

RELATIONSHIP BETWEEN REJECTION SENSITIVITY AND SELF-MONITORING

ABSTRACT

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Rejection sensitivity is the tendency to "anxiously expect, readily perceive, and overreact" to social rejection. Persons vary in their willingness to observe and respond to refusal. Self-monitoring is defined as a personality trait that refers to an ability to regulate behaviour to accommodate social situations. People concerned with their expressive self-presentation tend to closely monitor their audience in order to ensure appropriate or desired public appearances. This research studies the relationship between Rejection Sensitivity and Self-monitoring. This subject was selected since numerous individuals go through refusal and it is not only painful but rejection that occurs initial in lifetime is thought to decrease the individual's skill to manage with upcoming relations. A rejection sensitive person often tends to behave in a manner which is unacceptable by the society such as, they show aggression, anger and jealousy towards other people. In romantic relationships also people who are sensitive to rejection behave in a different manner. Once you are expecting refusal it is problematic to be content with or feel safe in relations, as you will see refusal often and often even when it isn't planned. In this study correlation method was used to study the relationship between these two variables. A sample of 60 participants was taken and all were adults. They were asked to fill a questionnaire and then the data analysis was done. The correlation coefficient was calculated with the obtained data and it came out to be -0.2, which is a negative correlation. Therefore it can be concluded that there is a negative correlation between rejection sensitivity and self-monitoring. In future further researches more studies can be done on this topic to know the behaviour and symptoms of rejection sensitive persons.

KEYWORDS: Rejection sensitivity, self-monitoring, young adults.

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CHAPTER 1

INTRODUCTION

REJECTION SENSITIVITY

The desire to be accepted by others, to have a sense of belonging, is a profound human motivation, one that is felt in some way from birth throughout life. Our natural state is to live in communities. Belonging to a community contributes to a sense of identity and purport.

When someone is abnegated by members of a desired group, exasperation, solitude, apprehensiveness and melancholy often result. Repudiation is not only painful but repudiation that transpires early in life is thought to reduce the person's facility to cope with future relationships. When children are consistently teased and left out, they are more liable to develop interpersonal repudiation sensitivity.

Interpersonal abnegation sensitivity is a hyper-vigilantness to the convivial reactions of others. When someone has repudiation sensitivity, they apprehensively expect and rapidly perceive and overreact to abnegation. Because of their trepidations and prospects, individuals with abnegation sensitivity may misinterpret and distort the actions of others. They then react with hurt and exasperation. The other person is perplexed, doesn't understand, or optically discerns the repudiation sensitive person as too high maintenance.

Individuals who are abnegation sensitive often visually perceive abnegation by others as a verbalization that they are unacceptable as people. They optically discern repudiation as being a judgment about their worth as a person. Haplessly, having repudiation sensitivity can mean a self-consummating prophecy. When you are expecting repudiation it is arduous to be satiated with or feel safe in relationships, as you will visually perceive repudiation frequently and often even when it isn't intended. When you aren't feeling repudiated, you are liable to be expecting it.

INTERPERSONAL ACCEPTANCE-REJECTION THEORY

Interpersonal acceptance-rejection theory (IPARTheory) is an evidence-based theory of socialization and lifespan development. It is composed of three sub theories, each of which deals with a separate but interrelated set of issues. IPARTheory's personality sub theory – which is the most highly developed component of the theory– deals primarily with the nature and effects of interpersonal acceptance and rejection. Coping sub theory explores the fact that some individuals are better able to cope with experiences of perceived rejection than are other individuals. Finally, IPARTheory's sociocultural systems sub theory attempts to predict and explain major causes and sociocultural correlates of interpersonal acceptance rejection worldwide. Empirical evidence overwhelmingly supports the theory's major postulates and predictions.

SELF MONITORING

Self-monitoring is a concept introduced during the 1970s by Mark Snyder, that shows how much people monitor their self-presentations, expressive behaviour, and nonverbal affective display. Human beings generally differ in substantial ways in their abilities and desires to engage in expressive controls. It is defined as a personality trait that refers to an ability to regulate behaviour to accommodate social situations. People concerned with their expressive self-presentation tend to closely monitor their audience in order to ensure appropriate or desired public appearances. Self-monitors try to understand how individuals and groups will perceive their actions. Some personality types commonly act spontaneously (low self-monitors) and others are more apt to purposely control and consciously adjust their behaviour (high self-monitors). High self-monitors facilely blend into convivial situations, kenning what to do or verbalize with each person. They appear more amicable and less apprehensive to observers, and are sensitive to gregarious cues are liable to vary their demeanor from situation to situation. High self-monitors read non-verbal demeanor preponderant, and will transmute their deportment to suit the situation as they perceive it. They are more concerned with acting opportunely than being true to themselves. If an outcome depends on another person, high self-monitors will recall more information about the other person, and make more confident judgments and extreme inferences about the other person.

High self-monitors (HSMs) describe themselves as flexible, adaptive, and shrewd. They incline to utilize circumstantial factors to explicate their deportment. They have many friends, but are not very proximate with most of them. They have different friends for different activities. Amity loss is not an arduousness, as there are other friends to take the place of any that are disoriented.

Low self-monitors (LSMs), on the other hand, act themselves regardless of the situation, so they infrequently conform to the norms of the convivial setting. LSMs are less sensitive to gregarious cues, and less liable to transmute their demeanor from one situation to another. LSMs prefer to be optically discerned as they genuinely are, and they deport so as to express internal postures and dispositions. Their postures are more accessible, so LSMs have a more preponderant consistency between their postures and their comportment. LSMs are more liable to show effects of fatigue and moods than HSMs.

Low self-monitors describe themselves as consistent and principled, and they utilize dispositional explications to explicate their comportment. They have few friends, but these friends are quite proximate to them. They have the same friends for all of their activities. They cull friends with homogeneous postures. Amity loss is arduous. They incline to have steady, and more intimate relationships, and they care about their partner's personality

CHAPTER-2**REVIEW OF LITERATURE**

Interpersonal Abnegation Sensitivity is a hyper-vigilantness to the gregarious reactions of others. When someone has abnegation sensitivity, they solicitously expect and yarely perceive and overreact to repudiation. Self-monitoring is a personality trait that refers to a facility to understand how individuals and groups will perceive their actions. There are some anterior researches done on these variables, which are as follows.

People high in abnegation sensitivity (RS) apprehensively expect repudiation and are in jeopardy for interpersonal and personal distress. Two studies inspected the role of self-regulation through plannedconsiderationdisposition in justifying the connection between RS and maladaptive consequences. Self-regulation was measured by the postponement of satisfaction (DG) example in youthful. In Study 1, toddlers from the Stanford University community who participated in the DG model were measured 20 years later. Study 2 evaluated low-income, minority middle school children on commensurable events. DG facility defended high-RS persons from socialproblems (aggression, peer repudiation) and reduced salubrity (e.g., low self-worth, higher drug use). The protective effect of DG facility on high-RS children's self-esteem is explained by reduced interpersonal dilemmas. Attentional devicesfundamental the interfaceamong RS and strategic self-regulation are argued.

- Ayduk, Ozlem Mendoza-Denton, Rodolfo Mischel, Walter Downey, Geraldine Peake, Philip K. Rodriguez, Monica

This study used longitudinal, multi-herald data, in a community sample, to examine the role of repudiation sensitivity in tardy adolescents' gregarious and emotional development. Repudiation sensitivity was linked to a relative increase in adolescent depressive and apprehensiveness symptoms over a three-year period, even after accounting for teens' baseline level of convivial competence. Supplementally, reciprocal relationships emerged between repudiation sensitivity and internalizing symptoms. Repudiation sensitivity was withal linked to relative decreases in peer-reports of teens' gregarious competence over a three-year period. Consistent with research on gendered socialization, males reported higher calibers of repudiation sensitivity than females at age 16 and 17. Results are interpreted as highlighting the consequentiality of repudiation sensitivity in understanding tardy adolescent convivial and emotional development.

- Emily G. Marston, Amanda Hare, and Joseph P. Allen

Researchers view repudiation sensitivity within the Cognitive-Affective Processing System framework, which holds that an individual's personality disposition consists of highly contextualized but stable profiles of if-then situation dependent departments.

-Ayduk, 2000; Mischel & Shoda, 1995

Abnegation sensitivity is viewed as a dynamic cognitive-affective mechanism through which internal working models of relationships influence prospects, perceptions and reactions in interpersonal situations.

- Ayduk, May, Downey, & Higgins, 2003.

In abnegation pertinent situations, prospects are automatically activated, preparing people high in repudiation sensitivity to more rarely perceive the occurrence of abnegation in the demeanors of others and to react defensively

-Downey & Feldman, 1996.

Repudiation sensitivity appears to be concretely salient in the development of internalizing quandaries at other points in the lifespan that are not characterized by such pervasive change. Children and adults high in repudiation sensitivity are more liable to experience a variety of internalizing quandaries (e.g. gregarious solicitousness, withdrawal, solitude and depressive symptoms) potentially due to maladaptive coping replications which impair convivial relationships; and a lack of perceived control in obviating gregarious repudiation which trigger negative cognitions and affective replications.

- Downey, Lebolt, & Freitas, 1998; Sandstrom, 2003.

Abnegation sensitivity (RS) has consequential negative impacts on individuals' gregarious cognitions, feelings, and interpersonal demeanors. The present research assessed the hypothesis that the effect of RS on puerile adults' solitude is mediated by their propensity to withdraw from gregarious contact so as to eschew possible abnegation. Participants consummated measures of their RS, their tendencies to engage in convivial withdrawal to eschew repudiation, and their solitude; as well as measures of their gregarious avoidance and distress, self-esteem, and convivial self-efficacy. Results attested the main hypothesis and withal designated that RS is positively cognate to convivial avoidance and distress, and negatively cognate to self-esteem and convivial self-efficacy.

–John Watson and Drew Nesdale.

Twenty-seven studies pertaining to the utilization of self-monitoring for demeanor management purposes in special edification classrooms were examined. The studies were described in detail, questions regarding the reactivity of self-monitoring were posited, and implicative insinuations for classroom ordination were delineated. It was found that self-monitoring can be prosperously utilized with special edification students of sundry ages in sundry settings to increment (a) attention to task, (b) positive classroom comportments, and (c) some convivial skills. It can supplementally be prosperously used to decrement infelicitous classroom demeanor. Self-monitoring ostensibly has the adscititious benefit of enhancing the likelihood that positive classroom demeanors will generalize to other settings. Self-monitoring techniques are facile to edify and have great promise as a deportment management strategy.

However, incipient information regarding whether self-monitoring is true self-management or self-regulation was not found in this review. It is recommended that further research be conducted to examine whether self-monitoring works better than pedagoga-monitoring to control student department and to determine whether internal or external contingencies account for the reactivity effects.

-Jo Webber and Brenda Scheuermann

Two studies examined the relationship between self-monitoring and factors influencing romantic magnetization to others. In Study 1, participants consummated an Internet-mediated version of the Self-Monitoring Scale and betokened which of two people (one physically captivating, one with a more desirable personality) they found most alluring. Results matched antecedent findings but the effect was more diminutive. Study 2, a paper-and-pencil replication of Study 1, examined whether the more impuissant effect was due to Internet mediation and found no differences in the culls made by high and low self-monitors. Results suggested that while determinants of magnetization may vary for different populations, Internet research methods can tap the same phenomena as traditional laboratory studies.

-Gangestad & Snyder,

Abnegation Sensitivity (RS) is the disposition to apprehensively expect, yarely perceive, and vigorously react to repudiation. (Romero-Canyas, Downey, Berenson, Ayduk, & Kang, 2010, p.545) Downey & Feldman developed the Repudiation Sensitivity Questionnaire (RSQ) as an expedient of assessing an individual's level of repudiation sensitivity. They describe "people who incline to apprehensively expect repudiation as high RS (HRS) and those who more placidly expect acceptance as low RS (LRS).

(Downey, Freitas, Michaelis, & Khouri, 1998, p. 545). High calibers of RS can lead to demeanors that elicit negative reactions from relational partners. "High repudiation-sensitive(HRS) people's relationships (are) more liable to break up than those of low repudiation-sensitive(LRS) people.

(Downey, Freitas, Michaelis, & Khouri, 1998). Research has been dedicated to revealing why some individuals more yarely anticipate, perceive, and react to communicative cues of repudiation than others. Studies reveal that Self-Regulatory mechanisms accommodate as "protective mechanisms" for HRS individuals.

(Ayuduk, Mendoza-Denton, Mischel, &Downey, 2000).

One form of Self-Regulation is Self-Monitoring (SM). SM "involves self-observation and self-control guided by circumstantial cues to convivial congruousness." (Snyder, 1974) Mark Snyder developed the Self-Monitoring Scale (SMS). Respondents of the SMS are either rated as high Self-Monitors (HRS) or low Self-Monitors (LSM). The High-SM individual should be (a) more concerned about deporting in a convivially opportune manner, (b) more sensitive to the expression and self-presentation of others in convivial situations, and (c) more adeptness full in utilizing these and other circumstantial cues as

guidelines for monitoring and managing his own self-presentation and expressive deportment". Lower Self-Monitors will exhibit the above deportments and tactics less often and less adeptness plenarily than HSM individuals. Much akin to RS, SM levels are different for males and females. “

With deference to self-monitoring, on the other hand, males were found in Turkey to obtain higher Self-Monitoring scores than females, and this supplementally replicates the results of research in the Coalesced States.

(Kumru & Thompson, 2003)

CHAPTER-3

METHODOLOGY

- **PURPOSE-** To study the relationship between rejection sensitivity and self-monitoring among young adults.
- **SAMPLE-** 60 young adults participated in this study.
- **HYPOTHESIS-** Based on the Review of Literatures, there should be a positive correlation between Rejection Sensitivity and Self-Monitoring.
- **DATA COLLECTION AND ANALYSIS:-**

SCALES-

Rejection Sensitivity Questionnaire, Adult version(A-RSQ): A 9 items questionnaire developed by Berenson, K. R., Gyurak, A., Downey, G., Ayduk, O., Mogg, K., Bradley, B., & Pine, D.S. (2009). The Reliability of this questionnaire is- Internal consistency (alpha) = .89 and Test-retest reliability (Spearman-Brown coefficient) = .91

Self-Monitoring Scale: A 25 items questionnaire developed by Mark Synder (1974)

The Reliability and Validity of this questionnaire are-Test-Retest Reliability = .83 and Validity is- in assessing the validity of the scale, it is found that in comparison to low SM subjects, high SM subjects were rated by peers as being better at emotional self-control and better at figuring out how to behave appropriately in new social situations.

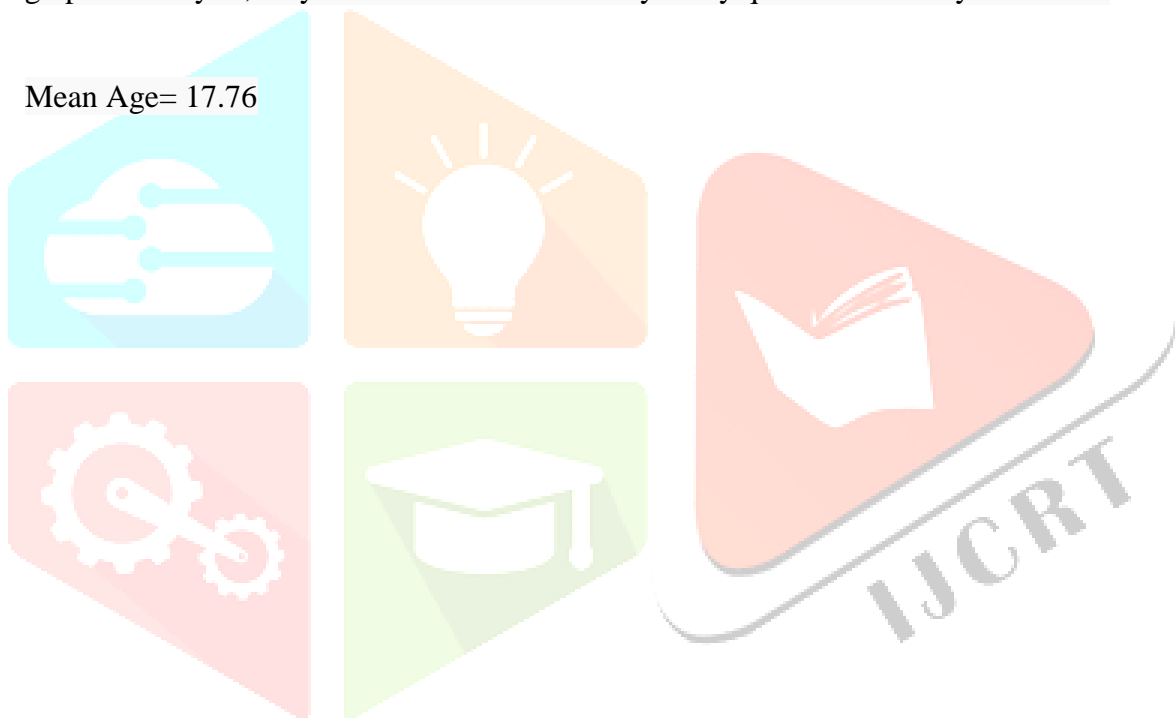
ANALYSIS-

Correlation: Correlation is a statistical measure that indicates the extent to which two or more variables fluctuate together. A positive correlation indicates the extent to which those variables increase or decrease in parallel; a negative correlation indicates the extent to which one variable increases as the other decreases.

A correlation coefficient is a statistical measure of the degree to which changes to the value of one variable predict change to the value of another. When the fluctuation of one variable reliably predicts a similar fluctuation in another variable, there's often a tendency to think that means that the change in one causes the change in the other.

Descriptive statistics: Descriptive statistics are used to describe the basic features of the data in a study. They provide simple summaries about the sample and the measures. Together with simple graphics analysis, they form the basis of virtually every quantitative analysis of data.

- Mean Age= 17.76



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RESULT- The correlation coefficient comes to be -0.2.

TABLE-

N	Correlation coefficient(r)
60	-0.2

*This interprets that when rejection sensitivity increases, self-monitoring skills decreases.



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INTERPRETATION & DISCUSSION:-

The purpose of this research paper was to study the relationship between Rejection Sensitivity and Self-Monitoring. The hypothesis was “there is a positive correlation between Rejection Sensitivity and Self-Monitoring”. Rejection sensitivity is demarcated as the affinity to eagerly assume, willingly observe and exaggerate to societal denial. Social rejection occurs when an individual is deliberately excluded from a social relationship or social interaction. Self-monitoring is defined as the extent to which you consciously employ impression management strategies in social interactions. It is the degree to which you adjust your behaviour to situational demands.

The study was conducted among 60 participants and all were young adults. They were asked to fill the questionnaire which had two parts. First part dealt with the Rejection Sensitivity variable and the second part with Self-monitoring variable. The scoring was done according to the manual. Then the correlation coefficient was calculated with the obtained data, which came out to be -0.2. The Pearson correlation coefficient, r , can take a range of values from +1 to -1. A value of 0 indicates that there is no association between the two variables. A value greater than 0 indicates a positive association; that is, as the value of one variable increases, so does the value of the other variable. A value less than 0 indicates a negative association; that is, as the value of one variable increases, the value of the other variable decreases.

Hence, the hypothesis is not retained as the result shows that there is a negative correlation between Rejection sensitivity and self-monitoring. This means that when a person's rejection sensitivity level increases, his self-monitoring skills decrease. Therefore, it can be said that when a person is high in rejection sensitivity, he is unable to monitor his behaviour and reacts in a very unruly manner.

CONCLUSION- After the conduction of this study it can be concluded that there is a negative relationship between rejection sensitivity and self-monitoring. When rejection sensitivity of a person increases i.e. he always sees rejection by others as a statement that he is unacceptable. Because of their fears and expectations, individuals with rejection sensitivity may misinterpret and distort the actions of others. They then respond with offended and annoyance. The other individual is disordered, doesn't comprehend, or understands the refusal delicate being as too high care. When someone is rejected by members of a desired group, anger, loneliness, anxiety and depression often result. Therefore their self-monitoring skill decreases i.e. their ability to regulate behaviour to accommodate social situations decreases. They behave in a very unruly manner. They show anger, aggression, jealousy towards other people.

LIMITATIONS AND SUGGESTIONS:-

- 1) Sample size can increase in further researches- In this study the sample of 60 participants was taken as the duration was less. But in further studies on this topic, the sample size can be increased.
- 2) Full-fledged research project can be done- This is a pilot study as the time duration and sample size was less. In further researches a complete study can be done.

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