

**REMEMBRANCE OF PARENTAL
ACCEPTANCE-REJECTION AND
RELATIONAL WELLBEING IN MARRIED
ADULTS: ROLE OF RELATIONSHIP
ATTRIBUTES**

BY

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NATIONAL UNIVERSITY OF MODERN LANGUAGES

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THESIS AND DEFENSE APPROVAL FORM

The undersigned certify that they have read the following thesis, examined the defense, are satisfied with the overall exam performance, and recommend the thesis to the Faculty of Social Sciences for acceptance.

Thesis Title: Remembrance of Parental Acceptance-Rejection and Relational Wellbeing in Married Adults: Role of Relationship Attributes

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Candidate of **Master of Philosophy** at the National University of Modern Languages do hereby declare that the thesis “**Remembrance of Parental Acceptance-Rejection and Relational Wellbeing in Married Adults: Role of Relationship Attributes**” submitted by me in partial fulfillment of MPhil degree. It is my original work, and has not been submitted or published earlier. I also solemnly declare that it shall not, in future, be submitted by me for obtaining any other degree from this or any other university or institution.

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ABSTRACT

This study examined how remembrance of parental acceptance-rejection influences the relational wellbeing of married adults, with adult attachment, self-disclosure, and display of affection as mediators, and physical attractiveness as a moderator. Based on Parental Acceptance-Rejection Theory and Attachment Theory, this study draws on a data from 300 married adults aged 22–45 years (56.3% male, 43.7% female), residing in Islamabad and Rawalpindi, selected through purposive convenience sampling. Participants completed Urdu-translated, Parental Acceptance-Rejection Questionnaire (Rohner, 2005), Revised Adult Attachment Scale (Collins, 1996), Self-Disclosure Index (Miller et al., 1983), Public and Private Romantic Display of Affection Scale (Kocur et al., 2022), Physical Attraction subscale of the Interpersonal Attraction Scale (McCroskey & McCain, 1974) and Relationship Assessment Scale (Hendrick, 1988) along with demographic sheet. Data was analyzed using the Statistical Package for Social Sciences (SPSS) and Python. Parental warmth positively influenced relational wellbeing directly (father) and indirectly via attachment styles alone and sequentially through attachment styles and self-disclosure. Conversely, parental rejection reduced relational wellbeing indirectly via attachment styles alone and sequentially through attachment styles and self-disclosure, with mother rejection also showing a direct negative link and father rejection influencing via self-disclosure. Notably, physical attractiveness moderated the relationship between display of affection and relational wellbeing. Demographic and marital variables also played a role, moderating the link between mediator (display of affection) and relational wellbeing, and group differences observed by gender and type of marriage. The study has theoretical contributions by integrating relational mechanisms and offers practical implications for clinicians, counselors, and relationship educators aiming to strengthen relational wellbeing among couples.

Keywords: Parental acceptance-rejection, adult attachment, self-disclosure, display of affection, relational wellbeing, married adults

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LIST OF ABBREVIATIONS

AAS	Adult Attachment Scale
DOA	Display of Affection
IPARTheory	Interpersonal Acceptance-Rejection Theory
PA	Physical Attractiveness
PARQ	Parental Acceptance-Rejection Questionnaire
PARQ-SF	Parental Acceptance-Rejection Questionnaire-Short Form
PARTheory	Parental Acceptance-Rejection Theory
PRDA	Private Display of Affection
PUDA	Public Display of Affection
RAS	Relationship Assessment Scale
SDI	Self-disclosure Index
SPSS	Statistical Package for Social Sciences

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DEDICATED

TO

My parents and my little niece and nephews, whose constant love and support have been my strength throughout this long journey.

CHAPTER 1

INTRODUCTION

A marriage is a deep and sacred bond that unites two individuals by love, dedication, and the sharing of experiences. Many cultures view marriage as the institution that fosters connection and companionship, raises children in a secure environment and offers opportunities for emotional growth (Yavuzer, 2012). Marriage satisfy a number of individual's fundamental requirements namely, the urge to give and receive love, biological, social, psychological, and emotional needs of individuals and it ensures the continuation of generations. It also fosters a sense of security, social belonging, cooperation, trust, and pride in one another (Canel, 2012). However, the remnants of early family relationships, particularly the sense of parental acceptance-rejection, can influence this crucial bond. According to Rahman et al. (2021), parents are the ones closest to their children among all family members therefore receiving positive feelings from both the mother and father has importance in healthy development of a child.

Parental rejection represents a profoundly distressing experience that can inflict enduring emotional wounds, significantly affecting how individuals navigate their adult relationships. Khaleque and Rohner (2012) also indicated that the early emotional wound re-emerge in adult relationships and disrupt intimacy. In contrast, parental acceptance provides a crucial basis for emotional stability, promoting self-assurance and constructive relational dynamics. Collectively, these formative experiences play a critical role in shaping the manner in which individuals engage and interact with others throughout their lives.

The notion that experiences during childhood can significantly influence an individual's adult life is a common theme across various theoretical frameworks, such as

those proposed by Bowlby (1973), Freud (1910), and Rohner (1986), even though their interpretations may vary. Bowlby's theory posits that individuals are innately predisposed to establish connections with their caregivers during childhood. The significance of these initial attachments may persist and shape interpersonal relationships throughout an individual's life.

The emergence of psychoanalytic theory, as proposed by Freud in 1910, also sparked significant interest among researchers and clinicians regarding the impact of the parent-child relationship on an individual's psychological and social adjustment. It is asserted that a child's perception of being loved and accepted by their parents significantly impacts their psychological development. In addition to fostering psychological well-being, the parent-child relationship serves as a foundational model for the child's future interpersonal relationships (Freud & Burlingham, 1944).

Object Relations Theory, as articulated by Klein in 1984, posits that children internalize their experiences with their parents. This dynamic between parent and child fosters the development of mental representations concerning interpersonal relationships, which subsequently affect social interactions in adulthood. The cognitive representations of their mothers and fathers play a significant role in shaping individuals' preferences for intimate partners and their romantic relationships, as noted by Hendrix in 1990. Therefore, in the early stages of life, it is essential to attend to children's physical and emotional needs besides meeting their needs from significant others to whom they are attached. This has an immense influence on how their personalities develop and how they build stable, long-lasting interpersonal bonds in the future.

One more prominent theory examining the dynamics of the parent-child relationship

and its implications in adulthood is the Parental Acceptance-Rejection Theory (PARTheory) now termed as Interpersonal Acceptance-Rejection (IPARTheory), formulated by Rohner in 1975 and further developed in 1986. This theory explored the influence of parental acceptance-rejection on individuals' emotional, behavioral, and social-cognitive development, as well as their psychological adjustment across diverse cultural contexts globally (Rohner, 1986).

It has also been demonstrated that remembrance of parental acceptance-rejection influence various aspects of adult relationships, including partner responsiveness (Lo, 2021), relationship satisfaction (Eralp, 2021) and perception of partner rejection (Babuşcu, 2014). Additionally, the role of adult attachment as a mediator between remembrance of parental acceptance-rejection and relationship outcomes is also widely acknowledged (Babuşcu, 2014). The relationship attributes like self-disclosure, display of affection and physical attractiveness have also been identified as significant contributors to relational wellbeing and happiness (Ali et al., 2023; Bardaweel & Al-Jobour, 2023; Debrot et al., 2013), stressing the need to understand how these factors interplay with early parental experiences in shaping adult marital relationships.

These aforementioned findings highlight the significance of investigating the ways in which early familial experiences interact with relationship processes to influence romantic functioning in adulthood. Building upon this framework, the current study offers a conceptual model that posits that remembrance of parental acceptance-rejection during childhood impact individual's relational wellbeing as adults through important relational mechanisms. Specifically, the model posits that adult attachment styles, self-disclosure, and display of affection mediate this relationship, while physical attractiveness may moderate it,

offering a more integrated understanding of how early experiences reverberate into adult romantic life.

1.1 Rationale of the Study

Our early familial experiences work as a kind of psychological blueprint, subtly influencing how we perceive love, communicate our feelings, and steer through our romantic relationships as adults. Particularly, remembrance of early parental acceptance-rejection may serve as the emotional foundation for adult's subsequent relational patterns, such as their communication habits, attachment styles, and overall relational wellbeing (Rohner & Khaleque, 2005). Relational wellbeing in turn, is a vital aspect of psychological health and is intimately related to romantic relationship satisfaction, intimacy, and emotional stability. Research has frequently linked relational wellbeing to improved physical and subjective well-being, highlighting the profound effects of close relational bonds (Proulx et al., 2007).

Till now, the prior studies in the literature have largely focused on validating the universality of PARTheory's concept, which holds that childhood parental acceptance-rejection have an influence on an individual's adult life (Rothenberg et al., 2022). The correlates have been examined particularly in terms of psychological maladjustments, fear of intimacy, loneliness, negative sense of identity and rejection sensitivity in adults (Giovazolias, & Paschalidi, 2022; Rohner et al., 2020; Senese et al., 2020). These findings suggest that early parental interactions may have a lasting impact on how people develop, view, and sustain romantic relationships in later life, in addition to influencing immediate childhood experiences.

According to PARTheory, the rejection experienced in the childhood by parents

tends to persist in to adulthood due to the mental representations that forms in early years, and influence the perception of one's self, others and the world in later years (Rohner, 1986). The significant impact of early parental acceptance-rejection on adult attachment styles and subsequent emotional outcomes is also highlighted by various researchers (Hinnen et al., 2009; Karababa et al., 2019; Perris & Andersson, 2000). These findings imply that people who remember being rejected by their parents are more prone to experience insecure attachment styles, including avoidance or attachment anxiety, which can hinder their capacity to establish stable and satisfying romantic relationships. People who are insecurely attached may find it difficult to resolve conflicts, be emotionally close, and trust others, which eventually lowers their relationship wellbeing.

However, PARTheory largely overlooks the potential mediating role of relationship attributes such as self-disclosure, display of affection, and moderating role of physical attractiveness in influencing adult relational outcomes. Even though, the theory offers a strong foundation for comprehending how psychological adjustment is shaped by remembered parental acceptance-rejection, it provides little understanding of the specific interpersonal mechanisms that transform these early experiences into an individual's current relationship functioning.

Empirical studies have also increasingly pointed out the significance of these relationship attributes in relational wellbeing of adults. E.g. Studies found that self-disclosure enhance marital satisfaction (Qori et al., 2022; Zhaoyang et al., 2018). Likewise, affectionate touch is also found to promote relational, psychological, and physical wellbeing in adulthood (Jakubiak & Feeney, 2017). Aloia et al. (2017) also demonstrated positive association of affectional displays with mental health and self-esteem and negative

association with depression and stress.

Similar to aforementioned, physical attractiveness also play a significant role in determining the dynamics and perceptions of romantic relationships, which in turn affects relationship satisfaction and quality (Fruchier et al., 2025). Higher levels of relationship satisfaction has been repeatedly associated with contentment with a partner's physical appearance, including aspects like weight and body shape (Eastwick et al., 2014; Van den Brink et al., 2018). It has also been reported that husbands, in particular, reported greater relationship satisfaction when they perceive their spouse to be physically attractive (Meltzer et al., 2014). These findings underscore the complex function of physical attractiveness as a relationship characteristic that can impact emotional closeness and relational wellbeing.

So while prior research has predominantly focused on individual-level pathways between relationship attributes such as adult attachment, self-disclosure, affectional display, physical attractiveness, and relational wellbeing, the present study extends this understanding by offering a more systemic perspective. It considers how internalized early experiences, specifically the remembrance of parental acceptance-rejection, shape these relational attributes and in turn, influence individuals' relational wellbeing. This approach provides a more comprehensive framework for understanding how early family dynamics echo through later-life partnerships. Understanding how these characteristics carry the influence of early parental interactions into adulthood is essential because they affect the quality of interpersonal dynamics. By examining the mediating role of adult attachment, self-disclosure and display of affection and moderating role of physical attractiveness in the connection between display of affection and adult relationship outcomes, this study seeks to fill a notable gap in the literature.

Furthermore, most of studies with regards to parental acceptance-rejection, has largely focused on the negative dimension i.e. parental rejection while comparatively little attention has been given to the positive aspect of PARTheory i.e. parental acceptance and how it affects the individual's long terms relationships, making the acceptance dimension underexplored.

So in light of these gaps, this study seeks to build upon PARTheory by including both the acceptance and rejection experiences and investigating the mediating role of relationship attributes i.e. adult attachment, self-disclosure, display of affection and moderating role of physical attractiveness, to deepen our understanding of the complex pathways through which early parental interactions influence relational wellbeing.

1.2 Statement of the Problem

Although considerable amount of research has been done on remembrance of parental acceptance-rejection and its psychological outcomes for individuals, less is known about the long-term impacts of individual's remembering their parents' acceptance-rejection as children on relational wellbeing. In particular, little is known about the ways in which important relationship characteristics, like adult attachment, self-disclosure, and display of affection mediate the association between remembrance of parental acceptance-rejection and relational wellbeing. Moreover, the potential moderating role of physical attractiveness in shaping these relationship processes has been largely overlooked. In addition to these, the influence of demographic and marital variables on these dynamics also has not been adequately explored.

This lack of comprehensive investigation limits the ability to fully understand the mechanisms through which early parental acceptance-rejection impact relational wellbeing

in married adults. Therefore, to address these critical gaps, this study seeks to explore the direct and indirect pathways linking parental acceptance-rejection to relational wellbeing through relationship attributes, while also assessing the moderating role of physical attractiveness. Filling these gaps is essential to advance theoretical understanding and guide practical interventions meant to improve relational wellbeing of married adults.

1.3 Research Objectives

The objectives of the present study are as under:

1. To translate the measures in Urdu language
2. To examine the psychometric properties of translated instruments
3. To examine the association between remembrance of parental acceptance-rejection and relational wellbeing among married adults
4. To explore the mediating role of relationship attributes (adult attachments, self-disclosure and display of affection) in the relationship between remembrance of parental acceptance-rejection and relational wellbeing among married adults
5. To explore the moderating role of physical attractiveness in the relationship between display of affection and relational wellbeing among married adults
6. To examine group differences in study variables with respect to demographic factors (age, gender, education, socioeconomic status) and marital variables (type of marriage, duration of marriage, age at marriage, marital issues, family structure, working status, and number of children).

1.4 Research Questions

In light of the gaps and objectives that have been identified, the study seeks to investigate the following:

1. Is there an association between remembrance of parental acceptance-rejection and relational wellbeing among married adults?
2. Does the relationship between remembrance of parental acceptance-rejection and relational wellbeing among married adults mediated by relationship attributes such as adult attachment, self-disclosure, and display of affection?
3. Does physical attractiveness moderate the relationship between display of affection and relational wellbeing among married adults?
4. How do demographic factors (age, gender, education, socioeconomic status) and marital variables (type of marriage, duration, age at the time of marriage, issues, familial structure, working status and number of children, etc.) relate to differences in parental acceptance-rejection, relationship attributes, and relational wellbeing among married adults?

1.5 Hypotheses

The below mentioned hypotheses are formulated in light of the existing literature and aforementioned research questions:

H1: There will be a significant relationship between remembrance of parental acceptance-rejection and relational wellbeing among married adults.

1a. There will be a positive relationship between remembrance of parental warmth and relational wellbeing among married adults.

1b. There will be a negative relationship between remembrance of parental rejection and relational wellbeing among married adults.

H2: There will be a significant indirect relationship between remembrance of parental acceptance-rejection and relational wellbeing mediated by adult attachment among married

adults.

2a. There will be an indirect positive relationship between remembrance of parental warmth and relational wellbeing, mediated by close adult attachment among married adults.

2b. There will be an indirect positive relationship between remembrance of parental warmth and relational wellbeing, mediated by depend adult attachment among married adults.

2c. There will be an indirect positive relationship between remembrance of parental warmth and relational wellbeing, mediated by anxious adult attachment among married adults.

2d. There will be an indirect negative relationship between remembrance of parental rejection and relational wellbeing, mediated by close adult attachment among married adults.

2e. There will be an indirect negative relationship between remembrance of parental rejection and relational wellbeing, mediated by depend adult attachment among married adults.

2f. There will be an indirect negative relationship between remembrance of parental rejection and relational wellbeing, mediated by anxious adult attachment among married adults.

H3: There will be a significant indirect relationship between remembrance of parental acceptance-rejection and relational wellbeing sequentially mediated by adult attachment and display of affection among married adults

3a. There will be an indirect positive relationship between remembrance of parental warmth and relational wellbeing, sequentially mediated by close adult attachment

and display of affection among married adults.

3b. There will be an indirect positive relationship between remembrance of parental warmth and relational wellbeing, sequentially mediated by depend adult attachment and display of affection among married adults.

3c There will be an indirect positive relationship between remembrance of parental warmth and relational wellbeing, sequentially mediated by anxious adult attachment and display of affection among married adults.

3d. There will be an indirect negative relationship between remembrance of parental rejection and relational wellbeing, sequentially mediated by close adult attachment and display of affection among married adults.

3e. There will be an indirect negative relationship between remembrance of parental rejection and relational wellbeing, sequentially mediated by depend adult attachment and display of affection among married adults.

3f. There will be an indirect negative relationship between remembrance of parental rejection and relational wellbeing, sequentially mediated by anxious adult attachment and display of affection among married adults.

H4: There will be a significant indirect relationship between remembrance of parental acceptance-rejection and relational wellbeing mediated by self-disclosure among married adults

4a. There will be an indirect positive relationship between remembrance of parental warmth and relational wellbeing, mediated by self-disclosure among married adults.

4b. There will be an indirect negative relationship between remembrance of parental rejection and relational wellbeing, mediated by self-disclosure among married adults.

H5: There will be a significant indirect relationship between remembrance of parental acceptance-rejection and relational wellbeing sequentially mediated by adult attachment and self-disclosure among married adults

5a. There will be an indirect positive relationship between remembrance of parental warmth and relational wellbeing, sequentially mediated by close adult attachment and self-disclosure among married adults.

5b. There will be an indirect positive relationship between remembrance of parental warmth and relational wellbeing, sequentially mediated by depend adult attachment and self-disclosure among married adults.

5c. There will be an indirect positive relationship between remembrance of parental warmth and relational wellbeing, sequentially mediated by anxious adult attachment and self-disclosure among married adults.

5d. There will be an indirect negative relationship between remembrance of parental rejection and relational wellbeing, sequentially mediated by close adult attachment and self-disclosure among married adults.

5e. There will be an indirect negative relationship between remembrance of parental rejection and relational wellbeing, sequentially mediated by depend adult attachment and self-disclosure among married adults.

5f. There will be an indirect negative relationship between remembrance of parental rejection and relational wellbeing, sequentially mediated by anxious adult attachment and self-disclosure among married adults.

H6: Physical attractiveness strengthens the relationship between display of affection and relational wellbeing among married adults.

1.6 Conceptual Framework

This study's conceptual framework is based on attachment theory and parental acceptance-rejection theory (PARTheory), which describe how early experiences of children with parents influence the quality of their adult relationships.

According to this framework, the independent variable affecting a person's relational wellbeing as an adult is remembrance of their parents' acceptance-rejection in childhood. In order to understand this association, the study investigates the mediating role of relationship attributes such as adult attachment, self-disclosure, and display of affection. This conceptual framework is also in line with the available literature. For instance; there are various studies in literature that have reported the relationship between childhood parental interactions and adult attachment styles (Bowlby, 1969; Fraley et al., 2013; Gleeson & Fitzgerald, 2014). It is also reported that those who remember higher parental acceptance will grow up to have secure attachment styles (Mikulincer & Shaver, 2016; Reis & Shaver, 1988). The secure attachment result in better self-disclosure (Mikulincer & Nachshon, 1991), and display of affection (Hesse & Trask, 2014), which will subsequently result in better relational wellbeing. On the other hand, parental rejection will result in formation of insecure attachment style (Bowlby, 1969), which will negatively predict self-disclosure (Tao et al., 2024), display of affection (Hesse & Trask 2014) and consequently relational wellbeing.

In addition to the aforementioned, the study examines the moderating role of physical attractiveness, hypothesizing that perceived spouse attractiveness may have an impact on the relationship between display of affection and relational wellbeing of married adults. The relevant literature concerning this relates to Buss (1989) findings that in intimate relationships, the way in which romantic behaviors are viewed and received is influenced by

perceived physical attractiveness, which is thought to be a crucial indicator of mate value and desirability. Meltzer et al. (2014) also indicated a relationship between physical attractiveness and marital outcomes.

So, through the integration of various relational and psychological dimensions, this framework offers a thorough approach for comprehending how early parental acceptance-rejection affect marital relationships in adulthood.

Figure 1.1

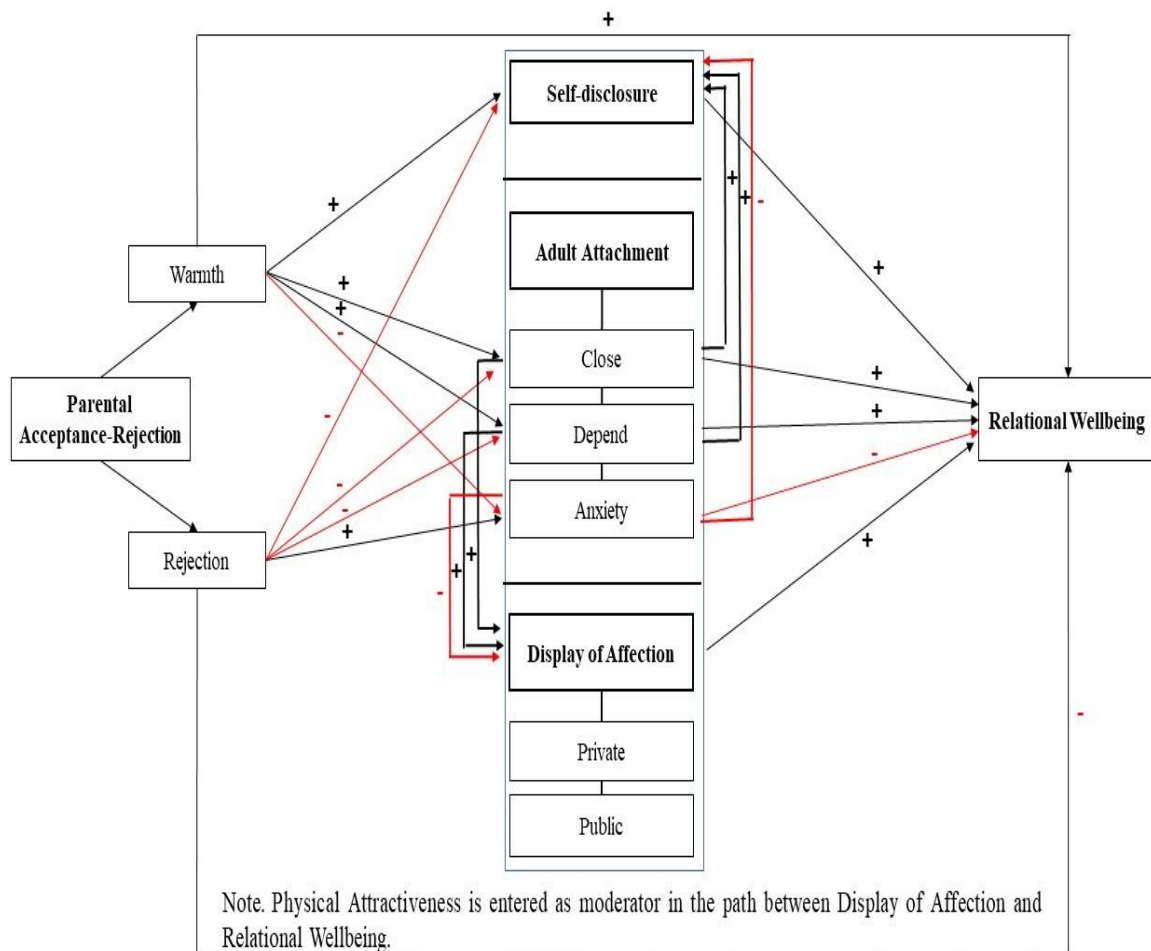


Figure 1.1 Conceptual Framework of the Study

1.7 Operational Definition

1.7.1 Parental Acceptance-Rejection

Parental acceptance is characterized by the loving, nurturing actions exhibited by parents (Rohner, 1975; Rohner & Rohner, 1980). Contrary to acceptance, parental rejection includes hostility and neglect. According to Rohner (1986) parental rejection can manifest itself in four ways, including showing: (i) lack of affection/coldness, (ii) hostility (iii) indifference, and (iv) expressing rejection in ways that are not overt but are interpreted by the child as unloving.

In the present study, the Parental Acceptance-Rejection is operationally defined as the scores on the Parental Acceptance-Rejection Questionnaire- Short Form (PARQ-SF) (Urdu version) developed by Rohner (2005) and translated by Malik and Butt (2012). The PARQ maternal and paternal version, are used. Both versions consists of 24 items each, rated on a 4-point Likert scale ranging from “Almost never true” to “Almost always true.” Retrospective views of parental warmth/affection, hostility/aggression, indifference/ neglect, and undifferentiated rejection throughout childhood are evaluated using this scale. Higher scores on parental warmth/affection subscale represent parental acceptance whereas, lower scores on warmth dimension and higher score on other three subscales represent parental rejection.

1.7.2 Adult Attachment

Adult attachment is defined as the emotional connection that develops between adults in intimate relationships; which is shaped by early experiences with caregivers (Mikulincer & Shaver, 2016). It affects people’s capacity to trust, rely on others, and handle closeness by influencing how they view themselves and others in romantic or intimate

relationships.

In the present study, adult attachment is operationally defined as the emotional connection that develops between spouses in marital relationships. It is measured by the score on the Revised Adult Attachment Scale originally known as Adult Attachment Scale developed by Collins and Read (1990) and later revised by Collins (1996). The scale consists of 18 items divided into three subscales namely; close adult attachment, depend adult attachment, anxious adult attachment. The high scores on close, depend and anxiety subscales characterize, more comfortable with the spouse, greater trust in spouse and greater anxiety in marital relationship respectively.

1.7.3 Self-Disclosure

Self-disclosure has been defined as the “revelation of one’s thoughts and feelings to another person” (Hendrick, 1981). According to Finkenauer et al. (2004), it is a key concept in the study of romantic relationships and is defined as the verbal exchange of information about oneself, such as one’s own thoughts, feelings, dispositions, needs, past experiences, and future intentions.

In present study, self-disclosure is operationally defined as the revelation of one’s thoughts and feelings to one’s spouse. It is measured by Self-disclosure Index developed by Miller et al. (1983). The scale consists of 10-items rated on a 5 point Likert scale ranging from “discuss not at all” to “discuss fully and completely”. The higher score on the scale represent greater self-disclosure with one’s spouse.

1.7.4 Display of Affection

Affection, according to Floyd and Morman (1998), is “intentional and overt enactment or expression of feelings of closeness, care, and fondness for another person”.

Vaquera and Kao (2005) identified three categories of affection namely; public displays, private displays and intimate displays. Activities such as holding hands, announcing to others that they are a couple, going out together alone or in a group, and meeting the partner's parents are examples of public displays. Offering a gift to the partner, receiving a gift from the partner, telling the partner that you love them, and thinking of yourself as a couple are examples of private displays. Last but not least, intimate displays include having sex, touching each other's genitals, and touching under or without clothing.

In the present study, display of affection is operationally defined as the “intentional and overt enactment or expression of feelings of closeness, care, and fondness for one's spouse” and is measured by Public and Private Romantic Display of Affection Scale developed by Kocur et al. (2022). The scale originally had four subscales (1) Private Displays of Affection (2) Public Displays of Affection (3) Opinions (negative) about people displaying affections in public (4) Behaviours (negative) towards people displaying affections in public, rated on a 5-point Likert scale from “Completely does not match my behavior” to “Completely matches my behavior”. However, for the purpose of this study, only two subscales which were relevant to the expression of affection i.e. Private Displays of Affection and Public Displays of Affection, were utilized. The high scores on the subscales represent more display of affection by an individual.

1.7.5 Physical Attractiveness

Physical attractiveness is defined as people's preferences for other people's physical looks, especially in terms of their body proportions and facial traits (Buss, 1994).

In the present study, physical attractiveness is operationally defined as the married person's subjective assessment of their spouse's physical attributes. In terms of appearance,

grooming, and general looks, it shows how physically attractive, desirable, or alluring a person finds their spouse. This construct is measured by Interpersonal Attraction Scale, subscale Physical Attraction. The scale is developed by McCroskey & McCain in 1974. The scale is rated on a 5-point Likert scale ranging from “Strongly Disagree” to “Strongly Agree”. The high score on physical attraction subscale represent that the participant consider his/her spouse, physically attractive.

1.7.6 Relational Wellbeing

In the context of intimate relationships, the wellbeing may be said as Relational Wellbeing and refer to the quality of relationships themselves (Flora & Segrin, 2003).

In the present study the Relational wellbeing is operationally defined as the scores of married adults on Relationship Assessment Scale developed by Hendrick (1988). The relationship assessment scale consists of seven items rated on a 5-point Likert scale ranging from “Low satisfaction to High satisfaction”. The high scores on the scales represent satisfaction with one’s relationship.

CHAPTER 2

LITERATURE REVIEW

This section includes a thorough review of the current study variables namely; Parental Acceptance-Rejection, Adult Attachment, Self-Disclosure, Display of Affection and Physical Attractiveness.

2.1 Parental Acceptance-Rejection Theory (PARTheory)

The Parental Acceptance Rejection Theory developed by Ronald Rohner is an empirically grounded framework that seeks to comprehend and predict the universal causes, correlates, and outcomes of parental acceptance-rejection across cultures and throughout the lifespan (Rohner et al., 2014). This basic tenet of parental acceptance-rejection theory states that every individual has a need for affection from those who hold special meaning in their lives, regardless of any limitations imposed by sociocultural factors or demographic context (Rohner, 1976).

When the theory was first created in the 1960s, it only focused on how individual's perceptions of their parents' acceptance-rejection during childhood affect them as adults. The initial focus of the theory was restricted to parent-child dynamics and was referred to as Parental Acceptance-Rejection Theory (PARTheory). Later on, by 2000 the theory broadened its scope to include interactions with people of all ages, including romantic partners, siblings, peers, grandparents, and other important characters and was also renamed as Interpersonal Acceptance-Rejection Theory (IPARTheory) in 2014 to reflect this expanded scope. The theory covers five different issues or questions, which are grouped under three related sub-theories: personality sub-theory, the coping sub-theory and the sociocultural systems sub-theory.

The personality sub-theory has three basic tenants. (a) there are generally four constant ways in which children and people from sociocultural backgrounds tend to recognize whether they are valued or not by significant individuals namely parents, peers, intimate partners, (b) children and adults across diverse groups typically exhibit seven to ten common psychological and behavioral responses when they perceive acceptance or rejection from significant figures in their life, and (c) the effects of childhood rejection or acceptance frequently persist into adulthood and beyond, affecting a person's psychological and emotional functioning.

Conversely, the coping sub-theory looks at how and why certain adults and children do not exhibit psychological dysfunction even when they have had or are experiencing rejection from their significant others in life (Rohner, 2004; Rohner et al., 2012).

Lastly, the sociocultural sub-theory seeks to explore "How does the overall structure of a society, along with the behaviors and beliefs of its individuals (such as religious views and artistic tastes), reflect the tendency of most parents in that society to either accept or reject their children?" (Rohner, 2004).

The implications of parental acceptance-rejection significantly impact children's emotional health and personality development throughout their lives (Rohner & Rohner, 1980; Rohner, 1986). At the "acceptance" end, the child gets love, warmth, affection, and care from the parents while at the rejection end, parents are withdrawn or unaffectionate.

For rejection, the three aspects proposed by Rohner are: a) hostility and aggression; b) indifference and negligence and, c) undifferentiated rejection. The term "undifferentiated rejection" describes the experience of believing that one's parents does not genuinely love them or care about them, without necessarily having objective signs that the parents are

uncaring and unloving, hostile and aggressive, or apathetic and neglectful (Rohner & Khaleque., 2005).

It is mentioned that Parental Acceptance-Rejection Theory (PARTheory) focuses on how individual's subjectively perceive and interpret their interactions with their parents rather than on the behaviors of their parents. According to the PARTheory, parent's acceptance-rejection is mostly mediated by the child's internal emotional and cognitive reactions to those events. Researchers can conduct cross-cultural investigations without being restricted by cultural or ethnic norms by giving priority to the child's emotional responses and perceptions rather than observable parental actions, as expressions of parental warmth or rejection can vary greatly across cultural contexts (Rohner et al., 2012).

2.1.1 Demographic Variations in Parental Acceptance-Rejection

The individual feelings of parental acceptance-rejection are largely influenced by subjective interpretations rather than objective actions, according to the Parental Acceptance-Rejection Theory (PARTheory) (Rohner et al., 2012). The demographic factors such as, gender, age, education level, socio-economic status etc. may have an impact on the remembrance of parental acceptance-rejection. Research studies have also provided evidence of the role of demographic variables in this regard.

For instance, considering gender, while the studies involving parental acceptance-rejection do not indicate substantial gender differences in parental acceptance-rejection but some findings suggest differences based on the gender of either the parent or the offspring. E.g. Rohner and Khaleque (2010) conducted meta-analysis of 17 studies involving 3,568 adults and found no significance difference in remembrance of parental acceptance-rejection according to gender. However, Kuyumcu and Rohner (2018) in their study regarding

remembrance of parental acceptance in childhood and self-acceptance among young Turkish adults found that women report higher levels of both maternal and paternal acceptance as compared to men, highlighting gender differences in the remembrance of parental acceptance. Similarly, Hussain et al. (2013) also found that male participants perceived higher paternal rejection as compared to females. In a study of Korean young adults Chyung and Lee (2008) reported no significant gender differences in the perception of maternal warmth and rejection, however, men reported lower levels of paternal acceptance as compared to women.

Similar to Chyung and Lee (2008), Rohner et al. (2008) in their study on Japanese adults also found that although there are no significant gender difference in perception of maternal warmth and rejection but men perceived lower levels of paternal acceptance. A study conducted among Lebanese people by Kazarian et al. (2010), also yielded similar results. The results showed that although both sexes experienced maternal warmth and rejection similarly, males were more likely than women to report higher levels of paternal rejection and lower level of paternal acceptance.

The studies involving university/college students and adolescents also highlighted gender differences in remembrance of parental acceptance-rejection. This is evident in the findings of Işık (2021), who conducted a study on relationship between perceived parental attitude and life satisfaction among university students and found that, compared to the female students, male students are more likely to perceive their fathers as disapproving. Similarly, another study by Imam and Singh (2019) on 171 undergraduate students of Ranchi University, India also found that male students feel more parental rejection as compared to their female counterparts. In line with these findings, Dwairy (2010) reported

that male adolescents experience greater rejection and less acceptance as compared to their female counterparts. Further, it was also found that as compared to mothers, fathers tend to be more rejecting and less accepting of their children. This reason for this difference in perception of parental acceptance-rejection by males and females may be attributed to the parental favoritism. A study by Jensen and Jorgensen-Wells (2025) also reported that parents have favorite child, and they most likely confer the favorite child award to their daughters.

Besides gender, another demographic variable that seems to correlate with remembrance of parental acceptance-rejection is socioeconomic status. A study by Akün et al. (2018) examined the moderating roles of socioeconomic status in the relationship between the positive symptoms of patients with schizophrenia and their recollections of parental acceptance-rejection in childhood. The findings of the study highlighted that individuals from middle class and upper class do not report severely rejected by their parents. Furthermore, it was also found that individuals belonging from low socioeconomic families reported higher perceived maternal and paternal neglect and less perceived maternal and paternal warmth throughout their early years. Supporting this perspective, Imam and Singh (2019) also observed that individuals of high socioeconomic families perceive more parental acceptance and less parental rejection as compared to individuals of lower socioeconomic families.

The research has also established a link between an individual's acceptance-rejection by parents and academic engagement. E.g. Chen (2017) in his study explored the connection between parent-adolescent attachment and academic adjustment and found that adolescents who scored high in parent-adolescent attachment has high academic engagement.

Conversely, as highlighted by Ali (2011), the higher level of parental rejection is linked to lower educational attainment and academic success. This study also suggested that a mother's lack of warmth is linked to negative behavioral and academic results.

2.1.2 Psychological Correlates of Remembrance of Parental Acceptance-Rejection

Studies have also long demonstrated a link between hostile, aggressive, and rejecting parenting styles and children's mental health problems (Gracia et al., 2005). In addition to their emotional and behavioral responses to perceived rejection, it is believed that parental rejection influences how children and adults interpret social information, including how they perceive themselves, other people, and interpersonal relationships (Rohner, 2004).

Parental acceptance-rejection significantly influences psychological development, impacting both social and emotional functioning. These effects can range from developmental disorders like autism in childhood to enduring mental health conditions such as schizophrenia. For instance, Akün (2017) studied how people with schizophrenia and social anxiety remember their childhood experiences of parental acceptance-rejection and how these recollections connect to their psychological adjustment. The findings showed that, in comparison to a nonclinical control group, people in the clinical groups with social anxiety and schizophrenia, remembered much higher levels of their mother's rejection. Furthermore, there were more memories of paternal rejection among people who had schizophrenia. Compared to nonclinical subjects, both clinical groups showed stronger indications of psychological maladjustment suggesting a link between early parental rejection and later psychopathology. Veneziano (2000) study on European and African Americans also highlighted that paternal acceptance was significantly related to the psychological adjustment. Supporting these findings, Hussain et al. (2013) also reported

significant differences in perceived paternal acceptance-rejection among clinical and non-clinical samples.

Expanding on this line, researchers have identified mediating variables in the context of parental acceptance-rejection such as, Rohner et al. (2020) in their cross-cultural study demonstrated that psychological maladjustment mediates the relationship between remembrance of parental acceptance-rejection and loneliness. The sample included individuals from Iraq, Italy, the Netherlands, Pakistan, and the United States. Similar to Rohner et al. (2020), Putnick et al. (2020) also examined the mediating role of psychological adjustment in relationship between remembrance of parental acceptance-rejection and loneliness in young Bangladeshi's and highlighted that remembrance of childhood parental rejection results in psychological maladjustment including hostility and aggression, low self-esteem, feelings of inadequacy, emotional numbness, emotional instability, and a generally negative perception of the world for both Bangladeshi men and women. But this psychological maladjustment results in loneliness only for men not for women. It means psychological maladjustment only mediates the relationship between parental rejection and loneliness only for men in Bangladeshi sample. Similar trend is reported by Noori and Siddique (2023), which highlighted the correlation between parental acceptance-rejection and psychological adjustment of adults.

Another study on 252 young Bangladeshi adults explored the mediating role of psychological (mal)adjustment in relationship between memories of parental acceptance-rejection and current levels of forgiveness and vengeance. The results indicated that psychological maladjustment mediates the relationship between recollection of both maternal and paternal rejection and increased feelings of vengeance in both men and

women. Furthermore, memories of being accepted by parents (both mothers and fathers), were associated with greater forgiveness, a relationship that was mediated by psychological adjustment in both genders (Mullick & Uddin, 2024). A similar study was conducted on Iranian sample which also revealed an indirect effect of parental rejection on forgiveness and vengeance through psychological maladjustment (Taghikhani et al., 2024). For Egyptians, the relationship between maternal rejection and vengeance in women was shown to be mediated by psychological maladjustment, whereas the relationship between maternal acceptance and forgiveness was mediated by psychological adjustment. Vengeance via psychological maladjustment was not significantly predicted by paternal rejection (Shehata & Zaki, 2024). The Turkish sample reported that for both men and women, psychological maladjustment mediated the relationships between parental rejection and vengefulness, whereas psychological adjustment mediated the relationships between parental acceptance and forgiveness (Kuyumcu & Altın, 2024).

However, beyond psychological adjustment, researchers have also delved into areas like self-acceptance and self-esteem. The relevant findings in this regard is reported by Kuyumcu and Rohner (2018). They conducted a study on 236 young Turkish adults comprising of 139 females and 97 males and found positive association between remembrance of parental acceptance and self-acceptance for both men and women. Additionally, the empirical support for influence of self-esteem on remembrance of childhood parental acceptance-rejection is given by Imam and Singh (2019). A similar observation was observed in the study conducted by Tufail et al. (2015) which found association between perceived parental acceptance-rejection, depressive symptoms and self-esteem among persons with substance abuse disorders. Other self-related construct linked to

parental acceptance-rejection is self-liking, self-handicapping and self-compassion. This is demonstrated by Sevimli and Çakır (2022) study on university students which found that paternal acceptance influence self-liking whereas, maternal acceptance is linked with self-handicapping. Beside this, Epli et al. (2023) found that self-compassion mediate the relationship between parental acceptance and psychological resilience.

Apart from self-related constructs, researchers have also looked into the relationship between remembered parental acceptance-rejection and social consequences like loneliness, especially in adulthood. Positive parental behaviors, according to Scharf et al. (2011) guarantee that children experience less loneliness in their relationships with their parents and peers as well as less interpersonal issues throughout their early and early adult years.

Individual's social anxiety and emotion regulation are also greatly influenced by their parents' acceptance-rejection, whereas resilience acts as a buffer. Developing resilience can promote emotional health and mitigate the negative impacts of parental rejection (Anwaar & Qurat ul Ain, 2023).

Numerous studies have demonstrated the variety of psychological domains in which parental acceptance-rejection has been investigated. Although children and adolescents have been the subject of much of the literature to date, especially in Turkey, the scope of research encompasses a number of areas, including aggression, psychological adjustment, internet addiction, depression, anxiety, social anxiety, anger expression, and general psychological symptoms (e.g., Karpas, 2010; Kılıç, 2012; Moray, 2019; Olgaç, 2017; Pektaş, 2015; Yakın, 2011; Dural & Yalçın, 2014). The studies conducted on adult populations investigated the relationship between remembered parental acceptance-rejection and variables such as psychological adjustment, marital satisfaction, partner acceptance-rejection, and conflict

within marriage (Ali, 2011; Babuşcu, 2014; Özbiler, 2016; Şireli & Soykan, 2016). On the other hand, studies with children have addressed outcomes like behavioral issues, social competence, general psychological well-being, and sibling relationships. These findings collectively demonstrate the extensive applicability of the parental acceptance-rejection framework across multiple psychological and relational dimensions.

2.2 Parental Acceptance-Rejection and Relational Wellbeing

Relationships have many forms and they play a vital role in giving meaning to life. They are strongly linked to enhanced health, overall well-being, and happiness. Alexandrova emphasizes that “modern social science’s concern with human wellbeing is at its very core. As a result, social science initially emerged as a body of knowledge formally dedicated to the advancement of well-being.” Furthermore, in popular culture (especially in western nations), the idea that wellbeing is vital for everyone is gaining traction in a variety of discussions. Seligman (2013), for instance, observes that when parents are asked what they most desire for their children, well-being is typically near the top of the list and is evident in their responses.

Building on this more comprehensive perspective, current research is beginning to acknowledge that human flourishing depends on relationship wellbeing, a crucial aspect of overall well-being. The quality of close relationships, especially those in marriage or long-term partnerships, greatly influences psychological and emotional well-being since people do not exist in a vacuum. Researchers are now investigating how interpersonal dynamics are being affected by early events of an individual’s life particularly parental acceptance-rejection.

There are several studies in literature that have established the connection between

parental acceptance-rejection and adult's romantic relationships particularly the relationship satisfaction. A study conducted by Eralp (2021), explored the relationship between parental acceptance-rejection, marital satisfaction, and rejection sensitivity. Their findings revealed a direct correlation between husbands' recollection of maternal acceptance and both their own and their wives' marital satisfaction. In contrast, for wives, both maternal and paternal acceptance were indirectly linked to their marital satisfaction, with rejection sensitivity acting as a mediator. Similarly, husbands' recollections of both maternal and paternal acceptance positively influenced their own marital satisfaction, also through the mediating role of rejection sensitivity. These findings highlight the complex interplay between early parental experiences, emotional regulation, and marital well-being.

Finzi-Dottan and Schiff (2021) conducted a study to investigate the mediating effect of self-differentiation and spousal caregiving on the relationship between recollection of parental care and acceptance and couple satisfaction. The researchers found that remembrance of maternal acceptance is linked to relationship satisfaction, and this relationship is mediated by self-differentiation and responsive caregiving. In addition to this, when spouses recalled parental acceptance they become more responsive in providing care which in turn increase the spouse's relationship satisfaction. The emerging evidence also suggest that people's perceptions of acceptance-rejection in romantic relationships may be influenced by their early experiences with parental acceptance-rejection.

For instance, Eryavuz (2006) conducted a study to explore the connection between perceived parental acceptance-rejection in childhood and perceived partner acceptance-rejection in adulthood. The study involved 298 participants including 153 dating and 145 married individuals. The result of the study highlighted that participants who are least

satisfied in their current romantic relationships, they experienced higher level of parental rejection in their childhood as compared to those individuals who are satisfied with their current intimate relationships. This study highlighted a moderate correlation between parental (both paternal and maternal) acceptance-rejection and romantic partner acceptance-rejection. Further evidence of this is provided by Giaouzi and Giovazolias (2015) in their study which indicated that people who feel rejected by their parents also feel rejected by their partners in intimate relationships. Such findings are also reflected in another study based on Parental Acceptance-Rejection Theory (PARTheory) conducted by Varan (2008), that explored the association between perceived parental acceptance-rejection in childhood and perceived partner acceptance-rejection in adulthood. The sample included 245 dating or married adults. The findings suggested that individuals who feel dissatisfied with their intimate relationships reported higher levels of both parental and partner rejection, whereas those who experienced parental acceptance in childhood were more likely to feel accepted by their partners. Although a quarter of those who felt rejected in childhood reported satisfaction in their current intimate relationships, the general trend indicated that childhood parental acceptance-rejection significantly influenced adult partner acceptance-rejection. These findings underscore the long-term impact of parental acceptance-rejection on adult relationship satisfaction.

Parade et al. (2013) indicated that people who feel rejected by their parents as children, experience less satisfaction in their adult romantic relationships. Likewise, Auslander et al. (2009) in their study regarding parenting behaviors and adolescent romantic relationships also found positive relationship between romantic relationship satisfaction and parental acceptance.

In addition to influencing partner acceptance-rejection and relationship satisfaction, these early relational experiences also contribute to more general interpersonal issues, impacting how people establish, preserve, and understand intimate partnerships. Interpersonal difficulties and perceived parental acceptance-rejection were found to be significantly correlated by Abraham and Rema (2023), underscoring the long-term effects of early parental experiences on adult social functioning. In a similar vein, Rohner et al. (2019) found that adults' anxiety in interpersonal interactions and fear of intimacy were linked to parental acceptance-rejection.

2.3 Parental Acceptance-Rejection and Adult Attachment

According to Hazan and Shaver (1987), the attachment system manifests itself in romantic love. They noted some similarities between romantic relationships and infant-parent bonds, such as the need to be physically close to the other, the need to seek the other out in times of pain, fear, or illness, and the use of the other as a safe foundation from which to explore the outside world. Building on this perspective, a wide body of research highlighted the influence of early childhood experiences with caregivers on adult attachment later in life. The Attachment theory developed by Bowlby also posits that warmth and acceptance from caregivers results in development of secure attachment style whereas rejection leads to insecure attachment styles such as: anxious or avoidant (Bowlby, 1969). The way people view and act in intimate relationships throughout their lives is influenced by these attachment types, which act as internal working models.

Given above, the memories of parental acceptance-rejection are crucial not only for emotional growth but also the relational and cognitive schemas that direct adult attachment behaviors. The longitudinal and cross-sectional studies have provided strong evidence for

this connection. To illustrate, Fraley et al. (2013) conducted a longitudinal study to examine whether adult attachment has interpersonal or genetic origins. The results of the study highlighted that adult attachment styles has a connection with the quality of child's caregiving environments. Another study by Gleeson and Fitzgerald (2014) investigated the connection between young adults' relationship satisfaction, attachment types in romantic partnerships, and childhood experiences. The results showed a connection between attachment type and the participants' descriptions of their parents' relationship with them. Individuals with stable attachment types expressed more contentment and were more likely to be in a romantic relationship, highlighting the influence of early experiences on romantic relationships and attachment.

Zayas et al. (2011) longitudinal study also provide evidence of the roots of adult attachment. The results showed that early maternal caregiving influence adult attachment later in life. It was indicated that the quality of maternal caregiving received at 18 months significantly predicted participants' levels of relational discomfort and insecurity over two decades later, at an average age of 22. Specifically, maternal control was linked to greater avoidance in relying on peers and partners, as well as increased anxiety within romantic relationships and maternal sensitivity to lower levels of avoidance to peers. Chopik et al. (2014) also demonstrated the influence of early caregiving experiences on adult attachment style. They found that the childhood experiences affect even after 20 years. Individuals who experiences high caregiving at age 3, their avoidance decreased from age 14 to 23.

Moreover, studies have shown that early parental experiences also affect an individual social information processing resulting in biased interpretations of social cues. The notable evidence of this claim is evident in Rohner et al. (2012) findings that rejection

experiences can result in later issues with social information processing because those who are rejected are more likely to have skewed mental images that cause them to interpret relationships as unreliable and unpredictable and to perceive hostility and rejection when it is not intended. Similarly Ibrahim et al. (2015) also suggested that childhood experiences of parental rejection are linked to the development of cognitive distortions, including the propensity to personalize, to be overly alert and sensitive, and to overreact to rejection that is real, threatened, or imagined.

The research has also extended to the emotional disorders. To demonstrate, Şirin (2019) conducted a study connecting Parental Acceptance-Rejection and Adult Separation Anxiety along with exploring the mediating role of adult attachment insecurity. The sample consisted of 1534 adults. The results provided an evidence of mediating role of adult attachment insecurity dimensions (avoidance and anxiety) in the relationship between perceived parental acceptance-rejection and separation anxiety. Khaleque and Rohner (2012) also reported that adult's remembrances of childhood parental acceptance-rejection significantly correlate with adult personality dispositions except dependence. Conversely, feelings of being accepted are linked to favorable results such as increased self-competence during adolescence (Ohannessian et al., 1998).

2.4 Parental Acceptance-Rejection, Self-Disclosure and Relational Wellbeing

Self-disclosure is a fundamental aspect of human interaction and plays a crucial role in the development and maintenance of nearly all relationships (Finkenauer et al., 2018). It is a dynamic and changing process that happens between people. Instead of taking a set course, it changes and adjusts according to the circumstances of the connection.

Relationships and disclosure have a reciprocal effect; that is, disclosing personal information

can change the nature of the relationship, and the condition of the relationship in turn affects what is revealed and how frequently. Self-disclosure does not always proceed in a straight line of increasing depth and breadth, in contrast to the linear viewpoint put out by social penetration theory. Rather, the dynamics of the relationship both influence and are influenced by its frequency, content, and emotional significance (Willems et al., 2020).

While the direct studies on association between remembrances of parental acceptance-rejection and self-disclosure are limited. There are several studies and theoretical frameworks that imply a meaningful connection between these two variables. One of the most prominent of those is IPARTheory, which emphasizes that quality of early parental experiences influence adult psychological adjustment and interpersonal outcomes throughout life (Rohner, 2004). These interpersonal outcomes may also include self-disclosure.

Interpersonal Process Model of Intimacy (Reis & Buhl, 2008) also highlights the importance of parental responsiveness which is also a core component of parental acceptance. According to this model, self-disclosure is viewed as an interpersonal process in which self-disclosure patterns of child and the perception of parent-child relationship is influenced by parental responsiveness. In addition to this, Suprayogi et al. (2023) study on family functioning and self-disclosure among emerging adults of 111 college students of West Jakarta, found positive and significant correlation between family functioning and adult's self-disclosure.

Adult attachment styles also show a connection with self-distance. For instance, a study conducted by Mikulincer and Nachshon (1991) found that people with secure attachment style engage more in self-disclosure as compared to those who have anxious

attachment.

Pietromonaco and Collins (2017) asserted that people have an innate desire to belong, and they are better able to handle stress when they have close emotional ties with the people who are most important to them. This means that in intimate relationships, expressing feelings through verbal and non-verbal means is so essential. It fosters mutual trust and partners grow more close and confident with each other. Existing research also continuously demonstrates how self-disclosure can improve understanding and connection between partners, hence fortifying love and marital ties. Self-disclosure is a major determinant of marital intimacy (Chelune et al., 1984; Waring & Chelune, 1983).

Kurdek (1999) found that one of the things that predicts low relationship satisfaction is a lack of emotional expression which mean that maintaining a healthy relationship requires being conscious of, accepting, considerate of, understanding, and supportive of one's partner's needs. Tiwari and Paliwal (2022) also underscored the influence of self-disclosure on marital adjustment. This claim is also substantiated by Candel and Turliuc (2021) which found that self-disclosure enhances intimacy and relationship satisfaction among partners, especially when the partner responds empathetically.

According to Reis and Shaver (1988) Interpersonal Process Model of Intimacy, self-disclosure and a partner's capacity for empathy are two essential elements that foster closeness. The model emphasizes that communicating one's needs, wants, and expectations honestly and feeling that one's partner is receptive and understanding are important factors in determining the quality of a relationship (Reis et al., 2004). People tend to perceive love relationships as more intimate when they feel that their needs are both acknowledged and cared for.

The relevance of self-disclosure in relational dynamics emerges clearly from the findings of the study conducted by Hinnenkamp and Owens (2024) which highlights that individuals who faced sexual trauma and shared it with their romantic partners, they have better relationship satisfaction. Similar to this, Waring et al. (1994) study on the influence of therapeutic self-disclosure on perceived marital intimacy in which twenty couples participated is also an another example. In this study, the couples took 10 weekly sessions on self-disclosure. The results of the study showed that due to therapeutic intervention those individual who disclosed more about themselves with their partners, their perceived marital intimacy increased. Self-disclosure is also found to influence perceptions of partner responsiveness (Choi & Toma, 2022).

Gable and Reis (2010) in their study reviewed studies related to sharing of positive information about oneself with others and called it “Capitalization”. In order to explain how sharing positive experiences (capitalization) and getting particular kinds of reactions might affect both personal and relational outcomes, they constructed a theoretical framework and presented a model. According to studies, when a close friend or family member responds in an active and encouraging manner instead of one that is dismissive or passive, it helps the person who is sharing the news as well as the connection. At the individual level, capitalization is associated with more pleasant emotions, increased wellbeing, increased self-esteem, and less loneliness. Relationship-wise, it promotes increased satisfaction, connection, intimacy, commitment, trust, affection, and stability over the long run.

The qualitative study conducted by Derlega et al. (1993) on the role of self-disclosure in close relationships is also one of the notable demonstrations of significance of self-disclosure. The key themes discussed in their study included (a) the mutual influence of

intimate relationships and self-disclosure, demonstrating how each influences and is influenced by the other; (b) the effect of gender based cultural differences on how people reveal personal information in relationships; (c) the role of vulnerability and the possible risks of sharing private details, which result in partners managing their privacy carefully; and (d) the advantages of sharing stressful experiences, which not only help people deal with challenging circumstances but also provide access to social support.

Further evidence can be seen from Collins and Miller (1994) meta-analytic study which examined the relationship between liking and self-disclosure, and found three main effects: people tend to like those they already like more, those who disclose more are generally liked more, and sharing personal information can make one like the person they disclosed to more. According to the results, liking and self-disclosure are related and operate within a dynamic interpersonal system.

2.5 Adult Attachment, Display of Affection and Relational Wellbeing

Affection is a key relational characteristic that influences the quality, satisfaction, and emotional depth of adult romantic relationships (Girme et al., 2023). Long-term relationships benefit from the intimacy, trust, and relational wellbeing that are fostered by caring verbal and nonverbal actions.

Affectional displays has many forms, Gullledge et al. (2003) for instance, defined physical affection as any touch intended to evoke feelings of love for the partner. In their study, Gullledge et al. (2003) identified seven different forms of physical affection, including hugging, kissing on the lips, caressing/stroking, cuddling/holding, hugging, and kissing other parts of the face. Regan et al. (1999), on the other hand, only examined two forms of physical affection in their study, holding hands and encircling one arm.

Although some research has concentrated on particular loving actions, others highlight the symbolic value of these gestures as significant relationship milestones, like a couple's first hug, kiss, or verbal declaration of love are examples of milestone events that are frequently seen as important turning points in the evolution of their relationship (Owen, 1987). Lack of affection has been one of the most common reasons for seeking marital therapy (Doss et al., 2004). A study by Amato and Previti (2003) also reported that lack of affection is one of the most common causes of divorce.

Numerous theoretical stances have been put up by researchers over the years, highlighting the essential function of affection in human life. It has been proposed that expressing and receiving affection supports our natural desire for social connection (Baumeister & Leary, 1995), satisfies basic psychological needs (Schutz, 1958), and aids in overcoming stress and hardship (Taylor et al., 2000). These concepts have led researchers from a variety of fields to investigate the potential benefits of affectional conduct for mental and physical well-being. The literature has long described affection as a basic human need (Burgoon & Hale, 1984; Schutz, 1966). By finding a connection between expressing and receiving affection and a number of psychological and physical advantages, recent studies have further reinforced that assertion.

There are empirical studies in literature that have highlighted the impact of affectionate behavior on physical health of an individual. For instance, Grewen et al. (2003) conducted an experiment to examine whether warm partner contact is related to lower cardiovascular reactivity. The participants in experimental group i.e. warm contact group held hands for 10 minutes while watching a romantic film, and then they hugged their spouse for 20 seconds. In contrast, the control group sat silently and made no touch. Those

who received affectionate partner contact showed lower systolic BP, diastolic BP, and heart rate increases compared when subjected to a stressful public speaking task than those in the no-contact group. Light et al. (2005) conducted a similar study on premenopausal women and found that premenopausal women who reported hugging their partners more often had higher levels of oxytocin (a bonding hormone) and lower blood pressure before any physical contact took place. The findings of these studies implies that engaging in affectionate behaviors, such as hugging or holding hands, can lead to measurable reductions in blood pressure and cortisol levels, indicating a stress-buffering effect of physical affection

Moreover, it's interesting to note that expressing affection can be more beneficial to one's health than just getting it. According to Hesse et al. (2021), those who consistently express affection see more noticeable changes in their health outcomes than people who just receive affection, highlighting the special importance of active emotional expression.

In addition to physical well-being, researchers have also accumulated a substantial body of data over the years that affectional display has a major positive impact on social, mental well-being (Floyd, 2019). This is evident in the findings of Debrot et al. (2013) who reported that individuals who received more frequent touch from their spouses reported better levels of psychological well-being, according to diary-based research findings, which further supports the psychological advantages of affectionate touch. This implies that physical contact not only improves emotional ties but also enhances couples' emotional states and mental well-being in general.

Moreover, beyond its impact on physical and mental well-being, literature provides evidence that it also influence's relationship dynamics of adults. Corroborating this, Jakubiak (2022) conducted a study to examine the role of affectionate touch in satisfying

and dissatisfying romantic relationships. The findings revealed that higher frequency of kissing was associated with improved individual well-being, particularly in relationships with higher satisfaction levels. When participants imagined receiving affectionate touch from their partner, it enhances emotional well-being, such as reduced stress and increased life satisfaction, as well as relational improvements, including stronger emotional connection, sense of security, closeness, and overall relationship quality. These positive expectations were evident even among those who viewed their relationships as distressed, though they were more prominent in moderately to highly satisfying relationships.

Affectionate display is also found to increase shared positive activities such as engaging in games and deep conversations, which improves relationships and lessens the impact of unpleasant encounters (Jakubiak et al., 2023). In romantic relationships, affectionate contact is essential for fostering emotional connection, trust, and intimacy. It contributes to the general well-being of relationships by acting as a potent nonverbal gesture of love and security (Jakubiak & Feeney, 2017).

Additionally, affectional displays are strongly linked to love which is a crucial sign of emotional intimacy and bonding in close relationships. Empirical support for this comes from Sorokowska et al. (2023) cross-cultural study involving 37 countries which found significant association between affectionate touch behaviors and love. The results also showed that affectionate touch is a reliable and significant predictor of the reported level of love, in addition to being a consistent component of romantic relationships. Dainton et al. (1994) also found that satisfaction with physical affection is a predictor of love, liking and satisfaction in marriage.

Expanding on this, recent research has explored how individual differences, such as

attachment styles, may influence affectionate display. The empirical evidence of this comes from Debrot et al. (2021) study which investigated the influence of attachment avoidance on the frequency of touch and wellbeing. It was found that people who has attachment avoidance they have lower wellbeing and also less frequently engage in touch behaviors. Furthermore, the association between attachment avoidance and wellbeing is mediated by less frequent touch. A study by Dillow et al. (2014) also highlighted the importance of adult attachment in affection, suggesting that close attachment is directly associated with affectionate expression, whereas, love mediate the relationship between preoccupied and dismissive attachment style and affectionate expression.

Other studies that have addressed this topic, mainly focused on cultural differences in how affection is expressed, comparing same-sex and heterosexual couples, and comparing interracial and same-race relationships (Dibiase & Gunoe, 2004; Miller, 2013; Regan et al., 1999; Vaquera & Kao, 2005).

The research has consistently showed the benefits of affection for health, psychological wellbeing and relational wellbeing. It is also reported that those who are more affectionate are happier (Floyd et al., 2005), more emotionally stable (Davies et al., 2004), and less likely to experience stress, depression, and loneliness (Downs & Javidi, 1990; Floyd, 2002) whereas, those who believe they are not getting the amount of affection they require known as affection deprivation, tend to suffer from more psychological issues, such as despair and loneliness. Furthermore, important relational elements like emotional intimacy and satisfaction are adversely correlated with this deprivation (Floyd, 2014; Hesse & Mikkelson, 2017). Therefore, we can say that one of the things that may increase emotional and relationship stress is a lack of affectionate exchange. Hesse and Tian (2020)

also highlighted that affection deprivation is negatively related to marital quality. Another study by Gullede et al. (2003) which examine the attitude and preferences of college students regarding romantic physical affection and relationship satisfaction required the participants to provide information about the frequency of physical affection types they engage in over the period of one week. The types included; backrubs/massages, caressing/stroking, cuddling/holding, holding hands, hugging, kissing on the lips, and kissing on the face (not lips). It was reported that with the exception of holding hands and caressing/stroking, which did not significantly correlate with relationship or partner satisfaction, the majority of physical affection (PA) acts was favorably correlated with these factors. Additionally, it was found that greater loving behaviors, including hugging, kissing on the lips, and cuddling/holding, made conflict resolution simpler, even when the frequency of conflict was unaffected by the amount of physical affection.

2.6 Physical Attractiveness and Relational Wellbeing

The evolutionary and societal perspectives have long acknowledged physical attractiveness (facial symmetry, averageness, etc.) as an important and desirable characteristic in a potential mate (Buss & Schmitt, 1993). Rusbult (1980) also proposed that three factors i.e. strong prior relationship investment, quality of alternative mates, and high relationship satisfaction, predict commitment. A partner's physical attractiveness is closely linked to how socially desirable they are perceived to be (Lamy, 2020). It have a big role in determining allure (Abdallah et al., 2020). Men tend to overestimate women's physical attractiveness when asked about their ideal love partner, whereas women tend to overestimate men's income potential (Buss, 1989; Eastwick & Finkel, 2008). However, despite this gender-based distinction, both men and women favor handsome spouses over

unattractive ones.

An adaptationist perspective, also holds that people are drawn to physically attractive or appealing traits in potential spouses because of the potential benefits for future survival and reproduction (Gangestad & Scheyd, 2005). However, beyond initial attraction, physical attractiveness also affects partner satisfaction and emotional intimacy in long-term relationships. The evidence for this comes from Meltzer et al. (2014) study which reported that wives' satisfaction was not much impacted by their husbands' physical attractiveness, whereas husbands with more physically attractive wives reported higher marital satisfaction over a four-year period. Similar to this, Walter et al. (2020) also highlighted that men value physical attractiveness more as compared to women. However, contrary to these findings, a study conducted on 350 Egyptian females indicated substantial relationship between male physical appearance and wives' marital satisfaction, highlighting the importance of perceived physical attractiveness for women too, in marital dynamics.

Adding depth to this discussion, there are also studies that have explored how individuals' perceptions, rather than objective attractiveness play a significant role in affecting relationship satisfaction. For instance, Barelds and Dijkstra (2009) in their study looked at the presence of positive illusions about the physical attractiveness of partner and its association with relationship quality. The results of the study revealed that individuals do have positive illusions about the physical attractiveness of their partner and this affect their relationship quality. Moreover, in addition to marital satisfaction, having a physically appealing partner might result in material advantages. As demonstrated by Salkicevic et al. (2014) an attractive spouse receives more costly presents and comments from both men and women.

Furthermore, a person's sexual self-esteem and body image perceptions also have a significant impact on the quality of their marriage. Research evidence comes from Naveed and Anjum (2024) whose findings revealed that marital satisfaction was negatively connected with body image issues, while sexual esteem was a positive mediator, highlighting the importance of one's own self-perception in the quality of a relationship. Parallel to this, Meltzer & McNulty (2010) in their study regarding body image and marital satisfaction found that wives' opinions of their sexual attractiveness were positively correlated with their own and their husbands' marital satisfaction. Further, this relationship is mediated by increased sexual frequency and satisfaction.

2.7 Research in Pakistani Context

Parental behaviors' effects on adult relational outcomes are significantly shaped by cultural context. In collectivist societies like Pakistan, family is the primary unit where interdependence, respect to elders, and emotional restraint are frequently valued (Hofstede, 2001). Collectivist cultures may see parental control or emotional reserve as care or protection rather than as rejection, in contrast to individualistic cultures that value autonomy and unrestricted emotional expression (Dwairy, 2004).

Various studies have explored the implications of parental acceptance-rejection in Pakistani culture. For instance, Sajid and Shah (2021) explores the relationship between adolescents' perceptions of parental rejection and their psychological adjustment within the cultural context of Khyber Pakhtunkhwa. They discovered that adolescents who experienced parental rejection as children may be psychologically maladjusted, specifically characterized by emotional instability and hostility/aggression. Abbas et al. (2022) reported significant relationship between parental acceptance-rejection and confidence level in university

students of Quetta. Another study conducted by Ansari and Qureshi (2013) involving 150 adolescents with equal male and female representation found that parentally accepted adolescents have positive self-esteem while parental rejection correlate with negative self-esteem. The relationship between parental acceptance-rejection and Self-esteem is also evident in Khan et al. (2011) study, whose findings revealed that parental acceptance-rejection positively predicted self-esteem and life satisfaction. Additionally, Hafeez and Habib (2023), highlighted that adolescents, especially girls, who felt more accepted by their fathers exhibited stronger emotional intelligence. In a similar study, Hafeez et al. (2024), found that emotional intelligence was significantly predicted by maternal acceptance.

Building on these findings, it's important to think about how early parental experiences could influence adult relationships, especially marriage. Further, understanding the relationship between parental acceptance-rejection and marital satisfaction is crucial in societies like Pakistan, where family dynamics have a significant influence on social roles and emotional expression. Khaleque et al. (2018) investigated the relationship between Pakistani adults' recollections of their parents' acceptance-rejection during their early years and their psychological adjustment as adults, particularly their fear of intimacy. The results highlighted that people who felt rejected by their parents had higher degrees of psychological maladjustment and fear of intimacy, which may indicate that early parental experiences have an effect on adult's relational dynamics.

The role of adult attachment in the context of childhood experiences is also established. In the context of Pakistani society the supporting evidence is provided by many studies. One such study is of Shahzad et al. (2024) on impact of childhood trauma on attachment styles and marital satisfaction. The results indicated a significant positive link

between anxious attachment and experiences of childhood trauma, along with a negative relationship with marital satisfaction, whereas, close attachment style was negatively linked with both marital satisfaction and childhood trauma. Another study by Shafique et al. (2024) underscore the mediating role of attachment patterns in translating early parental experiences into adult relational functioning. The findings suggested that anxious attachment was positively related to loneliness in married Pakistani women, whereas avoidant and secure attachment styles were negatively associated.

In addition to early parental experiences and attachment styles, important interpersonal elements including self-disclosure, affectional gestures, and perceived physical attractiveness also influence relational dynamics. In romantic relationships, these qualities are essential for promoting closeness, satisfaction, and emotional ties. Findings from contemporary research also underscore the importance of relational attributes. For example; co-rumination was found to be positively correlated with marital satisfaction for both Pakistani married men and women (Rehman, 2021). These findings imply that open and regular sharing between spouses can improve relationship satisfaction because co-rumination entails vast shared self-disclosure, especially regarding issues and emotional experiences. Another study exploring self-disclosure and its flexibility to personal growth among young adults in Pakistan found that self-disclosure flexibility is positively associated with personal growth (Khalid et al., 2022). While not directly focused on marital satisfaction, this study highlights the importance of context-appropriate self-disclosure in relationships.

Another important relationship attribute that contributes to relationship satisfaction is the display of affection. The foundation of a strong marriage is affectionate behavior, which

promotes emotional intimacy and understanding between spouses. Even in culturally conservative nations like Pakistan, showing love, care, and support for one another is essential for preserving the marriage and improving relationship satisfaction. Nevertheless, there is still a dearth of empirical study on loving behaviors in Pakistani marriage dynamics. The “Couple Bond” relationship standard, which encompasses warmth, love, and supporting conduct, was found to be a robust predictor of marital happiness by Ayub et al. (2022), one of the few studies that are currently available. This demonstrates how important but little understood affection is to maintaining fulfilling close relationships in Pakistan.

Similar to display of affection, the literature with regard to perceived physical attractiveness of spouse is also limited. However, studies that are available, shed light on how relationship dynamics may be impacted by perceptions about a partner’s physical appearance. Sarir et al. (2018), for instance, explored the preferences of educated women in Khyber Pakhtunkhwa when choosing a partner. The results revealed that while physical attributes such as being well-dressed, tall, and fair-skinned were considered desirable, factors like economic stability and intelligence were prioritized more highly in partner selection. This indicates that while physical attractiveness is valued, it may not be the primary determinant in marital satisfaction. A study by Shaheen and Batool (2019) which examined the relationship between perceived physical attractiveness and sexual esteem among Pakistani adults reported that individuals who perceived their partners as physically attractive reported higher levels of sexual esteem, which is closely linked to overall relationship satisfaction.

These studies show that although spouse’s physical attractiveness plays a role in marital satisfaction, other elements like mutual respect, emotional connection, and financial

security are frequently intertwined with it. Further investigation is required to fully comprehend how spouse physical attractiveness affects marital satisfaction in Pakistani population.

Given above, Parental acceptance-rejection, adult attachment, self-disclosure, display of affection, and physical attractiveness are all important factors that influence marriage and relational wellbeing. Although considerable research has been done on these aspects in the context of Pakistani culture, there is still a dearth of information, especially when it comes to physical attractiveness and affectionate actions. This disparity highlights the need for more empirical study to understand how parental acceptance-rejection shapes relational attributes And ultimately, impacts marriage outcomes in Pakistan's unique sociocultural setting.

2.8 Theoretical Framework

The current study is theoretically based on the parental acceptance-rejection theory (PARTheory) and attachment theory, which provide a thorough understanding of how early parental experiences influence adult relational functioning and relational wellbeing.

2.8.1 Parental Acceptance-Rejection Theory

Rohner's (2004) Parental Acceptance-Rejection Theory (PARTheory) postulates that a person's emotional, behavioral, and social development throughout their life is greatly influenced by their perceptions of their parents' acceptance (such as warmth, affection, and care) or rejection (such as coldness, hostility, and neglect) during childhood. The theory highlights that children who perceive parental rejection are more likely to experience low self-esteem, emotional instability, and difficulties in forming healthy interpersonal relationships as adults (Rohner et al., 2012) thereby influencing adults' relational wellbeing in intimate relationships.

2.8.2 Attachment Theory

According to attachment theory (Bowlby, 1969, 1973, 1988), children's early experiences with their parents may influence their capacity to form close and affectionate bonds with others. The early experiences result in the formation of internal working models, or mental images of oneself and other people, which influence expectations and actions in intimate relationships for the rest of one's life. Extending on the Bowlby's work Hazan and Shaver (1987) conceptualized romantic love as an attachment process. Hazan and Shaver postulated that the attachment style formed in childhood persists in to adult romantic relationships. Those individuals who developed secure attachment are more likely to develop affectionate, trusting bonds with their partners, whereas those individuals who developed insecure and anxious attachment, they may struggle with emotional closeness and affectionate expression in romantic relationships.

2.8.3 Mediating and Moderating Role of Variables

In addition to these two core theories, the inclusion of mediating variables like Self-disclosure, display of affection and physical attractiveness as a moderator is also guided in view of the existing literature and theoretical frameworks. The role of self-disclosure is supported by interpersonal theories such as, Social Penetration Theory (Altman & Taylor, 1973), which explains how individual relationships become more intimate as self-disclosure increases. Similarly, display of affection can be seen from the lens of Affection Exchange Theory (Floyd, 2006), which posits that affectionate behaviors enhance relational bonds.

Furthermore, while Equity Theory (Walster et al., 1978) do not specifically address physical attractiveness but it can offer a useful framework for understanding that how perception of imbalance in valued characteristics, such as spouse attractiveness can

influence relational behaviors or outcomes.

CHAPTER 3

METHOD

This study tested a comprehensive model to understand how the remembrance of parental acceptance-rejection influences relational wellbeing in adulthood, with adult attachment styles, self-disclosure, and display of affection examined as sequential mediators. Physical attractiveness is assessed as a moderating factor within this relational pathway among married individuals. Data was collected through Urdu translated, self-rated, standardized instruments including Parental Acceptance- Rejection Questionnaire- Short Form (Rohner, 2005) translated by Malik and Butt (2012), Revised Adult Attachment Scale (Collins, 1996), Self-disclosure Index (Miller et al., 1983), Public & Private Romantic Display of Affection Scale (Kocur et al, 2022) subscales Public Displays of Affection and Private Displays of Affection, Interpersonal Attraction Scale (McCroskey & McCain, 1974) subscale Physical Attraction, and Relationship Assessment Scale (Hendrick,1988). This section primarily outlines the study's design, psychometric properties of the measures, sampling technique, data collection procedure, and lastly, the statistical techniques employed to evaluate the proposed model.

3.1 Research Design

The present study employed a cross-sectional, correlational research design to examine the association between remembrance of parental acceptance-rejection and relational wellbeing among married adults along with the mediating role of relationship attributes namely adult attachment, self-disclosure and display of affection, and moderating role of physical attractiveness. The study was carried out in two phases: a pilot study and a main study by utilizing Urdu-translated versions of the following standardized instruments: the

Adult Parental Acceptance-Rejection Questionnaire- Short Form (Urdu version), Revised Adult Attachment Scale, Self-Disclosure Index, Public & Private Romantic Display of Affection Scale subscales Public and Private Display of Affection, Interpersonal Attraction Scale subscale Physical Attraction, and Relationship Assessment Scale. The pilot phase was sought to evaluate language clarity and cultural relevance of the translated versions of the scales. After that, the main study was conducted to examine the hypothesized relationships among remembrance of parental acceptance-rejection, adult attachment styles, relationship attributes, and relational wellbeing among married individuals.

3.2 Phase I - Pilot Study

3.2.1 Objectives

The objectives of the pilot study are as under:

1. To assess the linguistic clarity of the Urdu-translated versions of study instruments in order to ensure that items are easily understandable by the target population.
2. To assess the cultural relevance and appropriateness of the translated versions of instruments in the context of Pakistani married adults, by identifying any culturally sensitive or ambiguous content.
3. To assess the translated study instruments internal consistency reliability (such as Cronbach's alpha) in order to make sure that the measures have appropriate psychometric properties.
4. To identify and address any logistical or procedural issues related to data collection, such as item formatting, participant instructions, or response patterns.
5. To make necessary revisions and refinements to the instruments and methodology before proceeding to the main study for hypothesis testing.

3.2.2 Step I - Translation of Study Measures

In this phase, the adapted study instruments namely, Revised Adult Attachment Scale, Self-disclosure Index, Public and Private Romantic Display of Affection Scale, Interpersonal Attraction Scale and Relationship Assessment Scale were translated in to the Urdu language following Brislin's (1976) forward and back translation model to ensure linguistic and conceptual equivalence. Firstly, a committee consisting of three Urdu linguistics experts, one English language specialist, and one psychologist with a PhD translated the original instruments into Urdu while maintaining the items' core meaning. In the second stage, a panel comprising the principal investigator, the research supervisor, and two psychology subject-matter experts critically examined and assessed the translated versions for clarity, applicability, and cultural fit. Lastly, in the back-translation stage, a group of three PhD-level English language specialists, one Urdu language specialist, and one psychology expert translated the Urdu versions back into English. The translated version was then compared with the original English version to identify discrepancies. After making the necessary changes, the supervisor and two subject matter experts double-checked the final Urdu versions to make sure they were accurate and consistent. The pilot research then evaluated these translated instruments to assess their suitability for the target population.

3.2.3 Step II - Pilot Testing of Study Measures

In this stage, the primary goal was to assess whether translated Urdu versions of the adapted instruments were culturally appropriate, easily understandable, and suitable for use in the main study. All scales namely parental acceptance-rejection questionnaire, revised adult attachment scale, self-disclosure index, public and private romantic display of affection scale, Interpersonal attraction scale, and relationship assessment scale were administered to a small

sample of married individuals. The pilot study aimed to evaluate the psychometric soundness, practical feasibility, clarity, and overall effectiveness of the instrument within the context of the Pakistani population. This step was essential to ensure the reliability and validity of the measures before proceeding to the main data collection phase.

3.3 Sample

The pilot study sample consisted of 100 married individuals aged between 22 to 45 years, comprising of 59% males and 41% females. The age criterion for participation was 20-45 years but actual sample age ranged from 22-45 years. Participants were recruited from Islamabad and Rawalpindi.

Inclusion/Exclusion criteria

The inclusion/exclusion criteria is as following:

1. Aged between 20 to 45 years old
2. Have at least Matriculation level of education.
3. Currently living with their spouse
4. Have been married for a minimum of one year.
5. In their first marriage

3.4 Measures

The Urdu translated version of the following adapted instruments were utilized in the study (a comprehensive detail of these measures are provided in the main study):

1. Adult Parental Acceptance-Rejection Questionnaire- Short Form (PARQ) (Rohner, 2005),
2. Revised Adult Attachment Scale (Collins, 1996),
3. Self-Disclosure Index (Miller et al., 1983),

4. Public & Private Romantic Display of Affection Scale (Kocur et al., 2022),
5. Interpersonal Attraction Scale (McCroskey & McCain, 1974),
6. Relationship Assessment Scale (Hendrick, 1988).

3.5 Procedure

The data collection method was self-administered. In the field, data were collected from community settings such as residential areas, educational institutions, and workplaces across Islamabad and Rawalpindi, after obtaining permission from relevant authorities where needed. The purpose of the study was clearly explained to the participants before providing the questionnaire. Informed consent was also sought from each respondent. They were provided assurance that their responses will be kept confidential and the data will only be used for educational purpose. Participants were instructed as follows: “The following statements relate to your experiences, perceptions, and relationship dynamics. Please read each item carefully and respond honestly by selecting the option that best reflects your experience.” Each item represented a specific dimension of parental acceptance-rejection, attachment, or relational wellbeing. The data collected was then analyzed using SPSS version 26.

3.6 Results of Pilot Testing

Descriptive statistics, including frequencies, percentage and standard deviations, were computed for variables in order to obtain a general overview of the data and response patterns. The internal consistency of each scale and its subscales was evaluated using reliability analysis, which included Cronbach’s alpha. Additionally, a Pearson correlation analysis was performed to investigate the connections between the main research variables. The results are as follows:

Table 3.1*Demographic Characteristics of Pilot Sample (N= 100)*

Variables	Category	<i>f (%)</i>	Mean (<i>SD</i>)
Gender	Male	59 (59.0)	
	Female	41 (41.0)	
Age	22-29	28 (28.0)	32.04 (5.02)
	30-45	72 (72.0)	
Education	Some College or Associate Degree	13 (13.0)	
	Bachelor's Degree	42 (42.0)	
	Master's Degree	39 (39.0)	
	Doctoral Degree	6 (6.0)	
Working Status (Respondent)	Employed	75 (75.0)	
	Unemployed	6 (6.0)	
	Homemaker	19 (19.0)	
Working Status (Spouse)	Employed	61 (61.0)	
	Unemployed	14 (14.0)	
	Homemaker	25 (25.0)	
Length of Marriage			5.39 (4.69)
Type of Marriage	Arrange	72 (72.0)	
	Love	28 (28.0)	
Age at Marriage (Respondent)			28.54 (3.32)
Age at Marriage (Spouse)			27.95 (4.60)
Marital Issues	Communication Issues	24 (24.0)	
	Financial Issues	35 (35.0)	
	Parenting Conflicts	19 (19.0)	
	Your Family Elders Interference	16 (16.0)	
	Intimacy Issues	15 (15.0)	
	In-laws Interference	15 (15.0)	
	Lack of Mental Compatibility	23 (23.0)	
	Work Life Balance Struggles	24 (24.0)	
	Interpersonal Conflicts	23 (23.0)	
	None	22 (22.0)	

Number of Children	None	16 (16.0)
	One	31 (31.0)
	Two	33 (33.0)
	Three or More	20 (20.0)
Familial Structure	Nuclear	55 (55.0)
	Joint	45 (45.0)
Socio-economic Status	Lower-Middle Class	25 (25.0)
	Middle Class	53 (53.0)
	Upper Middle Class	22 (22.0)

Table 3.1 presents the demographic characteristics of the pilot sample ($N = 100$). The sample comprised of 59% males and 41% females. Among those 28% of the participants were aged between 22 to 29 years while 72% were between 30 to 45 years. In terms of education, 13% had some college or an associate degree, 42% held a bachelor's degree, 39% a master's, and 6% had a doctoral degree.

The table also illustrates the working status of respondent and their spouse, type of marriage, length of marriage, age at the time of marriage of both respondent and spouse, marital issues that the respondent experiences, number of children, familial structure and socioeconomic status.

Table 3.2*Descriptive Statistics and Reliability of the Study Instruments (N=100)*

Scales	No. of Items	<i>a</i>	<i>M</i>	<i>SD</i>	Range		Skewness	Kurtosis
					Actual	Potential		
PARQ (Father Version)	24							
Parental Warmth	8	.94	23.78	7.32	8-32	8-32	-.64	-.96
Hostility/Aggression	6	.78	10.89	4.15	6-23	6-24	.89	-.02
Indifference/Neglect	6	.89	12.51	5.68	6-24	6-24	.53	-1.03
Undifferentiated Rejection	4	.81	7.73	3.41	4-16	4-16	.74	-.71
PARQ (Mother Version)	24							
Parental Warmth	8	.94	26.03	6.75	8-32	8-32	-1.28	.72
Hostility/Aggression	6	.81	11.13	4.47	6-22	6-24	.74	-.53
Indifference/Neglect	6	.88	11.03	5.16	6-22	6-24	.78	-.78
Undifferentiated Rejection	4	.86	7.05	3.36	4-16	4-16	1.07	.13
Revised Adult Attachment Scale	18							
Close	6	.86	21.30	6.65	8-30	6-30	-.62	-.76
Depend	6	.85	20.51	6.70	6-30	6-30	-.64	-.35
Anxiety	6	.94	14.18	7.91	6-30	6-30	.67	-.94
Self-Disclosure Index	10	.97	24.48	12.57	2-40	0-40	-.38	-1.34
Public and Private Romantic Display of Affection Scale	10	.92	30.14	9.92	11-47	10-25	.05	-.93
Interpersonal Attraction Scale								
Physical Attraction	6	.69	24.26	3.69	15-30	6-30	-.44	-.33
Relationship Assessment Scale	7	.95	25.15	8.23	7-35	7-35	-.72	-.61

Note. PARQ = Parental Acceptance Rejection Questionnaire.

Table 3.2 demonstrates the descriptive statistics and reliability of the Urdu translated scales used in the pilot study. It illustrates the descriptive statistics, reliability coefficients, and normality assessments of the scales. The internal consistency of the scales ranged from .69 to .97, which indicate that the scales are reliable for target population.

The skewness and kurtosis values for all scales also fall within the acceptable range of -2 to +2, supporting the assumption of normality in the data distribution. These findings confirm that the translated and adapted scales demonstrate satisfactory psychometric properties and are suitable for use in the main study.

Table 3.3

Item-Total Correlation for Father Warmth Domain of PARQ (Father Version) (N=100)

Items	<i>M</i>	<i>SD</i>	Item total Correlation
PARQ_F1	3.06	1.14	.87**
PARQ_F3	2.83	1.04	.78**
PARQ_F9	2.78	1.12	.78**
PARQ_F12	2.98	1.11	.85**
PARQ_F17	2.95	1.06	.87**
PARQ_F19	2.98	1.09	.86**
PARQ_F22	3.02	1.16	.87**
PARQ_F24	3.18	0.95	.89**

** $p < 0.01$

Table 3.3 presents the item-total correlation of father warmth dimension of PARQ (Father Version). The result shows that all items of the father warmth domain of PARQ had strong and significant item-total correlations ranging from .78 to .89 ($p < .01$). Since all the item exceeded acceptable threshold of .30 no item was deleted.

Table 3.4

Item-Total Correlation for Hostility/Aggression Domain of PARQ (Father Version)
(N=100)

Items	<i>M</i>	<i>SD</i>	Item total Correlation
PARQ_F4	1.73	.96	.69**
PARQF_F6	1.74	.90	.69**
PARQF_F10	1.67	.95	.79**
PARQF_F14	1.58	.88	.74**
PARQF_F18	2.26	1.20	.58**
PARQF_F20	1.91	1.07	.72**

** $p < 0.01$

Table 3.4 presents the item-total correlation of hostility/aggression subscale of PARQ (Father Version). The result shows that all items of the hostility/aggression subscale had strong and significant item-total correlations ranging from .58 to .79 ($p < .01$). All the item of this subscale exceeded acceptable threshold of .30 therefore, all items were retained for further analysis.

Table 3.5

Item-Total Correlation for Indifference/Neglect Domain of PARQ (Father Version)
(N=100)

Items	<i>M</i>	<i>SD</i>	Item total Correlation
PARQ_F2	2.01	1.13	.84**
PARQ_F7	1.97	1.10	.85**
PARQ_F11	1.95	1.17	.87**
PARQ_F13	2.20	1.21	.64**
PARQ_F15	2.30	1.23	.79**
PARQ_F23	2.08	1.21	.86**

** $p < 0.01$

Table 3.5 presents the item-total correlation of indifference/neglect dimension of PARQ (Father Version). The result shows that all items of the indifference/neglect domain had strong and significant item-total correlations ranging from .64 to .87 ($p < .01$). As all the items showed high item-total correlations of above .30, therefore, none of the items were deleted.

Table 3.6

Item-Total Correlation for Undifferentiated Rejection Domain of PARQ (Father Version)
($N=100$)

Items	<i>M</i>	<i>SD</i>	Item total Correlation
PARQ_F5	1.86	1.05	.78**
PARQ_F8	1.69	1.03	.88**
PARQ_F16	2.34	1.11	.74**
PARQ_F21	1.84	1.07	.82**

** $p < 0.01$

Table 3.6 presents the item-total correlation of undifferentiated rejection dimension of PARQ (Father Version). The result shows that all items of the undifferentiated rejection domain had strong and significant item-total correlations ranging from .74 to .88 ($p < .01$). Given these high total item correlations of above .30, none of the items were marked for deletion.

Table 3.7*Item-Total Correlation for Mother Warmth Domain of PARQ (Mother Version) (N=100)*

Items	<i>M</i>	<i>SD</i>	Item total Correlation
PARQ_M1	3.34	.93	.86**
PARQ_M3	3.13	.97	.75**
PARQ_M9	3.15	1.11	.84**
PARQ_M12	3.25	1.06	.71**
PARQ_M17	3.15	1.04	.88**
PARQ_M19	3.20	1.07	.86**
PARQ_M22	3.42	.95	.92**
PARQ_M24	3.39	.93	.90**

**** $p < 0.01$**

Table 3.7 illustrates the item-total correlation of warmth dimension of PARQ (Mother Version). The result shows that all items of the warmth domain had significant item-total correlations ranging from .71 to .92 ($p < .01$). As all the items in this domain has acceptable item-total correlations, none of the item was deleted.

Table 3.8*Item-Total Correlation for Hostility/Aggression Domain of PARQ (Mother Version) (N=100)*

Items	<i>M</i>	<i>SD</i>	Item total Correlation
PARQ_M4	1.82	1.03	.71**
PARQ_M6	1.81	.98	.75**
PARQ_M10	1.73	.97	.77**
PARQ_M14	1.65	.96	.78**
PARQ_M18	2.27	1.20	.49**
PARQ_M20	1.85	1.12	.83**

**** $p < 0.01$**

Table 3.8 presents the item-total correlation of hostility/aggression dimension of PARQ (Mother Version). The result revealed that all items had strong and significant item-total correlations ranging from .49 to .83 ($p < .01$). As all items met the acceptable standard for item-total correlation, no deletions were necessary.

Table 3.9

Item-Total Correlation for Indifference/Neglect Domain of PARQ (Mother Version)
($N=100$)

Items	<i>M</i>	<i>SD</i>	Item total Correlation
PARQ_M2	1.80	1.08	.82**
PARQ_M7	1.90	1.14	.83**
PARQ_M11	1.67	.98	.83**
PARQ_M13	1.84	1.20	.62**
PARQ_M15	1.89	1.08	.79**
PARQ_M23	1.93	1.16	.85**

** $p < 0.01$

Table 3.9 illustrates the item-total correlation of indifference/neglect dimension of PARQ (Mother Version). The item-total correlation of this dimension ranged from .62 to .85 ($p < .01$) which is above than the minimum threshold, indicating that no deletions were required.

Table 3.10*Item-Total Correlation for Undifferentiated Rejection Domain of PARQ (Mother Version)**(N=100)*

Items	<i>M</i>	<i>SD</i>	Item total Correlation
PARQ_M5	1.79	.97	.84**
PARQ_M8	1.54	.89	.84**
PARQ_M16	2.04	1.10	.80**
PARQ_M21	1.68	1.04	.87**

****** $p < 0.01$

Table 3.10 illustrates the item-total correlation of undifferentiated rejection dimension of PARQ (Mother Version). All items in this dimension showed strong and significant item-total correlations ranging from .80 to .87 ($p < .01$), which supported the retention of all items for the main study.

Table 3.11*Item-Total Correlation for Close Domain of Revised Adult Attachment Scale (N=100)*

Items	<i>M</i>	<i>SD</i>	Item total Correlation
AAS_1	3.41	1.46	.85**
AAS_6	3.54	1.49	.81**
AAS_8	3.80	1.48	.84**
AAS_12	3.62	1.47	.84**
AAS_13	3.70	1.48	.72**
AAS_17	3.23	1.33	.49**

****** $p < 0.01$

Table 3.11 presents the item-total correlation of close dimension of Revised Adult Attachment Scale. All items in this dimension have strong and significant item-total correlations ranging from .49 to .85 ($p < .01$), which provide evidence for the inclusion of all items for the next phase of analysis.

Table 3.12

Item-Total Correlation for Depend Domain of Revised Adult Attachment Scale (N=100)

Items	<i>M</i>	<i>SD</i>	Item total Correlation
AAS_2	3.25	1.28	.76**
AAS_5	3.25	1.55	.70**
AAS_7	3.63	1.45	.82**
AAS_14	3.60	1.50	.72**
AAS_16	3.49	1.53	.83**
AAS_18	3.29	1.56	.71**

** $p < 0.01$

Table 3.12 presents the item-total correlation of depend dimension of Revised Adult Attachment Scale. The items of this dimension revealed item-total correlations ranging from .70 to .83 ($p < .01$) which is significant and highlights the unnecessary of deleting any item.

Table 3.13*Item-Total Correlation for Anxiety Domain of Revised Adult Attachment Scale (N=100)*

Items	<i>M</i>	<i>SD</i>	Item total Correlation
AAS_3	2.24	1.38	.87**
AAS_4	2.41	1.44	.78**
AAS_9	2.34	1.60	.90**
AAS_10	2.42	1.56	.92**
AAS_11	2.44	1.51	.87**
AAS_15	2.33	1.54	.92**

** $p < 0.01$

Table 3.13 presents the item-total correlation of anxiety dimension of Revised Adult Attachment Scale. Significant item-total correlations, ranging from .78 to .92 ($p < .01$), were observed for all items in this dimension therefore, all of the items were kept for the main study since they all satisfied the .3 minimal threshold.

Table 3.14*Item-Total Correlation for Self-disclosure Index (N=100)*

Items	<i>M</i>	<i>SD</i>	Item total Correlation
SDI_1	2.64	1.33	.86**
SDI_2	2.19	1.44	.81**
SDI_3	2.43	1.33	.86**
SDI_4	2.53	1.53	.93**
SDI_5	2.50	1.43	.90**
SDI_6	2.77	1.33	.84**
SDI_7	2.39	1.42	.91**
SDI_8	2.35	1.46	.92**
SDI_9	2.63	1.41	.88**
SDI_10	2.05	1.65	.86**

** $p < 0.01$

Table 3.14 showcases the item-total correlation of Self-disclosure Index. No item on this scale was needed to be deleted because all of the items had strong and significant item-total correlations, ranging from .81 to .93 ($p < .01$).

Table 3.15

Item-Total Correlation for Public and Private Romantic Display of Affection Scale
($N=100$)

Items	<i>M</i>	<i>SD</i>	Item total Correlation
PRDA_1	3.25	1.48	.83**
PUDA_2	2.62	1.26	.71**
PRDA_3	3.68	1.25	.79**
PUDA_4	2.90	1.34	.80**
PRDA_5	3.48	1.31	.85**
PUDA_6	2.76	1.31	.84**
PRDA_7	3.24	1.30	.78**
PUDA_8	2.01	1.14	.65**
PRDA_9	3.64	1.38	.72**
PUDA_10	2.56	1.28	.62**

** $p < 0.01$

Table 3.15 presents the item-total correlation of Public and Private Romantic Display of Affection Scale. Strong and significant item-total correlations, ranging from .62 to .85 ($p < .01$), were found for every item on this scale, indicating no need to remove any of the item.

Table 3.16

Item-Total Correlation for Physical Attraction Subscale of Interpersonal Attraction Scale (N=100)

Items	<i>M</i>	<i>SD</i>	Item total Correlation
PA_1	4.04	.85	.76**
PA_2	4.44	.85	.59**
PA_3	3.80	.94	.64**
PA_4	3.79	.91	.68**
PA_5	4.00	1.24	.48**
PA_6	4.19	1.05	.70**

** $p < 0.01$

Table 3.16 presents the item-total correlation of physical attraction subscale of Interpersonal Attraction Scale. The item-total correlations of this subscale ranged from .48 to .76 ($p < .01$). As all items surpassed the minimum criterion of .30, each item was retained for subsequent analysis.

Table 3.17

Item-Total Correlation for Relationship Assessment Scale (N=100)

Items	<i>M</i>	<i>SD</i>	Item total Correlation
RAS_1	3.45	1.23	.87**
RAS_2	3.63	1.28	.94**
RAS_3	3.63	1.26	.92**
RAS_4	3.68	1.50	.87**
RAS_5	3.35	1.39	.89**
RAS_6	3.99	1.24	.83**
RAS_7	3.42	1.39	.89**

** $p < 0.01$

Table 3.17 presents the inter-total correlation of Relationship Assessment Scale. The item-total correlations for every item on this scale ranged from .83 to .94 ($p < .01$), which exceeded the minimum threshold of .3 therefore, all the items were retained for main study.

Table 3.18*Correlation Matrix of Study Variables (N=100)*

No.	Scales	1	2	3	4	5	6	7	8	9	10	11
Parental Acceptance-Rejection												
1.	Father Warmth	-	-.78**	.58**	-.46**	.49**	.20*	-.45**	.50**	.30**	.05	.52**
2.	Father Rejection		-	-.50**	.61**	-.53**	-.25*	.49**	-.57**	-.37**	-.20*	-.56**
3.	Mother Warmth			-	-.76**	.21*	.27**	-.18	.24*	.14	.02	.28**
4.	Mother Rejection				-	-.30**	-.29**	.28**	-.36**	-.22**	-.16	-.41**
Adult Attachment												
5.	Close					-	.28**	-.82**	.82**	.58**	.36**	.90**
6.	Depend						-	-.30**	.22*	.20*	.20*	.38**
7.	Anxiety							-	-.60**	-.33**	-.22	-.87**
8.	Self-disclosure								-	.70**	.41**	.77**
9.	Display of Affection									-	.37**	.49**
10	Physical Attractiveness										-	.32**
11	Relational Wellbeing											-
	Mean	23.78	31.13	26.03	29.21	21.30	20.51	14.18	24.48	30.14	24.26	25.15
	SD	7.32	11.73	6.75	11.36	6.65	6.70	7.91	12.57	9.92	3.69	8.23

** $p < 0.01$, * $p < 0.05$

Table 3.18 demonstrates the correlation matrix of study variables of pilot sample. It reveals that parental warmth (both father and mother) is positively associated with close and depend adult attachment, self-disclosure, display of affection, and relational wellbeing, while parental rejection shows negative correlations with these variables and is positively associated with attachment anxiety. This highlights the importance of early parental interactions in development of attachment styles and in adult relationship behaviors.

Furthermore, close and depend adult attachment are negatively associated with attachment anxiety and positively correlated with each other and with self-disclosure, display of affection, physical attractiveness and relational wellbeing. In contrast to close and depend adult attachment, attachment anxiety is negatively associated with relational wellbeing and relational attributes. Relational attributes like self-disclosure and display of affection are positively linked with each other and with relational wellbeing, indicating their importance in adult marital relationships.

3.7 Phase II - Main Study

Prior to conducting the main study, a pilot study was carried out with a sample of 100 participants to evaluate the Urdu translated instruments reliability, cultural relevance, and clarity. The pilot results demonstrated that all measures had acceptable to high internal consistency, implying that they could be used in the full-scale study. Following that results, the main study was conducted to thoroughly examine the hypothesized relationships among the study variables.

3.7.1 Objectives

The objectives of this study are as under:

1. To examine the association between remembrance of parental acceptance-

rejection and relational wellbeing among married adults

2. To explore the mediating role of relationship attributes (adult attachment, self-disclosure and display of affection) in the relationship between remembrance of parental acceptance-rejection and relational wellbeing among married adults
3. To explore the moderating role of physical attractiveness in the relationship between display of affection and relational wellbeing among married adults
4. To examine group differences in the study variables with respect to demographic (age, gender, education, socioeconomic status) and marital variables (type of marriage, duration, age at the time of marriage, issues, familial structure, working status and number of children, etc.)

3.7.2 Hypotheses

In light of the current literature and research objectives, the following hypotheses are formulated:

H1: There will be a significant relationship between remembrance of parental acceptance-rejection and relational wellbeing among married adults.

1a. There will be a positive relationship between remembrance of parental warmth and relational wellbeing among married adults.

1b. There will be a negative relationship between remembrance of parental rejection and relational wellbeing among married adults.

H2: There will be a significant indirect relationship between remembrance of parental acceptance-rejection and relational wellbeing mediated by adult attachment among married adults.

2a. There will be an indirect positive relationship between remembrance of

parental warmth and relational wellbeing, mediated by close adult attachment among married adults.

2b. There will be an indirect positive relationship between remembrance of parental warmth and relational wellbeing, mediated by depend adult attachment among married adults.

2c. There will be an indirect positive relationship between remembrance of parental warmth and relational wellbeing, mediated by anxious adult attachment among married adults.

2d. There will be an indirect negative relationship between remembrance of parental rejection and relational wellbeing, mediated by close adult attachment among married adults.

2e. There will be an indirect negative relationship between remembrance of parental rejection and relational wellbeing, mediated by depend adult attachment among married adults.

2f. There will be an indirect negative relationship between remembrance of parental rejection and relational wellbeing, mediated by anxious adult attachment among married adults.

H3: There will be a significant indirect relationship between remembrance of parental acceptance-rejection and relational wellbeing sequentially mediated by adult attachment and display of affection among married adults

3a. There will be an indirect positive relationship between remembrance of parental warmth and relational wellbeing, sequentially mediated by close adult attachment and display of affection among married adults.

3b. There will be an indirect positive relationship between remembrance of parental warmth and relational wellbeing, sequentially mediated by depend adult attachment and display of affection among married adults.

3c. There will be an indirect positive relationship between remembrance of parental warmth and relational wellbeing, sequentially mediated by anxious adult attachment and display of affection among married adults.

3d. There will be an indirect negative relationship between remembrance of parental rejection and relational wellbeing, sequentially mediated by close adult attachment and display of affection among married adults.

3e. There will be an indirect negative relationship between remembrance of parental rejection and relational wellbeing, sequentially mediated by depend adult attachment and display of affection among married adults.

3f. There will be an indirect negative relationship between remembrance of parental rejection and relational wellbeing, sequentially mediated by anxious adult attachment and display of affection among married adults.

H4: There will be a significant indirect relationship between remembrance of parental acceptance-rejection and relational wellbeing mediated by self-disclosure among married adults

4a. There will be an indirect positive relationship between remembrance of parental warmth and relational wellbeing, mediated by self-disclosure among married adults.

4b. There will be an indirect negative relationship between remembrance of parental rejection and relational wellbeing, mediated by self-disclosure among married

adults.

H5: There will be a significant indirect relationship between remembrance of parental acceptance-rejection and relational wellbeing sequentially mediated by adult attachment and self-disclosure among married adults

5a. There will be an indirect positive relationship between remembrance of parental warmth and relational wellbeing, sequentially mediated by close adult attachment and self-disclosure among married adults.

5b. There will be an indirect positive relationship between remembrance of parental warmth and relational wellbeing, sequentially mediated by depend adult attachment and self-disclosure among married adults.

5c. There will be an indirect positive relationship between remembrance of parental warmth and relational wellbeing, sequentially mediated by anxious adult attachment and self-disclosure among married adults.

5d. There will be an indirect negative relationship between remembrance of parental rejection and relational wellbeing, sequentially mediated by close adult attachment and self-disclosure among married adults.

5e. There will be an indirect negative relationship between remembrance of parental rejection and relational wellbeing, sequentially mediated by depend adult attachment and self-disclosure among married adults.

5f. There will be an indirect negative relationship between remembrance of parental rejection and relational wellbeing, sequentially mediated by anxious adult attachment and self-disclosure among married adults.

H6: Physical attractiveness strengthen the relationship between display of affection and

relational wellbeing among married adults.

3.8 Sample

The sample for main study consisted of 300 married adults aged between 22-45 years residing in Islamabad and Rawalpindi. Although the age criterion was 20-45 years, the actual sample ranged from 22-45 years. The data was collected through purposive convenience sampling. The inclusion/exclusion criteria is as under:

Inclusion/Exclusion criteria

The inclusion/exclusion criteria includes:

1. Aged between 20 to 45 years
2. Have at least Matriculation level of education.
3. Currently living with their spouse
4. Have been married for a minimum period of one year.
5. In their first marriage

3.9 Measures

The study utilized the following validated, well established, instruments:

3.9.1 Adult Parental Acceptance-Rejection Questionnaire (Short-Form) Urdu Version

The Adult Parental Acceptance-Rejection Questionnaire (PARQ) short-form developed by Rohner, is a self-report questionnaire designed to measure participants retrospective perceptions of parental acceptance-rejection during childhood. Its Urdu version is translated by Malik and Butt (2012). It has two versions, both for mother and father. The scale consists of 24 items having 4 subscales namely, Warmth/Affection (8 items), Hostility/Aggression (6 items), Indifference/Neglect (6 items), and Undifferentiated Rejection (4 items). The items are rated on a 4-point Likert scale ranging from “Almost

Never True” to “Almost Always True”. To compute a composite rejection score, items on the Warmth/Affection subscale are reverse-coded to obtain coldness/lack of affection, and then the total score is derived by summing the four rejection subscales (Coldness/lack of affection, Hostility, Indifference, and Undifferentiated Rejection). In contrast, the acceptance score is obtained by summing the (non-reversed) Warmth/Affection subscale items. However, in the current study, the rejection scores were calculated by summing only the three rejection subscales (Hostility, Indifference, and Undifferentiated Rejection). Research studies provided evidence of the reliability and validity of Adult PARQ for use in the United States and across many countries (Khaleque & Rohner, 2002; Rohner, 2005; Rohner & Ali, 2016). In the present study the alpha coefficients of subscales ranged from .80 to .93 for father version and from .81 to .93 for mother version.

3.9.2 Revised Adult Attachment Scale

The Revised Adult Attachment Scale developed by Collins in 1996, is a self-report questionnaire designed to measure adult attachment styles based on how individuals think, feel, and behave in close relationships. The scale consists of 18 items having 3 subscales i.e., Close (6 items), Depend (6 items), and Anxiety (6 items). The items are rated on a 5-point Likert scale ranging from “Not at all characteristic of me” to “Very characteristic of me”.

In the present study, minor adaptations were made to better align the items for marital relationships. Specifically, to highlight attachment dynamics within the marital relationship, the phrase “my spouse” was substituted for general expressions like “others” or “close people”. For example, an original item such as “I find it easy to get close to others” was adapted to “I find it easy to get close to my spouse”.

The scale demonstrated good internal consistency across three undergraduate samples, with Cronbach's alpha coefficients ranging from .80 to .82 for the Close subscale, .78 to .80 for the Depend subscale, and .83 to .85 for the Anxiety subscale. The authors reported that over a two-month period, the test-retest correlations for Close, Depend, and Anxiety were .68, .71, and .52, respectively.

3.9.3 Self-Disclosure Index

Self-disclosure Index was developed by Miller et al., in 1983. It consists of 10-items which assess the extent to which individuals disclose personal information to their partner across various topics. Each item is rated on a 5-point Likert scale, with higher scores indicating greater self-disclosure in the relationship. For the purposes of this study, the scale was adapted to suit the marital context by inserting the phrase "my spouse", thereby specifically focusing on self-disclosure within the marital relationship.

Factor analysis conducted by the original authors of the Self-Disclosure Index (SDI) indicated that all items loaded onto a single underlying factor for both male and female respondents. Additionally, the scale also demonstrated strong internal consistency, with Cronbach's alpha values ranging from .87 to .93 for men and .86 to .93 for women, depending on the specific target relationship.

3.9.4 Public and Private Romantic Display of Affection Scale

This 19-item scale developed by Kocur, et al. (2022) assesses how frequently individuals engage in romantic displays of affection in public and private settings and their opinions (negative) and behaviors (negative) towards others when they see other individuals engaged in display of affection. It includes four subscales: Public Displays of Affections, Private Displays of Affections, Negative Opinions about People Displaying

Affections in public and Negative Behaviors towards people displaying affection in public. In the present study, to measure the expressed affection of respondents towards their spouses, only two relevant subscales are utilized i.e. Public displays of affections and Private displays of affections. Responses are given on a 5-point Likert scale (1 = completely does not match my behavior to 5 = completely matches my behavior). The higher scores indicate more frequent affectional displays. Furthermore, the scale was adapted by replacing the term “my partner” with “my spouse” to make it more appropriate for the married adult population. The authors of the scale reported satisfactory reliability of $\alpha = .91$ for overall public and private display of affection. Validity coefficients were also found to be acceptable, supporting the scale’s psychometric soundness.

3.9.5 Interpersonal Attraction Scale

The interpersonal attraction scale developed by McCroskey and McCain is a 15-item measure designed to evaluate how attractive an individual finds another person. The scale is rated on a 5-point Likert scale with 1 representing “Strongly Disagree” and 5 representing “Strongly Agree”. The scale originally consists of 3 subscales however; in the present study, only the subscale of “Physical Attraction” is utilized. It consists of 6-items and the original authors reported a reliability coefficient of $\alpha = .80$ for this dimension, indicating satisfactory internal consistency.

3.9.6 Relationship Assessment Scale

A relationship assessment scale is a 7-item self-report measure developed by Hendrick (1988) to assess general relationship satisfaction. Responses are measured on a 5-point Likert scale ranging from 1= low satisfaction to 5 = high satisfaction. To make the scale appropriate for marital context, the word “partner” was replaced with “my spouse”.

In the original validation studies, the scale demonstrated good internal consistency of $\alpha = .86$ and strong construct and criterion validity, with significant correlations with related constructs such as love, commitment, and investment. The scale also correlated .80 with the Dyadic Adjustment Scale (Spanier, 1976), further supporting its concurrent validity.

3.9.7 Sociodemographic Characteristics

An investigator-developed sociodemographic data sheet was used to collect information regarding demographic characteristics like age, gender, education, socioeconomic status, and marital variables like, type of marriage, duration, age at the time of marriage, issues, familial structure, working status and number of children.

3.10 Procedure

The data for the main study was collected from married individuals from various community settings, including offices, libraries, parks, schools and universities. Participants were approached from urban areas of Pakistan, specifically Islamabad and Rawalpindi. An informed consent, demographic information sheet, and the Urdu-translated versions of five standardized psychological scales relevant to the study variables were provided to each participant. Prior to participation, the purpose of the study was also explained to the participants, and they were ensured that their data will be kept confidential. It was made clear to participants that their participation is voluntary and that they can withdraw at any moment without repercussions. The final sample only comprised of people who gave written informed consent.

The questionnaire took approximately 15-20 minutes to complete. Participants were requested to respond honestly as there were no right and wrong answers. Upon completion, they were thanked for their contribution. The collected data was then coded

and entered into IBM SPSS (Version 26) for statistical analysis.

3.11 Statistical Plan

The data collected was analyzed using IBM SPSS (version 26) and Python. Prior to formal analyses, a comprehensive data cleaning procedure was conducted. This included checking for: missing values, outliers, normality and multi-collinearity. After that, the descriptive statistics (means, standard deviations, skewness, and kurtosis) were calculated. Cronbach's alpha coefficients were also computed to determine the internal consistency of the study instruments. T-test and Anova was used to examine demographic differences.

To study relationship among study variables, Person Correlation was carried out. Following correlation, multiple linear regression analyses were used to evaluate the predictive relationships between remembrance of parental acceptance-rejection and relational wellbeing, with relationship attributes (adult attachment, self-disclosure, and displays of affection) as mediators. Path analysis was carried out through Python to assess both direct and indirect effects. Model fit was also evaluated using indices namely Chi-square (χ^2), Comparative Fit Index (CFI), Tucker-Lewis Index (TLI), Root Mean Square Error of Approximation (RMSEA), and Standardized Root Mean Square Residual (SRMR). Furthermore, moderation analysis was also performed to examine whether the strength of relationships among variables varied across different levels of selected moderators.

CHAPTER 4

ANALYSIS AND INTERPRETATION OF DATA

4.1 Descriptive Statistics of Study Variables

Table 4.1

Demographic Characteristics of Sample (N= 300)

Variables	Category	<i>f</i> (%)	Mean (<i>SD</i>)
Gender	Male	169 (56.3)	
	Female	131 (43.7)	
Age	22-29	85 (28.3)	33.26 (5.22)
	30-45	215 (71.7)	
Education	Some College or Associate Degree	37 (12.3)	
	Bachelor's Degree	120 (40.0)	
	Master's Degree	129 (43.0)	
	Doctoral Degree	14 (4.7)	
Working Status (Respondent)	Employed	238 (79.3)	
	Unemployed	16 (5.3)	
	Homemaker	46 (15.3)	
Working Status (Spouse)	Employed	202 (67.3)	
	Unemployed	32 (10.7)	
	Homemaker	66 (22.0)	
Length of Marriage			4.76 (4.06)
Type of Marriage	Arrange	201 (67.0)	
	Love	99 (33.0)	
Age at Marriage (Respondent)			28.47 (3.40)
Age at Marriage (Spouse)			28.32 (4.33)
Marital Issues	Communication Issues	84 (28.0)	
	Financial Issues	106 (35.3)	

	Parenting Conflicts	41 (13.7)
	Your Family Elders Interference	37 (12.3)
	Intimacy Issues	44 (14.7)
	In-laws Interference	39 (13.0)
	Lack of Mental Compatibility	68 (22.7)
	Work Life Balance Struggles	82 (27.3)
	Interpersonal Conflicts	61 (20.3)
	None	63 (21.0)
Number of Children	None	53 (17.7)
	One	104 (34.7)
	Two	103 (34.3)
	Three or More	40 (13.3)
Familial Structure	Nuclear	166 (55.3)
	Joint	134 (44.7)
Socio-economic Status	Lower-Middle Class	66 (22.0)
	Middle Class	154 (51.3)
	Upper Middle Class	80 (26.7)

Table 4.1 illustrates that the sample consisted of 56.3% males and 43.7% female married adults. Among them 28.3% were emerging adults aged between 22-29 years, while the rest 71.7% were established adults aged between 30-45 years. The education level of the sample also varied. 12.3% of the respondents had some college or associate degree, 40% had Bachelor's, 43% Master's and 4.7% of the respondents had doctoral degree. The majority of participants (79.3%) were employed, and similarly, 67.3% of their spouses were employed. Most of the marriages were arranged (67%).

The table also illustrates the length of marriage, age of both respondent and spouse at the time of marriage, marital issues faced by married adults, number of children, familial structure and socioeconomic status of participants.

Table 4.2*Descriptive Statistics and Reliability of the Study Instruments (N=300)*

Scales	No. of Items	<i>a</i>	<i>M</i>	<i>SD</i>	Range		Skewness	Kurtosis
					Actual	Potential		
PARQ (Father Version)	24							
Parental Warmth	8	.93	24.35	7.19	8-32	8-32	-.80	-.69
Hostility/Aggression	6	.80	10.10	4.07	6-23	6-24	1.15	.47
Indifference/Neglect	6	.91	11.75	5.70	6-24	6-24	.82	-.64
Undifferentiated Rejection	4	.82	7.27	3.33	4-16	4-16	.99	-.16
PARQ (Mother Version)	24							
Parental Warmth	8	.93	25.55	6.98	8-32	8-32	-1.11	.14
Hostility/Aggression	6	.81	10.81	4.42	6-23	6-24	.99	.09
Indifference/Neglect	6	.89	10.86	5.19	6-24	6-24	.89	-.53
Undifferentiated Rejection	4	.85	6.65	3.17	4-16	4-16	1.15	.25
Revised Adult Attachment Scale	18							
Close	6	.86	21.68	6.73	6-30	6-30	-.77	-.54
Depend	6	.87	20.69	7.12	6-30	6-30	-.66	-.56
Anxiety	6	.94	13.80	8.08	6-30	6-30	.77	-.92
Self-Disclosure Index	10	.97	24.63	12.41	0-40	0-40	-.45	-1.17
Public and Private Romantic Display of Affection Scale	10	.95	31.89	11.55	10-50	10-50	-.19	-1.18
Interpersonal Attraction Scale								
Physical Attraction	6	.82	24.66	4.15	11-30	6-30	-.63	-.02
Relationship Assessment Scale	7	.95	25.79	8.43	7-35	7-35	-.72	-.85

Note. PARQ = Parental Acceptance-Rejection Questionnaire.

Table 4.2 represents the descriptive statistics and reliabilities of the instruments used in the study. It illustrates the total number of items, subscales, alpha coefficients, score range, skewness and kurtosis of the instruments. All the instruments and their subscales have very good reliability. Specifically, the internal consistency for the subscales of PARQ ranged from $\alpha = .80$ to $.93$ for father version and $\alpha = .81$ to $.93$ for mother version. The Revised Adult Attachment scale subscales reliability ranged from $.86$ to $.94$. Likewise, Self-disclosure Index, Public and Private romantic Display of Affection scale, and Interpersonal Attraction Scale subscale Physical Attraction and Relationship Assessment Scale also has satisfactory reliability.

4.2 Relationship between Study Variables

Table 4.3

Correlation Matrix of Study Independent and Dependent Variables (N=300)

No.	Scales	1	2	3	4	5
Parental Acceptance-Rejection						
1.	Father Warmth	-	-.82**	.51**	-.40**	.56**
2.	Father Rejection		-	-.45**	.53**	-.57**
3.	Mother Warmth			-	-.80**	.40**
4.	Mother Rejection				-	-.45**
5.	Relational Wellbeing					-
	Mean	24.35	29.12	25.55	28.32	25.79
	S.D	7.19	11.70	6.98	11.04	8.43

**** $p < 0.01$**

Table 4.3 illustrates the correlation between study's independent variables including parental acceptance-rejection (both father and mother), and dependent variable

i.e. relational wellbeing. It shows that there is strong negative correlation between father's warmth and father's rejection and between mother's warmth and mother's rejection.

Further, among the four dimensions of parental acceptance-rejection, father's rejection has the strong negative correlation ($r = -.57$) with relational wellbeing.

Table 4.4*Correlation Matrix of Study Independent and Mediating Variables (N=300)*

No.	Scales	1	2	3	4	5	6	7	8	9
Parental Acceptance-Rejection										
1.	Father Warmth	-	-.82**	.51**	-.40**	.49**	.18**	-.53**	.48**	.33**
2.	Father Rejection		-	-.45**	.53**	-.51**	-.19**	.54**	-.48**	-.30**
3.	Mother Warmth			-	-.80**	.31**	.24**	-.36**	.32**	.22*
4.	Mother Rejection				-	-.36**	-.25**	.37**	-.35**	-.26**
Adult Attachment										
5.	Close					-	.25**	-.79**	.79**	.62**
6.	Depend						-	-.31**	.24**	.16**
7.	Anxiety							-	-.71**	-.47**
8.	Self-disclosure								-	.72**
9.	Display of Affection									-
	Mean	24.35	29.12	25.55	28.32	21.68	20.69	13.80	24.63	31.89
	SD	7.19	11.70	6.98	11.04	6.73	7.12	8.08	12.41	11.55

** $p < 0.01$

Table 4.4 presents the correlations among the study's independent variables i.e. parental acceptance-rejection and the mediating variables including adult attachment dimensions (close, depend, and anxiety), self-disclosure, and display of affection. The result shows that both father and mother warmth were positively related and both were strongly negatively associated with their respective rejection dimensions. Parental warmth was linked to greater close attachment, self-disclosure, and display of affection, whereas parental rejection was associated with greater attachment anxiety and lower levels of closeness, self-disclosure, and display of affection.

Among adult attachment dimensions, close and depend attachment was positively associated, while attachment anxiety was negatively related with both close and depend. Close attachment also showed strong positive relationships with self-disclosure and display of affection. Self-disclosure and display of affection were also positively correlated.

Table 4.5

Correlation Matrix of Study Mediating and Dependent Variables (N=300)

No.	Scales	1.	2.	3.	4.	5.	6.
Adult Attachment							
1.	Close	-	.25**	-.79**	.79**	.62**	.84**
2.	Depend		-	-.31**	.24**	.16**	.33**
3.	Anxiety			-	-.71**	-.47**	-.87**
4.	Self-disclosure				-	.72**	.82**
5.	Display of Affection					-	.59**
6.	Relational Wellbeing						-
	Mean	21.68	20.69	13.80	24.63	31.89	25.79
	SD	6.73	7.12	8.08	12.41	11.55	8.43

** $p < 0.01$

Table 4.5 illustrates the correlations among study's mediating variables namely adult attachment styles (closeness, dependence, and anxiety), self-disclosure, display of affection, and dependent variable i.e. relational wellbeing. The close attachment was positively correlated with all key mediators (self-disclosure, display of affection) and dependent variable i.e. relational wellbeing ($r = .84$). In contrast, attachment anxiety showed strong negative associations with all these key variables, and relational wellbeing. The dependent attachment exhibited small but significant positive correlations with self-disclosure, display of affection, and relational wellbeing. Furthermore, relationship attribute of Self-disclosure and display of affection showed positive correlation with each other and strong positive correlations with relational wellbeing.

4.3 Mean Differences by Demographic and Marital Variables

The below tables 4.6 to 4.9 illustrates mean differences in study variables with respect to gender, age, type of marriage and family structure. Independent samples t-tests were conducted for gender, age, type of marriage and family structure, while ANOVA was applied for education level, working status of respondent and spouse, number of children and socio-economic status. It is mentioned that only statistically and marginally significant results are reported. No significant differences were found for education, working status (respondent/spouse), number of children, and socio-economic status, so these are not included in the tables below.

Table 4.6

Means, Standard Deviations and t- values for Parental Acceptance-Rejection (Father Version and Mother Version), Adult Attachment, Self-disclosure, Display of Affection, Physical Attractiveness, Relational wellbeing by Gender (N = 300)

Variables	Gender				<i>t</i> (298)	<i>p</i>	95% CL		Cohen's d
	Males (<i>n</i> =169)		Females (<i>n</i> =131)				LL	UL	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>					
Parental Acceptance-Rejection									
Father Warmth	23.90	7.15	24.94	7.22	-1.24	.215	-2.69	0.61	-
Father Rejection	30.31	11.93	27.59	11.27	2.01	.045	.06	5.39	0.23
Mother Warmth	25.30	6.84	25.88	7.17	-.71	.479	-2.18	1.02	-
Mother Rejection	29.50	11.23	26.79	10.64	2.12	.035	.195	5.22	0.25
Adult Attachment									
Close	21.52	6.83	21.88	6.62	-.46	.649	-1.90	1.19	-
Depend	20.38	7.43	21.10	6.70	-.87	.385	-2.35	.91	-
Anxious	13.93	8.01	13.63	8.20	.31	.754	-1.56	2.15	-
Self-disclosure	23.96	12.01	25.50	12.90	-1.07	.286	-4.39	1.30	-
Display of Affection	30.72	11.68	33.40	11.25	-2.01	.045	-5.32	-.06	0.23
Physical Attractiveness	24.88	3.90	24.37	4.45	1.04	.300	-.45	1.45	-
Relational Wellbeing	25.78	8.48	25.81	8.39	-.04	.972	-1.97	1.90	-

The table 4.6 illustrates no significant difference between the males and females married adults in remembrance of parental acceptance, adult attachment, self-disclosure, physical attractiveness, and relational wellbeing. However, both father and mother rejection ($p = .045$, & $p = .035$ respectively), and display of affection ($p = .045$) showed significant difference among males and females. The males experienced more parental rejection (both

father and mother) and showed less display of affection as compared to their female counterparts. Additionally, the difference among the groups is shown by Cohen's *d*.

Table 4.7

Means, Standard Deviations and t- values for Parental Acceptance-Rejection (Father Version and Mother Version), Adult Attachment, Self-disclosure, Display of Affection, Physical Attractiveness, and Relational wellbeing by Age (N = 300)

Variables	Age				<i>t</i>	<i>p</i>	95% CL		Hedges' <i>g</i>
	Emerging Adults 22-29 (<i>n</i> =85)		Established Adults 30-45 (<i>n</i> =215)				LL	UL	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>					
Parental Acceptance-Rejection									
Father Warmth	23.78	7.56	24.58	7.04	-.84	.398	-2.68	1.07	-
Father Rejection	29.44	12.41	29.00	11.44	.28	.780	-2.64	3.51	-
Mother Warmth	25.26	7.23	25.67	6.89	-.45	.654	-2.22	1.40	-
Mother Rejection	27.73	11.20	28.55	10.99	-.58	.565	-3.64	2.00	-
Adult Attachment									
Close	20.49	6.76	22.14	6.68	-1.91	.058	-3.36	.06	-
Depend	21.24	6.85	20.48	7.23	.85	.398	-1.01	2.52	-
Anxiety	15.18	8.76	13.26	7.74	1.77	.080	-.23	4.07	-
Self-disclosure	23.26	12.78	25.18	12.25	-1.19	.238	-5.12	1.28	-
Display of Affection	33.18	11.17	31.38	11.69	1.24	.218	-1.07	4.66	-
Physical Attractiveness	24.75	4.19	24.62	4.14	.25	.802	-.92	1.19	-
Relational Wellbeing	24.45	8.97	26.32	8.17	-1.67	.097	-4.09	.34	-

The table 4.7 illustrates no statistically significant age differences in parental acceptance-rejection variables, including father warmth, father rejection, mother warmth, and mother rejection, self-disclosure, display of affection, physical attractiveness, and relational wellbeing. However, in terms of adult attachment dimensions, close attachment

was marginally higher in established adults than in emerging adults ($p = .058$). Similarly, emerging adults reported marginally higher attachment anxiety than established adults ($p = .080$).

Table 4.8

Means, Standard Deviations and t- values for Parental Acceptance-Rejection (Father Version and Mother Version), Adult Attachment, Self-disclosure, Display of Affection, Physical Attractiveness, and Relational wellbeing by Type of marriage (N = 300)

Variables	Type of Marriage				<i>t</i>	<i>p</i>	95% CL		Hedges g
	Arranged (<i>n</i> =201)		Love (<i>n</i> =99)				LL	UL	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>					
Parental Acceptance-Rejection									
Father Warmth	23.85	7.30	25.37	6.89	-1.77	.079	-3.22	.18	-
Father Rejection	30.25	12.17	26.83	10.39	2.54	.012	.76	6.09	0.29
Mother Warmth	25.61	6.12	25.44	8.49	.170	.865	-1.73	2.05	-
Mother Rejection	29.86	11.21	27.22	10.65	1.23	.220	-.99	4.26	-
Adult Attachment									
Close	20.27	7.23	24.54	4.39	-6.33	<.001	-5.59	-2.94	0.66
Depend	20.87	7.35	20.33	6.64	.64	.526	-1.13	2.20	-
Anxiety	14.90	8.46	11.58	6.75	3.68	<.001	1.54	5.10	0.42
Self-disclosure	21.26	12.13	31.48	9.95	-7.77	<.001	-12.82	-7.63	0.89
Display of Affection	28.00	10.98	39.80	8.16	-10.46	<.001	-14.03	-9.58	1.16
Physical Attractiveness	23.71	4.00	26.59	3.78	-6.09	<.001	-3.81	-1.95	0.73
Relational Wellbeing	24.40	8.81	28.61	6.82	-4.54	<.001	-6.03	-2.38	0.51

The table 4.8 illustrates that participants who have love marriages demonstrated significantly higher close attachment, self-disclosure, display of affection, physical

attractiveness, and relational wellbeing. They also showed significantly lower attachment anxiety and less father rejection as compared to the arranged marriage group. Furthermore, no significant differences were found between participants in arranged and love marriages on father warmth, mother warmth, mother rejection, and depend attachment.

Table 4.9

Means, Standard Deviations and t- values for Parental Acceptance-Rejection (Father Version and Mother Version), Adult Attachment, Self-disclosure, Display of Affection, Physical Attractiveness, and Relational wellbeing by Family Structure (N = 300)

Variables	Family Structure				<i>t</i>	<i>p</i>	95% CL		Cohen's d
	Nuclear (<i>n</i> =166)		Joint (<i>n</i> =134)				LL	UL	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>					
Parental Acceptance-Rejection									
Father Warmth	23.89	7.50	24.93	6.76	-1.26	.210	-2.69	.59	-
Father Rejection	28.84	11.10	29.47	12.45	-.46	.645	-3.31	2.05	-
Mother Warmth	26.17	6.32	24.79	7.70	1.71	.089	-.21	2.97	-
Mother Rejection	27.60	10.59	29.21	11.55	-1.25	.211	-4.13	.91	-
Adult Attachment									
Close	22.22	6.62	21.00	6.82	1.57	.118	-.31	2.76	-
Depend	21.04	7.15	20.26	7.08	.95	.346	-.85	2.41	-
Anxious	13.17	8.11	14.57	8.00	-1.50	.136	-3.24	.44	-
Self-disclosure	25.13	12.46	24.02	12.36	.77	.445	-1.73	3.94	-
Display of Affection	32.90	11.54	30.63	11.48	1.70	.091	-.36	4.90	-
Physical Attractiveness	24.90	3.63	24.36	4.71	1.12	.264	-.41	1.49	-
Relational Wellbeing	26.36	8.45	25.08	8.38	1.31	.192	-.65	3.20	-

Table 4.9 illustrates no significant difference with regards to the family structure

(Nuclear, Joint) in remembrance of parental acceptance-rejection, adult attachment dimensions, self-disclosure, physical attractiveness and relational wellbeing. However, marginally significant differences were seen in display of affection and mother warmth. Those belonging from nuclear families reported significantly higher display of affection and remembrance of mother warmth than those belonging from joint families.

4.4 Regression Analysis

The below tables 4.10 to 4.19 presents simple and multiple linear regression analysis conducted to examine the predictive role of study variables, Parental Acceptance-Rejection, Adult Attachment, Self-disclosure, Display of Affection, and Relational Wellbeing.

Table 4.10

Multiple Regression Predicting Relational Wellbeing from Remembrance of Parental Acceptance-Rejection (N = 300)

Variables	Relational Wellbeing					95% CI	
	<i>B</i>	<i>SE B</i>	β	<i>t</i>	<i>p</i>	<i>LL</i>	<i>UL</i>
Intercept	27.98	4.34	-	6.45	<.001	19.44	36.51
Father Warmth	.41	.11	.35	3.81	<.001	.20	.62
Father Rejection	-.12	.07	-.17	-1.81	.072	-.25	.01
Mother Warmth	-.10	.11	-.08	-.92	.359	-.30	.11
Mother Rejection	-.22	.07	-.28	-3.21	.002	-.35	-.08
<i>R</i> =.621 , <i>R</i> ² = .386 (<i>F</i> = 46.41, <i>p</i> <.001)							

Table 4.10 presents the results of a multiple linear regression analysis examining the role of remembrance of parental acceptance-rejection in predicting relational wellbeing of married adults. The overall model was significant (*F*= 46.41, *p*< .001), and explained 38.6%

of the variance in relational wellbeing ($R^2 = .386$). Among the predictors, father warmth emerged as positive and mother rejection as a significant negative predictor of relational wellbeing, indicating that higher remembered father warmth was associated with high relational wellbeing and remembered maternal rejection was associated with low relational wellbeing in married adults. Furthermore, though non-significant but father rejection also showed a marginally significant negative relationship. Mother warmth was not found to be a significant predictor.

Table 4.11

Multiple Regression Predicting Close Adult Attachment from Remembrance of Parental Acceptance–Rejection (N = 300)

Variables	Close Adult Attachment					95% CI	
	<i>B</i>	<i>SE B</i>	β	<i>t</i>	<i>p</i>	<i>LL</i>	<i>UL</i>
Intercept	24.78	3.73		6.65	<.001	17.45	32.11
Father Warmth	.26	.09	.28	2.83	.005	.08	.44
Father Rejection	-.12	.06	-.21	-2.10	.037	-.23	-.01
Mother Warmth	-.09	.09	-.09	-.99	.321	-.27	.09
Mother Rejection	-.13	.06	-.21	-2.21	.028	-.24	-.01
$R = 0.537$, $R^2 = 0.289$ ($F = 29.96$, $p < 0.001$)							

Table 4.11 presents the multiple linear regression analysis showing the predictive role of remembered parental acceptance-rejection on adult close attachment. The overall model was statistically significant ($F = 29.96$, $p < .001$), explaining 28.9% of the variance in close adult attachment ($R^2 = .289$). Among the predictors, father warmth significantly predicted higher scores on close adult attachment, father rejection significantly predicted

lower scores. This suggests that higher remembrance of paternal warmth make it easy to develop deep intimate bond with one's spouse and paternal rejection is associated with difficulty in developing close relationship with spouse in adulthood. Similarly, mother rejection also showed a significant negative relationship with close adult attachment.

Table 4.12

Multiple Regression Predicting Depend Adult Attachment from Remembrance of Parental Acceptance-Rejection (N = 300)

Variables	Depend Adult Attachment					95% CI	
	<i>B</i>	<i>SE B</i>	β	<i>t</i>	<i>p</i>	<i>LL</i>	<i>UL</i>
Intercept	20.27	4.50	-	4.50	<.001	11.41	29.13
Father Warmth	.05	.11	.05	.42	.676	-.17	.27
Father Rejection	-.03	.07	-.04	-.36	.721	-.16	.11
Mother Warmth	.10	.11	.09	.87	.386	-.12	.31
Mother Rejection	-.09	.07	-.13	-1.21	.227	-.22	.05
<i>R</i> = 0.267 , <i>R</i> ² = 0.071 (<i>F</i> = 5.67, <i>p</i> < 0.001)							

Table 4.12 presents the multiple linear regression analysis predicting depend attachment from remembered parental acceptance-rejection. The overall model was statistically significant, (*F* = 5.67, *p* < .001), although it accounted for only 7.1% of the variance in depend adult attachment (*R*² = .071).

However, none of the predictors including father warmth, mother warmth, father rejection, and mother rejection, significantly predicted depend adult attachment. This implies that, no single parental dimension emerged as a unique predictor of depend attachment in adulthood.

Table 4.13

Multiple Regression Predicting Anxious Adult Attachment from Remembrance of Parental Acceptance–Rejection (N = 300)

Variables	Anxious Adult Attachment					95% CI	
	<i>B</i>	<i>SE B</i>	β	<i>t</i>	<i>p</i>	<i>LL</i>	<i>UL</i>
Intercept	14.08	4.36	-	3.23	.001	5.50	22.67
Father Warmth	-.30	.11	-.27	-2.78	.006	-.51	-.09
Father Rejection	.17	.07	.25	2.54	.012	.04	.30
Mother Warmth	-.02	.11	-.02	-.16	.870	-.23	.19
Mother Rejection	.09	.07	.12	1.29	.198	-.05	.22
$R = 0.568$, $R^2 = 0.32$ ($F = 35.19$, $p < 0.001$)							

Table 4.13 presents the multiple linear regression analysis predicting adult anxious attachment from parental acceptance-rejection factors. The overall model was statistically significant, ($F = 35.19$, $p < .001$), explaining 32% of the variance in anxious attachment ($R^2 = .32$).

Among the predictors, father warmth and father rejection were the only statistically significant variables. Father warmth negatively predicted whereas father rejection positively predicted anxious adult attachment in married adults. This suggests that higher father rejection is associated with higher anxious adult attachment in married adults and the higher father warmth is associated with lower anxious adult attachment. Other parental dimensions, including mother warmth, and mother rejection, did not significantly predicted anxious adult attachment.

Table 4.14*Multiple Regression Predicting Relational Wellbeing from Adult Attachment Styles (N = 300)*

Variables	Relational Wellbeing					95% CI	
	<i>B</i>	<i>SE B</i>	β	<i>t</i>	<i>p</i>	<i>LL</i>	<i>UL</i>
Intercept	20.75	1.76	-	11.79	<.001	17.29	24.21
Close	.51	.05	.41	10.10	<.001	.41	.61
Depend	.08	.03	.07	2.50	.013	.02	.14
Anxiety	-.55	.04	-.53	-12.87	<.001	-.63	-.47
$R = .905$, $R^2 = .820$ ($F = 448.36$, $p < 0.001$)							

Table 4.14 illustrates the predicted role of adult attachment dimensions on relational wellbeing of married adults. The model is statistically significant ($F = 448.36$, $p < .001$), explaining that 82% of variance in relational wellbeing is explained by adult attachment dimensions.

Individually, all three adult attachment dimensions are significant predictors of relational wellbeing however, among them Close attachment is the strongest positive predictor. This indicates that those individuals who have close attachment style with their spouse they report high relational wellbeing. Depend attachment is also a positive predictor of relational wellbeing but its effect is not as strong as that of close attachment. On the other hand attachment anxiety is found to be a negative predictor of relational wellbeing, means those individuals who experience insecurity in their relationship with their spouse, they have lower relational wellbeing.

Table 4.15

Multiple Regression Predicting Self-disclosure from Remembrance of Parental Acceptance–Rejection (N = 300)

Variables	Self-disclosure					95% CI	
	<i>B</i>	<i>SE B</i>	β	<i>t</i>	<i>p</i>	<i>LL</i>	<i>UL</i>
Intercept	24.84	6.97	-	3.57	<.001	11.13	38.55
Father Warmth	.49	.17	.29	2.86	.005	.15	.83
Father Rejection	-.19	.11	-.18	-1.78	.077	-.40	.02
Mother Warmth	-.06	.17	-.03	-.36	.722	-.39	.27
Mother Rejection	-.18	.11	-.16	-1.66	.098	-.39	.03
<i>R</i> = 0.519 , <i>R</i> ² = 0.269 (<i>F</i> = 27.12, <i>p</i> < 0.001)							

Table 4.15 presents the results of a multiple linear regression predicting the relationship between parental acceptance-rejection and self-disclosure among married adults. The overall model was statistically significant, ($F = 27.12$, $p < 0.001$), explaining 27% of the variance in self-disclosure ($R^2 = 0.27$).

Among the predictors, father warmth emerged as a significant positive predictor of self-disclosure indicating that individuals who remembered greater warmth from their fathers in childhood reported higher levels of self-disclosure with their spouse. In contrast father rejection and mother rejection showed negative but non-significant association, suggesting that higher recollections of paternal rejection may relate to lower self-disclosure. Mother warmth showed no significant effect ($p = .722$), indicating that remembered maternal warmth did not contribute to variations in self-disclosure.

Table 4.16*Multiple Regression Predicting Self-Disclosure from Adult Attachment Dimensions (N = 300)*

Variables	Self-disclosure					95% CI	
	<i>B</i>	<i>SE B</i>	β	<i>t</i>	<i>p</i>	<i>LL</i>	<i>UL</i>
Intercept	5.02	3.67		1.37	.173	-2.21	12.25
Close	1.11	.11	.60	10.50	<.001	.90	1.31
Depend	.03	.06	.02	.42	.673	-.10	.15
Anxiety	-.35	.09	-.23	-3.98	<.001	-.53	-.18
$R = .798$, $R^2 = .637$ ($F = 173.38$, $p < 0.001$)							

The table 4.16 demonstrates the multiple linear regression analysis examining the relationship between self-disclosure and the adult attachment dimensions; close, depend and anxiety. The overall model was highly significant ($F = 173.38$, $p < 0.001$), with ($R^2 = 0.637$), indicating that the model explains 64% of the variance in self-disclosure.

The results revealed that close adult attachment was a significant positive predictor of self-disclosure. On the other hand, depend attachment did not significantly predict self-disclosure suggesting no meaningful relationship between this variable and self-disclosure in this model. The attachment anxiety had a significant negative relationship with self-disclosure which indicates that higher levels of attachment anxiety are associated with lower self-disclosure among married adults.

The Table 4.18 shows the Simple linear regression analysis examining the relationship between display of affection and relational wellbeing among married adults. The model was statistically significant, ($F= 161.06, p < .001$), indicating that display of affection significantly and positively predicted relational wellbeing, accounting for 35.1% of the variance in relational wellbeing explained by display of affection ($R^2 = .351$).

Table 4.19

Multiple Regression Predicting Display of Affection from Adult Attachment Styles (N = 300)

Variables	Display of Affection					95% CI	
	<i>B</i>	<i>SE B</i>	β	<i>t</i>	<i>p</i>	<i>LL</i>	<i>UL</i>
Intercept	5.72	4.44		1.29	.198	-3.01	14.45
Close	1.14	.13	.66	8.96	<.001	.89	1.39
Depend	.02	.08	.01	.25	.800	-.13	.17
Anxiety	.08	.11	.06	.73	.467	-.13	.29
$R = .624, R^2 = .389 (F = 62.90, p < 0.001)$							

The table 4.19 demonstrated how adult attachment styles i.e. close, depend, and anxious predict display of affection among married adults. The model was statistically significant, ($F= 62.90, p < .001$), and explained 38.9% of the variance in display of affection ($R^2 = .389$), indicating a moderate effect.

Among the predictors, close attachment was a strong and significant positive predictor of display of affection which suggests that individuals with higher levels of close attachment with their spouse reported more frequent engagement in display of affection. In contrast, both depend and anxious attachment styles were non-significant predictors indicating that these attachment styles did not meaningfully contribute to variations in displays of affection.

4.5 Mediation Analysis

To test the hypothesized paths, Path analysis was conducted. To get a clear understanding of distinct influences, separate models were tested for remembrance of parental acceptance and remembrance of parental rejection. All the hypothesized paths were included to examine both direct and indirect effects of remembrance of parental acceptance-rejection on relational wellbeing. However, not all paths reached statistical significance. The models were tested using Python. The results are as follows:

Table 4.20

Direct and Indirect Path Coefficients from Parental Acceptance to Relational Wellbeing via Mediators

Path			Estimate	S.E.	C.R.	<i>p</i>
Close	<---	Father Warmth	.444	.055	7.580	<.001
Depend	<---	Father Warmth	.079	.065	1.208	.227
Anxiety	<---	Father Warmth	-.464	.064	-8.156	<.001
Close	<---	Mother Warmth	.083	.057	1.414	.157
Depend	<---	Mother Warmth	.200	.066	3.072	.002
Anxiety	<---	Mother Warmth	-.120	.066	-2.114	.035
Self-disclosure	<---	Father Warmth	.067	.067	1.744	.081
Self-disclosure	<---	Mother Warmth	.016	.063	.464	.642
Self-disclosure	<---	Close	.586	.105	10.318	<.001
Self-disclosure	<---	Depend	.012	.064	.326	.744
Self-disclosure	<---	Anxiety	-.202	.090	-3.428	<.001
Display of Affection	<---	Close	.663	.126	9.004	<.001
Display of Affection	<---	Depend	.012	.077	.255	.799
Display of Affection	<---	Anxiety	.055	.107	.732	.464
Relational Wellbeing	<---	Self-disclosure	.301	.028	7.233	<.001
Relational Wellbeing	<---	Father Warmth	.056	.033	1.984	.047
Relational Wellbeing	<---	Mother Warmth	.043	.031	1.698	.089
Relational Wellbeing	<---	Close	.208	.053	4.943	<.001
Relational Wellbeing	<---	Depend	.053	.027	2.322	.020
Relational Wellbeing	<---	Anxiety	-.426	.040	-11.197	<.001
Relational Wellbeing	<---	Display of Affection	.007	.023	.214	.831

Note. Results with $p < .05$ are considered statistically significant. S.E. = Standard Error; C.R. = Critical Ratio.

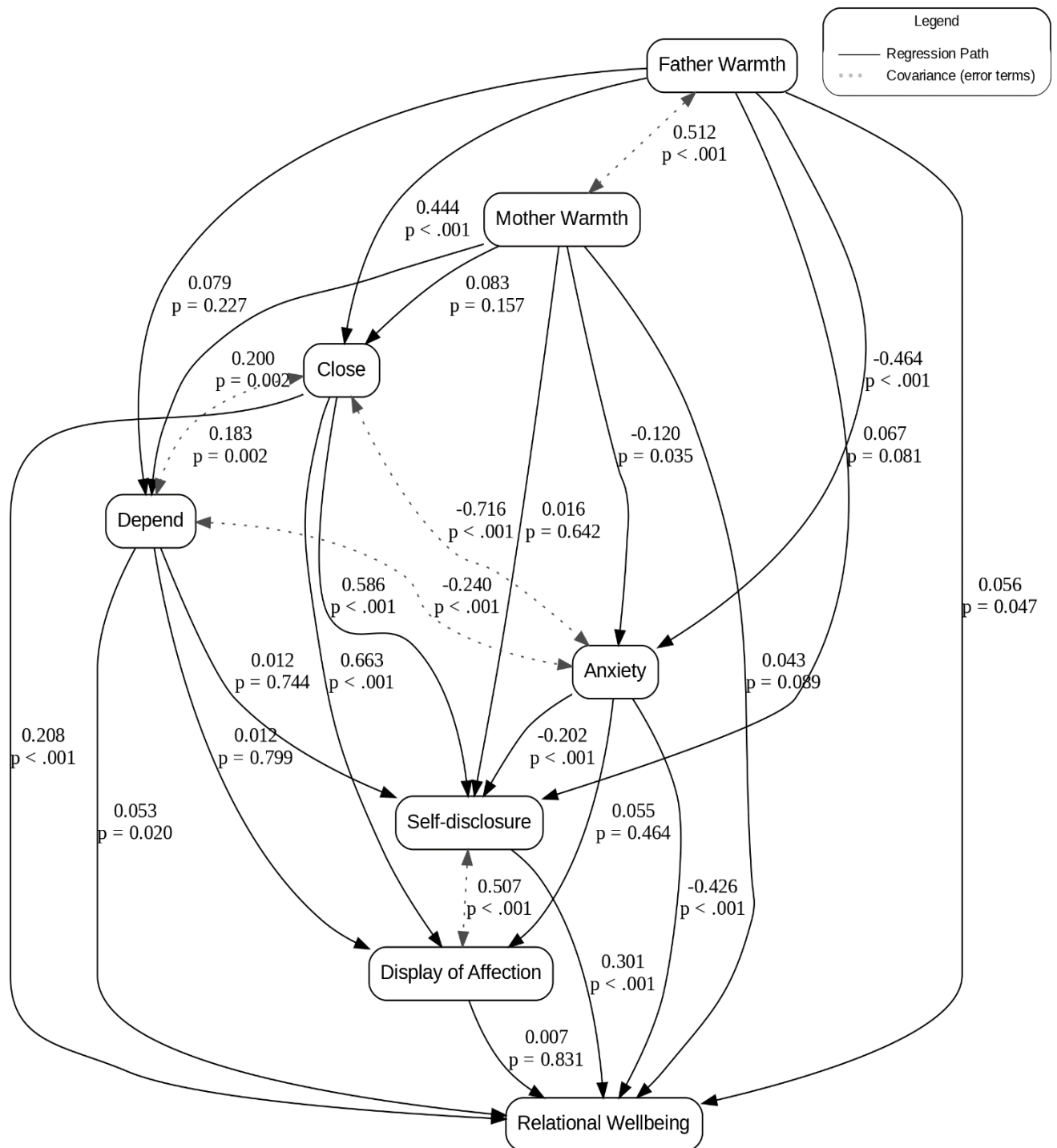
Figure 4.1*Fig 4.1 Visualization of the Path Analysis Acceptance Model Generated in Python*

Table 4.20 and Figure 4.1 illustrates the results of the path analysis. It shows that father warmth significantly predict close and anxious attachment among married adults. The association of father warmth with close attachment is positive and with anxious attachment is negative. This indicates that those individuals who feel accepted by their fathers in childhood, tend to be closely attached with their spouses and experience less anxiety. In contrast to this, mother warmth significantly predict depend and anxious attachment. The individuals who remembered mother warmth, they find it easy to depend on their partners and experience lower anxiety levels.

With regard to relationship attributes like adult attachment, self-disclosure and display of affection, the results shows that none of the predictors' i.e. Father Warmth or Mother Warmth is directly related to self-disclosure. The effects of parental variables on self-disclosure and display of affection are mediated through adult attachment. Close and anxious attachment is significantly associated with self-disclosure. Whereas, display of affection is only significantly linked with close attachment. This highlights the role of close attachment is fostering healthy relational behaviors while anxious attachment undermine them. In relational attributes only self-disclosure predicted relational wellbeing, display of affection was revealed to be non-significant in this sample.

Additionally, father warmth directly predict relational wellbeing. Adult attachment styles also directly predict relational wellbeing. Specifically, close and depend attachment positively predict relational wellbeing while anxious attachment negatively predict relational wellbeing.

Overall, the results highlight the vital role of father warmth and mother warmth in influencing relational wellbeing of adults along with the mediating role of adult attachment and self-disclosure.

Table 4.21*CFA Indices of Path from Parental Acceptance to Relational Wellbeing (N = 300)*

Model	X2(df)	X2/df	IFI	CFI	TLI	RMSEA	SRMR
M1	322.55(6) $p = .00$	53.76	.81	.81	0.10	.42	.15
M2	0.91(2) $p = .635$	0.45	1.00	1.00	1.00	.00	.01

Note. M1 = Default model for CFA for indirect path from Parental acceptance-rejection – Relational wellbeing; M2 = Model after adding error variances; IFI = Incremental Fix Index, CFI = Comparative Fit Index; TLI = Tucker-Lewis coefficient; RMSEA = Root Mean Square Error of Approximation; SRMR = Standard Root Mean Square Residual.

The table 4.21 above shows the default model (M1) having lower values than the predefined criteria on CFI, IFI and TLI. So, the model was modified by adding the covariance between the error terms of these variables. All the values indicate the model fitness as all the indices and other criteria fulfill the requirement. The values of CFI, TLI and IFI indicate excellent model fit. The value of RMSEA is also equal to .00 which is also good and significant.

Table 4.22

Direct and Indirect Path Coefficients from Parental Rejection to Relational Wellbeing via Mediators

Path			Estimate	S.E.	C.R.	<i>p</i>
Close	<---	Father Rejection	-.441	.034	-7.550	<.001
Depend	<---	Father Rejection	-.083	.040	-1.257	.209
Anxiety	<---	Father Rejection	.473	.040	8.251	<.001
Close	<---	Mother Rejection	-.125	.036	-2.132	.033
Depend	<---	Mother Rejection	-.203	.043	-3.065	.002
Anxiety	<---	Mother Rejection	.119	.042	2.081	.037
Self-disclosure	<---	Father Rejection	-.084	.042	-2.148	.032
Self-disclosure	<---	Mother Rejection	.002	.040	.064	.949
Self-disclosure	<---	Close	.580	.105	10.171	<.001
Self-disclosure	<---	Depend	.014	.064	.374	.709
Self-disclosure	<---	Anxiety	-.201	.090	-3.426	<.001
Display of Affection	<---	Close	.663	.126	9.004	<.001
Display of Affection	<---	Depend	.012	.077	.255	.799
Display of Affection	<---	Anxiety	.055	.107	.732	.464
Relational Wellbeing	<---	Self-disclosure	.303	.028	7.337	<.001
Relational Wellbeing	<---	Father Rejection	-.036	.020	-1.283	.199
Relational Wellbeing	<---	Mother Rejection	-.082	.020	-3.212	.001
Relational Wellbeing	<---	Close	.198	.052	4.762	<.001
Relational Wellbeing	<---	Depend	.047	.027	2.101	.036
Relational Wellbeing	<---	Anxiety	-.429	.039	-11.448	<.001
Relational Wellbeing	<---	Display of Affection	.007	.023	.226	.821

Note. Results with $p < .05$ are considered statistically significant. S.E. = Standard Error;

C.R. = Critical Ratio.

Figure 4.2

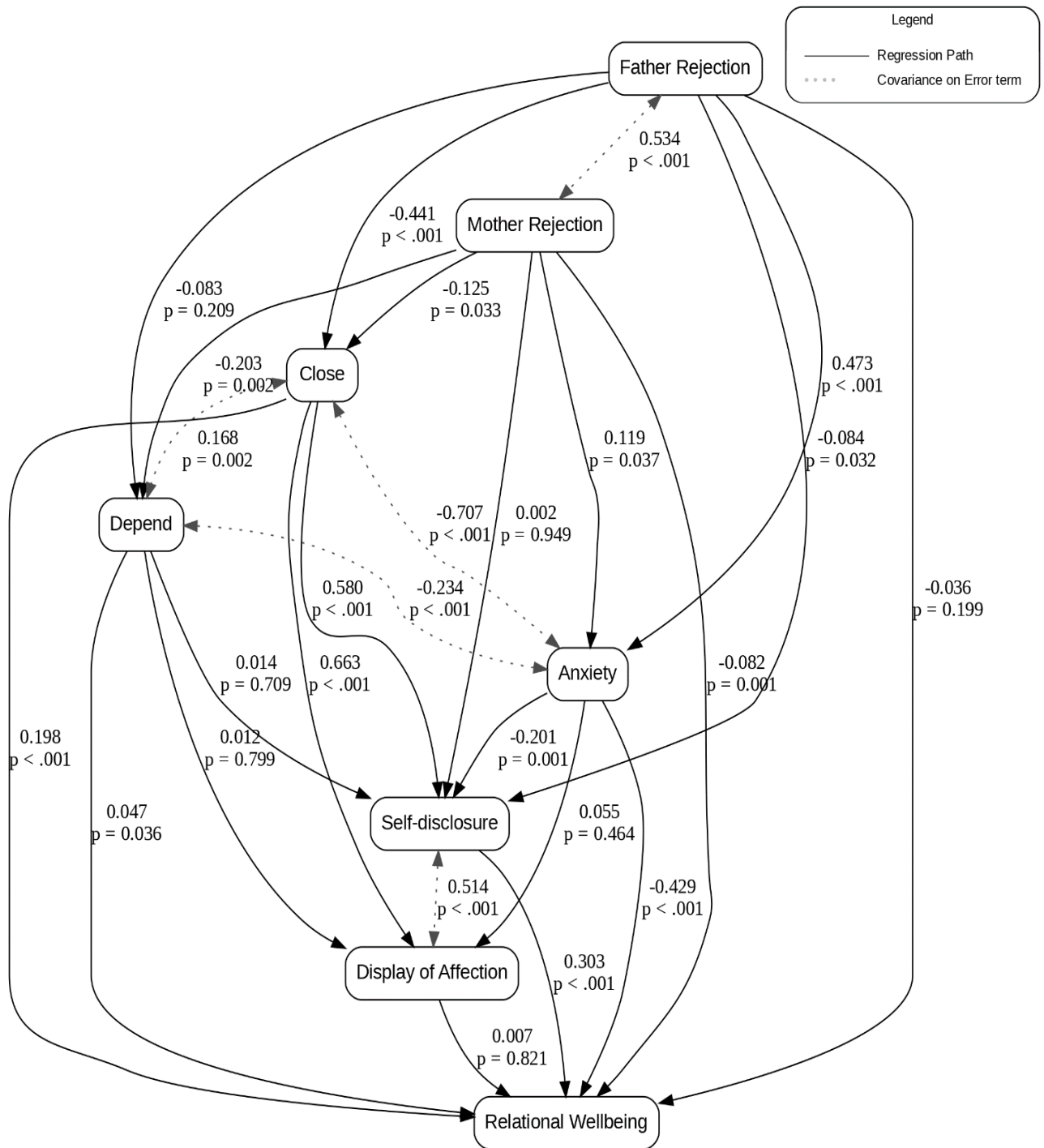


Figure 4.3 Visualization of the Path Analysis Rejection Model Generated in Python

Table 4.22 and Figure 4.2 illustrates the direct and indirect (through adult attachment, self-disclosure and display of affection) path from parental rejection to relational wellbeing. The results shows significant association between father rejection and close and anxious adult attachment. It reveals that individuals who remembered childhood father rejection, tend to be less closely attached with their spouses and experience more attachment anxiety. Additionally, mother rejection also influence both in a similar vein. However, mother rejection is also negatively and significantly associated with depend adult attachment, suggesting that individuals who recollected their mother as rejecting find it difficult to depend on their spouses. The table also revealed direct negative effects of mother rejection on relational wellbeing.

In relational attributes, only father rejection directly influences self-disclosure showing significant negative association. With regard to the association of adult attachment styles with other relational attributes (self-disclosure and display of affection), the results reveal that close and anxious attachment predict self-disclosure, positively and negatively respectively. Furthermore, only close attachment significantly predicted display of affection. It is worth noting here that though non-significant the association between depend and anxious attachment with display of affection is also positive, highlighting its importance for marital relationships.

Additionally, all three adult attachment styles also directly and positively predict relational wellbeing except anxious attachment, which is negatively associated with relational wellbeing. Among other relational attributes like self-disclosure and display of affection, only self-disclosure significantly predicted relational wellbeing.

Overall, the result mostly highlight the indirect effects of parental rejection to

relational wellbeing through adult attachment and self-disclosure.

Table 4.23

CFA Indices of Path from Parental Rejection to Relational Wellbeing (N = 300)

Model	X2(df)	X2/df	IFI	CFI	TLI	RMSEA	SRMR
M1	316.68(6) $p = .00$	52.78	.82	.81	0.13	.42	.14
M2	1.36(2) $p = .506$	0.68	1.00	1.00	1.00	.00	.01

Note. M1 = Default model for CFA for indirect path from Parental acceptance-rejection - Relational wellbeing; M2 = Model after adding error variances; IFI = Incremental Fix Index, CFI = Comparative Fit Index; TLI = Tucker-Lewis coefficient; RMSEA = Root Mean Square Error of Approximation; SRMR = Standard Root Mean Square Residual.

The table 4.23 above shows the default model (M1) having lower values which does not fall within the predefined criteria of CFI, IFI and TLI. Therefore, the model was modified by adding covariance between the error terms. After adding covariance all the values fulfilled the required criteria and indicated model fit. The values of CFI, TLI and IFI are all above .90 indicating an excellent model fit. The value of RMSEA is also equal to .00 which is also good and significant.

4.6 Moderation Analysis

Moderation analysis was conducted to analyze the moderating role of physical attractiveness in relationship between display of affection and relational wellbeing. Further, considering the non-significant relationship between display of affection and relational wellbeing, moderating role of demographic and marital variables were also analyze in this association. Among them, only marital variables showed significant moderating effects. The significant results are presented below:

Table 4.24

Moderating Role of Physical Attractiveness in Relationship between Display of Affection and Relational Wellbeing (N= 300)

Variable	Relational Wellbeing				
	B	<i>t</i>	<i>p</i>	95% CL	
				LL	UL
Intercept	26.44	60.00	.000	25.57	27.30
Display of Affection	.35	8.80	.000	.27	.43
Physical Attractiveness	.35	3.12	.002	.13	.57
DOA x Physical Attractiveness	-.02	-2.90	.004	-.04	-.01
<i>R</i> ²	.40				
ΔR^2	.02				
<i>F</i>	64.82 (<i>p</i> = .00)				
ΔF	8.39				

Note. DOA = Display of Affection.

Table 4.24 illustrates results of the moderating role of physical attractiveness in relationship between display of affection and relational wellbeing. It shows that the overall model was statistically significant ($F = 64.82, p < .001$), accounting for 40% of the variance in relational wellbeing ($R^2 = .40$). The results revealed that both display of affection and physical attractiveness significantly and positively predicted relational wellbeing in married adults. Furthermore, the interaction term between display of affection and physical attractiveness was also significant but negative ($B = -.02, p = .004$), indicating that when physical attractiveness of spouse increases, the positive effect of display of affection on

relational wellbeing becomes slightly less pronounced.

Figure 4.3

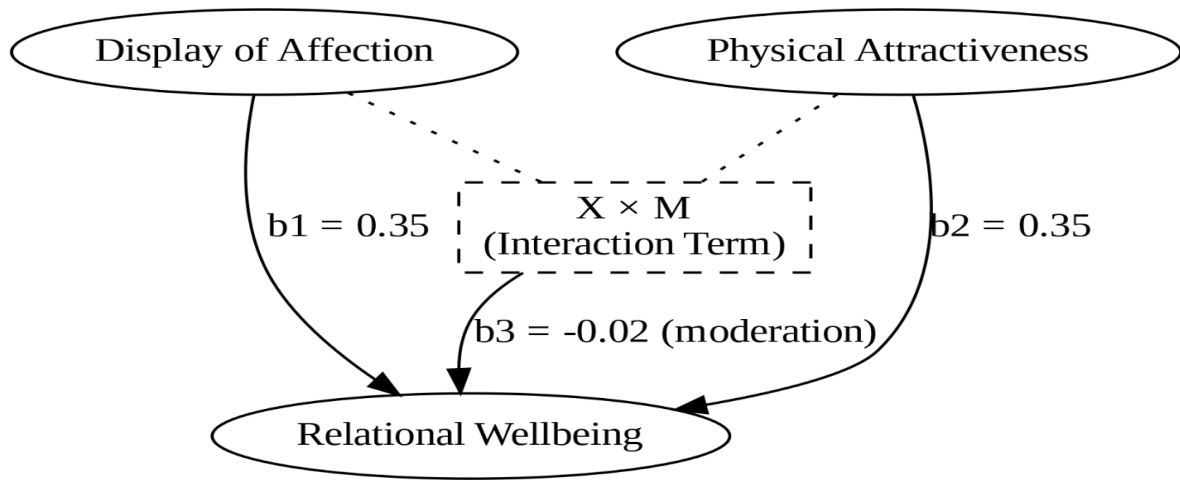


Figure 4.3 Moderating Role of Physical Attractiveness in Association between Display of Affection and Relational Wellbeing.

Figure 4.4

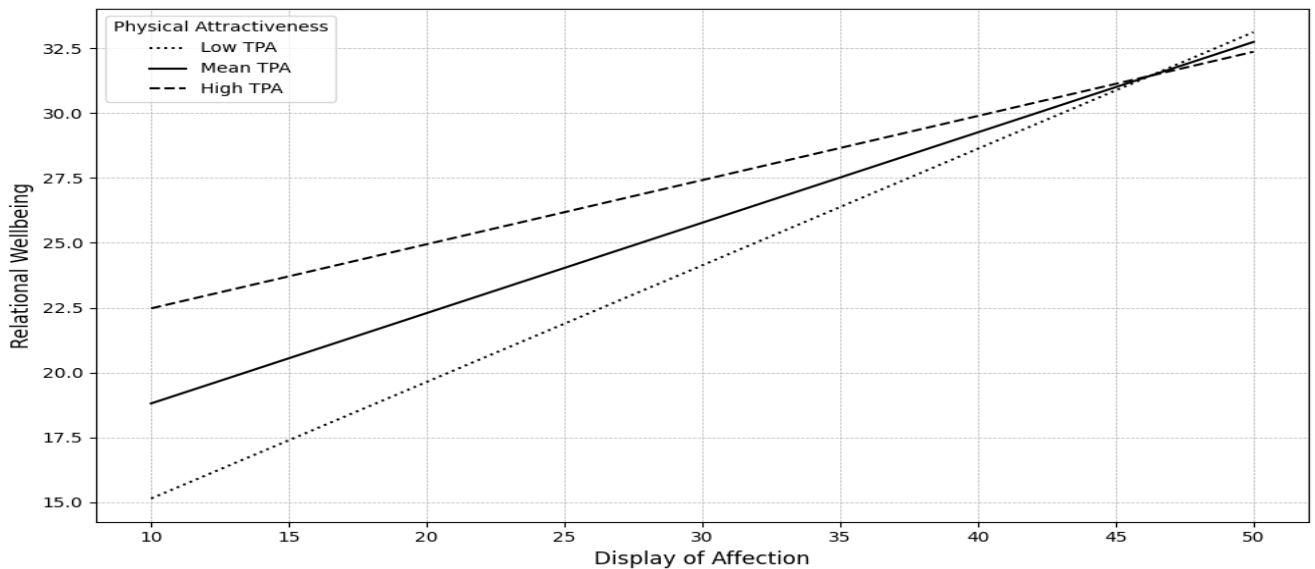


Figure 4.4 Graphical Representation of Interaction Effect of Physical Attractiveness in Relationship between Display of Affection and Relational Wellbeing

Table 4.25

Moderating role of Marital Variables in Relationship between Display of Affection and Relational Wellbeing

Moderator	B	SE	<i>p</i>	95% CI	
				LL	UL
Length of Marriage	-.02	.01	.031	-.03	-.00
Type of Marriage	-.20	.09	.031	-.39	-.02
In-Laws Interference	-.27	.09	.003	-.45	-.09
Number of Children	-.08	.04	.025	-.15	-.01

Note. Values represent coefficients for the interaction terms between Display of Affection and each marital variable in moderation analysis. CI = Confidence Interval; LL = Lower Limit; UL = Upper Limit.

Table 4.25 presents the moderation coefficients of marital variables in relationship between display of affection and relational wellbeing. The results reveal that Length of marriage, type of marriage, in-laws interference and number of children significantly moderate this association. Specifically, as the length of marriage increases, the effect of display of affection on relational wellbeing drops to lower level. The maximum effect is in the early years of marriage. Similar trend can be seen in number of children. As the number of children increases, the effect of display of affection on relational wellbeing decreases. Contrary to the expectations in type of marriage (arrange and love), the effect of display of affection on relational wellbeing is more prominent in arrange marriages. Furthermore, in-laws interference also negatively moderate the relationship between display of affection and relational wellbeing.

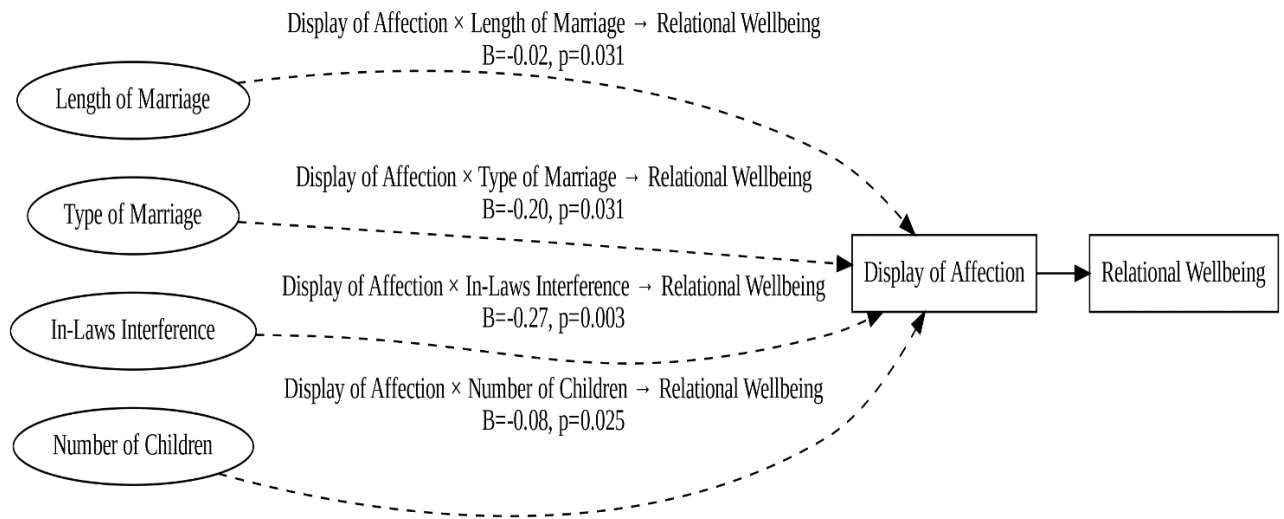
Figure 4.5

Figure 4.5 Moderating Role of Marital Variables in Association between Display of Affection and Relational Wellbeing

CHAPTER 5

SUMMARY, DISCUSSION, CONCLUSION AND SUGGESTIONS

5.1 Summary

The current study examines how married adults' remembrance of their parents' acceptance-rejection of them as children relates to their relational wellbeing in adulthood while exploring the mediating role of relationship attributes like adult attachment, self-disclosure, and display of affection and moderating role of physical attractiveness in relationship between display of affection and relational wellbeing. Additionally, the study also investigated the effect of demographic and marital variables by examining group differences in study variables and moderating effects in relationship between display of affection and relational wellbeing.

5.2 Discussion

In this study, the relationship between remembrance of parental acceptance-rejection and relational wellbeing was studied by specifically focusing on the relational mechanisms that mediate or moderate this association. Specifically, this study explored the mediating role of Adult Attachment, Display of Affection and Self-disclosure along with moderating role of Physical Attractiveness in influencing adult relational outcomes.

This study stand out from other research studies that were done till now due to its focus on relational mechanism underlying the association between remembrance of parental acceptance-rejection and relational wellbeing. As evident from the earlier studies, these variables are studied separately. This research undertook an integrative approach by exploring how these variables interact within a single model. Specifically, it sheds light on the mechanisms through which early parental acceptance-rejection affect adult relational

wellbeing.

This study utilized Urdu translated, self-rated standardized instruments including Parental Acceptance-Rejection Questionnaire- Short Form (Urdu version) (Rohner, 2005) translated by Malik and Butt (2012), Revised Adult Attachment Scale (Collins, 1996), Self-disclosure Index (Miller et al., 1983), Public & Private Romantic Display of Affection Scale (Kocur et al, 2022) subscales Public and Private Display of Affection, Interpersonal Attraction Scale (McCroskey & McCain, 1974) subscale Physical Attraction, and Relationship Assessment Scale (Hendrick,1988) along with an investigator developed socio-demographic data sheet to collect information about participant's demographic and marital variables. The Cronbach alpha of all instruments was also with in the acceptable range.

The scores on the scales were analyzed using transformed scores. Descriptive statistics (e.g., mean, standard deviation) were computed for continuous variables such as age at the time of marriage of both respondent and spouse, length of marriage, while frequencies and percentages were reported for categorical variables such as gender, age, education, working status of both respondent and spouse, type of marriage, marital issues, number of children, familial structure and socio-economic status. Further, to investigate the relationship between remembrance of parental acceptance-rejection and relational wellbeing, a series of hypotheses were formulated and tested focusing on the sequential mediating role of adult attachment styles, self-disclosure, and display of affection. Additionally, the moderating role of physical attractiveness and marital variables (e.g., type of marriage, in-laws' interference etc.) in these associations was also examined through moderation analyses. The result of analysis will be reviewed and discussed in the following sections based on relevant literature. Along with discussing the study's shortcomings, this chapter

also offer recommendations for future research.

5.2.1 Parental Acceptance-Rejection and Relational Wellbeing

The present study hypothesized a significant relationship between remembrance of parental acceptance-rejection and relational wellbeing of married adults. Pearson correlation between study independent variable i.e. remembrance of parental acceptance-rejection and relational wellbeing was carried out to examine the association between variables (see table 4.3). The results revealed strong positive correlation between father warmth and relational wellbeing and moderate positive correlation between mother warmth and relational wellbeing, suggesting that people who have warm and accepting memories of their fathers and mothers are more likely to report having fulfilling and healthy marital relationships. In contrast, the results found strong negative correlation between remembrance of father rejection and relational wellbeing and mother rejection demonstrated moderate negative correlation with relational wellbeing. This indicates that those who remembered experiences of parental rejection are more likely to report lower relational wellbeing. Additionally, strong negative relationships were observed between parental warmth and rejection, indicating that higher remembrance of acceptance was linked with lower remembered rejection from the same parent.

Multiple regression analysis was also carried out to test predictive relationship (see table 4.10). The overall model was significant, explaining that 39% of variance in relational wellbeing is due to parental variables. More specifically, father warmth has a vital influence in fostering healthy adult relationships, as evidenced by the results, which showed that it significantly and positively predicted relational wellbeing. Mother rejection was also showed to be a significant negative predictor, indicating that remembered maternal rejection

negatively affects relational wellbeing. In contrast, no significant affect was found for maternal warmth, whereas, father rejection displayed a negative tendency but it also did not reach statistical significance. According to these results, relationship dynamics in adulthood may be more influenced by some aspects of parental behaviors than by others, especially maternal rejection and paternal warmth.

There are noticeable studies in literature that also align with the findings of the study. For instance, the findings are in line with Parental Acceptance-Rejection Theory (PARTheory) which postulates that early experiences of parental acceptance promote favorable relational outcomes, while perceived rejection undermine them. According to Varan (2008) study, those adults who experienced more rejection in their interaction with their parents as children are less satisfied in their relationships. There is also an evidence that people who felt their parents approved of them had better levels of relationship satisfaction in their adult love relationships (Auslander, 2009; Babuşçu, 2014; Eralp, 2021; Finzi-Dottan & Schiff, 2022).

A study by Yalçinkaya (1997) also discovered a strong association between relationship satisfaction of Turkish women in romantic relationships and the remembered paternal acceptance of them. Giaouzi and Giovazolias (2015) study suggested that people who feel rejected by their parents also feel rejected by their partners in intimate relationships, which will likely result in relationship dissatisfaction. So, given the results of earlier research, we anticipated that individuals who experienced parental acceptance would be satisfied in their relationships and those who experienced parental rejection will have low relational wellbeing. Thus supporting the prediction, remembrance of father warmth and mother rejection were found to be linked with relational wellbeing, positively and negatively

respectively. Other parental variables, specifically father rejection and mother warmth that did not show a direct effect, suggest that all parental variables do not follow the same path, their effects on relational wellbeing may be mediated through other variables.

5.2.2 Direct and Indirect path from Remembrance of Parental Acceptance-Rejection and Relational Wellbeing

This study proposed direct and indirect paths from remembrance of parental acceptance-rejection to relational wellbeing. Along with the direct effect of parental acceptance-rejection on relational wellbeing it also hypothesized that remembrance of parental acceptance-rejection influence relational wellbeing of married adults through mediating variables including adult attachment, display of affection, and self-disclosure. The findings of this study provide empirical evidence for these sequential paths. The results of those paths are discussed below:

Direct Path from Parental Acceptance-Rejection to Relational Wellbeing through Path Analysis. Although the results of the correlation and regression analysis (see section 5.2.1) provided evidence of the association between parental variables and relational wellbeing, Path analysis was conducted separately for acceptance and rejection. The results showed two significant direct paths providing further evidence of the earlier correlation and regression analysis findings. These two paths were, father warmth (acceptance model) and mother rejection (rejection model). Father warmth was found to be positively associated with relational wellbeing highlighting the point that those adults who remembered childhood paternal acceptance they are more likely to have healthy satisfying relationships with their spouses. On the other hand those individuals who feel rejected by their mother as children, they tend to have low relational wellbeing. The literature also give confirmatory evidence

for these findings. Varan (2008) study on perceived parental acceptance-rejection and intimate partner acceptance-rejection also indicated that those individuals who were dissatisfied in their marital relationships, they reported higher levels of rejection both in their current intimate relationship and their relationship with their parents as children.

Another study, not directly related with marital satisfaction but considering the vital role of intimacy in marital relationships Philips et al. (2013) findings that maternal care has a strong positive correlation with adult's fear of intimacy also provide support for the relationship between maternal warmth and relationship satisfaction. Other studies that are not directly related to relational wellbeing but are closely linked with relational outcomes are the findings from Khan et al. (2011), who reported significant role of parental acceptance-rejection in young adults' psychological wellness and functioning. Further emphasizing the role of acceptance in fostering healthy development, Dural and Yalcin (2014) found that parental acceptance-rejection predict psychological adjustment among university students.

Path via Adult Attachment as a mediator. This study explored the mediating role of adult attachment in the relationship between remembrance of parental acceptance-rejection and relational wellbeing of married adults. More precisely, it was hypothesized that close, depend and anxious attachment mediate the relationship between Parental acceptance-rejection and relational wellbeing. The findings from path analysis also showed significant paths that confirmed most of the hypothesized relationships. In acceptance model, among the significant paths, father warmth was found to positively influence close adult attachment which in turn also positively affect relational wellbeing. This highlights that those adults who recollected high father warmth as a child tend to be closely attached to their partner in

marital bond, ultimately enhancing their relational wellbeing. In addition to this, father warmth negatively influences attachment anxiety, which is a strong negative predictor of relational wellbeing. This is in line with Güngör & Bornstein (2010) who also found negative association between father warmth and anxious attachment.

Numerous other studies in literature have also established the connection between childhood parenting interactions and adult attachment style. Pourhossein (2002) found that parenting style determine the attachment type of individual. Moazen et al. (2014) also found parenting styles a significant predictor of attachment styles in adults.

The current study also revealed that mother warmth positively and significantly predict depend attachment and negatively attachment anxiety ultimately resulting in high relational wellbeing. Prior research also discovered that emotionally sensitive and responsive maternal care in childhood results in secure attachment as adults. Those with secure attachment style feel comfortable with dependency as well as independency (Bogaert et al., 2008). Varzaneh (2014) also highlighted the mediating role of adult attachment, specifically secure attachment in association between early maternal behaviors and adult relational outcomes. It reported that maternal authoritative parenting style which is characterized by warmth, support and responsiveness is a predictor of secure attachment style and secure attachment in turn positively predict personal commitment of married female adults, which is also an important component of relational wellbeing. In line with these findings Levine and Heller (2012), suggested that those who are securely attached or have close relationship with their partner, they relish intimacy without becoming overly preoccupied with the future of their relationship, which may also improve relational wellbeing.

The result of correlation analysis (see table 4.4 and 4.5) and regression analysis (see table 4.11 to 4.14) also provide support for these significant paths. The results of correlation analysis found that father warmth was positively correlated with close attachment and mother warmth with depend attachment. Negative correlation was found between both father and mother warmth and anxious attachment. Additionally, close attachment showed strong positive correlation with relational wellbeing, while depend attachment showed a moderate positive. Anxious attachment was revealed to be negatively correlated with relational wellbeing. In regression analysis, only father warmth was found to significantly predict close and anxious adult attachment, mother warmth was not revealed to be a significant predictor of depend and anxious attachment. However, all three attachment styles were found to be a significant predictor of relational wellbeing.

In rejection model the path analysis found that, father rejection negatively predict close attachment which is a positive predictor of relational wellbeing. However, father rejection is positively linked with attachment anxiety which leads to lower relational wellbeing. Khaleque et al. (2007) also highlighted that being rejected by an attachment figure is likely to cause anxiety and insecurity and may be linked to cognitive distortions. In a similar vein, Deveci Şirin (2019) reported relationship between remembrance of parental acceptance-rejection and adult separation anxiety mediated by attachment anxiety and avoidance also corroborate the current study findings.

Moreover, mother rejection was revealed to negatively predict close and depend attachment, both of which are positive predictor of relational wellbeing. Additionally, the results also showcases positive association with attachment anxiety, which lowers relational wellbeing.

These influences of parental variables on adult attachment styles and subsequent impact on relational wellbeing echo with Bowlby (1982) assertion that an individual's attachment style is based on the internalization of early caregiving experiences and the formation of functioning models. In adult relationships, these internalized representations serve as a guide for expectations, feelings, and actions. In essence, people who are rejected by caregivers they develop maladaptive attachment patterns, which jeopardize their relational wellbeing. Gleeson and Fitzgerald (2014), findings also validate the results which suggested that individuals childhood parental relationship has a link with adult attachment style and those who develop secure attachment are more likely to be satisfied in their relationships. Numerous other studies have also established the connection between childhood parental behaviors and adult attachment styles (Chopik et al., 2014; Zayas et al., 2011). Adults' intimate relationships often resemble the experiences they had with their neonatal caretakers (Monteoliva et al., 2016).

Additionally, consistent with the findings of acceptance model, correlation analysis (see table 4.4 & 4.5) also found significant association between rejection model paths. The regression analysis (see table 4.11 to 4.14) also provide support of significant predictive relationships found in path analysis, except predictive role of mother rejection for depend attachment and anxious adult attachment.

Path via Adult Attachment and Self-disclosure. To explore the role of relationship attributes, this study assumed that adult attachment and self-disclosure sequentially mediate the relationship between remembrance of parental acceptance-rejection and relationship wellbeing. The result of SEM showed that the hypothesized path was indeed significant. Specifically, father warmth significantly and positively predicted close adult attachment,

which in turn increases self-disclosure and improves relational wellbeing. Previous studies also report similar findings. For instance Mikulincer and Nachshon (1991) reported that securely attached individuals disclose more information with their partners. They have more disclosure flexibility than those with avoidant or ambivalent attachment styles. Jang et al. (2002) also reported that secure attached individuals are more likely to discuss about the issues. Furthermore Lee et al. (2019) findings demonstrated that greater disclosure is linked with relationship satisfaction and intimacy, highlighting the importance of self-disclosure for relational wellbeing.

Additionally, it was found that father warmth and mother warmth negatively influences attachment anxiety, which is negative predictor of self-disclosure and undermine relational wellbeing. This suggests that remembrance of parental warmth fosters relational wellbeing among married adults by reducing attachment anxiety. This align with Bachman and Bippus (2005) and Denes (2015) who reported that partners who are securely attached, they perceive fewer risks in disclosing to their partners which fosters healthy relational behaviors.

The findings of correlation analysis of study variables (see table 4.4 & 4.5) also corroborate SEM findings by showing moderate to strong correlation among the variables. The regression results (see table 4.16-4.17) also indicate that close and anxious attachment significantly predict self-disclosure, positively and negatively, respectively. It also shows that self-disclosure significantly and positively predicted relational wellbeing.

The study also found significant paths concerning parental rejection dimension. Particularly, in line with our hypothesis, father rejection showed positive influence on attachment anxiety, which in turn lowers self-disclosure and undermine relational wellbeing.

Similarly, mother and father rejection negatively predicted close attachment, the low closeness leads to less disclosure with one's spouse and ultimately lowers relational wellbeing. Additionally, Mother rejection positively predict attachment anxiety which is a negative predictor of self-disclosure and lowers self-disclosure which then in turn, also lowers relational wellbeing.

The supporting evidence can be found in Bogaerts et al. (2008) study which highlighted that adults who have anxious attachment style hold negative view of themselves and doubt their worthiness as a spouse. Then often blame themselves for the perceived unresponsiveness of their spouse. As a result they may not openly disclose their feelings and maintain emotional distance with their spouse leading to poor relational wellbeing. Similarly, Tao et al. (2024) also indicated that high attachment anxiety reduces emotional self-disclosure, and in turn quality of life, which may also influence relational wellbeing. The correlation analysis and regression analysis also provide support for these results.

Path via Self-disclosure. This study also assumed relationship between remembrance of parental (both father and mother) acceptance-rejection and relational wellbeing with self-disclosure acting as a mediating variable. Although the relationship between parental acceptance-rejection and relational wellbeing via adult attachment and self-disclosure has already been explored and proven, parental acceptance-rejection may also influence relational wellbeing through only self-disclosure as a mediating variable. For instance, Muchlisah and Murdiana (2024) found significant association between father attachment and self-disclosure among adolescent girls, suggesting that higher level of attachment with father leads to more self-disclosure. This indicates that early paternal experiences influence self-disclosure. Our study found that father rejection predict low self-

disclosure leading to low relational wellbeing among married adults. PARTheory also provide confirmatory evidence of this association. Rohner (2004) highlighted that parental rejection leads to personality dispositions including emotional unresponsiveness, which directly inhibits self-disclosure. The results of correlation analysis (see table 4.4 to 4.5) also showed strong negative correlation between father rejection and self-disclosure and very strong correlation between self-disclosure and relational wellbeing. However, the regression analysis (see table 4.15) result for predictive role of father warmth for self-disclosure was insignificant.

Other parental variables namely father warmth, mother warmth and mother rejection were found insignificant in this association. They follow a more mechanistic path to influence relational wellbeing i.e. through shaping adult attachment styles, which then influence how an adult open up in spousal relationship.

Path via Adult Attachment and Display of Affection. It was hypothesized that remembrance of parental acceptance rejection influence relational wellbeing of married adults through adult attachment and display of affection as mediating variables. However, no signal path in this association was found significant by SEM analysis. The results showed that father warmth positively predict close attachment with the spouse, which increases display of affection, but this increase in display of affection does not significantly predict relational wellbeing. While the relationship between display of affection and relational wellbeing is positive but it does not reach significance. Similarly in rejection model, mother rejection was found to negatively predict close attachment which is a significant predictor of display of affection.

The relationship between attachment styles and relational satisfaction has already

been established (Kamel Abbasi et al., 2016; Mohammadi et al., 2016). Prior literature also show that attachment styles influenced display of affection for instance, Hesse and Trask (2014) found that secure attachment style was positively related with affection while three insecure attachment styles were negatively related. This aligned with our findings which shows that close attachment positively predict display of affection. However, contrary to our findings studies found that relational indicators like relational satisfaction (Gulledge et al., 2003; Floyd et al., 2005; Floyd et al., 2009; Horan & Booth-Butterfield, 2010), closeness and happiness (Floyd et al., 2005; Hesse & Floyd, 2008), and liking and loving (Floyd et al., 2005), are linked to the expression of affection.

The reason for this insignificant relationship may be that there are some demographic or marital variables that play a moderating role in association between display of affection and relational wellbeing. On further analysis, it was found that marital variables namely, length of marriage, type of marriage, number of children and marital issue like in-laws interference moderate the relationship between display of affection and relational wellbeing (see section 5.2.4 for details).

5.2.3 Moderating Role of Physical Attractiveness

One of the objectives of this study was to investigate the moderating role of physical attractiveness. For the purpose, it was hypothesized that physical attractiveness moderate the relationship between display of affection and relational wellbeing. The results of our study also provide support for the hypothesized moderation. The results revealed that both, display of affection and physical attractiveness significantly and positively predicted relational wellbeing among married adults. However, counter-interactive to our expectations the interaction term was significant but was negative, suggesting that as the perceived physical

attractiveness of spouse increases, the positive influence of display of affection on relational wellbeing becomes less pronounced. This implies that those married adults who perceived their spouse as physically attractive, their display of affection play a small role in contributing to their relational wellbeing. On the other hand those individuals who perceived their partners as less attractive, their display of affection play more role in enhancing their relational wellbeing.

The above findings can be explained through the lens of Equity theory (Walster et al., 1978), which posits that individuals feel satisfied in their relationships when they perceive balance between what they give and receive in a relationship. In the context of our study, display of affection reflects the respondent's emotional investment, whereas the perceived physical attractiveness of their spouse serves as a relational reward or valued input from the partner. When the attractiveness is low, the individual subconsciously compensate for the deficit in partner's attractiveness by investing more affection, which helps maintain a sense of balance and enhances relational wellbeing. On the other hand, when the partner is perceived as physically attractive, the attractiveness serve as a rewarding input in the relationship, thereby reducing the additional impact of affectionate behavior on wellbeing. These findings support the core premise of Equity Theory, that the emotional value individuals derive from a relationship is not determined by individual behaviors alone, but by how those behaviors interact with perceptions of fairness, partner value, and mutual exchange. Additionally, previous research (Critelli & Waid, 1980; Stafford & Canary, 2006) also shows that emotional efforts and physical attractiveness work together to influence relationship outcomes.

Furthermore, these findings may also relate to research suggesting that physical

attractiveness is negatively associated with commitment. E.g. González Avilés et al (2021) found negative relationship between attractiveness and commitment, which may play a role in relationship satisfaction, as Leonhardt et al. (2019) found that couples who perceived higher partner commitment also maintain high relationship satisfaction.

5.2.4 Effects of Demographic and Marital Variables

One of the objective of present study was to explore the role of demographic and marital variables in differences among study variables. T-test and Anova was used to investigate the differences and significant results were reported (see table 4.6, 4.7). The results indicated that there are significant differences in father rejection, mother rejection and display of affection based on gender. Specifically, males remembered more father and mother rejection as compared to their female counterparts. The prior studies also aligned with our results, for instance; Dwairy, (2010) study on adolescent boys and girls and Imam and Singh (2019) study on college boys and girls also reported that boys are more likely to experience parental rejection as compared to their female counterparts. A study by Khaleque et al. (2018) on young Pakistani male and female adults also highlighted this difference. Another study by Kausar and Kazmi (2011) found that sons report their fathers as more rejecting compared to females.

Besides gender, there are also significant differences in variables by type of marriage. Results showed that married adults who had arrange marriage experienced more paternal rejection. Furthermore, they also reported lower levels of close attachment, more anxious attachment, less self-disclosure and display of affection, perceived their partners low on physical attractiveness and has low relational wellbeing as compared to those who had love marriages.

Supporting these findings, a study conducted on Bangladeshi women reported that those in arranged marriages report less use of their spouses as emotional supports compared to those in love marriage, in which people think of their spouse as a secure base, thus validating our findings that those in arrange marriage report less close attachment and more anxious (Flicker et al., 2020). This may also be the reason that those individuals who have arrange marriages they remembered more rejected by their fathers. Due to insecure attachment they remain stuck in their childhood traumas. Further, in a arrange marriage families, which are often conservative where fathers do not openly show affection, the lack of affection may be interpreted by children as rejection.

Further, extending on to our findings that those in love marriage has better relational wellbeing Flicker et al. (2020) also highlighted that those individuals who had more influence over their partner selection they reported positive marital outcomes including more passion, intimacy and commitment. Marital adjustment (Astha & Ranjan, 2017) and quality (Allendorf & Ghimire, 2013) is also found to be better in love marriage couples. Al-jobour & Lababneh (2023) study on self-disclosure at pre-marriage and its relationship to marital adjustment highlight that those individuals who had marriage of choice they reported better self-disclosure at pre-marriage stage.

Considering the insignificant association between display of affection and relational being, moderating role of demographic and marital variables was also explored in this association (see table 4.25). The table showed that length of marriage, type of marriage, in-laws interference and number of children moderate the relationship between display of affection and relational wellbeing. In particular, length of marriage negatively moderate the relationship between display of affection and relational wellbeing suggesting that the

affection play a major role in relational wellbeing during the early years of marriage, as marriage becomes old some other things become more important. Similar findings were reported by Huston et al. (2001), who highlighted that over the period of two years after marriage there is a decline in affection, feeling that one's spouse is not as responsive as used to be and increasing ambivalence.

It was also found that as the number of children increases, the effect of display of affection on relational wellbeing decreases. The effect of display of affection on relational wellbeing is more prominent when there are no or fewer children. This align with Structural Role Strain Theory (Pearlin, 1989) which explain that when social roles of a person increases such as transition in to parenthood, it introduces additional stressors that strain a person's time, energy, resources and emotional availability. So when a couple become parents they had to take on demands of parenthood, and may find less time for expressing affection to each other. Corroborating this, Nomaguchi and Milkie (2003) also highlighted that transition to parenthood increases daily stressors e.g. overload and marital conflict, which can weaken the impact of affectionate behaviors on relational wellbeing.

Furthermore, in-laws interference also negatively moderate the relationship between display of affection and relational wellbeing. Prior studies also provide evidence that among the causes of conflicts in marriages, in-laws interference or meddling ranked higher than other issues like financial and conflicting morals (Bryant et al., 2001; Messinger, 1976; Silverstein, 1990; Ward & Lin, 2020). Kamoru & Olajoke (2014) study on experienced couples also emphasized that in-laws interference is a major marital issue and it leads to constant quarrels, unhealthy relationship between spouses and extended family and lastly divorce.

Contrary to the expectations in type of marriage (arrange and love), it was found that the effect of display of affection on relational wellbeing is more prominent in arrange marriages. The reason for this may be that expressions of affection in love marriages frequently start very early and become engrained, so they may eventually lose their significance for relational wellbeing. Affectionate behavior, on the other hand, stands out as a significant indication of increasing intimacy in arranged marriages, which usually begin with low levels of emotional closeness. For arrange marriage, the display of affection may serve as an icing on cake and may increase relational wellbeing. Prior research also emphasize this, for instance; Gupta and Singh (1982) study on an Indian sample found that in love marriage, the love diminishes overtime while it grows overtime in arrange marriages and often surpass that of love marriage. Similar to this, Yelsma & Athappilly (1988) also found that satisfaction in Indian arrange marriage is greater than that of love marriage in US.

5.3 Conclusion

The present study explored the association between remembrance of parental acceptance-rejection and relational wellbeing of married adults specifically focusing on the mediating role of relationship attributes including adult attachment, self-disclosure, display of affection and moderating role of physical attractiveness. The study also examined the role of demographic and marital variables to account for differences in parental acceptance-rejection, relationship attributes and relational wellbeing.

The findings indicated that there are significant differences in study variables with respect to gender and type of marriage. It indicated that males are more likely to remember childhood parental rejection and also engage less in display of affection as compared to females. Additionally, with reference to type of marriage, people in arrange marriage are

more likely to remember paternal rejection, have low close attachment, self-disclosure, display of affection, perception of spouse physical attractiveness and relational wellbeing in their relationship with spouse and show more anxious attachment.

The findings also offered insight into the mechanism through which early parental relationships shape adult relational wellbeing. The results revealed that several hypothesized paths were supported. Specifically, father warmth directly predicted relational wellbeing and also influenced it indirectly through close and anxious adult attachment. Similarly, mother warmth also predicted relational wellbeing through dependent and anxious attachment. The sequential mediation paths were also significant, indicating that both father and mother warmth influenced relational wellbeing mostly through attachment styles and self-disclosure.

Regarding parental rejection, mother rejection directly predicted lower relational wellbeing. Additionally, father rejection and mother rejection influenced relational wellbeing indirectly through close and anxious attachment. Mother rejection also influenced relational wellbeing through dependent attachment. Father rejection also predicted self-disclosure, which in turn influenced relational wellbeing. Furthermore, the sequential mediation paths that were confirmed, indicated that both father and mother rejection impacted relational wellbeing through attachment styles (close and anxiety) and self-disclosure. These significant paths highlight the importance of parental acceptance-rejection in shaping adult relational wellbeing while also influencing key relationship attributes.

Moreover, Physical attractiveness moderates the relationship between display of affection and relational wellbeing such that, when perceived spouse physical attractiveness is high, display of affection contributes less role in enhancing relational wellbeing. Whereas,

when the perceived physical attractiveness is low, display of affection contribute more in enhancing relational wellbeing. Other marital variables including length of marriage, type of marriage, in-laws interference and number of children also moderate this association.

Overall, the study findings support the theoretical assumptions of Parental Acceptance-Rejection theory (Rohner, 2004) and Attachment theory (Bowlby, 1988) that childhood parental acceptance-rejection influence adult relational outcomes. This study highlights that, while childhood parental interactions specifically acceptance-rejection influence relational wellbeing in adulthood, relationship attributes namely adult attachment and self-disclosure serve as critical pathways through which adults' relational wellbeing is influenced.

5.4 Limitations and Suggestion

1. The study did not employ a dyadic design; only individual perspectives were included. This restricts the ability to capture both partners' views and the interactive dynamics within marital relationships. Future research should use dyadic approaches to better understand couple-level processes.
2. This study only included individuals who are in their first marriage and are currently living with their spouse, which restricts the understanding of relational dynamics influenced by remembered parental acceptance-rejection in individuals who remarried or are in long distance relationship with their spouse. Future research should include individuals from diverse marital backgrounds to gain a more comprehensive view of outcomes.
3. The study relied solely on quantitative methods, which may not fully capture the depth and complexity of participants' lived experiences. Incorporating qualitative or

mixed-method approaches in future research would allow for richer insights.

4. This study employed cross-sectional research design which limits the ability to draw causal inferences. Future studies should adopt a longitudinal design to explore changes and directional relationships over time.

5.5 Future Implications of Present Study

This study has both theoretical and practical implications. Theoretically it adds to the existing literature by building up on Parental Acceptance Theory (PARTheory) and Attachment Theory. It demonstrates the pathway through which remembrance of parental acceptance-rejection influence adult relational wellbeing especially in marriage centered, cultural setting of Pakistan. It offers a more nuanced approach of understanding, how early parental acceptance-rejection shape adult relational outcomes.

Practically, the study offer insights for psychologists and marriage counselors. It emphasizes the importance of addressing childhood parental influences when dealing with couples who are experiencing relationship difficulties and provides a framework for developing targeted interventions for couples for enhancing their relational wellbeing.

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Appendix-A

Informed Consent and Demographic Sheet

ہم ایک مطالعہ کر رہے ہیں جس کا مقصد شادی شدہ افراد کے رشتہ ازدواج پر اثر انداز ہونے والے عوامل کا تعین کرنا ہے۔ اس تحقیق میں شرکت مکمل طور پر رضا کارانہ ہے۔ آپ کو یہ حق حاصل ہے کہ آپ بغیر کوئی وجہ بتائے، کسی بھی مرحلے پر تحقیق سے دستبردار ہو سکتے ہیں اور آپ کی شرکت یا دستبرداری کا آپ کے کسی حق پر کوئی منفی اثر نہیں پڑے گا۔

آپ کی فراہم کردہ تمام معلومات کو مکمل رازداری کے ساتھ رکھا جائے گا اور صرف تعلیمی و تحقیقی مقاصد کے لیے استعمال کیا جائے گا۔ تحقیق کے نتائج میں آپ کی ذاتی شناخت ظاہر نہیں کی جائے گی۔ اگر آپ کو تحقیق کے دوران کسی سوال یا پریشانی کا سامنا ہو تو آپ تحقیق کار سے رابطہ کر سکتے ہیں۔ اگر آپ مندرجہ بالا تمام نکات کو سمجھ چکے ہیں اور اس تحقیق میں اپنی رضامندی سے شامل ہونا چاہتے ہیں، تو براہ کرم نیچے دستخط کریں۔

دستخط: _____

تاریخ: _____

براہ کرم درج ذیل معلومات فراہم کریں۔ باکس کو اپنی موزوں ترجیح سے پُر کریں۔

- ۱ جنس : ☐ مرد ☐ عورت
- ۲ عمر (سالوں میں): _____
- ۳ تعلیمی سطح : ☐ ہائی اسکول یا مساوی ☐ کچھ کالج یا ایسوسی ایٹ ڈگری ☐ پچھڑ ڈگری ☐ ماسٹر ڈگری ☐ ڈاکٹریٹ ڈگری
- ۴ نوکری کی نوعیت : ☐ جواب دہندہ : ملازمت پیشہ ☐ بے روزگار ☐ گھریلو کام کاج کرنے والا ☐ زوج/زوجہ : ملازمت پیشہ ☐ بے روزگار ☐ گھریلو کام کاج کرنے والا
- ۵ شادی کی مدت (سالوں میں): _____
- ۶ شادی کی قسم : ☐ گھر والوں کی پسند ☐ محبت کی شادی
- ۷ شادی کے وقت عمر : آپ کی عمر _____ زوج/زوجہ کی عمر _____
- ۸ شادی کی صورت حال : ☐ پہلی شادی ☐ دوسری شادی ☐ دیگر _____
- ۹ ازدواجی مسائل (براہ کرم تمام متعلقہ آپشنز کو منتخب کریں)

☐ بات چیت کے مسائل	☐ مالی مسائل	☐ بچوں کی پرورش کے اختلافات	☐ آپ کے بڑوں کا دخل
☐ قربت کے مسائل	☐ سسرالی مداخلت	☐ ذہنی ہم آہنگی کی کمی	☐ آپس کے جھگڑے
☐ پیشہ ورانہ اور ذاتی زندگی کے توازن کی مشکلات	☐ کوئی نہیں	☐ دیگر _____	
- ۱۰ بچوں کی تعداد: _____
- ۱۱ خاندانی نظام: ☐ الگ ☐ مشترکہ
- ۱۲ سماجی و اقتصادی حیثیت: ☐ غلی طبقہ ☐ نچلا متوسط طبقہ ☐ متوسط طبقہ ☐ اعلیٰ طبقہ

Appendix – B

Adult Parental Acceptance-Rejection Questionnaire-Short Form (Father Version)

نیچے دیے گئے بیانات اس بات کی وضاحت کرتے ہیں کہ والد کبھی کبھار اپنے بچوں کے ساتھ کس طرح برتاؤ کرتے ہیں۔ میں چاہتا ہوں کہ آپ سوچیں کہ یہ ہر بیان آپ کے والد کے آپ کے ساتھ سلوک سے کس طرح میل کھاتا ہے۔

یاد رکھیں، یہاں کوئی صحیح یا غلط جواب نہیں ہے، اس لیے جتنا ہو سکے ایمانداری سے جواب دیں اور ہر بیان کے لیے مخصوص کالم بھر دیں۔

والد کے لیے				میرے والد
میرے والد کے متعلق صحیح نہیں ہے		میرے والد کے متعلق صحیح		
تقریباً کبھی نہیں	بہت کم صحیح	بعض اوقات صحیح	تقریباً ہمیشہ صحیح	
				میرے بارے میں اچھی باتیں کرتے تھے۔
				مجھے بالکل توجہ نہیں دیتے تھے۔
				جو باتیں میرے لیے اہم ہوتی تھیں، میں انہیں آسانی سے بتا سکتا تھا/سکتی تھی۔
				مجھے بلاوجہ مارتے تھے۔
				مجھے ایک مصیبت سمجھتے تھے۔
				جب انہیں غصہ آتا تھا تو مجھے سخت سزا دیتے تھے۔
				اتنے مصروف رہتے تھے کہ میری بات کا جواب تک نہیں دیتے تھے۔
				مجھے محسوس ہوتا تھا کہ وہ مجھے پسند نہیں کرتے تھے۔
				میرے ہر کام میں دلچسپی لیتے تھے۔
				مجھے بہت سی تکلیف دہ باتیں کہتے تھے۔
				جب میں انہیں مدد کرنے کے لیے کہتا تھا/کہتی تھی تو کوئی توجہ نہیں دیتے تھے۔
				مجھے اس بات کا احساس دلاتے تھے/دلاتی تھیں کہ وہ مجھ سے پیار کرتے ہیں اور انہیں میری ضرورت ہے۔
				مجھے بھرپور توجہ دیتے تھے۔
				ہر وقت میرے احساسات کو ٹھیس پہنچاتے تھے۔
				وہ تمام اہم باتیں بھول جاتے تھے جو میرے خیال میں انہیں یاد رکھنی چاہیے تھیں۔
				میرے بد تمیزی کرنے پر ناراضگی کا اظہار کرتے تھے۔
				مجھے احساس دلاتے تھے کہ میرا ہر کام ان کے لیے اہم ہے۔

والد کے لیے				میرے والد
میرے والد کے متعلق صحیح		میرے والد کے متعلق صحیح نہیں ہے		
تقریباً ہمیشہ صحیح	بعض اوقات صحیح	بہت کم صحیح	تقریباً کبھی نہیں	
				میں جب کوئی غلطی کرتا تھا/کرتی تھی تو مجھے ڈراتے دھمکاتے تھے۔
				میری سوچ کی پرواہ کرتے تھے اور چاہتے تھے کہ میں اس کے بارے میں ان سے بات کروں۔
				دوسرے بچوں کو ہمیشہ مجھ سے بہتر سمجھتے تھے چاہے میں کچھ بھی کر لوں۔
				مجھے بتاتے تھے کہ انہیں میری ضرورت نہیں ہے۔
				مجھے بتاتے رہتے تھے کہ وہ مجھ سے پیار کرتے ہیں۔
				جب تک میں انہیں تنگ نہیں کرتا تھا/کرتی تھی، مجھ پر دھیان نہیں دیتے تھے۔
				مجھ سے محبت اور شفقت سے پیش آتے تھے۔

Appendix – C

Adult Parental Acceptance-Rejection Questionnaire-Short Form (Mother Version)

نیچے دیے گئے بیانات اس بات کی وضاحت کرتے ہیں کہ والدہ کبھی کبھار اپنے بچوں کے ساتھ کس طرح برتاؤ کرتی ہیں۔ میں چاہتا ہوں کہ آپ سوچیں کہ یہ ہر بیان آپ کی والدہ کے آپ کے ساتھ سلوک سے کس طرح میل کھاتا ہے۔

یاد رکھیں، یہاں کوئی صحیح یا غلط جواب نہیں ہے، اس لیے جتنا ہو سکے ایمانداری سے جواب دیں اور ہر بیان کے لیے مخصوص کالم بھریں۔

والدہ کے لیے				میری والدہ
میری والدہ کے متعلق صحیح		میری والدہ کے متعلق صحیح نہیں ہے		
تقریباً ہمیشہ صحیح	بعض اوقات صحیح	بہت کم صحیح	تقریباً کبھی نہیں	
				میرے بارے میں اچھی باتیں کرتی تھیں۔
				مجھے بالکل توجہ نہیں دیتی تھیں۔
				جو باتیں میرے لیے اہم ہوتی تھیں، میں انہیں آسانی سے بتا سکتا تھا/سکتی تھی۔
				مجھے بلاوجہ مارتی تھیں۔
				مجھے ایک مصیبت سمجھتی تھیں۔
				جب انہیں غصہ آتا تھا تو مجھے سخت سزا دیتی تھیں۔
				اتنے/اتنی مصروف رہتے تھے/رہتی تھیں کہ میری بات کا جواب تک نہیں دیتی تھیں۔
				مجھے محسوس ہوتا تھا کہ وہ مجھے پسند نہیں کرتی تھیں۔
				میرے ہر کام میں دلچسپی لیتی تھیں۔
				مجھے بہت سی تکلیف دہ باتیں کہتیں تھیں۔
				جب میں انہیں مدد کرنے کے لیے کہتا تھا/کہتی تھی تو کوئی توجہ نہیں دیتی تھیں۔
				مجھے اس بات کا احساس دلاتی تھیں کہ وہ مجھ سے پیار کرتی ہیں اور انہیں میری ضرورت ہے۔
				مجھے بھرپور توجہ دیتی تھیں۔
				ہر وقت میرے احساسات کو غصے پہنچاتی تھیں۔
				وہ تمام اہم باتیں بھول جاتی تھیں جو میرے خیال میں انہیں یاد رکھنی چاہیے تھیں۔
				میرے بد تمیزی کرنے پر ناراضگی کا اظہار کرتی تھیں۔
				مجھے احساس دلاتی تھیں کہ میرا ہر کام ان کے لیے اہم ہے۔

میری والدہ کے متعلق صحیح		میری والدہ کے متعلق صحیح		میری والدہ
تقریباً کبھی نہیں	بہت کم صحیح	بعض اوقات صحیح	تقریباً ہمیشہ صحیح	
				میں جب کوئی غلطی کرتا تھا/کرتی تھی تو مجھے ڈراتی دھمکاتی تھیں۔
				میری سوچ کی پرواہ کرتی تھیں اور چاہتی تھیں کہ میں اس کے بارے میں ان سے بات کروں۔
				دوسرے بچوں کو ہمیشہ مجھ سے بہتر سمجھتی تھیں چاہے میں کچھ بھی کر لوں۔
				مجھے بتاتی تھیں کہ انہیں میری ضرورت نہیں ہے۔
				مجھے بتاتی رہتی تھیں کہ وہ مجھ سے پیار کرتی ہیں۔
				جب تک میں انہیں تنگ نہیں کرتا تھا/کرتی تھی، مجھ پر دھیان نہیں دیتی تھیں۔
				مجھ سے محبت اور شفقت سے پیش آتی تھیں۔

Appendix – D

Adult Attachment Scale

براہ کرم اپنے شریک حیات کے ساتھ اپنے رشتے کے بارے میں سوچیں اور نیچے دی ہوئی درجہ بندی کے مطابق جواب دیں۔

بیانات	۱ بالکل بھی میری خصوصیت نہیں ہے	۲ تھوڑا سا میری خصوصیت ہے	۳ معتدل طور پر خصوصیت ہے	۴ زیادہ میری خصوصیت ہے	۵ بالکل میری خصوصیت ہے
۱ مجھے اپنے شریک حیات کے قریب ہونا نسبتاً آسان لگتا ہے۔					
۲ میرا خود کو اپنے شریک حیات پر انحصار کر دانا مجھے مشکل لگتا ہے۔					
۳ میں اکثر فکر کرتا/کرتی ہوں کہ میرا/میری شریک حیات واقعی مجھ سے محبت نہیں کرتا/کرتی۔					
۴ مجھے لگتا ہے کہ میرا/میری شریک حیات اتنا قریب آنے میں ہچکچاہٹ محسوس کرتا/کرتی ہے جتنا/جتنی میں چاہتا/چاہتی ہوں۔					
۵ میں اپنے/اپنی شریک حیات پر انحصار کرنے میں آرام دہ ہوں۔					
۶ مجھے اپنے/اپنی شریک حیات کے قریب آنے پر کوئی فکر/پریشانی نہیں ہوتی۔					
۷ مجھے لگتا ہے کہ شریک حیات اس وقت کبھی موجود نہیں ہوتا/ہوتی جب آپ کو اس کی ضرورت ہو۔					
۸ میں اپنے شریک حیات کے قریب ہونے میں کچھ حد تک بے آرام ہوتا/ہوتی ہوں۔					
۹ میں اکثر فکر کرتا/کرتی ہوں کہ میرا/میری شریک حیات میرے ساتھ رہنا نہیں چاہے گا/چاہے گی۔					
۱۰ جب میں اپنے شریک حیات کے لیے اپنے جذبات کا اظہار کرتا/کرتی ہوں تو مجھے ڈر ہوتا ہے کہ وہ میرے بارے میں ویسا محسوس نہیں کرے گا/گی۔					
۱۱ میں اکثر سوچتا/سوچتی ہوں کہ میرا/میری شریک حیات واقعی میری پرواہ کرتا/کرتی ہے یا نہیں۔					
۱۲ میں اپنے شریک حیات کے ساتھ قریبی تعلق بنانے میں آرام دہ محسوس کرتا/کرتی ہوں۔					
۱۳ میں بے آرام ہوتا/ہوتی ہوں جب میرا/میری شریک حیات جذباتی طور پر بہت زیادہ قریب ہو جائے۔					

بیانات	۱	۲	۳	۴	۵
	بالکل بھی میری خصوصیت نہیں ہے	تھوڑا سا میری خصوصیت ہے	معتدل طور پر خصوصیت ہے	زیادہ میری خصوصیت ہے	بالکل میری خصوصیت ہے
۱۳					
۱۵					
۱۶					
۱۷					
۱۸					

Appendix – E
Self-disclosure Index

ہر بیان غور سے پڑھیں اور بتائیں کہ آپ یہ باتیں شریک حیات سے کس حد تک زیر بحث لاتے ہیں۔ ایمانداری سے جواب دیں۔

بیانات	۰ بالکل نہیں	۱ تھوڑا	۲ معتدل	۳ بہت زیادہ	۴ پوری طرح اور مکمل طور پر
۱ میں اپنی ذاتی عادات پر اپنے شریک حیات سے گفتگو کرتا/کرتی ہوں۔					
۲ میں اپنے شریک حیات کے ساتھ ان چیزوں پر بات چیت کرتا/کرتی ہوں جو میں نے کیں اور میں ان پر شرمندہ ہوں۔					
۳ میں اپنے شریک حیات کے ساتھ ان چیزوں پر بات چیت کرتا/کرتی ہوں جو میں عام لوگوں کے درمیان نہ کروں۔					
۴ میں اپنے گہرے جذبات پر اپنے شریک حیات کے ساتھ گفتگو کرتا/کرتی ہوں۔					
۵ میں اپنے شریک حیات کے ساتھ اس پر بات چیت کرتا/کرتی ہوں جو مجھے خود میں پسند اور ناپسند ہے۔					
۶ میں اپنے شریک حیات کے ساتھ ان چیزوں پر بات کرتا/کرتی ہوں جو میری زندگی میں اہم ہیں۔					
۷ میں اپنے شریک حیات کے ساتھ اس پر بات چیت کرتا/کرتی ہوں جو مجھے (خصوصیات) وہ شخص بناتی ہیں جو میں ہوں۔					
۸ میں اپنے بدترین خدشات پر اپنے شریک حیات کے ساتھ گفتگو کرتا/کرتی ہوں۔					
۹ میں اپنے شریک حیات کے ساتھ ان چیزوں پر بات کرتا/کرتی ہوں جو میں نے کی ہیں اور جن پر مجھے فخر ہے۔					
۱۰ میں اپنے شریک حیات کے ساتھ دوسروں کے ساتھ اپنے قریبی تعلقات پر بات چیت کرتا/کرتی ہوں۔					

Appendix – F

Public and Private Romantic Display of Affection Scale

براہ کرم ہر بیان کو غور سے پڑھیں اور نیچے دی گئی اسکیل کے مطابق بائیں کالم میں وہ درجہ منتخب کریں جو آپ کے برتاؤ سے سب سے زیادہ میل کھاتا ہو۔

(۵)	(۴)	(۳)	(۲)	(۱)	بیانات	
بالکل میرے برتاؤ سے میل رکھتا ہے	میرے برتاؤ سے میل رکھتا ہے	میرے برتاؤ سے تھوڑا میل رکھتا ہے	میرے برتاؤ سے میل نہیں رکھتا	بالکل میرے برتاؤ سے میل نہیں رکھتا		
					مجھے پسند ہے اپنے شریک حیات کا ہاتھ پکڑنا جب ہم گھر میں ہوں (مثلاً فلم دیکھتے ہوئے)۔	۱
					مجھے پسند ہے عام لوگوں کے درمیان (پبلک پلیس) اپنے شریک حیات کا ہاتھ پکڑ کر چلنا۔	۲
					مجھے پسند ہے اپنے شریک حیات کو گلے لگانا جب ہم گھر میں اکیلے ہوں (مثلاً صوفے پر بیٹھے ہوئے)۔	۳
					اگر میں اپنے شریک حیات کے ساتھ پارک میں چلوں، تو میں اُس کا ہاتھ پکڑوں گا/گی۔	۴
					مجھے پسند ہے اپنے شریک حیات کو ہلکے (جلدی) سے چومنا جب ہم گھر میں اکیلے ہوں۔	۵
					اگر میں پارک میں وقت گزاروں اور ایک بچہ پر بیٹھ جاؤں تو میں اپنے شریک حیات کو تھام لوں گا/گی۔	۶
					میں اکثر دن کے دوران اپنے شریک حیات کو شدت سے چومتا/چومتی ہوں جب ہم گھر میں اکیلے ہوں۔	۷
					میں کبھی کبھار عام لوگوں کے درمیان (پبلک پلیس) اپنے شریک حیات کو نرمی (جلدی) سے چوم لیتا/لیتی ہوں۔	۸
					میں اکثر اپنے شریک حیات کو یہ بتاتا/بتاتی ہوں کہ میں اُس سے پیار کرتا/کرتی ہوں جب ہم گھر میں اکیلے ہوں۔	۹
					میں اکثر اپنے شریک حیات کو دوسروں (خاندان، دوستوں) کی موجودگی میں بتاتا/بتاتی ہوں کہ میں اُس سے پیار کرتا/کرتی ہوں۔	۱۰

Appendix – G
Interpersonal Attraction Scale

ذیل میں دیے گئے پیمانے یہ ظاہر کرنے کے لیے بنائے گئے ہیں کہ آپ اپنے شریک حیات کو کتنا پرکشش سمجھتے ہیں۔ براہ کرم "اپنے شریک حیات" کی کشش کے بارے میں اپنے تاثرات بیان کریں۔ براہ کرم یہ ظاہر کریں کہ ہر بیان آپ پر کس حد تک لاگو ہوتا ہے۔

بیانات	۱ شدید اختلاف	۲ اختلاف	۳ غیر جانبدار	۴ اتفاق	۵ شدید اتفاق
۱ میں سوچتا/سوچتی ہوں کہ وہ کافی خوب (ہینڈ سم)/حسین ہے۔					
۲ وہ کچھ حد تک بھدا/بھدی ہے۔					
۳ وہ جنسی طور پر کافی پرکشش دکھتا/دکھتی ہے۔					
۴ مجھے وہ جسمانی طور پر بہت پرکشش لگتا/لگتی ہے۔					
۵ مجھے نہیں پسند وہ جیسا دکھتا/دکھتی ہے۔					
۶ وہ زیادہ جاذبِ نظر نہیں ہے۔					

Appendix – H

Relationship Assessment Scale

براہ کرم اپنے شریک حیات کے ساتھ اپنے رشتے کے بارے میں سوچیں اور نیچے دی ہوئی درجہ بندی کے مطابق جواب دیں۔

ترتیبی نمبر	سوالات	(۱) کم	(۲) تھوڑا کم	(۳) معتدل	(۴) تھوڑا زیادہ	(۵) زیادہ
۱	آپ کا شریک حیات کتنا اچھی طرح آپ کی ضروریات پورا کرتا/کرتی ہے؟					
۲	عام طور پر آپ اپنے رشتے سے کتنا مطمئن ہیں؟					
۳	دوسرے لوگوں کے رشتے کے مقابلے میں آپ کا رشتہ کتنا اچھا ہے؟					
۴	آپ کتنی دفعہ یہ خواہش کرتے ہیں کہ آپ اس رشتے میں نہ بندھے ہوئے؟					
۵	آپ کے رشتے نے آپ کی حقیقی توقعات کو کس حد تک پورا کیا ہے؟					
۶	آپ اپنے شریک حیات سے کتنا پیار کرتے ہیں؟					
۷	آپ کے رشتے میں کتنے مسائل ہیں؟					

Appendix – I

Authors' Permission for Scales

Adult Parental Acceptance-Rejection Questionnaire – Short Form

(Father & Mother Version)

7/5/25, 5:08 PM

Gmail - Urgent: Request for Permission to use Parental Acceptance-Rejection Questionnaire-Short Form (PARQ-SF)



Aiman Irfan <iaimanirfan@gmail.com>

Urgent: Request for Permission to use Parental Acceptance-Rejection Questionnaire-Short Form (PARQ-SF)

Rohner, Ronald P. <r.rohner@uconn.edu>
To: Aiman Irfan <iaimanirfan@gmail.com>

Mon, Nov 18, 2024 at 9:26 PM

Hello Aiman,

After collecting data from respondents, to score the measures, go to <http://parscore6.appspot.com> and using a Gmail account (we are hosted on the Google cloud), register your project. Answer all questions in affirmative. You will then be ready to score. Use the following protocol to enter item scores:

Numerical Scoring. Record the numerical score for each response as follows:

Almost Always	Sometimes	Rarely	Almost Never
True	True	True	True
4	3	2	1

The scoring program does all reverse-scoring for you, as well as computes for missing data. This email serves as copyright release. Please do not share these materials with any third party. Measures copyrighted by Rohner Research Publications may never be published in full or made publicly available in other ways. Do not include any measure in its entirety in a PhD dissertation, BA or BS, Masters, MPhil thesis, or published article. A footnote in any writing may say "The full-text measure is removed because of international copyrights. If you would like to access the full measure, please contact Rohner Research Publications at <https://rohnerresearchpublications.com>".

I hope this email is useful to you. Please save it for future reference in scoring. Please send the results of your work to us for archival in the Rohner Center.

Warm regards,
[Quoted text hidden]

2 attachments

PARQ.SF.Adult.Father.Urdu.Pakistan.pdf
140K

PARQ.SF.Adult.Mother.Urdu.Pakistan.pdf
137K

Revised Adult Attachment Scale



Aiman Irfan <iaimanirfan@gmail.com>

Request for Permission to use Adult Attachment Scale
2 messages

Aiman Irfan <iaimanirfan@gmail.com>
To: read@usc.edu

Fri, Nov 15, 2024 at 11:44 PM

Dear Dr. Read,
I am contacting you to request your permission to utilize the "Adult Attachment Scale" in my research project for MPhil program at National University of Modern Languages, Islamabad Pakistan. I'm conducting a research to examine the influence of remembrance of Parental Acceptance-Rejection on relational wellbeing of married adults through key relationship attributes, and your scale seems like the perfect tool for assessing adult attachment style in the context of my study.
If you could allow the use of Adult Attachment Scale in this research and any papers that come from it, I would be really appreciative. The scale will only be used for study, and you can be confident that your work will be properly credited with all necessary citations and acknowledgments.
Waiting for your kind response.

Best Regards,
Aiman Irfan

Stephen Read <read@usc.edu>
To: Aiman Irfan <iaimanirfan@gmail.com>

Sat, Nov 16, 2024 at 4:26 AM

Thank you for your interest. I have attached a copy of the scale with scoring instructions. I don't have any recent papers with the scale.

Best, Dr. Read

Stephen J. Read
Mendel B. Silberberg Professor of Social Psychology
Department of Psychology
University of Southern California
Los Angeles, CA 90089-1061
Website: www.stephenjread.com

[Quoted text hidden]

 **Adult Attachment Scale.doc**
58K

Self-disclosure Index



Aiman Irfan <iaimanirfan@gmail.com>

Re: SPN Profile Message: Request for Permission to use Self-Disclosure Index

1 message

Lynn Carol Miller <lmiller@usc.edu>
To: Aiman Irfan <iaimanirfan@gmail.com>
Cc: Lynn Carol Miller <lmiller@usc.edu>

Fri, Nov 15, 2024 at 2:40 AM

Dear Aiman,

Yes, indeed you have my permission. Please be sure when translating to back translate and consider cultural differences in reactions to these items that might affect their meaning for your population.

All the best,

Lynn

On Nov 14, 2024, at 12:17 PM, Social Psychology Network <noreply@socialpsychology.org> wrote:

This Message Is From an External Sender

USC detected that this message came from outside of USC.

[Report Suspicious](#)

Hello Miller,

I am contacting you to request your permission to utilize the 10- item " Self-disclosure Index (Miller, Berg, & Archer, 1983) in my research project for MPhil program at National University of Modern Languages, Islamabad Pakistan. I'm conducting a research to examine the influence of remembrance of Parental Acceptance-Rejection on relational wellbeing of married adults through key relationship attributes, and your scale seems like the perfect tool for assessing Self-Disclosure among partners in the context of my study.

If you could allow the use of the 10-item Self-disclosure Index in this research and any papers that come from it, I would be really appreciative. The scale will only be used for study, and you can be confident that your work will be properly credited with all necessary citations and acknowledgments.

Waiting for your kind response

Best Regards,
Aiman Irfan
MPhil Student,
NUML, Islamabad
+923045252502

Public and Private Romantic Display of Affection Scale



Aiman Irfan <iaimanirfan@gmail.com>

Request for Permission to use Public and Private Romantic Display of Affection Scale

1 message

Dagna Kocur dr <dagna.kocur@us.edu.pl>
To: Aiman Irfan <iaimanirfan@gmail.com>

Wed, Nov 13, 2024 at 5:05 PM

Dear Aiman Irfan,

Thank you very much for your interest in the scale I developed. Of course, I grant you permission to use it, and I wish you success in your research.

I would also like to take this opportunity to invite you and your supervisor to participate in a study I am currently conducting on this topic across various countries and cultures, which I plan to publish in the future. I invite you both to consider co-authorship in this project as well. I am attaching a description of the study along with an invitation. Please let me know if you and your supervisor are interested in collaborating.

Best regards,
Dagna Kocur

On 13.11.2024 08:46, Aiman Irfan wrote:

Dear Kocur,

I am contacting you to request your permission to utilize the 19- item " Public and Private Romantic Display of Affection Scale (Kocur, Prusik & Konopka, 2022) in my research project for my MPhil program at National University of Modern Languages, Islamabad Pakistan. I'm conducting a research to examine the influence of remembrance of Parental Acceptance-Rejection on relational wellbeing of married adults through key relationship attributes, and your scale seems like the perfect tool for assessing Display of Affection in the context of my study.

If you could allow the use of the 19-Item Public and Private Romantic Display of Affection Scale in this research and any papers that come from it, I would be really appreciative. The scale will only be used for study, and you can be confident that your work will be properly credited with all necessary citations and acknowledgments.

Waiting for your kind response

Best Regards,
Aiman Irfan
MPhil Student,
NUML, Islamabad
+923045252502

--

dr Dagna Kocur

Zastępca Dyrektora Instytutu Psychologii

Pełnomocniczka rektora ds. przeciwdziałania molestowaniu seksualnemu

Pełnomocnik Rzecznika Praw Studenta i Doktoranta

Uniwersytet Śląski w Katowicach
Wydział Nauk Społecznych
Grzybskiego 53
40-126 Katowice

Interpersonal Attraction Scale

Welcome to my website! This site had been designed to provide information about me and my research programs. All material on this site is provided free-of-charge and may be used at no cost so long as it is appropriately cited. There are five categories of information: biographical data (the usual vita information), publications (listings of published books, book chapters, monographs, periodicals, and book reviews); communication research measures (various scales which have been developed for use in communication research), electronic publications (papers which were presented at professional conventions and published here for the first time), and current information for students in my undergraduate classes.

All of my published journal articles are available (Periodicals) and can be downloaded. There is a listing of papers presented at conventions (Convention Presentations), but the text of those papers is not available (I do not even have a copy of many of them). However, many have been published as journal articles and are available for downloading (Publications). I am in the process of identifying unpublished convention papers which may be of particular interest to some researchers but have not been published. These will be published here for the first time (Electronic Publications). There is a listing of my published books (Academic Books and Textbooks). Some of these, which are not currently in print or do not have a later edition in print, will be made available on this site (free) as time permits. Only one is now available. Many research measures that I (and/or my colleagues) have developed are available (Communication Research Measures). Each instrument is provided along with its scoring and the appropriate citation for where it has been published.

A brief list of Monographs is provided. Two of these have been requested frequently--my Carroll Arnold Lecture presented at the 1997 NCA convention, and a monograph reporting 13 research studies relating to the use of evidence in persuasive communication. The former was distributed to all the members of NCA as a monograph by Allyn & Bacon. The latter was originally distributed as a monograph by the Speech Communication Research Center at Michigan State University, which no longer exists. These 13 studies were summarized in an article in the *Quarterly Journal of Speech* (1969), but have not been available as a full report until now.

I have also added my doctoral dissertation to the list of Publications. A recent increase of interest in research on evidence as well as attitude and belief measurement has resulted in several scholars contacting me to find out how they might access this dissertation. Now, a full downloadable copy of the dissertation is available by clicking on it under "Publications." This is the original source of my earlier measures of source credibility and the Generalized Attitude Scale.

I would appreciate any comments (good or bad) that you might have concerning this website. The easiest way to reach me is at my email address noted above. I would particularly appreciate it if you find something that is "messed up" and let me know about it! Several people have done this in the past and this has helped me make several improvements on the site.

1.) Biographical Information

- a.) [Brief Biography](#)
- b.) [Education](#)

[Quoted text hidden]