

Moderating Role of Gender in the Effect of Perceived Parental Acceptance-Rejection on Social Appearance Anxiety¹

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Abstract

Social appearance anxiety is a condition that negatively affects a person's relationships in social life. It is assumed that particularly negative early socialization experiences within the family increase the risk of experiencing social appearance anxiety. It is known that there are societal pressures towards male and female appearances due to societal roles and gender expectations. Therefore, it is important to understand and compare the female and male perspectives to comprehend the development of social appearance anxiety. For these reasons, The main problem of this research is the moderator role of gender in the effect of perceived parental acceptance-rejection on social appearance anxiety. The study group of the research consists of 310 participants, 112 (36%) men and 198 (64%) women. The relevant literature was searched, and two theoretical models were formed, which included the variables that were the subject of the research, and the research was built on these variables. Within the scope of this construct, the predictive relationships between the related variables were tested. Structural equation modeling (SEM) was used to test the theoretical models created. It was determined that the theoretical models tested with Confirmatory factor analysis (CFA) had acceptable fit indices. During the analysis, the findings were evaluated by using SPSS and AMOS package programs. In the findings; It was seen that perceived mother and father acceptance-rejection level had a positive effect on social appearance anxiety. In addition, it was determined that as men's perceived maternal and paternal rejection increased, they felt more social appearance anxiety compared to women. However, it was determined that while gender had a moderator role in the effect of perceived maternal acceptance-rejection on social appearance anxiety, gender did not have a moderator role in the effect of perceived father acceptance-rejection on social appearance anxiety. As far as we have examined, this is the first study on these variables. This makes the current study valuable. Furthermore, considering that most studies on social appearance anxiety focus on individuals in adolescence, it is thought that this study will contribute to the literature as it is conducted with adult.

Keywords: Parental acceptance, Social appearance anxiety, Gender, Moderator role,



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INTRODUCTION

Almost all humans want to look attractive to create a positive impact on their social environment. Individuals who are satisfied with their bodies, who are confident in creating a positive impression, and who are at peace with themselves are likely to perceive their bodies positively. On the other hand, individuals who have negative thoughts and beliefs about their physical appearance and who need approval constantly begin to become anxious when they believe that they are deprived of making an effective impression on others ([Çınar and Keskin, 2015](#)). In other words, the individual's perceived impression may cause him/her to experience anxiety about his/her appearance in his/her social environment. In this regard, it is thought to be important to investigate the effect of how adults perceive the relationship pattern with their parents in their childhood as acceptance or rejection on the way a person perceives himself.

Social appearance anxiety is one of the sub-types of social anxiety, which is defined as the anxiety and worry experienced by individuals regarding the evaluation of their physical appearance by others and by themselves within the context of interpersonal relationships ([Hart et al., 1989 cited from. Ökten, 2019](#)). When individuals think that they cannot create an impressive and attractive appearance on other people with their physical appearance, they feel intense anxiety about the image they have, and as a result, social appearance anxiety occurs ([Ballı et al., 2014](#)). Social appearance anxiety results from explicit and implicit feedback from the social environment. In the first stage, children learn about physical characteristics and begin to attach value to these characteristics; later on, the physical characteristics of people become more important during adolescence. The aforementioned physical characteristics include weight, height, muscle strength, posture, skin, etc. The lack or defect of one or more of these features causes beliefs that these will create undesirable situations such as being despised, humiliation or rejection by friends, relatives, teachers and family in the individual's social environment ([Vander Velde, 1985 cited from. Ökten, 2019](#)).

The part of self that is projected outside is the person's body. Feelings, perceptions and evaluations of the self similarly affect perceptions of social appearance that develop in line with human relations ([Gümüş, 2000](#)). According to [Gander and Gardiner \(2010\)](#), individuals need to acquire a positive body image in order to create a positive self-perception. It can be said that body image is the result of many factors that interact with each other ([Amil and Bozgeyikli, 2015](#)). These factors include environmental elements as well as early life experiences. It has been found in literature that social appearance anxiety is based on variables such as attachment and attachment styles, which are related to past experiences ([Temel, 2018](#); [Cash, Theriault and Annis, 2004](#); [Pekin, 2017](#); [Kozan and Hamarta, 2017](#)) and parental attitudes ([Aynur, 2020](#)). It was also found to be associated with parental rejection perception and body satisfaction ([Kelleci, 2022](#)).

There are a large number of systematic efforts trying to predict the reflections of early experiences on personality development and to describe the outcomes of these reflections. One of these is the Parental Acceptance-Rejection Theory (PARTheory) which was developed by Rohner and which is conceptualized as a socialization theory that examines how individuals perceive the acceptance and rejection behaviours offered by caregivers during childhood and adulthood, and the possible effects of these on their lives ([Khaleque and Rohner, 2002](#)).

The concept of warmth is at the centre of the PARTheory. The concept of warmth can be thought of as a dimensional scale with positive and negative ends, which can be located at a point between these two opposite ends of the attitudes of parents perceived by their children ([Abacı, 2018](#)). On the positive side of the concept of warmth, there are feelings that reflect acceptance, such as being cared for, supported, loved, appreciated, feelings of compassion and sincerity that people perceive from their caregivers and individuals they are attached to ([Rohner, 2015](#)). The negative side of the concept of warmth is expressed in the fact that parents are unwilling, inconsistent, neglectful or deliberately harmful in displaying feelings and behaviours that make the individual feel good, and such behaviours are included in the parental rejection cluster ([Khaleque and Rohner, 2002](#)).

According to the PARTheory, children's first mental representations of themselves and their perceptions of value are formed by the attitudes of acceptance and rejection they receive from individuals significant to them (Rohner et al., 2005). Individuals who have experienced intense rejection experiences attach meaning to their selves through the value their parents give them and make them feel (Rohner et al., 2003). The reason for this is related to the fact that individuals tend to perceive their selves in the early stages of their lives as those who raised them see them. If parents don't like their children, children think they are inadequate, unimportant, and they will never be loved (Rohner, 1986). In the light of these explanations, it will be useful to look at the PARTheory in an effort to understand social appearance anxiety.

It is thought that it would be appropriate to benefit from PAR theory in the effort to understand social appearance anxiety due to its theoretical explanations regarding parental influence in the formation of self-perception. In addition, the effect of the way people perceive their relationships with their parents in their childhood on the way a person perceives himself is a subject worth researching. Therefore, the starting point and target of this research is the moderator role of gender in the effect of perceived parental acceptance-rejection on social appearance anxiety. In line with this goal, the hypotheses given in the subtitle were tested. In addition, considering that most of the studies on social appearance anxiety in the literature are carried out with adolescents, it is thought that the fact that this research is conducted with adults will contribute to the literature.

Forming the Research Model and Hypotheses

Social appearance anxiety, which can also be seen together with different disorders, is a type of social anxiety disorder that negatively affects the relationships of individuals in their daily lives (Doğan, 2009). According to Spokas and Heimberg (2009), the relationship pattern between parent and child contributes to the formation and maintenance of social anxiety. In this context, it can be said that social anxiety disorder is one of the pathologies associated with the hostility, neglect and rejection behaviours of parents and the level these are perceived by children (Wittchen and Jacobi, 2005). Studies on the relationship with the past and predicting the future, which have been conducted to examine this discourse, prove the relationship between social anxiety disorder, which appears in childhood, adolescence and young adulthood, and parent's attitudes reflecting rejection (Bögels et al., 2001; Bruch and Heimberg, 1994). For example, Tezcan (2015) found that the neglect dimension of parental acceptance-rejection predicts social anxiety through a negative perspective on self, future and the world. Similarly, when the analysis results of another study were examined, a significant relationship was found between perceived parental rejection and social anxiety symptoms (Akkese, 2019). In a thesis by Akün (2014), it was found that the patient group diagnosed with social anxiety disorder perceived more severe maternal and paternal rejection than the group without such a diagnosis.

According to the results of a meta-analysis by Amianto et al. (2017) which examined the studies conducted between 2000 and 2017 on body image and family functionality; it was seen in many studies that the relationship patterns within the family play a decisive role in resisting the pressures from the environment and increasing the satisfaction with body image. Although the results of the study showed that mothers and fathers have different effects on the psychological structure of the individuals, it was found that attitudes of parents cause the person's perceived image to be negatively evaluated based on the rejection or acceptance received from the outside.

Hypotheses were formed and models related to these hypotheses were constructed by using the explanations above, empirical research and theoretical bases. Rohner (1998) underlined the necessity of examining the mother and father effect separately from each other. Thus, two different models were designed to test the acceptance-rejection of the mother and father. The constructed models are presented in Figure 1 and Figure 2 In the study, perceived parental acceptance-rejection was determined as the independent variable, and social appearance anxiety was determined as the dependent variable.

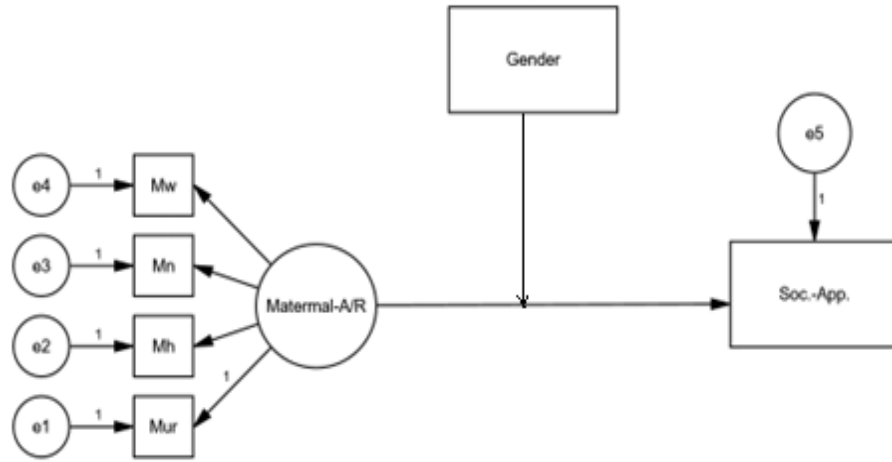


Figure 1: Theoretical Model-A AMOS Diagram on the Relationship Between Perceived Maternal Acceptance-Rejection and Social Appearance Anxiety

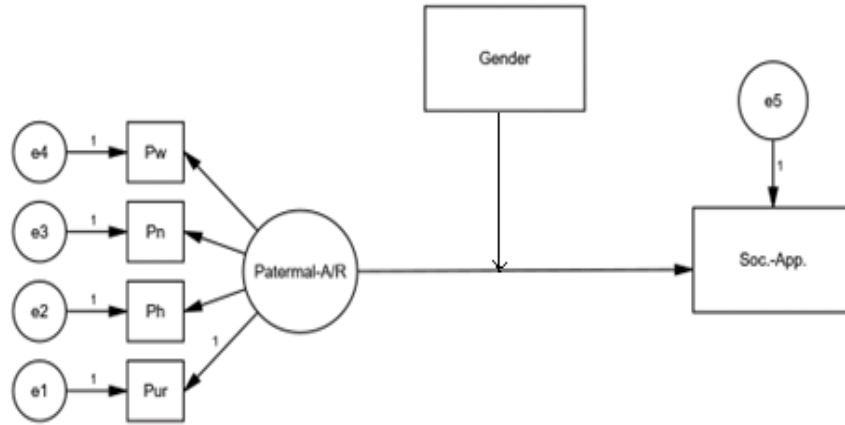


Figure 2: Theoretical Model-B AMOS Diagram on the Relationship Between Perceived Paternal Acceptance-Rejection and Social Appearance Anxiety

The hypotheses of the study are as follows.

H1: Perceived maternal acceptance-rejection has a significant and positive effect on social appearance anxiety.

H2: Perceived paternal acceptance-rejection has a significant and positive effect on social appearance anxiety.

Gender is the formation of social perceptions, social expectations and social characterizations of the concept of man and woman, rather than the biological structural differences of individuals regarding gender. Gender includes general assumptions and roles for men and women (Ayhan, 2016). For example, although there are differences between geographies and cultures, considering the dominant values in the society, women are willing to be weak as a provider of beauty, while men care about muscular body structure as an indicator of strength (Cusumano and Thompson, 1997).

In addition to society, mass media also contribute to the imposition of general assumptions about gender on individuals. The increase in the use of mass media and social media leads to the view that it can trigger social appearance anxiety because the media has important effects in conveying the society's evaluations of male and female appearances. The implicit messages that come with the mass media instill beauty perception patterns to individuals. These different beauty patterns also shape individuals' self-evaluation (Aslan, 2004). This affects the individuals' perception of themselves, their feelings and thoughts (Kılıç, 2015).

In this respect, hypotheses focusing on the moderating effect of gender in the effect of perceived parental acceptance-rejection on social appearance anxiety were developed.

H3: Gender has a moderating role in the effect of perceived maternal acceptance-rejection on social appearance anxiety.

H4: Gender has a moderating role in the effect of perceived paternal acceptance- rejection on social appearance anxiety.

METHOD

1. Research Model

In this study, correlational survey model was used to examine the moderating role of gender in the effect of perceived parental acceptance-rejection on social appearance anxiety. Structural equation modeling was used in the analysis of hypothetical models related to the hypotheses developed based on the literature. This is because it is a method which models the complex relationships between many dependent and independent variables, performs many analyses required by such an analysis at once, takes into account the measurement errors related to the variables in the analyses, and allows to test complex models successfully (Dursun and Kocagöz, 2010).

During the analysis of the data obtained from the study, the findings were evaluated by using SPSS and AMOS package programs. In the first stage, the collected data were transferred to the SPSS program, classified and prepared for analysis. In the study, there were 14 missing data (4.5%) in the mother form of the parental acceptance-rejection scale, 14 missing data (4.5%) in the father form of the parental acceptance-rejection scale, and 5 (1.6%) missing data in the social appearance anxiety scale. Since a decrease in the sample size was not desired, the missing data were assigned a value by stochastic regression method. The reason for choosing stochastic regression method was because it is not as ordinary as the classical mean assignment with a limited value; on the contrary, it processes many variables. In addition, adding the error term to the created regression equation increases the variance in the data set and reduces the bias (Enders, 2010). Causality relationships between parental acceptance-rejection and social appearance anxiety were then tested with the structural equation model in the AMOS program. The independent variable (parental acceptance-rejection), the dependent variable (social appearance anxiety) and the moderator variable (gender) were included in the model. Before starting the structural equation analysis, confirmatory factor analyses of the models were conducted and the goodness of fit values were examined. The analyses were started when the goodness of fit values were at an acceptable level.

2. Study Group

The scales were administered both face-to-face and online, with individuals in different cities of Turkey. The study group consisted of 310 participants, 112 (36%) men and 198 (64%) women. 112 of the participants are in the 18-21 age range, 91 are in the 22-25 age range, 58 are in the 26-29 age range, and 49 are in the 29+ age range. A sufficient sample size should be reached for structural equation modeling (Tabachnick and Fidell, 2015). Ding et al. (1995) suggested that the minimum sample size for the use of maximum likelihood estimation in structural equation modeling should include 100–150 participants. In line with these explanations, it can be seen that the sample of 310 individuals reached in the study is sufficient.

3. Measurement Instruments

1. Personal Information Form

A "Personal Information Form" was created by the researcher to examine the moderating role of gender in the effect of parental acceptance-rejection perceived by emerging adults who participated in the study on social appearance anxiety. Participants' gender and age was asked in the personal information form. In addition, the participants were informed in the Personal Information Form that participation was voluntary, they had the right not to participate in the study or to leave it unfinished;

and in case they participated in the study, personal information and answers would be kept confidential and carefully stored in case of participation in the research.

2. Parental Acceptance-Rejection Questionnaire- Adult Short Form (PARQ/S)

Parental Acceptance-Rejection Questionnaire- PARQ was developed by Rohner, Saavedra and Granum in 1978 in order to determine the level of acceptance and rejection that adults perceive about their childhood experiences from their parents. In 2005, Rohner reduced the long form of the scale to 24 items while preserving the essence of the scale and developed the parental acceptance-rejection scale as a short form. This scale: It has four sub-dimensions: "warmth", "hostility-aggression", "indifference-neglect", "undifferentiated-rejection". The 4-point Likert type scale items are answered as "almost always correct" (4 points), sometimes correct (3 points), "rarely correct" (2 points), never correct (1 point)". As a result, the score that can be obtained from the PARQ/S is between 24 and 96. The total score of the scale is obtained by adding the scores of the answers given to the subscales. A high total score indicates high rejection perceived by the individuals.

The adaptation of the PARQ short form to the language of our country was conducted by Dedeler et al. (2017). In the reliability analyzes conducted within the scope of the adaptation, the Cronbach Alpha internal consistency coefficients of the Turkish form of the scale ranged between .75 and .92 for the Adult PARQ/C Mother Form and between .85 and .96 for the Father Form. Test-retest reliability coefficients vary between .40 and .83 for the Mother Form and between .86 and .96 for the Father Form. Additionally, the split-half reliability of the Mother Form was calculated as .88 and the split-half reliability of the Father Form was calculated as .94. The adaptation study reveals that PARQ is a valid and reliable scale that can be used in clinical and scientific studies carried out in our country (Dedeler et al., 2017). In this study, the internal consistency coefficient was found to be .93 for the mother form and .94 for the father form.

3. Social Appearance Anxiety

Social Appearance Anxiety, which was developed by Hart et al. (2008), was developed to measure the cognitive, emotional and behavioural concerns experienced by individuals regarding their physical appearance. The self-report scale has only one dimension, it has no sub-dimensions. There are 16 items in this scale answered as "(1) Not at all appropriate, (2) Not appropriate, (3) Somewhat appropriate, (4) Appropriate, (5) Completely appropriate" in a five-point Likert scale. A high total score (range of 16 to 60 points) indicates a high level of social appearance anxiety.

Turkish adaptation of the scale was carried out by Doğan et al. in 2010 (Doğan, 2010). As a result of the reliability analyzes carried out within the scope of the adaptation, it was determined that the Cronbach Alpha internal consistency coefficient of the Turkish form of the scale was .93, the test-retest reliability coefficient was .85, and the reliability coefficient calculated by the split-half method was .88. In this study, the internal consistency coefficient of scale was found to be .95.

FINDINGS

Skewness and Kurtosis values were examined in order to find out whether the data showed a normal distribution. These values are given in Table 1. Since the Kurtosis and Skewness values were determined to be between -1.5 and +1.5, it was concluded that the data showed a normal distribution (Tabachnick and Fidell, 2015).

Table 1 Skewness and kurtosis values of the variables of the study

Variables	Standard deviation	Mean	Skewness	Kurtosis
Maternal Acceptance-Rejection	15.09777	41.4001	.913	.428
Paternal Acceptance-Rejection	15.65375	44.5029	.631	-.234
Social Appearance Anxiety	14.71847	35.0218	.761	-.143

Correlation values regarding the relationship between the variables subject to the research are given in the table 2.

Table 2 The relationship between maternal acceptance-rejection, paternal acceptance-rejection and social appearance anxiety total scores

	1	2	3
1. Maternal acceptance-rejection	-	.545*	.301*
2. Paternal acceptance-rejection	.545*	-	.269*
3. Social appearance anxiety	.301*	.269*	-

0.01>p *

A confirmatory measurement model was established for Model A and Model B and model fit indices were examined in order to obtain the most appropriate model to be tested during the analysis process. It was seen that the fit indexes of the findings obtained from the confirmatory factor analysis of the models were at an acceptable level (Table 3-(Schumacher and Lomax, 1996; Schermelleh, Engel and Moosbrugger, 2003). Thus, it can be said that the theoretical model created correlates with the obtained data.

Table 3 Standard fit indices and fit indices for models based on CFA analysis

Fit index	Perfect fit	Acceptable fit	Model-A	Model-B
Chi square/Sd	0-3	3-5	.854	2.363
CFI	.95 ≤ CFI ≤ 1.00	.90 ≤ CFI < .95	1.00	.992
GFI	.90 ≤ GFI ≤ 1.00	.85 ≤ GFI < .90	.994	.988
AGFI	.90 ≤ AGFI ≤ 1.00	.85 ≤ AGFI < .90	.983	.955
TLI	.90 ≤ TLI ≤ 1.00	.85 ≤ TLI < .90	1.00	.980
NFI	.95 ≤ NFI ≤ 1.00	.90 ≤ NFI < .95	.994	.986
RMSEA	.00 ≤ RMSEA ≤ .05	.05 < RMSEA ≤ .10	.00	.066

1- Findings for Hypotheses 1 and 2

The results of the analysis of hypothesis-1 can be interpreted as the perceived maternal acceptance-rejection level having a positive effect on social appearance anxiety ($\beta=.311$, $p<.001$), and that a one-unit increase in the perceived maternal acceptance-rejection level will increase social appearance anxiety by .311 units. According to these results, hypothesis H1 was accepted. According to the available findings, the perceived maternal acceptance-rejection variable explains 10% ($R^2=.10$) of the variance in the social appearance variable.

Table 4: Standardized path coefficients calculated for hypothesis 1 and 2

Relationship between hypotheses	Standard β	Sh	t	p
H1=Maternal acceptance-rejection→ Social appearance anxiety	.311	.307	5.464	***
H2= Paternal acceptance-rejection→ Social appearance anxiety	.226	.283	3.925	***

The results of the analysis of hypothesis-2 can be interpreted as the perceived paternal acceptance-rejection level having a positive effect on social appearance anxiety ($\beta=.226$, $p<.001$), and that a one-unit increase in the perceived paternal acceptance-rejection level will increase social appearance anxiety by .226 units. According to these results, hypothesis H2 was accepted. According to the available findings, the perceived paternal acceptance-rejection variable explains 5% ($R^2=.05$) of the variance in the social appearance variable.

After determining the significant effect of the independent variables on the dependent variable, separate analyses for men and women were conducted for the presence of the moderator effect.

2- Findings for Hypotheses 3 and 4

Table 5: Standardized Path Coefficients Calculated for Hypothesis 3 and Hypothesis 4 When the analysis results of the models established in Table 5 are examined, differences can be seen in terms of women and men in the effect of perceived maternal acceptance-rejection on social appearance anxiety

($\beta=.451$ for men, $\beta=.273$, $p<.001$ for women) and perceived paternal acceptance-rejection on social appearance anxiety ($\beta=.232$ for men, $p<.05$; $\beta=.224$ for women, $p<.01$).

Table 5 Standardized path coefficients calculated for hypothesis 3 and hypothesis 4

	Relationship between hypotheses	Standard β	Sh	t	p
Men	H3e= Maternal acceptance-rejection→Social appearance anxiety	.451	.715	4.834	***
	H4e= Paternal acceptance rejection→Social appearance anxiety	.232	.552	2.445	0.014
Women	H3k= Maternal acceptance-rejection→Social appearance anxiety	.273	.345	3.809	***
	H4k= Paternal acceptance-rejection→ Social appearance anxiety	.224	.331	3.101	.002

Accordingly, it was determined that as the perceived parental rejection of men increased, they felt more social appearance anxiety compared to women. The critical z value of whether the determined difference is significant or not is given in Table 6.

Table 6 Critical z value calculated for hypothesis 3 and 4

Relationship between hypotheses	Mediating effect	z (critical value)	Acceptance/Rejection
H3=Maternal Acceptance-Rejection→ Social Appearance Anxiety	Gender	-2.726	Acceptance
H4= Paternal Acceptance-Rejection→ Social Appearance Anxiety	Gender	-.503	Rejection

It can be seen that the critical z value for the difference between the path coefficients of the female and male groups is -2.726 for H3 and -.503 for H4. Since the critical z value is greater than 1.96 in the analysis of the H3 hypothesis, it can be said that the difference between the groups (female-male) is significant, while it is not possible to say the same for the H4 hypothesis by looking at the critical z value. In other words, gender has a moderating role in the effect of perceived maternal acceptance-rejection on social appearance anxiety. However, it was found that gender did not have a moderating role in the effect of perceived paternal acceptance-rejection on social appearance anxiety.

DISCUSSION, CONCLUSION AND SUGGESTIONS

When the results of the study are considered, it can be seen that the rejected behaviours perceived from the parents have an effect on the formation of negative image regarding the individual's self, physical appearance perception and presence in social life. The level of social appearance anxiety increases as a result of this effect. In addition, when the results are examined, it can be concluded that both parents have independent effects on the child's social and emotional development.

Social appearance anxiety is considered as a result of individuals' negative body image of their physique and appearance (Doğan, 2010). Family and home environment are important factors in shaping body image (Neumark-Sztainer et al., 2010). It can be seen that the effects of the family on the formation and change of body image start from childhood (Golan and Crow, 2004) and this flow continues until old age (Abakay, Alıncak and Ay, 2017). Studies conducted report that the relationship between parents and children is a predictor of body satisfaction even years later (Crespo et al., 2010), the tendency of the family to focus on physical appearance and attractiveness affect children's irregular eating attitudes and weight anxiety (Davis et al., 2004; Field et al., 2001), sarcastic remarks and mocking of parents about weight and appearance are associated with body dysmorphic disorder like symptoms (Densham et al., 2017). In the light of above mentioned information, it is an expected result for parental acceptance-rejection to predict social appearance anxiety.

According to another result of the study, it was found that men felt more social appearance anxiety compared to women as their perceived maternal and paternal rejection increased. Parental

attitudes can be shown as the possible reason for this situation. In a study by [Alabay \(2017\)](#), the sample of which was chosen from our country, it was found that parents with sons are more authoritarian than those with daughters. Another reason is the expectations of the society. The society offers separate social competences for men and women. According to [Doğan \(2009\)](#), men are quite open to experiencing social anxiety as a result of the message that more assertiveness is expected from them in society and that an avoidant attitude does not suit the male identity. In women, shyness and being in the background, which can be associated with social anxiety symptoms, are welcomed by the society.

As a result of the feedback they receive from the society, men are motivated to reach the stereotypical images presented to them. Individuals can take part in social life by means of such an effort. Caregivers, and especially mothers who are the primary caregivers in Turkish culture, have a great importance in instilling this shaping expectation of the society. As a matter of fact, the data obtained from [Rodgers and Chabrol's \(2009\)](#) meta-analysis on the effects of parents' parenting styles on negative body image and negative eating behaviour and the contribution of social pressures support this idea. The results indicate that parents are powerful transmitters of social pressures. In addition, the results show that parental influences have an impact on children's physical appearance concerns and eating attitudes through verbal messages and active encouragement.

It is thought that various psychological and sociocultural factors may be the reason why gender does not play a moderating role in the relationship between paternal acceptance-rejection and social appearance anxiety. Such a result may have arisen because of the fact that mother is the role model since she is the one who spends the most time with children in the early-middle-late childhood and adolescence periods in Turkish society, and because of being exposed to behaviours such as sarcastic remarks about appearance.

- Research can be conducted to determine the variables that will create risks other than parental acceptance-rejection, which is effective in the development of social appearance anxiety.
- The participants' gender distribution is not equal. This is a limitation in terms of the generalizability of the study. Attention can be paid to ensuring gender equality in future research involving group comparisons.
- The majority of studies focusing on the parent factor examine the mother and father effect under the concept of parenting or focus only on the mother effect. Focusing on the paternal effect separately in future studies will be useful in understanding the father's role in various pathologies.
- By using research findings, awareness-oriented activities can be carried out on the effects of parental acceptance-rejection behaviors on children's future lives
- According to the results of the research, the moderating effect of gender can be seen in the effect of maternal acceptance-rejection perception on social appearance anxiety, while the same situation was not seen in the effect of father's acceptance-rejection perception on social appearance anxiety. Qualitative methods can be used in future studies to investigate this situation.

Algılanan Ebeveyn Kabul-Reddinin Sosyal Görünüş Kaygısına Etkisinde Cinsiyetin Düzenleyici Rolü²

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Özet

Sosyal görünüş kaygısı, kişinin sosyal hayattaki ilişkilerini olumsuz etkileyen bir durumdur. Özellikle aile içindeki olumsuz erken sosyalleşme deneyimlerinin, sosyal görünüş kaygısı yaşama riskini artırdığı varsayılmaktadır. Toplumsal roller ve toplumsal cinsiyet beklentileri nedeniyle kadın ve erkek görünümüne yönelik toplumsal baskılar olduğu bilinmektedir. Bu nedenle, sosyal görünüş kaygısının gelişimini anlamak için kadın ve erkek bakış açılarını anlamak ve karşılaştırmak önemlidir. Bu nedenlerle, algılanan ebeveyn kabul-reddinin sosyal görünüş kaygısı üzerindeki etkisinde cinsiyetin düzenleyici rolü bu araştırmanın temel problemini oluşturmaktadır. Araştırmanın çalışma grubu 112 (%36) erkek ve 198 (%64) kadın olmak üzere 310 katılımcıdan oluşmaktadır. İlgili literatür taranarak araştırmaya konu olan değişkenleri içeren iki kuramsal model oluşturulmuş ve araştırma bu değişkenler üzerine inşa edilmiştir. Bu yapı kapsamında ilgili değişkenler arasındaki yordayıcı ilişkiler test edilmiştir. Oluşturulan teorik modelleri test etmek için yapısal eşitlik modellemesi (YEM) kullanılmıştır. Doğrulamalı faktör analizi (DFA) ile test edilen teorik modellerin kabul edilebilir uyum indekslerine sahip olduğu belirlenmiştir. Analizler sırasında bulgular SPSS ve AMOS paket programları kullanılarak değerlendirilmiştir. Bulgulara; algılanan anne ve baba kabul-red düzeyinin sosyal görünüş kaygısını pozitif yönde yordadığı görülmüştür. Ayrıca erkeklerin algıladıkları anne ve baba reddi arttıkça kadınlara kıyasla daha çok sosyal görünüş kaygısı hissettiği belirlenmiştir. Ancak algılanan anne kabul-reddin sosyal görünüş kaygısı üzerindeki etkisinde cinsiyetin düzenleyici rolü olduğu görülmüşken, algılanan baba kabul-reddin sosyal görünüş kaygısı üzerindeki etkisinde cinsiyetin düzenleyici rolü olmadığı tespit edilmiştir. İncelediğimiz kadarıyla bu değişkenler üzerine yapılan ilk çalışmadır. Bu durum mevcut araştırmayı değerli kılacaktır. Ayrıca sosyal görünüş kaygısı ile ilgili araştırmaların çoğu ergenlik dönemindeki kişilerle icra edildiği dikkate alındığında bu araştırmanın yetişkinlerle yapılıyor olmasının literatüre katkı sağlayacağı düşünülmektedir.

Anahtar Kelimeler: Ebeveyn Kabulü, Sosyal görünüş kaygısı, Cinsiyet, Düzenleyici rol



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Genişletilmiş Özet

Problem: Sosyal görünüş kaygısı, kişilerin fiziksel görünüşlerinin diğer insanlar tarafından nasıl değerlendirileceği konusunda endişe duymalarına sebep olan ve kişilerarası ilişkiler bağlamında ortaya çıkan bir tür sosyal kaygıdır (Hart vd., 1989 akt. Ökten, 2019). Kişi, başkaları tarafından olumsuz değerlendirildiğini veya silik bir izlenim bıraktığını düşündüğünde çevresine yansıttığı imaja yönelik yoğun kaygı duymakta ve bunun neticesinde de sosyal görünüş kaygısı ortaya çıkmaktadır (Ballı vd., 2014).

Çocukluk dönemi deneyimlerinin kişilik yapısına yansımalarını tespit etmeye ve açıklamaya çabalayan pek çok bilimsel kuram vardır. Bu kuramlardan birisi olan çocuk ve ebeveyn arasındaki ilişkiye odaklanan Ebeveyn Kabul ve Red Kuramı (EKAR); çocuğun kişisel-sosyal gelişimi ve psikolojik uyumu ile ebeveynlerin algılanan kabul ve red tutumlarının etkileşimlerini ön görmeye ve tasvir etmeye çalışan ve ilkeleri Rohner tarafından geliştirilmiş gelişim odaklı bir kuramdır (Khaleque ve Rohner, 2002).

EKAR Kuramına göre çocukların, kendilerine dair ilk zihinsel temsilleri ve değer algıları kendisi için önemli kişilerden aldığı kabul ve red tutumları ile oluşmaktadır (Rohner ve ark., 2005). Yoğun red yaşıntıları deneyimlemiş bireyler, ebeveynlerinin onlara verdiği ve hissettirdiği değer aracılığıyla kendi benliklerine anlam yüklerler (Rohner ve ark., 2003). Bunun sebebi, bireylerin yaşamının erken dönemlerinde, onu yetiştirenlerin kendilerine baktığı gibi benliklerini algılama eğiliminde olmasıyla ilintilidir. Ebeveynler çocuklarından hoşlanmıyorsa, çocuklar kendilerini yetersiz, önemli olmayan ve asla sevilmeyecek insanlar olduğunu düşünürler (Rohner, 1986).

Bu açıklamalar doğrultusunda sosyal görünüş kaygısını anlama çabasında EKAR kuramı penceresinden bakmanın faydalı olacağı düşünülmektedir. Dolayısıyla bu araştırmanın hareket noktası ve hedefi, algılanan ebeveyn kabul-reddinin sosyal görünüş kaygısı üzerindeki etkisinde cinsiyetin düzenleyici rolüdür. Bu hedef doğrultusunda, alt başlıkta verilen hipotezler sınanmıştır. Ayrıca literatürde sosyal görünüş kaygısı ile ilgili araştırmaların çoğu ergenlik dönemindeki kişilerle icra edildiği dikkate alındığında bu araştırmanın yetişkinlerle yapılıyor olmasının literatüre katkı sağlayacağı düşünülmektedir.

Rohner (1998), anne ve baba etkisinin birbirinden ayrı irdelenmesi gerekliliğinin altını çizer. Çünkü baba sıcaklığı, çocuk gelişiminde annenin etki düzeyi kadar ve hatta bazı durumlarda annenin etkisinden farklı, oldukça emsalsiz sonuçları meydana getirebilir. Bu doğrultuda anne ve baba kabul-reddini sınanan iki ayrı Model-A ve Model-B kurgulanmıştır. Modelde bağımsız değişken (ebeveyn kabul-red), bağımlı değişken (sosyal görünüş kaygısı) ve düzenleyici değişken (cinsiyet) olarak alınmıştır. Kurgulanan modeller Şekil 2.1 ve Şekil 2.2 'de sunulmuştur.

Araştırmanın hipotezleri şu şekildedir;

H1: Algılanan anne kabul-reddin sosyal görünüş kaygısı üzerinde anlamlı ve pozitif bir etkisi vardır.

H2: Algılanan baba kabul-reddin sosyal görünüş kaygısı üzerinde anlamlı ve pozitif bir etkisi vardır.

Toplumsal cinsiyet, kişilerin cinsiyete ilişkin biyolojik yapı farklılıklarından ziyade, kadın ve erkek kavramını toplumsal algıların, toplumsal beklentilerin ve toplumsal nitelendirmelerin oluşturmasıdır. Toplumsal cinsiyet bünyesinde erkek ve kadın için genel kabulleri ve rolleri barındırır (Ayhan, 2016). Cinsiyetlere yönelik genel kabullerin kişilere empoze edilmesinde ailenin yanı sıra kitle iletişim araçlarının da katkısı vardır. Bu sebeple kitle iletişim araçları ve sosyal medya kullanımının artması, sosyal görünüş kaygısını tetikleyebileceği kanısını doğrulamaktadır. Çünkü medyanın, toplumun kadın ve erkek görünüşlerine dair değerlendirmelerini iletmede önemli etkileri olmaktadır. Kitle iletişim araçlarının beraberinde gelen üstü kapalı mesajlar kişilere güzellik algısı kalıpları aşılacaktır.

Bu doğrultuda algılanan ebeveyn kabul-reddin sosyal görünüş kaygısı üzerindeki etkisinde cinsiyetin düzenleyici etkisine odaklanan hipotezler oluşturulmuştur.

H3: Algılanan anne kabul-reddin sosyal görünüş kaygısına etkisinde cinsiyetin düzenleyici rolü vardır.

H4: Algılanan baba kabul-reddin sosyal görünüş kaygısına etkisinde cinsiyetin düzenleyici rolü vardır.

Yöntem: Ölçekler hem yüz yüze hem de çevrimiçi bir şekilde uygulanıp, Türkiye'nin farklı şehirlerindeki insanlarla gerçekleştirilmiştir. Çalışmanın örneklemini, 112'si (%36) erkek ve 198'si (%64) kadın olmak üzere 310 katılımcı oluşturmaktadır. Katılımcılardan 112'si 18-21 yaş aralığı, 91'i 22-25 yaş aralığı, 58'i 26-29 yaş aralığı, 49'u ise 29+ yaş aralığındadır.

Bu araştırmada, algılanan ebeveyn kabul-reddin sosyal görünüş kaygısına etkisinde cinsiyetin düzenleyici rolünü incelemek amacıyla ilişkisel tarama modeli kullanılmıştır. Literatüre dayalı olarak oluşturulmuş hipotezlere ilişkin varsayımsal modellerin analizinde yapısal eşitlik modellemesi kullanılmıştır. Bu kapsamda Model A ile Model B'ye ilişkin doğrulayıcı ölçme modeli kurulmuş ve Modellerine ilişkin doğrulayıcı faktör analizi sonucundan elde edilen bulguların uyum indekslerinin kabul edilebilir düzeyde oldukları görülmüştür (Tablo 2).

Bulgular: Tablo 3 incelendiğinde algılanan anne kabul-red düzeyinin sosyal görünüş kaygısı üzerinde pozitif yönde etkili olduğu ($\beta=.311$, $p<.01$) görülmüştür. Ayrıca algılanan baba kabul-red düzeyinin de sosyal görünüş kaygısı üzerinde pozitif yönde etkili olduğu ($\beta=.226$, $p<.01$) bilgisine ulaşılmıştır. Bu sonuçlara göre kurulan H₁ ve H₂ hipotezi kabul edilmiştir. Bağımsız değişkenlerin bağımlı değişken üzerinde anlamlı etkisinin tespitinden sonra düzenleyici etkinin varlığına yönelik kadın ve erkeklere yönelik ayrı ayrı analizlere geçilmiştir.

Tablo 4'de kurulan modellere ilişkin analiz sonuçları incelendiğinde algılanan anne kabul-reddin sosyal görünüş kaygısı üzerindeki etkisinde (erkekler için $\beta=.451$, kadınlar için $\beta=.273$, $p<.001$) ve algılanan baba kabul-reddin sosyal görünüş kaygısı üzerindeki etkisinde (erkekler için $\beta=.232$, kadınlar için $\beta=.224$, $p<.05$) kadın ve erkekler açısından farklılıkların olduğu belirlenmiştir. Buna göre erkeklerin algıladıkları anne-baba reddi arttıkça kadınlara kıyasla daha çok sosyal görünüş kaygısı hissettiği belirlenmiştir. Belirlenen farklılığın anlamlılığına ilişkin kritik z değeri Tablo 5'de verilmiştir

Kadın ve erkek grubuna ait yol katsayıları arasındaki farklılığa ilişkin kritik z değerinin H3 için -2,726 ve H4 için -,503 olduğu görülmektedir. H3 hipotezi analizinde kritik z değeri 1,96'dan büyük olduğundan gruplar arası (kadın-erkek) farklılığın anlamlı olduğu söylenebilirken H4 hipotezi için kritik z değerine bakılarak aynısını söylemek mümkün değildir. Yani algılanan anne kabul-reddin sosyal görünüş kaygısı üzerindeki etkisinde cinsiyetin düzenleyici rolü vardır. Ancak algılanan baba kabul-reddin sosyal görünüş kaygısı üzerindeki etkisinde cinsiyetin düzenleyici rolünün olmadığı tespit edilmiştir.

Sonuçlar: Çalışmanın bulguları dikkate alındığında ebeveynlerden algılanan reddedici davranışların kişinin benliğine, fiziksel görünüş algısına ve sosyal yaşamdaki varlığına dair olumsuz imaj oluşumunda etkide bulunduğu görülebilir. Bu etki neticesinde sosyal görünüş kaygısı düzeyi yükselmektedir. Ayrıca sonuçlar incelendiğinde, her iki ebeveynin çocuğun sosyal ve duygusal gelişiminde birbirlerinden bağımsız etkileri olduğu fikrine varılabilir.

Araştırmanın bir diğer sonucuna göre erkeklerin algıladıkları anne ve baba reddi arttıkça kadınlara kıyasladaha çok sosyal görünüş kaygısı hissettiği belirlenmiştir. Bu durumun muhtemel sebebi olarak ebeveyn tutumları gösterilebilir. Alabay'ın (2017), örneklemini ülkemizden seçtiği araştırmasında erkek çocuğa sahip olan ebeveynlerin kız çocuğu olanlara kıyasla daha otoriter olduğunu bulmuştur. Bir diğer sebep olarak toplum beklentileri sayılabilir. Toplum kadın ve erkekler için ayrı ayrı sosyal yeterlilikler sunmaktadır. Doğan (2009)'a göre toplumda erkeklerden daha fazla girişkenliğin beklendiği ve kaçınma davranışlarının erkek kimliğine uygun düşmediği mesajının verilmesi sonucu erkekler daha fazla sosyal kaygı yaşamaktadır. Kadınlarda ise sosyal kaygının sonucu olarak ortaya çıkan utangaçlık ve geri planda kalma davranışı toplumca makbul olarak görülmektedir.

Erkekler toplumdan aldıkları geri bildirimler neticesinde kendilerine sunulan kalıp imajlara ulaşmaya motive edilmektedir. Böylesi bir çaba sayesinde kişiler toplumsal yaşamda yer alabilmektedir. Toplumun bu şekillendirici beklentisini kişilere aşılama bakım verenlerin özellikle de Türk kültürü içerisinde birincil bakım veren olarak annenin önemi büyüktür. Nitekim Rodgers ve Chabrol'ın (2009) anne babaların çocuk yetiştirme stillerinin olumsuz beden imajı ve olumsuz yeme davranışı üzerindeki

etkilerinin ve toplumsal baskıların katkısına ilişkin meta-analiz çalışmasından ulaşılan veriler bu fikri desteklemektedir. Bulgular ebeveynlerin toplumsal baskıların güçlü iletileri olduğuna işaret etmektedir. Ayrıca sonuçlar sözlü iletiler ve aktif özendirme yoluyla ebeveyn etkilerinin, çocukların fiziksel görünüm kaygıları ve yeme tutumları üzerinde etkisinin olduğunu göstermektedir.

Öneriler;

- Sosyal görünüş kaygısının gelişiminde etkili olan ebeveyn reddinden başka risk oluşturacak değişkenlerin neler olduğunu belirlemeye yönelik araştırmalar yapılabilir.
- Katılımcıların cinsiyet dağılımı eşit değildir. Bu durum araştırmanın genellenabilirliği açısından bir sınırlılık teşkil etmektedir. Grup karşılaştırmalarını içeren gelecek araştırmalarda cinsiyetler arası katılımcı eşitliğinin sağlanmasına dikkat edilebilir.
- Ebeveyn faktörüne odaklanan araştırmaların çoğu, anne ve baba etkisini ebeveynlik kavramı altında incelemekte ya da sadece anne etkisine odaklanmaktadır. Gelecekteki çalışmalarda baba etkisine ayrı odaklanmak, çeşitli patolojilerde babanın rolünü anlamak açısından faydalı olacaktır.
- Araştırma bulgularından faydalanarak ebeveyn kabul-red davranışlarının çocukların gelecekteki yaşamlarına olan etkilerine yönelik farkındalık odaklı faaliyetler yürütülebilir.
- Araştırmanın sonucuna göre cinsiyetin düzenleyici etkisi anne kabul-red algısının sosyal görünüş kaygısı üzerindeki etkisinde görülebilenken aynı durum baba kabul-red algısının sosyal görünüş kaygısı üzerindeki etkisinde görülmemiştir. Bu durumun araştırılması için gelecek çalışmalarda nitel yöntemlerden faydalanılabilir.

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