tsang, 2006).

Factors affecting empathy, gratitude, and dyadic coping. Following factors influence and result in individual differences in empathy:

Age. Empathy is acquired during the very early years of life in the form of sound and intimate relationships between the mother and child. A complex relationship lacking this form of warmth and love tends to develop issues of mental health and consequently a lack of empathy in the child (Ashraf, 2004). On the other hand, dyadic coping is better in old age couples as compared to younger couples which indicate that this factor tends to increase with age (Acquati & Kayser, 2019). However, in the case of gratitude age effects are likely to occur in subjective age in

terms of future perspective (people's perceptions of their remaining opportunities and time) rather than chronological age (Allemand & Hill, 2016).

2.5 Psychological Mal-adjustment

Psychological maladjustment refers to the incapability to meet and fulfill the demands imposed by the environment on a person. The environment pushes the person to perform certain tasks to meet its demands and strains to be fully functional. Impairment in achieving this results in mental and physical health issues and a deficit in social, emotional, and physiological domains of life collectively referred to as maladjustment (Busse & Yim, 2013). The term maladjustment has been used with maladaptiveness interchangeably in different situations but psychological maladjustment is particularly relevant to an impairment in the domain of interpersonal relations which results in the adaptability and sustainability of an individual in society (Busse & Yim, 2013).

Mal-adjustment has also been explained as a limitation in response and emotional reactions. The regulation and control of emotions are also severely hampered for these individuals (Gross, 2013; Kuppens, Allen, & Sheeber, 2010). The indications of psychological maladjustment include low self-confidence that is of prime importance for mental health and functionality (Kernis, 2013; Kuppens et al., 2010), and pervasive sadness over longer periods of life (Kessler, Wang, Gotlib, & Hammen, 2009). This also includes signs of decreased mental health and emotional soundness (Heimpel, Wood, Marschall, & Brown, 2002; Hemenover, 2003; Kuppens et al., 2010).

Components of Psychological Mal-adjustment

The theory of acceptance and rejection from caregivers explains that persons who believe that they have been neglected by their caregivers or by other close ones develop certain deficits and mental health issues such as (1) anger, hostility, aggression; (2) dependence or defensive independence; (3) negative self-esteem; (4) negative self-adequacy; (5) emotional instability; (6) emotional unresponsiveness; and (7) negative worldview (Khaleque, 2015; Rohner, 2004). According to this theory, these tendencies and issues have been grouped and explained as psychological maladjustment (Khaleque, 2015).

Anger, Hostility, Aggression, Emotional Instability, and Emotional Unresponsiveness. Individuals who are neglected by their caregivers as children tend to develop mental health complications and emotional regulation issues that cause damage to the person and others around him or her. These feelings also leave a traumatic and painful mark upon the mind of the person (Rohner et al., 2012). The persons experiencing such problems cannot accept or maintain affectionate contact with others (Rohner et al., 2012).

Defensive Independence. It is different from healthy and normal individuation from parents because it involves a lesser number of efforts for favorable outcomes. However, these individuals keep requiring healthy love and support and they also lack the true ability to understand if this regard is obtained (Rohner et al., 2012). This happens because of an underlying annoyance and suspicion (Rohner et al., 2012).

Negative Self-esteem and Negative Self-adequacy. Neglected individuals tend to develop a feeling of negative self-esteem and negative self-adequacy because

they tend to develop a negative view of themselves as a mirror reflection image of how they thought their caregivers viewed them (Rohner et al., 2012). This feeling of unworthiness hampers their ability to achieve in life and gain or maintain sound social interactions (Rohner et al., 2012).

Negative Worldview. The rejected individuals view the world as a hostile place to live in. They believe that human nature comprises of a natural tendency to be dishonest, unreliable, undependable, compassionate, and hazardous (Rohner et al., 2012). In short, a negative worldview is characterized by beliefs that people and the world, in general, are unfriendly, hostile, or dangerous (Khaleque, 2015; Rohner, 2004).

Theoretical Concept of Psychological Mal-adjustment

Psychological adjustment in parental acceptance-rejection theory is explained as the tendency to develop anger, aggression, threatening, and hostile response system as a being rejected by the caregivers in the early years of life that is reflected in behaviors and relations of that individual in later years. This person views himself, his relations, and the whole world as negative and dangerous as a consequence of his early interactions. These response systems are aggravated by the nature and intensity of neglect experienced, perceived, or felt in childhood (Rohner, 2004).

PARTheory elaborates those children who have experienced these feelings of neglect by caregivers have a natural inclination to develop a group of undesirable personality characteristics (Khaleque, 2015; Rohner, 1999). These individuals develop a form of anxiety and insecurity that is reflected in their relationships later in life because they cannot grow up as fully functional individuals (Rohner, 2004). These

adverse impacts are visible throughout the lives of these individuals (Khaleque & Rohner, 2002a; 2011a, b).

Factors Affecting Psychological Mal-adjustment

Gender. The gender of an individual is a non-significant contributor to psychological maladjustment (Rohner, 2008). Similar results have been revealed in other researches, along with the sub-domains of psychological maladjustment. The only significant differences have been found in the case of the approaches of parents in managing their children in the early years of life that tend to result in psychological maladjustment in later years of life (Hussain, 2012).

Culture. The results of various researches reveal that the correlates of psychological maladjustment are similar across cultures such as the impact of acceptance or rejection from caregivers in the very early years of the life of a person (Ali et al., 2015).

2.6 Association among Remembrance of Parental Rejection in Childhood, Loneliness, Fear of Intimacy, Psychological Adjustment and Maladjustment

Numerous researches evaluate the nature as well as consequences of neglect from significant figures in childhood and later consequences as adults. Meta-analysis of over 4,300 quantitative psychological researches provides evidence in agreement with the interpersonal theory of acceptance and rejection that explains that the perception or notion of being ignored as a child or being neglected in an intimate relationship as adult results in multiple psychological, emotional, physiological, and outwardly focused or inwardly focused behavioral problems culminating in isolation from social settings, numerous forms of disorders such as personality-related problems, risk-taking and sensation-seeking behaviors, suicidal ideation and other

related issues (Ahmed et al., 2015; Gomez & Rohner, 2011; Khaleque & Rohner, 2002; Martorell & Carrasco, 2014; Rohner & Khaleque, 2005a; Rohner, 2015; Senese et al, 2016).

On the other hand, researches conducted on the approval and regard from close relations in adulthood have revealed the link with numerous mental, physical, social, behavioural, emotive, and related beneficial outcomes, comprising of helping behaviors, enhanced feelings of fulfillment in life, resilience, enhanced academic performance, emotional safety, and social regard (Ahmed et al., 2015; Carroll et al., 2013; Rohner & Khaleque, 2005a; Rohner, 2015). The remembrance of regard and love from close relations in early years has been revealed to act as a cushion later in life against numerous ailments of physical nature accounted by biological indicators that tend to develop over years in neglected individuals due to poor state of their mental health (Carroll et al., 2013). These researches signify the importance of regard and acceptance from caregivers in the early years of life and the consequent issues that can arise due to lack of this feeling of warmth (Rohner, 2019).

The neglect and disregard for the child from caregivers result in issues related to mental health along with maladjustment that results in the children leading to more problems for them in later years of their lives (Rohner, 2019). The consequent maladjustment has been revealed to be associated with numerous personality-related issues in the form of a group of predispositions namely, nervousness, uncertainty, anger, hostility, passive-aggression, reduced sureness, lessened confidence in one's abilities, insensitivity, emotive unpredictability, undesirable view of the world, as well as apologetic liberation. This is contingent upon the procedure, incidence, period, and strength of rejection (Rohner, 2019).

The dispositions consequently result in a fear of forming new relationships, aggravated sensitivity to neglect and ignorance, despair, suicide efforts and suicide ideation, drug abuse, problems of behavior directed towards one's self or others, and antisocial tendencies (Rohner, 2019). Researches also reveal that the nature of relations encountered in the very early years of life make the individuals formulate opinions of themselves as either deserving love or not, and mental representations of others around them as reliable and caring or not (Kilmann, Carranza, & Vendemia, 2006; Overbeek et.al., 2004; Sable, 2007). These neglect-based relationships between the child and the parents can have important consequences and influence the way intimate relations should be comprehended and understood because these experiences form an imprint on the child's mental faculties and are remanent in future relationships (Willinger et al., 2005). Ferrante (2005) revealed in his research that a negative association exists between the quality of mothering and problems with forming close relationships.

Researches, therefore, highlight and confirm that a person who perceives that he/she has been ignored and neglected as a child tends to develop issues regarding loneliness and initiating new relationships later in life in comparison to the persons who were regarded, respected, and loved during early years of their lives (Rohner, 2019; Senese et al, 2016). Research has shown that by later years this feeling is associated with an increasingly serious array of self-destructive and antisocial behaviors, including academic difficulties, truancy, dropping out of high school, violence and aggression, adolescent delinquency, and substance abuse (McDougall, Hymel, Vaillancourt, & Mercer, 2001). Further, findings with adults reveal that rejection and exclusion are associated with cognitive disorientation, emotional distress, and depression (Baumeister, Twenge, & Nuss, 2002; Williams, Cheung, &

Choi, 2000); as well as self-defeating behaviors, such as risk-taking, unhealthy behaviors, and procrastination (Twenge, Catanese, & Baumeister, 2002).

Researches of similar nature have also led to the results that psychological maladjustment tends to mediate the association of remembering perception of neglect from caregivers in yearly years and the resultant loneliness and fear of intimacy among adults (Khaleque 2013a; Khaleque, 2015; Khaleque & Rohner, 2002; Rohner et al., 2019). Some researchers included a sample of college students for this model, however, most of the researches were conducted upon adults across five different countries with no significant difference in numerous regions of the globe (Khaleque & Rohner, 2002; Rohner et al., 2019).

In other cross-cultural researches, the gender differences in the remembrance of perceived neglect from caregivers were also analyzed in the early years of life (Khaleque & Rohner, 2002; Rohner & Khaleque, 2010). The basic notion behind these researches was also to evaluate the differences and consequences of neglect from parents and particularly the actual perception of either being accepted or rejected by them and how this perception affects the remaining lives of the individuals under study. The results revealed similar trends of correlation among the variables for both genders across all nations under study globally (Khaleque & Rohner, 2002).

Longitudinal studies also show that for those in mid and later life, the quality of social engagement is protective against loneliness, while for young adults it is the quantity of social engagement. This indicates that different factors may endow vulnerability (or protect) against loneliness or formation of intimate relationships at different stages of life and suggests that preventative strategies or interventions that reflect these variations need to be developed (Victor & Yang, 2012). Other longitudinal studies of similar nature reveal that rejection is associated with a range of

negative effects immediately, as well as in both the short term and the long term (see reviews by Bierman, 2004; Nesdale, 2008; Rubin, Bukowski, & Parker, 1998; Williams, 2001).

However, a complementing process involves the utilization of positive mental resources such as gratitude, coping, and empathy as a form of psychological adjustment and resultantly mitigating for at least minimizing the impacts of neglect from caregivers in childhood resulting in loneliness and fear of forming new relationships. Dyadic coping involves understanding and comprehending the levels of strain and anxiety felt by the companion in the relationship (Bodenmann, 2005). This form of managing involves considering the amount of strain felt by the spouse determined through received indications. Gratitude also helps to strengthen relationships by being grateful, feeling connected, resolving conflict, and feeling satisfied (Algoe et al., 2008; Tsang, 2006). Empathy involves taking the perspective of another (Gladstein, 1983) and resultantly also enhances the capability for adjustment.

2.7 Review of Literature on Research Variables in Pakistan

Parental acceptance-rejection has also been studied in Pakistan several times and consequences of wrong parenting and perceived rejection by parents have been studied such as personality dispositions among low and high achieving girls (Imam, 2004), development of criminals and juvenile delinquents (Bano & Deeba, 2000; Rafail & Haque, 1999; Khaleque, 2002), psychological health and development of self-concept in children (Jahnagir & Tahir, 1999; Riaz, 1991), mental health problems and interpersonal difficulties in college students (Saleem, Asghar, Subhan, & Mahmood, 2019), social competence in girls (Shujja et al., 2017), psychological maladjustment (Shujja et al., 2017), depression (Khaleque, 2002; Sultana & Kamal

Uddin, 2019), internet addiction among young adults (Sultana & Kamal Uddin, 2019), and substance abuse (Khaleque, 2002). Psychological maladjustment has been studied in Pakistan mostly concerning attention and neglect from parents in many pieces of research (Hussain & Munaf, 2012; Khaleque, 2015; Munaf, 2015; Naz & Kausar, 2013; Rohner et al., 2019; Shujja et al., 2017).

Loneliness has also been studied in Pakistan concerning Facebook addiction (Saleem, Irshad, Zafar, & Tahir, 2016), impacts of social support and adjustment problems (Shafiq & Bano, 2020), leisure time sedentary behavior (Vancampfort, 2019), interpersonal problems (Liaqat & Bashir, 2019), psychological mal-adjustment (Rohner et al., 2019), and remembrance of parental attention and ignorance in childhood (Rohner et al., 2019) among others. Fear of intimacy has also been studied in an indigenous context with remembered childhood parental acceptance-rejection (Butt, Malik, & Faran, 2016; Khaleque, Hussain, Gul, & Zahra, 2018), psychological adjustment (Khaleque & Rohner, 2002).

CHAPTER 3

METHODOLOGY

3.1 Introduction

The present research was designed to explore the association of remembrance of being neglected by caregivers at a young age from both father and mother, loneliness, and fear of forming close relations among young adults. Another aim of this research was to explore the mediation effects of psychological mal-adjustment on the association of these variables. Evaluating moderation of the effect of remembrance of being neglected by caregivers at a young age from both father and mother on loneliness and fear of forming close relations among young adults was another aim of this research. Along with all of these objectives, the effect of demographics and their interactions such as gender, marital relationship, and dating relationship on the research variables was also explored.

3.2 Research Design

This research was conducted in two phases, pilot study, and main study. The Urdu translations of Adult Parental Acceptance-Rejection Questionnaire (PARQ): Mother and Father (Rohner, 2005b) by Malik & Musaffa in 2012, Adult Personality Assessment Questionnaire-Adult Version (PAQ) short form (Rohner & Khaleque, 2005) by Munaf, Hussain, & Kamrani in 2012, Interpersonal Acceptance-Rejection Loneliness Scale (IPARLS; Rohner & Molaver, 2015) in Urdu provided by the original author, Fear of Intimacy Scale (FIS; Descutner & Thelen, 1991), Psychological Adjustment Scale (Sabir, 1999), Dyadic Coping Inventory (DCI; Bodenmann, 2008) by Hilpert et al. in 2016, Gratitude Questionnaire (GQ-6;

McCullough, Emmon, & Tsang, 2002), and Empathy Scale (Caruso & Mayer, 1998) were used for this research. However, three of the above-mentioned scales were developed and standardized in the English language, therefore, in an initial phase a simple review from the sample and experts was used to check the language comprehension and cultural appropriateness of the Fear of Intimacy Scale (FIS; Descutner & Thelen, 1991), Gratitude Questionnaire (GQ-6; McCullough, Emmon, & Tsang, 2002), and Empathy Scale (Caruso & Mayer, 1998) for the indigenous sample. The three scales were then translated in light of these reviews. In the next stage, the pilot study was conducted using all scales from authors as well as the translated scales for this research. After the pilot study, the main study was conducted to accomplish the objectives of this research.

3.3 Research Instruments

A demographic sheet was provided to each participant along with the Urdu translations for Adult Parental Acceptance-Rejection Questionnaire (PARQ): Mother and Father (Rohner, 2005b) by Malik & Musaffa in 2012, Urdu translation of Adult Personality Assessment Questionnaire-Adult Version (PAQ) short form (Rohner & Khaleque, 2005) by Munaf, Hussain, & Kamrani in 2012, Urdu translation Interpersonal Acceptance-Rejection Loneliness Scale (IPARLS; Rohner & Molaver, 2015) provided by the original author, and Dyadic Coping Inventory (DCI; Bodenmann, 2008) by Hilpert et al. in 2016, along with Fear of Intimacy Scale (FIS; Descutner & Thelen, 1991), Gratitude Questionnaire (GQ-6; McCullough, Emmon, & Tsang, 2002), and Empathy Scale (Caruso & Mayer, 1998) translated in Urdu for this research after determining their appropriateness for the ingenious sample.

Adult Parental Acceptance-Rejection Questionnaire (PARQ): Mother and Father. The separate self-report scales for measuring the remembrance of being

neglected by caregivers at a young age from father and mother were used in this research (Rohner, 2005b). Both of these scales are comprised of twenty-four items in their short forms. The original scales had been developed in English; however, the author was requested to provide Urdu translations of the scales along with permission for use of scales. The Urdu translations performed by Malik & Musaffa in 2012 were used for this research. Both the scales are 4-point Likert type scales, having 1 (almost never true), 2 (rarely true), 3 (sometimes true), and 4 (almost always true). Both measures contain four totaled scales: (a) a 6-item Hostility/Aggression scale (e.g., “My mother [father] nagged or scolded me when I was bad”), (b) a 4-item Undifferentiated Rejection scale (e.g., “My mother [father] did not really love me”), (c) a 6-item Indifference/Neglect scale (e.g., “My mother [father] paid no attention to me”) and (d) an 8-item Warmth/Affection scale (e.g., “My mother [father] said nice things about me). The last scale was reverse-scored to indicate Coldness/Lack of Affection, whereas, higher scores on all scales indicate a higher extent of rejection perceived from caregivers as children among young adults. The extensive usage of these scales in literature reveals that the scales are reliable and valid (Khaleque & Rohner, 2002; Rohner, 2005b; Rohner & Ali, 2016a). Internal consistency for individual scales ranged from .58 to .73 for mothers and .65 to .83 for fathers valid (Khaleque & Rohner, 2002; Rohner, 2005b; Rohner & Ali, 2016a).

Adult Personality Assessment Questionnaire (PAQ). A short form of the Adult PAQ self-report measure was used in this research to assess the psychological maladjustment among the sample (Rohner & Khaleque, 2005). This scale has been translated into Urdu by Munaf, Hussain, & Kamrani in 2012. This translation was provided by the original author when permission was sought for the use of scale. The measure consists of forty-two items divided into seven six-item summed scales: (a)

hostility/aggression (e.g., “I think about fighting or being unkind”), (b) dependence (e.g., “I like my friends to feel sorry for me when I feel ill”), (c) negative self-esteem (e.g., “I like myself”—reversed), (d) negative self-adequacy (e.g., “I feel I can do the things I want as well as most people”—reversed), (e) emotional unresponsiveness (e.g., “I have difficulty showing people how I really feel”), (f) emotional instability (e.g., “I get upset when things go wrong”) and (g) negative worldview (e.g., “I see life as full of dangers”). The scale comprises of a 4-point Likert scale: 1 (almost never true), 2 (rarely true), 3 (sometimes true), and 4 (almost always true). Higher scores on all scales indicate a higher extent of psychological maladjustment. The scale is reliable and valid in literature, with an internal consistency ranging from .51 to .77 (Khaleque & Rohner, 2002; Rohner & Ali, 2016b; Rohner & Khaleque, 2005).

Interpersonal Acceptance-Rejection Loneliness Scale (IPARLS). This scale is a self-report measure of loneliness and was used in Urdu for which the translation was provided by the original author of the scale (Rohner & Molaver, 2015; Rohner et al., 2019). The scale comprises fifteen items having 5-point Likert scale items (e.g., “I feel unhappy because I am left out”, “I wish I had more friends”). The scoring ranges from (1) almost never true through (5) almost always true. A total score is computed as the sum of all the items and higher scores represent more loneliness. Coefficient alpha in the early validation study of the measure (Molaver, 2016) produced a score of .96, and alphas in the five-nation study ranged from .86 to .96 (Rohner et al., 2019).

Fear of Intimacy Scale (FIS). FIS is a valid and reliable measure of individuals' anxiety about close dating relationships (Descutner & Thelen, 1991). Urdu translation of this scale has been performed for this research. Item-total analyses of this scale yielded a thirty-five-item scale with high internal consistency and test-retest reliability. It is a 5-point Likert scale having options from 1(not at all

characteristic of me) to 5 (extremely characteristic of me). 15 items are reverse coded within the total scale. The range of scores is 35-175. Internal consistency of the scale was demonstrated to be high having a score of .93 (Descutner & Thelen, 1991).

Psychological Adjustment Scale (PAS). The Psychological Adjustment Scale (PAS; Sabir, 1999) comprises 27 items. It has been developed in the Urdu language by the original author in the National Institute of Psychology, Quaid-i-Azam University, Islamabad. It has the following five sub-scales namely: (a) Accurate perception of reality (4 items), (b) Ability to cope with stress and anxiety (6 items), (c) Positive self-image (7 items), (d) Ability to express full range of emotions (6 items), and (e) Good interpersonal relationships (4 items). It comprises a 5-point Likert scale (1 = Strongly disagree to 5 = Strongly agree). Out of the total 12 items are reverse coded. The range for the entire scale is 27 to 135. The reliability of the scale is .82 (Sabir, 1999). A higher score on each sub-scale and a total high score indicate more psychological adjustment.

Dyadic Coping Inventory (DCI). Dyadic Coping Inventory (DCI; Bodenmann, 2008) comprises thirty-seven items. It has been translated into Urdu by Hilpert et al. in 2016 and the translation was provided by the author of this scale upon requesting permission. It has the following sub-scales: (a) Stress communicated by self, (b) Supportive dyadic coping, (c) Delegated dyadic coping, (d) Negative dyadic coping, (e) Stress communication of partner (f) Supportive dyadic coping of partner, (g) Delegated dyadic coping by partner, (h) Negative dyadic coping by partner, (i) Common dyadic coping, and (j) Evaluation of dyadic coping. It is a 5-point Likert-scale (1 = very rarely to 5 = very often). Out of the total 8 items are reverse coded. The range for the entire scale is 37 to 185. The reliability of the sub-scales lies within

the range .71 to .92. A higher score on each sub-scale and a total high score indicate effective dyadic coping.

Gratitude Questionnaire (GQ-6). The Gratitude Questionnaire (GQ-6; McCullough, Emmon, & Tsang, 2002) comprises a total of 6 items out of which items 3 and 6 are reverse coded. The scale has been translated into Urdu for this research. The score is 6-42. It is a 7-point Likert-scale (1 = strongly disagree to 7 = strongly agree). The reliability of the scale lies within the range of .76 to .84 (McCullough, Emmon, & Tsang, 2002). A higher score on the scale indicates greater gratitude.

Empathy Scale. The Empathy Scale (Caruso & Mayer, 1998) comprises a total of thirty items translated in Urdu for this research. Out of which 6 are reverse-scored items. It is a 5-point Likert scale (1 = strongly disagree to 5 = strongly agree). Addition of the following items for each scale is performed, and divided by the number of items in order to generate scores for separate sub-scales: Suffering (3, 5, 6, 8, 12, 18, 24, 28); Positive Sharing (14, 22, 23, 29, 30); Responsive Crying (1, 20, 25); Emotional Attention (4, 9, 13, 27); Feel for Others (10, 15, 16, 21); Emotional Contagion (11, 17). Taking the mean of these sub-scales generates a General Empathy score. The alpha reliability for the total 30-item scale scores was found to be .88 (Caruso & Mayer, 1998).

3.4 Verification of Tools

Translations of Scales

Objective. In the first phase of this research, a brief study was initiated to assess the feasibility of scales to be used in the main study of this research.

Procedure. To evaluate the cultural suitability and ease of understanding for Fear of Intimacy Scale (FIS; Descutner & Thelen, 1991), Gratitude Questionnaire

(GQ-6; McCullough, Emmon, & Tsang, 2002), and Empathy Scale (Caruso & Mayer, 1998) among indigenous group of young adults.

Translation of the Fear of Intimacy Scale (FIS), Gratitude Questionnaire (GQ-6), and Empathy Scale. The Fear of Intimacy Scale (FIS), Gratitude Questionnaire (GQ-6), and Empathy Scale have been developed and standardized in the western culture, therefore, it was difficult for the local sample of young adults to easily understand and comprehend these scales. To minimize response biases, it was necessary to translate all three scales into the Urdu language. This objective was fulfilled using the committee approach and stage-by-stage process using the principles by Brislin (1970).

Stage I: Forward Translation of Scales in Urdu by Experts. In the first step, all three scales were provided to three bilingual experts with expertise in Urdu and English languages holding a minimum of M. Phil degree in their respective fields of study. They were requested to provide translations of each scale. The experts assisted in providing appropriate translations that were error-free, grammatically sound, and culturally appropriate.

Stage II: Selection of Appropriate Translations by Committee Approach. The three translations provided by experts were scrutinized and reviewed by four committee members from the field of psychology who were aware of the true meanings communicated by statements concerning the study. Their mutual consent was considered for each translation. Best translations were selected out of the three available alternatives.

Stage III: Backward Translation of Scales in English by Experts. The accepted Urdu translations of all three scales were provided to another group of

experts for backward translations into the English language. This stage was utilized to evaluate the correctness of Urdu translations.

Stage IV: Committee Approach after Backward Translation. The panel was once again approached and the backward translations in the English language were compared with the original scales provided by the authors. The comparison was necessary to check the soundness of the meanings derived by people for the Urdu translations. The specialists were requested to inspect and determine the finest back-translated items with the original scale's items to authenticate the situation and meaning-related similarity of both (original English, See *Appendix A to C*) versions. All the Urdu translations (See *Appendix D to F*) were, therefore, found suitable for use with the ingenious sample in the pilot study.

Phase I: Pilot Study

After completing the translations of scales, all of the scales to be used in this research were administered on a smaller representative group to evaluate the appropriateness of scales for the local population as well as the trends in the relationship among variables.

Sample. The sample for the pilot study encompassing Phase I of this research comprised of young adults ($N = 70$) within the age range 19-40 ($M = 26.5$; $SD = 5.8$) years from Islamabad and Rawalpindi. The participants male ($n = 36$) and female ($n = 34$) took part in the pilot study who were either married ($n = 29$), in a relationship/engaged/committed ($n = 24$) or single ($n = 17$). These participants were informed about the purpose of the study and agreement was obtained from them.

Procedure. In the pilot study, only an online survey method was used for data collection due to the lockdown imposed by the Government of Pakistan to prevent the spread of the COVID-19 virus. The online survey comprised of a consent form included a consent form with a review of the significance of the study, its purpose, assurance of confidentiality, a guarantee of privacy, and a provision of counseling to be offered in the institution in case of any resentment or emotional trauma experienced by the participants. A demographic sheet and all the scales that were to be used in the main study of this research were also included. It took around 25 minutes to complete the survey.

Results. Firstly, descriptive statistics and reliability analysis were carried out to assess if measures that we intended to use in the main study of this research were reliable. After that, a correlation analysis was performed to assess the direction of the relationship amongst the variables under investigation. The results of these analyses turned out to be as follows.

Table 1
Descriptive Statistics and Alpha Reliability Coefficients of Scales (N = 70)

Scales	No. of items	α	M	SD	Range		S	K
					Actual	Potential		
PARQ-F	24	.93	38.94	11.91	26-67	24-96	1.11	0.29
WA	8	.91	13.44	5.04	8-25	8-32	0.79	-0.45
HA	6	.79	9.44	3.25	6-18	6-24	0.96	0.02
IN	6	.80	8.91	3.35	6-17	6-24	1.27	0.51
UR	4	.60	7.11	1.86	5-12	4-16	1.15	1.06
PARQ-M	24	.95	38.32	12.53	25-66	24-96	0.98	-0.14
WA	8	.91	12.61	5.55	8-28	8-32	1.26	0.97
HA	6	.77	10.10	3.88	6-21	6-24	0.93	0.02
IN	6	.90	8.74	3.50	6-17	6-24	1.29	0.52
UR	4	.61	7.31	2.12	4-13	4-16	0.98	0.33
FIS	35	.90	85.08	23.62	42-139	35-175	0.22	-0.58
IPAR-L	15	.94	40.21	16.00	15-75	15-75	0.11	-0.83
PAQ	42	.90	89.07	18.08	54-128	42-168	0.58	-0.34
H/A	6	.75	12.72	4.03	6-23	6-24	0.04	-0.78

Continued . . .

Scales	No. of items	α	M	SD	Range		S	K
					Actual	Potential		
DEP	6	.60	16.18	3.20	8-23	6-24	-0.23	-0.27
NSE	6	.77	11.12	3.79	6-22	6-24	0.49	-0.32
NSA	6	.70	10.52	3.22	6-20	6-24	0.54	-0.23
EU	6	.73	13.12	4.22	6-22	6-24	0.09	-0.89
EI	6	.73	14.88	4.17	6-24	6-24	0.04	-0.54
NWV	6	.73	10.48	3.50	6-22	6-24	0.57	0.43
PAS	27	.85	93.71	14.46	65-127	27-135	0.61	-0.41
APR	4	.50	13.88	2.67	8-20	4-20	0.27	-0.32
CSA	6	.70	20.90	4.50	11-30	6-30	0.11	-0.63
PSI	7	.88	27.47	5.64	12-35	7-35	-0.60	-0.31
AEE	6	.61	16.91	4.39	7-29	6-30	0.24	0.04
GIR	4	.60	14.54	2.99	8-20	4-20	0.01	-0.84
EMP	30	.91	3.66	0.56	2.21-4.83	1-5	-0.30	-0.14
PS	8	.89	4.33	0.72	2.8-5	1-5	-0.93	-0.47
ES	5	.92	4.29	0.68	2.63-5	1-5	-0.89	-0.20
RC	3	.76	3.27	1.15	1-5	1-5	-0.43	-0.46
EA	4	.51	3.17	0.77	1.25-5	1-5	0.06	-0.31
FO	4	.63	3.62	0.77	1.25-5	1-5	-0.69	0.24
EC	2	.60	3.29	1.04	1-5	1-5	-0.16	-0.47
GRA	6	.77	33.91	5.98	18-42	6-42	-0.66	-0.28
DCI	35	.96	132.35	29.12	48-175	35-175	-0.53	-0.21
SCO	4	.79	14.94	4.20	4-20	4-20	-0.71	0.09
SDC	5	.90	19.87	4.91	5-25	5-25	-0.76	-0.21
DDCO	2	.51	7.40	2.01	2-10	2-10	-0.21	-0.49
NDCO	4	.82	15.15	4.05	4-20	4-20	-0.43	-0.73
SCP	4	.63	15.05	3.46	7-20	4-20	-0.26	-0.65
SDCP	5	.94	19.24	5.77	5-25	5-25	-0.75	-0.39
DDCP	2	.72	7.18	2.32	2-10	2-10	-0.55	-0.55
NDCP	4	.83	14.25	4.57	4-20	4-20	-0.36	-0.82
CDC	5	.88	19.24	5.06	5-25	5-25	-0.62	-0.12
EDC	2	--	8.11	2.20	2-10	2-10	-1.06	0.62

Note. S = Skewness; K = Kurtosis; PARQ-F/M = Parental Acceptance Rejection Questionnaire-Father; WA = Warmth or Affection, HA = Hostility or Aggression; IN = Indifference or Neglect, UR = Undifferentiated Rejection; FIS = Fear of Intimacy Scale; IPAR-L = Interpersonal Acceptance Rejection Loneliness Scale; PAQ = Personality Assessment Questionnaire; H/A = Hostility/Aggression; DEP = Dependency; NSE = Negative Self Esteem; NSA = Negative Self-Adequacy; EU = Emotional Unresponsive; EI = Emotional Instability; NWV = Negative Worldview; PAS = Psychological Adjustment Scale; APR = Accurate Perception Of Reality; CSA = Ability to Cope with Stress and Anxiety; PSI = Positive Self-Image; AEE = Ability to Express Full Range of Emotions; GIR = Good Interpersonal Relationships ; EMP = Empathy Scale; ES = Suffering; PS = Positive Sharing; RC = Responsive Crying; EA = Emotional Attention; FO = Feel for Others; EC = Emotional Contagion; GRA = Gratitude Scale, DCI = Dyadic Coping Inventory; SCO = Stress Communicated by Oneself ; SDC = Supportive Dyadic Coping by Oneself; DDCD = Delegated Dyadic Coping by Oneself; NDCO = Negative Dyadic Coping by Oneself; SCP = Stress Communication of the Partner; SDCP = Supportive Dyadic Coping of the Partner; DDCP = Delegated Dyadic Coping of the Partner; NDCP = Negative Dyadic Coping by Partner; CDC = Common Dyadic Coping; EDC = Evaluation of Dyadic Coping (Not included in the total score).

Results in the Table reveal that the number of items for each scale and its corresponding sub-scales. Cronbach α -reliability values, mean, standard deviation, actual and potential range, skewness, and kurtosis values for all of the scales that were to be used in the main study of this research. The table shows that the Cronbach α -reliability values of all the scales are above the desired range of .70 (see Fields, 2013). In addition, skewness and kurtosis values in the case of these constructs also lie inside the acceptable range of values (see Gravetter & Wallnow, 2012). Therefore, it was concluded that the scales were appropriate for use with the indigenous Pakistani sample.

Another analysis was carried out to determine the relationship among variables for the sample of the pilot study. The results revealed after this analysis are as follows:

Table 2

Correlation Among Remembrance of Perceived Parental Rejection (Father/Mother) in Childhood, Fear of Intimacy, Loneliness, Psychological mal-adjustment, Psychological Adjustment, Empathy, Gratitude, and Dyadic Coping (N = 70)

	PARQ-F	PARQ-M	FIS	L	PAQ	PAS	GRA	EMP	DCI
PR-F	-	.71**	.21	.38**	.44**	-.38**	-.30*	-.27*	-.25*
PR-M		-	.38**	.16	.36**	-.34**	-.16	-.28*	-.257*
FIS			-	.24*	.58**	-.48**	-.28*	.02	-.73**
L				-	.62**	-.50**	-.27*	.21	-.29*
PQ					-	-.72**	-.56**	-.00	-.61**
PAS						-	.60**	.13	.58**
GRA							-	.38**	.53**
EMP								-	.18
DCI									-

Note. PR-F = Remembered Perceived Parental Rejection-Father; PR-M = Remembered Perceived Parental Rejection Questionnaire-Mother; FIS = Fear of Intimacy Scale; L = Loneliness Scale; PQ = Personality Questionnaire; PAS = Psychological Adjustment Scale; EMP = Empathy Scale; GRA = Gratitude Scale, DCI = Dyadic Coping Inventory.

* $p < .05$ ** $p < .01$

The results of Table 2 indicate that the correlation analysis was performed for the pilot study. It is evident from the preliminary correlation analysis, a significant positive relationship between the remembrance of being neglected by caregivers at a young age from the father and loneliness as well as psychological maladjustment among young adults. The relationship of remembrance of perception of rejection from parents in childhood-father with fear of intimacy turned out to be positive but non-significant probably due to the small sample size comprising the pilot study. The relationship for remembrance of perception of rejection from parents in childhood from father was significantly negative with psychological adjustment, gratitude, empathy, and dyadic coping.

Similarly, according to Table 2, the relation between remembrance of perception of rejection from parents in childhood from mother and intimacy-related fear as well as psychological mal-adjustment is positive among young adults. The relationship of remembrance of perception of rejection from parents in childhood from mother with loneliness turned out to be positive but non-significant owing again to the small sample size comprising the pilot study of this research. The relationship of remembrance of perception of rejection from parents in childhood from mother was revealed negative with psychological adjustment, empathy, as well as dyadic coping among young adults. The relationship with gratitude was also negative but non-significant among young adults.

Loneliness was also significantly positively linked with fear of intimacy among young adults. Psychological maladjustment was also significantly positively related to both loneliness, and fear of intimacy among young adults. The psychological adjustment has a significantly positive relation with gratitude as well as dyadic coping. There exists a positive but non-significant relationship between psychological adjustment and empathy due to the limited sample size in the pilot

study. All of these results posit that the directions of relationship revealed after correlation analysis are similar to those predicted after the literature review in this research.

Phase II: Main Study

After the successful completion of Phase I, Phase II of the research was initiated that comprised of the main study in which the relationship among the research variables was explored within the indigenous context.

3.5 Population

The population of this study comprised of young adults residing in various cities of Pakistan. Data was collected from the Islamabad, Rawalpindi, Wah, and Abbottabad regions of Pakistan. The inclusion criterion comprised of age range 19-40 years inferred from Erikson's stages of psychosocial development (Erikson, 1959; 1963; 1968).

3.6 Sampling Technique

The sample in Phase II for this research comprised of young adults ($N = 400$) using a convenient sampling technique.

Table 3

Sample Distribution for Main Study ($N = 409$)

Group	Gender		Marital Status		Dating Relationship	
	Male	Female	Married	Un-married	Yes	No
No. of participants	192	217	257	152	129	280
Percentage	46.94%	53.05%	62.83%	37.16%	31.54%	68.45%

3.7 Data Collection

The sample was approached at convenience. After this, the participants were provided a demographic sheet along with all the questionnaires for which prior permissions were sought from the authors (see Annexures). The participants were instructed on how to fill the questionnaires.

3.8 Data Analysis

The data were subjected to statistical analyses according to stated hypotheses. The analyses of data began with descriptive statistics and reliability analysis for all the measures used in the study. Pearson product moment correlation was carried out to explore the relationship between remembrance of perception of being neglected from caregivers in childhood (father/mother), loneliness, fear of intimacy, psychological adjustment, and mal-adjustment among young adults. Independent sample t-test and multivariate analysis of variance were carried in order to explore the impact of demographic variables such as gender, marital status, and dating relationship of young adults. Mediation analysis was performed using Process Macro by Andrew Hayes in SPSS to determine the impact of psychological maladjustment on the association of remembrance of perceived parental in childhood by both father and mother, loneliness, and fear of intimacy. Similarly, moderated regression analysis was also performed using SPSS to explore the impact of psychological adjustment, empathy, gratitude, and dyadic coping as moderators on the association of remembrance of being neglected by caregivers at a young age from both father and mother, loneliness, and fear of intimacy among young adults.

3.9 Research Ethics

The informed consent was taken from each participant. It was communicated to them that there are no right or wrong answers, the confidentiality of their answers will be made sure of, and the data produced from this research will be used for research purposes only.

3.10 Delimitations of the Research Study

One of the limits of this research comprises the shortage of availability of time and funds to collect data because of the lock-down from the Government of Pakistan to curtail the Covid-19 pandemic. The variables might have been influenced by the impacts of this lockdown and the Covid pandemic such as the development of new fears of forming intimate relationships or excessive loneliness due to social distancing. The impact was not catered for in this particular research. The effects of variables were also not explored in a longitudinal study such as the effects of coping over time because this research was limited to young adults only and self-report measures were used. Similarly, the impact of external factors such as a dyadic study about the attachment within the couple and consequent relationship among research variables was not aimed in this research. Another limitation of this research is that advanced analysis based upon Andrew Hayes's process in SPSS could not be used to evaluate the holistic picture of the model being tested. The scales used in the research were too long and time-consuming because the scoring for each scale varied. Although the participants started off the research with immense interest and pleasure, their interest started to wane off over time because of the length of the questionnaires. The questionnaires posed very intimate and personal questions to the participants inquiring about their relationship with their parents and partners.

CHAPTER 4

ANALYSIS AND INTERPRETATION OF THE DATA

This study was designed to explore the association of remembrance of perception of neglect from both parents in early years of life, loneliness, and fear of close associations among young adults. The mediation by psychological maladjustment on the relationship among remembrance of seemingly being neglected from caregivers in childhood (father/mother), loneliness, and fear of closeness was another aim of this research. Similarly, exploring moderation of the effect of commemoration of perception of parental neglect in childhood (father/mother) on loneliness and fear of intimacy by psychological adjustment along with empathy, gratitude, and dyadic coping was also aimed in the research. Investigating the variation on various demographic variables including gender, marital status, and dating relationship was also included in the objectives of this research. The data were subjected to statistical analyses according to stated hypotheses. The analyses of data began with descriptive statistics and reliability analysis for all the measures used in the study. Pearson product moment correlation was carried out to explore the relationship between remembrance of perception of being neglected from caregivers in childhood (father/mother), loneliness, fear of intimacy, psychological adjustment, and mal-adjustment among young adults. Independent sample t-test and multivariate analysis of variance were carried in order to explore the impact of demographic variables such as gender, martial status, and dating relationship of young adults. Mediation analysis was performed using Process Macro by Andrew Hayes in SPSS to determine the impact of psychological maladjustment on the association of remembrance of perceived parental in childhood by both father and mother, loneliness, and fear of intimacy. Model 4 of the Process was used for simple

mediation with bootstrapped based on 5000 samples with a 95% confidence interval. Similarly, moderated regression analysis was also performed using SPSS to explore the impact of psychological adjustment, empathy, gratitude, and dyadic coping as moderators on the association of remembrance of being neglected by caregivers at a young age from both father and mother, loneliness, and fear of intimacy among young adults. The results generated post various analyses have been illustrated in tables alongside the essential interpretation of data.

4.1 Descriptive Analysis and Reliability Estimates of Measures

The descriptive statistics on remembrance of perceived rejection from caretakers in childhood, loneliness, fear of making intimate relationships, psychological maladjustment, psychological adjustment, empathy, gratitude, and dyadic coping along with all of the types of these variables were calculated for young adults ($N = 409$). Values generated from SPSS have been presented in tabular form in the following section.

Reliability was also assessed for all of the variables including the Parental Acceptance Rejection Questionnaire (Father/Mother; Malik & Musaffa in 2012), Fear of Intimacy Scale (FIS; Descutner & Thelen, 1991), Interpersonal Acceptance Rejection Loneliness Scale (IPAR-L; Rohner et al., 2019), Personality Assessment Questionnaire (PAQ; Munaf, Hussain, & Kamrani, 2012), Psychological Adjustment Scale (PAS; Sabir, 1999), Empathy Scale (Caruso & Mayer, 1998), Gratitude Questionnaire (GQ-6; McCullough, Emmon, & Tsang, 2002), and Dyadic Coping Inventory (DCI; Hilpert et al., 2016) along with all of the sub-scales of the above-mentioned scales. The analysis was performed by using Cronbach's alpha calculated for the entire research sample of young adults ($N = 409$). The results generated for the descriptive statistics and the alpha reliabilities are as following.

Table 4*Descriptives of Research Variables and their Alpha Reliability Coefficients (N = 409)*

Scales	Total items	α	M	SD	Range		S	K
					Actual	Prospective		
PARQ-F	24	.93	40.58	11.95	24-68	24-96	.80	-.41
WA	8	.90	14.18	6.05	8-28	8-32	.92	-.50
HA	6	.81	10.17	4.40	6-20	6-24	.98	-.37
IN	6	.84	10.07	4.03	6-20	6-24	1.05	-.07
UR	4	.60	7.36	2.10	4-13	4-16	1.01	.67
PARQ-M	24	.95	37.47	12.17	24-66	24-96	0.92	-.34
WA	8	.94	14.02	6.49	8-28	8-32	.79	-.84
HA	6	.78	10.40	4.36	6-20	6-24	.93	-.45
IN	6	.90	10.98	5.97	6-20	6-24	.83	-.90
UR	4	.60	6.05	2.03	4-11	4-16	.93	-.33
FIS	35	.88	84.65	21.71	42-145	35-175	0.26	-.50
IPAR-L	15	.93	38.86	14.66	15-75	15-75	0.25	-.82
PAQ	42	.91	89.78	18.62	54-147	42-168	0.22	-.46
H/A	6	.73	12.67	3.92	6-24	6-24	.51	-.35
DEP	6	.60	16.55	3.26	6-24	6-24	-.30	.06
NSE	6	.76	11.23	3.79	6-24	6-24	.66	.30
NSA	6	.75	10.70	3.43	6-23	6-24	.59	-.09
EU	6	.70	13.12	3.94	6-23	6-24	.03	-.56
EI	6	.75	14.88	4.23	6-24	6-24	.09	-.51
NWV	6	.78	10.48	3.75	6-24	6-24	.87	.86
PAS	27	.84	94.49	13.96	46-131	27-135	-0.05	.22
APR	4	.52	15.48	2.45	7-20	4-20	-0.27	-.13
CSA	6	.70	20.48	4.49	8-30	6-30	-0.00	-.24
PSI	7	.89	27.30	5.86	7-35	7-35	-0.60	.34
AEE	6	.60	16.67	4.02	7-30	6-30	-0.77	-.13
GIR	4	.51	14.54	2.99	7-20	4-20	0.20	-.87
EMP	30	.91	3.78	0.56	1.89-4.83	1-5	-0.32	.72
PS	8	.92	4.32	0.74	2.50-5	1-5	.013	.20
ES	5	.90	4.39	0.69	2.60-5	1-5	-1.07	-.42
RC	3	.72	3.34	1.09	1-5	1-5	-.98	-.32
EA	4	.60	3.16	0.82	1-5	1-5	-.41	-.34
FO	4	.50	3.93	0.64	1.50-5	1-5	-.06	.89
EC	2	.60	3.51	0.99	1-5	1-5	-0.58	-.33
GRA	6	.76	33.76	6.62	11-42	6-42	-0.63	.66
DCI	35	.96	131.83	27.08	51-175	35-175	-0.38	-.45
SCO	4	.76	15.02	3.96	4-20	4-20	-.90	.29
SDC	5	.88	19.64	4.68	5-25	5-25	-.74	.00
DDCO	2	.70	7.57	1.59	4-10	2-10	-.72	-.80
NDCO	4	.85	14.89	4.21	4-20	4-20	-.22	-.83
SCP	4	.65	14.69	3.37	5-20	4-20	-.38	-.70
SDCP	5	.93	19.01	5.41	5-25	5-25	-.07	-.41
DDCP	2	.64	7.21	2.09	2-10	2-10	-.61	-.47
NDCP	4	.80	14.29	4.25	4-20	4-20	-.42	-.80

Continued . . .

Scales	Total items	α	M	SD	Range		S	K
					Actual	Prospective		
CDC	5	.88	19.24	5.03	5-25	5-25	-.25	-.00
EDC	2	--	7.95	2.29	2-10	2-10	-.69	.24

Note. S = Skewness; K = Kurtosis; PARQ-F = Parental Acceptance Rejection Questionnaire-Father; PARQ-M = Parental Acceptance Rejection Questionnaire-Mother; WA = Warmth/Affection, HA = Hostility/Aggression; IN = Indifference/Neglect, UR= Undifferentiated Rejection; FIS = Fear of Intimacy Scale; IPAR-L = Interpersonal Acceptance Rejection Loneliness Scale; PAQ = Personality Assessment Questionnaire; H/A = Hostility/Aggression; DEP = Dependency; NSE = Negative Self Esteem; NSA = Negative Self-Adequacy; EU = Emotional Unresponsive; EI = Emotional Instability; NWV = Negative Worldview; PAS = Psychological Adjustment Scale; APR = Accurate Perception Of Reality; CSA = Ability to Cope with Stress and Anxiety; PSI = Positive Self-Image; AEE = Ability to Express Full Range of Emotions; GIR = Good Interpersonal Relationships ; EMP = Empathy Scale; ES = Suffering; PS = Positive Sharing; RC = Responsive Crying; EA = Emotional Attention; FO = Feel for Others; EC = Emotional Contagion; GRA = Gratitude Scale, DCI = Dyadic Coping Inventory; SCO = Stress Communicated by Oneself ; SDC = Supportive Dyadic Coping by Oneself; DDCCD = Delegated Dyadic Coping by Oneself; NDCCO = Negative Dyadic Coping by Oneself; SCP = Stress Communication of the Partner; SDCP = Supportive Dyadic Coping of the Partner; DDCCP = Delegated Dyadic Coping of the Partner; NDCCP = Negative Dyadic Coping by Partner; CDC = Common Dyadic Coping; EDC = Evaluation of Dyadic Coping (Not included in the total score).

Table 4 represents that the alpha reliabilities of the scales along with their sub-scales. All of the mentioned reliabilities were found to be with the acceptable range for further statistical analysis. However, this result revealed that the assumptions of normality were not met for the exceptional few scales such as Undifferentiated Scales of the first scale for both parental versions, Dependency sub-scale of the Personality Assessment Questionnaire, Accurate Perception of Reality, Ability to Express Full Range of Emotions, Good Interpersonal Relationships sub-scales of the Psychological Adjustment Scale, Emotional Attention, Feel for Others, and Emotional Contagion sub-scales of the Empathy Scale and Stress Communication of the Partner of the Dyadic Coping Scale which had low reliabilities. The acceptable range for reliability coefficient is .7 to .9 for a test to be declared a good test (Kline, 2000, p. 13). The sub-scales of the above-mentioned scales with low reliabilities have revealed similar results in previous researches, therefore, the values were considered acceptable (Caruso & Mayer, 1998; Hilpert et al., 2016; Khaleque & Rohner, 2002; McCullough, Emmon, & Tsang, 2002; Rohner & Ali, 2016b; Rohner & Khaleque, 2005; Sabir,

1999). It should, however, be noted that good reliability values indicate high internal consistency for those scales.

Table 4 also shows the descriptive of research variables remembrance of being neglected by caregivers at a young age from both father and mother, loneliness, fear of intimacy, psychological maladjustment, psychological adjustment, empathy, gratitude, and dyadic coping as well as their domains. It is observed that the values of skewness and kurtosis of all of the variables are inside the acceptable range of -2 to +2 (Privitera, 2011). Positive values of kurtosis such as those for psychological adjustment, empathy, and gratitude indicate that the distribution curve is light-tailed and pointed. The variables remembrance of being neglected by caregivers at a young age(mother/father), loneliness, fear of intimacy, psychological maladjustment, and dyadic coping have positive values of kurtosis. On the other hand, negative values indicate a flat and heavy-tailed distribution of the obtained scores. These variables are, therefore, existent within the sample and would result in strong relationships.

4.2 Relationship between Research Variables and their Domains

To fulfill the aims of this research, Pearson Product Moment Correlation analysis was performed in SPSS for determining a bivariate relationship between the variables of remembrance of being neglected by caregivers at a young age(mother/father), loneliness, fear of intimacy, psychological mal-adjustment, psychological adjustment, empathy, gratitude, and dyadic coping and their sub-domains. Results revealed through the correlation analysis are presented in tabular form along with the necessary elaboration in the following section. The first table represented the results of only a section of the overall analysis. In this table, the association of the variables' remembrance of being neglected by caregivers at a young age both from parents (including all sub-scales), loneliness, and fear of intimacy

among young adults was explored. The remaining analysis has been reported in separate tables. These results have been reproduced along with the necessary elaboration required to comprehend the results.

Table 5

Correlation Among Remembrance of Perceived Parental Rejection (Father/Mother) in Childhood, Fear of Intimacy, and Loneliness among Young Adults (N = 409)

Scales	1	2	3	4	5	6	7	8	9	10	11	12
PARQ-F	-	.90**	.83**	.90**	.81**	.65**	.60**	.55**	.62**	.35**	.22**	.25**
WA		-	.66**	.78**	.62**	.60**	.62**	.45**	.54**	.29**	.19**	.21**
HA			-	.74**	.78**	.50**	.41**	.50**	.48**	.32**	.19**	.27**
IN				-	.75**	.63**	.56**	.52**	.64**	.41**	.16**	.24**
UR					-	.52**	.42**	.49**	.52**	.37**	.17**	.21**
PARQ-M						-	.93**	.89**	.89**	.63**	.27**	.20**
WA							-	.73**	.77**	.49**	.25**	.15**
HA								-	.76**	.57**	.26**	.20**
IN									-	.58**	.23**	.21**
UR										-	.23**	.20**
FIS											-	.24**
IPAR-L												-

Note. PARQ-F/M = Parental Acceptance Rejection Questionnaire-Father/Mother; WA = Warmth/Affection; HA = Hostility/Aggression; IN = Indifference/Neglect, UR= Undifferentiated Rejection; FIS = Fear of Intimacy Scale; IPAR-L = Interpersonal Acceptance Rejection Loneliness Scale; 1 = PARQ-F; 2,7 = W/A; 3,8,12 = H/A; 4,9 = I/N; 5,10 = UR; 6 = PARQ-M; 11 = FIS; 12 = IPAR-L
** $p < .01$

After the analysis was performed According to Table 5 significant positive correlation exists between remembrance of being neglect as a child by the caregivers, the sub-domains of this variable, and loneliness among young adults. The relationship is consistent with the first hypothesis of this research. Similarly, analysis was also performed to explore the association amid remembrance of perceived a belief of being neglected by the caregivers from both father and mother, along with all of the sub-domains, and fear of intimacy among young adults. The result is consistent with the second hypothesis of this research. The table also represents that a noteworthy positive association exists between fear of forming new relations and loneliness. Both of these variables have no sub-domains. This result is also consistent with the third hypothesis of research and supported by existing literature.

Table 6

Correlation Among Remembrance of Perceived Parental Rejection (Father/Mother) in Childhood and Psychological Mal-adjustment among Young Adults (N = 409)

Scales	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
PARQ-F	-	.90**	.83**	.90**	.81**	.65**	.60**	.55**	.62**	.35**	.39**	.21**	-.06	.38**	.43**	.45**	.09	.38**
W/A		-	.66**	.78**	.62**	.60**	.62**	.45**	.54**	.29**	.36**	.19**	-.04	.36**	.37**	.47**	.10*	.34**
H/A			-	.74**	.78**	.50**	.41**	.50**	.48**	.32**	.34**	.19**	.00	.34**	.38**	.29**	.10*	.35**
I/N				-	.75**	.63**	.56**	.52**	.64**	.41**	.29**	.14**	-.09*	.31**	.37**	.39**	.01	.31**
UR					-	.52**	.42**	.49**	.52**	.37**	.28**	.14**	-.11*	.36**	.36**	.30**	.00	.34**
PARQ-M						-	.93**	.89**	.89**	.63**	.40**	.25**	-.07	.41**	.46**	.46**	.06	.36**
W/A							-	.73**	.77**	.49**	.37**	.23**	-.08	.39**	.42**	.47**	.08	.32**
H/A								-	.76**	.57**	.33**	.20**	-.04	.35**	.41**	.35**	.06	.31**
I/N									-	.58**	.37**	.25**	-.07	.36**	.42**	.43**	.05	.36**
UR										-	.27**	.22**	-.03	.30**	.31**	.24**	.01	.26**
PAQ											-	.76**	.28**	.81**	.77**	.72**	.72**	.80**
H/A												-	.10*	.52**	.44**	.42**	.65**	.52**
DEP													-	-.05	.05	.03	.35**	.01
NSE														-	.74**	.61**	.40**	.75**
NSA															-	.54**	.34**	.70**
EU																-	.33**	.56**
EI																	-	.38**
NWV																		-

Note. PARQ-F/M = Parental Acceptance Rejection Questionnaire-Father/Mother; W/A = Warmth/Affection, H/A = Hostility/Aggression; I/N = Indifference/Neglect, UR= Undifferentiated Rejection; PAQ = Personality Assessment Questionnaire; H/A = Hostility/Aggression; DEP = Dependency; NSE = Negative Self Esteem; NSA = Negative Self-Adequacy; EU = Emotional Unresponsive; EI = Emotional Instability; NWV = Negative Worldview; 1 = PARQ-F; 2,7 = W/A; 3,8,12 = H/A; 4,9 = I/N; 5,10 = UR; 6 = PARQ-M; 11 = PAQ; 13 = DEP; 14 = NSE; 15 = NSA; 16 = EU; 17 = EI; 18 = NWV

** $p < .01$, * $p < .05$

Similarly, Pearson correlation analysis was performed for other research variables to establish the relationship among all of the variables using SPSS. Table 6 reveals the correlation analysis performed for the variables of memorizing the perception of being neglected by the caregivers in early years of life and the sub-domains of this variable including the lack of care and regard from them, anger and hostility, neglect, and indistinguishable rejection, psychological mal-adjustment and the sub-domains of this variable among young adults. The results revealed that the association between these variables is direct and as one variable increases the other also tends to increase likewise.

Similarly, the results also revealed that a noteworthy direct relationship also exists between the remembrance of a perception of being neglected by caregivers in very early years of life and the associated sub-domains of this variable as well as the sub-domains of psychological mal-adjustment. This relationship reflects that as one variable increases it causes an increase in the other variable. The relationship of dependency domain of psychological mal-adjustment is negative but non-significant. Only the significant results have been elaborated on in detail.

The results of this table are in agreement with the fourth hypothesis of this research. The fourth hypothesis highlights that the existing literature also proposed a positive relationship between the research variables of remembrance of an idea of being neglected by the caregivers in early years of life (father/mother), psychological maladjustment, and their sub-domains. These results are consistent with the existing literature on this topic.

Table 7

Correlation Among Psychological Mal-adjustment, Fear of Intimacy, and Loneliness among Young Adults (N = 409)

Scales	1	2	3	4	5	6	7	8	9	10
PAQ	-	.76**	.28**	.81**	.77**	.72**	.72**	.80**	.54**	.44**
H/A		-	.10*	.52**	.44**	.42**	.65**	.52**	.34**	.33**
DEP			-	-.05	.05	.03	.35**	.01	-.02	.27**
NSE				-	.74**	.61**	.40**	.75**	.52**	.31**
NSA					-	.54**	.34**	.70**	.47**	.36**
EU						-	.33**	.56**	.47**	.22**
EI							-	.38**	.34**	.35**
NWV								-	.47**	.34**
FIS									-	.24**
IPAR-L										-

Note. PAQ = Personality Assessment Questionnaire; H/A = Hostility/Aggression; DEP = Dependency; NSE = Negative Self-Esteem; NSA = Negative Self-Adequacy; EU = Emotional Unresponsive; EI = Emotional Instability; NWV = Negative Worldview; 1 = PAQ; 2 = H/A; 3 = DEP; 4 = NSE; 5 = NSA; 6 = EU; 7 = EI; 8 = NWV; 9 = FIS; 10 = IPAR-L

** $p < .01$

Another analysis was performed making use of the Pearson correlation which was utilized to compute the bivariate relationship between psychological maladjustment, hostility/aggression, dependency, negative self-esteem, negative self-adequacy, emotionally unresponsive, emotional instability, negative worldview, and the variables of fear of intimacy and loneliness. The results of Table 7 reveal the association of psychological maladjustment, hostility/aggression, dependency, negative self-esteem, negative self-adequacy, emotionally unresponsive, emotional instability, negative worldview, fear of intimacy, and loneliness. The relationship of all of these variables turned out to be significantly positive with loneliness as well as with fear of intimacy. However, the table reveals that the dependency domain of psychological maladjustment has a significant positive relationship with loneliness only. The results generated are supported by existing literature.

Table 8

Correlation Among Remembrance of Perceived Parental Rejection (Father/Mother) in Childhood and Psychological Adjustment among Young Adults (N = 409)

Scales	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
PARQ-F	-	.90**	.83**	.90**	.81**	.65**	.60**	.55**	.62**	.35**	-.31**	-.28**	-.11*	-.36**	.00	-.37**
W/A		-	.66**	.78**	.62**	.60**	.62**	.45**	.54**	.29**	-.27**	-.24**	-.05	-.35**	.02	-.35**
H/A			-	.74**	.78**	.50**	.41**	.50**	.48**	.32**	-.25**	-.26**	-.11*	-.28**	.07	-.30**
I/N				-	.75**	.63**	.56**	.52**	.64**	.41**	-.24**	-.23**	-.04	-.27**	-.02	-.30**
UR					-	.52**	.42**	.49**	.52**	.37**	-.22**	-.25**	-.09	-.25**	.04	-.27**
PARQ-M						-	.93**	.89**	.89**	.63**	-.36**	-.29**	-.16**	-.37**	-.06	-.35**
W/A							-	.73**	.77**	.49**	-.36**	-.29**	-.16**	-.39**	-.07	-.32**
H/A								-	.76**	.57**	-.31**	-.28**	-.17**	-.30**	-.04	-.30**
I/N									-	.58**	-.33**	-.26**	-.12*	-.32**	-.10*	-.36**
UR										-	-.14**	-.18**	-.02	-.19**	.05	-.17**
PAS											-	.57**	.78**	.85**	.47**	.71**
APR												-	.34**	.50**	-.06	.40**
CSA													-	.56**	.33**	.29**
PSI														-	.10*	.62**
AEE															-	.22**
GIR																-

Note. PARQ-F/M = Parental Acceptance Rejection Questionnaire-Father/Mother; W/A = Warmth/Affection, H/A = Hostility/Aggression; I/N = Indifference/Neglect, UR= Undifferentiated Rejection; PAS = Psychological Adjustment Scale; APR = Accurate Perception Of Reality; CSA = Ability to Cope with Stress and Anxiety; PSI = Positive Self-Image; AEE = Ability to Express Full Range of Emotions; GIR = Good Interpersonal Relationships ; 1 = PARQ-F; 2,7 = W/A; 3,8 = H/A; 4,9 = I/N; 5,10 = UR; 6 = PARQ-M; 11 = PAS; 12 = APR; 13 = CSA; 14 = PSI; 15 = AEE; 16 = GIR

* $p < .05$, ** $p < .01$

The next correlation analysis was performed to establish the association of remembrance of the belief of being neglected by both father and mother in childhood and psychological adjustment among young adults. The results of this analysis have also been presented in tabular form.

The results of Table 8 reveal the results of this correlation among remembrance of perceived parental rejection (father/mother) in childhood and psychological adjustment among young adults. The results show that a significant negative relationship exists between the remembrance of being neglected by caregivers at a young age from both father and mother and psychological adjustment. The lack of warmth or affection, hostility or aggression, indifference or neglect, and undifferentiated rejection also revealed a significant negative relationship with psychological adjustment. Similarly, the domains of psychological adjustment such as accurate perception of reality, the ability to cope with stress and anxiety, positive self-image, and good interpersonal relationships also had a negative relationship with the remembrance of being neglected by caregivers at a young age and its subdomains.

On the other hand, the results for the ability to express a full range of emotions domain of psychological adjustment with the remembrance of being neglected by caregivers at a young age from both father and mother were non-significant. The results generated are in agreement with the fifth hypothesis for this research and are also supported by existing literature.

Table 9*Correlation Among Remembrance of Psychological Adjustment, Empathy, Gratitude, and Dyadic Coping among Young Adults (N = 409)*

Scales	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
PAS	-	.57**	.78**	.85**	.47**	.71**	.26**	.34**	.52**	-.16**	.35**	.16**	-.03	.61**	.51**	.32**	.45**	.27**	.45**	.27**	.45**	.36**	.42**	.42**
APR		-	.34**	.50**	-.06	.40**	.48**	.48**	.56**	.12*	.25**	.37**	.21**	.46**	.29**	.19**	.31**	.20**	.29**	.19**	.20**	.11*	.23**	.20**
CSA			-	.56**	.33**	.29**	.00	.14**	.29**	-.28**	.20**	.00	-.19**	.38**	.34**	.17**	.32**	.27**	.34**	.18**	.27**	.20**	.32**	.23**
PSI				-	.10*	.62**	.34**	.43**	.61**	-.15**	.26**	.28**	.08	.65**	.47**	.27**	.39**	.24**	.41**	.32**	.42**	.33**	.34**	.41**
AEE					-	.22**	-	-	-.10*	-.11*	.19**	-	-.29**	.05	.25**	.23**	.18**	.05	.19**	.00	.26**	.25**	.21**	.21**
GIR						-	.40**	.34**	.49**	.04	.34**	.23**	.20**	.54**	.40**	.24**	.34**	.13**	.28**	.21**	.37**	.31**	.32**	.36**
EMP							-	.76**	.70**	.61**	.43**	.72**	.68**	.51**	.33**	.26**	.36**	.12**	.31**	.23**	.26**	.20**	.23**	.19**
ES								-	.78**	.24**	.23**	.63**	.33**	.61**	.43**	.24**	.45**	.20**	.36**	.32**	.37**	.30**	.31**	.33**
PS									-	.06	.29**	.58**	.34**	.70**	.49**	.27**	.49**	.26**	.38**	.36**	.43**	.33**	.36**	.40**
RC										-	.15**	.34**	.37**	-.02	-.07	.05	.00	-.11*	.01	-	-.08	-.07	-.06	-
EA											-	-.01	.07	.41**	.27**	.16**	.26**	.09*	.38**	.10*	.20**	.14**	.28**	.13**
FO												-	.45**	.35**	.31**	.28**	.32**	.24**	.22**	.34**	.20**	.21**	.17**	.21**
EC													-	.10*	.03	.10*	.04	-.03	-.03	.10*	.05	.00	-.05	.00
GRA														-	.57**	.29**	.51**	.35**	.55**	.37**	.47**	.35**	.49**	.47**
DCI															-	.71**	.89**	.55**	.66**	.74**	.89**	.74**	.70**	.86**
SCO																-	.60**	.39**	.32**	.56**	.61**	.58**	.31**	.55**
SDC																	-	.53**	.60**	.66**	.75**	.59**	.53**	.75**
DDCO																		-	.36**	.41**	.40**	.46**	.28**	.41**
NDCO																			-	.32**	.43**	.29**	.69**	.38**
SCP																				-	.66**	.57**	.31**	.65**
SDCP																					-	.77**	.53**	.80**
DDCP																						-	.33**	.64**
NDCP																							-	.59**
CDC																								-

Note. PAS = Psychological Adjustment Scale; APR = Accurate Perception Of Reality; CSA = Ability to Cope with Stress and Anxiety; PSI = Positive Self-Image; AEE = Ability to Express Full Range of Emotions; GIR = Good Interpersonal Relationships; EMP = Empathy Scale; ES = Suffering; PS = Positive Sharing; RC = Responsive Crying; EA = Emotional Attention; FO = Feel for Others; EC = Emotional Contagion; GRA = Gratitude Scale, DCI = Dyadic Coping Inventory; SCO = Stress Communicated by Oneself; SDC = Supportive Dyadic Coping by Oneself; DDCD = Delegated Dyadic Coping by Oneself; NDCO = Negative Dyadic Coping by Oneself; SCP = Stress Communication of the Partner; SDCP = Supportive Dyadic Coping of the Partner; DDCP = Delegated Dyadic Coping of the Partner; NDCP = Negative Dyadic Coping by Partner; CDC = Common Dyadic Coping; 1 = PAS; 2 = APR; 3 = CSA; 4 = PSI; 5 = AEE; 6 = GIR; 7 = EMP; 8 = ES; 9 = PS; 10 = RC; 11 = EA; 12 = FO; 13 = EC; 14 = GRA; 15 = DCI; 16 = SCO; 17 = SDC; 18 = DDCO; 19 = NDCO; 20 = SCP; 21 = SDCP; 22 = DDCP; 23 = NDCP; 24 = CDC

* $p < .05$, ** $p < .01$

Correlation analysis was also performed to explore the association of the psychological adjustment, gratitude, and dyadic coping as well as the domains of all of these variables. The results of this analysis have been presented in Table 9. These results show that a significant positive relationship exists between psychological adjustment and gratitude among young adults. Similarly, a significant positive relationship also exists between psychological adjustment and dyadic coping among young adults. These results are supported by existing literature.

The results also show that accurate perception of reality, ability to cope with stress and anxiety, positive self-image, ability to express the full range of emotions and good interpersonal relationships domains of psychological adjustment have a significant positive relationship with the domains of empathy such as suffering, positive sharing, emotional attention, feel for others, emotional contagion. The responsive crying domain of empathy, on the other hand, has a negative relationship with the domains of psychological adjustment.

The results also show gratitude has a positive relationship with the domains of both psychological adjustment and dyadic coping. Similarly, all of the domains of dyadic coping also have a significant positive relationship with the domains of psychological adjustment. These results are supported by existing literature and are consistent with the model designed for this particular research.

Table 10

Correlation Among Remembrance of Perceived Parental Rejection (Father/Mother) in Childhood and Empathy among Young Adults (N = 409)

Scales	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
PARQ-F	-	.90**	.83**	.90**	.81**	.65**	.60**	.55**	.62**	.35**	-.25**	-.25**	-.31**	-.00	-.12*	-.14**	-.23**
W/A		-	.66**	.78**	.62**	.60**	.62**	.45**	.54**	.29**	-.21**	-.22**	-.26**	.00	-.08	-.08	-.23**
H/A			-	.74**	.78**	.50**	.41**	.50**	.48**	.32**	-.25**	-.30**	-.34**	.01	-.08	-.16**	-.20**
I/N				-	.75**	.63**	.56**	.52**	.64**	.41**	-.25**	-.24**	-.25**	-.07	-.12**	-.09*	-.24**
UR					-	.52**	.42**	.49**	.52**	.37**	-.27**	-.30**	-.31**	-.05	-.05	-.18**	-.22**
PARQ-M						-	.93**	.89**	.89**	.63**	-.32**	-.32**	-.36**	-.02	-.19**	-.19**	-.26**
W/A							-	.73**	.77**	.49**	-.27**	-.28**	-.31**	-.00	-.17**	-.13**	-.24**
H/A								-	.76**	.57**	-.29**	-.29**	-.32**	-.04	-.19**	-.19**	-.19**
I/N									-	.58**	-.33**	-.32**	-.34**	-.05	-.20**	-.18**	-.26**
UR										-	-.31**	-.36**	-.34**	-.07	-.16**	-.19**	-.16**
EMP											-	.76**	.70**	.61**	.43**	.72**	.68**
ES												-	.78**	.24**	.23**	.63**	.33**
PS													-	.06	.29**	.58**	.34**
RC														-	.15**	.34**	.37**
EA															-	-.01	.07
FO																-	.45**
EC																	-

Note. PARQ-F/M = Parental Acceptance Rejection Questionnaire-Father/Mother; W/A = Warmth/Affection, H/A = Hostility/Aggression; I/N = Indifference/Neglect, UR= Undifferentiated Rejection; EMP = Empathy Scale; ES = Suffering; PS = Positive Sharing; RC = Responsive Crying; EA = Emotional Attention; FO = Feel for Others; EC = Emotional Contagion; 1 = PARQ-F; 2,7 = W/A; 3,8 = H/A; 4,9 = I/N; 5,10 = UR; 6 = PARQ-M; 11 = EMP; 12 = ES; 13 = PS; 14 = RC; 15 = EA; 16 = FO; 17 = EC

** $p < .01$

Another correlation analysis was performed to determine the association of remembrance of being neglected by caregivers at a young age both from father and mother and empathy among young adults. The results in Table 10 show that a significant negative correlation exists between remembrance of being neglected by caregivers at a young age both from father and mother and empathy among young adults.

The table also shows the association of sub-domains of the remembrance of a belief of being rejected by caregivers have a significant negative relationship with empathy among young adults. All of the sub-domains of empathy namely suffering, positive sharing, emotional attention, feel for others, and emotional contagion also have a significant positive relationship with the remembrance of a belief of being neglected by caregivers in young years from both father and mother and its sub-domains. The relationship of responsive crying with the remembrance of an idea of being neglected as a child from both father and mother is also negative and non-significant.

Table 11*Correlation Among Remembrance of Perceived Parental Rejection in Childhood, Gratitude, and Dyadic Coping among Young Adults (N = 409)*

Scales	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
PARQ-F	-	.90**	.83**	.90**	.81**	.65**	.60**	.55**	.62**	.35**	-.31**	-.17**	-.11*	-.12*	.13**	-.13**	-.11*	-.18**	-.09	-.16**	-.16**
W/A		-	.66**	.78**	.62**	.60**	.62**	.45**	.54**	.29**	-.28**	-.16**	-.11*	-.10*	.11*	-.08	-.09	-.20**	-.15**	-.09*	-.18**
H/A			-	.74**	.78**	.50**	.41**	.50**	.48**	.32**	-.32**	-.14**	-.04	-.12**	.07	-.12*	-.09	-.12*	-.02	-.16**	-.14**
I/N				-	.75**	.63**	.56**	.52**	.64**	.41**	-.22**	-.08	-.04	-.06	.23**	-.09	-.00	-.10*	.00	-.10*	-.08
UR					-	.52**	.42**	.49**	.52**	.37**	-.30**	-.15**	-.07	-.12*	.14**	-.09	-.15**	-.15**	.00	-.17**	-.15**
PARQ-M						-	.93**	.89**	.89**	.63**	-.32**	-.25**	-.17**	-.24**	.06	-.22**	-.11*	-.24**	-.12*	-.19**	-.22**
W/A							-	.73**	.77**	.49**	-.26**	-.24**	-.18**	-.22**	.04	-.15**	-.12**	-.26**	-.18**	-.13**	-.22**
H/A								-	.76**	.57**	-.31**	-.20**	-.11*	-.22**	.04	-.27**	-.06	-.18**	-.03	-.22**	-.13**
I/N									-	.58**	-.32**	-.22**	-.14**	-.22**	.09*	-.20**	-.08	-.22**	-.08	-.19**	-.23**
UR										-	-.27**	-.20**	-.11*	-.21**	.01	-.16**	-.07	-.22**	-.10*	-.16**	-.20**
GRA											-	.57**	.29**	.51**	.35**	.55**	.37**	.47**	.35**	.49**	.47**
DCI												-	.71**	.89**	.55**	.66**	.74**	.89**	.74**	.70**	.86**
SCO													-	.60**	.39**	.32**	.56**	.61**	.58**	.31**	.55**
SDC														-	.53**	.60**	.66**	.75**	.59**	.53**	.75**
DDCO															-	.36**	.41**	.40**	.46**	.28**	.41**
NDCO																-	.32**	.43**	.29**	.69**	.38**
SCP																	-	.66**	.57**	.31**	.65**
SDCP																		-	.77**	.53**	.80**
DDCP																			-	.33**	.64**
NDCP																				-	.59**
CDC																					-

Note. PARQ-F/M = Parental Acceptance Rejection Questionnaire-Father/Mother; W/A = Warmth, H/A = Hostility; I/N = Indifference, UR= Undifferentiated Rejection; GRA = Gratitude Scale, DCI = Dyadic Coping Inventory; SCO = Stress Communicated by Oneself ; SDC = Supportive Dyadic Coping by Oneself; DDCD = Delegated Dyadic Coping by Oneself; NDCO = Negative Dyadic Coping by Oneself; SCP = Stress Communication of the Partner; SDCP = Supportive Dyadic Coping of the Partner; DDCP = Delegated Dyadic Coping of the Partner; NDCP = Negative Dyadic Coping by Partner; CDC = Common Dyadic Coping; 1,6 = PARQ-F/M; 2,7 = W/A; 3,8 = H/A; 4,9 = I/N; 5,10 = UR; 11 = GRA; 12 = DCI; 13 = SCO; 14 = SDC; 15 = DDCO; 16 = NDCO; 17 = SCP; 18 = SDCP; 19 = DDCP; 20 = NDCP; 21 = CDC

* $p < .05$, ** $p < .01$

The results of correlation analysis, presented in Table 11, revealed that there exists a significant negative relationship between remembrance of being neglected by caregivers at a young age from both caregivers and gratitude among young adults. The relationship revealed from the analysis is consistent with the existing literature. Similarly, the results in Table 11 also show that a significant negative relationship exists between remembrance of a feeling of being neglected as a child from caregivers as well as the domains of this construct and overall dyadic coping among young adults. The association of indifference or neglect domain of remembrance of the perception of neglect and disregard from the paternal relationship and dyadic coping also turned out to be negative but non-significant among young adults.

On the other hand, stress communicated by oneself has a significant negative relationship with the remembrance of being neglected by caregivers at a young age from father, lack of warmth both father and mother, hostility, Indifference, and undifferentiated rejection from mother. Supportive dyadic coping by oneself has a significant negative relationship with the remembrance of a notion of being neglected by both father and mother and all of their domains expect for indifference from father, whereby, the relationship is negative but non-significant. Delegated dyadic coping by oneself has a significant positive relationship with the remembrance of perceived rejection from father and all of its domains as well as indifference from mother. Negative dyadic coping by oneself has a significant negative relationship with the remembrance of perceived rejection in childhood from father and mother, undifferentiated rejection from father, and lack of warmth from mother.

Stress communication of the partner has a significant negative relationship with the remembrance of being neglected by caregivers at a young age from both father and mother and all of their domains. Supportive dyadic coping of the partner has a significant positive relationship with lack of warmth from father and mother, undifferentiated rejection from mother, but a significantly positive relationship with indifference and undifferentiated rejection from father. Similarly, delegated dyadic coping of the partner and negative dyadic coping by the partner have a significantly negative relationship with the remembrance of an idea or a belief of neglect faced at the hands of father and mother and their sub-domains. Common dyadic coping has a significant negative relationship with the remembrance of the similar idea of a belief of neglect from father and mother and all of their sub-domains except for indifference from father. The results also reveal that the association of gratitude and dyadic coping as well as all of the domains of dyadic coping turned out to be significantly positive among young adults. The results thus generated are consistent with the existing literature.

Table 12

Correlation Among Psychological Adjustment, Fear of Intimacy, and Loneliness among Young Adults (N = 409)

Scales	PAS	APR	CSA	PSI	AEE	GIR	FIS	IPAR-L
PAS	-	.57**	.78**	.85**	.47**	.71**	-.43**	-.33**
APR		-	.34**	.50**	-.06	.40**	-.19**	-.29**
CSA			-	.56**	.33**	.29**	-.31**	-.29**
PSI				-	.10*	.62**	-.34**	-.25**
AEE					-	.22**	-.27**	-.13**
GIR						-	-.37**	-.22**
FIS							-	.24**
IPAR-L								-

Note. PAS = Psychological Adjustment Scale; APR = Accurate Perception Of Reality; CSA = Ability to Cope with Stress and Anxiety; PSI = Positive Self-Image; AEE = Ability to Express Full Range of Emotions; GIR = Good Interpersonal Relationships; FIS = Fear of Intimacy; IPAR-L = Interpersonal Acceptance Rejection Loneliness Scale

* $p < .05$, ** $p < .01$

Bivariate correlation was also determined between psychological adjustment, accurate perception of reality, ability to cope with stress and anxiety, positive self-image, ability to express the full range of emotions, good interpersonal relationships, fear of intimacy, and loneliness. The results reported in Table 12 reveal that a significant negative relationship exists between psychological adjustment, fear of intimacy, and loneliness. All of the domains of psychological adjustment also revealed a significant positive relationship with fear of intimacy and loneliness among young adults. These results are supported by existing literature.

Table 13

Correlation Among Empathy, Gratitude, Fear of Intimacy, and Loneliness among Young Adults (N = 409)

Scales	EMP	GRA	DCI	FIS	IPAR-L
EMP	-	.51**	.33**	-.20**	-.08
GRA		-	.57**	-.43**	-.30**
DCI			-	-.54**	-.13**
FIS				-	.24**
IPAR-L					-

Note. EMP = Empathy; GRA = Gratitude; DCI = Dyadic Coping Inventory; FIS = Fear of Intimacy; IPAR-L = Interpersonal Acceptance Rejection Loneliness Scale

** $p < .01$

The last correlation analysis was performed to determine the bivariate relationship between the variables' empathy, gratitude, dyadic coping, fear of intimacy, and loneliness among young adults to better comprehend the nature of the relationship among these variables. The results in Table 13 show that a significant positive relationship exists between empathy, gratitude, dyadic coping. The results also show that variables namely gratitude and dyadic coping have a significant negative relationship with both fears of intimacy and loneliness. Empathy also has a

significantly negative relationship with fear of intimacy but the relationship of empathy with loneliness is negative and non-significant. The association of fear of intimacy and loneliness is significantly positive. All of these results are supported by existing literature.

4.3 Impact of Demographics on the Variables of the Present Study

Group differences were explored across various categories of demographics for the total sample of young adults. The categories were formed based on gender (men vs. women), marital status (married vs. unmarried), and dating relationship (yes vs. no) of the participants. Multivariate analysis of variance and *t*-test analyses were performed to explore the impact of demographics on the research variables.

Gender. Group differences based upon gender were assessed between young adult men and women on remembrance of being neglected by caregivers at a young age from both father and mother, loneliness, fear of intimacy, psychological maladjustment, psychological adjustment, empathy, gratitude, and dyadic coping among young adults. The following table represents the results of the analysis on basis of gender differences among variables.

Table 14

Comparison between Men (n = 192) and Women (n = 217) on Perceived Parental Rejection (Father/Mother) in Childhood, Fear of Intimacy, Loneliness, Psychological Mal-adjustment, Psychological Adjustment, Empathy, Gratitude, and Dyadic Coping among Young Adults (N = 409)

Scales	Male		Female		<i>t</i> (407)	<i>p</i>	95% CI		Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			<i>UL</i>	<i>LL</i>	
PARQ-F	42.30	13.75	39.06	9.87	2.76	.00	.93	5.55	.27
W/A	14.81	6.80	13.63	5.25	1.98	.04	.01	2.36	.19
H/A	11.16	4.79	9.29	3.82	4.36	.00	1.02	2.70	.43
I/N	10.77	4.54	9.45	3.41	3.34	.00	.54	2.09	.32
UR	7.80	2.28	6.96	1.84	4.10	.00	.43	1.24	.40
PARQ-M	37.98	13.55	37.01	10.82	.80	.41	-1.39	3.34	-
W/A	13.87	6.86	14.15	6.14	-.43	.66	-1.54	.98	-
H/A	10.79	4.49	10.06	4.22	1.69	.09	-.11	1.58	-
I/N	11.21	6.51	10.77	5.45	.75	.45	-.71	1.60	-
UR	6.27	2.15	5.84	1.89	2.13	.03	.03	.82	.21
FIS	83.39	20.90	85.77	22.40	-1.10	.27	-6.61	1.86	-
IPAR-L	40.88	15.31	37.06	13.84	2.64	.00	.98	6.65	.26
PAQ	86.18	19.13	92.97	17.58	-3.73	.00	-10.35	-3.21	.36
H/A	11.82	3.60	13.41	4.03	-4.16	.00	-2.33	-.83	.41
DEP	16.02	2.63	17.02	3.67	-3.11	.00	-1.62	-.36	.31
NSE	11.16	3.80	11.29	3.78	-.34	.73	-.86	.61	-
NSA	10.50	3.49	10.79	3.38	-.85	.39	-.96	.37	-
EU	12.76	3.83	13.69	3.99	-2.39	.01	-1.69	-.16	.23
EI	13.45	4.11	15.80	4.01	-5.83	.00	-3.13	-1.55	.57
NWV	10.44	3.52	10.94	3.93	-1.35	.17	-1.23	.22	-
PAS	97.56	13.44	91.78	13.87	4.26	.00	3.11	8.44	.42
APR	15.70	2.32	15.29	2.55	1.70	.08	-.06	.88	-
CSA	21.16	4.24	19.88	4.62	2.90	.00	.41	2.14	.28
PSI	28.37	5.50	26.35	6.01	3.53	.00	.89	3.15	.35
AEE	17.38	3.60	16.04	4.25	3.40	.00	.56	2.11	.34
GIR	14.93	2.91	14.21	3.01	2.45	.01	.14	1.29	.24
EMP	3.65	.48	3.86	.60	-3.94	.00	-.32	-.10	.38
ES	4.25	.72	4.39	.64	-2.04	.04	-.27	-.00	.20
EP	4.34	.77	4.40	.71	-.82	.41	-.20	.08	-
RC	2.93	1.01	3.69	1.02	-7.51	.00	-.95	-.56	.75
EA	3.13	.71	3.18	.89	-.67	.50	-.21	.10	-

Continued . . .

Scales	Male		Female		<i>t</i> (407)	<i>p</i>	95% CI		Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			<i>UL</i>	<i>LL</i>	
FO	3.95	.52	3.91	.72	.58	.56	-.08	.16	-
EC	3.32	1.00	3.67	.95	-3.61	.00	-.54	-.15	.35
GRA	33.59	6.60	33.90	6.63	-.47	.63	-1.59	.98	-
DCI	135.16	26.85	128.87	27.00	2.35	.01	1.04	11.53	.23
SCO	15.58	3.41	14.51	4.34	2.73	.00	.30	1.83	.27
SDC	19.78	4.51	19.50	4.83	.59	.55	-.63	1.18	-
DDCO	7.62	1.67	7.52	1.51	.66	.50	-.20	.41	-
NDCO	14.81	3.98	14.96	4.40	-.36	.71	-.97	.67	-
SCP	15.32	3.33	14.13	3.31	3.61	.00	.54	1.83	.35
SDCP	19.75	5.06	18.36	5.62	2.60	.01	.34	2.43	.25
DDCP	7.70	2.07	6.76	2.00	4.62	.00	.53	1.33	.46
NDCP	14.26	4.46	14.30	4.05	-.11	.90	-.87	.78	-
CDC	19.90	4.76	18.43	5.15	2.96	.00	.49	2.43	.29

Note. PARQ-F = Parental Acceptance Rejection Questionnaire-Father; PARQ-M = Parental Acceptance Rejection Questionnaire-Mother; W/A = Warmth/Affection, H/A = Hostility/Aggression; I/N = Indifference/Neglect, UR= Undifferentiated Rejection; FIS = Fear of Intimacy Scale; IPAR-L = Interpersonal Acceptance Rejection Loneliness Scale; PAQ = Personality Assessment Questionnaire; H/A = Hostility/Aggression; DEP = Dependency; NSE = Negative Self Esteem; NSA = Negative Self-Adequacy; EU = Emotional Unresponsive; EI = Emotional Instability; NWV = Negative Worldview; PAS = Psychological Adjustment Scale; APR = Accurate Perception Of Reality; CSA = Ability to Cope with Stress and Anxiety; PSI = Positive Self-Image; AEE = Ability to Express Full Range of Emotions; GIR = Good Interpersonal Relationships ; EMP = Empathy Scale; ES = Suffering; PS = Positive Sharing; RC = Responsive Crying; EA = Emotional Attention; FO = Feel for Others; EC = Emotional Contagion; GRA = Gratitude Scale, DCI = Dyadic Coping Inventory; SCO = Stress Communicated by Oneself ; SDC = Supportive Dyadic Coping by Oneself; DDCD = Delegated Dyadic Coping by Oneself; NDCO = Negative Dyadic Coping by Oneself; SCP = Stress Communication of the Partner; SDCP = Supportive Dyadic Coping of the Partner; DDCP = Delegated Dyadic Coping of the Partner; NDCP = Negative Dyadic Coping by Partner; CDC = Common Dyadic Coping

The results in Table 14 reveal significant differences based on the gender on remembrance of a belief of neglect from father and mother, loneliness, fear of intimacy, psychological maladjustment, psychological adjustment, empathy, gratitude, and dyadic coping along with all of the sub-domains of these variables among young adults. The results show that remembrance of an idea of neglect from the father is higher among men as compared to women among young adults.

Similarly, domains of remembrance of the father as responsible for neglect in the early years of life are higher among men as compared to women among young

adults. Lack of warmth domain of remembrance of perceived rejection in childhood from mother turned out to be significantly higher among women as compared to men. Loneliness was revealed to be higher among women among men as compared to women among young adults. The results for the variable fear of intimacy turned out to be non-significant.

Psychological maladjustment turned out to be higher among women, whereas, psychological adjustment was revealed to be higher among men among young adults. Empathy and gratitude also turned out to be significantly higher among women as compared to men within the total sample. Dyadic coping on the other hand was found to be significantly higher among young adult men.

Marital Status. Mean differences on remembrance of a notion of neglect from father and mother, loneliness, fear of forming a close and dear relationship or associations, psychological maladjustment, psychological adjustment, empathy, gratitude, and dyadic coping for married and unmarried young adults were also explored in this research. The results after analysis have been presented in tabular form along with the necessary elaboration of results.

Similarly, another analysis was carried out in order to generate comparison between unmarried and married individuals on perceived parental rejection (father/mother) in childhood, fear of intimacy, loneliness, psychological maladjustment, psychological adjustment, empathy, gratitude, and dyadic coping among young adults. Only the significant results have been reported.

Table 15

Comparison between Unmarried (n = 152) and Married (n = 257) on Perceived Parental Rejection (Father/Mother) in Childhood, Fear of Intimacy, Loneliness, Psychological Mal-adjustment, Psychological Adjustment, Empathy, Gratitude, and Dyadic Coping among Young Adults (N = 409)

Scales	Unmarried		Married		<i>t</i> (407)	<i>p</i>	95% CI		Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			<i>UL</i>	<i>LL</i>	
PARQ-F	38.92	12.08	41.57	11.78	-2.17	.03	-5.04	-.25	.22
W/A	13.48	6.21	14.60	5.92	-1.82	.06	-2.34	.08	-
H/A	9.67	3.93	10.46	4.63	-1.75	.08	-1.67	.09	-
I/N	9.57	3.94	10.36	4.06	-1.92	.05	-1.59	.01	.19
UR	7.20	2.04	7.45	2.13	-1.16	.24	-.67	.17	-
PARQ-M	36.04	12.16	38.31	12.12	-1.82	.06	-4.71	.17	-
W/A	13.28	6.39	14.45	6.51	-1.77	.07	-2.47	.12	-
H/A	9.99	4.39	10.65	4.33	-1.48	.13	-1.53	.21	-
I/N	10.11	5.97	11.49	5.92	-2.28	.02	-2.58	-.19	.23
UR	5.94	1.84	6.11	2.13	-.82	.40	-.58	.23	-
FIS	79.60	21.07	87.65	21.57	-3.67	.00	-12.36	-3.74	.37
IPAR-L	39.39	14.41	38.54	14.82	.56	.57	-2.09	3.80	-
PAQ	83.58	17.77	93.45	18.15	-5.35	.00	-13.49	-6.24	.54
H/A	11.63	3.77	13.28	3.88	-4.17	.00	-2.41	-.86	.43
DEP	16.71	3.44	16.45	3.15	.77	.44	-.39	.91	-
NSE	9.79	3.75	12.08	3.55	-6.16	.00	-3.01	-1.55	.63
NSA	9.70	3.29	11.22	3.39	-4.42	.00	-2.19	-.84	.45
EU	12.55	4.06	13.66	3.82	-2.76	.00	-1.89	-.31	.28
EI	13.86	4.13	15.19	4.20	-3.10	.00	-2.17	-.48	.31
NWV	9.30	3.48	11.54	3.65	-6.08	.00	-2.96	-1.51	.62
PAS	99.90	13.43	91.29	13.28	6.30	.00	5.91	11.28	.64
APR	15.76	2.45	15.31	2.44	1.77	.07	-.04	.93	-
CSA	21.71	4.54	19.76	4.30	4.32	.00	1.06	2.83	.44
PSI	29.37	5.56	26.07	5.70	5.70	.00	2.16	4.43	.59
AEE	17.74	4.12	16.04	3.82	4.22	.00	.90	2.49	.43
GIR	15.30	2.85	14.10	2.97	4.02	.00	.61	1.79	.41
EMP	3.83	.59	3.73	.53	1.73	.08	-.01	.21	-
ES	4.47	.58	4.23	.72	3.48	.00	.10	.37	.37
EP	4.55	.65	4.27	.77	3.70	.00	.13	.42	.39
RC	3.21	1.24	3.40	.97	-1.66	.09	-.40	.03	-
EA	3.31	.84	3.07	.78	2.94	.00	.08	.40	.30

Continued . . .

Scales	Unmarried		Married		<i>t</i> (407)	<i>p</i>	95% <i>CI</i>		<i>Cohen's d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			<i>UL</i>	<i>LL</i>	
FO	3.98	.66	3.90	.62	1.24	.21	-.04	.21	-
EC	3.46	1.10	3.52	.92	-.61	.54	-.26	.13	-
GRA	36.67	6.30	32.03	6.18	7.27	.00	3.38	5.88	.74
DCI	140.92	29.86	126.45	23.76	5.39	.00	9.20	19.73	.53
SCO	16.19	4.11	14.31	3.70	4.75	.00	1.10	2.65	.48
SDC	20.94	5.15	18.85	4.19	4.45	.00	1.16	3.00	.44
DDCO	8.21	1.40	7.18	1.56	6.66	.00	.72	1.33	.69
NDCO	15.99	4.59	14.24	3.82	4.14	.00	.92	2.58	.41
SCP	15.67	3.59	14.10	3.09	4.66	.00	.90	2.22	.47
SDCP	20.53	5.76	18.11	4.97	4.48	.00	1.36	3.48	.45
DDCP	7.75	2.08	6.88	2.01	4.17	.00	.46	1.28	.42
NDCP	14.94	4.35	13.89	4.14	2.43	.01	.20	1.90	.25
CDC	20.15	5.47	18.51	4.64	3.21	.00	.63	2.63	.32

Note. PARQ-F = Parental Acceptance Rejection Questionnaire-Father; PARQ-M = Parental Acceptance Rejection Questionnaire-Mother; W/A = Warmth/Affection, H/A = Hostility/Aggression; I/N = Indifference/Neglect, UR= Undifferentiated Rejection; FIS = Fear of Intimacy Scale; IPAR-L = Interpersonal Acceptance Rejection Loneliness Scale; PAQ = Personality Assessment Questionnaire; H/A = Hostility/Aggression; DEP = Dependency; NSE = Negative Self Esteem; NSA = Negative Self-Adequacy; EU = Emotional Unresponsive; EI = Emotional Instability; NWV = Negative Worldview; PAS = Psychological Adjustment Scale; APR = Accurate Perception Of Reality; CSA = Ability to Cope with Stress and Anxiety; PSI = Positive Self-Image; AEE = Ability to Express Full Range of Emotions; GIR = Good Interpersonal Relationships ; EMP = Empathy Scale; ES = Suffering; PS = Positive Sharing; RC = Responsive Crying; EA = Emotional Attention; FO = Feel for Others; EC = Emotional Contagion; GRA = Gratitude Scale, DCI = Dyadic Coping Inventory; SCO = Stress Communicated by Oneself ; SDC = Supportive Dyadic Coping by Oneself; DDCD = Delegated Dyadic Coping by Oneself; NDCO = Negative Dyadic Coping by Oneself; SCP = Stress Communication of the Partner; SDCP = Supportive Dyadic Coping of the Partner; DDCP = Delegated Dyadic Coping of the Partner; NDCP = Negative Dyadic Coping by Partner; CDC = Common Dyadic Coping

The results of Table 15 show that unmarried individuals scored significantly higher on remembrance of a belief of being rejected from both father and mother and indifference domains of these variables from both father and mother. The results also reveal that unmarried individuals scored significantly higher on fear of intimacy, psychological maladjustment, and its domains in comparison to married persons among the total sample of young adults. The psychological adjustment was found to be significantly higher among married individuals as compared to unmarried young adults. All of the sub-domains of psychological adjustment revealed a similar pattern. Scores on gratitude, dyadic coping, and the domains of dyadic coping were also significantly higher for married young adults.

Table 16

Comparison between Dating (n = 129) and Not Dating (n = 280) Participants on Perceived Parental Rejection (Father/Mother) in Childhood, Fear of Intimacy, Loneliness, Psychological Mal-adjustment, Psychological Adjustment, Empathy, Gratitude, and Dyadic Coping among Young Adults (N = 409)

Scales	Dating		Not Dating		<i>t</i> (407)	<i>p</i>	95% <i>CI</i>		Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			<i>UL</i>	<i>LL</i>	
PARQ-F	38.17	10.97	41.69	12.23	2.79	.01	1.04	6.00	.30
W/A	12.85	5.63	14.80	6.14	3.06	.00	0.70	3.20	.33
H/A	9.67	3.70	10.40	4.67	1.56	.12	-0.19	1.65	-
I/N	9.80	3.67	10.20	4.19	0.92	.36	-0.45	1.24	-
UR	6.99	1.66	7.53	2.26	2.43	.02	0.10	0.98	.27
PARQ-M	34.03	9.24	38.05	13.02	2.65	.01	0.15	0.99	.36
W/A	12.51	5.30	14.71	6.86	3.95	.00	2.52	7.53	.36
H/A	9.21	3.39	10.95	4.64	3.23	.00	0.86	3.55	.43
I/N	9.46	4.84	11.68	6.31	3.81	.00	0.84	2.64	.39
UR	5.65	1.67	6.22	2.15	3.54	.00	0.98	3.45	.30
FIS	72.74	17.75	90.17	21.18	8.11	.00	13.21	21.66	.89
IPAR-L	36.86	15.68	39.77	14.10	1.87	.06	-0.15	5.96	-
PAQ	78.37	16.94	93.45	16.94	9.24	.00	13.12	20.21	.89
H/A	10.89	4.11	13.28	3.53	6.54	.00	1.82	3.38	.62
DEP	16.02	3.75	16.45	2.98	2.25	.03	0.10	1.46	.13
NSE	9.17	2.89	12.08	3.78	8.00	.00	2.27	3.74	.86
NSA	9.00	2.66	11.22	3.48	7.01	.00	1.75	3.10	.72
EU	11.10	3.87	13.66	3.57	8.06	.00	2.38	3.91	.69
EI	13.51	3.94	15.19	4.24	3.94	.00	0.87	2.61	.41
NWV	8.67	3.19	11.54	3.61	8.00	.00	2.24	3.70	.84
PAS	101.85	13.09	91.11	13.03	-7.74	.00	-13.48	-8.02	.82
APR	15.99	2.21	15.25	2.52	-2.87	.00	-1.25	-0.23	.31
CSA	21.98	4.43	19.80	4.36	-4.67	.00	-3.09	-1.26	.50
PSI	29.96	4.65	26.08	5.97	-6.54	.00	-5.05	-2.72	.73
AEE	18.22	3.98	15.96	3.83	-5.48	.00	-3.08	-1.45	.58
GIR	15.69	2.71	14.02	2.96	-5.46	.00	-2.28	-1.07	.59
EMP	3.93	.46	3.69	.59	-3.91	.00	-0.34	-0.11	.45
ES	4.53	.50	4.23	.74	-4.16	.00	-0.44	-0.16	.48
EP	4.6	.55	4.25	.79	-5.16	.00	-0.55	-0.25	.51
RC	3.24	1.11	3.38	1.08	1.24	.22	-0.08	0.37	-
EA	3.39	.80	3.05	.80	-3.99	.00	-0.51	-0.17	.42

Continued . . .

Scales	Dating		Not Dating		<i>t</i> (407)	<i>p</i>	95% CI		Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			<i>UL</i>	<i>LL</i>	
FO	4.07	.60	3.87	.65	-2.93	.00	-0.33	-0.07	.32
EC	3.66	.98	3.43	.99	-2.17	.03	-0.44	-0.02	.23
GRA	36.79	4.62	32.36	6.93	-6.63	.00	-5.76	-3.13	.75
DCI	150.36	19.69	123.34	25.79	-10.53	.00	-31.96	-21.90	1.18
SCO	17.46	3.08	13.89	3.82	-9.29	.00	-4.32	-2.81	1.02
SDC	22.47	3.17	18.33	4.69	-9.12	.00	-5.04	-3.25	1.03
DDCO	8.32	1.26	7.23	1.61	-6.81	.00	-1.41	-0.78	.75
NDCO	16.49	3.89	14.15	4.15	-5.41	.00	-3.19	-1.49	.58
SCP	16.49	2.92	13.86	3.24	-7.88	.00	-3.29	-1.98	.85
SDCP	22.39	3.85	17.46	5.32	-9.44	.00	-5.95	-3.90	1.06
DDCP	8.28	1.99	6.71	1.94	-7.51	.00	-1.97	-1.16	.80
NDCP	16.00	4.13	13.49	4.07	-5.78	.00	-3.37	-1.66	.61
CDC	21.87	3.77	17.86	5.04	-8.06	.00	-4.99	-3.03	.90

Note. PARQ-F = Parental Acceptance Rejection Questionnaire-Father; PARQ-M = Parental Acceptance Rejection Questionnaire-Mother; W/A = Warmth/Affection, H/A = Hostility/Aggression; I/N = Indifference/Neglect, UR= Undifferentiated Rejection; FIS = Fear of Intimacy Scale; IPAR-L = Interpersonal Acceptance Rejection Loneliness Scale; PAQ = Personality Assessment Questionnaire; H/A = Hostility/Aggression; DEP = Dependency; NSE = Negative Self Esteem; NSA = Negative Self-Adequacy; EU = Emotional Unresponsive; EI = Emotional Instability; NWV = Negative Worldview; PAS = Psychological Adjustment Scale; APR = Accurate Perception Of Reality; CSA = Ability to Cope with Stress and Anxiety; PSI = Positive Self-Image; AEE = Ability to Express Full Range of Emotions; GIR = Good Interpersonal Relationships ; EMP = Empathy Scale; ES = Suffering; PS = Positive Sharing; RC = Responsive Crying; EA = Emotional Attention; FO = Feel for Others; EC = Emotional Contagion; GRA = Gratitude Scale, DCI = Dyadic Coping Inventory; SCO = Stress Communicated by Oneself ; SDC = Supportive Dyadic Coping by Oneself; DDCD = Delegated Dyadic Coping by Oneself; NDCO = Negative Dyadic Coping by Oneself; SCP = Stress Communication of the Partner; SDCP = Supportive Dyadic Coping of the Partner; DDCP = Delegated Dyadic Coping of the Partner; NDCP = Negative Dyadic Coping by Partner; CDC = Common Dyadic Coping

The results of Table 16 show the differences in the dating relationship of the participants on research variables. It is revealed that the individual in a dating relationship has lower levels of remembrance of an idea of being neglected and ignored by father and mother and fear of intimacy and the domains of these variables among young adults. The results for loneliness turned out to be non-significant among young adults. They also scored lower on psychological maladjustment as compared to the individuals who are not dating. Psychological adjustment, empathy, gratitude, and dyadic coping turned out to be higher among the ones who were in a dating relationship among young adults. These results are supported by existing literature.

4.4 Multivariate Analysis of Variables Based upon Demographics

In addition to the independent sample *t*-tests that have been performed to determine group differences long various variables that highlight the personal attributes of the participants, multivariate analysis of variance was also performed to establish the interaction effects for these characteristics upon the research variables.

Table 17

Multivariate Analysis of Variance for the Variables of the Present Study (N = 409)

Variables	Gender x Marital Status			Gender x Dating Relationship		
	<i>F</i>	<i>p</i>	η_p^2	<i>F</i>	<i>p</i>	η_p^2
PARQ-F	3.65	.05	.00	7.64	.00	.01
PARQ-M	3.17	.07	.00	9.89	.00	.02
IPAR-L	1.69	.19	.00	.17	.67	.00
FIS	.48	.48	.00	.06	.79	.00
PAQ	6.23	.01	.01	.18	.67	.00
PAS	3.37	.06	.00	2.37	.12	.00
EMP	3.92	.04	.01	8.00	.00	.01
GRA	9.13	.00	.02	4.78	.02	.01
DCI	11.88	.00	.02	3.25	.07	.00

Note. PARQ-F = Parental Acceptance Rejection Questionnaire-Father; PARQ-M = Parental Acceptance Rejection Questionnaire-Mother; PAQ = Personality Assessment Questionnaire; PAS = Psychological Adjustment Scale; FIS = Fear of Intimacy; IPAR-L = Interpersonal Acceptance Rejection Loneliness Scale; EMP = Empathy; GRA = Gratitude; DCI = Dyadic Coping Inventory

The results of Table 17 show the multivariate analyses for determining the impact of demographics on the variables of this study. Gender generated a significant two-way interaction and resultant significant multivariate *F* concerning the marital status and dating relationship of the participants of the current research. The impact of these interactions was explored for the variables remembrance of being neglected by caregivers at a young age(father/mother), loneliness, fear of forming close relations, psychological maladjustment, psychological adjustment, empathy, gratitude, and dyadic coping among young adults. These interaction effects have been illustrated in Figures 2 to 19.

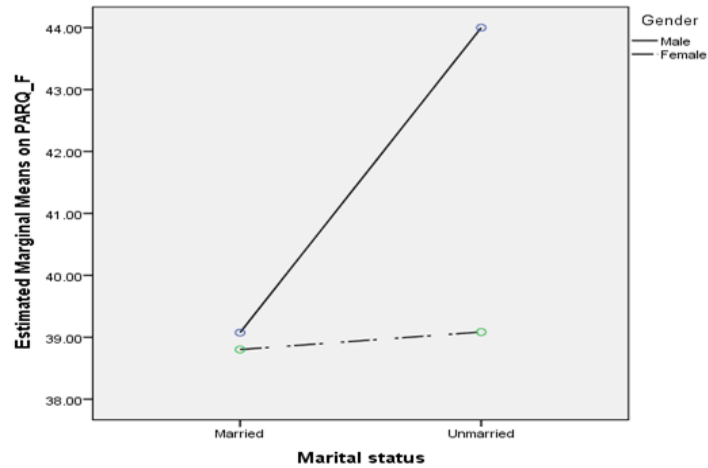


Figure 2. Interaction effect of gender and marital status on remembrance of being neglected by caregivers in a young age from father among young adults

Figure 2 reveals that unmarried males have higher levels of remembrance of the belief of being neglected from father in childhood as compared to married, and similarly unmarried females have higher remembrance of the belief of being neglected from father. Overall males scored higher than females on remembrance of being neglected by caregivers at a young age among both married and unmarried young adults.

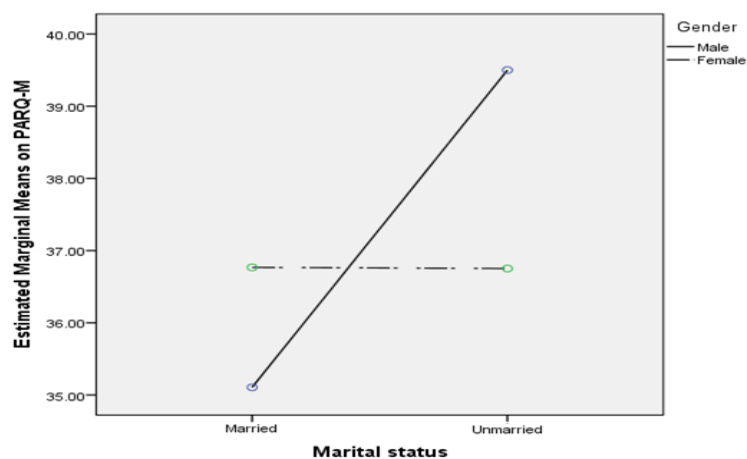


Figure 3. Interactive effect of gender and marital status on remembrance of being neglected by caregivers in a young age from mother among young adults

The interaction effect of gender and marital status in Figure 3 on remembrance of being neglected by caregivers at a young age from mother revealed that unmarried males have greater remembrance of perceived rejection from mother in childhood as compared to married males and married females who tend to score less than unmarried females on this variable. Overall males scored higher than females on remembrance of being neglected by caregivers at a young age from mother among both unmarried whereas, females scored higher on this variable among the married young adults.

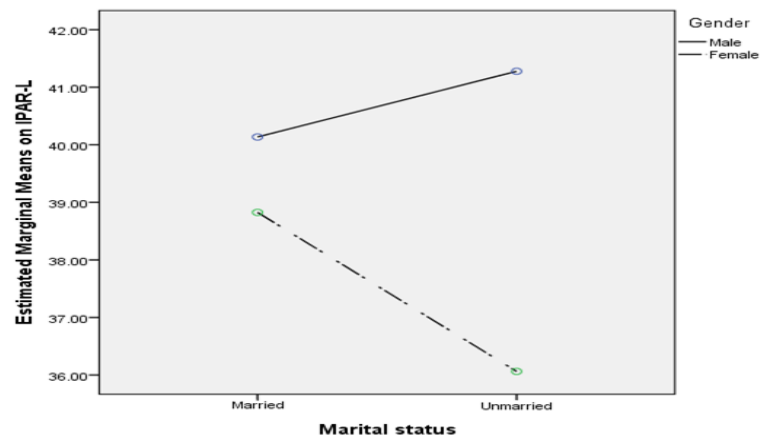


Figure 4. Interactive effect of gender and marital status on loneliness among young adults

Figure 4 reveals that unmarried males have higher levels of loneliness as compared to married males, but married females have higher loneliness as compared to unmarried ones. Overall males scored higher than females on loneliness for both married and unmarried young adults.

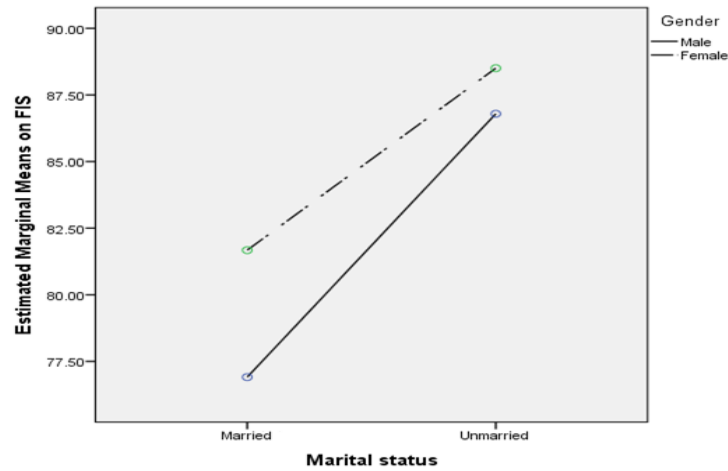


Figure 5. Interactive effect of gender and marital status on fear of intimacy among young adults

Figure 5 reveals that unmarried females have higher levels of fear of forming close relations as compared to married females, and similar is the case for unmarried males. Overall females scored higher than males on fear of forming close relations for both married and unmarried young adults.



Figure 6. Interactive effect of gender and marital status on psychological mal-adjustment among young adults

Figure 6 reveals the interactive effect of gender and marital status on psychological maladjustment. The results show that unmarried females/males have higher levels of psychological maladjustment as compared to married females.

Overall females scored higher than males on psychological maladjustment for both married and unmarried young adults.

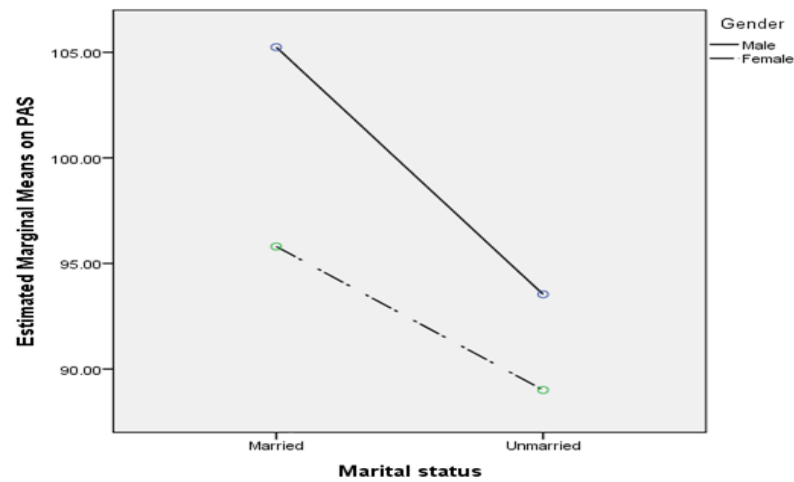


Figure 7. Interactive effect of gender and marital status on psychological adjustment among young adults

Figure 7 reveals the interactive effect of gender and marital status on psychological adjustment. The results show that married females have higher levels of psychological adjustment as compared to unmarried females, and similar is the case for married males. Overall males scored higher than females on psychological adjustment for both married and unmarried young adults.

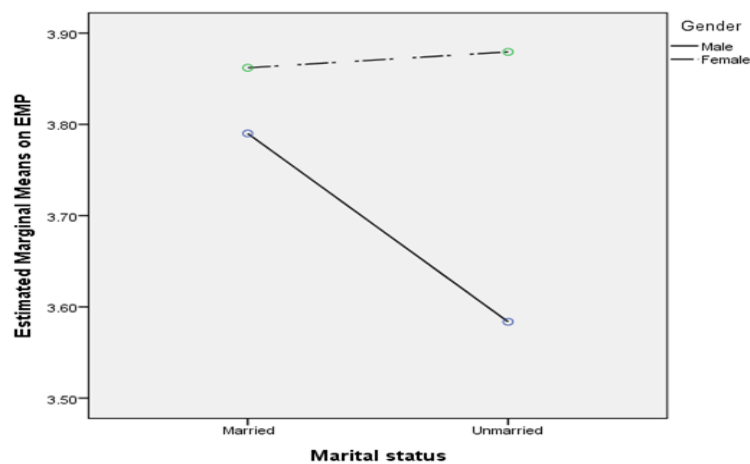


Figure 8. Interactive effect of gender and marital status on psychological adjustment among young adults

Figure 8 reveals the interactive effect of gender and marital status on empathy. The results show that unmarried females have higher levels of empathy as compared to married females, however, married males have higher levels of empathy as compared to unmarried males. Overall females scored higher than males on empathy for both married and unmarried young adults.

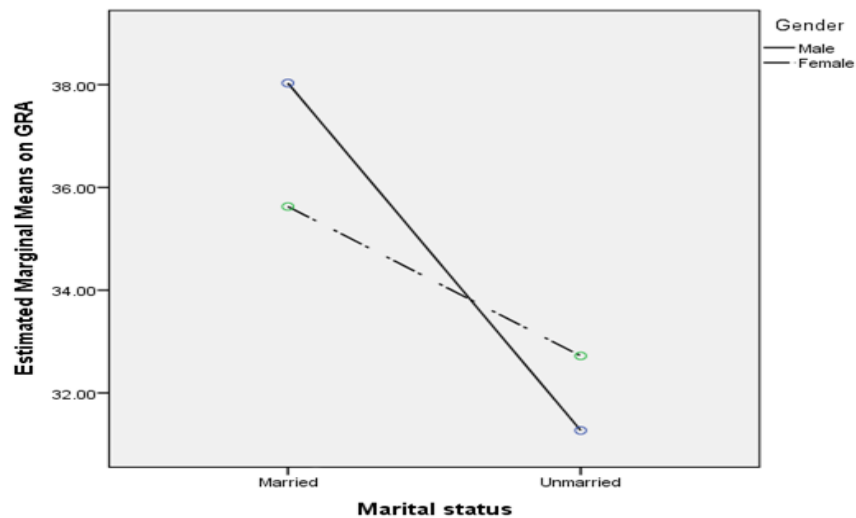


Figure 9. Interactive effect of gender and marital status on psychological adjustment among young adults

Figure 9 reveals the interactive effect of gender and marital status on gratitude. The results show that married males have higher levels of gratitude as compared to married females, however, unmarried females have higher levels of gratitude as compared to unmarried males. Overall males scored higher than females on gratitude for both married and unmarried young adults.

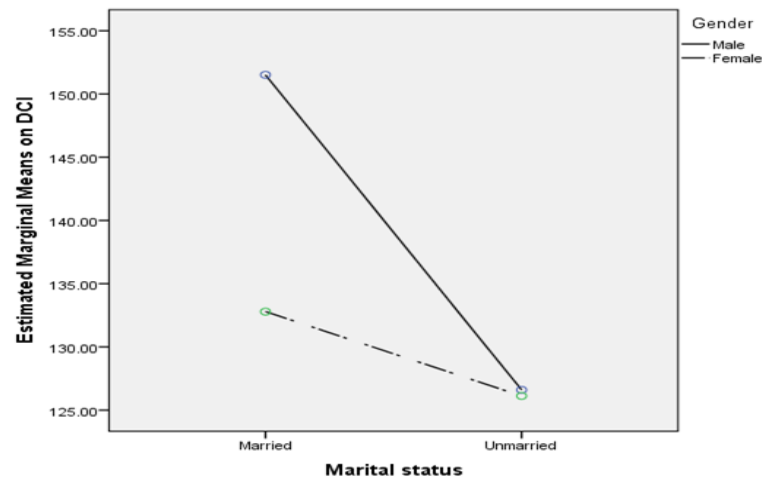


Figure 10. Interactive effect of gender and marital status on psychological adjustment among young adults

Figure 10 reveals the interactive effect of gender and marital status on dyadic coping. Married males have higher levels of dyadic coping as compared to married females, and married females have higher levels of dyadic coping as compared to unmarried males. Overall males scored higher than females.

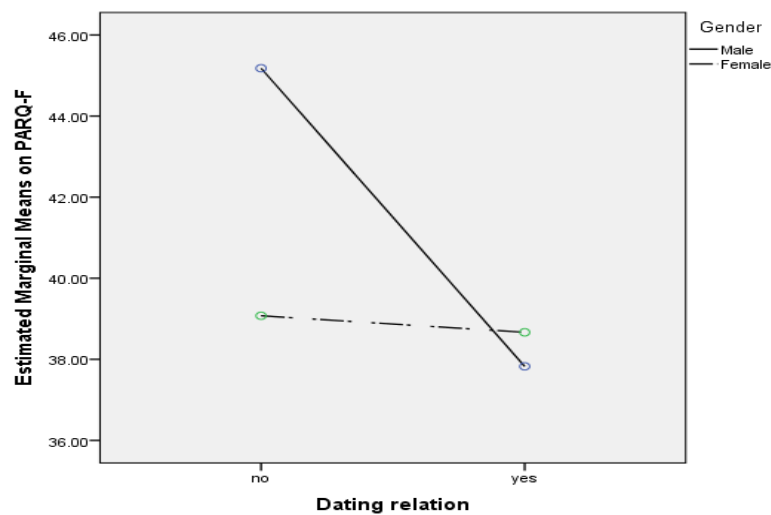


Figure 11. Interaction effect of gender and dating relationship on remembrance of being neglected by caregivers in a young age from father among young adults

Figure 11 reveals that the participants without dating relationships have higher levels of remembrance of the belief of being neglected from father in childhood as

compared to participants dating for both male and female young adults. Overall males scored higher than females on remembrance of a feeling of being neglect as a child among the ones dating and females scored higher in the group not dating.

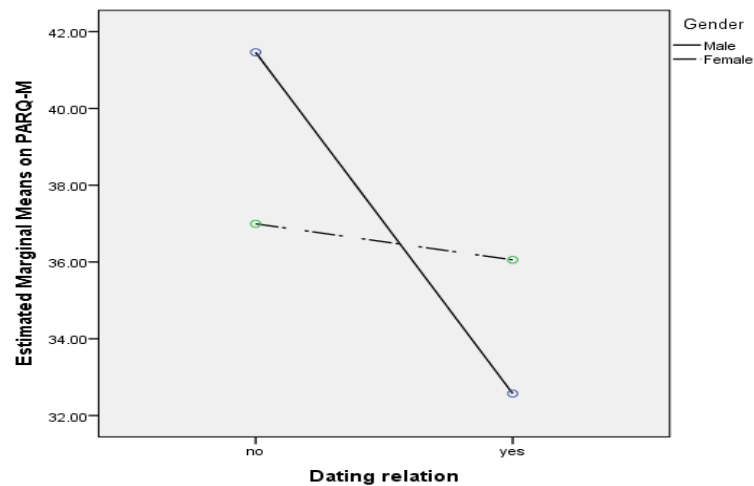


Figure 12. Interaction effect of gender and dating relationship on remembrance of being neglected by caregivers in a young age from mother among young adults

Figure 12 reveals that the participants without dating relationships have higher levels of remembrance of the belief of being neglected from mother in childhood as compared to participants dating for young adults. Overall males scored higher than females on remembrance of a perception of being neglected by the caregivers as a child among the ones dating and females scored higher in other case.

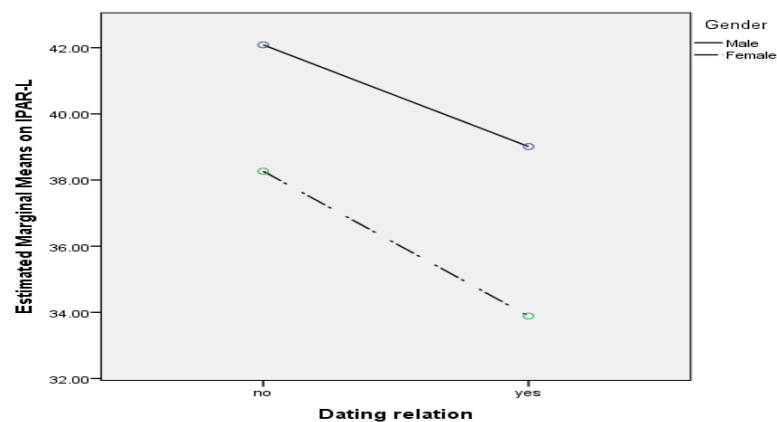


Figure 13. Interaction effect of gender and dating relationship on loneliness among young adults

Figure 13 reveals that the participants without dating relationships have higher levels of loneliness as compared to participants dating for both male and female young adults. Overall males scored higher than females on loneliness among the dating and non-dating participants.

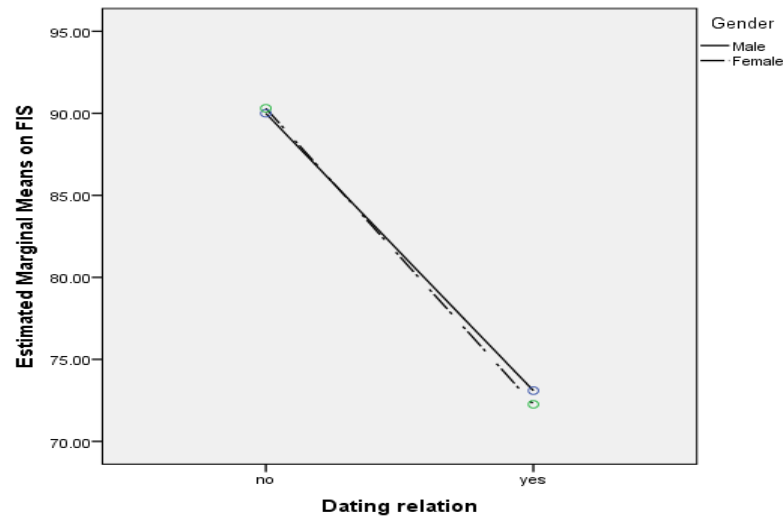


Figure 14. Interaction effect of gender and dating relationship on loneliness among young adults

Figure 14 reveals that the participants without dating relationships have higher levels of fear of forming close relations as compared to participants dating for both male and female young adults. Overall males scored slightly higher than females on loneliness among the participants that are not dating.

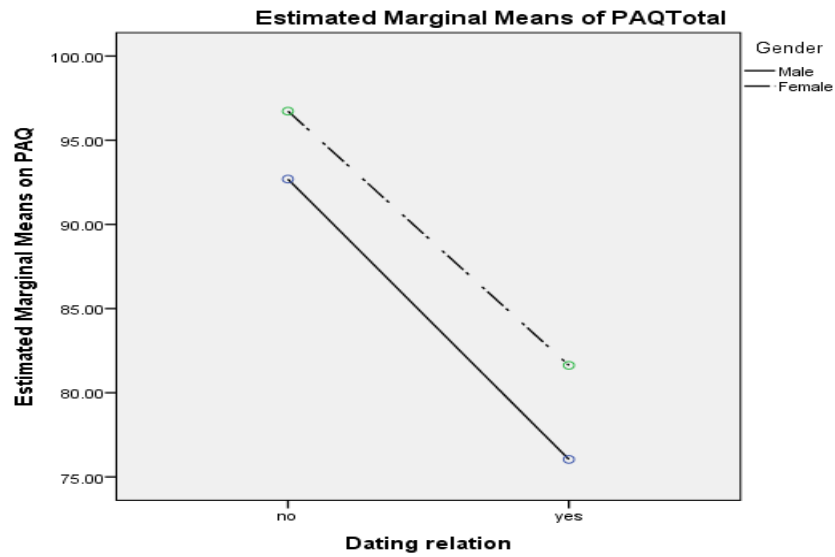


Figure 15. Interaction effect of gender and dating relationship on psychological maladjustment among young adults

Figure 15 reveals that the participants without dating relationships have higher levels of psychological maladjustment as compared to participants dating for both male and female young adults. Overall males scored slightly higher than females on psychological maladjustment among all of the participants.

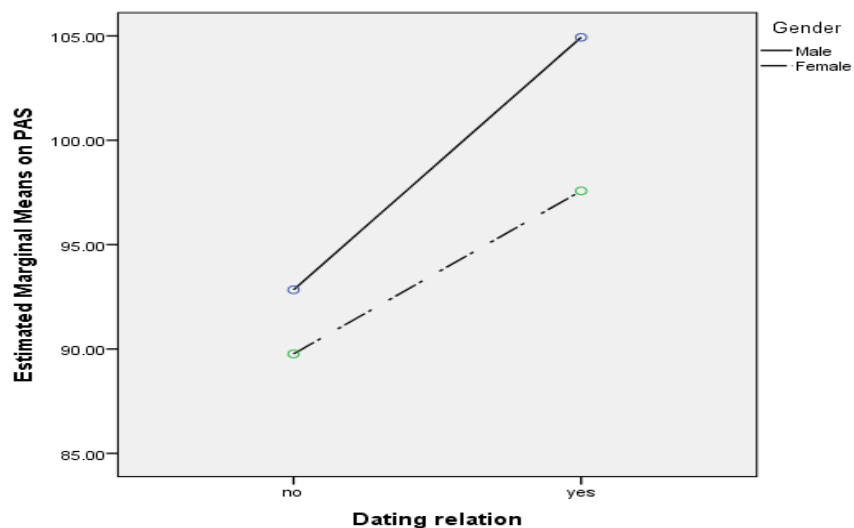


Figure 16. Interaction effect of gender and dating relationship on psychological adjustment among young adults

Figure 16 reveals that the participants in dating relationships have higher levels of psychological adjustment as compared to participants not dating for both male and female young adults. Overall males scored higher than females.

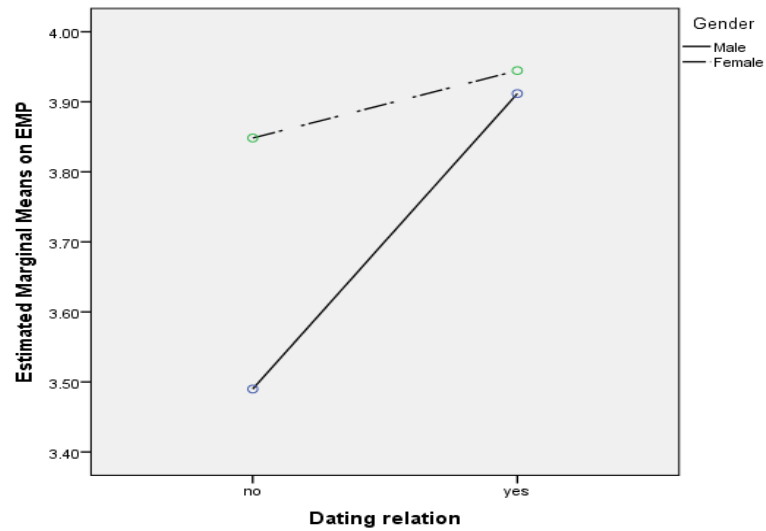


Figure 17. Interaction effect of gender and dating relationship on psychological adjustment among young adults

Figure 17 reveals that the participants in dating relationships have higher levels of empathy as compared to participants not dating for both male and female young adults. Overall females scored higher than males on empathy within all groups.

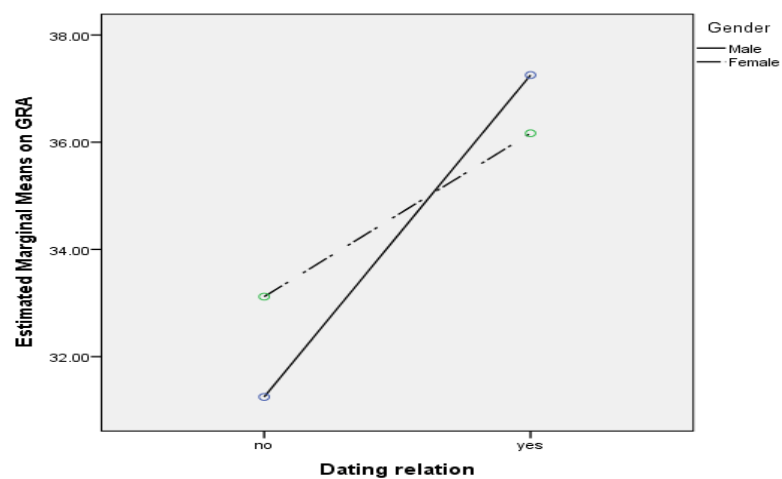


Figure 18. Interaction effect of gender and dating relationship on psychological adjustment among young adults

Figure 18 reveals that the participants in dating relationship have higher levels of gratitude as compared to participants not dating for both male and female young adults. Overall females scored higher than males on empathy within the group not dating, whereas, male scored higher on gratitude among the ones dating.

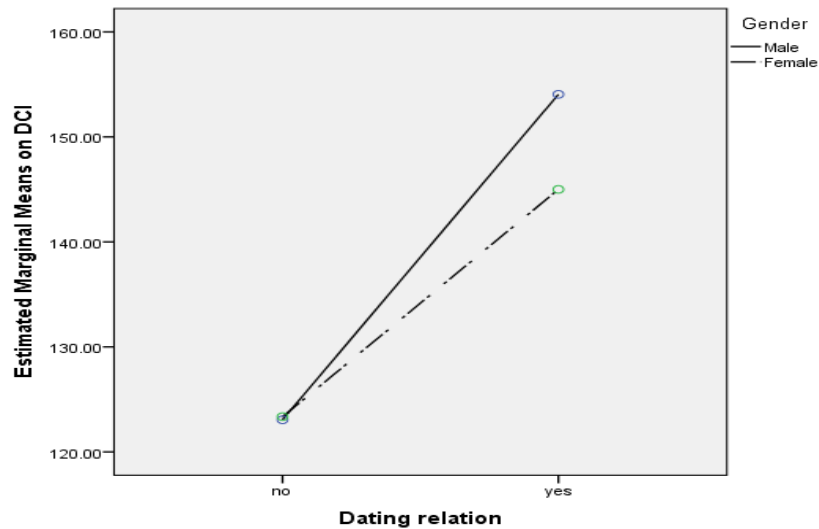


Figure 19. Interaction effect of gender and dating relationship on dyadic coping among young adults

Figure 19 reveals that the participants in dating relationships have higher levels of dyadic coping as compared to participants not dating for both male and female young adults. Overall males scored higher than females on dyadic coping within the participants dating among young adults.

4.5 Mediation Analysis for Study Variables

The mediation analysis was performed to analyze the impact on the nature of relationships of the independent and dependent variables in the presence of a third variable. Mediation exists when the presence of a third variable acts as a bridge in the association of the independent and the dependent variable thereby generating an interaction effect upon the dependent variable (Hayes, 2013). This analysis was performed using Process Macro by Andrew Hayes in SPSS to determine the

mediation by psychological maladjustment on the association of remembrance of perceived parental in childhood by both father and mother, loneliness, and fear of forming close relations. Model 4 of the Process was used for simple mediation with bootstrapped based on 5000 samples with a 95% confidence interval. Only the significant results have been reported in tabular form along with the required explanation of the generated results.

Table 18

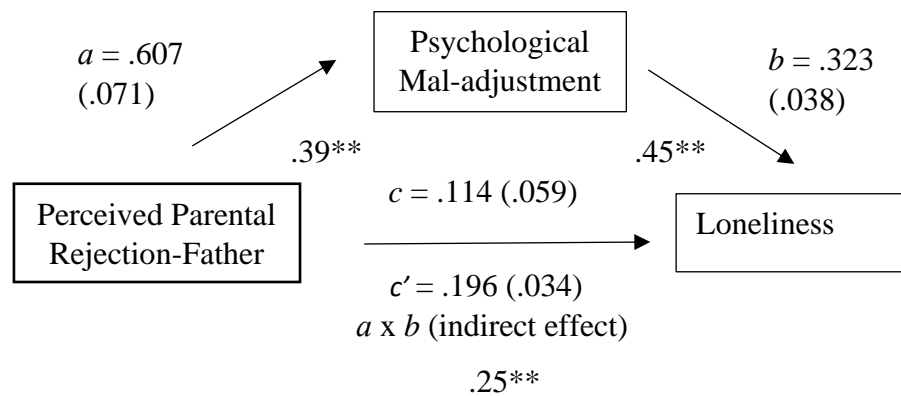
Simple Mediation of the effect of Perceived Parental Rejection-Father on Loneliness by Psychological Mal-adjustment (N = 409)

Predictors	Model 1	Model 2	95% CL	
	B	B	LL	UL
Constant	65.13***	5.22	-1.38	11.84
Remembrance of Perceived Parental Rejection-Father	.60***	.11	-.24	-.18
Psychological Mal-adjustment		.32***	.24	.39
Indirect effect-PARQ-F→PAQ→L		.19***	.13	.26
R^2	.15	.20		
ΔR^2		.05		
F	73.01***	52.84***		
ΔF		20.17		

Note. B= Unstandardized coefficients; LL = Lower limits; UL = Upper Limit; PARQ-F = Perceived Parental Rejection-Father; PAQ = Psychological Mal-adjustment; L = Loneliness

* $p < .05$, ** $p < .01$, *** $p < .000$

Table 18 shows that the B value for the indirect effect is significant. 20% variance is explained by this interaction effect. The results clearly show that in the association of remembrance of being neglected by caregivers at a young age from father and loneliness, psychological maladjustment acts as a mediator.



The results show that indirect effect for remembrance of the perceived notion of being neglected by caregivers from father ($B = .19$, $p = .00$) is significant.

Table 19

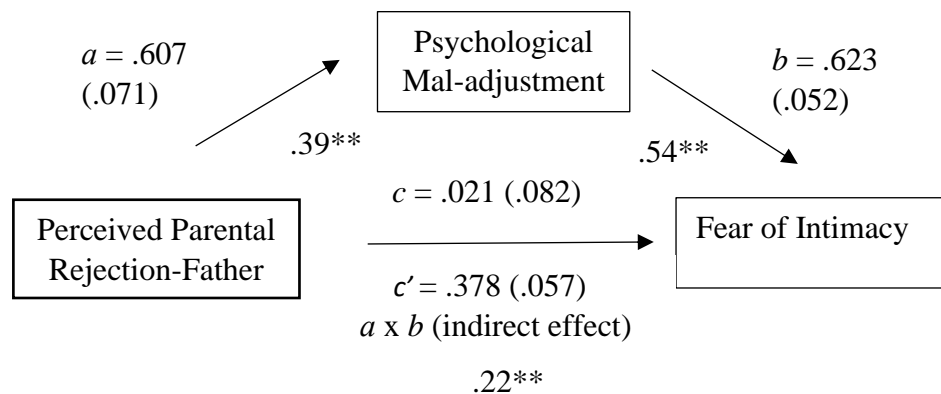
Simple Mediation of the effect of Perceived Parental Rejection-Father on Fear of Intimacy by Psychological Mal-adjustment (N = 409)

Predictors	Model 1	Model 2	<u>95% CL</u>	
	B	B	LL	UL
Constant	65.14***	27.84***	18.58	37.11
Perceived Parental Rejection-Father	.60***	.02	-.14	.18
Psychological Mal-adjustment		.62***	.51	.72
Indirect effect-PARQ-F → PAQ → FIS		.37***	.27	.49
R^2	.15	.29		
ΔR^2		.14		
F	72.33***	83.21***		
ΔF		10.88		

Note. B= Unstandardized coefficients; LL = Lower limits; UL = Upper Limit; PARQ-F = Perceived Parental Rejection-Father; PAQ = Psychological Mal-adjustment; FIS = Fear of Intimacy

* $p < .05$, ** $p < .01$, *** $p < .000$

Table 19 shows that the B value for the indirect effect is significant. 14% variance is explained by the interaction effect in the above table. The results reveal that in the association of remembrance of being neglected by caregivers at a young age from father and fear of forming close relations also, psychological maladjustment acts as a mediator.



The results show that indirect effect for remembrance of the belief of neglect from father and psychological mal-adjustment ($B = .37, p = .00$) is significant among young adults.

Table 20

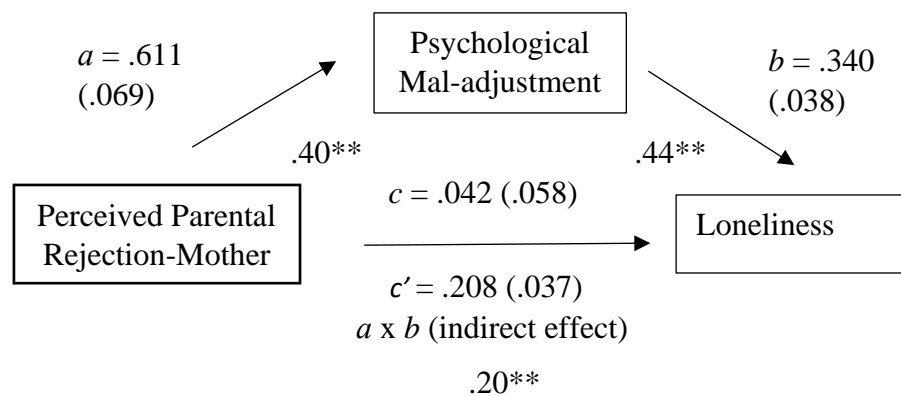
Simple Mediation of the effect of Perceived Parental Rejection-Mother on Loneliness by Psychological Mal-adjustment (N = 409)

Predictors	Model 1	Model 2	95% CL	
	B	B	LL	UL
Constant	66.87***	6.69*	.19	13.19
Perceived Parental Rejection-Mother	.61***	.04	-.07	.15
Psychological Mal-adjustment		.34***	.26	.41
Indirect effect-PARQ-M → PAQ → L		.20***	.14	.28
R^2	.16	.20		
ΔR^2		.04		
F	77.51***	50.84***		
ΔF		26.67		

Note. B= Unstandardized coefficients; LL = Lower limits; UL = Upper Limit; PARQ-M = Perceived Parental Rejection-Mother; PAQ = Psychological Mal-adjustment; L = Loneliness

* $p < .05$, ** $p < .01$, *** $p < .000$

The results in Table 20 shows that the B value for the indirect effect is significant. 4% variance is explained by the interaction effect in this case. The results reveal that in the association of remembrance of being neglected by caregivers at a young age from mother and loneliness psychological mal-adjustment acts as a mediator among young adults.



The results show that indirect effect for remembrance of the perceived notion of being neglected by caregivers from mother through psychological mal-adjustment ($B = .20$, $p = .00$) is significant among young adults.

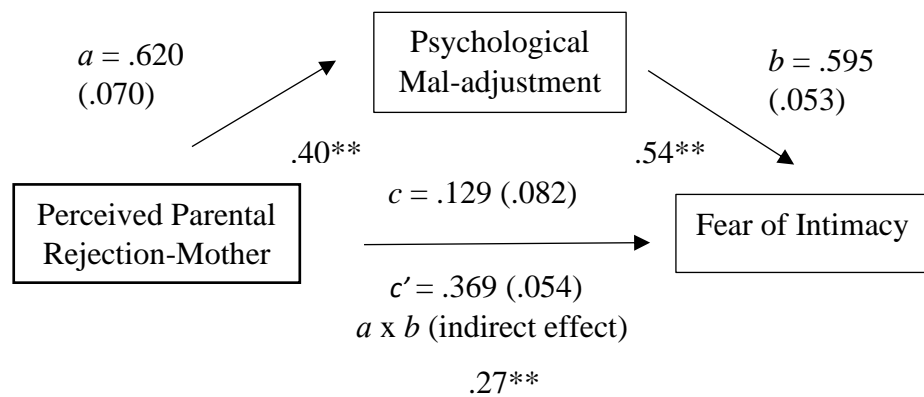
Table 21

Simple Mediation of the effect of Perceived Parental Rejection-Mother on Fear of Intimacy by Psychological Mal-adjustment (N = 409)

Predictors	Model 1	Model 2	95% CL	
	B	B	LL	UL
Constant	66.59***	26.40***	17.35	35.44
Perceived Parental Rejection-Mother	.62***	.12	-.03	.29
Psychological Mal-adjustment		.59***	.49	.69
Indirect effect-PARQ-M → PAQ → FIS		.36***	.26	.48
R^2	.16	.29		
ΔR^2		.13		
F	77.50***	84.92***		
ΔF		7.42		

Note. B= Unstandardized coefficients; LL = Lower limits; UL = Upper Limit; PARQ-M = Perceived Parental Rejection-Mother; PAQ = Psychological Mal-adjustment; FIS = Fear of Intimacy
 $*p < .05$, $**p < .01$, $***p < .000$

The results in Table 21 show that the B value for the indirect effect is significant. 29% variance is explained by the interaction effect in this case. Similarly, the results reveal that in the association of remembrance of being neglected by caregivers at a young age from mother and fear of forming close relations psychological mal-adjustment acts as a mediator among young adults.



Results show that indirect effect for remembrance of the perceived notion of being neglected by caregivers from mother through psychological maladjustment ($B = .36$, $p = .00$) is significant among young adults.

4.6 Moderation by Psychological Adjustment, Empathy, Gratitude, and Dyadic Coping

Regression analysis was performed using SPSS to explore the impact of psychological adjustment, empathy, gratitude, and dyadic coping as moderators on the association of remembrance of being neglected by caregivers at a young age from both father and mother, loneliness, and fear of forming close relations. Moderators tend to affect the association of two variables as a third variable and tend to either strengthen or weaken the association of these variables. This impact has also been explored at various levels of the moderator.

Remembrance of perceived parental rejection in childhood-father and loneliness. The impact of psychological adjustment, empathy, gratitude, and dyadic coping as moderators on the association of remembrance of being neglected by caregivers at a young age from father and loneliness was determined using the regression analysis in SPSS for the total sample of young adults. Separate analyses have been performed for each moderator, predictor, and outcome variable. The results for psychological adjustment as a moderator on the effect of remembrance of perceived parental rejection in childhood-father and loneliness among young adults turned out to be non-significant ($\beta = -.02$; $p > .05$). Similarly, the results for gratitude as a moderator on the effect of remembrance of perceived parental rejection in childhood-father and loneliness among young adults were also non-significant ($\beta = -.05$; $p > .05$). Only significant results have been reported.

The first table indicates results generated post regression was performed to determine the moderation by the empathy of the effect of remembrance of perceived parental rejection in childhood-father on loneliness among young adults using this analysis. The results revealed have been elaborated with a necessary explanation along with a mod-graph.

Table 22

Moderation of the effect of Remembrance of Perceived Parental Rejection in

Childhood-Father on Loneliness by Empathy among Young Adults (N = 409)

Predictors	B	t	Loneliness	
			95% CI	
			LL	UL
Constant	38.41***	53.99***	37.01	39.81
Remembrance of Perceived Parental Rejection in Childhood-Father	3.23***	4.42***	1.79	4.67
Empathy (Moderator)	.24	.32	-1.22	1.72
Remembrance of Perceived Parental Rejection in Childhood-Father x Empathy	-1.74***	-3.03***	-2.88	-.61
R^2	.08			
ΔR^2	.02			
F	12.57***			
ΔF	9.18***			

*** $p < .001$

Table 22 clearly indicates the results revealed post regression in SPSS.

The β obtained in case of association (remembrance of perceived parental rejection in childhood-father x empathy) is significant ($\beta = -.15$; $p < .01$). The difference generated by this association is 2%. The results indicate that the third variable has influenced the direction of the relationship between the remaining two variables. The β produced for the interaction effect has a negative sign showing that prediction is weakened. Therefore, the relationship of remembrance of being neglected by caregivers at a young age from father as a predictor, loneliness as an outcome, and empathy as a moderator are accepted.

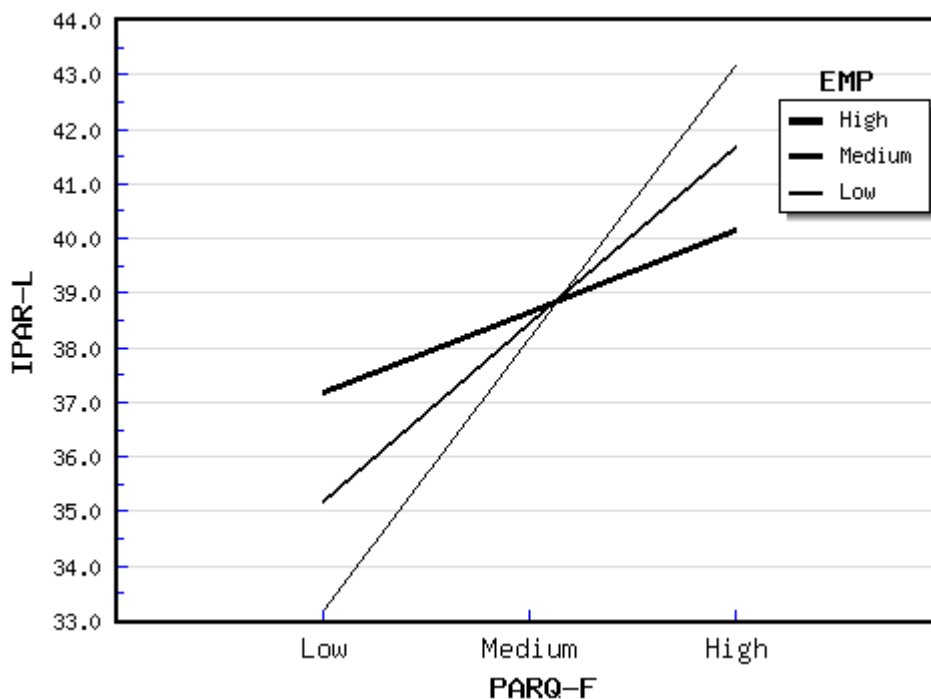


Figure 20. Moderation of the effect of Remembrance of Perceived Parental Rejection in Childhood-Father on Loneliness by Empathy among Young Adults

Note. PARQ-F = Parental Acceptance Rejection Questionnaire-Father; IPAR-L = Interpersonal Acceptance Rejection Loneliness Scale; EMP = Empathy Scale

Figure 20 shows changes caused by the empathy of the effect of remembrance of perceived parental rejection in childhood-father on loneliness among young adults. In the case of a low level of empathy, the association of the predictor and outcome is strongly positive. At a moderate level of empathy, the relationship is again positive. However, for high levels of empathy, the association of remembrance of perceived parental rejection in childhood-father and loneliness becomes less positive. The association of these two variables is, therefore, debilitated as an outcome of the interacting variables. The results are as per the tenth hypothesis of this research as well as the theoretical model of the research (see Figure 1). The calculations revealed $t\text{-value} = 2.52$ ($p < .05$)

for high level of empathy, t -value = 51.13 ($p = .00$) for medium level of empathy, and t -value = 8.75 ($p = .00$) for low level of empathy indicating that the moderation is strong and significant for all levels of the moderator.

Similarly, another analysis was performed exploring the moderation by dyadic coping of the effect of remembrance of perceived parental rejection in childhood-father on loneliness among young adults using the regression analysis in SPSS. The results have been reported in tabular form.

Table 23

Moderation of the effect of Remembrance of Perceived Parental Rejection-Father on Loneliness by Dyadic Coping among Young Adults (N = 409)

Predictors	B	t	Loneliness	
			95% CI	
			<i>LL</i>	<i>UL</i>
Constant	38.63***	54.75***	37.25	40.02
Remembrance of Perceived Parental Rejection in Childhood-Father	3.39***	4.77***	1.99	4.78
Dyadic Coping (Moderator)	-1.36	-1.92	-2.75	.03
Remembrance of Perceived Parental Rejection in Childhood-Father x Dyadic Coping	-1.26*	-2.02*	-2.49	-.03
R^2	.08			
ΔR^2	.01			
F	12.57***			
ΔF	4.10*			

* $p < .05$, *** $p < .001$

Table 23 reveals the results generated after the analysis. The β obtained in case of association (remembrance of perceived parental rejection in childhood-father x dyadic coping) is significant ($\beta = -.09$; $p < .05$). The difference generated by this association is 1%. The results indicate that the moderator dyadic coping has a minor influence on the association of the predictor and outcome. The β value for the interaction effect is negative

representative that the relationship shows that prediction is weakened. The results of this table are also consistent with the conceptual model of this research using dyadic coping as a moderator in the association of remembrance of being neglected by caregivers at a young age from father and loneliness.

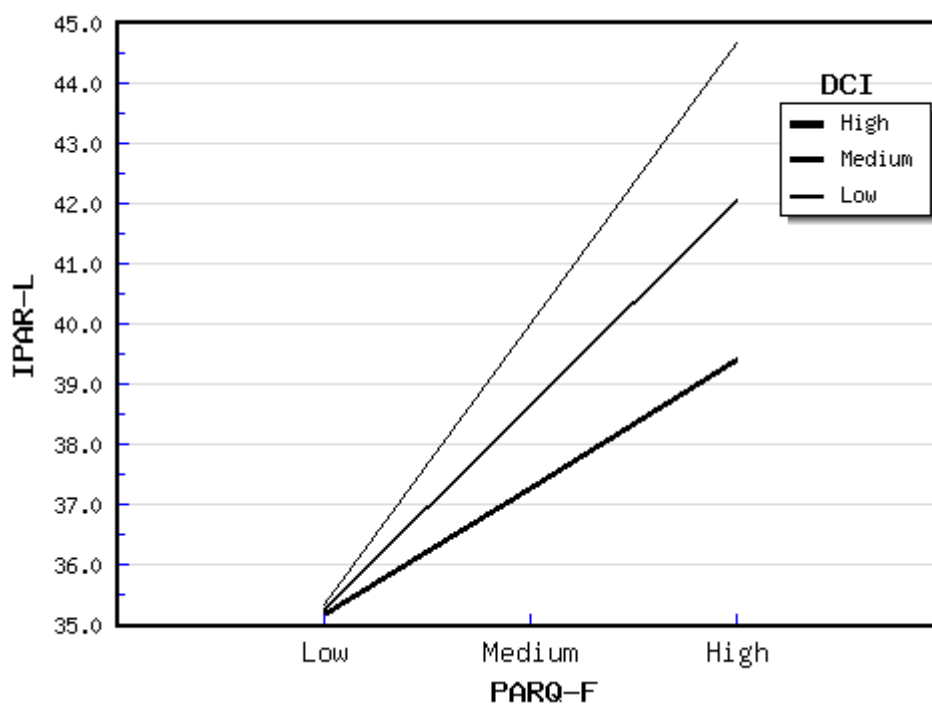


Figure 21. Moderation of the effect of Remembrance of Perceived Parental Rejection in Childhood-Father on Loneliness by Dyadic Coping among Young Adults

Note. PARQ-F = Parental Acceptance Rejection Questionnaire-Father; IPAR-L = Interpersonal Acceptance Rejection Loneliness Scale; DCI = Dyadic Coping Inventory

Figure 21 represents the mod-graph for the moderation by dyadic coping of the effect of remembrance of perceived parental rejection in childhood-father on loneliness among young adults. In the case of a low level of dyadic coping, the association of remembrance of perceived parental rejection in childhood-father and loneliness is positive. At a moderate level of dyadic coping, the

relationship becomes weaker. For high levels of dyadic coping the association becomes weaker. Therefore, it is revealed that the association of remembrance of perceived parental rejection in childhood-father and loneliness is weakened as a consequence of the interaction term. These results are also in accordance with the tenth hypothesis of this research and the conceptual model of the research (see Figure 1). Significance of slopes revealed that t -value = 3.36 ($p < .001$) for high level of dyadic coping, t -value = 53.60 ($p = .00$) for medium level of dyadic coping, and t -value = 7.44 ($p = .00$) for low level of dyadic coping indicating that the moderation is strong and significant for all levels of dyadic coping.

Remembrance of perceived parental rejection in childhood-father and fear of forming close relations. Similar to the previous analysis the impact of variables psychological adjustment, empathy, gratitude, and dyadic coping as moderators on the association of remembrance of being neglected by caregivers at a young age from father and fear of forming close relations were determined using the regression analysis for the total sample of young adults. The results for empathy as a moderator in the association of remembrance of perceived parental rejection in childhood-father and fear of forming close relations among young adults turned out to be non-significant ($\beta = -.09$; $p > .05$). Comparably, the moderation of the effect of remembrance of being neglected by caregivers at a young age from father on fear of forming close relations by gratitude was revealed to be non-significant among young adults ($\beta = -.08$; $p > .05$). Only significant results have been reported.

The following table indicates results generated post regression was performed to determine the moderation by psychological adjustment of the effect of remembrance of perceived parental rejection in childhood-father on fear of forming close relations among young adults. An explanation along with a mod-graph has also been presented.

Table 24

Moderation of the effect of Perceived Parental Rejection-Father on Fear of Intimacy by Psychological Adjustment among Young Adults (N = 409)

Predictors	B	t	Fear of Intimacy	
			95% CI	
			LL	UL
Constant	83.81***	82.96***	81.83	85.80
Perceived Parental Rejection-Father	1.66	1.64	-.33	3.66
Psychological Adjustment (Moderator)	-9.08***	-8.95***	-11.07	-7.08
PARQ-F x Psychological Adjustment	-2.58**	-2.59**	-4.54	-.63
R^2	.21			
ΔR^2	.01			
F	36.24***			
ΔF	6.75**			

Note. B= Unstandardized coefficients; LL = Lower limits; UL = Upper Limit; PARQ-F = Perceived Parental Rejection-Father

** $p < .01$, *** $p < .001$

The results generated in Table 24 show that the β obtained in case of association (remembrance of perceived parental rejection in childhood-father x psychological adjustment) is significant ($\beta = -.16$; $p < .05$). The difference generated by this association is 1%. The results indicate that the moderator psychological adjustment also has a minor influence on the association of the predictor and outcome. The β value for the interaction effect is negative indicating that the relationship shows prediction in the negative direction. The

results of the table are in accordance with the conceptual model of this research.

The results show that psychological adjustment acts as a moderator in the association of remembrance of being neglected by caregivers at a young age from the father and fear of forming close relations.

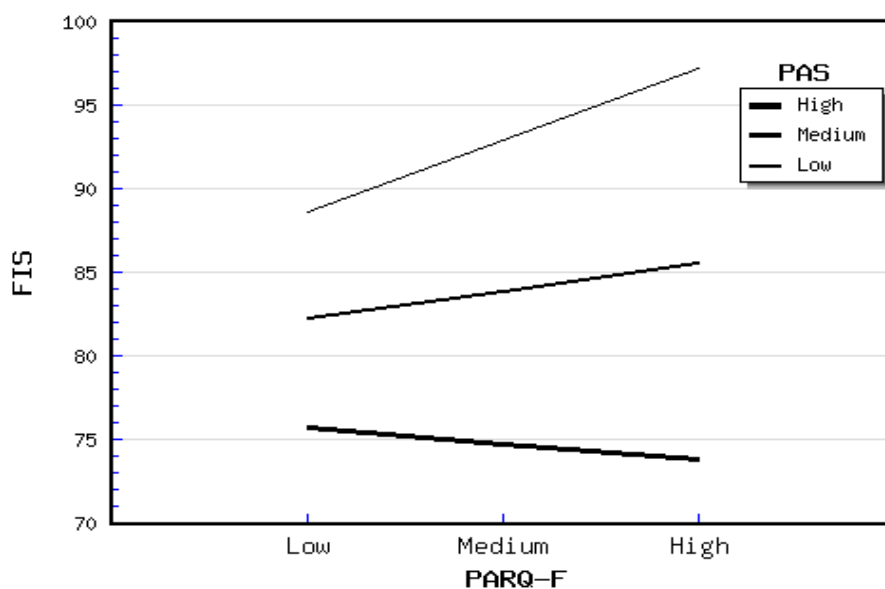


Figure 22. Moderation of the effect of Remembrance of Perceived Parental Rejection in Childhood-Father on Fear of Intimacy by Psychological Adjustment among Young Adults

Note. PARQ-F = Parental Acceptance Rejection Questionnaire-Father; FIS = Fear of Intimacy; PAS = Psychological Adjustment Scale

Figure 22 shows the mod-graph for the moderation by psychological adjustment of the effect of remembrance of perceived parental rejection in childhood-father on fear of forming close relations among young adults. In case of low levels of psychological adjustment, the association of the remembrance of perceived parental rejection in childhood-father and fear of forming close relations is positive. At moderate levels of psychological adjustment, the

association of the remaining two variables becomes less positive. However, at high levels of the moderator, the association of remembrance of perceived parental rejection in childhood-father and fear of forming close relations becomes negative. Therefore, the reaction is reversed due to the interacting variables. These results are also in accordance with the eleventh hypothesis of this research and the conceptual model of the research (see Figure 1). Significance of slopes revealed that t -value = -0.91 ($p > .05$) for high level of psychological adjustment, t -value = 20.01 ($p = .00$) for medium level of psychological adjustment, and t -value = 4.28 ($p > .05$) for low level of psychological adjustment indicating that the moderation is strong and significant for medium levels of psychological adjustment only.

Table 25

Moderation of the effect of Perceived Parental Rejection-Father on Fear of Intimacy by Dyadic Coping among Young Adults (N = 409)

Predictors	B	t	FIS	
			95% CI	
			LL	UL
Constant	84.36***	93.48***	82.59	86.13
Perceived Parental Rejection-Father	2.69**	2.96**	.90	4.47
Dyadic Coping (Moderator)	-	-	-13.05	-9.49
Perceived Parental Rejection-Father x Dyadic Coping	11.27***	12.46***	-3.18	-.04
R^2	.32			
ΔR^2	.01			
F	63.00***			
ΔF	4.10*			

Note. FIS = Fear of Intimacy

* $p < .05$, ** $p < .01$, *** $p < .001$

Table 25 indicates results revealed after another regression analysis in SPSS. The β obtained in case of association (remembrance of perceived parental rejection in childhood-father x dyadic coping) is significant ($\beta = -.08$; $p < .05$). The difference generated by this association is 1%. The results indicate that the

moderator dyadic coping has some influence on the association of the predictor and the outcome variables. The β value for the interaction effect is negative indicating that the relationship shows that prediction is weakened. The results of the table, thus revealed, are consistent with the conceptual model of this research thus confirming the remembrance of being neglected by caregivers at a young age from father as the predictor, fear of forming close relations as the outcome, and dyadic coping as a moderator.

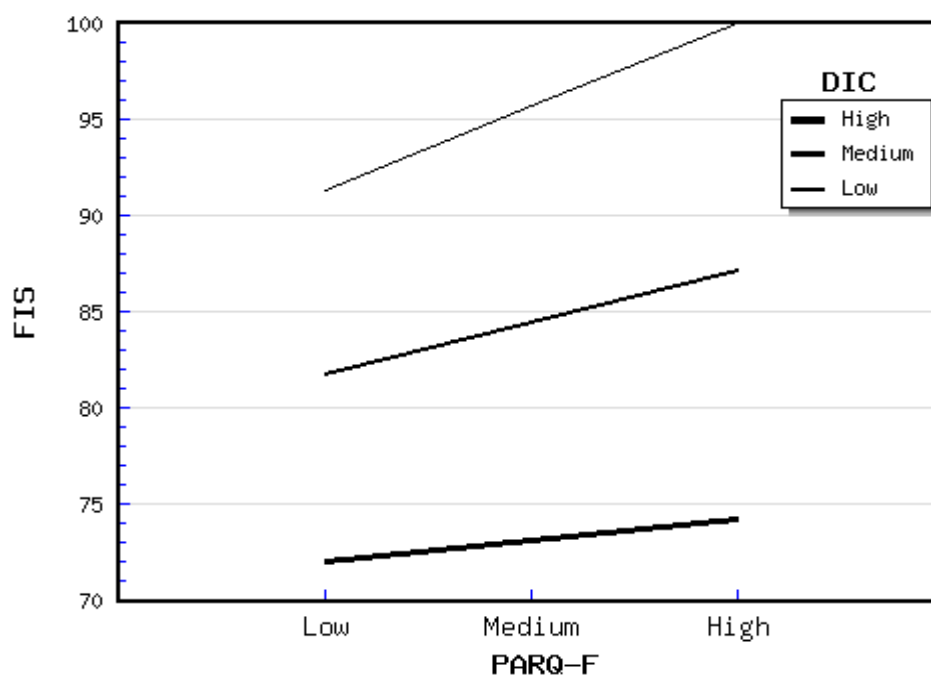


Figure 23. Moderation of the effect of Remembrance of Perceived Parental Rejection in Childhood-Father on Fear of Intimacy by Dyadic Coping among Young Adults

Note. PARQ-F = Parental Acceptance Rejection Questionnaire-Father; FIS = Fear of Intimacy; DCI = Dyadic Coping Inventory

Figure 22 shows the mod-graph for the moderation by dyadic coping of the effect of remembrance of perceived parental rejection in childhood-father on fear of forming close relations among young adults. In the case of low levels of

dyadic coping, the association of the remembrance of perceived parental rejection in childhood-father and fear of forming close relations is positive. At moderate levels of psychological adjustment, the association of the remaining two variables becomes less positive. However, at high levels of the moderator, the association of remembrance of perceived parental rejection in childhood-father and fear of forming close relations is further weakened. Therefore, the reaction is weakened due to the interacting variables. These results are also in accordance with the eleventh hypothesis of this research and the conceptual model of the research (see Figure 1). Significance of slopes revealed that t -value = 1.33 ($p > .05$) for high level of dyadic coping, t -value = 34.78 ($p = .00$) for medium level of dyadic coping, and t -value = 5.38 ($p = .00$) for low level of dyadic coping indicating that the moderation is strong and significant for high and medium levels of dyadic coping only.

Remembrance of perceived parental rejection in childhood-mother and loneliness. Similar to the previous analyses the impact of variables psychological adjustment, empathy, gratitude, and dyadic coping as moderators on the association of remembrance of being neglected by caregivers at a young age from mother and loneliness was determined using the regression analysis for the total sample of young adults. The results for psychological adjustment as a moderator in the association of remembrance of perceived parental rejection in childhood-mother and loneliness among young adults turned out to be non-significant ($\beta = .02$; $p > .05$). Comparably, the moderation by gratitude was revealed to be non-significant among young adults ($\beta = -.00$; $p > .05$). The results were also non-significant in the case of dyadic coping as a moderator ($\beta = -.04$; $p > .05$). Only significant results have been reported.

Table 26

Moderation of the effect of Perceived Parental Rejection-Mother on Loneliness by Empathy among Young Adults (N = 409)

Predictors	B	<i>t</i>	Loneliness	
			95% CI	
			<i>LL</i>	<i>UL</i>
Constant	38.15***	52.13***	36.71	39.59
Perceived Parental Rejection-Mother	2.14**	2.75**	.61	3.67
Empathy (Moderator)	.32	.42	-1.18	1.83
PAQR-M x Empathy	-2.16***	-3.40***	-3.41	-.91
<i>R</i> ²	.07			
ΔR^2	.02			
<i>F</i>	10.20***			
ΔF	11.58*			

Note. B= Unstandardized coefficients; LL = Lower limits; UL = Upper Limit; PARQ-M = Perceived Parental Rejection-Mother

* $p < .05$, ** $p < .01$, *** $p < .001$

Table 26 indicates results revealed after the regression analysis in which β obtained in case of association (remembrance of perceived parental rejection in childhood-mother x empathy) is significant ($\beta = -.18$; $p < .001$). The difference generated by this association is 2%. The results indicate that moderator empathy has an impact on the association of the predictor and the outcome variables. The β value for the interaction effect is negative indicating that the prediction occurs in the negative direction. The results of this table are also consistent with the conceptual model of the research, thus, confirming the remembrance of being neglected by caregivers at a young age from mother as the predictor, loneliness as the outcome, and empathy as the moderator among young adults.

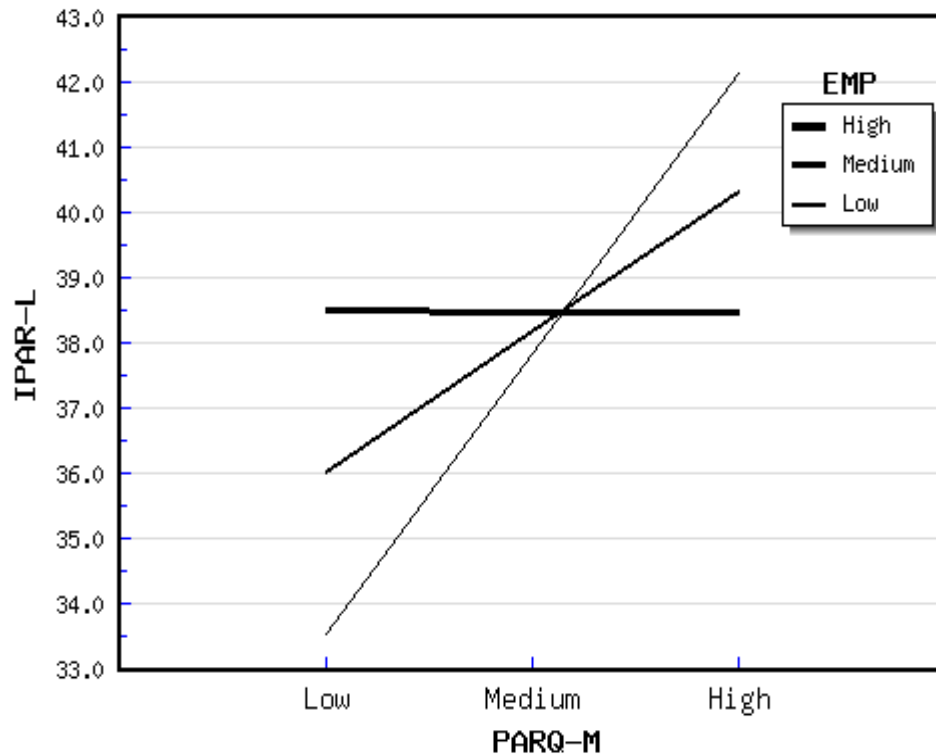


Figure 24. Moderation of the effect of Remembrance of Perceived Parental Rejection in Childhood-Mother on Loneliness by Empathy among Young Adults
Note. PARQ-F = Parental Acceptance Rejection Questionnaire-Father; IPAR-L = Interpersonal Acceptance Rejection Loneliness Scale; EMP = Empathy Scale

Figure 24 shows the mod-graph for the moderation by the empathy of the effect of remembrance of perceived parental rejection in childhood-father on loneliness among young adults. In the case of low levels of empathy, the association of the remembrance of perceived parental rejection in childhood-father and loneliness is positive. At moderate levels of empathy, the association of the remaining two variables becomes less positive. However, at high levels of the moderator, the association of remembrance of perceived parental rejection in childhood-father and loneliness becomes negative.

Therefore, the reaction is reversed due to the interacting variables. These results are consistent with the tenth hypothesis of this research and the conceptual model of the research (see Figure 1). Significance of slopes revealed that t -value = -0.01 ($p > .05$) for high level of empathy, t -value = 2.75 ($p < .01$) for medium level of empathy, and t -value = 5.10 ($p = .00$) for low level of empathy indicating that the moderation is strong and significant for moderate and low levels of empathy among young adults.

Remembrance of perceived parental rejection in childhood-mother and fear of forming close relations. Following the previous analyses, the impact of variables psychological adjustment, empathy, gratitude, and dyadic coping as moderators on the association of remembrance of being neglected by caregivers at a young age from mother and fear of forming close relations was also determined using the regression analysis for the total sample of young adults. The results for empathy as a moderator in the association of remembrance of perceived parental rejection in childhood-mother and fear of forming close relations among young adults turned out to be non-significant ($\beta = -.09$; $p > .05$). Comparably, the moderation by gratitude was revealed to be non-significant among young adults ($\beta = -.08$; $p > .05$). Only significant results have been reported.

Table 27

Moderation of the effect of Perceived Parental Rejection-Mother on Fear of Intimacy by Psychological Adjustment among Young Adults (N = 409)

Predictors	B	t	Fear of Intimacy	
			95% CI	
			LL	UL
Constant	83.81***	82.96***	81.83	85.80
Perceived Parental Rejection-Mother	1.66	1.64	-.33	3.66
Psychological Adjustment (Moderator)	-9.08***	-8.95***	-11.07	-7.08
PARQ-M x Psychological Adjustment	-2.58**	-2.59**	-4.54	-.63
R^2	.21			
ΔR^2	.01			
F	36.24***			
ΔF	6.75**			

B= Unstandardized coefficients; LL = Lower limits; UL = Upper Limit; PARQ-M = Perceived Parental Rejection-Mother

* $p < .05$, ** $p < .01$, *** $p < .001$

Table 27 indicates results revealed after the regression analysis in SPSS.

The β obtained in case of association (remembrance of perceived parental rejection in childhood-mother x psychological adjustment) is significant ($\beta = -.11$; $p < .01$). The difference generated by this association is 1%. The results indicate that the moderator psychological adjustment has some influence on the association of the predictor and the outcome variables. The β value for the interaction effect is negative indicating that the relationship shows that prediction is weakened. The results of the table are consistent with the conceptual model of this research, thereby, confirming the remembrance of being neglected by caregivers at a young age from mother as the predictor, fear of intimacy as the outcome, and psychological adjustment as the moderator.

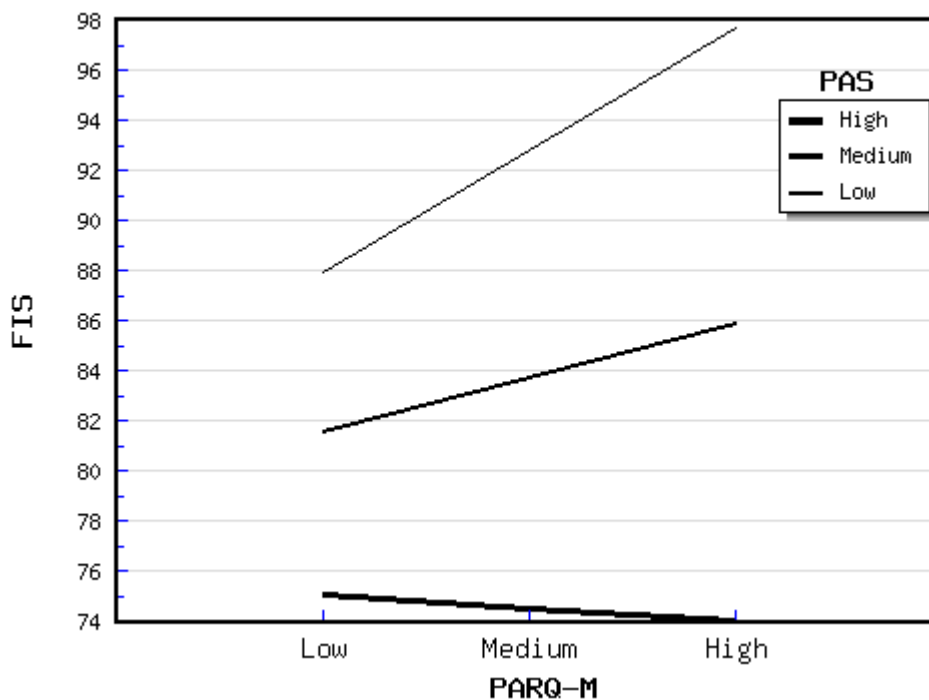


Figure 25. Moderation of the effect of Remembrance of Perceived Parental Rejection in Childhood-Mother on Fear of Intimacy by Psychological Adjustment among Young Adults

Note. PARQ-F = Parental Acceptance Rejection Questionnaire-Father; FIS = Fear of Intimacy; PAS = Psychological Adjustment Scale

Figure 25 shows the mod-graph for the moderation by psychological adjustment of the effect of remembrance of perceived parental rejection in childhood-mother on fear of forming close relations among young adults. In case of low levels of psychological adjustment, the association of the remembrance of perceived parental rejection in childhood-mother and fear of forming close relations is positive. At moderate levels of psychological adjustment, the association of the remaining two variables becomes less positive. However, at high levels of the moderator, the association of remembrance of perceived parental rejection in childhood-mother and fear of

forming close relations becomes negative. Therefore, the reaction is reversed due to the interacting variables. These results are consistent with the eleventh hypothesis of this research and the conceptual model of the research (see Figure 1). Significance of slopes revealed that t -value = -0.28 ($p > .05$) for high level of psychological adjustment, t -value = 2.04 ($p < .05$) for medium level of psychological adjustment, and t -value = 3.73 ($p = .00$) for low level of psychological adjustment indicating that the moderation is strong and significant for moderate and low levels of psychological adjustment among young adults.

Table 28

Moderation of the effect of Perceived Parental Rejection-Mother on Fear of Intimacy by Dyadic Coping among Young Adults (N = 409)

Predictors	B	t	Fear of Intimacy	
			95% CI	
			LL	UL
Constant	84.36***	93.48***	82.591	86.139
Perceived Parental Rejection-Mother	2.69**	2.96**	.909	4.474
Dyadic Coping (Moderator)	-	-	-13.051	-9.494
	11.27***	12.46***		
Perceived Parental Rejection-Mother x Dyadic Coping	-1.61*	-2.02*	-3.182	-.047
R^2	.052			
ΔR^2	.002			
F	7.47***			
ΔF	.70			

* $p < .05$, ** $p < .01$, *** $p < .005$

Table 28 indicates results revealed after another regression analysis in SPSS. The β obtained in case of association (remembrance of perceived parental rejection in childhood-mother x dyadic coping) is significant ($\beta = -.08$; $p < .05$). The difference generated by this association is .2%. The results indicate that the moderator dyadic coping has some influence on the association of the predictor

and the outcome variables. The β value for the interaction effect is negative indicating that the relationship shows that prediction is weakened. The results of the table, thus revealed, are consistent with the conceptual model of this research thus confirming the remembrance of being neglected by caregivers at a young age from mother as the predictor, fear of forming close relations as the outcome, and dyadic coping as the moderator.

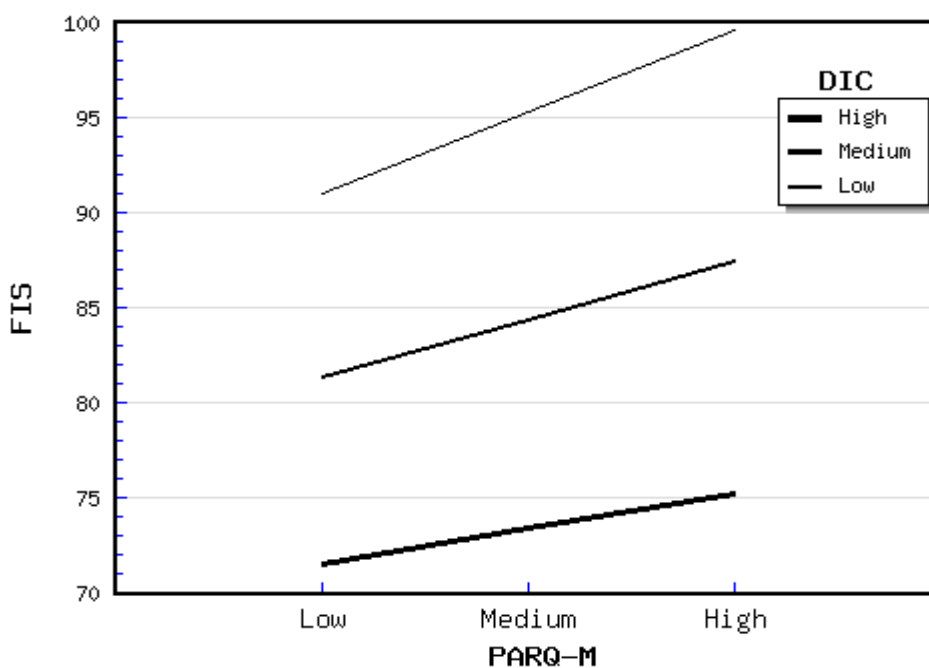


Figure 26. Moderation of the effect of Remembrance of Being neglected by caregivers at a young age from Mother on Fear of Intimacy by Dyadic Coping among Young Adults

Note. PARQ-M = Parental Acceptance Rejection Questionnaire-Mother; FIS = Fear of Intimacy; DCI = Dyadic Coping Inventory

Figure 26 shows the mod-graph for the moderation by dyadic coping of the effect of remembrance of perceived parental rejection in childhood-mother on fear of forming close relations among young adults. In the case of low levels

of dyadic coping, the association of the remembrance of perceived parental rejection in childhood-father and fear of forming close relations is positive. At moderate levels of dyadic coping, the association of the remaining two variables becomes less positive. However, at high levels of the moderator, the association of remembrance of perceived parental rejection in childhood-mother and fear of forming close relations is further weakened. Therefore, the reaction is reversed due to the interacting variables. These results are consistent with the eleventh hypothesis of this research and the conceptual model of the research (see Figure 1). Significance of slopes revealed that t -value = 1.41 ($p > .05$) for high level of dyadic coping, t -value = 3.27 ($p < .01$) for medium level of dyadic coping, and t -value = 3.66 ($p = .00$) for low level of dyadic coping indicating that the moderation is strong and significant for moderate and low levels of dyadic coping among young adults.

CHAPTER 4

DISCUSSION

5.1 Summary

The remembrance of being neglected by caregivers at a young age from both father and mother tends to have a significant influence on the future relationship in the form of loneliness and fear of forming close relations controlled by other factors such as psychological mal-adjustment, psychological adjustment, empathy, gratitude, and dyadic coping (Ahmed et al., 2015; Khaleque & Rohner, 2002; Khaleque & Rohner, 2012a; Gomez & Rohner, 2011; Martorell & Carrasco, 2014; Putnick et al., 2019; Rohner, 2004; 2015; Rohner et al., 2012; 2019; Rohner & Khaleque, 2005a; Senese et al, 2016; Uddin et al., 2014). The present research was designed to explore the association of remembrance of being neglected by caregivers at a young age from both father and mother, loneliness, and fear of forming close relations among young adults. Another aim of this research was to explore the mediation effects of psychological mal-adjustment on the association of these variables. Evaluating moderation of the effect of remembrance of being neglected by caregivers at a young age from both father and mother on loneliness and fear of forming close relations among young adults was another aim of this research. Along with all of these objectives, the effect of demographics and their interactions such as gender, marital relationship, and dating relationship on the research variables was also explored.

To attain these objectives, data was obtained from young adults residing in various cities of Pakistan through both online sources and paper-pencil questionnaires. The online data was obtained using google forms during the Co-

vid 19 pandemic-related lockdowns administered by the Government of Pakistan. The age for the sample was 19 to 40 years. The research was divided into two phases the pilot study was designed to evaluate the cultural appropriateness and ease of comprehension of the scales after which translation in Urdu of three English scales namely Fear of Intimacy Scale (FIS; Descutner & Thelen, 1991), Empathy Scale (Caruso & Mayer, 1998), and Gratitude Scale (McCullough, Emmon, & Tsang, 2002) was performed using committee approach using a sample of 70 young adults. A separate main study was conducted in the second phase of this research to fulfill the objectives of the research utilizing a sample of 409 young adults.

5.2 Psychometric Properties of the Research Variables

The objectives of the research were fulfilled by making use of Urdu versions of the Adult Parental Acceptance Rejection Questionnaire-Father and Mother forms (PARQ-F/M; Malik & Musaffa in 2012) to measure remembrance of being neglected by caregivers at a young age from both father and mother separately among young adults. The scale comprised of four sub-scales and, therefore, generated data for Warmth/Affection, Hostility/Aggression, Indifference/Neglect, and Undifferentiated Rejection. To measure fear of intimacy Fear of Intimacy Scale (FIS; Descutner & Thelen, 1991) was used which was translated in Urdu for this particular research. Loneliness was measured using the Urdu version of the Interpersonal Acceptance Rejection Loneliness Scale (IPAR-L; Rohner et al., 2019). The Personality Assessment Questionnaire (PAQ; Munaf, Hussain, & Kamrani, 2012) was used in Urdu to measure psychological maladjustment. It comprises of the sub-scales namely Hostility/Aggression, Dependency, Negative Self

Esteem, Negative Self-Adequacy, Emotional Unresponsive, Emotional Instability, and Negative Worldview. The psychological adjustment was measured using the Psychological Adjustment Scale (PAS; Sabir, 1999) originally developed in Urdu. It comprises of sub-scales Accurate Perception of Reality, Ability to Cope with Stress and Anxiety, Positive Self-Image, Ability to Express Full Range of Emotions, and Good Interpersonal Relationships. Empathy was measured using the Empathy Scale (Caruso & Mayer, 1998). The sub-scales include Suffering, Positive Sharing, Responsive Crying, Emotional Attention, Feel for Others, and Emotional Contagion. The Gratitude Scale (McCullough, Emmon, & Tsang, 2002) was used to measure gratitude among young adults, and Dyadic Coping Inventory (DCI; Hilpert et al., 2016) was used to measure dyadic coping. The sub-scales of DCI include Stress Communicated by Oneself, Supportive Dyadic Coping by Oneself, Delegated Dyadic Coping by Oneself, Negative Dyadic Coping by Oneself, Stress Communication of the Partner, Supportive Dyadic Coping of the Partner, Delegated Dyadic Coping of the Partner, Negative Dyadic Coping by Partner, Common Dyadic Coping, and Evaluation of Dyadic Coping. Total scores on these scales revealed the extent of remembrance of being neglected by caregivers at a young age from father and mother, loneliness, fear of forming close relations, psychological maladjustment, psychological adjustment, empathy, gratitude, and dyadic coping respectively. The research conceptual model (see Figure 1) highlights the relationship among the variables. It is, therefore, of paramount significance that appropriate means of measuring the variables are adopted that are both reliable and valid as well as appropriate for the indigenous cultural context.

The internal consistency for all of the above-mentioned scales was determined by making use of the alpha coefficients in the pilot study as well as the main study of this research and acceptable values of Cronbach's alpha were obtained for all of the above-mentioned scales in both phases of the research (see Table 2 and 4). The results revealed that the scales were highly internally consistent, however, the alpha coefficients for Undifferentiated Scales of the Parental Acceptance and Rejection Questionnaire for both Father and Mother versions, Dependency sub-scale of the Personality Assessment Questionnaire, Accurate Perception of Reality, Ability to Express Full Range of Emotions, Good Interpersonal Relationships sub-scales of the Psychological Adjustment Scale, Emotional Attention, Feel for Others, and Emotional Contagion sub-scales of the Empathy Scale and Stress Communication of the Partner of the Dyadic Coping Scale were lower than the acceptable range. The reliabilities of these sub-scales were considered acceptable as they had already been used in multiple local and international pieces of research and produce results consistent with the existing literature.

The skewness and kurtosis for all of the scales and sub-scales were also observed to determine if the scales met the assumptions of normality for further statistical analysis to be carried out upon the data generated through these scales. The values were revealed to be within the acceptable range for all of the scales used in the research as well as their sub-scales. The results (see Table 2) revealed that psychological adjustment, empathy, and gratitude have positive values of kurtosis and the distribution curve for these variables is light-tailed and pointed. The variables remembrance of being neglected by caregivers at a young age(mother/father), loneliness, fear of forming close relations, psychological maladjustment, and dyadic

coping, on the other hand, have negative values of kurtosis. Negative values indicate a flat and heavy-tailed distribution of the scores obtained from the sample.

5.3 Relationship between Research Variables

The results of the analysis by conducting bivariate correlations in SPSS revealed that the association of remembrance of being neglected by caregivers at a young age from both father and mother, loneliness, and fear of forming close relations was significant among young adults. Similar results were obtained for all of the domains of remembrance of being neglected by caregivers at a young age among young adults (see Table 5). The relationships thus revealed are consistent with the first and second hypotheses of this research. The result generated is also consistent with the existing literature. The results also revealed that a significant positive relationship exists between fear of forming close relations and loneliness (see Table 5). This result is also consistent with the third hypothesis of this research and is supported by existing literature (Ahmed, Rohner, Khaleque, & Gielen, 2015; Khaleque & Rohner, 2002; Khaleque & Rohner, 2012a; Gomez & Rohner, 2011; Martorell & Carrasco, 2014; Rohner, 2004; Rohner, 2015; Rohner & Khaleque, 2005a; Senese et al, 2016; Uddin, Khaleque, Aktar, & Hossain, 2014).

In other analysis of similar nature, the results revealed that the remembrance of being neglected by caregivers at a young age from father and mother and psychological mal-adjustment along with all of its sub-domains have a significant positive relationship among young adults except dependency domain of psychological mal-adjustment which has a negative but non-significant relationship (see Table 6). These results are in agreement with the fourth hypothesis of this research and are supported by existing literature. Similarly, the results revealed that psychological

maladjustment (along with all sub-domains) has a significant positive relationship with loneliness and fear of forming close relations among young adults (see Table 7). The results showed that the domain dependency of psychological maladjustment has a significant positive relationship with only loneliness among young adults (see Table 7). The results are consistent with existing literature (Ahmed et al., 2015; Gomez & Rohner, 2011; Khaleque & Rohner, 2002; Martorell & Carrasco, 2014; Rohner & Khaleque, 2005a; Rohner, 2015; Senese et al, 2016).

The results also revealed that the association of remembrance of the belief of being neglected from both father and mother in childhood and psychological adjustment turned out to be significantly negative along with all of the sub-domains of these variables among young adults (see Table 8). These results are consistent with the fifth research hypothesis and the existing literature (Bodenmann, 2005; Tsang, 2006).

The results reveal that the association of psychological adjustment, gratitude, and dyadic coping as well as the domains of all of these variables is significantly positive among young adults (see Table 9). Only one domain of empathy namely responsive crying has been revealed to have a negative relationship with the sub-domains of psychological adjustment. These results are supported by existing literature (Algoe et al., 2008; Bodenmann, 2005; Gladstein, 1983; Tsang, 2006).

The results also revealed that a significant negative relationship exists between remembrance of being neglected by caregivers at a young age both from father and mother and empathy along with all of their sub-domains among young adults (see Table 10). The analysis for the association of remembrance of being neglected by caregivers at a young age both from father and mother, gratitude, and dyadic coping

also turned out to be significantly negative among young adults (see Table 11). The relationship revealed from the analyses is consistent with the existing literature. The results also reveal that the association of gratitude and dyadic coping as well as all of the domains of dyadic coping turned out to be significantly positive among young adults. The results thus generated are consistent with the existing literature. Another analysis revealed that a significant negative relationship exists between psychological adjustment, its domains, loneliness, and fear of forming close relations among young adults (see Table 12). These results are also supported by existing literature (Bodenmann, 2005; Tsang, 2006).

The last analysis of correlation was performed and revealed a significant positive relationship between empathy, gratitude, and dyadic coping, whereas, results also revealed a significant negative relationship of gratitude and dyadic coping with both fear of forming close relations and loneliness among young adults (see Table 13). The relationship of empathy is non-significant with loneliness. All of these results are supported by existing literature (Bodenmann, 2005).

5.4 Impact of Demographics on the Research Variables among Young Adults

Mean differences were analyzed on remembrance of being neglected by caregivers at a young age from father and mother, loneliness, fear of forming close relations, psychological maladjustment, psychological adjustment, empathy, gratitude, and dyadic coping among young adults. The group comparisons and interactive effects were analyzed for demographic variables such as gender, marital status, and dating relationship of young adults. The independent sample t-tests and multivariate analysis of variance were used to assess these group differences.

Gender. Mean differences based on gender revealed that remembrance of being neglected by caregivers at a young age from the father is higher among men as compared to women among young adults. Similarly, the domains of remembrance of being neglected by caregivers at a young age from the father are higher among men as compared to women among young adults. Lack of warmth domain of remembrance of perceived rejection in childhood from mother turned out to be significantly higher among women as compared to men. Loneliness was exposed to be higher among women among men as compared to women among young adults. Psychological maladjustment turned out to be higher among women and psychological adjustment was revealed to be higher among men among young adults. Therefore, despite the fact that men perceived or actually experienced themselves to be more neglected as compared to women they were more adjusted owing to the contribution of other allied factors contributing in adjustment such as support of peers and an environment outside home. Empathy and gratitude turned out to be significantly higher among women as compared to men within the total sample. Dyadic coping was found to be significantly higher among young adult men. These results (see Table 14) have been supported by existing literature.

Marital Status. The results reveal that unmarried individuals scored significantly higher on remembrance of being neglected by caregivers at a young age from both father and mother and indifference domains of these variables from both father and mother, fear of forming close relations, psychological mal-adjustment and its domains in comparison to married persons among the total sample of young adults (see Table 15). Psychological adjustment and its domains, on the other hand, were found to be significantly higher among married individuals as compared to unmarried young adults. Gratitude, dyadic coping, and the domains of dyadic coping were also

significantly higher for married young adults (see Table 15). The results are supported by existing literature and also seem to indicate the system of social support that is generated through the institution of marriage leading to better mental health associated outcomes.

Dating relationship. The results for differences in dating relationships of the participants revealed that the individual in a dating relationship has lower levels of remembrance of being neglected by caregivers at a young age from father and mother and fear of forming close relations and the domains of these variables among young adults. They also scored lower on psychological maladjustment as compared to the individuals who are not dating. Psychological adjustment, empathy, gratitude, and dyadic coping turned out to be higher among the ones who were in a dating relationship among young adults (see Table 16). These results are supported by existing literature. These results are also consistent with the pattern observed in case of marriage.

Multivariate analysis of variables based upon demographics. The results after multivariate analysis of variance revealed that two-way interactions of gender with marital status and dating relationship of the participants revealed significant results (see Table 17). These interaction effects have been illustrated through (see Figures 2 to 19).

5.5 Mediation effect of Psychological Mal-Adjustment on the association of Remembrance of Perceived Parental Rejection in Childhood from Father and Mother, Loneliness, and Fear of Intimacy among Young Adults

Mediation analysis was performed by making use of the process by Andrew Hayes in SPSS and the results were reported based upon model 4. The results of mediation analysis revealed the significance of the effects of psychological maladjustment as a mediator between the remembrance of being neglected by

caregivers at a young age from father and mother, loneliness, and fear of forming close relations among young adults.

This result is in agreement with the ninth hypothesis of the research and is supported by strong pieces of evidence from the existing literature (Ahmed et al., 2015; Khaleque & Rohner, 2002; Khaleque & Rohner, 2012a; Gomez & Rohner, 2011; Martorell & Carrasco, 2014; Putnick et al., 2019; Rohner, 2004; 2015; Rohner et al., 2012; 2019; Rohner & Khaleque, 2005a; Senese et al, 2016; Uddin et al., 2014).

5.6 Moderation Impact of Psychological Adjustment, Empathy, Gratitude, and Dyadic Coping among Young Adults

A modification in the existing model proposed by Putnick et al. in 2019 and Rohner et al. in 2019 was performed to incorporate the variables psychological adjustment, empathy, gratitude, and dyadic coping into the exiting model based upon a review of the literature. The model explains that remembrance of being neglected by caregivers at a young age from father and mother is directly related to loneliness and fear of forming close relations. The effect of remembrance of being neglected by caregivers at a young age from father and mother on loneliness and fear of forming close relations is moderated by psychological adjustment, empathy, gratitude, and dyadic coping among young adults (see Figure 1).

The results reveal that in case of remembrance of being neglected by caregivers at a young age from father as a predictor and loneliness as the outcome variable, empathy (see Table 22) and dyadic coping (see Table 23) turned out to be significant moderators. The association of the predictor and outcome variables was weakened from a very strong positive relationship in the case of increasing levels for both empathy and dyadic coping among young adults (see Figures 20 and 21). The

results for psychological adjustment and gratitude as moderators in the association of remembrance of being neglected by caregivers at a young age from father and loneliness turned out to be non-significant. The significant results are consistent with the tenth hypothesis of this research and with the conceptual model (see Figure 1) generated for this particular research-based upon exiting literature (Ahmed et al., 2015; Khaleque & Rohner, 2002; Gomez & Rohner, 2011; Martorell & Carrasco, 2014; Putnick et al., 2019; Rohner & Khaleque, 2005a; Senese et al, 2016; Uddin et al., 2014).

The results also reveal that for the remembrance of being neglected by caregivers at a young age from the father as a predictor and fear of forming close relations as the outcome, psychological adjustment (see Table 24) and dyadic coping (see Table 25) turned out to be significant moderators. The results show that at higher levels of psychological adjustment the positive relationship between the predictor and outcome variable tends to weaken (see Figure 22). In the case of dyadic coping for higher levels of the moderator, the association of the predictor and outcome was reversed (see Figure 23). The results for empathy and gratitude as moderators turned out to be non-significant. These results which are significant also turn out to be consistent with the eleventh hypothesis of this research and with the conceptual model (see Figure 1) generated for this particular research-based upon exiting literature (Khaleque & Rohner, 2002; Khaleque & Rohner, 2012a; Martorell & Carrasco, 2014; Putnick et al., 2019; Rohner, 2004; 2015; Rohner et al., 2012; 2019; Rohner & Khaleque, 2005a; Senese et al, 2016; Uddin et al., 2014).

In the case of remembrance of perceived rejection from mother as the predictor and loneliness as the outcome, the results revealed that only empathy turned out to be a significant predictor (see Table 26). The direction of the association of the

predictor and the outcome variables was reserved at higher levels of empathy (see Figure 24). The results for psychological adjustment, gratitude, and dyadic coping turned out to be non-significant taking remembrance of being neglected by caregivers at a young age from mother as predictor and loneliness as the outcome for the overall sample of young adults. The results of this analysis are consistent with the tenth hypothesis for this research and have been supported by existing literature (Putnick et al., 2019; Rohner, 2004; 2015; Rohner & Khaleque, 2005a; Senese et al, 2016; Uddin et al., 2014).

Similarly, in the case of remembrance of perceived rejection in childhood from mother as the predictor and fear of forming close relations as the outcome, the results revealed that psychological adjustment and dyadic coping turned out to be significant moderators (see Table 27 and 28). At higher levels of psychological adjustment, the association of the predictor and outcome was reversed, whereas, for higher levels of dyadic coping the association of the two variables was weakened (see Figure 25 and 26 respectively). The results for empathy and gratitude turned out to be non-significant as moderators in the association of remembrance of perceived rejection from mother as the predictor and fear of forming close relations among young adults, The results of this analysis are consistent with the eleventh hypothesis of this research and are supported by existing literature (Ahmed et al., 2015; Khaleque & Rohner, 2002; Putnick et al., 2019; Rohner & Khaleque, 2005a; Senese et al, 2016; Uddin et al., 2014).

5.7 Implications and Limitations

The association of remembrance of perceived rejection in childhood from father and mother tends to have noteworthy consequences for young adults in the

form of loneliness and fear of forming close relations within the indigenous context and lies in congruence with the proposed model for this research based upon exiting literature. The psychological maladjustment of the individuals tends to mediate the association of the variables remembrance of perceived rejection in childhood from father and mother, loneliness, and fear of forming close relations among young adults. This indicates that the psychological maladjustment of the individual can aggravate any chances of an already perceived notion of remembering being rejected and neglected by parents as children.

Similarly, the research also implies that psychological adjustment and related constructs of empathy, and dyadic coping tend to moderate the association of remembrance of being neglected by caregivers at a young age among young adults. Therefore, to mitigate the impacts of wrong childhood parenting problems the individuals should have sound psychological health and adjustment along with a higher ability to be empathetic. This mitigation effect can be enhanced by incorporating dyadic coping as a skillset within the individual to develop a healthy and fully functional personality that has ensured a sense of well-being and is, simultaneously, capable of forming sound intimate and social relationships as young adults. Parents should be trained that wrong parenting can have drastic consequences for individuals during the rest of their lives in both personal and social domains. Similarly, researchers, health care workers, counselors, and practitioners can use this research as a guideline to address issues of loneliness and fear of forming close relations among young adults.

The research has generated comparisons based upon gender, marital status, and dating relationship of young adults. The results show that gender differences exist on the variables remembrance of being neglected by caregivers at a young age from

father, psychological maladjustment, and dyadic coping being high among males. Loneliness, psychological maladjustment, empathy, and gratitude turned out to be significantly higher among women as compared to men among young adults. These results reveal that the needs for male and female young adults are different based upon their general characteristics. Therefore, management of the young adulthood problems related to remembrance of wrong parenting-related experiences, loneliness, and fear of forming close relations should be addressed in the light of differences that exist between both genders and their varied developmental needs to avoid adverse consequences. The addressing of different psychological needs for both genders can lead to fully functional individuals capable of contributing towards the improvement and growth of society as a whole. This also highlights the fact that despite perception of higher levels of neglect among men they have been revealed to be better adjusted as compared to women probably due to factors outside the home contributing to soundness of mental health and compensating for neglect from caregivers.

The results also revealed that the unmarried individuals scored significantly higher on remembrance of being neglected by caregivers at a young age from both father and mother and fear of forming close relations, and psychological maladjustment in comparison to married persons among young adults. Psychological adjustment, gratitude, and dyadic coping were significantly higher for married young adults. These results show that healthy personality attributes are more prevalent in individuals who tend to engage in marital relationships. Therefore, an inclination towards marriage should be viewed as a healthy sign and should be encouraged among young adults for sound and healthy development as fully functional members of society.

This research is of immense significance because of the dearth of researches that explores the relationship of the variables based upon the conceptual model designed for this particular research especially in the sample of local young adults. Similarly, the research highlights relationships among variables that are of paramount significance during the years of the breakout and prevalence of the Co-vid 19 pandemic. The exploration of dating relationships in interaction with other demographics is also unique for this research.

The research, despite being very useful, has some limitations too. One of the limits of this research comprises the shortage of availability of time and funds to collect data because of the lock-down from the Government of Pakistan to curtail the Covid-19 pandemic. The variables might have been influenced by the impacts of this lockdown and the Covid pandemic such as the development of new fears of forming intimate relationships or excessive loneliness due to social distancing. The impact was not catered for in this particular research. The effects of variables were also not explored in a longitudinal study such as the effects of coping over time because this research was limited to young adults only and self-report measures were used. Similarly, the impact of external factors such as a dyadic study about the attachment within the couple and consequent relationship among research variables was not aimed in this research. Another limitation of this research is that advanced analysis based upon Andrew Hayes's process in SPSS could not be used to evaluate the holistic picture of the model being tested. This was also one of the consequences of the closure of educational institutions during the Covid-19 pandemic that deprived the students of advanced learning. The scales used in the research were too long and time-consuming because the scoring for each scale varied. Although the participants started off the research with immense interest and pleasure, their interest started to wane off

over time because of the length of the questionnaires. The questionnaires posed very intimate and personal questions to the participants inquiring about their relationship with their parents and partners. Although, the participants were offered chances of consultation and counseling services within the premises of the NUML University, however, most of them hesitated in demanding any services.

5.8 Conclusion

The present research assessed the association of remembrance of being neglected by caregivers at a young age from both father and mother, loneliness, and fear of forming close relations among young adults. This relationship was further evaluated in the light of psychological maladjustment as a mediator and psychological adjustment along with empathy, gratitude, and dyadic coping as moderators among young adults. It was revealed that the proposed model for the research was validated because the positive relationship between remembrance of being neglected by caregivers at a young age from both father and mother, loneliness, and fear of forming close relations was influenced drastically due to the interaction of psychological maladjustment with the predictors. The association of these variables was also weakened as a consequence of moderators namely psychological adjustment, empathy, and dyadic coping. The interaction of demographic variables such as gender, marital status, and dating relationship was also explored and revealed significant interaction effects on the research variables. The research has generated very useful results that can be practically utilized by parents, health care workers, practitioners', and professionals to address the problems faced by young adults within the local context.

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