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### Impact of screen viewing on fear of rejection: A gendered perspective

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#### Abstract

The present study mainly focuses on the impact of screen viewing on fear of rejection and gender differences. A standardised questionnaire was used to assess fear of rejection and a self-structured questionnaire for screen viewing. The questionnaire included thoughts about fear of rejection and screen viewing. Data was taken from a total of 600 students from Ludhiana among government school (300) and private school (300), equally distributed across two genders. It was found that there were significant gender differences in fear of rejection where boys superseded girls in the dimension of exclusion and girls superseded boys in the dimension of rejection sensitivity. It was found that fear of rejection was prevailing among adolescents. Significant gender difference was found between government and private school boys and girls. Significant positive correlation was found between government and private school adolescents. The overall correlation among fear of rejection and screen viewing was found non-significant. While, exploring gender differences in correlation, it was found that in case of boys the fear of rejection was found significantly negatively correlated for rejection sensitivity which means more screen viewing leads to less rejection sensitivity.

**Keywords:** Impact, gender, screen, fear of rejection, perspective

#### Introduction

Screen viewing generally refers to watching television, using laptops, mobile phones, tablets, desktops, etc. A raising proportion of children and adolescents spend their time with screened devices like smart phones, tablets and gaming consoles (Twenge *et al.* 2019) <sup>[23]</sup>, that raise concern on the consequences of screen time on the healthy relationship among parents, health professionals and educators (Kardaras 2017) <sup>[11]</sup>. Media occupies the life of adolescents that makes them busy in television, videogames and internet browsing (Rideout *et al.* 2010) <sup>[19]</sup>.

Screen time is the term used to describe the duration and variety of online activities carried out via digital devices (Data Reportal, 2020) <sup>[12]</sup>. For example, screen time includes utilising digital devices for work (regularised work hours or educational objectives) as well as for play and amusement (unrestricted gaming, pornographic watching, or social media use). Screen Time (ST), is the total time spent on social media, television, games, browsing, etc., should be less than 2 hours a day for all those who are more than 2 years old (American Academy of Paediatrics 2001). Research inferences identify that the media consumption of children and adolescents is 7 hours a day on an average (Rideout *et al.* 2010) <sup>[19]</sup>.

Social media or online, social networks like facebook, instagram, twitter, etc. are negatively correlated with general well-being in contrast to face-to-face or offline social networks, which are positively.

associated with life satisfaction and mental health (Allcott *et al.* 2020 and Shakya & Christakis 2017) <sup>[2, 22]</sup>. Social interaction seems to be more advantageous in offline settings than in online ones. Electronic social media worsens mental health issues, increase the risk of internet addiction, and lower self-esteem by, for example, reducing the negative effects of internet use on internalising issues like depression and social anxiety (Selfhout *et al.* 2008 and Shakya & Christakis 2017) <sup>[21, 22]</sup>.

Fear of rejection means the feeling of being secluded and being avoided by others, it's a matter of one's own psychological thinking which might not be the actual case in reality. One might just perceive about themselves that they might not be accepted or liked by others as they are insecure. Adolescents spend most of their time on social media and digital environment related to screen. It is one of their dominant leisure activities. Social apps occupy most of the time that is spent online (Ahn & Jung 2016, Barry *et al.* 2017 and Kuss & Griffiths 2017) <sup>[1, 4, 13]</sup>. There are both positive and negative sides of social apps on adolescents (Reid *et al.* 2016) <sup>[18]</sup>. Studies showed that the feeling of

isolation was high on social media using teenagers. Another study revealed that degradation of their self-esteem due to social media usage. Appearance of perfect pictures online can potentially influence the view about themselves and can increase the fear of rejection especially girls (Mir *et al* 2021) <sup>[15]</sup>.

According to Kuek and En Hui (2023) <sup>[12]</sup> observed in their study of smartphone addiction, fear of rejection and interpersonal communication skills as predictors of social connectedness among Malaysian undergraduate students and found that there is a significant relationship between social connectedness with Smartphone Addiction (negatively) and Fear Of Rejection (negatively), and Interpersonal Communication Skills (positively). In addition, the finding showed that Smartphone Addiction may not significantly predict social connectedness, but Fear of Rejection (negatively) and Interpersonal Communication Skills (positively) can significantly predict social connectedness. Paki (2012) <sup>[17]</sup> found the emotional influence of loyalty and fear of rejection of conformity and group compliance among adolescents declared that no significant difference was found with regards to feeling of loyalty toward or fear of being rejected by their peers. They were mostly conflicted in their decision making when there was more than one group of loyalties.

According to Bloemen and Coninck (2020) <sup>[6]</sup> did thorough investigation on social media in association with fear of missing out in adolescents and found that an adolescent's family context is connected with their experiences of Fear of Missing out (FOMO). Dhir *et al.* (2018) <sup>[9]</sup> studied online social media fatigue and psychological wellbeing including factors like fear of compulsive use, fear of missing out, fatigue, anxiety and depression and found that in India compulsive media use significantly triggered social media fatigue, which then result in higher anxiety and depression. Fear of missing out indirectly foretold social media fatigue through arbitration of compulsive social media use.

### Objectives

- To study the levels of fear of rejection among adolescents.
- To explore the gender difference in fear of rejection among adolescents.
- To understand the relationship with fear of rejection and screen viewing.

### Materials and Methods

The study was based on sample of 600 adolescents in the age group of 13-16 years, studying in 8th, 9th and 10th grades selected uniformly from government and private schools of Zone A, Ludhiana district. The adolescents were equally divided in accordance to their gender (300 boys & 300 girls).

### Research Instruments

**Self – structured screen viewing questionnaire for adolescents-** A self-structured questionnaire was developed to assess information regarding total time spent, timings of screen viewing and purpose (entertainment, work, leisure time) etc. which was verified by the committee. The questionnaire comprising of 33 questions in total score range from 0-4, 5point likert scale and divided into

four dimensions (devices, apps, purpose and timings of usage). The responses were further divided into three categories as low, medium and high on the basis of category interval method.

### Fear of Rejection Scale

Fear of Rejection Scale by Nafees and Jahan (2018) was used to assess the fear of rejection among adolescents. The scale comprises of 15 items with 7point likert scale and three dimensions like exclusion, rejection sensitivity and people pleasing.

### Pre-testing

The Punjabi and English versions of the questionnaires were administered to 10 non-sampled adolescents to check the relevancy of the tests. It was found that all the items were responded without any complication and the responses in the pre-testing were found to be consistent and the subjects reliably performed the tests. These adolescents were not included in the final sample. For the convenience of the respondents, the research tools were translated into Punjabi language.

### Data analysis

The gathered information was further processed according to the objectives of the investigation to reach consequential inferences. The statistical analysis was done using SPSS version 23. The data were analysed using multiple statistical tools of statistics explained further.

### Results

Dimensions and levels of fear of rejection among adolescents in government and private school. In table 1 and fig. 1 described the frequency and percentage distribution of dimensions and levels of fear of rejection in government and private school adolescents. It was found that in exclusion in case of both government and private school adolescents medium level was 84.33 percent and 80.33 percent respectively, followed by low level 9 percent for government school adolescents and 13 percent for private school adolescents, lowest percent was found in high level which was same in both government and private school adolescents as 6.67 percent. While, for rejection sensitivity it was found that in both government and private school adolescents, medium level was 75.57 percent and 65.33 percent respectively, followed by low level 25.67 percent in case of private school adolescents and 18.67 percent in high level in case of government school adolescents, lowest percent for rejection sensitivity was seen in low level for government school adolescents 5.67 percent only and high-level 9 percent only for private school adolescents. In case of people pleasing where it was found that in medium level for both government and private school adolescents which was 64.67 percent and 60.33 percent respectively, followed by low level 26.67 percent in case of private school adolescents and high level in case of government school adolescents 20.67 percent. While, the lowest percent for people pleasing was seen in low level for government school adolescents 14.67 percent and high level for private school adolescents 13 percent.

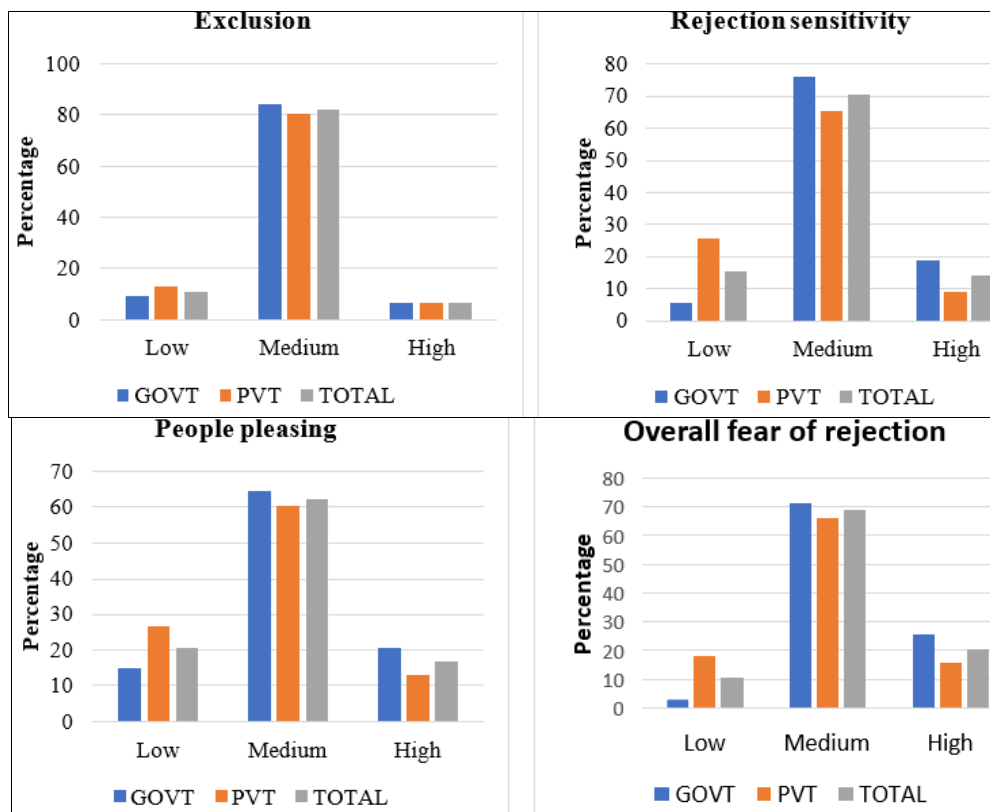
For overall fear of rejection it was found that in government school adolescents, medium level is 71.33 percent, followed

by high level 25.67 percent and low level only 3 percent. In case of private school adolescents it was found that in medium level 66.33 percent, low level 18 percent and high

level only 15.67 percent. In both government and private school adolescents, the medium level was highest.

**Table 1:** Frequency and percentage distribution of dimensions and levels of fear of rejection in government and private school adolescents (n=600)

Dimensions of Fear of rejection	Levels	Government (n1=300)		Private (n2=300)		Total (n=600)	
		f	%	f	%	f	%
Exclusion	Low	27	9.00	39	13.00	66	11.00
	Medium	253	84.33	241	80.33	494	82.33
	High	20	6.67	20	6.67	40	6.67
Rejection sensitivity	Low	17	5.67	77	25.67	94	15.67
	Medium	227	75.67	196	65.33	423	70.50
	High	56	18.67	27	9.00	83	13.83
People pleasing	Low	44	14.67	80	26.67	124	20.67
	Medium	194	64.67	181	60.33	375	62.50
	High	62	20.67	39	13.00	101	16.83
Overall Fear of rejection	Low	9	3	54	18	63	10.5
	Medium	214	71.33	199	66.33	413	68.83
	High	77	25.67	47	15.67	124	20.67



**Fig 1:** Percentage distribution of dimensions and levels of fear of rejection in government and private school adolescents

**The gender difference of fear of rejection among adolescents**

The data put forth in table 2.1 and fig 2.2 depicted the gender-wise differences in the distribution of adolescents across various dimensions and levels of fear of rejection in government and private schools. Among boys of government and private school the analysis reflected that one third of private school boys (30.67%) gathered at low level of rejection sensitivity than government school boys (2.67%) with a significant difference of (Z=6.51; p<0.01), whereas at medium level, government school boys (84.67%) superseded private school boys (59.33%) with a significant difference of (Z=4.89; p<0.01). A quarter of private school

boys (26%) and (13.33%) of government school boys were found at low level of people pleasing with a significant difference of (Z=2.76; p<0.01) and a greater portion of government school boys (66.67%) accumulated at medium level of people pleasing than private school boys (58.67%) with a significant difference of (Z=1.43; p<0.05). What is striking about the data in this table is that significant differences were seen at all the levels of overall fear of rejection among boys of government and private school. A strong significant difference of (Z=5.12; p<0.01) was found at low level where private school boys (19.33%) were found to be more than government school boys (1.33%). Contrary to this, a significantly (Z=2.09; p<0.01) higher proportion of

government school boys (72.67%) clustered at medium level than private school boys (61.34%) and at high level, quarter number of government school boys (26%) were found more than private school boys (19.33%) with a significant difference of ( $Z=1.38$ ;  $p\leq 0.01$ ).

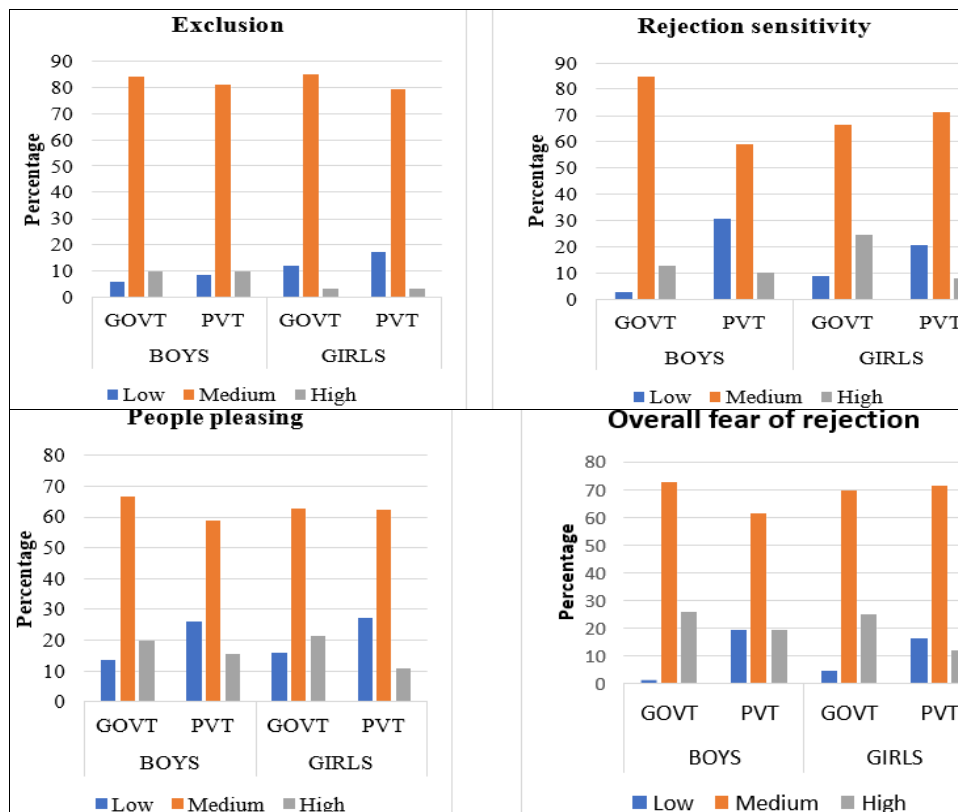
In account of girls of government and private schools (17.33%) of private school girls and (12%) of government school girls were gathered at low level of exclusion with a significant difference of ( $Z=1.31$ ;  $p\leq 0.10$ ). For, rejection sensitivity, (20.67%) of private school girls was at high level compared to government school girls (8%), with a significant difference of ( $Z=3.91$ ;  $p\leq 0.01$ ) followed by low level, where (20.67%) private school girls superseded government school girls (8.67%) with a significant

difference of ( $Z=2.94$ ;  $p\leq 0.01$ ). A significant difference ( $Z=2.52$ ;  $p\leq 0.05$ ) was seen at high level of people pleasing where government school girls (21.33%) perceived more support than private school girls (10.67%), whereas more than quarter of private school girls (27.33%) clustered at low level than government school girl (16%) with a significant difference of ( $Z=2.38$ ;  $p\leq 0.05$ ). A strong significant difference of ( $Z=3.37$ ;  $p\leq 0.01$ ) was found at low level of overall fear of rejection where private school girls (16.67%) were found to be more than government school girls (4.67%). Contrary to this, a significantly ( $Z=2.96$ ;  $p\leq 0.05$ ) quarter proportion of girls of government school (25.33%) clustered at high level than private school girls (12%).

**Table 2.1:** Gender-wise differences across various dimensions and levels of fear of rejection in government and private school adolescents (n=600)

Dimension s of Fear of rejection	Levels	Boys				Z-value	Girls				Z-value
		Government n1=150		Private n2=150			Government n3=150		Private n4=150		
		f	%	f	%		f	%	f	%	
Exclusion	Low	9	6.00	13	8.67	0.89	18	12.00	26	17.33	1.31*
	Medium	126	84.00	122	81.33	0.61	127	84.67	119	79.33	1.20
	High	15	10.00	15	10.00	0.00	5	3.33	5	3.33	0.00
Rejection sensitivity	Low	4	2.67	46	30.67	6.51***	13	8.67	31	20.67	2.94***
	Medium	127	84.67	89	59.33	4.89***	100	66.67	107	71.33	0.87
	High	19	12.67	15	10.00	0.73	37	24.67	12	8.00	3.91***
People pleasing	Low	20	13.33	39	26.00	2.76***	24	16.00	41	27.33	2.38**
	Medium	100	66.67	88	58.67	1.43*	94	62.67	93	62.00	0.12
	High	30	20.00	23	15.33	1.06	32	21.33	16	10.67	2.52**
Overall Fear of rejection	Low	2	1.33	29	19.33	5.12***	7	4.67	25	16.67	3.37***
	Medium	109	72.67	92	61.34	2.09**	105	70	107	71.33	0.25
	High	39	26	29	19.33	1.38*	38	25.33	18	12	2.96***

\*\*\*Significant at 0.01 level \*\* Significant at 0.05 level \*Significant at 0.10 level



**Fig 2.1:** Gender-wise differences across various dimensions and levels of fear of rejection in government and private school adolescents

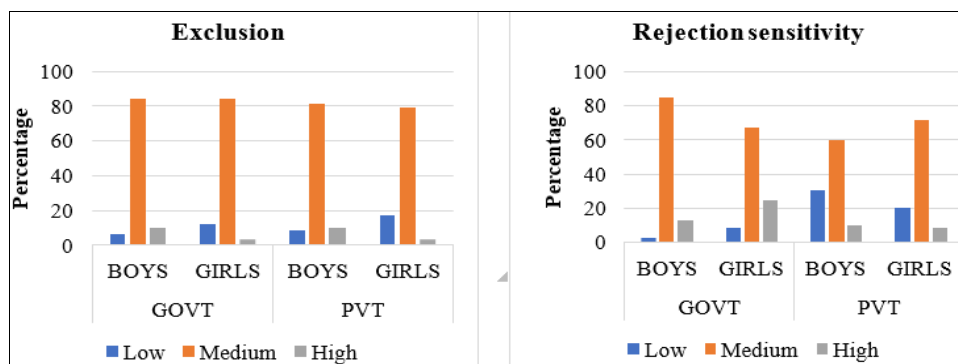
The data put forth in table 2.2 and fig. 2.2 depicted the school-wise distribution of gender differences of the adolescents across various dimensions and levels of fear of rejection. Among government school boys and girls, a significant difference of ( $Z=2.32$ ;  $p\leq 0.05$ ) was found at high level of exclusion where boys of government school (10%) perceived more than girls of government school (3.33%). Contrary to this, a significantly ( $Z=1.82$ ;  $p\leq 0.10$ ) higher proportion of girls of government school (12%) clustered at low level than government school (6%). What is striking about the data in this table is that significant differences were seen at all the levels of rejection sensitivity among government and private school, boys and girls. A strong significant difference of ( $Z=3.63$ ;  $p\leq 0.01$ ) was found at medium level where boys of government school (84.67%) were found to be more than girls of government school (66.67%). Contrary to this, a significantly ( $Z=2.67$ ;  $p\leq 0.05$ ) quarter of girls of government school (24.67%) clustered at high level than boys of government school (12.67%) and at low level, (8.67%) girls of government school were found more than boys of government school (2.67%) with a significant difference of ( $Z=2.25$ ;  $p\leq 0.05$ ). In overall fear of rejection (4.67%) of girls of government school perceived

more than boys of government school (1.33%) with a significant difference of ( $Z=1.70$ ;  $p\leq 0.10$ ). Among girls, significant differences were seen at high level and low level of exclusion, where (10%) of boys from private school perceived more at high level than girls of private school (3.33%) with a significant difference of ( $Z=2.27$ ;  $p\leq 0.05$ ) and in low level (17.33%) girls of private school perceived more than boys of private school (8.67%) with a significant difference of ( $Z=1.82$ ;  $p\leq 0.10$ ). A significant difference ( $Z=2.18$ ;  $p\leq 0.05$ ) was seen at medium level in rejection sensitivity where majority girls of private school (71.33%) perceived more than boys of private school (59.33%), whereas a third proportion of boys of private school (30.67%) clustered at high level than girls of private school (20.67%) with significant difference of ( $Z=1.98$ ;  $p\leq 0.10$ ). In overall fear of rejection majority of girls of private school (71.33%) perceived more than boys of private school (61.34%) at medium level with a significant difference of ( $Z=1.83$ ;  $p\leq 0.10$ ) and at high level, boys of private school (19.33%) were found more than girls of private school (12%) with a significant difference of ( $Z=1.75$ ;  $p\leq 0.10$ ).

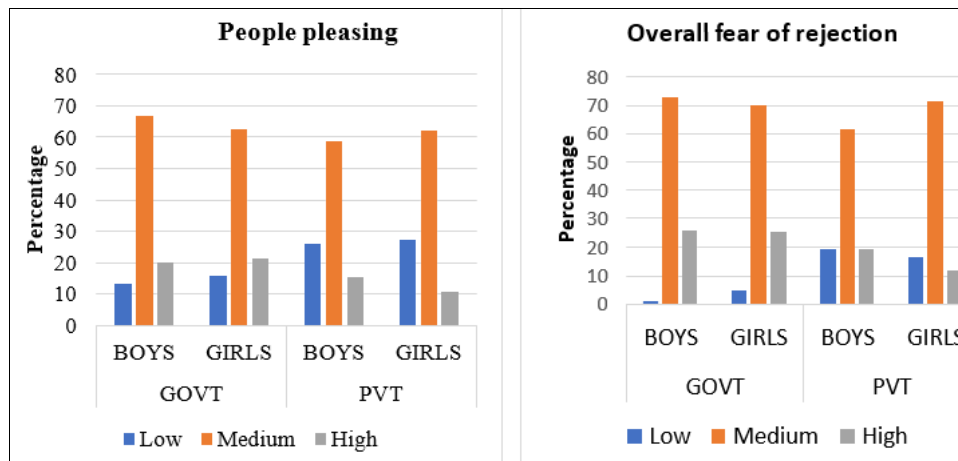
**Table 2.2:** School-wise distribution of gender differences of the adolescents across various dimensions and levels of fear of rejection (n=600)

Dimensions of Fear of rejection	Levels	Government				Z-value	Private				Z-value
		Boys n1=150		Girls n2=150			Boys n3=150		Girls n4=150		
		f	%	f	%		f	%	f	%	
Exclusion	Low	9	6.00	18	12.00	1.82*	13	8.67	26	17.33	2.23**
	Medium	126	84.00	127	84.67	0.16	122	81.33	119	79.33	0.44
	High	15	10.00	5	3.33	2.32**	15	10.00	5	3.33	2.32**
Rejection sensitivity	Low	4	2.67	13	8.67	2.25**	46	30.67	31	20.67	1.98*
	Medium	127	84.67	100	66.67	3.63***	89	59.33	107	71.33	2.18**
	High	19	12.67	37	24.67	2.67**	15	10.00	12	8.00	0.61
People pleasing	Low	20	13.33	24	16.00	0.65	39	26.00	41	27.33	0.26
	Medium	100	66.67	94	62.67	0.73	88	58.67	93	62.00	0.59
	High	30	20.00	32	21.33	0.28	23	15.33	16	10.67	1.20
Overall fear of rejection	Low	2	1.33	7	4.67	1.70*	29	19.33	25	16.67	0.60
	Medium	109	72.67	105	70	0.51	92	61.34	107	71.33	1.83*
	High	39	26	38	25.33	0.13	29	19.33	18	12	1.75*

\*\*\*Significant at 0.01 level \*\* Significant at 0.05 level \*Significant at 0.10 level







**Fig 2.2:** School-wise distribution of gender differences of the adolescents across various dimensions and levels of fear of rejection

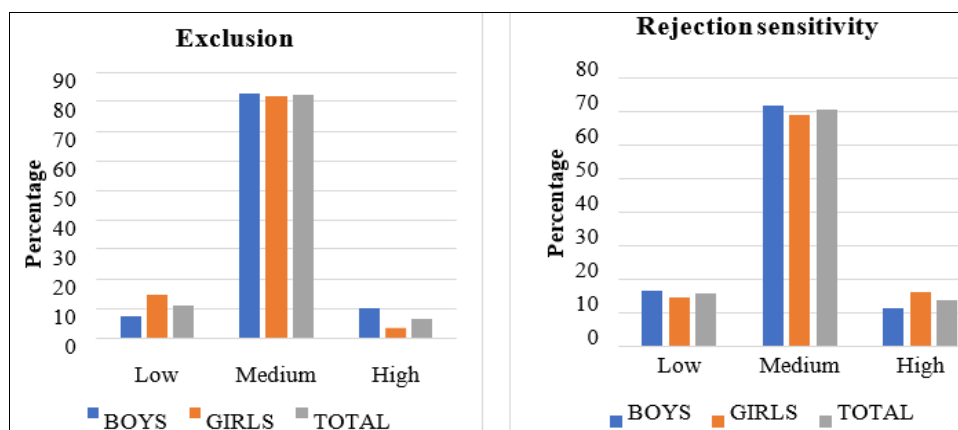
The data put forth in table 2.3 and fig. 2.3 depicted the overall gender differences of adolescents across various dimensions and levels of fear of rejection. Among boys, a significant difference ( $Z=3.28$ ;  $p\leq 0.01$ ) was found at high level of exclusion where boys (10%) perceived more than girls (3.33%). Contrary to this, a significantly ( $Z=2.87$ ;

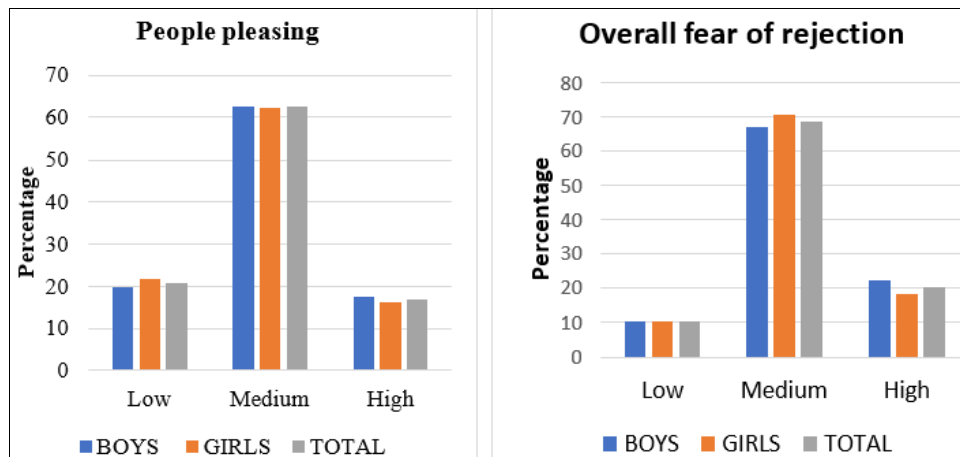
$p\leq 0.01$ ) higher proportion of girls (14.67%) clustered at low level than boys (7.33%). For the second dimension of fear of rejection i.e. rejection sensitivity, (16.33%) of girls were located at high level compared to (11.33%) of boys with a statistically significant difference ( $Z=1.77$ ;  $p\leq 0.10$ ).

**Table 2.3:** Overall gender differences of adolescents across various dimensions and levels of fear of rejection (n=600)

Dimensions of Fear of rejection	Levels	Boys n1=300		Girls n2=300		Z-value	Total n=600	
		f	%	f	%		f	%
Exclusion	Low	22	7.33	44	14.67	2.87***	66	11.00
	Medium	248	82.67	246	82.00	0.22	494	82.33
	High	30	10.00	10	3.33	3.28***	40	6.67
Rejection sensitivity	Low	50	16.67	44	14.67	0.67	94	15.67
	Medium	216	72.00	207	69.00	0.81	423	70.50
	High	34	11.33	49	16.33	1.77*	83	13.83
People pleasing	Low	59	19.67	65	21.67	0.61	124	20.67
	Medium	188	62.67	187	62.33	0.09	375	62.50
	High	53	17.67	48	16.00	0.55	101	16.83
Overall fear of rejection	Low	31	10.33	32	10.67	0.10	63	10.5
	Medium	201	67	212	70.67	0.69	413	68.83
	High	68	22.67	56	18.66	0.86	124	20.67

\*\*\*Significant at 0.01 level \*\* Significant at 0.05 level \*Significant at 0.10 level





**Fig 2.3:** Overall gender differences of adolescents across various dimensions and levels of fear of rejection

Data put forth in table 2.4 and fig. 2.4 illustrated gender-wise differences in mean scores ( $\pm$ S.D) of the adolescents across various dimensions of fear of rejection. Among boys of government and private school, results revealed significant differences in rejection sensitivity with government school boys ( $20.4 \pm 3.8$ ) having higher mean scores ( $t=5.40$ ;  $p \leq 0.01$ ) than private school boys ( $17.3 \pm 6$ ). Along with this, significant differences existed in people pleasing ( $t=2.55$ ;  $p \leq 0.01$ ) where government school boys ( $16 \pm 4.1$ ) having higher mean scores than private school boys ( $14.6 \pm 5.1$ ). The mean score analysis of overall fear of rejection, depicted that government school boys ( $61.7 \pm 7.4$ ) perceived higher overall fear of rejection ( $t=4.08$ ;  $p \leq 0.01$ )

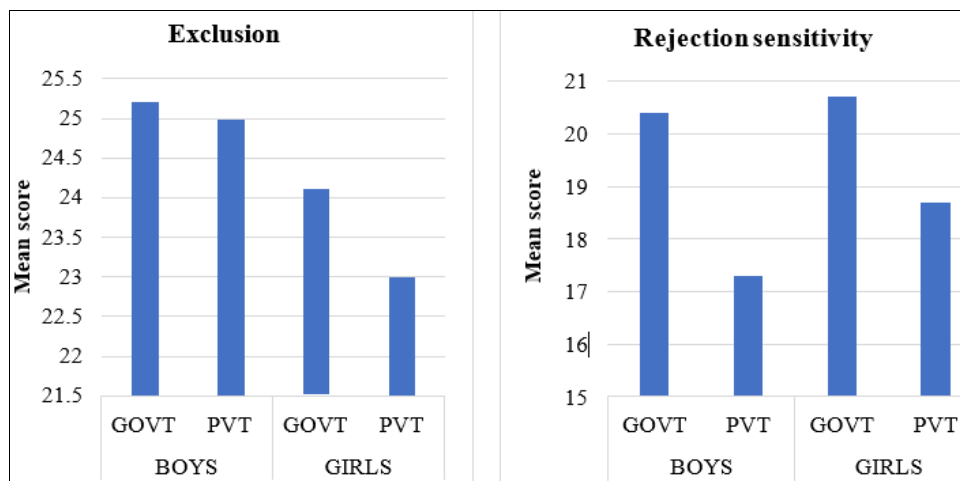
than private school boys ( $56.8 \pm 12.3$ ).

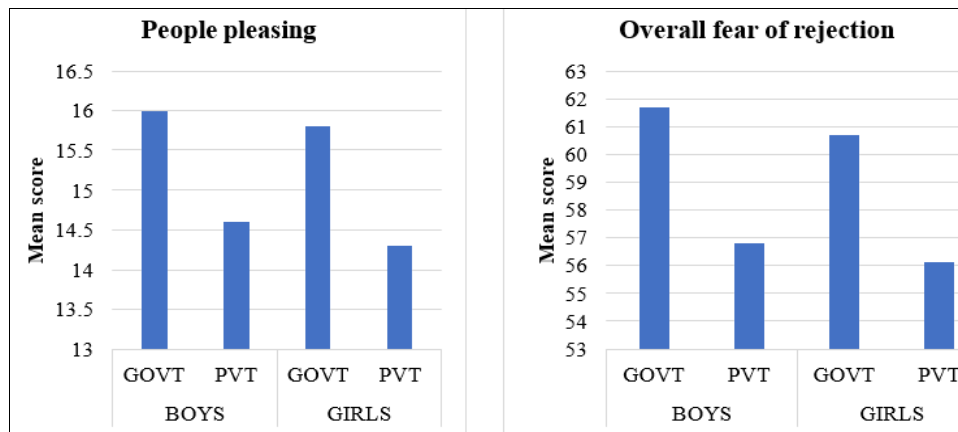
Among girls of government and private school, results revealed significant differences in rejection sensitivity with government school girls ( $20.7 \pm 4.8$ ) having higher mean scores ( $t=3.64$ ;  $p \leq 0.01$ ) than private school girls ( $18.7 \pm 4.7$ ). Along with this, significant differences existed in people pleasing ( $t=3.31$ ;  $p \leq 0.01$ ) where government school girls ( $15.8 \pm 4.3$ ) having higher mean scores than private school girls ( $14.3 \pm 3.6$ ). The mean score analysis of overall fear of rejection, depicted that government school girls ( $60.7 \pm 9.1$ ) perceived higher overall fear of rejection ( $t=4.28$ ;  $p \leq 0.01$ ) than private school girls ( $56.1 \pm 9.6$ ).

**Table 2.4:** Gender-wise differences in mean scores ( $\pm$ S.D) of the adolescents across various dimensions of Fear of rejection (n=600)

Dimensions of Fear of rejection	Boys				t-value	Girls				t-value
	Government (n1=150)		Private (n2=150)			Government (n3=150)		Private (n4=150)		
	Mean	$\pm$ S.D	Mean	$\pm$ S.D		Mean	$\pm$ S.D	Mean	$\pm$ S.D	
Exclusion	25.2	4.3	25.0	4.2	0.56	24.1	4.0	23.0	4.3	2.32
Rejection sensitivity	20.4	3.8	17.3	6.0	5.40***	20.7	4.8	18.7	4.7	3.64***
People pleasing	16.0	4.1	14.6	5.1	2.55***	15.8	4.3	14.3	3.6	3.31**
Overall Fear of rejection	61.7	7.4	56.8	12.3	4.08***	60.7	9.1	56.1	9.6	4.28***

\*\*\*Significant at 0.01 level \*\* Significant at 0.05 level





**Fig 2.4:** Gender-wise differences in mean scores ( $\pm$ S.D) of the adolescents across various dimensions of fear of rejection

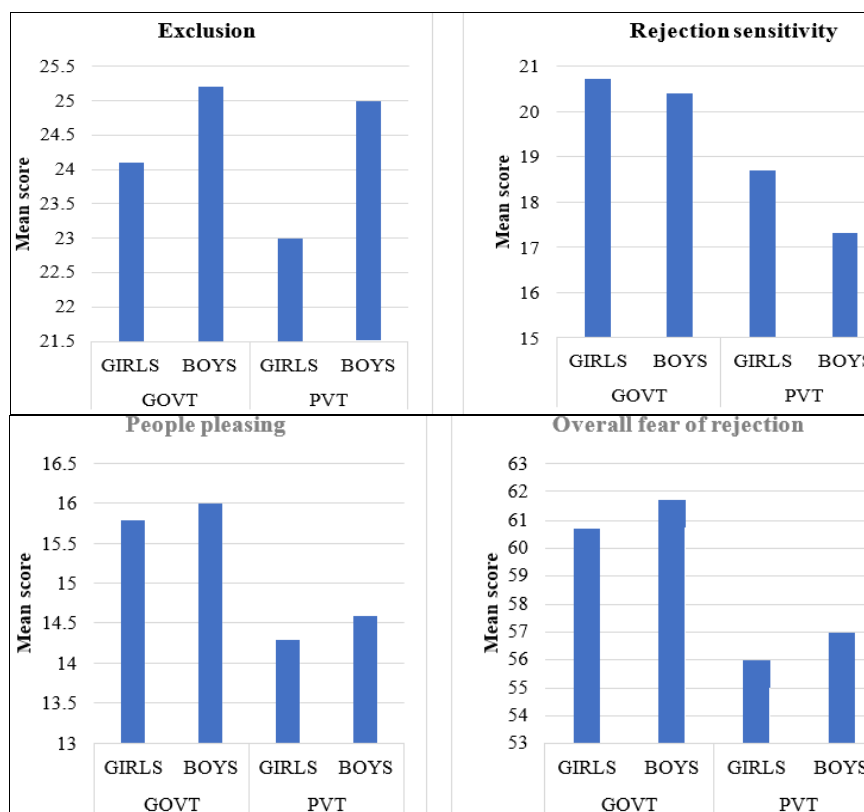
Table 2.5 and fig.2.5 illustrated school-wise differences in mean scores ( $\pm$ S.D) of the adolescents across various dimensions of fear of rejection. Among government school girls and boys, results revealed significant differences in exclusion demonstrated where government school boys (25.2 $\pm$ 4.3) having higher mean scores ( $t=2.29$ ;  $p\leq 0.05$ ) than government school girls (24.1 $\pm$ 4).

Among private school girls and boys, statistically significant mean differences were reported in exclusion ( $t=3.98$ ;  $p\leq 0.10$ ) where private school boys (25 $\pm$ 4.2) had higher mean scores than private school girls (23 $\pm$ 4.3). Along with this, significant differences existed in rejection sensitivity ( $t=2.36$ ;  $p\leq 0.10$ ) where private school girls (18.7 $\pm$ 4.7) having higher mean scores private school boys (17.3 $\pm$ 6).

**Table 2.5:** School-wise gender differences in mean scores ( $\pm$ S.D) of the adolescents across various dimensions of Fear of rejection (n=600)

Dimensions of Fear of rejection	Government				t-value	Private				t-value
	Girls (n1=150)		Boys (n2=150)			Girls (n3=150)		Boys (n4=150)		
	Mean	$\pm$ S.D	Mean	$\pm$ S.D		Mean	$\pm$ S.D	Mean	$\pm$ S.D	
Exclusion	24.1	4.0	25.2	4.3	2.29**	23.0	4.3	25.0	4.2	3.98***
Rejection sensitivity	20.7	4.8	20.4	3.8	.68	18.7	4.7	17.3	6.0	2.36*
People pleasing	15.8	4.3	16.0	4.1	.40	14.3	3.6	14.6	5.1	.66
Overall Fear of rejection	60.7	9.1	61.7	7.4	1.00	56.1	9.6	56.8	12.3	.61

\*\*\*Significant at 0.01 level \*\* Significant at 0.05 level \*Significant at 0.10 level



**Fig 2.5:** School-wise gender differences in mean scores ( $\pm$ S.D) of the adolescents across various dimensions of fear of rejection



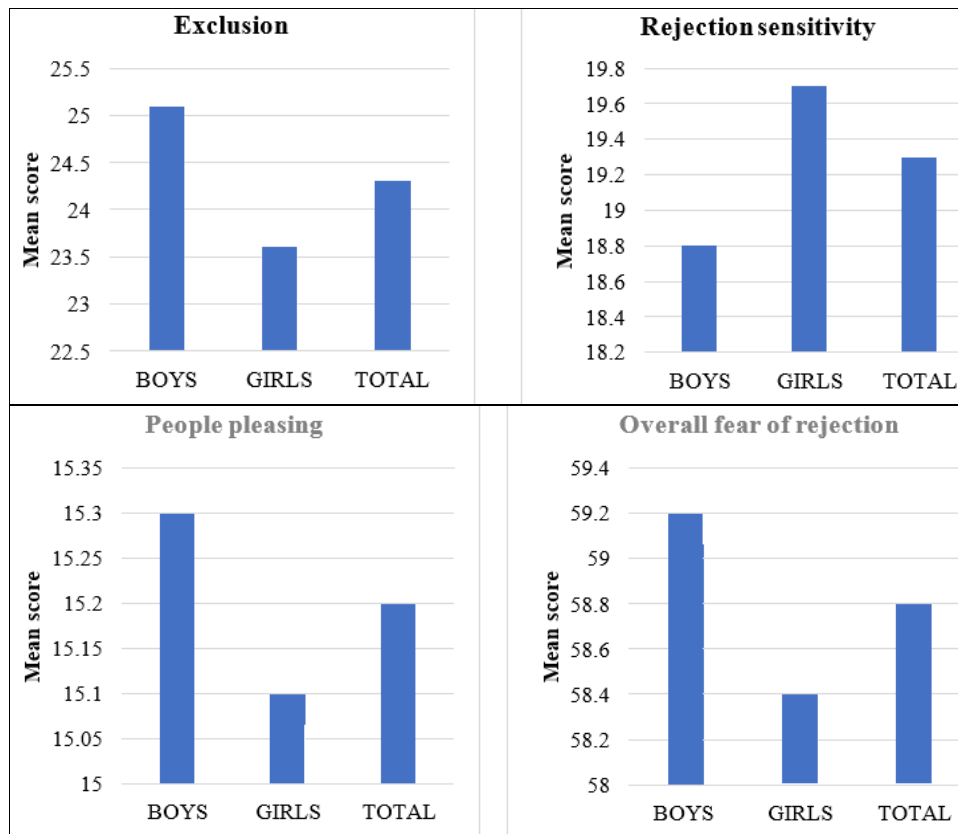
Table 2.6 and fig. 2.6 presented overall gender differences in mean scores ( $\pm$ S.D) of the adolescents across various dimensions of fear of rejection. Among girls and boys, statistically significant mean differences were reported in exclusion ( $t=4.43$ ;  $p\leq 0.01$ ) where boys ( $25.1\pm 4.2$ ) had

higher mean scores than girls ( $23.6\pm 4.2$ ). Along with this, significant differences existed in rejection sensitivity ( $t=2.19$ ;  $p\leq 0.05$ ) where girls ( $19.7\pm 4.8$ ) having higher mean scores than boys ( $18.8\pm 5.2$ ).

**Table 2.6:** Overall gender differences in mean scores ( $\pm$ S.D) of the adolescents across various dimensions of Fear of rejection (n=600)

Dimensions of Fear of rejection	Boys n1=300		Girls n2=300		t-value	Total n=600	
	Mean	$\pm$ S.D	Mean	$\pm$ S.D		Mean	$\pm$ S.D
Exclusion	25.1	4.2	23.6	4.2	4.43***	24.3	4.3
Rejection sensitivity	18.8	5.2	19.7	4.8	2.19**	19.3	5.1
People pleasing	15.3	4.7	15.1	4.0	.74	15.2	4.4
Overall Fear of rejection	59.2	10.4	58.4	9.6	1.06	58.8	10.0

\*\*\*Significant at 0.01 level \*\* Significant at 0.05 level



**Fig 2.6:** Overall gender differences in mean scores ( $\pm$ S.D) of the adolescents across various dimensions of fear of rejection

**The correlation of fear of rejection with screen viewing**

Table 3 indicated the relationship between the dimensions of fear of rejection and screen viewing. The analysis shows that all dimensions of fear of rejection (exclusion, rejection sensitivity, people pleasing and overall fear of rejection) are non-significant related to screen viewing. Table 4 indicated the relationship between the dimensions of fear of rejection and screen viewing. The analysis shows that all dimensions of fear of rejection (exclusion, rejection sensitivity, people pleasing and overall fear of rejection) are negatively non-significant related to screen viewing in both the case of government and private schools. Table 5 indicated the relationship between the dimensions of fear of rejection and screen viewing among adolescent boys and girls. The

analysis shows that all dimensions of fear of rejection (exclusion, rejection sensitivity, people pleasing and overall fear of rejection) are non-significant related to screen viewing in case of adolescent girls.

**Table 3:** Correlation between various dimensions of fear of rejection and screen viewing among adolescents (n=600)

Dimensions of fear of rejection	Screen viewing
Exclusion	.010
Rejection sensitivity	-.063
People pleasing	-.020
Overall fear of rejection	-.036

**Table 4:** Correlation between various dimensions of fear of rejection and screen viewing among government and private school adolescents (n=600)

Dimensions of fear of Rejection Government (n1=300)	Screen viewing	Dimensions of fear of rejection Private (n2=300)	Screen Viewing
Exclusion	.030	Exclusion	-.019
Rejection sensitivity	-.062	Rejection sensitivity	-.107
People pleasing	-.060	People pleasing	-.014
Overall fear of rejection	-.048	Overall fear of rejection	-.065

Whereas in case of adolescent boys the dimensions of fear of rejection (exclusion, people pleasing and overall fear of rejection) are negatively non-significant related to screen

viewing. Only rejection sensitivity is negatively significant to screen viewing for adolescent boys, which means greater the screen viewing lesser will be the rejection sensitivity.

**Table 5:** Correlation between various dimensions of fear of rejection and screen viewing among adolescent boys and girls (n=600)

Dimensions of fear of rejection Boys (n1=300)	Screen viewing	Dimensions of fear of rejection Girls (n2=300)	Screen viewing
Exclusion	-.011	Exclusion	.025
Rejection sensitivity	-.152**	Rejection sensitivity	.047
People pleasing	-.043	People pleasing	.008
Overall fear of rejection	-.099	Overall fear of rejection	.038

\*\*Correlation is significant at 0.01 level

**Discussion**

For, fear of rejection levels it was found in the study that medium level of fear of rejection was there for all the dimensions of fear of rejection, as students were less co-operating with each other and were having problem with fear of rejection. In line with the present study, Marston *et al.* (2010) [14], rejection sensitivity decreased over time for the sample as a whole and found a link between rejection sensitivity and future decreases in adolescents’ social competence suggesting that expectations of rejection may lead adolescents to behave in ways that confirm their expectations and elicit rejection from peers.

For fear of rejection in government and private schools for both the genders it was seen that significantly, higher number of adolescent boys were in private schools for low level in all the dimensions except exclusion. For, adolescent boys of government school significantly higher number was found in medium level for all the dimensions except exclusion. For school-wise distribution of gender differences for different dimensions of fear of rejection levels it was found that significantly higher number of adolescent boys from private school for high level of exclusion and overall fear of rejection, low level of rejection sensitivity. For adolescent girls of private school high significance was found in low level of exclusion, medium level of rejection sensitivity and medium level of overall fear of rejection. Whereas, for adolescent boys of government school significantly higher number was found in high level of exclusion and medium level of rejection sensitivity. For adolescent girls of government school high significance was found in low level of exclusion, low and high level of rejection sensitivity and low level of overall fear of rejection. For, overall gender differences of fear of rejection, significance was found in higher number of adolescent boys in high level for exclusion. For, adolescent girls significantly higher number was found in low level for exclusion and high level for rejection sensitivity. For mean scores of fear of rejection of both genders in adolescents of government and private schools, all the dimensions except exclusion were having significantly high mean scores in boys of government school. For adolescent girls in

government school more mean was found in rejection sensitivity, people pleasing and overall fear of rejection. For school-wise distribution of gender differences in mean scores for fear of rejection, significantly more mean score was found in adolescent girls of private school for rejection sensitivity. While, significantly more mean score was found in adolescent boys for private and government school for exclusion. For overall gender differences in mean scores for fear of rejection, significantly more mean score was found in adolescent boys for exclusion. While, significantly more mean score was found in adolescent girls for rejection sensitivity.

For, fear of rejection of all the dimensions and levels it was found in the study that there is significant difference of gender in exclusion and rejection sensitivity among adolescents. In contrast to this study, Bhardwaj and Sode (2024) [5] research finding shows that there is a gender difference in terms of perception of body image and fear of rejection. The result revealed that relationship was found in perception of body image and fear of rejection among adolescents. On the basis of obtained result researchers can conclude that perception of body image leads to significant alleviation of fear of social rejection.

To see the relation between fear of rejection and screen viewing, different dimensions were taken into account and it was found that there is no correlation between screen viewing and fear of rejection while, significant negative correlation was found between rejection sensitivity and screen viewing for boys. In contrast with this study, Santos *et al.* (2023) [20], found associations between screen exposure and mental health in adolescents. The most used device by adolescents was the smartphone and the use on weekdays was associated with diminished mental well-being. Social media use was negatively associated with mental well-being and, in girls, associated at higher risk for depression.

**Conclusion**

It can be concluded that there is fear of rejection among students in moderation and also there is significant gender differences but no significant correlation was found except

for negative correlation of rejection sensitivity among boys, for fear of rejection and screen viewing.

While according to Domingues-Montanari (2017) <sup>[10]</sup> excessive screen time is the amount of time spent interacting with screens in a given period of time can have detrimental clinical and psychological effects. This is especially true given the widespread use of screen-based devices among adolescents, such as laptops, tablets, and smartphones. Nonetheless, the body of research on screen time and wellbeing is quite heterogeneous, with the majority of studies utilising cross-sectional, self-report, and low-quality data, according to a recent analysis of eighty reviews (Orben 2020) <sup>[16]</sup>. Overall, the association between screen time in any form, including social media use, and wellbeing was shown to be minor but detrimental and further thorough and well-designed research is therefore desperately needed to support this conclusion. Crone and Konijn (2018) <sup>[7]</sup> presented various initial viewpoints on how social media affected teenagers' development, such as responses to peer rejection and acceptance online, peers' influence online, and emotion control.

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