

Perceived Parental Acceptance, Perceived Spousal Acceptance and Psychological Adjustments in Pakistani Adults

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ABSTRACT:

Background: Pakistan is a third world country with less literacy rate and different economics as compare with the developed countries, and we are facing a lot of psychosocial problems, which affect the psychological adjustments in our adult population.

Objective: A non-experimental, co-relational study was designed to find out the relationship between the parental acceptance and spousal acceptance and the effect of their acceptance on the psychological adjustment of married adults. Also find out the gender differences in perception of parental and spousal acceptance and psychological adjustment.

Methodology: The data was collected from different government and non-government organizations of Rawalpindi by using non-probability (purposive convenient) sampling technique. The sample of the study consisted of 100 married individuals (51 males, 49 females). The Parental Acceptance Rejection Questionnaire, Intimate Adult Relationship Questionnaire and Personality Assessment Questionnaire were used to measure the parental acceptance, spousal acceptance and psychological adjustment, respectively.

Results: In the present study, the data was analyzed through SPSS (Statistical Package for Social Sciences) using Bivariate Correlations as well as t-test to find out the correlations and gender differences. It was found that married individuals who perceived their father and mother as loving and caring in their childhood also perceived their spouse as accepting in their latter life. And those who perceived their parents as accepting were better adjusted psychologically. Married individuals who perceived their spouses as accepting were well adjusted psychologically. They have high self-esteem, self-adequacy and emotional stability.

Conclusion: On the basis of the findings of present study, it was concluded that perceived parental acceptance, perceived spousal acceptance and psychological adjustment have significant positive relationship with each other. The present study signifies the importance of parent child relation and also highlights the need for developing training program for parenting.

Keywords: Intimate partner acceptance; parental acceptance; psychological adjustment; attachment relationships. (JRCRS 2013; 1:28-33)

INTRODUCTION

The present study explores the relationship between the perceived parental acceptance, perceived spousal acceptance and psychological adjustment of Pakistani adults.

Perceived parental acceptance means how an individual perceive and interpret the parental love, care, warmth that they receive in their childhood. According to Rohner's 2008, Parental love, warmth, affection, concern, support etc. that they show towards their children is known as parental acceptance¹.

Perceived spousal acceptance means how an individual perceive and interpret the spousal love, care, attention etc. The spousal acceptance refers to, confidence in a partner's positive regard

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(either husband or wife), love and constant acceptance. Perceived spouse acceptance means spouse perceive that their romantic partners love them, value them and they feel sense of affection and warmth. According to Fincham and Bradbury 1987. Stanley 1995, there are deleterious effects of marital distress on physical health, psychological well-being and worker's productivity. 2

Psychological adjustment is defined as "an individual's affective, cognitive, perceptual, and motivational dispositions to respond and actual observable behaviors of responding in various life conditions". Psychological adjustment includes attributes of reliance, unfriendliness /aggression, negative self-esteem, negative self-adequacy, emotional unresponsiveness, emotional instability, and negative worldview.

The perceived parental love, care, warmth etc are essential for an individual to make close relationship with intimate partner. According to Rohner, Melendez, and Rickaby in 2008, those individuals who perceived their parents as loving, caring and supporting in childhood also perceived their spouse as accepting and supporting³.

Veneziano in 2000 proposed that both perception of father's acceptance and perception of mother's acceptance are widely related to youths' self-reported psychological adjustment. 4

According to Townsend and Franks in 1997, the quality of family relationships would seem to be particularly important in later life of a child (5). Chyung and Lee in 2008 (6), proposed that the individual's perception of their intimate partner's acceptance was positively correlated with their psychological adjustment.

According to Rohner and Varan 2008, both men and women tend to perceive significant acceptance from three most important attachment figures (mother, father, and spouse). Individuals need love, care (acceptance) from their parents and partners, if their need is not fulfill then they may be psychologically maladjusted.⁷

A study conducted by Khaleque, Ronald, and Helena in 2008, proposed that there are considerable positive correlations between male's and female's psychological adjustment and perception of intimate partner acceptance as well as perception of perceived parental acceptance in childhood. 8

Parmar and Rohner in 2008, proposed that the more accepting individual perceive their spouses to be, the better was their psychological adjustment; similarly, the more accepting they perceived their parents to have been when they were children, the better was their psychological adjustment 9.

MATERIALS and METHODS

On the basis of above mentioned previous researches following hypothesis are formulated:

1. The perceived parental acceptance is positively correlated with perceived spousal acceptance.
2. The perceived parental acceptance is positively correlated with psychological adjustment.
3. The perceived spousal acceptance is positively correlated with psychological adjustment.
4. Men might perceive parental rejection more as compare to women.

This was a co-relational study which had been conducted in order to find out the relationship between the perceived parental acceptance, perceived spousal acceptance and psychological adjustment of adults.

In this research the sample consisted of 100 married individuals (51 males, 49 females), with in the age range of 25-55 years ($M=37.14$; $SD=9.21$). 23 females were working women while 26 were house wives. The data was collected from different government and non-government organizations, which include schools, colleges, hospitals, and banks of Rawalpindi.

Purposive convenient and snow ball sampling techniques were used for data collection. The inclusion criteria for participation in this research were any married individual who had spent at least 4 years of married life and have been living together and their age ranging from 25 to 55 years. All participants had minimum of 14 years of education and could easily comprehend English language. Participants not fulfilling the given criteria were not included in the present research.

The protocol of study consists of demographic sheet and three self-report questionnaires. The protocol consisted of the following instruments: Demographic information was collected through demographic data sheet which was developed by the researcher according to the required information and need of research. It provided information in terms of ID number, gender, age, education, occupation, approximate monthly income, family system, number of family members, married in or out of the family, years of married life, and number of children.

The version of PARQ used in present study consists of 60 self-report items. There are four scales that measure child's perceptions of their maternal and paternal acceptance rejection. The four scales are warmth/affection, hostility/aggression, indifference/neglect, and undifferentiated rejection. Taken together these four scales compose the total PARQ score used in this study. Four point Likert scale (from almost al-ways true to almost never true) was used for scoring. In PARQ (both father and mother versions) item number 7, 14, 21, 28, 35, 42, & 49 have reverse scoring. Lowest score is 60 and highest score is 240. In this research both father and mother versions of PARQ were used.

This instrument was used to measure the acceptance rejection between the spouses. There are five sub-scales of IARQ, which include Warmth/Affection scale, Hostility/Aggression scale, Indifference/Neglect scale, Undifferentiated Rejection scale, and control scale. This version of IARQ contains a total of 73 items, 60 of which related to different expressions of perceived acceptance rejection and 13 of which pertain to the perceived behavioural control of partners. The behavioural control portion of IARQ/Control was not used in this research. 4-point Likert scale (from almost always true to almost never true) was used for scoring. There are some items in IARQ which have reversed scoring. The items which have reversed scoring are 8, 17,

23, 26, 32, 35, 41, 44, 53, 54, & 62. The scores were ranging from low score of 60 to high score of 240. The higher the score, the more rejecting individuals perceive their partners to be.

The psychological adjustment was operationally defined as score on personality assessment questionnaire. Personality assessment questionnaire was developed by R. P. Rohner in April, 2005. PAQ consist of 63 items. Four point Likert scale was used for scoring. Scores on the Adult PAQ range from a low of 63, indicating healthy psychological adjustment, to a high of 252 indicating serious psychological maladjustment.

RESULTS

The data analysis was carried out with SPSS (Statistical Package for Social Sciences) version 13.0 for windows. Alpha coefficient reliabilities were calculated for IARQ, PAQ and PARQ (both father and mother version). Pearson Product Moment Correlation was used to find correlations between paternal and maternal acceptance, intimate adult relationship, and psychological adjustment. In order to compare the means for gender differences in terms of intimate adult relationship, psychological adjustment and paternal and maternal acceptance, t-test was used.

Table 1:

Pearson Product Moment Correlation between Perceived Parental Acceptance (both father and mother), Intimate Adult Relationship and Psychological Adjustment.

Intimate Adult Relationship (r)		Psychological Adjustment (r)
Parental Acceptance	0.441**	0.536**
Maternal Acceptance	0.562**	0.590**

* $p \leq 0.005$, ** $p \leq 0.01$

Table shows that there is significant positive correlation between perceived parental acceptance and intimate adult relationship. There is also significant positive relationship between perceived parental acceptance and psychological adjustment.

Table 2:

Pearson Product Moment Correlation between intimate adult relationship and psychological adjustment.

Psychological Adjustment (r)
Intimate Adult Relationship 0.61**

* $p \leq 0.005$, ** $p \leq 0.01$

Table shows that there is significant high positive relationship between intimate adult relationship and psychological adjustment.

Table 3:

Mean value and standard deviation of intimate adult relationship, psychological adjustment, paternal acceptance and maternal acceptance for male and female participants. (N=100, 51 males, 49 females)

Scale	Gender	Mean	SD	t	p
IARQ	Male	136.61	29.15	-0.024	0.80
	Female	138.16	33.19		
PAQ	Male	129.33	24.55	-0.007	0.99
	Female	129.37	23.91		
PARQ (father)	Male	108.98	25.91	1.26	0.21
	Female	101.94	29.87		
PARQ(mother)	Male	109.45	28.84	1.42	0.15
	Female	101.39	27.61		

Table shows that there is no significant gender difference in intimate adult relationship, there is minor difference in mean values but the values are not significant. There is no significant gender difference on scores of psychological adjustment. However, the mean values of paternal acceptance and maternal acceptance shows slight gender differences but the values are not significant.

DISCUSSION

The findings of the present research indicate that there is positive correlation between perceived parental (paternal and maternal) acceptance and perceived spousal acceptance $r = .56^{**}$ (see Table no. 1). On the basis of present finding hypothesis number one i.e. the perceived parental acceptance is positively correlated with perceived spousal acceptance is accepted. The result of present study is supported by the study conducted by Rohner, Melendez, and Rickaby in 2008 which reveals that there is a positive correlation between perceived parental acceptance and perceived spousal acceptance³.

Finding reveals that the perceived paternal and maternal acceptance is significantly positive correlated with psychological adjustment $r = .59^{**}$. On the basis of present finding the hypothesis number two i.e. perceived parental acceptance is positively correlated with psychological adjustment is also accepted. The present findings are also supported by the results of Rohner, Melendez and Rickaby in 2008³, that both maternal acceptance and paternal acceptance in childhood continue to be associated with adult's (men's and women's) psychological adjustment. A research conducted by Ripoll-Nunez and Alvarez in 2008, also reveals that individual who perceived their parents as accepting in their childhood are better adjusted psychologically¹². Results of the present study indicate that perceived spousal acceptance is significantly positively correlated with psychological adjustment $r = 0.61^{**}$ (see Table no. 2). On the basis of present findings the hypothesis number three i.e. the perceived spousal acceptance is positively correlated with psychological adjustment is accepted. The result of present research is consistent with a research conducted by Khaleque, Rohner and Laukkala in 2008¹⁰, which reveals that partner acceptance is uniquely important for the psychological adjustment of individuals. As far as gender differences are concerned, the results of present study show that there are no gender differences in perception of parental love, care, affection and warmth. On the basis of present result the hypothesis number four i.e. males perceive parental rejection more as compare to females is rejected. Result of t-test shows that there are no significant gender differences, although there are minor differences occur in mean values (see table no. 3) but the values are not significant.

The finding of the present result shows that there are no gender differences occur in self-esteem, self-adequacy, emotional stability and hostility. The result of study conducted by Rohner, Kamal Uddin, Shamsunnaher and Khaleque in Japan

2008, is also consistent with the result of present study, which reveals that there are no gender differences in psychological adjustment; both male and female have same psychological adjustment¹¹.

CONCLUSION

Keeping in view the findings of present study, several conclusions can be drawn. It is evident from the result of present study that those individuals who perceived their parents as loving, caring and supporting in their childhood have more perceived spousal acceptance and warmth in their later life. The perceived parental warmth, affection and support are significantly positive correlated with high self-esteem, self-confidence and self-adequacy.

Those married individuals who perceived their spouse as loving, caring and supporting were less aggressive, emotionally stable, high self-esteem and high self-adequacy.

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