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Üniversitede Öğrenim Gören Öğrencilerin Red Duyarlılık Düzeylerinin İncelenmesi

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Abstract: Rejection Sensitivity defines fearful expectations to be rejected, strong tendency to perceive rejection and intense reactions to potential rejection.¹ The aim of this study is to analyze the rejection sensitivity levels of students studying at Ondokuz Mayıs University. The study population consisted of students (n = 300) studying at Ondokuz Mayıs University in 2018-2019 academic year. A total of 300 students, 150 from the Faculty of Sport Sciences and 150 from the Faculty of Theology participated in the study voluntarily. “Demographic Information Form” developed by the reseachers and “Rejection Sensitivity Scale” developed by Downey and Feldman to find out the rejection sensitivity levels of the participants and adapted into Turkish by Erözkan² were used in the study. The data were analyzed with SPSS 21 program. In terms of faculty, the rejection sensitivity total scores of Faculty of Sport Sciences students were found to be lower than those of Faculty of Theology students ($p<0.01$). No significant difference was found between rejection sensitivity total scores of the students in terms of gender ($p>0.05$). No significant difference was found between rejection sensitivity total scores of the students in terms of age groups ($p>0.05$). Rejection Sensitivity levels of the students who were not working at a job were found to be higher ($p<0.05$). As a result rejection sensitivity of Faculty of Sport Sciences students and the students who were not working at a job were found to be lower. However, age and gender were not found to influence rejection sensitivity.

Keywords: Rejection Sensitivity, University, Sport.

Üniversitede Öğrenim Gören Öğrencilerin Red Duyarlılık Düzeylerinin İncelenmesi

Öz: Red duyarlılık (Rejection Sensitivity) reddedilmeye ilişkin korkulu beklentileri, reddedilmeyi algılamaya yönelik güçlü eğilimi ve potansiyel reddedilmeye karşı verilen yoğun tepkileri ifade etmektedir (Downey ve Feldman). Bu çalışmanın amacı Ondokuz Mayıs Üniversitesi’nde öğrenim gören öğrencilerin Red Duyarlılık düzeylerini incelemektir. Araştırma evreni 2018-2019 eğitim-öğretim yılında Ondokuz Mayıs Üniversitesinde okuyan öğrencilerden (n=300) oluşmaktadır. Çalışmaya Spor Bilimleri Fakültesi’nden 150, İlahiyat Fakültesi’nden 150 olmak üzere toplam 300 öğrenci gönüllü olarak katılmıştır. Çalışmada, araştırmacılar tarafından oluşturulan “Demografik Bilgi Formu” ve katılımcıların reddedilme duyarlılığı düzeylerini belirlemek için Downey ve Feldman tarafından geliştirilen, Türkçe uyarlaması Erözkan tarafından yapılan “Red Duyarlılığı Ölçeği” kullanılmıştır. Verilerin analizi SPSS 21 paket programı ile yapılmıştır. Fakülteye göre spor bilimleri fakültesi öğrencilerinin reddedilme duyarlılığı toplam puanlarının ilahiyat fakültesi öğrencilerinden

¹ Geraldine Downey & Scott Feldman, “Implications of rejection sensitivity for intimate relationships”. *Journal of Personality and Social Psychology* 70, (1996), 1327-1343.

² Atılğan Erözkan, “Üniversite öğrencilerinin kişilerarası duyarlılıkları ile reddedilme duyarlılıklarının bazı değişkenlere göre incelenmesi”. *Gazi Üniversitesi Kırşehir Eğitim Fakültesi Dergisi* 5/2 (2004a), 85-98.

daha düşük olduğu görülmüştür ($p<0.01$). Öğrencilerin reddedilme duyarlılığı toplam puanlarında cinsiyete göre anlamlı farklılık tespit edilmemiştir ($p>0.05$). Öğrencilerin reddedilme duyarlılığı toplam puanlarında yaş gruplarına göre anlamlı farklılık tespit edilmemiştir ($p>0.05$). Bir işte çalışmayanların red duyarlılık düzeylerinin daha yüksek olduğu tespit edilmiştir ($p<0.05$). Spor Bilimleri Fakültesi öğrencilerinin ve bir işte çalışanların reddedilmeye yönelik duyulan kaygıları daha düşük seviyededir. Ancak yaş ve cinsiyet red duyarlılığı etkilememektedir.

Anahtar Kelimeler: Red duyarlılık, Üniversite, Spor.

INTRODUCTION

Rejection sensitivity is defined as waiting anxiously for rejection, being ready to perceive and overreacting to rejection (Downey and Feldman, 1996). Recently, interpersonal sensitivity is discussed in a more descriptive way as interpersonal rejection sensitivity in order to avoid the confusion in common conceptualization while defining individuals with interpersonal sensitivity and to better define fear and uneasiness which merge with perceived interpersonal rejection (Erözkan 2004a). According to Downey and Feldman (1996), individuals who have high tendency for this can perceive the clues for rejection faster than other individuals and in such circumstances show more extreme and more negative reactions. On the other hand, individuals with low rejection sensitivity have an expectation of being accepted by other individuals and they do not show extreme anxiety or worry about their probability of being rejected (Downey and Feldman, 1996).

The need to be accepted and avoidance of rejection are seen as the key points in terms of an individual's having a meaningful and positive life. On the other hand, the primary factor which determines acceptance or rejection is how an individual perceives and interprets messages coming from the environment and how the individual reacts to these messages. When the first experiences of an individual are acceptance, the individual's life is positively influenced by this, while it is negatively influenced when the first experiences are negative (Pietrzak et al. 2005³; Özen and Güneri 2018⁴).

Rejection is a situation that causes individuals to feel less valuable depending on the significant interpersonal values in social relations and individuals' not being accepted by so-

³ Pietrzak Janina, Geraldine Downey & Ozlem Ayduk "Rejection sensitivity as an interpersonal vulnerability". In *Interpersonal Cognition* (Ed MW Baldwin), 62-84. New York: Guilford Press, 2005.

⁴ Dilek Şirvanlı Özen & Fulya Kübra Güneri, "İlişki Başarısının Temel Belirleyicisi: Reddedilme Duyarlılığı". *Psikiyatride Güncel Yaklaşımlar* 10/4 (2008), 454-469.

cial groups which are important for them (Marston et al. 2010).⁵

Rejection is not only a painful event while going through the experience, especially the first rejection experience an individual goes through is a factor that influences the individual's future social interactions and success. Thus, it is not unexpected for human beings to be more sensitive to potential clues of rejection. However, although people experience rejection many times all through their lives, some people interpret these experiences positively and continue to be moderate in their relationships, while some others perceive these as deliberate actions and overreact. In fact, in the centre of maintaining successful social relationships, there lies the degree of how sensitive people are to being rejected (Marston et al. 2010; Özen and Güneri 2018).

It can be seen that there are limited numbers of studies conducted in our country on the concept of rejection sensitivity. When the literature is reviewed, many factors can be seen on the basis of rejection sensitivity dynamic. Situations such as exam anxiety and worries about the future can create rejection sensitivity on university students. Since there are very few studies on this subject, this study becomes important. For this reason, it is thought that the present study will contribute to future studies by finding out university students' rejection sensitivity levels. The aim of the present study is to examine rejection sensitivity levels of university students.

1. METHOD

1.1. Participants

The research population consisted of 300 volunteer students, 150 from Ondokuz Mayıs University Faculty of Sport Sciences and 150 from Faculty of Theology in 2018-2019 academic year. In the study, in terms of data collection tools, "Demographic Information Form" developed by the researchers and "Rejection Sensitivity Questionnaire", which was developed by Downey and Feldman (1996) and adapted into Turkish by Erözkan (2004), was used to find out the students' rejection sensitivity levels.

1.2. Data Collection Tools

1.2.1. Rejection Sensitivity Questionnaire

The questionnaire is a 6 Likert type questionnaire consisting of 18 items developed by Downey and Feldman (1996) to find out the rejection sensitivity levels of individuals. The responses to items are scored between "very unconcerned" (1) and "very concerned" (6) for each item. The scores individuals can get from the questionnaire are between 18 and 108. A

⁵ Emily G Marston, Hare Amanda & Joseph P. Allen, "Rejection sensitivity in late adolescence: Social and emotional sequelae". *J Res Adolesc* 20/4 (2010), 959-982.

high score shows that the individual has high rejection sensitivity. Rejection sensitivity questionnaire is a Likert type scale which requires individuals to show their levels of concern or worry about the result of each situation. 17 of 18 items have a factor load higher than .40, while all of the items have a factor load higher than .30. Rejection sensitivity questionnaire has a high internal reliability ($\alpha=.83$). It also has high test-retest reliability; in short term test-retest reliability studies for 3 weeks after the first application, correlation scores between the first and second times are .83, while correlation scores are .78 for 4 months after the first application. The questionnaire was adapted into Turkish by Erözkan (2004) and reliability coefficient was found as .81. In our study, reliability coefficient was found as .85.

1.2.2. Data Analysis

The data were analyzed with SPSS 21 program. t test, Mann Whitney U and Kruskal Wallis were used in statistical analyses. Level of significance was taken as 0.05.

2. FINDINGS

Tablo 1: Students' Rejection Sensitivity Scores in terms of faculty

	Faculty	N	Mean	SD	p
Rejection sensitivity total score	Faculty of Sport Sciences	150	49,30	15,25	0,008*
	Faculty of Theology	150	53,88	14,43	

*p<0.01

Students' rejection sensitivity scores were compared in terms of their faculties. It was found that rejection sensitivity total scores of Faculty of Theology students were higher than those of Faculty of Sport Sciences students ($p<0.01$).

Table 2: Students' Rejection Sensitivity Scores in terms of gender

	Gender	N	Mean	SD	p
Rejection sensitivity total score	Male	126	50.80	15.40	0.436
	Female	174	52.17	14.68	

Students' rejection sensitivity scores were compared in terms of gender. No significant difference was found in students' rejection sensitivity total scores in terms of gender ($p>0.05$).

Table 3: Students' Rejection Sensitivity Scores in terms of age groups

	Age groups	N	Mean	SD	p
Rejection sensitivity total score	21 age and under	162	52.85	14.31	0.115
	22 age and above	138	50.11	15.70	

Students' rejection sensitivity scores were compared in terms of age groups in Table 3. No significant difference was found in students' rejection sensitivity total scores in terms of age groups ($p>0.05$).

Table 4: Students' Rejection Sensitivity Scores in terms of the question "are you working?"

	Are you working?	N	Mean	SD	Median	Min	Max	p
Rejection sensitivity total score	Yes	45	47.42	16.04	49	18	86	0.044*
	No	255	52.33	14.72	54	18	87	

Students' rejection sensitivity scores were compared in terms of their state of working. Rejection sensitivity levels of students who were not working were found to be higher ($p<0.05$).

3. DISCUSSION AND CONCLUSION

In our study, when students' rejection sensitivity scores were compared in terms of the faculty they were studying in, rejection sensitivity total scores of Faculty of Theology students (53.88 ± 14.43) were found to be higher than those of Faculty of Sport Sciences students (49.30 ± 15.25). This means that students of the faculty of Theology who have higher rejection sensitivity levels can perceive the clues of rejection faster than the students of the faculty of sport sciences and in such situations they can overreact and show negative reactions when compared with others. Thus, it can be thought that in terms of rejection, they are in a more anxious rejection expectation than the students of the faculty of sport sciences. On the other hand, it can be said that the students of the faculty of sport sciences, who have low rejection sensitivity, do not have the expectation to be accepted by others and they are not extremely concerned or sad about their possibility of being rejected. Erbaş (2012)⁶ reported rejection sensitivity questionnaire scores of the students of Primary Teaching department, culture of

⁶ Melda Meliha Erbaş, Öğretmen adaylarının mükemmeliyetçilik düzeylerinin red duyarlılığı ve öznel iyi oluş düzeylerine göre incelenmesi. Samsun: Ondokuz Mayıs Üniversitesi, Eğitim Bilimleri Enstitüsü, Yüksek Lisans Tezi, Samsun, 2012.

religion and knowledge of ethics teaching department, special education teaching department and foreign languages department. Rejection sensitivity scores found for all departments in Erbaş's study were higher than the scores of the students of faculty of sport sciences in our study.

When rejection sensitivity scores of university students were compared in terms of gender in our study, no significant difference was found in students' rejection sensitivity total scores (male; 50.80 ± 15.40 and female; 52.17 ± 14.68). It can be said that the reason why there were no differences in terms of gender can be associated with the fact that women take part in almost all areas of social life starting from the family and with the roles attributed to men and women by the cultural values of the society. Mellin (2008)⁷ found that rejection sensitivity levels of university students did not differ in terms of gender. Studies which did not support this result were also found. In their study, Downey et al. (1998)⁸ reported that in a possible dispute, women acted more negative when compared with men and after the dispute, they felt much more anger. This result shows that the fact that women form close relationships is more associated with their sense of feeling and for this reason, events which threaten closeness and togetherness activate rejection sensitivity of women more easily. Erözkan (2007)⁹ found that rejection sensitivity levels of female university students were higher than those of male students. In a study conducted on patients diagnosed with bipolar disorder, Benazzi (2000)¹⁰ reported that interpersonal rejection sensitivity was more common in women. In their study, Reijntjes, Stegge and Terwogt (2006)¹¹ stated that girls felt sadder in case of a possible rejection. Erözkan (2004a)¹² found that girls had higher average rejection sensitivity levels and that there were statistically significant differences between groups. The reason why there were differences between the results of the aforementioned study and our study is the fact that some of the subjects in our study were individuals doing sports.

⁷ Elizabeth A. Mellin, "Rejection Sensitivity and College Student Depression: Findings and Implications for Counseling". *Journal of College Counseling* 11 (2008), 32-41.

⁸ Geraldine Downey, Antonio L. Freitas, Benjamin Michaelis & Hala Khouiri, "The self-fulfilling prophecy in close relationships: rejection sensitivity and rejection by romantic partners". *J Pers Soc Psychol* 75 (1998), 545-560.

⁹ Atılğan Erözkan, "Üniversite Öğrencilerinin Reddedilme Duyarlılıkları ile Sosyal Kaygı Düzeylerinin Bazı Değişkenlere Göre incelenmesi". *Selçuk Üniversitesi Sosyal Bilimler Enstitüsü Dergisi* 17 (2007), 225-240.

¹⁰ Franco Benazzi, "Characteristics of Bipolar II Patients With interpersonal Rejection Sensitivity". *Psychiatry and Clinical Neurosciences* 54 (2000), 499-501.

¹¹ Albert Reijntjes, Hedy Stegge & Mark Meerum Terwogt, "Children's Coping with Peer Rejection: The Role of Depressive Symptoms, Social Competence, and Gender". *Infant and Child Development* 15 (2006), 89-107.

In our study, no differences were found between rejection sensitivity levels of students younger than 21 (52.85 ± 14.31) and older than 22 (50.11 ± 15.70). Studies supporting this finding were found in literature. In two different studies conducted on the issue with university students in Turkey (Erözkan, 2004a; Erözkan, 2004b), it was shown that students' rejection sensitivity levels did not differ in terms of their ages. In another study, rejection sensitivity levels of the students did not differ significantly in terms of the variable of age (Özdemir, 2017).¹³

In our study, when rejection sensitivity total scores of students were compared in terms of students' having a job (47.42 ± 16.04), rejection sensitivity levels of students who were not working (52.33 ± 14.72) were higher.

Within this context, it can be said that students who were not working had higher anxious rejection expectation, and they had higher rates of perceiving rejection more and overreacting. Erözkan (2004a) found differences between socio-economic levels and rejection sensitivity. It was stated that individuals with low socio-economic level had higher averages when compared with individuals with moderate and high socio-economic level.

As a conclusion, in our study, anxious rejection expectations of students in the Faculty of Sport Sciences were lower than those of Faculty of Theology. Thus, Faculty of Theology students had higher concern for rejection. Age and gender do not influence rejection sensitivity levels.

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¹³ Hazel Esin Özdemir, Bir grup üniversite öğrencisinde bağlanma stilleri ile narsisizm arasındaki ilişki: reddedilme duyarlılığının aracı rolü. İstanbul: Işık Üniversitesi, Sosyal Bilimler Enstitüsü, Yüksek Lisans Tezi, 2017.

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